



# 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>					Undercurrents					
6:00 am						8:00 - 8:10 am Local & Regional News		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		NPR Weekend Edition	
7:00 am											
8:00 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	Pot o' Gold Children's Music/Stories	New Dimensions				
9:00 am	<b>FreeRange Radio</b> Rock, Folk, Soul	"Just Us" Folk	<b>CROSS-ROADS</b> Roots, Bluegrass, Folk, Rock	<b>The Freak Show</b> Variety	<b>Gumbo Ya Ya</b> New Orleans	Local Motion	<b>Medicine Show</b> New Age, Spiritual				
10:00 am						Talkin' Music					
11:00 am	<b>NPR - All Things Considered</b> 5:49 - 5:59 pm Local & Regional News					e-town Music Performances & Interviews					
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>Pickin'</b> Bluegrass
1:00 pm	<b>NPR - All Things Considered</b> 5:49 - 5:59 pm Local & Regional News					<b>The Redneck Riviera</b> Classic Country	<b>Thomas Jefferson Hour</b>				
2:00 pm						<b>NPR - All Things Considered</b> 5:49 - 5:59 pm Local & Regional News					NPR All Things Considered
3:00 pm	<b>RADIOLAB</b>	<b>Local Motion</b> As the Worm Turns	<b>Earth Songs</b> Modern Indigenous Music	<b>Talkin' Music</b> All Songs Considered	<b>Wild Card Radio</b> Radio documentaries & talk shows						<b>RADIOLAB</b>
4:00 pm	<b>La Nueva</b> Spanish Language Programming	<b>One Woman's Perspective</b> Women's Music & Poetry	<b>Global Express</b> Reggae & World Beat	<b>Soul System</b> Soul/Soulful	<b>Cookin' With Jazz</b> Jazz	<b>Turn It Up!</b> Variety					
5:00 pm	<b>Spanish Language News</b>	<b>Anything Goes</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>e-town</b> Live Music Performances & Interviews				
6:00 pm	<b>NPR - All Things Considered</b> 5:49 - 5:59 pm Local & Regional News					NPR All Things Considered					
6:30 pm						<b>NPR - All Things Considered</b> 5:49 - 5:59 pm Local & Regional News					NPR All Things Considered
7:00 pm	<b>NPR - All Things Considered</b> 5:49 - 5:59 pm Local & Regional News										NPR All Things Considered
8:00 pm						<b>NPR - All Things Considered</b> 5:49 - 5:59 pm Local & Regional News					NPR All Things Considered
9:00 pm	<b>NPR - All Things Considered</b> 5:49 - 5:59 pm Local & Regional News										NPR All Things Considered
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<b>U n d e r c u r r e n t s</b>											

<b>KVNF Short Features</b>	8:30 am & 10:00 am Mon-Fri, 9:00 am Sat, 10 am Sun	<b>NPR News Headlines</b>	12:01 pm Mon-Fri
<b>Weather Report</b>	11:00 am Mon-Fri, 1:00 & 8:00 pm Mon-Sun	<b>Pulse of the Planet</b>	1:00 pm Mon-Fri
<b>Bulletin Board</b>	9:00 am & 2:00 pm Mon-Fri 2:30 pm Sat, 2:00 pm Sun	<b>Hightower Radio</b>	7:00 pm Tue & Thu
<b>Entertainment Calendar</b>	7:19 am *pre-empted by Avalanche Report & 11:00 am Mon-Fri	<b>Confessions of a Heavy Thinker</b>	10:00 am Thu
<b>Visual Arts Calendar</b>	Seasonal During Morning Edition, Mon-Fri		
<b>Avalanche/River Flow Report</b>	8:10 am every other Fri, 8 pm the following Wed		
<b>Western Slope Skies</b>			