



Zoë Van Nostrand <zvannostrand@ithacaradio.org>

Tuning In - What's Happening at WRFI - June 2025

WRFI Community Radio <gm@wrfi.org>

Thu, May 29, 2025 at 4:44 PM

Reply-To: WRFI Community Radio <gm@wrfi.org>

To: zvannostrand@ithacaradio.org



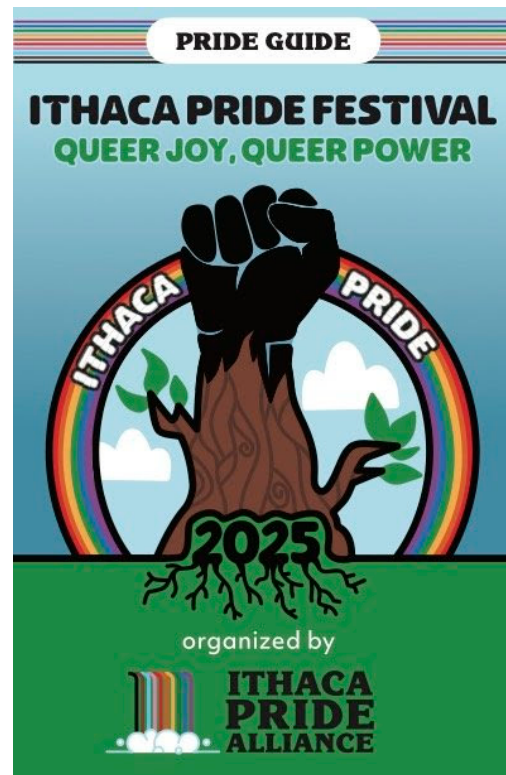
We hope you've been tuning in to WRFI Community Radio at 88.1 Ithaca and 89.7 for the Southern Finger Lakes.

It's been a season of transition and expansion for WRFI Community Radio! Ben Coakley has been our Executive Director since January, with long-time director Felix Teitelbaum shifting into the Program Director role with reduced hours.

We've hired two new part time staff (scroll down to meet Zoë & Gayle!), and we're getting excited about a summer season chock-full of music, radio guests, live performances, and community events. We hope you're listening with us, and we look forward to sharing more homegrown community radio with you.

Find us In Community

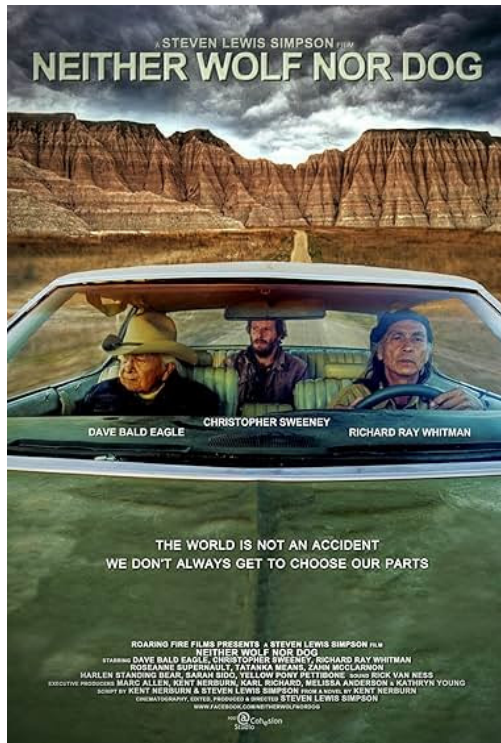
- **5/30 & 5/31 - Ithaca Festival** - Find WRFI outside of [Autumn Leaves/Angry Mom Records](#) on Friday 12-5 & Saturday 11-5. Come by Saturday afternoon for an on-the-Commons dance party with our all-vinyl DJs from 12-5pm.
- **6/2 - GreenStar Gigs** - Tuesday June 2nd 6-8pm @ GreenStar's Cascadilla St. Stage, and the first Tuesday of each month through the summer!
- **6/15 - Pride in the Park** - Sunday June 15th 10am-5pm - DeWitt Park



Do you know of an upcoming event WRFI could be a part of? Let us know! Reach out to connect@ithacaradio.org.

Radio Specials

CREATIVES: “NEITHER WOLF NOR DOG” WITH KENT NERBURN



"**Neither Wolf Nor Dog**" is a 2016 film directed by Steven Lewis Simpson based on the 1996 book "**Neither Wolf Nor Dog**" On Forgotten Roads with an Indian Elder" by Kent Nerburn. A free special screening of the film **presented by the Gayogohó:nq' Learning Project** on **June 1, 2:30 PM at Cinemapolis**— After the screening, there will be a talkback with **Kent Nerburn**, author of the novel **Neither Wolf Nor Dog** and **Jim Wikel**, Seneca-Cayuga Nation of Oklahoma and Advisory Board Member of The Gayogohó:nq' Learning Project via Zoom.

*An **interview with author Kent Nerburn** hosted by WRFI Program Director Felix Teitelbaum aired on WRFI on Thursday May 22nd and May 29th, and can now be [listened to online](#) here.*

the UNDISCOVERED COUNTRY

Here in Central New York we're surrounded by people we rarely see or hear: people who are imprisoned. Hear the voices of poets who are transforming their lives from within prison walls on "[The](#)

Undiscovered Country: Voices Over the Wall" with your host Michael Rhynes.

Three episodes of the **Undiscovered Country** have aired on WRFI so far, and we have more in the works. We are grateful for this collaboration with Civic Ensemble, Cornell Prison Education Program, and Prisoner Express funded through a grant with Humanities New York.



WRFI Schedule - AM News, PM Tunes!

As of March 2025

- News/Talk
- Music
- Local Host

	SUN		MON		TUE		WED		THU		FRI		SAT				
6 AM	Big Picture Science		The Thom Hartman Program											Food Sleuth Radio		6 AM	
														The Laura Flanders Show			
7 AM	A Way with Words		Alternative Radio		Letters and Politics										Hard Knock Radio		7 AM
8 AM	Freethought Radio		Democracy Now!											This Way Out		8 AM	
														Reverend Billy			
9 AM	With Good Reason		Counterspin		Law and Disorder		Rising Up with Sonali		First Voices Radio		✦ The Human Rights and Social Justice Program Ute Ritz Deutch		✦ Radio Days The Hochbergs		9 AM		
			Making Contact														
10 AM	✦ Made of Clay Eric Clay		The Ralph Nader Radio Hour		Against the Grain		Against the Grain		Against the Grain		Sprouts		✦ The Inquiring Socialist Theresa		✦ Mythic Landscape Radio Hour Jay Leeming	Goudas Iscariot	10 AM
													Economic Update				
11 AM			The Capitol Pressroom											✦ The Mustard Hour DJ Dijon		✦ Threading The Needle Dusty Visions	11 AM
12 PM	✦ Will Spring Astrology Tim	✦ Cosmopolitan Roots Tim	✦ The African Postman DJ Art V		✦ Jumping in the Sugarbowl Keir Neuringer		✦ Alcance Latino Carlos Gutierrez		✦ The Scenic Route Felix		✦ Crazy Words, Crazy Tune Roger Smith						12 PM
1 PM	✦ The Joe Show Joe Romano																
2 PM					✦ The Eclectic Mix Show Big Scoob		✦ The Good , The Bad & Ugly Morpheus		✦ The Eclectic Mix Show Big Scoob		Music In Queso Emergency		✦ Community Voices / Community Soundscapes Five		Forgiveness or Parmesan ?		2 PM
3 PM	✦ Burning Airlines Peter	Cheddar Off Dead															3 PM
4 PM			✦ Attic Inhabitant Ben	✦ No Stairway DJ Plutonium	✦ Amie's Winehouse DJ Amie		✦ Youth Radio Project		✦ Are You Out There? Max		Cheddar Off Bread		✦ Hovercraft Rain		✦ Lowlands Somer		4 PM
5 PM	✦ The Good Stuff Joshua	Forgiveness or Parmesan ?	NEWS BLOCK - Coming Soon														5 PM
6 PM			✦ Indie Interlude Tally	✦ Good Soup Jess	✦ The Warm Up Heather	✦ Round-about Angela	✦ Mind Meadow Clara		✦ Moon Music Marie		✦ I Really Mean It Catie	✦ Disco-graphy Dive Nina	Cheesy Does It		✦ Blues Zeppelin Mark		6 PM
7 PM	✦ Jamaican Clash Jacob	✦ Fresh Roots Radio Solid Gould	✦ Humming Wires John		✦ Monsoon Radio Daniel	✦ Feel Flows DJ Cheese Louise	✦ Catholic Block lowercase marc		✦ Night Toast Rich	✦ Thrift Shop Radio Kevin	✦ Rocket Morton Show Rocket Morton		✦ You Could Be A Shadow bébé lala		✦ Audio Stew Sasha E.	7 PM	
8 PM																	
9 PM	✦ Lake Snake Radio Rob	✦ eudae-monia Titus	✦ Non-Normal Vectors Mike	✦ Take it Easy Caylyn	✦ Bartlemania Dr. B	✦ Vicious Pink Show Gayle		✦ Call To The Universe NDYT	✦ Down-town The Batgirl	✦ The Conference of the Birds Stephen Cope		✦ Bombast Kid Catharsis		9 PM			
10 PM	Le Show																
11 PM	Background Briefing													And You Don't Stop Chuck D		11 PM	



Meet our New Staff!



Gayle Carbajal
(she/her/hers)

Program Coordinator

pc@ithacaradio.org

Gayle has been an active **WRFI volunteer**, and host of “**The Vicious Pink Show**” since moving to Tompkins County in 2023. She joined the staff as Program Coordinator in 2025.

Gayle is a creative professional with a background in media production, digital marketing, and design. As an agency-represented makeup artist in New York City and Los Angeles, her work has appeared in television, film, and magazines. Since 2018, she has applied her distinct visual style to the branding and marketing efforts of women-owned fashion brands.

Passionate about underground music, pop art, and creative collaboration, she spends her free time digging for obscure vintage minimal wave albums, collecting sound clips from 80’s B-horror movies, and creating digital illustrations.

Zoë Van Nostrand
(she/her/hers)

**Outreach & Events
Coordinator**

connect@ithacaradio.org



With a childhood spent reading fantasy novels in the forests of Ithaca, and listening to Haudenosaunee legends on the shores of Seneca Lake, Zoë's roots in this region grow deep. After completing degrees at Hobart and William Smith Colleges and Trinity College Dublin, both with a focus on human rights and social movements, she returned home eager to tame her wanderlust of the wide world with her deep love of the Finger Lakes. Past adventures have found her volunteering with rescued elephants in Thailand, baking bread in Peru, and harvesting honey in New Zealand.

Since returning home she managed the Marketing & Community Engagement for **The History Center in Tompkins County** for nearly five years, coordinated child sexual abuse prevention programs with the **Advocacy Center of Tompkins County**, built multiple websites for **Ithaca-based businesses and local artists**, and worked on local vineyards and farms. Zoë is an avid volunteer, and has served on the board of directors for **Ithaca Murals**, and **IPEI**. Since 2023 Zoë has been the co-owner and property manager for the **ARQ Barn**, an intentional and collaborative rural arts and crafts community. She joined WRFI in 2025 excited to bring her wealth of community connections, expansive history in event planning, and love of local music to the vital work of local radio.

Her free time is happiest spent dancing to live music, enjoying a charcuterie board paired with a local cider, practicing fiber arts and threadcraft, or working on her dream of planting a forest at her home in Mecklenburg.

Gratitude to our Business Sponsors for June 2025



CONTEMPORARY

TRENDS

Do you know a **local business that would love to underwrite** with WRFI? Encourage them to **apply for the Ithaca Retail Mini-Grant Program** (applications due June 16th) and include **underwriting with WRFI Community Radio** in their proposal! Reach out to gm@ithacaradio.org for details.



Listen at 88.1 Ithaca and 89.7 Southern FLX

Follow @wrficommunity radio on most platforms

WRFI/Ithaca Community Radio Inc.
103 W Seneca St #305
Ithaca, NY 14850

Web: wrfi.org

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