



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	NPR - Morning Edition					Undercurrents							
6:00 am						8:00 - 8:10 am Local & Regional News		Pot o' Gold Children's Music/ Stories		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								
9:00 am	FreeRange Radio Rock, Folk, Soul	"Just Us" Folk	CROSS-ROADS Roots, Bluegrass, Folk, Rock	MIDDAY Mash-Up Variety	Gumbo Ya Ya New Orleans	Local Motion	Medicine Show New Age, Spiritual						
10:00 am						Talkin' Music							
11:00 am	Off The Wall New Music	Blues & Other Colors Blues	My Generation Variety	Room To Groove Funk, World, Electronica	The Music Box Rock	e-town Music Performances & Interviews							
12:00 pm	NPR - All Things Considered					Pickin' Bluegrass							
1:00 pm						5:49 - 5:59 pm Local & Regional News		RADIOLAB As the Worm Turns Modern Indigenous Music		Talkin' Music All Songs Considered Wild Card Radio documentaries & talk shows		NPR All Things Considered	
2:00 pm													
3:00 pm	La Nueva Spanish Language Programming	One Woman's Perspective Women's Music & Poetry	Global Express Reggae & World Beat	Soul System Soul/Soulful	Cookin' With Jazz Jazz	Turn It Up! Variety	In the Classical Tradition Classical						
4:00 pm	Spanish Language News	Anything Goes Variety	Under the Influence World, Electronica	Open Mic Variety	Emotional Rescue Rock	Saturday Night Soundtrack Variety	e-town Live Music Performances & Interviews						
5:00 pm	Undercurrents					The Bone Conduction Music Show							
6:00 pm						RADIOLAB As the Worm Turns Modern Indigenous Music		Talkin' Music All Songs Considered Wild Card Radio documentaries & talk shows		RADIOLAB			
6:30 pm													
7:00 pm	RADIOLAB As the Worm Turns Modern Indigenous Music		Talkin' Music All Songs Considered Wild Card Radio documentaries & talk shows		RADIOLAB								
8:00 pm													
9:00 pm	RADIOLAB As the Worm Turns Modern Indigenous Music		Talkin' Music All Songs Considered Wild Card Radio documentaries & talk shows		RADIOLAB								
9:30 pm													
10:00 pm	RADIOLAB As the Worm Turns Modern Indigenous Music		Talkin' Music All Songs Considered Wild Card Radio documentaries & talk shows		RADIOLAB								
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12:00 am	RADIOLAB As the Worm Turns Modern Indigenous Music		Talkin' Music All Songs Considered Wild Card Radio documentaries & talk shows		RADIOLAB								
2:00 am													
5:00 am	RADIOLAB As the Worm Turns Modern Indigenous Music		Talkin' Music All Songs Considered Wild Card Radio documentaries & talk shows		RADIOLAB								

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