## **KVSC News Features**

## Monday through Friday at 12:30 p.m.

## January 2024

Jan. 2, Tu	NATIVE LIGHTS
Jan. 3, W	This episode spotlights Dani, who is working with a community of people interested in food sovereignty to bring fresh food to the Bois Forte community year around using aeroponic indoor growing systems. Dani's passion for reclaiming Native food sovereignty leads her work and is driven by a care for community health and undoing the effects of historical trauma and colonization.  COUNTER STORIES
	When the cost of child care continues to climb, families, especially low-income families, are often left with few options. When this happens, it affects many other parts of the community, including the work force. There are also significant mental health implications. This year, in order to give some relief, the legislature passed the Child Care Stabilization Grant Program, meant to help families with young children access child care and programs designed to prepare them to begin school.
Jan. 4, Th	UNTOLD STORIES OF CENTRAL MINNESOTA
	Arts & Cultural Heritage Producer Jeff Carmack talks with Sarah Fossen from Minnesota Citizens for the Arts as they travel the state hosting listening sessions about what the arts mean to Minnesotans. This is a chance for the public to contribute to MCA's mission of promoting the arts by sharing their stories, regardless of how big or small.
Jan. 5, F	WITH GOOD REASON
	Kirsten Gelsdorf has spent over 20 years working for the United Nations and other organizations in the humanitarian sector. She discusses her experience in disaster zones and clears up some commonly held misconceptions about humanitarian aid.
	Also in this episode: Only 10 states have passed a Bill of Rights for domestic workers. But Jennifer Fish says while it's certainly a step in the right direction, these protections often exist only on paper. Jennifer has been named an Outstanding Faculty member by The State Council of Higher Education for Virginia.
Jan. 8, M	COUNTER STORIES
	Minnesota joined a growing list of states enacting the CROWN Act (Creating a Respectful & Open World for Natural Hair). This amendment to the Minnesota

	Human Rights Act protects individuals from discrimination due to their natural hair. This comes as more and more stories emerge of BIPOC, especially Black, athletes having to cut their hair to participate and the long running concept that natural hair is "unprofessional."
Jan. 9, Tu	NATIVE LIGHTS
	Leah and Cole chat with Tamee Livermont MPH (Oglala Lakota Nation). Tamee is on her way to becoming an MD at the University of Minnesota Medical School in Duluth and is one of three recipients of the 2022 Morris K. Udall and John S. McCain III Native American Graduate Fellowship in Tribal Policy. Before going to medical school, Tamee served as the Tribal Liaison at the Great Plains Tribal Leaders Health Board. Tamee brings her knowledge of Indigenous values and tribal policy to her work and studies. She wants to indigenize the medical education system and defend treaty obligations while creating better healthcare systems that are centered on Indigenous values.
Jan. 10, W	WITH GOOD REASON
	In the earlier stages of the pandemic, when many people were still staying as close to home as possible, nearly 1 in 5 American households adopted a pet. Those pets included furry cats and snuggly dogsand some temperamental pigs. Sherrie Clark is a veterinarian who treats and studies pet pigs. She says they make good pets, for the right family.
	Also in this episode: Relationships between dogs and humans go back 10,000 years. Nancy Gee says that today relationships between people and pooches improve health outcomes for everyone with two or four legs.
Jan. 11, Th	VETERANS' VOICES
	The government that tried to destroy Indigenous culture used it as a weapon on the battlefield. This episode relates that history.
Jan. 15, M	COUNTER STORIES
	The Counter Stories crew invited back artist and designer Adrienne Benjamin to enlighten them about the Jingle Dress, including its origin (and how it's different, depending on where you go), its meaning, and how some things are just for the community it's made for and not to be sold to outsiders (and that's okay!).
Jan. 16, Tu	NATIVE LIGHTS
	Gabby Menomin is a citizen of the Forest County Potawtomi Community in northern Wisconsin. She's currently the restoration manager for Wakan Tipi Awanyankapi. She oversees the ongoing ecological restoration of Wakan Tipi, which is a cave sacred to Dakota people, located in St. Paul along the Mississippi River. Gabby graduated with a master's degree in Tribal Natural Resource Management. She is focused on plant relatives and how climate

	change is impacting them. She is passionate about the environment and looking at how to center Indigenous voices, values, and knowledge in the stewardship of the land.
Jan. 17, W	WITH GOOD REASON
	When we dig deep underground, we get a chance to dig deeper into history. Dennis Blanton wants to change the way we think about America's beginnings. He's studying the expedition of a Spanish conquistador who was the first European in many parts of the Southeast.
	Also in this episode: At "The Cove" along the Staunton River in Virginia, Brian Bates and his students have uncovered nearly 10,000 items that paint a picture of a thousand year old Sappony Indians fishing camp.
Jan. 18, Th	UNTOLD STORIES OF CENTRAL MINNESOTA
	Arts & Cultural Heritage Producer Jeff Carmack talks with Sean Donahue and Austin Southers from Central Minnesota Theatre as they bring dinner theater back to St. Cloud. In the performance, three original pieces written by the late Al Hams will be featured while creative dishes will be provided by Lost Times Tavern.
Jan. 22, M	COUNTER STORIES
	Minnesota's historic tenant protection laws took effect on January 1, 2024, ensuring safe, stable, and affordable housing. Representative Ester Agbaje joins the Counter Stories crew to talk about the new comprehensive laws that provide tenants with the tools and resources to thrive.
Jan. 23, Tu	NATIVE LIGHTS
	Dr. Laurelle Myhra, a citizen of the Red Lake Nation, is a marriage and family therapist and was the Director of Behavior Health at the Native American Community Clinic for many years. Having served as the Director of Behavior Health at the Native American Community Clinic alongside cohost Dr. Antony Stately, Dr. Laurelle Myhra, became the Director of the Mino Bamaadiziwin Wellness Center which opened in South Minneapolis in 2021. Dr. Myhra, who was also recently selected to serve on Minnesota's new Equitable Health Care Task Force, talks about her passion for safe spaces for Indigenous youth and the development of a toolkit for health care providers.
Jan. 24, W	WITH GOOD REASON
	Beverly Sher has been teaching her "Emerging Diseases" seminar since 1996. In studying AIDS in the 1990s, SARS in 2003, the H1N1 pandemic in 2009, and the modern COVID-19 pandemic, students realize what public health crises reveal about the psychology and sociology of a nation.

	Also in this episode: Since it was first identified in the United States in 1975, Lyme disease has become the world's most common disease to spread from animals to humans through the bite of infected ticks. The sooner it's treated, the better the possible outcome for the patient. This is good news, except that current testing for Lyme disease takes weeks. Brandon Jutras and his team are working on a rapid, at-home Lyme detection test.
Jan. 25, Th	PLANETARY RADIO
	It's going to take a lot of collaboration to get humans to Mars, but we're up for the challenge. This week on Planetary Radio, Mat Kaplan, senior communications adviser at The Planetary Society, takes us to the 2023 Humans to Mars Summit in Washington, D.C. We'll share his conversation with three NASA Associate Administrators, Nicola Fox, James Free, and James Reuter, about the international, commercial, and robotic collaboration it will take to put the first humans on the Red Planet.
Jan. 29, M	COUNTER STORIES
	The Counter Stories crew continues their conversation on Minnesota's historic tenant protection laws that took effect on January 1, 2024, ensuring safe, stable, and affordable housing. Representative Ester Agbaje joins the crew to talk about the new comprehensive laws that provide tenants with the tools and resources to thrive.
Jan. 30, Tu	NATIVE LIGHTS
	Steven StandingCloud is an enrolled member of the Red Lake Band of Chippewa Indians located in north-central Minnesota. Steven has been an artist most of his life and works under StandingCloud Graphics. He says the art forms that he creates are inherent to the Ojibwe and Lakota people. Steven spoke with us about how he got his start in graphic design in the 1980s, what he wants his work to accomplish and how he is carrying Native American art into the future.
Jan. 31, W	WITH GOOD REASON
	In 2011, Japan was rocked by a magnitude 9.1 earthquake. It triggered a tsunami that measured 130 feet high, killing around 18,000 people and causing untold damage. Tina Dura and Robert Weiss say sea level rise will now allow even weaker earthquakes to cause tsunamis with similar destruction.
	Also in this episode: Sea level rise is also endangering white cedar trees. Rob Atkinson and Linda Manning run the Fear to Hope project, which gets high school students out in the field to help protect white cedar trees from extinction.

# February 2024

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Feb. 1, Th	UNTOLD STORIES OF CENTRAL MINNESOTA
	In this episode of Untold Story of Central Minnesota, the art of storytelling is the
	focus as Arts & Cultural Heritage Producer Jeff Carmack talks with renowned
	storyteller Laura Packer. From festivals and theaters to prisons and NASA, Packer educates and entertains through the ancient tradition of simply telling a
	story.
Feb. 5, M	COUNTER STORIES
	As we enter Black History Month, the Counter Stories crew talk about its history, and how they were exposed to Black history growing up. In this Grab Bag episode, the crew also talk about a new lawsuit against the Fearless Fund, for providing funding for Black women entrepreneurs and the murder charge brought up against Minnesota State Trooper Ryan Londregan for the shooting and killing of Ricky Cobb II.
Feb. 6, Tu	NATIVE LIGHTS
	Fern Renville is a storyteller, artist, playwright, and enrolled citizen of the
	Sisseton Wahpeton Oyate. She lives in St. Paul, Minnesota, where she's
	currently investigating the role of nettle fiber in Dakota material culture as a
	Native Artist in Residence at the Minnesota Historical Society. Fern talks with
	Native Lights about weaving a stronger connection to this homeland not only
	through nettle fiber but through stories, knowledge, and the sharing of history.
	She expresses her passion for tapping into the deep layers of joy and love experienced by her ancestors on this land for centuries that were only recently
	covered by a layer of trauma. Fern believes this deeper exploration of her
	ancestral truth beyond colonization is not only powerful for her own journey but
	will help to intentionally bring restoration.
Feb. 7, W	WITH GOOD REASON
	Cauline Yates was at a family reunion the first time she heard she was a
	descendant of Thomas Jefferson. She later helped develop the Memorial to
	Enslaved Laborers at the University of Virginia.
	Also in this episode: Clint Smith is the author of the award-winning book <i>How</i>
	the Word is Passed: A Reckoning with the History of Slavery Across America.
	He traveled to nine historic sites to understand how slavery is remembered and
Ech O Th	taught.
Feb. 8, Th	WITH GOOD REASON
	In 1951 a group of African American students at Robert R. Moton High School
	in Prince Edward County, Virginia, organized a strike to protest the substandard
	school facilities provided for black students. The walkout, led by 16-year-old

Feb. 12, M	Barbara Johns, is one of the great stories in the struggle for Civil Rights—a story of courage and persistence against what seemed at the time like overwhelming odds. Larissa Smith Fergeson (Longwood University) provides the historical context to the walkout; Lacy Ward Jr. (Moton Museum) interviews two students who participated in the strike; and Mildred Robinson (University of Virginia) describes the effects on students and families when the Virginia government closed the schools rather than succumb to the federal mandate to integrate them. COUNTER STORIES
	All together once again, the Counter Stories crew talks Black history. From George Bunga, a Black-Indigenous fur trader from the 1890s to sundown towns, the crew shares what they know and learn a bunch in return. They also talk about Ethel Ray Nance, a Black stenographer for the state of Minnesota; Biddy Mason, a former slave who became an influential L.A. landowner; Toni Stone, an American female professional baseball player; the role Black athletes played in the NHL; the Green Book; and Black Beauty.
Feb. 13, Tu	NATIVE LIGHTS
	The Native Lights team hear about Dr. Sullivan's editing role in his new book release <i>Plums or Nuts</i> , a collection of Ojibwe stories of Anishinaabe Humor told by his friend and mentor the late Larry Amik Smallwood. Native Lights hear why Michael's drive to work closely with the elders in his community became a pivotal moment that changed the trajectory of his career. Dr. Sullivan shares stories of how he continues to uplift his students inspiring them to set goals while navigating them through the immense pressures of learning the Ojibwe language.
Feb. 14, W	WITH GOOD REASON
	Valentine's Day today means candy hearts and stuffed bears. But Kat Tracy says the origins of the holiday are far from cute and fuzzy—and they don't have a whole lot to do with St. Valentine.
	Also in this episode: A safe and secure relationship seems like an obvious goal, but it's surprisingly hard to achieve. Amber Pope shares how attachment theory and strong support networks can help people thrive in a safe and secure partnership.
Feb. 15, Th	UNTOLD STORIES OF CENTRAL MINNESOTA
	Arts & Cultural Heritage Producer Jeff Carmack talks with well-known local painter Dan Mondloch about the artist's journey. Over the years, Mondloch's career as an artist has steadily grown as he has taken his eye for a scene in many different directions and received numerous awards for his effort.
Feb. 20, Tu	NATIVE LIGHTS

	Staci Lola Drouillard is a Grand Portage Band of Ojibwe direct descendant. She lives and works in her hometown of Kitchibitobig—Grand Marais, on Minnesota's North Shore of Lake Superior. Staci works as a radio producer for WTIP North Shore Community Radio and authors the monthly column Nibi Chronicles for Great Lakes Now, a branch of Detroit Public Media. Her first book, Walking the Old Road: A People's History of Chippewa City and the Grand Marais Anishinaabe, has won many awards. In this episode, Staci describes memories that inspired her artistic journey that paved the way for her many accolades. Staci expresses how she manages taking care of her mental health as a writer while unearthing truths that fold into her creative processes overtime.
Feb. 21, W	COUNTER STORIES
	The Counter Stories crew is joined by Sweet Potato Comfort Pie founder Rose McGee. Digging deeper beyond the surface of culture involves going beyond reading a history book. The history of our people is best told by our people and sometimes that's through food. Every community has their own cultural and comfort food, and when we share it with each other, we connect on a deeper level than just filling our stomachs.
Feb. 22, Th	WITH GOOD REASON
	Imagine if every day you went to work and pretended to be someone else. That's life for professional actors. Robyn Berg says self-care is essential for acting professionals to stay themselves while pretending to be other people.  Also in this episode: Self-care can get conflated with selfishness. Peter Thaxter started thinking about that after a student interviewed him about selfishness.  Now, he's clear on why self-care and selfishness are not the same.
Feb. 26, M	COUNTER STORIES
Feb. 27, Tu	As we look at Black History Month, we need to also look to the future.  How do Black Minnesotans imagine the future through innovative, Black- centered design and connecting to each other through intentional conversation?  Innovation strategist Gabrielle Grier fills the Counter Stories crew in on how this initiative is already underway.  NATIVE LIGHTS
	Angela Two Stars and Juleana Enright both share their passion for the arts and how it is a tool for healing. In this episode, they share the inside scoop with us behind the latest exhibition at the All My Relations Arts Gallery called Okizi which means healing one's self. The mission of All My Relations Arts Gallery (AMRA) is to uplift contemporary American Indian artists through gallery exhibitions, arts programming, community workshops, writers programs, and

	more. Through these programs the main goals are to share Native American
	stories, culture, language, and traditions.
Feb. 28, W	WITH GOOD REASON
	19th and 20th century poet, Alice Meynel, a.k.a. "the penciling mama,"
	described motherhood as "life without boundaries." Cristina Richieri Griffin
	discusses the Victorian mother of eight's complicated feelings on mothering.
	Also in this episode: The 2003 Haitian novel, The Infamous Rosalie, tells the
	stories of generations of women who are enslaved on a plantation. Ima Hicks
	explores how for these women, mothering was a particularly complicated act.
Feb. 29, Th	MAKING CONTACT
	In 1965, Margaret Crane was a young designer creating packaging for a
	pharmaceutical company. Looking at the rows of pregnancy tests she thought,
	"Well, women could do that at home!" and so she made it a reality for
	potentially pregnant people to be able to know about and take control of their
	own lives and bodies. But while the design of the prototype was simple, Crane
	faced the issues we continue to fight when it comes to reproductive rights and
	the health and autonomy of people who give birth: an uphill battle to convince
	the pharmaceutical companies, the medical community and conservative social
	leaders that at-home pregnancy testing was safe and necessary. After all this,
	Crane is only now receiving credit for her contributions to the industry.

### **March 2024**

March 4, M	COUNTER STORIES
	Counter Stories wrap up their celebration of Black History Month with a conversation with James Burroughs, who has worn many hats within community. As the Chief Equity and Inclusion Officer at Children's Hospital, he is challenging systemic racism within the health care industry, both in-facing and out-facing. James is also a founding member of the Minnesota Business Coalition for Racial Equity, a group that looks at philanthropy, employment, business development, and public safety. He also provides the crew with some simple ways to celebrate Black history outside the month of February.
March 5, T	Mary LaGarde is the Executive Director of the Minneapolis American Indian Center (MAIC) and a member of the White Earth Nation. She was selected to lead the organization in June 2013 and has over 30 years of nonprofit experience in program services, including management and development. In this week's episode, we learn about the importance of community, family, and youth services as the center of many development goals at MAIC through the eyes of

	LaGarde. The renovated center will introduce the Boys and Girls Club, a new resource that will serve as an umbrella for some of the youth programming. Visitors can look forward to new volunteer opportunities and renovations of the fitness center, Two Rivers Gallery, and the Gatherings Café. A large celebration will kick off the grand re-opening of the Minneapolis American Indian Center in May of 2024.
March 6, W	WITH GOOD REASON
	Living with a disability can be hard, but it doesn't have to lead to a life less lived. Elizabeth Barnes says her own diagnosis made her confront the reality of finding the unexpected joys in disability.
	Also in this episode: Many parents of young deaf children don't have access to learn sign language. Carrie Humphrey and Colin Wells say this can put deaf kids at a disadvantage and delay their development. Carrie and Colin both work as full-time faculty in the American Sign Language and Interpreter Education program at Reynolds Community College. Carrie was named an Outstanding Faculty member by The State Council of Higher Education for Virginia.
March 7, Th	RADIO CURIOUS
March 8, F	The history of women has existed as long as humans have, but it was not until the last half of the 20th Century that women's history received recognized academic attention. Professor Gerda Lerner was a pioneer in the movement to study and record the history of women. Gerda Lerner led an extraordinary life from April 30, 1920 to January 2, 2013. She was a historian, author, and teacher, and ultimately a professor emeritus of history at the University of Wisconsin. Her academic work was characterized by the attention she drew to the differences among women in class, race and sexual orientation. <i>Fireweed: A Political Autobiography</i> , tells her life story up to the time she enrolled at Columbia University. In October 2002, she spoke with Radio Curious by phone about her description of why the distinctions among women of class, race, and sexual orientation are important.  PLANETARY RADIO
March 8, F	PLANETARY RADIO
	Is Venus hiding volcanic secrets beneath its shroud of clouds? Robbie Herrick and Scott Hensley, the minds behind a new paper on recent potential volcanic activity on Venus, join Planetary Radio to discuss their discovery and what it means for the future of Venusian exploration.
March 11, M	COUNTER STORIES
	In recognition of Women's History Month, Counter Stories will be joined all month by powerful and inspirational women. This week, that person is Sagal Ali. She joins the crew to talk about the Muslim holiday, Ramadan, and how her

	faith brought her to discover her passion for health equity locally and throughout
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March 12, Tu	NATIVE LIGHTS
	Willard Malebear Jr. is a Lakota artist who is the CEO and owner of Unified Theory Collective. He is also the Executive Chairman of Art Shelf. In this
	week's episode, Native Lights learn about his introduction into the tattoo world, his life during and after incarceration, and how he turned his trauma into
	triumph. He shares information about the free services UTC offers such as assorted canvases, brushes, easels, acrylic paints and more. Pulling motivation from his biggest heroes, his children and mentors, Willard expresses his
	excitement for the next chapter in his life continuing to "spread the gospel of creativity" to his community and beyond.
March 13, W	WITH GOOD REASON
	Enya Cid moved from Mexico to the U.S. as a three-year-old. She says this country is her home, but her right to stay here never feels certain. In 2022, Enya
	joined other first-generation immigrants in a writing workshop hosted by the publisher Restless Books and Arlington, Virginia's Dream Project. Enya shares
	her story along with Nataly Montano, who immigrated to the U.S. from Bolivia. Their teacher, playwright Isaiah Stavchansky, explains how the writing workshop empowers immigrants as Americans.
March 14, Th	UNTOLD STORIES OF CENTRAL MINNESOTA
	In today's Untold Story of Central Minnesota, Arts & Cultural Heritage Producer Jeff Carmack talks with local business owner and literal magician
	Ryan Schepp about the challenges that creatives have faced as the world has evolved over the last decade or so. Jeff and Ryan's careers have intertwined over
	the years, both through KVSC and on stage at the Pioneer Place, and through those years much has changed. The discussion begins with life before COVID, travels through the pandemic, and then lands with how the creative community
	is successfully rebuilding and reestablishing itself within St. Cloud and the surrounding area. This program was made possible through support from the
	Minnesota Arts & Cultural Heritage Fund.
March 18, M	COUNTER STORIES
	Last legislative session's Education Finance Bill included creating a group focused on streamlining computer science education. This year, Representative
	Liz Lee has proposed a new bill that would put recommendations from that group into action. Alongside Rep. Lee are community organizations that are
	hoping to expose more urban, BIPOC, and young women to STEAM (Science, Technology, Engineering, Art, and Mathematics). Rep. Lee and Vanessa Young,
	co-founder of 30,000 Feet, an organization that exposes youth to the many tech fields available to them, joins the crew to talk about how to STEAM forward.

March 19, Tu	NATIVE LIGHTS
	Native Lights revisits their chat with Rita Walaszek Arndt of the White Earth
	Nation. Rita is the program and outreach manager of the Native American
	Initiatives department at the Minnesota Historical Society. Through her work,
	Rita is focused on Indigenous representation in the historical society and
	encourages people to think differently about the land now known as Minnesota. She tells Native Lights about the challenges of cataloging MHS's Indigenous
	object archive, examining the history of this land beyond statehood, and how
	Indigenous art is inseparable from culture and Indigenous ways of living.
March 20, W	WITH GOOD REASON
Waren 20, W	WITH GOOD REASON
	About 80 percent of Americans have visited Disney World in Florida. Marc
	Williams says that Disney World has both shaped and been shaped by American
	identity.
	Also in this episode: Anita Zatori sees an increase in young people choosing
	vacation destinations not to be there, but to create content about being there.
March 21, Th	PLANETARY RADIO
	Planetary Radio celebrates the accomplishments of a truly inspiring space
	mission: the United Arab Emirates' Hope probe, which spent two amazing years
	orbiting Mars. Guest Mohsen Al Awadhi, Director of the Space Missions
	Department at the UAE Space Agency, shares insights into the mission's journey
	and teases the next exciting chapter: observing Mars' mysterious moon, Deimos.
March 25, M	COUNTER STORIES
	The Counter Stories crew digs into what makes a gather an authentic
	gathering—what foods are present? They talk about the commercialization of
	foods from their communities and how making traditional foods have changed.
March 26, Tu	NATIVE LIGHTS
	In this episode, Susan and Briana open up about their personal journeys and
	experiences with boundary-setting. Through the lens of their respective podcast
	series Remembering Resilience, they delve into the profound significance of
	boundaries not only with oneself but within American Indian communities at
	large. They offer invaluable perspectives on cultural nuances and illuminate the
	intricacies of boundary setting. Together, they explore the far-reaching
	implications of boundary neglect on individual and communal well-being,
	sparking a crucial conversation on building awareness and fostering resilience.
March 27, W	WITH GOOD REASON
	When Latorial Faison meets somebody, she can almost immediately tell if they
	attended a Black school during segregation. She says they carry themselves with
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	a special sense of pride. It's actually what set her on her journey to writing her book, <i>The Missed Education of the Negro: An Examination of the Black</i>
	Segregated Education Experience in Southampton County, Virginia 1950-1970.
	Also in this episode: Franklin County, Virginia once boasted a whopping 177 schools. Most were tiny one room buildings built by local communities in the first half of the 20th century. Benny Gibson and his son, Abe Gibson, have been consulting old maps and knocking on doors to recover what they call the Vanishing Schools of Franklin County.
March 28, Th	PLANETARY RADIO
	Kim Arcand from NASA's Chandra X-ray Observatory joins Planetary Radio to share her team's new album "Universal Harmonies. It's a beautiful collection of sonified observations taken by the space telescope that aims to make space images more accessible to people with low or no vision.