

# *The* **KALW** *Experience* FALL 2015



LOCAL PUBLIC RADIO • 91.7FM SAN FRANCISCO



## HARRY SHEARER

*at The Public Radio Party p.7*

*W. KAMAU BELL*  
— Live p.9 —



## STORYTELLING SECRETS

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*of the Radio Masters*

*Mozart*  
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## KALW: By and for the community . . .

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America Scores Bay Area • Association for Continuing Education • Berkeley Symphony Orchestra • Burton High School • East Bay Express • Global Exchange • INFORUM at The Commonwealth Club • Jewish Community Center of San Francisco • LitQuake • Mills College • New America Media • Other Minds • outLoud Radio • Radio Ambulante • San Francisco Arts Commission • San Francisco Conservatory of Music • San Quentin Prison Radio • SF Performances • Stanford Storytelling Project • StoryCorps • Youth Radio

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### ABOUT KALW

KALW is a pioneer educational station licensed to the San Francisco Unified School District, broadcasting since September 1, 1941 – the oldest FM signal west of the Mississippi.

#### Mailing address:

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KALW program guide edited by Matt Martin, David Latulippe and Eric Jansen, designed by Georgette Petropoulos, cover by Devil One Design.



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**ON THE COVER:** Harry Shearer, W. Kamau Bell (photo credit: Adam Davis), Radiolab's Jad Abumrad from *Out on the Wire: The Storytelling Secrets of the New Masters of Radio* by Jessica Abel, W.A. Mozart, Stanford Professor of History Allyson Hobbs (photo credit: Jenifer Pottheiser).

Recently, we did some brainstorming  
at the station where we asked:

## ***What is the KALW Experience?***

And wouldn't you know, KALW people had  
some thoughts on the question:

Open, accessible.  
A friend on the radio.

Local music.  
People giving you information  
who care.

An incubator of new programs  
& projects.

Down-to-earth, ground-  
level, person-to-person.

Feral cats.  
Barking dogs.  
Skunks.

Pie.  
Softball.  
Kale.



The *best* volunteers.  
Pen & paper pledge forms.  
Soviet-era phones.

Mix of news/culture/music.  
Fresh Air on at the best times.  
The Minds Over Matter bell.  
No-interruption pledge drives!



Teenagers making out in the hallway.  
Questionable interior design.

Women on the air.  
Women behind the scenes.  
The wall of letters from listeners.

That wall of letters – and the e-mails, on-line posts, and handwritten notes we receive every day – are the most precious expressions we have here at KALW of the love and support we receive from you. You provide feedback and share ideas, you encourage and critique, you care enough to be engaged.

I invite you to deepen your KALW experience – listen to something new, write a note to your favorite host, visit the station, or meet up with us at the Public Radio Party on October 10th.

That, ultimately, is what it's about: It's your active participation that builds this rare community resource. Thank you!

—Matt Martin, General Manager  
matt@kalw.org



# Addressing Your “Laziness”

BY MARTY NEMKO

Laziness can devastate a career, relationships, and the meaningful life.

Laziness can be caused by a number of things. Here, I identify five and a way to address each.

**Rational fear of failure.** If I were told to try to land a job as a boxer, I’d appear very lazy because I know that if I landed the job, I’d be bloodied in the first minute of my first match. So being “lazy”—not looking hard for that job—is most appropriate.

The rational fear of failure usually manifests itself in what I call *Muse-Not-Act Syndrome*. A person thinks, perhaps egged on by others, that s/he should aspire upward. So s/he plans but procrastinates implementing. Most often, that’s because they realize they’re too likely to fail or don’t want to work that hard.

Is your “laziness” is a rational decision? If so, and it’s possible, can you substitute a task or goal you’re less likely to be “lazy” about?

**Irrational fear of failure.** Are you catastrophizing what failure would mean? If you tackled that project or got that job and failed, would it be as disastrous as you fear? Might it be more disastrous if you procrastinated so the work ended up a slipshod rush job? Or worse, if you didn’t do the task at all, which guarantees you fail?

You can survive anything short of stage-4 cancer, certainly a failure on most tasks. And odds are you won’t fail if you take a deep breath, list the baby steps, and get help where you need

it. Worst case, you fail, perhaps learn something, and no one can accuse you of being lazy.

**Values-caused low motivation.** Many people are lazy because they operate from the foundational principle, “Maximize happiness.” Even in a so-called cool career, much of the work is less pleasant than, for example, watching Netflix. Not-lazy people realize that the life well-led is about being

productive or at least that ongoing laziness will cause more pain than pleasure: feeling bad about yourself, failing in your career and relationships, and perhaps poverty.

Might you want to replace “Maximize happiness” with “Be as productive as reasonably possible?” If on your job, the work is too often painful, do you need to look for a better-suited job? Or delegate painful tasks to someone who would find them less odious, for example, to an intern or part-time personal assistant?

**Rebellion-caused low motivation.** Some people rebel against orders. It may have started as a teenager, wanting to establish autonomy from parents. It may have become more entrenched when facing professors that required hard, seemingly unimportant assignments. It may have ossified further in response to an authoritarian, unfair boss. Certainly, you might be wise to quit a job with such a boss but overall, is your resistance to following orders, your “you-



SOURCE: KASIA FROM WARSAW, CC 2.0

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## Sights & Sounds

**Local artists guide you through the  
creative communities of the Bay Area.**

KALW News has launched a new initiative designed to lift up our region's rich arts scenes. It's called *Sights & Sounds*, and it highlights the perspectives and creations of Bay Area artists, with an emphasis on creative people who deserve more attention.

Here's how we'll bring it to you: Every Thursday at 7:44 a.m. during *Morning Edition* and 4:45 during *All Things Considered*, you'll hear host Jen Chien in lively conversation with a different Bay Area artist. They'll talk about events and performances worth checking out that weekend, as well as favorite local spots and artworks.

By bringing in a different artist each week, drawing from the extraordinary diversity of Bay Area creatives, we'll share with you insights and points of view you haven't heard before. The collective will be our curator – opening minds, feeding souls and joyfully bringing us together.

You might recognize the name *Sights & Sounds* from the live events we've thrown the last two years in San Francisco's Bayview District, showcasing the people and organizations that bring beauty to that community. We'll be continuing that tradition in 2016 with the *Sights & Sounds of East Oakland* – a multimedia event we're producing in collaboration with the Oakland Tribune's community journalism program *Oakland Voices* and the Oakland Public Library



Jen Chien

– another way for us to amplify what's good in the Bay Area.

Be sure to check out *Sights & Sounds* on the air, on demand, and in person. It's a dynamic new part of the KALW experience.

– Ben Trefny  
KALW News Director

*Sights & Sounds* is made possible by the Arts on the Air program of the California Arts Council.

**Join the Public Radio Party  
on October 10th!**

**Donate to KALW's September  
membership campaign at [kalw.org](http://kalw.org).**





# Secrets of the New Masters of Radio

## Roman Mars, Glynn Washington and Jessica Abel at the JCCSF

On Monday, September 21st at 7pm, join the creators behind *Snap Judgment* and *99% Invisible*, Glynn Washington and Roman Mars, along with cartoonist and writer Jessica Abel, author of *Out on the Wire: The Storytelling Secrets of the New Masters of Radio*, for a conversation and live radio event at the Jewish Community Center of San Francisco. Watch and learn just how radio producers create today's most innovative storytelling. Tickets available at [jccsf.org](http://jccsf.org).

**"Jessica Abel has done a spectacular job of capturing what our jobs are like. This book is a first-rate field manual for anyone thinking of joining our radio army." - Ira Glass**



Radiolab's Soren Wheeler and Jad Abumrad. Reprinted from *OUT ON THE WIRE: THE STORYTELLING SECRETS OF THE NEW MASTERS OF RADIO* Copyright © 2015 by Jessica Abel. Published by Broadway Books, an imprint of the Crown Publishing Group, a division of Penguin Random House LLC.

## Join us at The Public Radio Party!



Harry Shearer



JoAnn Mar



Hana Baba



Laura Sydel



Ashleyanne Krigbaum and 99% Invisible's Sam Greenspan

On Saturday, October 10th from 2-8pm on the Mission Campus of City College of San Francisco, KALW will host the second annual Public Radio Party - a celebration of creative radiomaking and the community that supports it.

You'll have the chance to meet dozens of KALW hosts and producers, including Rose Aguilar, Hana Baba, Joe Burke, Ashleyanne Krigbaum, and JoAnn Mar.

Bay Area public radio crews will be out in force: *Snap Judgment*, *Youth Radio*, *Philosophy Talk*, *Big Picture Science*, and the Kitchen Sisters.

We'll have talks by NPR's digital culture correspondent Laura Sydel, 99% *Invisible* producer Katie Mingle, and more. And *Le Show's* Harry Shearer is flying in for the weekend.

There will music & cake, activities for all ages, and the chance to make some radio yourself.

To be on the guest list, you simply need to have made a contribution to the station in the past 12 months. We hope you'll join us!



Joe Burke



Audiograph Producer Julie Caine at Public Radio Party 2014



Katie Mingle



Rose Aguilar and GM Matt Martin



# Explorations In Music: “Mozart Transcendent”

Vienna is where Wolfgang Amadeus Mozart broke free from the yoke of his overbearing father and came into his own. It's also where he pushed the boundaries of what we know as the “Classical” style, influencing composers to the current day. This fall, we give you the full Mozart experience, broadcasting *Explorations in Music* seasons 9 and 10 back-to-back.

In the ten years that followed his arrival in Vienna, until his death in 1791, Mozart composed more masterworks in more genres than any other composer before or since. The tragedy of Mozart's early death is compounded by the fact that during the last years of his life, his music acquired an entirely new level of intensity: polyphonic intensity; developmental intensity; and expressive intensity. And while we cannot know where Mozart's muse might have taken him had he lived a longer life, we do know that



*The statue of Mozart in the Burggarten in central Vienna.*

the late quartets and quintets in this series stand as pre-eminent examples of his mature—and transcendent—musical voice.

Join us Mondays at 9pm from September through December as Dr. Robert Greenberg and the Alexander String Quartet explore what it means to be Mozart.

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*These broadcasts are produced for radio by Eric Wayne and hosted by KALW's David Latulippe, adapted from the concerts presented by San Francisco Performances.*

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## Season 9 Mozart in Vienna, Part 1

- Sept. 7** String Quartet in G, K. 387 (1782)
- Sept. 14** String Quartet in Dm, K. 421 (1783)
- Sept. 21** String Quartet in Eb, K. 428 (1783)
- Sept. 28** String Quartet in Bb, K. 458 (1784)
- Oct. 5** String Quartet in A, K. 464 (1785)
- Oct. 12** String Quartet in C, K. 465 (1785) “Dissonant”
- Oct. 19** Piano Quartet in Gm, K. 478 (1785)  
Sarah Cahill, piano
- Oct. 26** Piano Quartet in Eb, K. 493 (1786)  
Sarah Cahill, piano

## Season 10 Mozart in Vienna, Part 2 “Mozart Transcendent”

- Nov. 2** String Quartet in D, K. 499  
“Hoffmeister” (1786)
- Nov. 9** String Quintet in C., K. 515 (1787) Andrew Duckles, viola
- Nov. 16** String Quintet in Gm, K. 516 (1787) Jodi Levitz, viola
- Nov. 23** Clarinet Quintet in A, K. 581 (1789) Eli Eban, clarinet
- Nov. 30** String Quartet in D, K. 575 (1789)
- Dec. 7** String Quartet in Bb, K. 589 (1790)
- Dec. 14** String Quartet in F, K. 590 (1790)
- Dec. 21** Viola Quintet in Eb, K. 614 (1791)  
Charith Premawardhana, viola





PHOTO COURTESY OF FX

Tune in for KAMAU RIGHT NOW!  
at 7pm on Thursday, October 29th -  
or be part of the live experience at  
The Freight and Salvage in Berkeley.  
Tickets are available at  
[TheFreight.org](http://TheFreight.org).



PHOTO/ADAM DAVIS

Kamau has recently been announced as the host of CNN's upcoming travel show, *The United Shades of America*, and is best known for his critically acclaimed, but criminally short-lived FX comedy series, *Totally Biased with W. Kamau Bell*. He's also proud to be the ACLU's Ambassador of Racial Justice, although he's pretty upset they didn't give him a badge along with the title.

Kamau has been a guest on *WTF with Marc Maron*, *The Rachel Maddow Show*, *Real Time with Bill Maher*, *The View*, and *Fresh Air*. And you may have heard him on *This American Life* earlier this year, telling the story of his experience of racism at the Elmwood Café in his new hometown of Berkeley.

And now, Kamau is teaming up with KALW to create KAMAU RIGHT NOW! a live radio and social media event that will transform the political and cultural conversation of the moment into what Kamau calls "a three-ring circus of relevance."



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Midnight-5 am	Public Radio Remix PRX	BBC World Service Overnight – For detailed listings, visit: <a href="http://bbc.co.uk/worldservice">bbc.co.uk/worldservice</a>						Midnight-5 am
6 am	Humankind	NPR’s Morning Edition from National Public Radio <i>(starts at 5 am)</i> KALW host: Joe Burke  BBC World News live from London on the hour, a Daily Almanac at 5:49 & 8:49, SF school lunch menus at 6:49, and Jim Hightower commentary at 7:30.  7:44am features: Wednesday/Sandip Roy’s “Dispatch from Kolkata” Thursdays/Sights & Sounds    Fridays/99% Invisible, with Roman Mars					NPR’s Weekend Edition with Scott Simon	6 am
	TUC Radio							7 am
7 am	New Dimensions							8 am
8 am	To The Best Of Our Knowledge	Fresh Air with Terry Gross with Garrison Keillor’s Writer’s Almanac at 9:01 am					Wait Wait... Don’t Tell Me	9 am
9 am								
10 am	Philosophy Talk 🎧	Your Call with host Rose Aguilar. Join the conversation at 415-841-4134 or 866-798-TALK 🎧Rebroadcast Mon-Thurs at 11pm, Friday at 5pm					West Coast Live with Sedge Thomson 🎵	10 am
11 am	Work with Marty Nemko 🎧	BBC’s World Have Your Say				Inflection Point/Reveal		11 am
noon	Harry Shearer’s Le Show	BackStory	Philosophy Talk (Rebroadcast)	This American Life (Rebroadcast)	Binah 🎧	The Tavis Smiley Show	Michael Feldman’s Whad’Ya Know?	noon
1 pm	This American Life	Alternative Radio	Big Picture Science	Snap Judgment	Open Air with David Latulippe 🎵	Latino USA		1 pm
2 pm	Snap Judgment	BBC’s Newshour					Thistle & Shamrock with Fiona Ritchie	2 pm
3 pm	Sound Opinions	NPR’s All Things Considered  BBC News update at 4:01, 4:45pm features: Tuesday/FSFSF, with Nato Green    Wednesday/Sandip Roy’s “Dispatch from Kolkata” Thursday/Sights & Sounds    Friday/99% Invisible, with Roman Mars					Folk Music & Beyond with JoAnn Mar & Bob Campbell 🎵	3 pm
4 pm	Bullseye							4 pm
5 pm	Selected Shorts	Crosscurrents from KALW News 🎧				Your Call 🎧 Media Roundtable (Rebroadcast)	A Patchwork Quilt with Kevin Vance 🎵	5 pm
6 pm	The Moth Radio Hour	BBC Business Daily			The Spot			6 pm
7 pm	Minds Over Matter 🎧	Fresh Air	S.F.School Board meetings (9/8, 9/29, 10/13, 10/27, 11/10, 12/8)	Fresh Air with Terry Gross		CBC’s Day 6 with Brent Bambury	Bluegrass Signal with Peter Thompson 🎵	7 pm
		City Visions 🎧	INFORUM from the Commonwealth Club	Your Legal Rights with Chuck Finney 🎧	OUT in the Bay 🎧	Left, Right & Center		8 pm
8 pm	Revolutions Per Minute with Sarah Cahill 🎵	CBC’s As It Happens with Carol Off and Jeff Douglas Includes the Marketplace Tech Report at 8:01				Fascinatin’ Rhythm	Tangents with Dore Stein 🎵	9 pm
9 pm		Explorations in Music	TED Radio Hour	Fog City Blues with Devon Strolovitch 🎵	Africamix with Emmanuel Nado & Edwin Okong'o 🎵	L. A. Theatre Works		10 pm
10 pm	Music From The Hearts of Space	Record Shelf with Jim Svejda	Radiolab					
11 pm		Your Call 🎧 (Rebroadcast of 10am show)			Alt.Latino + The Spot	Music From Other Minds 🎵		11 pm



# programming A to Z

**99% INVISIBLE** A tiny radio show about design, architecture & the 99% invisible activity that shapes our world. Created and hosted by Roman Mars, Ira Glass calls the show “completely wonderful and entertaining and beautifully produced”. 99percentinvisible.org (*Friday at 7:44am & 4:45pm, Saturday at 8:35am.*)

**AFRICAMIX** Musical gems from Africa and the African diaspora that will stimulate your senses. Alternating hosts Emmanuel Nado and Edwin Okong'o offer vintage and contemporary sounds from Abidjan to Zimbabwe, the Caribbean, Latin America and beyond! Interviews with local artists, touring African entertainers and in studio live performances are also part of the mix. [www.kalwafricamix.blogspot.com](http://www.kalwafricamix.blogspot.com) (*Thursday 9pm-11pm*)



*This fall, Ari Shapiro and Kelly McEvers join Robert Siegel and Audie Cornish as co-hosts of All Things Considered.*

**ALL THINGS CONSIDERED** NPR's signature afternoon news program features the biggest stories of the day, thoughtful commentaries, insightful features on both the quirky and the mainstream in arts and life, music and entertainment. Includes BBC news headlines at 4:01pm, FSFSF on Tuesdays at 4:45, Sandip Roy's *Dispatch from Kolkata* on Wednesdays at 4:45, and Roman Mars' 99% Invisible on Fridays at 4:45. [npr.org](http://npr.org) (*Weekdays from 3-5pm.*)

**ALTERNATIVE RADIO** Progressive scholars and thinkers share their views, produced by David Barsamian. [alternativeradio.org](http://alternativeradio.org) (*Monday at 1pm*)

**ALT.LATINO** NPR's weekly leap into Latin alternative music and rock en Español, hosted by Felix Contreras and Jasmin Garsd. [npr.org/blogs/altlatino](http://npr.org/blogs/altlatino) (*Thursday at 11pm*)

**AS IT HAPPENS** The international news magazine from the Canadian Broadcasting Corporation that probes the major stories of the day, mixing interviews with coverage in an informative and often irreverent style. Hosted by Carol Off and Jeff Douglas. Includes the Marketplace Tech Report from American Public Media at the top of the hour. [cbc.ca/asithappens](http://cbc.ca/asithappens) (*Mon-Thurs at 8pm*)

**BBC NEWS** Current news and BBC programming from London. [bbc.com](http://bbc.com). (*Mon-Sat Midnight-5am, Weekdays at 2pm, Mon-Wed at 5:30pm.*)

**BACKSTORY** Historians Ed Ayers, Peter Onuf, and Brian Balogh tear a topic from the headlines and plumb its historical depths. Over the course of the program, they are joined by fellow historians, people in the news, and callers, bringing historical perspective to the events happening around us today. [backstoryradio.org](http://backstoryradio.org) (*Monday at Noon.*)

**BIG PICTURE SCIENCE** From amoebas to zebras, the science of what makes life possible. Produced at the SETI Institute in Mountain View, California. [bigpicturescience.org](http://bigpicturescience.org) (*Tuesday at 1pm*)

**BINAH** The best of arts & ideas, authors & personalities, produced in collaboration with the Jewish Community Center of San Francisco. 9/3 *New York Times* columnist and PBS commentator David Brooks; 9/10 Alt-rocker and arts fundraising guru Amanda Palmer with Armistead Maupin; 9/17 Comic writer Neil Gaiman with Michael Chabon; 9/24 Egyptian-American writer and activist Mona Eltahawy. 10/1 Entertainer Felicia Day with Jane McGonigal; 10/8 Behavioral Economist Dan Ariely; 10/15 Thought Leader and Research Professor Brené Brown; 10/22 Filmmaker and Webby Awards founder Tiffany Schlain with Michael Krasny; 10/29 Roman Mars, Glynn Washington and Jessica Abel; 11/5 Filmmaker Todd Haynes with San Francisco Film Society's Noah Cowan; 11/12 Pulitzer Prize-winning playwright



Long-distance swimmer Diana Nyad on Binah, December 10th.

and MacArthur Award grantee Suzan-Lori Parks with Carey Perloff; 11/19 US Poet Laureate Juan Felipe Herrera; 11/26 Maria Popova with Alexis Madrigal; 12/3 Adventures with Bumblebees with Dave Goulson; 12/10 Marathon swimmer Diana Nyad; 12/17 Carrie Brownstein with Dave Eggers; 12/24 MIT technology and society specialist psychologist Sherry Turkle in conversation with Katie Hafner; 12/31 Tony Award-winning actor and producer Wendell Pierce. [podcasts.jccsf.org/binah](http://podcasts.jccsf.org/binah) (Thursday at Noon.) 🎧

**BLUEGRASS SIGNAL** Host Peter Thompson presents traditional and contemporary bluegrass music in thematically-based programs that also include the area's most complete calendar of events: 9/5 Old Time Is Good Time - previewing the Berkeley Old Time Music Convention; 9/12 Let Your Conscience Be Your Guide - Johnny & Jack's words ring out during KALW's fall membership campaign; 9/19 Hicks With Sticks - Bay Area twang with guest host Jose Segue; 9/26 What's Goin' On? - musical previews of this fall's bluegrass and old-time events. 10/3 New releases and reissues; 10/10 The Piedmont Melody Makers 10/17 Kathy Kallick Band's new album, Foxhounds; 10/24, 10/31 Guest co-host Leah Wollenberg presents some spooky music for Hallowe'en; 11/7 The California Banjo Extravaganza, with producer/picker Bill Evans; 11/14 All Kinds Of Country with guest host Sully Roddy; 11/21 On Air Folk Festival; 11/28 Celebrating the 90th anniversary of the first Grand Ole Opry broadcast; 12/5 tba; 12/12 Last-Minute Gift Suggestions; 12/19 Christmas Bluegrass; 12/26 Boxing Day Bluegrass. [bgsignal.com](http://bgsignal.com) (Saturday 6:30-8pm)

**BLUES POWER HOUR:** Now available on the Local Music Player at [kalw.org](http://kalw.org), and, on occasion in place of *Fog City Blues* on Wednesday evenings. Keep up with Mark through the Blues Power Hour program page on [kalw.org](http://kalw.org), and at [bluespower.com](http://bluespower.com).

**BULLSEYE** Host Jesse Thorn mixes it up with personalities from the world of entertainment & the arts. [maximumfun.org](http://maximumfun.org) (Sunday at 4pm)

**CITY VISIONS** Host Joseph Pace explores Bay Area issues. To participate, call (415) 841-4134 or email [cityvisions@kalw.org](mailto:cityvisions@kalw.org) and we're @cityvisionsKALW on twitter. (Monday at 7pm) 🎧

**COUNTERSPIN** An examination of the week's news and that which masquerades as news. [fair.org](http://fair.org) (Friday at 7:30pm)

**CROSSCURRENTS** The evening news-magazine from KALW News featuring in-depth reporting that provides context, culture, and connections to communities around the Bay Area. [kalw.org](http://kalw.org) (Monday-Thursday at 5pm) 🎧

**DAY 6** From the CBC in Toronto, host Brent Bambury offers a different perspective on the biggest stories of the week, and some you might have missed: technology, politics, arts, pop culture, and big ideas. *Day 6* will give you something to think about, talk about, and maybe even to laugh about. [www.cbc.ca/day6](http://www.cbc.ca/day6). (Friday at 6pm.)

**DISPATCH FROM KOLKATA** Writer Sandip Roy offers commentary and a weekly audio postcard "from the new India". (Wednesday at 7:44am & 4:45pm)

**EXPLORATIONS IN MUSIC** "Mozart in Vienna" - Musicologist Robert Greenberg and the Alexander String Quartet explore the composer's time in Vienna. Season 9 is rebroadcast, followed by new episodes comprising Season 10, through 12/21. KALW's David Latulippe hosts the broadcasts. See p. 8 for more details. (Monday at 9pm.)





# programming A to Z

**FASCINATING RHYTHM** Songs from the Great American Songbook, hosted by Michael Lasser. [wxii.org/rhythm](http://wxii.org/rhythm) (Friday at 8pm)

**FOG CITY BLUES** Host Devon Strolovitch brings you blues from the Bay Area and beyond [fogcityblues.com](http://fogcityblues.com) (Wednesday 9-11pm)



*Celebrated Scottish fiddler Alisdair Fraser on Folk Music and Beyond, November 7th.*

**FOLK MUSIC AND BEYOND** Hosts JoAnn Mar and Bob Campbell present the best in live and recorded contemporary folk, traditional, and original music from America, England, Ireland, Scotland, and other parts of the world. Upcoming highlights: 10/3 October Song: Songs in the mood of fall drawing inspiration from the classic piece by Robin Williamson; 10/10 A preview of the Folk Alliance Far West Conference; 10/17 California! Visions of life clinging to this ragged coast from Joni Mitchell, San Francisco musician Colin Farish, North Coast musician Joanne Rand, Nevada City singer Mariee Sioux, and the Beach Boys. (A nod to the 26th anniversary of the Loma Prieta earthquake.); 10/24 Guest host Sandy Miranda returns from Europe with her latest discoveries; 10/31 A Knight of Ghosts and Shadows: With a nod to the old song Tom O'Bedlam, childhood fears, grim spirits, madness, and the specter of death for your Halloween; 11/7 Music & Conversation with the great Scottish fiddler Alasdair Fraser; 11/14 England: The tradition, the folk revival, folk rock, modern trends, including A.L. Lloyd, the Young Tradition, the Watsons, Fairport Convention, the Pentangle - on through Jon Boden, Chris Wood, Eliza Carthy, The Owl Service, and others; 11/21 KALW's On-Air Folk Festival; 11/28 Songs of

gratitude and reflective music; 12/5 Next Generation: Stray Birds, Sam Amidon, Red June, Mandolin Orange, Milk Carton Kids, The Weepies, Birds of Chicago, Anna & Elizabeth; 12/12 Music for deep winter from Andrew Cronshaw; Jessica Radcliffe and Martin Simpson; Herdman, Hills, and Mangsen; and Moira Smiley; 12/19 "An Irish Christmas In America" returns to KALW, led by fiddler Oisín MacDiarmada and featuring lead vocalists Seamus Begley and Teresa Horgan. This concert recorded in Berkeley presents Irish music, holiday songs, and storytelling; 12/26 The Best of 2015. [kalwfolk.org](http://kalwfolk.org) (Saturday 3-5pm)

**FRESH AIR** Terry Gross hosts this weekday magazine of contemporary arts and issues. [freshair.com](http://freshair.com) (Weekdays at 9am & 6pm)

**FSFSF** A weekly serving of Bay Area comedy dished up by San Francisco's own Nato Green. (Tuesday at 4:45pm.)

**HUMANKIND** Voices of hope and humanity, produced by David Freudberg. From following an urban naturalist in Oregon to learning how to age gracefully, *Humankind* offers sound portraits of people making a difference in their communities and the world. [humanmedia.org](http://humanmedia.org) (Sunday at 6am)



*Host Lauren Schiller returns with a new season of interviews with world-changing women on Inflection Point, Friday at 11am.*

**INFLECTION POINT** Explorations of what it means to be a woman in power - how to embrace it, use it, and give it to others. Host Lauren Schiller talks to the women who are changing the

status quo in business and technology, showcasing their contributions. 9/4 The Changing Roles of Women in Film, with Lily Tomlin, Paul Weitz, & Zoe Elton; 9/18 Building more diversity on the bench and in the community, with Noel Wise & Ilana Lipsett; 9/25 Racial Diversity, with Allyson Hobbs & Joelle Emerson; 10/2 Good Business vs Bottom Line, with Susan Griffin-Black & Claire Heminjard; 10/16 Raising Resilient Girls, with Simone Marean; 10/23 Environmentalism, with Sandra Steingraber, and Pinkwashing, with Karuna Jaggar; 10/30 Kimberly Bryant & Lina Nilsson. (Friday at 11am.)

**INFORUM** From the Commonwealth Club, programs recorded exclusively for KALW that provide a forum for young people to access the best informed, most involved, and brightest minds — be they politicians, business gurus, thought leaders, trendsetters or culture-jammers. (Tuesday at 7pm)

**JIM HIGHTOWER** A two minute shot across the bow aimed at corporate and political corruption, heard exclusively in San Francisco on KALW. (Weekdays at 7:49am)

**L. A. THEATRE WORKS** Compelling Stories. Inspiring Playwrights. Headline Actors. 10/3 “The Whipping Man” by Matthew Lopez (with Charlie Robinson, Aaron Jennings, Mark J. Sullivan); 10/10 “Another Time” by Ronald Harwood (Stacy Keach, Alice Krige, Miriam Margolyes); 10/17 “Look Back in Anger” by John Osborne (Simon Templeman, Steven Brand, Joanne Whalley); 10/24 “Dear Elizabeth” by Sarah Ruhl (JoBeth Williams, Julian Sands); 10/31 “Blithe Spirit” by Noël Coward (Shirley Knight, Rosalind Ayres, Judy Geeson, Ian Ogilvy). (Friday 9pm-11pm)

**LATINO USA** Host Maria Hinojosa brings depth of experience, on-the-ground connections, and knowledge of current and emerging issues impacting Latinos and other people of color. latinousa.org (Friday at 1pm)

**LEFT, RIGHT & CENTER** A weekly confrontation over politics, policy and popular culture with panelists from various political perspectives, including Robert Scheer on the left, Rich Lowry on the right, and Josh Barro in the center. kcrw.com (Friday at 7pm)

**LE SHOW** A weekly, hour-long romp through the worlds of media, politics, sports and show business, leavened with an eclectic mix of mysterious music, hosted by Harry Shearer. harryshearer.com (Sunday at Noon)

**MINDS OVER MATTER** Dana Rodriguez, and a rotating crew of panelists that includes *The San Francisco Chronicle*’s Leah Garchik, and writer Gerry Nachman challenge each other and KALW’s audience on the Bay Area’s favorite quiz show. Celebrating its 20th year on KALW. Call-in phone: (415) 841-4134. (Sunday at 7pm)

**MORNING EDITION** NPR’s signature morning show, with news updates from the BBC at the top of each hour. Local host Joe Burke offers today’s school lunch menu at 6:49, and a daily almanac at 5:49 and 8:49. Plus daily commentaries from Jim Hightower at 7:30, *Crosscurrents Morning Report* Tues.-Fri. at 8:51, Sandip Roy’s *Report from Kolkata* on Wednesdays at 7:44, and Roman Mars’ *99% Invisible* on Fridays at 7:44. npr.org (Weekdays 5-9am)

**THE MOTH RADIO HOUR** Unscripted



*The Moth GrandSLAM at The Castro Theatre.*

stories told live onstage, without props or notes — listeners are drawn to the stories, like moths to a flame. (Sunday at 6pm)

**MUSIC FROM OTHER MINDS** New and unusual music by innovative composers and performers around the world, brought to you by the staff at Other Minds in San Francisco. otherminds.org/mfom (Friday at 11pm)



# programming A to Z

## MUSIC FROM THE HEARTS OF SPACE

Slow music for fast times hosted by Stephen Hill, bringing you the timeless world of space, ambient and contemplative music. [www.hos.com](http://www.hos.com) (Sunday 10pm-Midnight)

**NEW DIMENSIONS** A weekly dialogue that gives reasons for embracing hopefulness regarding contemporary problems, with perspectives relative to physical, mental, and spiritual well being of humanity and the planet. [newdimensions.org](http://newdimensions.org) (Sunday at 7am)

**OPEN AIR** KALW's weekly radio magazine of "most things (culturally) considered" hosted by David Latulippe. Interviews and live musical performances from those involved in the Bay Area performing arts scene. Recent guests have included composers Mason Bates and Paul Dresher; conductors Alasdair Neale, Herbert Blomstedt, and Ragnar Bohlin; entertainers Geoff Hoyle and Peter Gallagher, and chemist/playwright Carl Djerassi. Regular contributors Peter Robinson, Dianne Keogh and Janos Gereben offer reviews and recommendations. All shows are archived at [kalw.org](http://kalw.org) (Thursday at 1pm)

**OUT IN THE BAY** Gay radio for San Francisco and beyond, hosted by Eric Jansen and Marilyn Pittman. Please note: Due to health issues of a close family member of *Out in the Bay's* managing producer and co-host, the program will be scaling back production. This fall, tune in for LGBT specials by outside producers, some new *Out in the Bay* interviews, and favorites from *Out in the Bay's* 11 years on KALW. [outinthebay.com](http://outinthebay.com) (Thursday at 7pm)

**A PATCHWORK QUILT** Acoustic, Celtic, singer-songwriter, American traditional, world musics, and a little bit of everything else. Some of the week's news in song. New recordings. Old friends. Folks playing in town, some live in the studio. Kevin Vance is host. (Saturday at 5pm)

**PHILOSOPHY TALK** Stanford philosophers John Perry and Ken Taylor

interview guest experts and respond to questions from listeners. *Philosophy Talk* questions everything...except your intelligence. Upcoming highlights: 9/1 Education and the Culture Wars, Rob Reich; 9/6 & 9/8 Has Science Replaced Philosophy? with Massimo Pigliucci; 9/13 & 15 The Ethics of Drone Warfare, with Bradley Strawser; 9/20 & 9/22 The Changing Face of Feminism, with Christina Sommers; 9/27 & 9/29 Regret, with Jay Wallace. [philosophytalk.org](http://philosophytalk.org) (Sunday at 10am, rebroadcast Tuesday at Noon)

**RADIOLAB** The curious minds of Jad Abumrad and Robert Krulwich explore the boundaries that blur science, philosophy, and human experience. [radiolab.org](http://radiolab.org) (Tuesday at 10pm)

**RECORD SHELF** Jim Svejda reviews compact discs and explores classical music. [kusc.org](http://kusc.org) (Monday at 10pm)



Reveal host Al Letson, at the studios of the Center for Investigative Reporting in Emeryville.

**REVEAL** The Peabody Award-winning investigative journalism program for public radio. Produced by The Center for Investigative Reporting and PRX, Reveal will present original work from CIR's team along with various partners: stations, producers, web sites, journalism centers and reporters from around the world. [revealradio.org](http://revealradio.org). (Friday at 11am, 9/11, 10/9, 11/13, 12/11)

## REVOLUTIONS PER MINUTE

Sarah Cahill's weekly program of new and classical music. Interviews and music

from a broad range of internationally acclaimed and local contemporary composers and musicians, with previews of Bay Area concerts. [sarahcahill.com](http://sarahcahill.com) (Sunday 8-10pm)

**SAN FRANCISCO SCHOOL BOARD MEETINGS** Live gavel-to-gavel broadcast of the San Francisco Unified School District board meetings from 555 Franklin Street in San Francisco. While the Board is in closed session, educator Carol Kocivar presents an interview feature, "Looking at Education." [www.sfusd.edu](http://www.sfusd.edu) (Tuesday at 6pm, 9/8, 9/29, 10/13, 10/27, 11/10, 12/8)

**SELECTED SHORTS** Celebrity readers from stage and screen, recorded at Symphony Space in NYC. 10/4 "Amazing Proposal Stories" by Simon Rich (read by Tracee Chimo), "The Weekend Travelers" by Elizabeth Spencer (Campbell Scott), "Best Western" by Louise Erdrich (Patricia Kalember); 10/11 "Vanilla Bright Like Eminem" by Michel Faber (Daniel Gerroll); "North Country" by Roxane Gay (Adepero Oduye); 10/18 "The Adventure of the Computer Program" by Seth Fried (Santino Fontana); "Find the Bad Guy" by Jeffrey Eugenides (John Benjamin Hickey); 10/25 "The Lie" by T.C. Boyle (Stephen Colbert), "Yma Dream" by Thomas Meehan (Christine Baranski), "Pride and Prejudice" from "Twitterature" (Wyatt Cenac); 11/1 "Through the Safety Net" by Charles Baxter (performed by Becky Ann Baker); "Click-Clack, The Rattlebag" by Neil Gaiman, "Strays" by Mark Richard (Alex Hurt), "October Tale" by Neil Gaiman (John Cameron Mitchell); 11/8 "Prologue to Middletown" by Will Eno (Cecil Baldwin), "Lab Coats" by Yoko Ogawa (Marin Ireland), "The Beautiful Stranger" by Shirley Jackson (Cecil Baldwin), "List of Cross-Dressing Soldiers" by Patricia Lockwood (Dylan Marron), "Go Back to the Telephone Booth, Clark Kent, Clark Kent" by Sarah Levy (Sarah Levy, Meg Bashwiner, & Dylan Marron); "Texts from Peter Pan" by Mallory Ortberg (Dylan Marron and Mara Wilson); 11/15 "Unstuck" by John Updike (Jane Kaczmarek), "Playing with Dynamite" by John Updike (Sally Field); 11/22 "Pilgrims" by Julie Orringer (Jill Eikenberry), "The Life You Save May be Your Own" by Flannery O'Connor (Lois Smith); 11/29 "The

Proxy Marriage" by Maile Meloy (Patricia Kalember), "The Worm and the Apple" by John Cheever (Anne Meara); 12/6 "Where the Cluetts Are" by Jack Finney (Philip Casnoff), "Lederhosen" by Haruki Murakami (Aasif Mandvi); 12/9 Selected excerpts, 1979-1985 from "The Andy Warhol Diaries" (Denis O'Hare); "The Young Painters" by Nicole Krauss (Heather Burns), "The Burning Palms" by Claire Keegan (Patricia Kalember); 12/20 "One Christmas" by Truman Capote (John Shea), "The Loudest Voice" by Grace Paley (Linda Lavin), "A Visit from St. Nicholas" by James Thurber (Isaiah Sheffer). (Sunday at 5pm)

**SNAP JUDGMENT** Host Glynn Washington explores decisions that define lives, taking listeners on an addictive narrative that walks a mile in someone else's shoes — a rhythmic blend of drama, humor, music, and personality. Produced in Oakland, distributed nationwide by NPR and PRX. [snapjudgment.org](http://snapjudgment.org) (Sunday at 2pm, Wednesday at 1pm)

**SOUND OPINIONS** Smart and spirited discussions about a wide range of popular music, from cutting-edge underground rock and hip-hop, to classic rock, R&B, electronica, and worldbeat. Hosted by music critics Jim DeRogatis and Greg Kot from the studios of WBEZ in Chicago. [soundopinions.org](http://soundopinions.org) (Sunday at 3pm)

**THE SPOT** A half-hour of the best podcasts from public radio's most innovative producers. Curated and hosted by Ashleyanne Krigbaum. (Thursday at 5:30pm & 11:30pm)

**TANGENTS** An unusually diverse, genre-bending program hosted by Dore Stein that explores the bridges connecting various styles of music, from world and roots to creative jazz hybrids. [tangents.com](http://tangents.com) (Saturday 8pm-Midnight) 🎵

**THE TAVIS SMILEY SHOW** A weekly high-energy discussion of political, cultural, and global issues of particular relevance to African Americans. [tavissmileyradio.com](http://tavissmileyradio.com) (Friday at Noon)





# programming A to Z

**THE TED RADIO HOUR** A journey through fascinating ideas: astonishing inventions, fresh approaches to old problems, new ways to think and create. Based on talks given by speakers on the TED stage, each show is centered on a common theme – such as the source of happiness, crowd-sourcing innovation, power shifts, or inexplicable connections – and injects soundscapes and conversations that bring these ideas to life. Hosted by Guy Raz. *(Tuesday at 9pm)*

**THE THISTLE & SHAMROCK** Host Fiona Ritchie with well-established and newly emerging artists that explore Celtic roots in Europe and North America. [thistle-radio.com](http://thistle-radio.com) *(Saturday at 2pm)*

**THIS AMERICAN LIFE** A different theme each week with contributions from a variety of writers and performers, hosted by Ira Glass. [thislife.org](http://thislife.org) *(Sunday at 1pm and Wednesday at Noon)*

**THIS WAY OUT** LGBT stories and news from around the corner and around the world, produced by Greg Gordon in Los Angeles. [thiswayout.org](http://thiswayout.org) *(Thursday at 7:30pm)*

**TO THE BEST OF OUR KNOWLEDGE** An audio magazine that offers a fresh perspective on the cultural topics that shape today's headlines. [ttbook.org](http://ttbook.org) *(Sunday 8-10am)*

**TUC RADIO** (Time of Useful Consciousness) Probing reports on the impact of big corporations on society. [tucradio.org](http://tucradio.org) *(Sunday at 6:30am)*

**WAIT WAIT ... DON'T TELL ME** NPR's weekly hour-long quiz program, hosted Peter Sagal. Test your knowledge against some of the best and brightest in news and entertainment while figuring out what's real news and what's made up. *(Saturday at 9am)*

**WEEKEND EDITION** Scott Simon and NPR wrap up the week's events – plus arts and newsmakers interviews. [npr.org](http://npr.org) *(Saturday 6-9am)*

**WEST COAST LIVE!** San Francisco's "live radio program to the world" hosted by Sedge Thomson with pianist Mike Greensill. Two hours of conversation, performance, and play, broadcast live from locations around the Bay Area. Tickets online at [wcl.org](http://wcl.org) *(Saturday 10am-Noon)* 🎵

**WHAD'YA KNOW?** A two-hour comedy/quiz show hosted by Michael Feldman, "the sage of Wisconsin." [notmuch.org](http://notmuch.org) *(Saturday Noon-2pm)*

**WORK WITH MARTY NEMKO** Career coach Marty Nemko talks with listeners about work issues, from finding the perfect job to networking, and regularly offers "3 minute workovers." Guests have included Alan Dershowitz, Cokie Roberts, Jack Welch, Suze Orman, Robert Reich, and Obama strategist Robert Cialdini. And his wife, Barbara Nemko, comes in periodically to give him a hard time. [martynemko.com](http://martynemko.com) *(Sunday at 11am)* 🎧

**WORLD HAVE YOUR SAY** An interactive program on key issues in the news with a worldwide audience, hosted by Ros Atkins. To participate in the live webcast at [bbc.com](http://bbc.com) at 10am, call 011 44 20 70 83 72 72 or email [worldhaveyoursay@bbc.com](mailto:worldhaveyoursay@bbc.com). [worldhaveyoursay.com](http://worldhaveyoursay.com) *(Weekdays at 11am, tape delayed)*

**WRITER'S ALMANAC** Garrison Keillor's daily digest of all things literary. [writersalmanac.com](http://writersalmanac.com) *(Weekdays at 9:01am)*

**YOUR CALL** Politics and culture, dialogue and debate, hosted by Rose Aguilar. To participate, call (415) 841-4134. [yourcallradio.org](http://yourcallradio.org) *(Weekdays at 10am. Rebroadcast Monday-Wednesday at 11pm, Friday at 5pm)* 🎧

**YOUR LEGAL RIGHTS** San Mateo Deputy District Attorney Chuck Finney talks with listeners about legal and consumer problems. Call in your questions to Chuck and his team of guest attorneys: (415) 841-4134. *(Wednesday at 7pm)* 🎧

## Addressing Your “Laziness”

*continued from page 4*

can't-make-me” attitude, worth the price you're paying?

**Hard-wired low motivation.** Some people seem to be driven or laid-back from birth. Most moms of two or more children are sure their kids emerged from the womb with a distinct personality. A friend told me she knew her kids' different personalities *in-utero* and that they have retained that basic personality.

If you are unusually laid-back by nature, it probably won't help to push yourself too hard. We all have our limits. Perhaps you need to look for work in which your laid-back self is only a minimal liability or even a plus.

For example, I appreciate a calm customer service person. Laid-backness

can also be of great value in a health-care provider, for example, paramedics, emergency room doctors, and surgeons. The high-stakes time pressure in those jobs make it unlikely that even laid-back people goof off. And their calm personality is often a big plus amid that work's stress.

**So now, let's turn to you.** Do one or more of the above flavors of “laziness” describe you? Is there anything you want to do differently as a result? Or would you rather, for the time being, kick back, hang 10, and meditate on it?

Marty Nemko is one of the nation's leading career coaches, and hosts *Work with Marty Nemko* Sundays at 11am on KALW.



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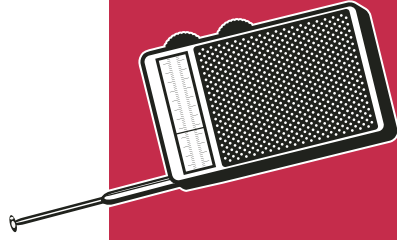
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