

May 2, 2019 Thursday Schedule; repeats May 16, 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: The story of a Palestinian youth serving a 30-year sentence in an Israeli prison. Archive 04-11-2010

0830: PoetsWest: Poems and music for Earth Day April 22. Archive 04-18-2010

0900: Lessons from a radical model: Glenn Koenig is a writer, software engineer, and community activist. He earned a bachelor of arts in 1975 from Goddard College. I talked with Glenn via phone about his latest book, a man wearing a dress, a memoir about how he came to terms with his gender identity. Archive 01-31-2018

0930: Lessons from a radical model: Part II of above. Archive 02-07-2018

1000: Ask Peggy About Your Finances: Bulls and Bears Market Report with Trade War and OPEC Update; Legislative Update on Death of DOL Fiduciary Rule, Proposed Merger of Dept of Education and Dept of Labor, Comparison of Positions of SEC and CFP Board of Standards. Archive 06-24-2018

1030: Ask Peggy About Your Finances: This is the second evergreen show that features questions answered on the "Ask Peggy About Your Finances" show. It addresses different questions than those featured on the first evergreen show. Archive 07-02-2018

1100: Food Sleuth: Did you know that nature provides a wide range of valuable and efficient services to society, including flood water management, pollination and air and water cleaning? Join Food Sleuth Radio host and Registered Dietitian, Melinda Hemmelgarn, for her interview with Steven Apfelbaum, Fellow of the Ecological Society of America, and Founder and Chairman of Applied Ecological Services. Apfelbaum defines ecology and describes how nature's ecological services benefit society and restore our environment. Apfelbaum also discusses ways climate change can be reversed by changing current practices of agriculture and land management to emulate nature, restore biodiversity, and sequester carbon through regenerative farming, forestry, and grazing practices. Archive 12-16-2018

1130: Food Sleuth: Did you know that mindfulness is a powerful tool for creating healthful lifestyle changes? Join Food Sleuth Radio host and Registered Dietitian, Melinda Hemmelgarn, for her interview with Andrea Lieberstein, Registered Dietitian, and author of Well Nourished: Mindful Practices to Heal Your Relationship with Food, Feed Your Whole Self, and End Overeating. Lieberstein defines mindful eating, and explains how to fill common voids in our lives without food. Better than dieting, Lieberstein advises that we nourish ourselves with compassion, and feed eight core needs without food. Archive 12-23-2018

1200: MyND Talk: The Morgan Curve Keith Morgan: t a time when finding an African American man in the technical world of TV was fairly unique - Keith found himself working with the noted Ted Koppel of ABC-TV's 'Nightline'. While working there, Keith's curiosity and his genius led him to discover what is now called the Morgan Curve. Don't miss this unique story about this unique finding from unique man Archive 03-17-2019

1230: MyND Talk: Do You Really Need That Pill Dr. Jennifer Jacobs : A silent epidemic in the United States is imperiling our health and threatens to bankrupt our healthcare system: overmedication. Today, one-third of all adults take two or more prescription drugs, and half of all seniors take more

than five daily says Dr. Jacobs as she tackles the epidemic overuse of prescription drugs. Archive 03-18-2019

1300: Catskill Review of Books: Ian Williams talks to Graham Rice, prolific gardening author about "Dry Shade Gardens", questions its relevance when we have weekly 100 year floods, and discusses the whole gardening book genre. Archive 09-26-2011

1330: Catskill Review of Books: an Williams interviews Lars Iyer author of "Spurious" shortlisted for the Guardian's "Not the Booker Prize". Kafka meets the Apocalypse in a typically British way, where self depreciation and rising damp stand in for global warming and rising sea levels. Archive 10-02-2011

1400: Conversation Earth: Was globalization a temporary state that has run its course? Thats the case made by Jerry Mander, who believes there is plenty of evidence that the promises of capitalism, consumerism, individual wealth and never-ending growth are coming up empty. Hes founder of the International Forum on Globalization and author of The Case Against the Global Economy and for a Turn Toward the Local. He also wrote The Capitalism Papers: Fatal Flaws of an Obsolete System in 2012. Jerry Mander is in a unique position to understand the power of advertising to move us to act against our best interests. After earning bachelors and masters degrees in economics, he ended up in the advertising business, eventually as a partner at a San Francisco ad agency. He managed several early ad campaigns for the Sierra Club, working with famed environmentalist David Brower. In 1971 he founded the first non-profit advertising agency in the United States, Public Interest Communications. Mander grew to realize the power of advertising was being used to preserve an unsustainable system that requires ever-increasing amounts of consumption. In response, he authored Four Arguments for the Elimination of Television in 1978. He founded the International Forum on Globalization in 1994 and continues to serve as a Distinguished Fellow. Archive 03-05-2017

1430: Conversation Earth: Economic growth is the number one public policy goal around the world, yet our pursuit of growth is pulling out the rug from our own kids and grandkids future, according to Brian Czech, founder and president of the Center for the Advancement of the Steady State Economy. He wants us to understand economic growth is physically impossible to sustain on a finite planet, its depleting nonrenewable natural resources and degrading or eliminating crucial habitat for other species. Czech authored Shoveling Fuel for a Runaway Train in response to his analysis of the conflict between economic growth and sound environmental stewardship. The conservation biologist taught ecological economics for over a decade at Virginia Tech, and in 2013 penned Supply Shock: Economic Growth at the Crossroads and the Steady State Solution. In part one of a two-part conversation (recorded in 2007 but just as relevant today), Brian explains our obsession with GDP growth, its failure to eliminate poverty and increase happiness, and why its failings are not commonly acknowledged. Archive 03-12-2017

1500: Counterspin: Catherine Lutz on Okinawa, Jodi Enda on Capital Flight. Archive 06-09-2010

1530: Counterspin: Riki Ott & Tim Dickinson on BP Gulf disaster. Archive 06-16-2010

1600: Children's Storytime: Worms. Archive 09-27-2012

1630: Children's Storytime: Feet. Archive 10-04-2012

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: Torture techniques employed at Abu Ghraib prison and elsewhere were the product of many years of CIA funded research beginning after World War II by distinguished behavioral scientists at prominent universities. Archive 04-29-2009

1930: History Counts: Sirhan Sirhan is serving a life sentence for the murder of Senator Robert F. Kennedy in 1968. However, recent evidence indicates that Kennedy was killed by a second gunman who has yet to be brought to justice. Archive 06-06-2009

2000 & 2100: Golden Age of Radio: Broke! Archive 4-28-13

2200 to Midnight: royalty-free music