

April 24, 2019 Wednesday Schedule; repeats May 8, 2019

Midnight to 0655: royalty-free music

0655: Sign-on (FM 106.9 in Pine Mountain Club, California)

0700: Democracy Now: 1 hr. stream from Pacifica, a national, daily, independent, award-winning news program hosted by journalists Amy Goodman and Juan Gonzalez.

0800: PoetsWest: Poems on politics and war. Archive 11-02-2009

0830: PoetsWest: Poems and stories by & about veterans. Archive 11-09-2009

0900: Lessons from a Radical Model on WGDR, Goddard College Community Radio, with your host Jackie Batten: We begin this week's episode with an excerpt from a 1973 speech given by Goddard College's founding president, Tim Pitkin exploring the ideas upon which Goddard was founded. For Andy Leebron Clay these ideas of progressive education have helped in the development of the Clay International Secondary School, a free, co-educational, rural high school in Kenya. The Clay International Secondary School follows the Kenyan National Curriculum, but offers a cultural shift that is unique from traditional Kenyan secondary schools. This shift includes adopting teaching and learning methods which emphasize critical thinking and active class participation. The schools approach is to develop skills which prepare students for life-long learning and for adapting to a rapidly changing world. Archive 05-03-2017

0930: Lessons from a Radical Model on WGDR, Goddard College Community Radio, with host Jackie Batten: Akynos, aka The Incredible, Edible Akynos, is an NYC-based burlesque performer and entertainer. Shes also an educator and social justice organizer with the Desiree Alliance, a diverse, sex worker-led network of organizations, communities and individuals across the US working in harm reduction, direct services, political advocacy and health services for sex workers. Akynos is a student of progressive education and is currently pursuing a Master of Fine Arts in Interdisciplinary Arts at Goddard College. Archive 05-10-2017

1000: Ask Peggy About Your Finances: Bulls and Bears Market Review and Economic Update: Who Is Jerome Powell? What is the Federal Reserve? What is a hawk and a dove? Legislative Update: Maryland's Fiduciary Proposal and the Financial Services Institute; Plan Your Prosperity: Getting Out of Debt; Ask Peggy: How can we save money on a family vacation? What are FDIC limits? Archive 02-26-2018

1030: Ask Peggy About Your Finances: Market Update 03/02/2018; Tariffs and Trade Wars Explained; Legislative Update on Equifax and Massachusetts v Scottrade; Creating a Master List of Documents; Ask Peggy How to Research Financial Advisers; Ask Peggy When to Take Social Security. Archive 03-05-2018

1100: Food Sleuth: Did you know that a compound largely found in mushrooms could help prevent neuro-degenerative diseases? Join Food Sleuth Radio host and Registered Dietitian, Melinda Hemmelgarn, for her interview with Robert Beelman, Ph.D., Professor Emeritus of Food Science, and Director of the Center for Plant and Mushroom Foods for Health, at Pennsylvania State University. Beelman will describe the unique nutritional and medicinal properties of mushrooms, including epidemiological research their potential for reducing the risk of neurological diseases, such as Alzheimers and Parkinsons diseases. Beelman will describe the soil-nutrition connection, mushroom nutrition, especially ergothioneine, and its relationship to health. Archive 08-26-2018

1130: Food Sleuth: Did you know that organic farming methods improve soil and water quality, and can help mitigate climate change? Join Food Sleuth Radio host and Registered Dietitian, Melinda Hemmelgarn, for her interview with Brise Tencer, Executive Director of the California-based Organic

Farming Research Foundation. Tenser explains the meaning and benefits of organic food and farming, how certification, benefits farmers and consumers, and the challenges facing organic farmers. Tenser shares highlights from recent organic research, and provides a review of OFRF resources, including frequently asked questions and webinars for farmers and consumers who want to learn more. Archive 09-02-2018

1200: MyND Talk: Quilt of Souls Phyllis Lawson: Four-year-old Phyllis was plucked off her front porch, ripped away from the only family she knew, and sent to live with her grandmother Lula on an Alabama farm with no electricity, plumbing, or running water. Heartbroken by her mother's abandonment, Phyllis struggled to acclimate to her new surroundings. Thanks to the unconditional love of Grandma Lula and the healing powers of an old, tattered quilt, she is finally able to adjust to her new life. Archive 02-21-2019

1230: MyND Talk: David Ulrich Zen Camera : Drawing on Zen principles, David Ulrich discusses his photography practice and guides you to the creativity at your fingertips, calling for nothing more than your vision and any camera, even the one embedded in your phone. Archive 02-24-2019

1300: Catskill Review of Books: Mark Kurlansky talks to Ian Williams about his book "World Without Fish" Archive 06-05-2011

1330: Catskill Review of Books: China Mieville, a socialist and science fiction writer with an eclectic and distinguished body of work now often considered "Mainstream" talks about his new book Embassytown. Archive 06-13-2011

1400: Conversation Earth: How big is your ecological footprint? Probably bigger than you think. After all, out of sight, out of mind. As an originator of ecological footprint analysis, population ecologist William Rees knows a thing or two about our impact on the planet. In this interview he provides some fascinating, and surprising insights. Did you know most of us in the industrialized world have a footprint three or four times our fair share? Or that the global economy is a giant Ponzi scheme? It turns out localized economies have their advantages over globalization. William Rees points out that globalization has allowed concentrated populations to extend their footprints all over the world. We're seeing growth in human technological capacity and human populations and the scale of the economy that's completely unprecedented. Cultural narrative is our understanding of how the world works. What's important to us? How do we define success, progress and happiness? Rees observes that our current narrative is the worldview that never-ending growth in income, and growth in the scale of the human project are desirable and possible. We're naturally optimistic, and short-sighted, so we have a natural disposition to live in denial of the physical realities of our world. We'd rather have a party now, than worry about having parties ten, fifteen, thirty years from now. Rees raises the question, are we an intelligent species? If we are, then it's time to rewrite our cultural narrative. The very wealthy in our society actually have a moral obligation to scale back, to free up ecological space so that the poor, who have a right to grow, are able to do so. Archive 06-12-2016

1430: Conversation Earth: Stephanie Mills made headlines in the Spring of 1969 when she vowed, in her commencement address (titled The Future is a Cruel Hoax), to conceive no children. Our days as a race on this planet are, at this moment, numbered, she proclaimed, and the reason for our finite, unrosy future is that we are breeding ourselves out of existence. In this 2010 interview, Stephanie reflects on the life she has led and the important decision she made at the age of twenty-two. She shares insight about the 500-year war on subsistence, and the dumbing down of discourse about overpopulation. Archive 06-20-2016

1500: Counterspin: Mary Bottari on financial reform, Raed Jarrar on Iraq. Archive 03-03-2010

1530: Counterspin: Susan Linn on Campaign for a Commercial Free Childhood, Lynn Paltrow on Utah miscarriage law. Archive 03-10-2010

1600: Children's Storytime: Father's Day. Archive 06-07-2012

1630: Children's Storytime: Ducks. Archive 06-14-2012

1700: Flashpoints: 1 hr. stream from Pacifica; An award winning front-line investigative news magazine, focusing on human, civil and workers' rights, issues of war and peace, Global Warming, racism and poverty, and other issues. Hosted by Dennis J. Bernstein.

1800: Pacifica Evening News: 1 hr. stream from Pacifica ; The Pacifica Evening News is a collaboration of KPFA and KPFK in Los Angeles and KFCF in Fresno. Comprehensive coverage of the day's news with a focus on war and peace; social, environmental, and economic justice.

1900: History Counts: Pearl Harbor: Day of Deceit: Guest Robert Stinnett presents evidence that President Franklin Roosevelt, not only, knew in advance of the Dec 7, 1941 Japanese attack on Pearl Harbor, but also, deliberately provoked it. Archive 01-31-2008

1930: History Counts: Guest Michael Parenti shows that Julius Caesar was the last in a century long line of populist leaders in the late Roman Republic. All these leaders and many of their followers met the same fate - murder at the hands of death squads. Archive 03-01-2008

2000 & 2100: Golden Age of Radio Xmas. Archive 12-17-2011

2200 to Midnight: royalty-free music