

May 4 2019 Saturday Schedule; repeats May 18, 2019

Midnight to 0655: royalty-free music

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

0700: Royalty Free Original Music: 1 hr. program. This show is produced by local musicians, who give their creations royalty free to our community.

0800: PoetsWest: Poems reflecting on friendship. Archive 05-10-2010

0830: PoetsWest: This week on Sprouts, PoetsWest from KSER community radio in Everett, WA, offers poems and music for Memorial Day, that explore what war does to the soul. Archive 05-25-2010

0900: Lessons from a radical model: Keenan Norris is a 2017 Artist-in-Residence at Headlands Center for the Arts a multidisciplinary, international arts center dedicated to supporting artists; the creative process; and the development of new, innovative ideas and artwork. He is also a Faculty Advisor with Goddard College and holds an MFA from Mills College and a PhD from the University of California, Riverside. I talked with Keenan about his debut novel, *Brother and the Dancer*, inspiring new writers, and street lit. Archive 02-28-2018

0930: Lessons from a radical model: Justin Hall is a cartoonist and California College of the Arts Assistant Professor of Comics based in San Francisco. Hall is the creator of the comic book series *True Travel Tales*, *Hard To Swallow*, and *Glamazonia*. He is the editor of *No Straight Lines: Four Decades of Queer Comics*, a massive collection of LGBTQ comics, which won a Lambda Literary Award and received an Eisner nomination and is now being made into a feature-length documentary film. He graduated from Goddard's MFA in Creative Writing program in 2015. I talked with Justin about his love of storytelling, teaching in the Czech Republic, and queer comics. Archive 03-07-2018

1000: Ask Peggy About Your Finances: Bulls and Bears Market Report; Legislative Update on SEC "Best Interest" rule update and changes to retirement plans; Plan Your Prosperity on realistic return expectations; Ask Peggy about Medicare coverage issues for long-term care. Archive 07-24-2018

1030: Ask Peggy About Your Finances: Bulls and Bears Market Update: Facebook Earnings and GDP; Legislative Update: CFPB Enforcement and Retirement Plan Fiduciary Update; Plan Your Prosperity on Saving Enough for Retirement; Ask Peggy About the Viability of Pensions and Social Security. Archive 07-31-2018

1100: Food Sleuth: Did you know that most diets are doomed to fail? Join Food Sleuth Radio host and Registered Dietitian, Melinda Hemmelgarn, for her interview with Rebecca Scritchfield, Registered Dietitian, certified exercise physiologist, and author of *Body Kindness: Transform your health from the inside out* and never say diet again. Scritchfield discusses the pain of weight stigma, and the pitfalls of our diet culture. She provides suggestions and strategies on how to make peace with food and accept our natural diversity of body sizes. Archive 01-13-2019

1130: Food Sleuth: Did you know that U.S. citizens largely depend on immigrant labor to harvest and process our food? Join Food Sleuth Radio host and Registered Dietitian, Melinda Hemmelgarn, for her interview with Iris Figueroa, staff attorney for Farmworker Justice, a nonprofit organization that seeks to empower migrant and seasonal farmworkers to improve their living and working conditions.

Figuroa discusses farm labor statistics, working conditions, immigration policies, health and safety, and access to justice. Also mentioned: the CHAMACOS study's evaluation of health risks to farmworker children. Archive 01-20-2019

1200: MyND Talk: Violence in Teen Relationships by Dr. Alesha Ignatius Brereton : Dr. Brereton, co-founder of Collective Capacity Consulting, discusses a sobering statistic. 1 in 3 teens in the United States is a victim of abuse by a dating partner. Learn about the incidence and signs of dating violence among teens. Archive 03-21-2019

1230: MyND Talk: Male Alienation Dr. Robert Tyminski : Archive 03-24-2019

1300: Catskill Review of Books: Ian Williams talks to Tom Geoghan "Were You Born on the Wrong Continent" Archive 10-24-2011

1330: Catskill Review of Books: Dennis Johnson of Melville House Press on books post 9-11, post 9/11 and post Crash. Publishing's New Face Archive 10-30-2011

1400: Conversation Earth: Efforts to date are falling far short of achieving the greenhouse gas reduction needed to avoid catastrophic climate disruption. Bioethicist Travis Rieder shakes things up by suggesting ethical use of public policy to encourage smaller families, which would result in dramatic decrease of carbon emissions. Rieder co-authored the paper, Population Engineering and the Fight Against Climate Change. In part two of this 2017 conversation, Rieder shares how he and co-authors Colin Hickey and Jake Earl parsed out what fertility reduction policies might be ethical and acceptable. Travis Rieder is Assistant Director for Education Initiatives and a Research Scholar at the Berman Institute of Bioethics at Johns Hopkins University. This is part two of our conversation with Rieder. In part one, we discussed whether couples have a moral responsibility to have just one or perhaps no children. This is related to Rieder's book, *Toward a Small Family Ethic: How Overpopulation and Climate Change are Affecting the Morality of Procreation*. Archive 04-03-2017

1430: Conversation Earth: We could be having so much fun that there just isn't time to consume resources on a quantity, or produce waste on a quantity that would be problematic for the planet, according to Mike Nickerson. He shares his ideas about how enjoyable it could be to make the cultural shift necessary for human civilization to be sustainable. Mike Nickerson has spent his career advancing sustainability. In the 1970s he founded and co-directed the Institute for the Study of Cultural Evolution. Today he leads the Sustainability Project/7th Generation Initiative in Canada, a non-profit organization that collects, studies, develops and teaches ideas, information, technologies and customs that promote green values and lead toward a sustainable future. Nickerson wrote legislation to launch measurement of a Genuine Progress Index in Canada. The Canadian government never followed through, but an independent Canadian Index of Wellbeing was eventually developed. His books include *Change the World I Want to Stay On*; *Planning for Seven Generations: Guideposts for a Sustainable Future*; and *Life, Money and Illusion*. More recently Mike has been helping to build the Lanark Eco-Village in Ontario, Canada. This conversation was recorded in 2008, but is being shared now for the first time. Archive 04-10-2017

1500: Counterspin: Alexander Zaitchik on Glenn Beck, Jon Jeter on globalization. Archive 07-07-2010

1530: Counterspin: Adam Serwer on New Black Panther Party, Mark Weisbrot on South of the Border. Archive 07-14-2010

1600: Children's Storytime: Manners. Archive 10-26-2012

1630: Children's Storytime: Elephants. Archive 11-02-2012

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1900: History Counts: Dumbing Us Down: The Underground History of American Education: The modern system of compulsory schooling was imported from Prussia by U.S. industrialists to create a compliant workforce and supplanted an American educational tradition that produced great leaders, as well as, a highly literate population. Archive 08-30-2009

1930: History Counts: The Fight for Oil: Winston Churchill's decision before World War I to switch the British navy from coal to oil touched off a century long struggle for oil that continues today in Iraq and Afghanistan. Archive 10-02-2009

2000 & 2100: Golden Age of Radio: Pitch. Archive 5-26-13

2200 to Midnight: royalty-free music