

88.1 ITHACA

WRFI

91.9 WATKINS GLEN

	mon	tue	wed	thu	fri	sat	sun
6:00 AM	scholar's circle (E)	51% the women's perspective (E)	planetary radio	we do the work	between the lines	between the lines (E)	catskill rev. of books
7:00		latin waves	sea change radio	sprouts	talk nation radio	talk nation (E) radio	
8:00	alternative radio (E)	the ithaca/watkins glen morning show w/ jim murphy	the monitor		onstage-offstage* radio curious* in-depth w/ aryeal jackson*	this way out (E)	
9:00	democracy now!					we do the work (E)	skeptoid + freethought radio
	with good reason	letters & politics:				FSRN (E)	
10:00		background briefing w/ ian masters				storytime/storyland	scholars' circle
					tell us a tale		
11:00	counterspin (E)	radio ecoshock	the monitor		alternative radio	radio days w/ jonathan, alexander & stephanie	the made of clay report w/ eric clay
12:00	making contact (E)					economic update (E)	
1:00 PM	the ralph nader radio hour	food sleuth	big picture science	hip hop don't stop!! w/ helen stride	spirit radio	51% the women's perspective	explorations w/ dr. michio kaku
		this way out			no soap radio	latin waves	
2:00	law and disorder	against the grain			economic update	truthdig radio	capitol pressroom: sunday ed.
3:00	rising up with sonali					counterspin	sounds from the global village
						making contact	
4:00	capitol pressroom					blues zeppelin w/ mark stenzler	the outside is in w/ sarah hennies
5:00	ie show	eco-defense radio	the forecast	the launch pad w/ ignatz katzenstein	the human rights & social justice program w/ ute	test pattern	test pattern
			teen roots radio				
6:00	democracy now!					DJ JD	
7:00	WRFI community radio news					test pattern	will spring astrology
	spoiler alert radio	theing.socialist onstage-off stage	talk nation radio	radio curious	FSRN weekly		
8:00	crazy words, crazy tune w/ roger smith	press record and play w/ dan aloi	free pile w/ andrea	the joe show w/ joe romano	the slow drift w/ andrew hoffmann	the magic womb w/ DJ midwife	alcance latino w/ carlos gutierrez
9:00							
10:00	the humming wires w/ eric martinez	the griot hour w/ godfrey simmons	bombast w/ kid catharsis	searching for a thread w/ dusty visions	conference of the birds w/ stephen cope	exterior realms w/ penelope	fellow traveller w/ aron
11:00							
12:00	the outside is in w/ sarah hennies			the blimp w/ ignatz katzenstein		bartlemania (E)	
1:00 AM		juke in the back			jukebox w/ alex	w/ dr. B	
2:00	explorations w/ dr. michio kaku	WINGS	radio ecoshock (E)		bartlemania w/ dr. B	planetary radio	big picture science
						sea change radio	
3:00	jazz scene	ie show (E)	writer's voice			feminist current	jazz progressions
						WINGS	
4:00	new dimensions (E)	food sleuth (E)				TUC radio	
		this way out (E)				bookwaves	
5:00	first voices indigenous wkly. (E)	the ralph nader radio hour (E)	blues station	deep threes	the monitor (E)	new dimensions	
6:00	writer's voice (E)	TUC radio		eTown	law and disorder (E)	first voices indigenous weekly	economic update (E)
		bookwaves					

★ = LIVE + LOCAL SHOW
(E) = ENCORE SHOW