

April 30, 2019 Tuesday Schedule; repeats May 14, 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, most all of them very brief, in memory of Dr. Seuss on the occasion of his birthday, March 2, 1904. Archive 03-01-2010

0830: PoetsWest: Poems by Michael Daley on his South Boston Irish heritage. Archive 03-21-2010

0900: Lessons from a radical model: Mike Alvarez is a two-time Goddard graduate. In part 1 we discussed the power of stories, the life and legacy of Robin Williams, and the multiplex nature of creativity. In part 2, we explore Mikes memoir the Color of Dusk, American web television series and book, 13 reasons why and his research examining the representation of "cybersuicide" in moving image media, the creation of meaning in online suicide forums, and the technology use of persons with a history of suicidality. We start off this part two conversation with discussing Mikes keynote presentation delivered on the Plainfield campus of Goddard College in August of 2017. Archive 01-08-2018

0930: Lessons from a radical model: Laura McCullough earned a Master of Fine Arts degree in Writing and Literature from Goddard College and has authored numerous books of poems including Jersey Mercy, Rigger Death & Hoist Another, Panic, Speech Acts, What Men Want, and The Dancing Bear. She conceived of and curated two anthologies of essays on poetry, A Sense of Regard: Essays on Poetry and Race and The Room and the World: Essays on the Poet Stephen Dunn. Her prose and poetry have appeared widely in places such as Michigan Quarterly Review, The Southern Review, The Georgia Review, The American Poetry Review, Guernica, Pank, Gulf Coast, The Writer's Chronicle, Best American Poetry, and others. Archive 01-10-2018

1000: Ask Peggy About Your Finances: This program is evergreen and features answers to some of the best questions in the "Ask Peggy" segment of the show. Archive 05-28-2018

1030: Ask Peggy About Your Finances: Bulls and Bears Market Summary for May and YTD Legislative Update on Dodd Frank, the Volcker Rule, and Peggy's trip to DC; Plan Your Prosperity on Implementing Your Risk Tolerance; Ask Peggy How You Can Start Saving Money. Archive 06-03-2018

1100: Food Sleuth: Did you know that cheap food carries a high cost? Join Food Sleuth Radio host and Registered Dietitian, Melinda Hemmelgarn, for her interview with Annelise Orleck, Ph.D., professor of history at Dartmouth college and author of We Are All Fast-Food Workers Now: The Global Uprising Against Poverty Wages. Dr. Orleck pulls back the curtain on exploitive and otherwise invisible labor conditions in food, agriculture, restaurant and retail industries, and shares empowering stories of organized workers who strive for dignity and respect. Archive 11-18-2018

1130: Food Sleuth: Did you know that prisoners face dehumanizing conditions, including poor food quality and quantity? Join Food Sleuth Radio host and Registered Dietitian, Melinda Hemmelgarn, for her interview with Mataka Askari, a Missouri citizen who was incarcerated for 23 years for a non-violent drug offense. Askari describes his food and life experiences during his years of incarceration. Archive 11-25-2018

1200: MyND Talk: Winning The Burnout Battle Dr. Shawn C Jones : Can art actually help alleviate feelings of burnout? Dr. Shawn C. Jones thinks it can. Through an appreciation of the beautiful world

around us, we can reconnect with our feelings and experience gladness, anger, fear, sadness, hurt, and all the feelings that call you to full living. Your emotions are a reflection of your hearts desire; dont lose touch with them. Archive 03-11-2019

1230: MyND Talk: Timeless Dance Karen Shiffman Lateiner : Timeless Dance takes you on Karen Shiffman Lateiners compelling journey to understand the gender transition of her remarkable son, fully embrace the woman he becomes and, just two years later, grapple with her childs untimely death. Archive 03-12-2019

1300: Catskill Review of Books: Peter Eichstaedt's book, Consuming the Congo, on how our demand for cellphones leads to mass rape and murder in Central Africa. Archive 08-28-2011

1330: Catskill Review of Books: Ian Williams talks to Nina Burleigh about her book "The Fatal Gift of Beauty" Archive 09-03-2011

1400: Conversation Earth: Architect Sarah Susanka observed that houses in the U.S. were getting larger " but some rooms were seldom occupied, and often not even furnished. She found clients frequently did not get the immense satisfaction they expected from living in their dream house. How this relates to the way we inhabit our lives, and even the planet, is the subject of this conversation. Sarah Susanka s observations of Americans dissatisfaction with their starter castles sparked her to write Not so Big House, about how making a house bigger doesn t necessarily make it better. The book was a major success, leading to appearances on major network morning shows and Oprah. More observation and reflection led Sarah to pen, several years later, The Not So Big Life: Making Room for What Really Matters. It was a landmark book, important for its perspective on quality vs. quantity, and its encouragement to reflect on what we want more of. Archive 09-05-2016

1430: Conversation Earth: While world leaders wring their hands over forecasts of timid GDP growth, a growing list of visionaries around the world are collaborating to redefine economic objectives in a more meaningful and sustainable way. Former White House advisor Gus Speth has been at the forefront of new economic thought for decades. His prescription for change is not a bunch of economic mumbo-jumbo for boards and bankers. His ideas reach deep into the way we conduct our personal lives. We need to get beyond this consumerism, to get beyond our hyperventilating lifestyles...and start focusing on the things that really matter to us, to our future, to our children. Archive 09-12-2016

1500: Counterspin: Glenn Greenwald & Marjorie Cohn on Elena Kagan Nomination. Archive 05-12-2010

1530: Counterspin: Helena Cobban on Iran uranium deal; Mike Epitropoulos on Greek demonstrations. Archive 05-19-2010

1600: Children's Storytime: This show is about school, specifically going back to school. Archive 08-29-2012

1630: Children's Storytime: Ninjas. Archive 09-06-2012

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 KPFC 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: Manias, Panics and Crashes: We look at financial crises that have plagued the modern world from Holland's tulip bubble of 1626 to the present real estate and stock market collapse. What causes them? Why are some crises so long? How can they be prevented? Archive 01-29-2009

1930: History Counts: The Rise and Fall of Great Powers: Is the United States poised for a fall like the British and Spanish empires? Archive 02-27-2009

2000 & 2100: Golden Age of Radio: Ginger Rogers. Archive Apr 14, 2013

2200 to Midnight: royalty-free music