

| Date | Guest | Topic | Host | Show Title |
|-------------|---|---|-------------------|---------------------|
| Mon 1/2/23 | Michael Saint and Michele Whizin | Driving Across Country in an EV | Mathilde Rand | Exploring SC |
| Mon 1/2/23 | Lidiya Gettya and Victoria Kuchmuk, two Ukrainian moms | How the war in Ukraine forces hard choices on everyday people | Suki Wessling | Talk of the Bay |
| Wed 1/4/23 | Justin Cummings, 3rd Dist Supervisor | Goals and priorities as newly-elected supervisor | Len Beyea | Talk of the Bay |
| Thu 1/5/23 | Melissa Kreisa, Dag Weiser | Artists Curated by the Sea Gallery/First Friday | C Barrington | Talk of the Bay |
| Thu 1/5/23 | Lynn Guenther | Author with Exhibition at Library/First Friday | C Barrington | Talk of the Bay |
| Fri 1/6/23 | Iris Yamashita author & screenwriter | Mystery Novel, City Under One Roof | Rick Kleffel | Talk of the Bay |
| Sat 1/7/23 | Dr Darren Jakubec, ER doc and pain specialist in British Columbia | Dreams, psychedelics, pain management | Katherine Bell | Dream Journal |
| Sun 1/8/23 | Helen Caldicott | Nuclear threats | Ronnie Lipschutz | Sustainability Now! |
| Mon 1/9/23 | Gary Shapiro | New Show to KSQD | C Barrington | Talk of the Bay |
| Wed 1/11/23 | Tom Hogye, Santa Cruz Fly Fishing Club | Bringing health to the San Lorenzo River | Len Beyea | Talk of the Bay |
| Thu 1/12/23 | Bryan May, Elaine Johnson, Jasson Hoppin, Michael Loik | Storm aftermath, science, MLK Day march, and recovery from atmospheric rivers | Rachel Goodman | Talk of the Bay |
| Fri 1/13/23 | Hilary Davidson | Film making | Mathilde Rand | Exploring SC |
| Sat 1/14/23 | Vicki Saunders | Jungian views of dreaming | Katherine Bell | Dream Journal |
| Mon 1/16/23 | Megan Durham, UCSC WISE + Nicholas Forino, Hannah Lusk | UCSC WISE Science on Tap | Suki Wessling | ToTB |
| Mon 1/16/23 | Dr Michelle Merrill and Roland Saher | Banking for Our Future | Mathilde Rand | Exploring SC |
| Wed 1/18/23 | Julie Reynolds, Monterey Bay Media (repeat) | private equity business model and effects on journalism, housing, and beyond | Len Beyea | Talk of the Bay |
| Fri 1/20/23 | Dr Chris Winter, podcast host | Sleep and dreams | Katherine Bell | Dream Journal |
| Mon 1/23/23 | Kalia Wasquez | youth and juvenile justice system | Celeste Gutierrez | Inside Education |
| Mon 1/23/23 | Jane Mio, Barbara Riverwoman, | Levee Accreditation issues | C Barrington | Talk of the Bay |
| Wed 1/25/23 | Bill Moyer, Solutionary Rail | The potential win-win benefits of a restored US rail network; recent rail victories | Len Beyea | Talk of the Bay |
| Thu 1/26/23 | Julie Burkheart, CEO of Trust Women (cancelled last minute) | Anniversary of Roe v Wade and future of reprod. rights | Rachel Goodman | Talk of the Bay |
| Thu 1/26/23 | Deutron Kebebew, MENtors | Masculinity & mental health, mentoring young males | Ryan Althaus | Kooky Side of Crazy |
| Sat 1/28/23 | Suzanne Maniss, PhD | Five Star method of dream exploration | Katherine Bell | Dream Journal |
| Sun 1/29/23 | Stephen Bezruchka, M.D., M.P.H. | Inequality Kills Us All | Jill Cody | "Be Bold America!" |
| Mon 1/30/23 | Denise Ward and Gale Farthing | Our Community Reads | Mathilde Rand | Exploring SC |
| Mon 1/30/23 | Nasreen Broomandkhoshbacht Shanna Howard Sarah Claus - UCSC sciences | Bias and women in science | Suki Wessling | Talk of the Bay |

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| Wed 2/1/23 | Amy Hanauer, Institute on Taxation and Economic Policy | Tax policy & wealth inequality, corporate tax evasion, effect on climate and other issues. Movement for tax reform | Len Beyea | Talk of the Bay |
| Wed 2/1/23 | Tasmin McMahon, Wallace Baine Lookout SC | January storm damage and coverage | Erik Nelson | Cruz News & Views |
| Thu 2/2/23 | Dan Haifley, Ocean Conservationist and former ED of O'Neill Sea Odyssey | Ocean conservation, recent storms, climate change, etc | Rachel Goodman | Talk of the Bay |
| Fri 2/3/23 | Ibram X. Kendi, Nic Stone | How to Be a Young Anti-Racist event in Santa Cruz | John Malkin | Talk of the Bay |
| Sat 2/4/23 | Carrington Brown | Dreaming and fine art | Katherine Bell | Dream Journal |
| Sun 2/5/23 | Rachel Kippen | Sausages and Climate Action Planning | Ronnie Lipschutz | Sustainability Now! |
| Mon 2/6/23 | Mathilde Rand | Behind the Mic at KSQD | C Barrington | Talk of the Bay |
| Tue 2/7/23 | Chris Krohn, Tim Fitzmaurice | "progressive" politics and issues in response to Mark Primack op-ed | George Cadman | Talk of the Bay |
| Wed 2/8/23 | John Golder | Survival skills, construction innovation, common sense | Len Beyea | Talk of the Bay |
| Thu 2/9/23 | Wendy Althaus | siblings and family mental health | Ryan Althaus | Kooky Side of Crazy |
| Thu 2/9/23 | Elnaz Sarbar, Erika Abrahamian | Iranian women's protests from a local perspective | Rachel Goodman | Talk of the Bay |
| Sat 2/11/23 | Eva Rider, local Jungian therapist | Kabbalah and dream journeys | Katherine Bell | Dream Journal |
| Sun 2/12/23 | Sonya Newlyn | UCSC Grad Slam | Nada Mijlkovic | Cutting Edge |
| Sun 2/12/23 | Richard McCarthy | Kuni Manifesto: The Time for Kuni is Now | Christine Barrington | "Be Bold America!" |
| Mon 2/13/23 | John Bargetto, Bargetto Winery | 90th anniversary year | Suki Wessling | TOTB |
| Mon 2/13/23 | Gillian Greensite and John R Hall | Lot 4 TreeSaving Heritag Trees on Lot 4 in SC | Mathilde Rand | Exploring SC |
| Mon 2/13/23 | John Bargetto, Bargetto Winery | 90th anniversary year | Suki Wessling | Talk of the Bay |
| Tue 2/14/23 | Yasmin Williams | local musician, creativity, local music | John Malkin | Talk of the Bay |
| Wed 2/15/23 | Maurice Carney, Friends of the Congo | Pieces of the Congo in our lives - history and Congo today | Len Beyea | Talk of the Bay |
| Thu 2/16/23 | Carol Walberg/Shannon Olivieri Hovis | Arts exhibit in Pajaro Valley/Mifeprestone lawsuit/Choice | Rachel | Talk of the Bay |
| Thu 2/16/23 | Natasha Lance Rogoff | Muppets in Moscow | Gary Shaprio | From the Bookshelf |
| Fri 2/17/23 | Adam Benforado | A Minor Revolution: How Prioritizing Kids Benefits Us All | Rick Kleffel | Talk of the Bay |
| Sun 2/19/23 | Simon Dalby | Environmental geopolitics | Ronnie Lipschutz | Sustainability Now! |
| Sun 2/19/23 | Sara Schairer Compassion It | A Case for Compassion | Tenzin Chogyi | Reflections on Buddhism |
| Sun 2/19/23 | David Anthony | Chickasaw Indians and Afro-Americanslavery; genealogy | Tim Fitzmaurice | Cutting Edge |

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| Mon 2/20/23 | Mark Gardner, Nicole Britton, Airielle Silva | UCSC Practical Activism Conference | C Barrington Joe Thompson, Bodie Shargel | Talk of the Bay |
| Tue 2/21/23 | Joy Schendledecker | future of Democratic Party | Bodie Shargel | Talk of the Bay |
| Wed 2/22/23 | Tiffany Wise-West, City of Santa Cruz | City Climate Action Plan | Len Beyea | Talk of the Bay |
| Thu 2/23/23 | Elnaz Sarbar, Erika Abrahamian redo | Tannery Walking history tour. state of the City | Rachel | Talk of the Bay |
| Sat 2/25/23 | Amy Trafford | Archetypal Dreamwork | Katherine Bell | Dream Journal |
| Sun 1/1/23 & Mon 1/9/23 | Maggie Muir, LMFT & Laura Vollset | Postpartum Depression and Anxiety (remix) | Debra Sloss | State of Mind |
| Sun 2/5/23 & Mon 2/14/23 | Tim Hartnett, LMFT, Mark Vanderhoof & Joey Fino | Men in Therapy | Debra Sloss | State of Mind |
| Sun 3/4/23 & Mon 3/14/23 | Birch Curry, Bill Trimpy & Patrice Vecchione | Healing from Dysfunctional Families & the ACA Program | Debra Sloss | State of Mind |
| Sun 2/26/23 | Julie Weinstein | You Are The Universe: Ram Das Maps The Journey | Jill Cody | "Be Bold America!" |
| Mon 2/27/23 | Kris Desmond | Santa Cruz County Grand Jury | Mathilde Rand | Exploring SC |
| Mon 2/27/23 | Prudy Foxx, June Smith, Val Ahlgren | Foundational women winemakers of Santa Cruz County | Suki Wessling | Talk of the Bay |
| Wed 3/1/23 | Michael Tree, Santa Cruz Metro Transit Dist. | Public transit in SC County - reimagining Metro | Len Beyea | Talk of the Bay |
| Wed 3/1/23 | Michael Tree, Santa Cruz Metro Transit Dist. | Public transit in SC County - reimagining Metro | Len Beyea | Talk of the Bay |
| Thu 3/2/23 | Fred Keeley/ Consuelo Alba Watsonville Film Fest | State of SC, height limits, etc. /Tanner Walking tour/Watsonville Film fest | Rachel | Talk of the Bay |
| Sat 3/4/23 | Curt Hoffman, PhD | Music inspired by dreaming and native American stone monuments | Katherine Bell | Dream Journal |
| Sun 3/5/23 | Rerun of Mathew Liebman | Animal rights | Ronnie Lipschutz | Sustainability Now! |
| Mon 3/6/23 | Karina Moreno | MILPA Salinas social/environmental justice | Celeste Gutierrez | Inside Education |
| Mon 3/6/23 | Jennifer Egan, Author | Book Discussion and Bookshop event | Rick Kleffel Joe Thompson, Bodie Shargel | Talk of the Bay |
| Tue 3/7/23 | Justin Cummings Kara Meyberg Guzman, Santa Cruz Local Roxanne Hoom, Good Times, Drew Penner, | SC County Supervisors policies, actions, politics | Bodie Shargel | Talk of the Bay |
| Wed 3/8/23 | Press Banner | housing and construction projects in Santa Cruz County, human | Nada Miljkovic | Cruz, News & Views |
| Thu 3/9/23 | Thulia and Kathleen/Johnsmith | Composting and BC Flooding Tannery Waking Tour/Musical interview | | |
| Sat 3/11/23 | Tzivia Gover | Using writing to explore dreams | Katherine Bell | Dream Journal |
| Sun 3/12/23 | Ralph Abraham | Chaos Theory | Nada Miljkovic Jill Cody/Rick | Cutting Edge |
| Sun 3/12/23 | Monica Granados | The Open Climate Campaign | Nolthenius | "Be Bold America!" |
| Sun 3/12/23 | Ralph Abraham | Chaos Theory + Hip Santa Cruz Volume 6 | Nada Miljkovic | Cutting Edge |

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| Mon 3/13/23 | | | | |
| Mon 3/13/23 | Pranav Anand, Jody Greene, Martin Laura, UCSC | Humanizing Technology | Suki Wessling | TotB |
| Wed 3/15/23 | Jasmine Nájera, CEO, Pajaro Valley Prevention and Student Assistance | Preventing substance abuse - the work of PVPASA | Len Beyea | Talk of the Bay |
| Wed 3/15/23 | Chris Nealy Lookout and Todd Guild Pajaronian | Coastal Commision Nominees and Pajaro Flood | Nada Miljkovic | Cruz, News & Views |
| Thu 3/16/23 | Students from Rachel's Journalism class | Interviews with local community members | Rachel Goodman | Talk of the Bay |
| Sat 3/18/23 | Perry Knoppert, foundation of the Octopus Movement | Nonlinear thnking | Katherine Bell | Dream Journal |
| Sun 3/19/23 | Marisa Gomez | SC Museum of Natural History | Ronnie Lipschutz | Sustainability Now! |
| Mon 3/20/23 | Ray Cancino, Ex Dir Community Bridges; Susan True Ex Dir Community Foundation | Assisantance for Flood Victims in Pajaro | C Barrington | Talk of the Bay |
| Mon 3/20/23 | Manny Otiko, Ken Scholes | Religious Right & white supremacy politics | Ami Chen Mills | Moment of Truth |
| Tue 3/21/23 | Ray Cancino, Ex Dir Community Bridges; Mty Cty supervisor Alejo | Pajaro flooding, government policy, environmental racism | Joe Thompson, Bodie Shargel | Talk of the Bay |
| Wed 3/22/23 | Dan Haifley, Monterey Bay Nat'l Marine Sanctuary Foundation | a new Chumash Heritage Nat'l Marine Sanctuary? | Len Beyea | Talk of the Bay |
| Wed 3/22/23 | Josue Monroy; Elise Overgaard, SC Sentinel; Todd Guild, Pajaronian; Kate Hull, intern | Pajaro flooding, SuperBlooms | Nada Miljkovic | Cruz, News & Views |
| Thu 3/23/23 | Gail Pellerin/Maria Cadenas/Pajaro Farmers | Statewide issues / Undocumented workers/flooded farmers | Rachel Goodman | Talk of the Bay |
| Thu 3/23/23 | Emily Kay, Woof Work Dog Training | dogs and mental health | Ryan Althaus | Kooky Side of Crazy |
| Fri 3/24/23 | Rosalie Parker | short stories and human nature | Rick Kleffel | Narrative Species |
| Sat 3/25/23 | Prof Marc Blagrove and Prof Julia Lockheart | How dreamwork inspires empathy | Katherine Bell | Dream Journal |
| Sun 3/26/23 | Allison Butler | The Media and Me | Jill Cody | "Be Bold America!" |
| Sun 3/26/23 | Luke Fidler, Institute for Arts & Sciences | Visualizing Abolition prison art project | Tim Fitzmaurice | Cutting Edge |
| Mon 3/27/23 | Valerie Arno | Shared Housing Program of the Bill Wilson Center | Mathilde Rand | Exploring SC |
| Mon 3/27/23 | | Victorian Women Lighthouse Keepers on CA coast | Suki Wessling | TotB |
| Mon 3/27/23 | Autumn Persons, Liam Borg - Florida youth activists | Transvisibility Day, response to legal backlash against minorities | Ami Chen Mills | Moment of Truth |
| Tue 3/28/23 | Ben Cohen | ending qualified immunity for police actions | John Malkin | Talk of the Bay |
| Wed 3/29/23 | Samuel C. Spitale, Author | How to win the war on truth: how mistruths are sold, why they stick, and how to reclaim reality | Len Beyea | Talk of the Bay |
| Wed 3/29/23 | Josue Monroy, Lookout SC; Todd Guild, Pajaronian; Aiyana Moya & Adam Joseph, Good Times; Tony Nunez, Community Bridges | Latina Conference at Cabrillo, Pajaro appeal for Fed aid, Women's Conference at MAH, Black Flag coming to town | Nada Miljkovic | Cruz, News & Views |
| Thu 3/30/23 | Mer Stafford, Housing Matters | March to End Homelessness | Janet Quinn | Sprouts |
| Thu 3/30/23 | Adam Spickler/Matthew Swinnerton | Day of Trans Visibility/ Nextie Awards | Rachel Goodman | Talk of the Bay |