

May 5 2019 Sunday Schedule; repeats May 19, 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: Diverse selection of poems by members of the Poets Table group. Archive 06-06-2010

0830: PoetsWest: Reading of haiku & other Japanese poetry forms by the NW Haiku Society of America. Archive 06-29-2010

0900: Lessons from a radical model: The Patuxent River is a tributary of the Chesapeake Bay in the state of Maryland. There are three main river drainages for central Maryland: the Potomac River to the west passing through Washington, D.C., the Patapsco River to the northeast passing through Baltimore, and the Patuxent River between the two. It is the largest and longest river entirely within Maryland, and its watershed is the largest at 937-square-miles completely within the state. Fred Tutman was born and raised along the Patuxent River as were seven generations of his ancestors before him. In 2004 Fred Tutman became the first "Riverkeeper" for the Patuxent. Fred is also an adjunct instructor at historic St. Mary's College of Maryland, where he teaches an upper level course in Environmental Law and Policy. He is an avid kayaker and backpacker, and also helps to maintain trails on the Appalachian Trail. I talked with Fred about grassroots organizing, environmental justice, and what it means to become a buffer for the voiceless. Archive 03-18-2018

0930: Lessons from a radical model: Elena Georgiou is the author of a short-story collection, *The Immigrants Refrigerator*, as well as two poetry collections, *Rhapsody of the Naked Immigrants* and *mercy mercy me*. She holds an MA in Creative Writing from City College of the City University of New York and is the Director of the MFA in Creative Writing program at Goddard College. Elena is a recipient of a Lambda Literary Award, a New York Foundation of the Arts Fellowship, and is a fellow of the Virginia Center for the Creative Arts. I had the chance to chat with Elena about her life as an ex-dancer, research in writing, and becoming an expert in the art of moving. Archive 04-01-2018

1000: Ask Peggy About Your Finances: Bulls and Bears Market Report; Legislative Update on Capital Gains Tax Treatment and CFP Board Public Meetings; Plan Your Prosperity on IRAs; Ask Peggy About Buying Term Insurance and Investing the Difference. Archive 08-14-2018

1030: Ask Peggy About Your Finances: With new content the week of August 21, 2018, this is an evergreen show with the normal format. Bulls and Bears Market Update: Tracking the Stock Market and Understanding Lagging Economic Indicators; Legislative Update: Certification Crackdowns and Proposed Changes to Earnings Reporting; Plan Your Prosperity on Company Retirement Plans; Ask Peggy About Contributing to Your Company Plan. Archive 08-21-2018

1100: Food Sleuth: Did you know that the American agricultural system could not exist in its present lucrative form if not for migrant farmworkers? Join Food Sleuth Radio host and Registered Dietitian, Melinda Hemmelgarn, for her interview with Jeannine Guttman, M.S., veteran newspaper journalist and sustainable food systems advocate. Guttman discusses the role and value of the press, as well as her investigation into the embedded racism and reliance on undocumented immigrant labor in Vermont's iconic dairy industry. Drawing from her report: Empty cartons, broken dairies: the unsustainability of Vermont's iconic milk industry and its hidden reliance on undocumented abused labor, Guttman helps us understand the effects of NAFTA, and how we depend on, yet mistreat laborers from across the border. Archive 01-27-2019

1130: Food Sleuth: Did you know that diet, weight, exercise, stress and even marijuana can all impact fertility? Join Food Sleuth Radio host and Registered Dietitian, Melinda Hemmelgarn, for her interview with Judy Simon MS, RDN, expert in fertility and reproductive nutrition for women and men at the Food for Fertility Program at Seattle Reproductive Medicine. Simon shares key tips for maximizing fertility. We'll talk about vitamin D, soy, plastics, pesticides, coffee, wine, marijuana and more. Archive 02-03-2019

1200: MyND Talk: At Death's Door End of Life Stories from the The Bedside Dr. Sebastian Sepulveda: Author and MD, Dr. Sebastian Sepulveda discusses powerful experiences in working with patients at the end of their lives. In some cases, death came quickly. ... In some cases, patients were able to fight off death for many years. Hard decisions are often made"whether to resuscitate or not, whether to choose hospice or not. This is an important dialogue to listen to and share. Archive 03-25-2019

1230: MyND Talk: The Burn Zone Renee Linnell : After seven years of faithfully following her spiritual teacher, Renee Linnell finally realized she was in a cult and had been severely brainwashed. But how did that happen to someone like her? She had graduated magna cum laude with a double degree. She had traveled to nearly fifty countries alone before she turned thirty-five. She was a surf model and a professional Argentine tango dancer. She had started five different companies and had an MBA from NYU. How could someone like her end up brainwashed and in a cult? Archive 03-26-2019

1300: Catskill Review of Books: Ian Williams talks to Rudolph Herzog about "Dead Funny: Humor in Hitler's Germany." Archive 11-05-2011

1330: Catskill Review of Books: Ian Williams talks to John Grant about his book "The Battlefields of the 1812 War," perhaps the first, but far from the last invasion from Washington that was supposed to be greeted as liberation but was firmly repulsed. Archive 11-14-2011

1400: Conversation Earth: Were not living on Earth as if we want to stay, observes Mike Nickerson. In our last episode, Mike Nickerson shared his vision for, and the joy of, making the cultural shift necessary for a sustainable human civilization. In this continuation of the conversation, we explore some of the forces keeping our system stuck in an unsustainable mode. Nickerson 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. 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. Archive 04-17-2017

1430: Conversation Earth: We need to change the way we think if we want to extend the shelf-life of our civilization, according to Frances Moore Lapp, author of EcoMind: Changing the Way We Think and Diet for a Small Planet. In this 2017 conversation, Lapp explains some of the thought traps to avoid in order to effectively inspire transition from what she calls our economy of destruction. She also explains how democracy is much more than just a form of government; it is an essential part of human nature. Lapp is co-founder of the Small Planet Institute. Respected around the world for her insights into world hunger, democracy and the environment, she has appeared on most major television and cable networks, and is a contributing editor at Yes! Magazine and Solutions Journal. Archive 04-24-2017

1500: Counterspin: Thomas Ferguson on Wall St. reform bill; Michael Messner on women's sports and TV. Archive 07-21-2010

1530: Counterspin: Daniel Ellsberg on Wikileaks; A.C. Thompson on New Orleans police shootings. Archive 07-28-2010

1600: Children's Storytime: Sharks. Archive 11-08-2012

1630: Children's Storytime: Thanksgiving. Archive 11-15-2012

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1900: History Counts: From the Pinkertons to the FBI: Professor Ward Churchill shows that FBI tactics employed in COINTELPRO including infiltration, agents provocateurs and assassination had their roots in the famous Pinkerton Detective Agency founded by Allan Pinkerton in 1855. Archive 03-01-2010

1930: History Counts: Controlling Food and Population: We trace the development of the cartel that dominates global food production and distribution and discuss how this development affects the public. We, also, discuss how food policy relates to eugenics, now known as population control. Archive 04-04-2010

2000 & 2100: Golden Age of Radio: Esther Williams. Archive 06-08-2013

2200 to Midnight: royalty-free music