Get the Funk Out with Janeane Bernstein

Duration: 60 minutes Mondays from 9:00 am to 10:00 am

1. Bryan Robinson, PhD - Chained to the Desk in a Hybrid World A Guide to Work-Life Balance - 8/21/23

2. Melanie Brooks talks about her new book, A Hard Silence: One Daughter Remaps Family, Grief, and Faith When HIV/AIDS Changes It All - September 13th, 2023

Ask A Leader with Claudia Shambaugh

Duration: 60 minutes Tuesdays from 9:00 am to 10:00 am

7/4/23 Refugees settling in OC & US-Jackie Menter

7/25/23 "La Habana Madrid" Sandra Delgado

8/29/23 Climate grief-Terry Lepage

Weekly Signals with Nathan Callahan and Mike Kaspar

Duration: 60 minutes Fridays from 8:00 am to 9:00 am

Leaning, Losing Arms, and Falling Over

August 4, 2023 On this week's episode, Nathan, Mike, and Mahler the Fake News Dog talk about Neanderthals, cryptobiosis, virgin birth, a trillion trees, snow sublimation, Joshua trees, saguaro cacti, apologies, fighting defeatism, Meta news blocking, nine metric tons ten stories high, Aeolis, letting kids serve alcohol, the texting judge, a new California e-bike bill, Paris' bouquinistes, Trader Joe's Unexpected Broccoli Cheddar Rocks, family pets, and so on.

August 11, 2023 On this week's episode, Nathan, Mike, and Mahler the Fake News Dog talk about medical aromatherapy, roasted nuts, future-climate-suitable seedlings, ecocide, six things to know about flying with the superrich, legal nicknames, Wisconsin's dairy industry, Simon & Schuster, free-floating planets, the Tyre Extinguishers, Zoom unzooming, Antarctic berries, the Fermentation Association, and so on.

"Texting with Jesus

Friday, August 25, 2023

Experimental Watermelons

On this week's episode, Nathan, Mike, and Mahler the Fake News Dog talk about strange beings, participation, coffee grounds, skin vision, emperor penguins, Yasuní National Park, blocking news emergencies, the Judas Wolf Program, speaking through a digital avatar, regrowing teeth, stuck in the muck, AI personal life coaches, ChatGPT book bans, India on the moon, Luna-25, texting with Jesus, bad travel advice, and so on.

In the Eyes of Amor with Amorette Correa

Duration: 60 minutes Wednesdays from 5:00 pm to 6:00 pm

06/27/23 Conspiracy theories with Jana, Max, and Gibby 08/30/23 Carving your own way in the world, no guest 09/06/23 Review of How to Think like Leonardo DaVinci with Walter and Jason.

Film School with Mike Kaspar

Duration: 60 minutes Fridays from 9:00 am to 10:00 am

1. Fremont - Director Babak Jalali

In Babak Jalali's playfully eccentric FREMONT focuses on a beautiful and troubled 20-something Donya, an Afghan translator who used to work with the U.S. government and now has trouble sleeping. Each morning Donya (Anaita Wali Zada) leaves her tight-knit community of Afghan immigrants in Fremont, California. She crosses the Bay to work at a family-run fortune cookie factory in San Francisco. Donya drifts through her routine, struggling to connect with the culture and people of her new, unfamiliar surroundings while processing complicated feelings about her past as a translator for the U.S. government in Afghanistan. Unable to sleep, she finagles her way into a regular slot with a therapist (Gregg Turkington) who grasps for prospective role models. When an unexpected promotion at work thrusts Donya into the position to write her own story, she communicates her loneliness and longing through a concise medium: the fortunes inside each cookie. Donya's koans travel, making a humble social impact and expanding her world far beyond Fremont and her turbulent past, including an encounter with a quiet auto mechanic (Jeremy Allen White) who could stand to see his own world expanded. Tenderly sculpted and lyrically shot in black-and-white, Babak Jalali's FREMONT is a wry, deadpan vision of the universal longing for home. Babak joins us for a conversation on the moment he knew that casting an unknown actor, Anaita Wali Zada as Donya, his instinctual decision, in collaboration with cinematographer Laura Valladao would work, the calming effect of Gregg Turkington, and the joy he derived from his time spent in the Afghan community of Fremont, California.

2. Before Now & Then - Director Kamila Andini

Set amid the political violence of late-1960s Indonesia, Kamila Andini's intoxicating film BEFORE, NOW & THEN follows Raden Nana Suhani, a Sundanese woman who in the 1960s lost and father and son to the war in West Java. We find her as the beautiful wife of a wealthy plantation owner, who always looked down on her. For Nana, her inner life remains with her deceased first husband, murdered in the civil war a decade prior. A survivor, Nana values her safety and material comforts, but carries out a haunted existence, dreaming of her lost love. Forced to confront her husband's blatant infidelity, Nana makes an unusual connection with his younger mistress, Ino. The two women, sharing their secrets and desires, discover a newfound freedom and intimacy withheld from them both by the strictures of patriarchal society. Together, these two women seek hope for independence. Director and screenwriter Kamila Andini (Nusa Yang Hilang, Yuni,) joins us for a conversation on how the enveloping stranglehold of patriarchy informs every aspect of these women's lives, drawing out sublime performances from actors Happy Salma (Nana) and Laura Basuki (Ino), capturing the subversive beauty of a land gripped by violence and upheaval.

3. King Coal - Director Elaine McMillion Sheldon

A lyrical tapestry of a place and people, KING COAL meditates on the complex history and future of the coal industry, the communities it has built, and the myths it has created. Director Elaine McMillion Sheldon reshapes the boundaries of documentary filmmaking in a spectacularly beautiful and deeply moving immersion into Central Appalachia where coal is not just a resource, but a way of life, imagining the ways a community can re-envision itself. Central Appalachia is a place of mountains and myth and Academy Award-nominated and Emmy and Peabody Award-winning documentary filmmaker Elaine McMillion Sheldon knows this well, calling those mountains home. KING COAL has had a profound influence on this community's identity, but Sheldon dares to consider what future stories might look like out of the shadow of coal, now that relationships to coal are changing. She takes us on an alluring cinematic journey through the past, present, and future of Appalachia. Sheldon's distinct vision remixes present-day moments of life in a coal-mining town with archival footage and atmospheric invocations of the land to alchemize something new — a rare, nuanced depiction of this community. A young girl learning the story of coal anchors the journey while Sheldon's poetic voiceover guides us through the experience, and an expressive score differentiates

the reality of coal from a more imaginative world. This hybrid approach allows our guest, Elaine McMillion Sheldon to explore the act of storytelling itself and is a magical reclamation of the power of stories to shape how a region sees itself. Emerging from the long shadows of the coal mines, KING COAL untangles the pain from the beauty, and illuminates the innately human capacity for change.

Directed by Emmy-winning & Oscar-nominated filmmaker, Elaine McMIllion Sheldon. Produced by Oscar & BAFTA winners, Shane Boris and Diane Becker

Encuentros del Ser with Ozwaldo Diaz

Duration: 60 minutes Thursdays from 5:00 pm to 6:00 pm

09/14/2023 - Martha Diaz - Phases and steps of grief

09/072023 - Ema Galvan - How to live a simple life

08/31/2023 - Marta Diaz - Techniques to relieve stress

Cineshow with Neema Golbabaie

Duration: 30 minutes Wednesdays from 4:00 pm to 5:00 pm

1. Attack Of The Clones review 6/21/2023

2. Professor Daniel Levine part 1 9/9/2023

3. Professor Daniel Levine part 2 5/3/2023

The Melting Pot with Trinh Vo

Duration: 30 minutes Mondays from 5:30 pm to 6:00 pm

1. Mental Health: Passion, Identity, & Human Togetherness - defined mental health and how it affects our passion, our sense of identity, and our interactions with others (7/10/23)

2. Why It's Good to Have a Friend - why people are social creatures, and how human interactions are good for our development and well-being (7/17/23)

3. Fear of Failure: How It Affects Us, Our Passions, & Our Social Interactions - what is fear of failure and why do people have it? How does it affect our passions, identities, and interactions with others?

Operation Community with Ann Herr Duration: 30 minutes Fridays from 5:30 pm to 6:00 pm

8/4-James Carol discussed arts.

8/18 Dr Julie Osborn discussed issues with mental illness.

8/25 Doctor Carlos Circle of Insight discussed how one determines financial investments based on religion.

Being Aware with Isha On Air with Isha Gupta

Duration: 30 minutes Wednesdays from 8:30 am to 9:00 am

1. Wednesday, July 19th: Creative Visualization and Vision Boards - Featuring Ms. Melissa Wells. Ms. Wells is an art educator, trainer, coach, and author. This episode gains insight into the power of visual art to evoke positive emotions. It also discovers the benefits of accessible vision boards and how they can be encouraging tools for not only self-expression but also reflection, organization, and success in achieving goals.

2. Wednesday, August 16th: Schedule Makeovers and Time Management -Featuring Elizabeth Grace Saunders. Elizabeth is an internationally recognized time coach and one of the world's top time management professionals. This episode provides listeners the opportunity to learn about time management, an essential skill that can be applied to their own lives. It also empowers listeners by shedding light on a variety of effective time management strategies. Furthermore, it explores answers to thought-provoking questions surrounding the future of time management, along with obstacles and facilitators to effective time management.

3. Wednesday, September 13th: Crowd safety and event transport - Featuring Ise Murphy-Morris. Ise is an events consultant and qualified safety officer based in the United Kingdom. This episode features a unique topic that is very important since it affects everyone who attends or performs at events, especially large-scale ones. This episode is quite informative and fascinating also because it includes global approaches and diverse perspectives on crowd safety and event transport.

Being Ash Kumra Show

Duration: 60 minutes Tuesdays from 5:00 pm to 6:00 pm

- 1. Comedian Jon Lovitz, Tuesday August 8th
- 2. Space Marketing Expert Amy Imhoff, Star Trek and Nasa, August 22nd
- 3. Star Trek Historian Larry Nemecek, Fandom History, August 29th