



# MOUNTAIN GROWN COMMUNITY RADIO

Serving Western Colorado Since 1979

Paonia 90.9 Crawford 98.3 Montrose 89.1 Ridgway 88.9 Ouray 90.1 Lake City 88.7 Grand Valley 99.1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
5:00 am	<b>NPR - Morning Edition</b>					<b>Undercurrents</b>						
6:00 am						8:00 - 8:10 am <b>Local &amp; Regional News</b>		Go Betty Morning Music Mix Tuesday Morning Music Mix Wednesday Morning Music Mix The Sweet Sound Morning Music Mix Feel Good Friday Morning Music Mix		<b>NPR Weekend Edition</b>		
7:00 am												
8:00 am												
9:00 am	Go Betty Morning Music Mix	Tuesday Morning Music Mix	Wednesday Morning Music Mix	The Sweet Sound Morning Music Mix	Feel Good Friday Morning Music Mix	<b>Pot o' Gold</b> Children's Music/ Stories	<b>New Dimensions</b>					
10:00 am	<b>FreeRange Radio</b> Rock, Folk, Soul	<b>"Just Us" Folk</b> Folk	<b>CROSS-ROADS</b> Roots, Bluegrass, Folk, Rock	<b>The Freak Show</b> Variety	<b>Gumbo Ya Ya</b> New Orleans	<b>Local Motion</b>	<b>Medicine Show</b> New Age, Spiritual					
11:00 am						Talkin' Music						
12:00 pm	<b>Off The Wall</b> New Music	<b>Blues &amp; Other Colors</b> Blues	<b>My Generation</b> Variety	<b>Room To Groove</b> Funk, World, Electronica	<b>The Music Box</b> Rock	<b>e-town</b>						
1:00 pm						<b>Pickin'</b> Bluegrass	<b>Stop Time</b> 30's, 40's, Swing -or- <b>Flight of Fancy</b> 50's & 60's					
2:00 pm	<b>The Redneck Riviera</b> Classic Country	<b>Thomas Jefferson Hour</b>										
3:00 pm			<b>NPR - All Things Considered</b>					<b>Counter Spin</b>				
4:00 pm	<b>Left, Right &amp; Center</b>											
5:00 pm		5:49 - 5:59 pm <b>Local &amp; Regional News</b>						<b>NPR All Things Considered</b>				
6:00 pm	<b>RADIOLAB</b>	<b>Local Motion</b>						<b>Earth Songs</b>	<b>Talkin' Music</b>	<b>Wild Card</b> Radio documentaries & talk shows	<b>RADIOLAB</b>	<b>In the Classical Tradition</b> Classical
6:30 pm		As the Worm Turns	All Songs Considered									
7:00 pm	<b>La Nueva</b> Spanish Language Programming	<b>One Woman's Perspective</b> Women's Music & Poetry	<b>Global Express</b> World	<b>Soul System</b> Soul/Soulful	<b>Cookin' With Jazz</b> Jazz	<b>Turn It Up!</b> Variety	<b>e-town</b>					
8:00 pm												
9:00 pm	<b>Spanish Language News</b>	<b>The You Never Know Show</b> Variety	<b>Under the Influence</b> World, Electronica	<b>Open Mic</b> Variety	<b>Emotional Rescue</b> Rock	<b>Saturday Night Soundtrack</b> Variety	<b>KVNF FREE FORM</b> Variety					
9:30 pm												
10:00 pm	The Bone Conduction Music Show					<b>U n d e r c u r r e n t s</b>						
11:00 pm												
12:00 am												
2:00 am												
5:00 am												

### KVNF Short Features

**Weather Report** 8:30 am & 10:00 am Mon-Fri, 9:00 am Sat, 10 am Sun  
**Bulletin Board** 11:00 am Mon-Fri, 1:00 & 8:00 pm Mon-Sun  
**Entertainment Calendar** 9:00 am & 2:00 pm Mon-Fri 2:30 pm Sat, 2:00 pm Sun  
**Visual Arts Calendar** 7:19 am \*pre-empted by Avalanche Report & 11:00 am Mon-Fri  
**Avalanche/River Flow Report** Seasonal During Morning Edition, Mon-Fri  
**Western Slope Skies** 8:10 am every other Fri, 8 pm the following Wed

**NPR News Headlines** 12:01 pm Mon-Fri  
**Pulse of the Planet** 1:00 pm Mon-Fri  
**Hightower Radio** 7:00 pm Tue & Thu  
**Confessions of a Heavy Thinker** 10:00 am Thu  
**Fit Corner** 10:00 am Fri