



MOUNTAIN GROWN COMMUNITY RADIO

Serving Western Colorado Since 1979

Paonia 90.9 Crawford 98.3 Montrose 89.1 Ridgway 88.9 Ouray 90.1 Lake City 88.7 Grand Valley 99.1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 am	National Public Radio - Morning Edition					UNDERCURRENTS	
6:00 am						NPR Weekend Edition	
7:00 am	8:00 - 8:15 am Local and Regional News					Pot o' Gold Children's Music/ Stories	
8:00 am							
9:00 am	THE SWEET SOUND		FEEL GOOD FRIDAY MORNING MUSIC MIX		New Dimensions		
10:00 am							FreeRange Radio Rock, Folk, Soul
11:00 am	<i>The Freak Show</i> Variety		Gumbo Ya Ya New Orleans		Car Talk e-Town		
12:30 pm							Catch & Release New Music
1:00 pm	ROOM TO GROOVE Funk, World, Electonica		The Music Box Rock, Blues		Pickin' Bluegrass		
2:00 pm							Counterspin
3:30 pm	Talkin' Music		Left, Right & Center		The Redneck Riviera Classic Country		
4:00 pm							National Public Radio - All Things Considered
5:00 pm	Democracy Now					NPR's All Things Considered	
6:00 pm							
7:00 pm	Musica Mexicana Hispanic					Turn It Up! Rock	
7:30 pm							
8:00 pm	One Woman's Perspective Women's Music & Poetry					In the Classical Tradition	
9:00 pm							
9:30 pm	Soul System Soul/Soulful					Late Night Classical Classical	
10:00 pm							
11:00 pm	Under the Influence World, Electronica, Rock					UNDERCURRENTS	
12:00 am							
2:00 am	UNDERCURRENTS					UNDERCURRENTS	
5:00 am							

KVNF Short Features

Earth & Sky 10:00 am Mon-Fri (Sat & Sun 8:38 am)
 NPR News Headlines 12:00 pm (Mon-Fri)
 Pulse of the Planet 12:00 pm (Mon-Fri)
 Hightower Radio 7:00 pm (Mon-Fri)
 Mystics Almanac 10:30 am (Sun)

Weather Report
 Avalanche Report
 Bulletin Board
 Entertainment Calendar
 Visual Arts Calendar

8:30 & 10:00 am Mon-Fri, 9:00 am Sat, 10 am Sun
 (Seasonal) 6:19 & 7:19 am Mon-Fri, 7:38 am Sat.
 11:00 am (Mon-Fri), 1:00 & 8:00 pm Mon-Sun
 9:00 am & 2:00 pm Mon-Fri (2:00 pm only Sat/Sun)
 7:20 am & 11:00 am

Contact KVNF! 970-527-4866 (Business)

970-527-4868 (Music Requests)

970-527-4865 (Fax)

www.kvnf.org