WAMC FM broadcasts 365 days a year to eastern New York and western New England on 90.3 MHz. Our studios and offices are in Albany, NY.

The WAMC transmitter is located atop Mount Greylock in Adams, MA. The WAMC-AM transmitter is located in Albany, NY. WAMK’s transmitter is located on Overlook Mountain, Woodstock, NY.

WAMC transmits on these frequencies:
WAMC, 90.3 FM, Albany, NY
WAMC 1400 AM, Albany NY
WAMK, 90.9 FM, Kingston, NY
WOSR, 91.7 FM, Middletown, NY
WCEL, 91.9 FM, Plattsburgh, NY
WCAN, 93.3 FM, Canajoharie, NY
WANC, 103.9 FM, Ticonderoga, NY
WRUN-FM, Remsen-Utica, NY
WAMQ, 105.1 FM, Great Barrington, MA
WWES, 88.9 FM, Mt. Kisco, NY
WANR, 88.5 FM, Brewster, NY
WANZ, 90.1, Stamford, NY

Translators:
W280DJ, 103.9 - Beacon, NY
W247BM, 97.3 - Cooperstown, NY
W292ES, 106.3 - Dover Plains, NY
W246BJ 97.1 - Hudson, NY
W204CJ, 88.7 - Lake Placid, NY
W292DX, 106.3 – Middletown, NY
W215BG, 90.9 - Milford PA
W299AG, 107.7 - Newburgh, NY
W211CE, 90.1- Oneonta, NY
W257BL, 99.3 - Oneonta, NY
W240CR, 95.9 - Peekskill, NY
W226AC, 93.1 - Rensselaer-Troy, NY
W225BM, 92.9 - Scotia, NY
W296BD, 107.1 - Warwick, NY
People with good minds can be very passionate. Take the case of the current Presidential election cycle. We hear from people of all political persuasions who are quite sure that we are being blatantly unfair, usually about Bernie Sanders or Hillary Clinton. Now don't get me wrong – when the Massachusetts primary rolled around I voted for Bernie. I had announced that I would because I believe that journalists have a responsibility to let their audiences know where they are coming from. I have interviewed both Bernie and Hillary on the air so I am very surprised at some of the vitriol we have heard about the station's alleged “position” (we never take sides) in favor of Hillary. I try to be fair on our daily Roundtable panel. I have explained that I think Bernie is right on the major issues. I have also explained that I believed Hillary would capture more of the centrist voters and be more electable.

Of course, I immediately heard back from many Bernie supporters who sanctimoniously told me that Bernie does better in head to head matchups with the various Republican candidates. Not wanting to get in a fight, I acknowledged that was true but suggested that the Republicans were directing most, if not all, of their fire at Hillary, assuming that she would be the candidate. I also think that the Republicans, knowing what they know about the voting demographics in the United States, would prefer a Bernie candidacy because they could then call the announced socialist every dirty name in the book. They will dig into his socialist affiliations and maybe even obtain and leak his FBI file, something I have never gotten around to doing for myself.

If you listen, you know that both Rosemary Armao and Libby Post are Hillary supporters of the first order and they certainly get their share of tough mail excoriating them for supporting Hillary rather than Bernie. I have seen people take them to task for saying that if Bernie is the candidate, they will vote for him despite having been for Hillary. Some members of the Bernie camp suggest that if Hillary is the candidate that they will NOT vote for her. I personally have some issues with that logic.

Since both Bernie and Donald Trump are regarded as outside candidates and disdained by the two major party establishments, most of the regular politicians who we interview all the time are in favor of Hillary. Many of them are so-called “super delegates” who get to attend the convention and vote for the candidates without having to run for their delegate positions.

We get a lot of mail about how unfair this is but most of these super delegates have been elected to Congress or the U.S. Senate in their own right. Nevertheless, we have probably heard more about the super delegates than anything else. This may well turn out to be an election in which the insiders are terribly threatened by the outside candidates. That is certainly why both Bernie and Trump are doing so well. Voters see our U.S. politics as owned and operated by establishment, including the lobbyists and those who invest the most money in the campaigns. That is one reason why Bernie Sanders has raised so much money from individual, small money contributors in contrast to Hillary Clinton.

In any case, this is a very passionate time. We have heard from a few people who suggest that they will never give any money to the radio station because they didn’t like some of what they heard from Rosemary or Libby or me. We have also heard from others who, upon hearing these threats, immediately sent in money to make up for those who vowed not to give.

One day in early April all the candidates on both sides showed up and our wonderful news division was taxed to the max. They did a great job and showed what they are made of. No matter what, I really love this job.
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<td>Capitol Connection</td>
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<td>American Routes</td>
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<td>This American Life</td>
<td>Hudson River Sampler</td>
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Join us Saturday, May 7th at 1p.m. for the final live broadcast of the Metropolitan Opera’s 2015/2016 season as they present Die Entführung aus dem Serail. Met Music Director James Levine returns to a work he has long cherished, Mozart’s delightful comic gem of wily captives in a harem. Coloratura soprano sensation Albina Shagimuratova stars in the bravura role of Konstanze. Rising tenor Paul Appleby is her lover, Belmonte, soprano Kathleen Kim is her shrewd maid, Blondchen, and bass Hans-Peter König delivers comic gravitas as the overseer of the harem. Hold tight opera lovers, the 2016/2017 season will begin on December 3rd with Puccini’s Manon Lescaut.

Saturday, May 14th will mark the return of the programs that get preempted by the Met Opera season. Ted Radio hour begins at 1 p.m. Radio Deluxe will be back home in its 2 p.m. - 4 p.m. slot on our FM stations. Plus, listeners can expect to hear the full episode of This American Life at 4 p.m!

Did you know that our Albany, NY 1400AM station offers alternative programming on Saturdays from 2 p.m. - 4 p.m. year round? That is correct—we split our programming through the wonders of engineering so that listeners can enjoy The Tavis Smiley Show from 2 p.m. – 3 p.m. and Latino USA 3 p.m. – 4 p.m.

Speaking of alternative programming, our WAMC HD2 stream offers a completely different set of programming 24/7. Who doesn’t love variety? We broadcast programs such as On Point, Here & Now, Echoes, Classical 24 and so much more. You can tune to WAMC HD2 using an HD capable radio or through our live audio link at wamc.org.

As always, a major function of being a public radio station is to take the time to listen to the programming needs of community members in our listening area. You can help us do this by taking the 2016 WAMC Ascertainment Survey by going to https://kwiksurveys.com/s/S9tizV4x#. The survey takes about 4 minutes to complete and it is an excellent way to let us know how we can better serve the radio programming needs of your community and region. If you have already taken the survey, feel free to share the link with friends, family and neighbors in your community—even if they don’t listen to the station! Getting feedback from non-listeners is essential because it allows us to discover what we can do to convert a non-listener into a listener. Thank you!
What if you ran out of money at the age of 75? What good is an increase in life expectancy if the quality of that life suffers? We’re easily blinded by an instant-gratification society where advertisers paint tantalizing pictures of a leisurely retirement including days on the golf course and vacations in exotic locations. But, this could be decades away for many people. The bad news is that you have to wait for it. The good news is that you still have the advantage of time to help make those retirement dreams a reality.

• IRAs – An Individual Retirement Account (IRA) comes with tax advantages to mitigate the financial impact either upfront or in the future at the time of withdrawal. For 2014, a maximum contribution of $5,500 is allowed, $6,500 if you’re age 50 or older.
• Company 401(k) and matching – Nearly half of all employees in the private sector have access to a retirement benefit plan, most likely a 401(k). These programs allow flexibility in how you save and how you pay taxes, either on a deferred or prepaid basis. Additionally, many companies offer a matching component meaning for every dollar you invest they will match all or a portion of that dollar. But, in order to get the match you need to save the required minimum. Failing to do that, you miss out on what could be a lucrative employee benefit.
• Roth 401(k) – This new investment vehicle offered by some employers, similar to its Roth IRA kin, places money into an account with after-tax dollars allowing an individual to take it out tax-free after the age of 59½. However, unlike its Roth IRA counterpart, it is not subject to the $5,500 IRS yearly contribution limit.
• Employee pension plan – Whether your company contributes to your plan or not, chances are you have the option to contribute to a fund that pays you back at retirement. Your savings and investment strategies have both a direct and indirect effect on your retirement plan. Make the most of tax advantages and savings vehicles available for other major life expenses, such as, college savings programs, life insurance, long-term care and disability insurance. Consult a financial professional who can help you make decisions about your investments. The steps you take today will effect how comfortable you are in your golden years.

This article is provided by RBC Wealth Management on behalf of Thomas Brockley, a Financial Advisor at RBC Wealth Management, and may not be exclusive to this publication. The information included in this article is not intended to be used as the primary basis for making investment decisions. RBC Wealth Management does not endorse this organization or publication. Consult your investment professional for additional information and guidance.

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FOOD FOR THOUGHT IS A MONTHLY EVENING OF
FOOD, FILM AND DISCUSSION WITH A FOCUS ON
FILMS OF SOCIAL,
POLITICAL, ENVIRONMENTAL AND
COMMUNITY INTEREST.

HELD ON THE THIRD THURSDAY OF EACH MONTH,
THE NIGHT WILL FEATURE FOOD SAMPLES BY
HONEST WEIGHT FOOD CO-OP, A FEATURE FILM
SCREENING, AND AN OPEN
PANEL DISCUSSION.

VISIT THELINDA.ORG FOR MORE
EVENTS AND INFORMATION
FEATURED EVENTS OF THE MONTH

MAY

EMPIRE STATE YOUTH JAZZ ENSEMBLES
MAY 13 AT 7:30 PM

REUSE! BECAUSE YOU CAN’T RECYCLE THE PLANET.
MAY 19 AT 6PM RECEPT 7PM FILM

PHIL OCHS SONG NIGHT
MAY 21 AT 8PM

JOCELYN & CHRIS ARNDT
MAY 14 AT 8PM

JIM GAUDET & THE RAILROAD BOYS
MAY 20 AT 8PM

NE’IMAH JEWISH COMMUNITY CHORUS
MAY 22 AT 7:30PM
PROGRAM DESCRIPTIONS

The Academic Minute
Weekdays, 7:30am and 3:56pm
Leading experts explain their research and discoveries to an engaged listening audience. E-mail: academicminute@wamc.org. Web: www.wamc.org/programs/academic-minute

Afropop Worldwide
Sundays, 4–5pm
George Collinet hosts this mix of world music from Africa, the Caribbean and the Americas. Tapes are not available. Web: www.afropop.org

All Things Considered
Weeknights, 4–6:00pm
Saturdays and Sundays, 5–6pm
Tapes and transcripts are available. Web: www.npr.org/programs

Alternative Radio
Mondays, 8pm-9pm. * For tapes write to PO Box 551, Boulder, CO 80306, call (800) 444-1977 or visit www.alternativeradio.org.

American Routes
Tuesdays at 8pm
A two-hour program produced, presenting a broad range of blues and jazz, gospel and soul, old-time country and rockabilly, Cajun and zydeco, Tejano and Latin, roots rock and pop, avant-garde and classical. Web: www.americanroutes.wwno.org

As It Happens
Weeknights, 11pm–12midnight
A nightly international news magazine from the CBC covering major stories from Canada and around the world. Web: www.radio.cbc.ca/programs/asithappens

BBC World Service
Weekdays, 12–5am
Saturdays, 5–5:30am and Sundays, 5–6am
The latest news from the BBC. Tapes are not available.

BBC The World Today
Tuesday-Saturday, 12midnight–1am
The latest news from the BBC. E-mail: world.services.letters@bbc.co.uk. Web: www.bbc.co.uk/worldservice

Beale Street Caravan
WAMC HD2 - Sundays, 11pm–midnight
Hosted by Pat Mitchell, each program presents seasoned veterans alongside up and coming artists recorded at festivals and venues throughout the United States. Web: www.bealestreet-caravan.com

Best of Car Talk
Saturdays, 10–11am
Tom and Ray Magliozzi tell you what ails your car. Web: www.cartalk.cars.com

The Best of Our Knowledge
Mondays, 8:05–8:30pm; Repeated Fridays at 3pm; Repeated Saturdays at 1:30pm on WAMC AM 1400
Bob Barrett hosts this look at the latest developments in the halls of academe. E-mail: knowledge@wamc.org. Web www.wamc.org/programs/best-our-knowledge-wamc

The Book Show
Tuesdays, 3:05–3:30pm
Repeated Thursdays at 8:30pm
Joe Donahue hosts this weekly half-hour of literary interviews with acclaimed authors. Web: www.wamc.org/programs/bookshow-wamc

The Capitol Connection
Thursdays, 3pm, Saturdays 5:30am
Alan Chartock’s weekly talk with political notables. Tapes/CD’s are $10. Phone: (800) 323-9262. Web: www.wamc.org/program-capitol.html

Commonwealth Club
Wednesdays, 1pm-2pm. Call (800) 933-7548 or visit www.commonwealthclub.org.

Classical 24
WAMC HD2 - Weekdays, 2am-4am
Two hours of the greatest classical music ever recorded. Classical 24 is produced by American Public Media and distributed by Public Radio International.

Classical New England with the BSO
Sundays, 8pm-10pm (not aired during Tanglewood season)
Classical performances from the Boston Symphony Orchestra. During Tanglewood season, this show will be replaced by Live at The Linda broadcasts.

Concerts From Tanglewood (Airs in June, July & August)
Saturdays and Sundays, 8:30pm-11pm / Sundays 2:30pm-5pm
Live concerts featuring the legendary Boston Symphony Orchestra. Program airs in July and August.

The Diane Rehm Show
WAMC HD2 - Weekdays, 8pm–10pm
Diane offers listeners thoughtful and lively conversations on an array of topics with many of the most distinguished people of our times.

Earth Wise
Weekdays 11:10am and 4:04pm
From green business and new environmental legislation to how nature impacts our environment in ways never before considered, Earth Wise offers a look at our changing environment. Hosted by Bill Schlesinger. Web: www.wamcradio.org/earthwise/about.html

Echoes
WAMC HD2 - Weekdays, 12am–1am
Hosted by John Diliberto. Echoes brings together a wide array of styles, from acoustic to electronic, jazz to space music, the avant-garde to rock. Web: www.echoes.org
51%
Thursdays, 8:05–8:30pm
Repeated Wednesdays at 3:05pm
Allison Dunne explores important issues of particular interest to women. Tapes/CD’s are $10. E-mail: 51@wamc.org. Web: www.wamc.org/programs/51-wamc

Fresh Air
Weekdays, 7–8pm
Hosted by Terry Gross, this daily interview and features program provides a fresh look at contemporary culture. Email: freshair@why.org.

Grateful Dead Hour
Sundays, 10–11pm
Hosted by David Gans, this program features classic performances by the Dead and their fellow travelers. Web: www.gdhour.com

Here and Now
WAMC HD2 - Weekdays, 12–2pm
Hosted by Robin Young and Jermy Hobson. A distinctive mix of hard news and rich conversation featuring interesting players from across the spectrum of arts and culture, business, technology, science and politics.
Web: http://hereandnow.wbur.org

Hudson River Sampler
Saturdays, 8–10:00pm
Wanda Fischer hosts a program of the very best folk, bluegrass and blues music. Note: During Tanglewood Season (July and August) Hudson River Sampler may be heard on WAMC HD2 Jazz After Hours Saturdays, 1–5am, Sundays, 12midnight–5am
Jim Wilke hosts this program of jazz recordings. Web: www.jazzafterhours.org

Jazz Night in America
WAMC HD2 - Sundays, 9pm-10pm
The show presents content from across the nation on multiple platforms, and we’ll hear storytelling around amazing concert performances including the artists, the venues, the fans, and the larger dynamics at play. Hosted by Christian McBride.

Latino USA
WAMC HD2 - Saturdays, 1pm-2pm
The foremost Latino voice in public media. Hosted by Maria Hinojosa.
Web: www.latinousa.org

Le Show
Sundays, 1–2pm
Hosted by Harry Shearer, this weekly show takes a humorous and satirical look at the news. Web: www.harryshearer.com/news/le_show/

Legislative Gazette
Fridays, 10:00pm
Repeated Saturdays at 5:30am
The WAMC news team takes you inside New York State government. Web: www.wamc.org/programs/legislative-gazette-wamc

Living on Earth
Saturdays, 6:05–7am
Repeated Tuesdays at 10pm
Environmental news and information program hosted by Steve Curwood. Phone: (800) 218-9988. E-mail: letters@loe.org. Web: www.loe.org

Marketplace
Weekday mornings, 7:50–8am and 8:50am
Weekday evenings, 6:30–7pm
Marketplace AM highlights overnight developments in the business world;

Marketplace Money
Sundays, 7–8am
Repeated Fridays at 9pm
A look at the major national and international stories that will impact the average listener’s wallet. Web: www.marketplacemoney.org

The Media Project
Sundays, 6pm
Repeated Mondays at 3:05pm
An inside look at media coverage of current events, with Alan Chartock, Ira Fusfeld, and Rosmary Armao, with host Rex Smith. Web: www.wamc.org/programs/media-project-wamc

Metropolitan Opera
Saturday Afternoons, December – May
Live and archived broadcasts from The Metropolitan Opera. Broadcasts usually begin at 1pm. Broadcast times and details are located elsewhere in this Program Guide.

Midday Magazine
Weekdays, 12noon–1pm
Brian Shields anchors an hour of regional and national news, weather and features. Tapes are not available. Web: www.wamc.org/programs/middaymag.html

Midday Saturday / Midday Sunday
Weekends, 12 noon–1pm
Host Lucas Willard brings you the best of WAMC news. Tapes are not available.

Morning Edition
Weekdays, 5–9am
NPR and WAMC’s David Guistina bring you regional and national news and features. Web: www.wamc.org/programs/morning-edition-wamc

The Moth Radio Hour
Friday, 1pm–2pm
True stories told live on stage without scripts, notes, props, or accompaniment. Humorous and heartbreaking tales told with honesty, bravery and wit.
Mountain Stage
Mondays, 9–11pm
Performances by contemporary folk, rock, and country artists.
Web: www.mountainstage.org

Music from the Hearts of Space
Sundays, 11pm–12 midnight
Stephen Hill offers ethereal late-night listening. Web: www.hos.com

On Point
WAMC HD2 - Weekdays, 10 am–12 pm
Hosted by award-winning journalist Tom Ashbrook, On Point features lively conversation with writers, politicians, journalists, artists, scientists and ordinary citizens from around the world.

On The Media
Thursdays, 10 pm –11 pm
Hosted by veteran journalists Brooke Gladstone and Bob Garfield, On The Media decodes what we hear, read, and see in the media every day, and arms us with critical tools necessary to survive the information age.

Only a Game
Saturdays, 7–8am
Nationally known author and veteran NPR commentator, Bill Littlefield, explores sports at all levels. Tapes are available. Phone: (800) 909-9287. E-mail: oag@wbur.bu.edu. Web: www.onlyagame.org

Paul Caiano's WAMC Regional Forecast
Weekdays, 6:53am and 12:25pm
Every weekday morning. Paul Caiano is a meteorologist at WNYT Newschannel 13.

Person Place Thing
Fridays 10:30pm-11pm
Hosted by Randy Cohen. Guests talk about a person, a place, and a thing they find meaningful. The results: surprising stories from great talkers.

Playing on Air
Fourth Friday of each month 11am-12pm
A public radio show of short plays. Originally written for the stage, these 10–20 minute selections translate to radio without need for stage directions.

A Prairie Home Companion
Saturdays, 6–8pm
Repeated Sundays from 3–5pm
Monologues, skits, and more, hosted by Garrison Keillor. Phone: (800) 228-7123. E-mail: phc@mpr.org. Web: www.prairiehome.publicradio.org

Pulse of the Planet
Weekdays, 11:20am
Weekends, 8:35am
A two minute sound portrait of Planet Earth, tracking the rhythms of nature, culture and science. Web: www.pulseplanet.com

Q
WAMC HD2 - Weekdays, 3–4pm
Q covers pop culture and high arts alike with forays into the most provocative and compelling cultural trends.

Radio Deluxe (pre-empted during Met Opera season)
Saturdays, 2 pm–4pm
Singer/guitarist John Pizzarelli takes listeners on a 2-hour tour through the great American songbook. Web: www.radiodeluxe.com

Radiolab
Mondays 1-2pm
Each hour we take a big idea, so big that it lives everywhere, hiding in a thousand places under different names, and we chase that idea, going wherever whim takes us. Hosted by Jad Abumrad and Robert Krulwich. Web www.radiolab.org/

Riverwalk Jazz
WAMC HD2 - Sundays, 10pm-11pm
Award-winning storyteller David Holt revisits early jazz from the streets of New Orleans to the big-city sophistication of Harlem clubs in the 20s. Web: www.pri.org/programs/riverwalk-jazz

The Roundtable
Weekdays, 9am–12 pm
Joe Donahue and collaborators offer this mix of news, interviews and more. Tapes are not available. Web: www.wamc.org/roundtable

Selected Shorts
Sundays, 11am–12noon
Repeated Wednesdays at 10pm
A match of Oscar and Tony Award winning actors with short stories by contemporary and classic authors. Tapes are available. Web: www.symphonyspace.org

Snap Judgement
WAMC HD2 - Saturdays, 1pm-2pm

Star Date
Weekdays, 5:05am and 12:45pm
Astronomical information and current events. From the University of Texas at Austin McDonald Observatory. Web: www.stardate.org

Strange Universe with Bob Berman
Sundays, 9:35am
Astronomer Bob Berman explains it all.

Studio 360
WAMC HD2 - Thursdays, 9am / Sundays, 11am
Hosted by Kurt Andersen the program is public radio's smart and surprising guide to what's happening in pop culture and the arts.

The Tavis Smiley Show
WAMC HD2 - Saturdays, 12pm-1pm
The two-hour weekly program offers a unique blend of news and newsmakers in expanded conversations Web: www.tavissmileyradio.com
TED Radio Hour  
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Tell Me More  
WAMC HD2 - Weekdays, 4–5pm  
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This American Life  
Fridays, 8–10pm, Repeated Saturdays at 4pm  
Ira Glass hosts this weekly suite of radio storytelling. Tapes are available. Web: www.thislife.org

The Thistle and Shamrock  
Sundays, 7–8pm  
Celtic music and culture are presented by Scotswoman Fiona Ritchie

The Tim Coakley Jazz Show  
Saturdays, 11:00pm–12 midnight  
A mixture of jazz old and new, hosted by WAMC’s Tim Coakley. Playlists: www.wamc.org/programs/tim-coakley-jazz-show-wamc

Travel With Rick Steves  
Sundays, 6am-7am  
Span the globe with guidebook author and travel TV host Rick Steves.

Vox Pop  
Monday-Friday, 2–3pm  
WAMC’s live call-in program exploring a variety of issues. Mondays are “Medical Mondays” – Fridays are “Food Fridays” Phone: (800) 348-2551. Web: www.wamc.org/programs/vox-pop-wamc

Wait, Wait...Don’t Tell Me  
Saturdays, 11am–12noon, Repeated Thursdays at 9pm  
A quiz program, hosted by Peter Sagal. Listeners test their knowledge against some of the best and brightest in the news and entertainment world while figuring out what’s real news and what’s made up.

WAMC Bluegrass Time  
Saturdays, 10pm – 11pm  
Nick Barr hosts this blend of bluegrass music, featuring the classics from the masters all the way to the current “hits”. Playlists: www.wamc.org/programs/wamc-bluegrass-time-wamc

WAMC “Conversation With...”  
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Alan Chartock talks with authors, politicians, artists and other notables.

WAMC Northeast Report  
Early Edition – Weekdays, 3:30–4pm Late Edition – Weekdays, 6–6:30pm  
The latest news reports from WAMC’s bureau chiefs along with commentary, interviews, national and international news and the weather forecast. Web: www.wamc.org/programs/wamc-northeast-report-wamc

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With Good Reason  
WAMC HD2 - Sundays, 12am– 1pm  
Host Sarah McConnell takes listeners along as she examines a wide range of topics with leading scholars. Web: www.withgoodreasonradio.org

The World  
WAMC HD2 - Weekdays, 5pm-6pm  
PRI’s The World is a one-hour, weekday radio news magazine offering a mix of news, features, interviews, and music from around the globe.  
Web: www.theworld.org

World Cafe  
WAMC HD2 - Weekdays, 10pm-Midnight  
Hosted by Jian Ghomeshi, Q covers pop culture and high arts alike with forays into the most provocative and compelling cultural trends.

Writer’s Almanac  
Weekdays, 8:44am and 10:25am  
Saturdays and Sundays, 12:45pm  
Garrison Keillor shares literary works from around the world. Tapes and Transcripts are not available. Web: www.writersalmanac.publicradio.org
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