

INDEPENDENT MEDIA GUIDE *of* MARIN



**FREEDOM
HAPPENS
WHEN
YOU
MAKE
A CHOICE**

...CHOOSE INDEPENDENT MEDIA

Media sources play a leading role in our daily lives, shaping our understanding of the world in which we live. Big Media is owned and controlled by large corporations that view reality through a corporate lens, and primarily put corporate interests above the common interest. Independent Media is diverse and not profit driven, thus more free to serve the public.

Independent Media champions free speech, free thought, and public participation. It is here you will find compassionate and critical thinking, fresh ideas and solutions, and a real capacity to question and imagine. Independent Media can inspire us to change our lives and to act on our hopes for the future.

A free, independent and robust media system is the essential foundation of any democracy. James Madison, one of the architects of our Constitution, said, "A people who mean to be their own governors must arm themselves with the power knowledge gives."

WHAT'S INSIDE:

...**DEMOCRACY NOW!** ...**RADIO** ...**INTERNET**
...**RADIO BY THE HOUR**
...**NATIONAL MAGAZINES**
...**LOCAL PRESS**...**TELEVISION**

TAKE THIS GUIDE ON YOUR JOURNEY INTO THE EXPANDING WORLD OF INDEPENDENT MEDIA.

...CHOOSE "DEMOCRACY NOW!" BREAKING THE SOUND BARRIER



AMY GOODMAN

DEMOCRACY NOW! is the best daily news show in America, hosted by Amy Goodman and Juan Gonzales, two of our nation's finest journalists. This one-hour program goes in depth and to the heart of the most critical national and international issues with timely interviews you won't hear anywhere else.

Democracy Now! brings courageous questioning and real debate to politics and current events, focusing on war, peace, and social justice. It is the largest public media collaboration in the U.S. airing on over 420 stations.

AVAILABLE MONDAY - FRIDAY

...**ON RADIO:** KPFA – 94.1 FM at 6 & 9 AM

...**ON CABLE TV:** Channel 26 at 9 AM
Channel 22 at midnight

...**ON SATELLITE TV:** Dish channel 9410 Link TV
Dish channel 9415 Free Speech TV
DirecTV channel 375 Link TV



Also video, audio, & podcasting at ...

www.democracynow.org

...CHOOSE INDEPENDENT RADIO AIRWAVES THAT AWAKEN

KPFA – 94.1 FM Listener supported since 1949, KPFA goes where commercial stations fear to go. Original & eclectic, KPFA serves diverse communities with in-depth news & public affairs, interviews, culture & arts. **Online with archives - www.kpfa.org**

A FEW HIGHLIGHTS

DEMOCRACY NOW!

The best daily news show in America (M-F 6 & 9 AM)

COUNTERSPIN

Exposes this week's factual errors, noteworthy omissions, and bold misrepresentations (Friday at 2 PM)

FREE SPEECH RADIO NEWS

On the ground, freelance reporting from every continent (Monday - Friday at 3:30 PM)

AGAINST THE GRAIN

Interviews and in depth analysis ...provocative (Monday - Wednesday at Noon)

GUNS AND BUTTER

Illuminating controversial issues (Wednesday at 1 PM)

EXPLORATION

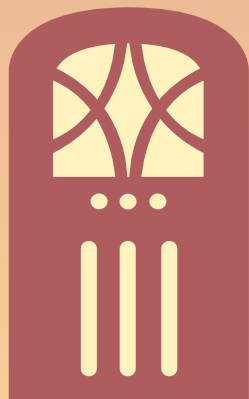
Science & its impact on society (Tuesday at 2 PM)

ACROSS THE GREAT DIVIDE

Music with a message (Sunday at 11 AM)

RADIO AMIGA

KSRH - 88.1 FM - English,
Spanish & Mayan



KWMR – 90.5 FM ..

Pt. Reyes Station - 89.3 FM
in Bolinas and Stinson Beach
Online at www.kwmr.org
Community radio from West
Marin - Non-commercial.
An amazingly wide variety of
programs and music.

...CHOOSE INDEPENDENT INTERNET WORLD WIDE WISDOM

COMMON DREAMS ...www.commondreams.org

A truly indispensable site for progressive news and views. A well-organized hub with press releases from organizations and plenty of links to writers, independent sources and all major media in the U.S.

ALTERNET...www.alternet.org

Brings the best of alternative media from diverse sources into an attractive and engaging high tech website. Combines news, columnists, sharp bloggers, podcasts, video and discussion. Also check out "Wire Tap," news by teens for teens.

TRUTHOUT...www.truthout.org

Persistent investigative reporting and opinion. This site is accessible, attractive, and media rich.

BLACK COMMENTATOR ...www.blackcommentator.com

Professional commentary, analysis and investigation of important issues.

GUERRILLA NEWS NETWORK ..www.guerrillanews.com

Close to the action, close to the street, pulls you in. Radical. This media breaks free of clichéd analysis.

INDY MEDIA...www.indymedia.org

An international hub for regional independent media centers that are democratically run, do-it-yourself media outlets for grassroots news reporting.

INFORMATION CLEARINGHOUSE....

www.informationclearinghouse.info

News you won't see on CNN...plus mind-blowing videos.

SEE "RADIO BY THE HOUR" FOR MORE..

...CHOOSE INDEPENDENT INTERNET WORLD WIDE WISDOM

MEDIA MATTERS....www.mediamatters.org

Dedicated to monitoring, analyzing, & correcting conservative misinformation in the U.S. media.

NEW AMERICA MEDIA....

www.newamericamedia.org

Over 700 media collaborate to provide news & voices from ethnic perspectives & international sources particularly from underrepresented and non-white perspectives.

ONE WORLD.NET....www.oneworld.net

News and views from a global network of over 1600 organizations, in 12 languages. Covers sustainable development, economy, environment, health, human rights, media, politics, war and peace.

PROJECT CENSORED....www.projectcensored.org

The year's top 25 news stories bypassed by the corporate media. Developed by faculty and students of Sonoma State University's journalism department. Essential reading.

WORLD CHANGING....www.worldchanging.com

Solution-oriented ideas and tools for building a "bright green future." Positive perspectives on environment and innovative technologies for sustainable systems.

WORLD PRESS REVIEW....www.worldpress.org

International news selected from thousands of newspapers from around the world, translated into English from more than 20 languages.



BEST BLOGS AND BEYOND

THE RUTH GROUP.....www.ruthgroup.org

Local activists inform Marin on big political issues.

GLOBAL VOICES.....www.globalvoicesonline.org

Bloggers from 150 nations are talking. Innovative.

THE DAILY KOS.....www.dailykos.com

The eight-hundred-pound gorilla of the blogosphere. The largest political blog in the world, with over half a million visits daily. An interactive site which allows members to maintain blogs within the site.

THE HUFFINGTON POST....www.huffingtonpost.com

Where famous people come to blog, plus colorful news stories. Webby Award for Best Political Blog.

CROOKS AND LIARS.....www.crooksandliars.com

Superb video and audio links.

ONLINE RADIO

New Dimensions - www.newdimensions.org

White Rose Society - www.whiterosesociety.org

Radio Power - www.radiopower.org

AND PODCASTS

Living on Earth

www.loe.org/podcasts.rss

NOW on PBS

www.pbs.org/now/podcast.xml

Mother Jones Radio

www.motherjones.com/radio/rss.xml



RADIO BY THE HOUR - EXPLORING THE DIAL

	KPFA 94.1 FM	KQED 88.5 FM	KALW 91.7 FM	KGO 810 AM	QUAKE 960 AM			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6 AM	Democracy Now! - Amy Goodman and Juan Gonzales						God Talk Bernie Ward	6 AM
7 AM	The Morning Show - 7 to 9 AM							7 AM
8 AM	Jim Hightower - 8:45 to 9 AM							8 AM
8:45	Democracy Now! - Amy Goodman and Juan Gonzales							8:45
9 AM	Forum with Michael Krasney 9 to 11 AM					Saturday Morning Talkies Chris Welch	Sunday Salon Larry Bensky	9 AM
10 AM	Your Call Radio							10 AM
11 AM	The AI Franken Show - 10 AM to 1 PM - Monday - Friday				Tavis Smiley Show 11 AM to 1 PM			Across The Great Divide Music with a message Robbie Osman
Noon	Against the Grain - C.S. Soong & Sasha Lilley		Living Room - Chris Welch			This American Life Ira Glass		Noon
	New Dimensions Michael Toms	Philosophy Talk	The Changing World...BBC	Alternative Radio David Barsamian	Up Front with Sandip Roy	Eco Talk Betsy Rosenberg		
1 PM	Women's Magazine	Your Own Health & Fitness	Guns and Butter	Herbal Highway Karyn Sanders	Terra Verde Making Contact		Mother Jones Radio	1 PM
2 PM	About Health Dr. Michael Lenoir	Exploration Michio Kaku	Bay Native Circle	Visionary Activist Carolyn Casey	Counterspin Pushing Limits		2 PM	
3 PM	Cover to Cover Denny Smithson Jennifer Stone Jack Foley Richard Wolinsky Open Book						3 PM	
3:30	Free Speech Radio News Randi Rhodes - 4 to 8 PM					Living On Earth	3:30	
4 PM	Hard Knock Radio - Davey D - Anita Johnson & Weyland Southon						4 PM	
5 PM	Flashpoints - Interviews and Analysis with Dennis Bernstein						5 PM	
6 PM	The KPFA Evening News						Radio Nation Laura Flanders	6 PM
7 to 7:30	Africa Today	La Raza Chronicals	Voices of the Middle East	Apex Express	Full Circle	Ring of Fire R. F. Kennedy Jr. & Mike Papantonio	7 to 7:30	
8 PM	Majority Report - Janeane Garafolo & Sam Seder - 8 to 11 PM - Monday - Friday				Commonwealth Club 8-9 PM		8 PM	
9 PM	The Bernie Ward Show - 10 PM to 1 AM						This American Life Ira Glass	Best of Thom Hartmann 10 to midnight
10 PM	The Bernie Ward Show - 10 PM to 1 AM					10 PM		

Visit our website: www.mpjc.org/imc for an expanded list of online radio and podcast sites.

...CHOOSE INDEPENDENT MAGAZINES JUST JOURNALISM

ADBUSTERS ...www.adbusters.org

Spectacular, striking images fill these artfully designed pages. Adbusters challenges status-quo perceptions & is concerned about the erosion of our physical & cultural environments by commercial forces. Addresses issues ranging from genetically modified foods to media concentration with incisive articles, activist commentary from around the world, & touches of poetry, parody and philosophy. Supported by 120,000 readers. No Ads!

MOTHER JONES ...www.motherjones.com

Known for its investigative reporting & rooted in a commitment to social justice, Mother Jones seeks to inform & inspire a more democratic world. Winner of the National Magazine Award for Excellence.

YES! A Journal of Positive Futures ...www.yesmagazine.com

Each issue focuses on a theme, showing the possibilities and practical steps that can lead us to a better future. Supports people's active engagement in creating a just and compassionate world. Includes "The Page That Counts" and useful advice for living more sustainably. Ad Free!

UTNE ...www.utne.com

Colorful and eclectic, with a mission to inspire personal evolution and social action by highlighting new ideas and emerging trends toward a kinder and greener world. Insightful reviews of art & media. Down to earth news & resources you can use. In-depth coverage of compelling people & issues that affect your life.



THE PROGRESSIVE ...www.progressive.org

One of the first voices to speak out against McCarthyism in the 1950s, The Progressive continues to be among the staunchest defenders of the First Amendment. A clear voice reporting on Bush's imperial designs, environmental degradation, & the resurgence in racism, particularly against Muslims & Arab-Americans. Regular heavy hitters include Noam Chomsky, Howard Zinn & Molly Ivins.

THE NATION ...www.thenation.org

Published every week since 1865, The Nation continues to be a leading progressive force: "The Nation will not be the organ of any party, sect, or body. It will, on the contrary, make an earnest effort to bring to the discussion of political & social questions a really critical spirit, & to wage war upon the vices of violence, exaggeration, & misrepresentation by which so much of the political writing of the day is marred." ...from The Nation's founding prospectus.

ODE ...www.odemagazine.com

A refreshing & free-spirited magazine about the people & ideas that are changing the world. Lively, informed optimism that sees problems as opportunities. Stories that bridge the gaps between thinking & doing, rage & hope, rich & poor - building peace, justice & sustainability. Ad Free!

IN THESE TIMES ...www.inthesetimes.com

A unique publication dedicated to analyzing popular movements for social, environmental and economic justice, providing a forum for discussing the politics that shape our lives. This magazine will appeal to a diverse audience.

...CHOOSE INDEPENDENT PRESS GRASSROOTS REALITY

COASTAL POST

www.coastalpost.com

This seasoned monthly delivers the nitty gritty from Marin's backyard buzz to the world's most controversial issues.

FREE AT NEWSSTANDS - PAID SUBSCRIPTIONS

COMMON GROUND

www.commongroundmag.com

Building conscious community by expanding social, political & environmental awareness, from the personal to the planetary.

FREE AT NEWSSTANDS

POINT REYES LIGHT

www.ptreyeslight.com

Real life chronicles & news from wonderful West Marin.

\$1 AT NEWSSTANDS - PAID SUBSCRIPTIONS

SAN FRANCISCO BAY GUARDIAN

www.sfbg.com

Started in 1966 as the "first alternative news weekly in the country designed specifically to compete against a monopoly" Muckraking, groundbreaking, and trend setting.

FREE AT NEWSSTANDS

**SUPPORT YOUR LOCAL
INDEPENDENT BOOKSTORE**

...CHOOSE INDEPENDENT TV PROFOUNDLY BIG PICTURE

C-SPAN ...www.c-span.org Televises government proceedings and public affairs, ranging from the Senate Floor and Capitol Hill hearing rooms, to press conferences, speeches, forums, live call-in interviews; plus big events & rallies. C-Span's "Book TV" features non-fiction authors all weekend long. C-Span is non-profit & completely financed by the cable TV industry. No commercials! Available online, via cable and satellite.

LINK TV...www.linktv.org Television without borders. Providing a global perspective on world issues and culture. Mixes documentaries, international news, music videos. Connects viewers with grassroots communities and people at the forefront of social change. Check out Peabody Award winning "Mosaic." Only via satellite: DISH Network channel 9410 & DirecTV channel 375.

FREE SPEECH TV...www.freespeech.org The nation's first progressive television network. Illuminates the work of citizens engaged in social and political transformation. Independently produced documentaries & original programming provide perspectives that are underrepresented or ignored by mainstream media. Via satellite: Dish Network channel 9415.... Online video/audio.

LOCAL PUBLIC ACCESS TV Programming produced by & for Marin County residents. This means you! You can be provided introductory training free of charge to produce your own show. In Novato, go to Public Access Television www.npat.org. All other Marin residents go to: www.communityprogramming.marin.org. Tune in to "Marin Peace & Justice Coalition Presents" every Thursday 7:30 to 9:30PM. Also "Encuentro Latino" & "La Hora Magnifica Espana." Check program schedules online or on TV. Available on cable channel 26.

ABOUT THIS GUIDE

The Independent Media Committee of the Marin Peace & Justice Coalition created this guide. We hope you find it useful and a way to get to know our media landscape.

This is a guide for everyone, whatever your perspective or interest. We have included sources available in Marin that contain high quality news & information. These sources are progressive, multi-issue, multi-perspective, non-corporate and not controlled by government or political parties.

Visit our website: www.mpjc.org/imc for an expanded online version of this guide and links to the sources listed.

MARIN PEACE & JUSTICE COALITION www.mpjc.org



MPJC is a hub, promoting activism and involvement in upcoming events of many different local groups concerned with issues of peace, justice, and sustainability. Our website is fresh and inclusive, serving up homegrown democracy, with links, podcasts, streaming media, and more. Sign up there to receive our weekly email bulletin... 415.721.2844.

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Here are ways you can help:

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**MAIL ALL CHECKS TO: MPJC, P.O. BOX 9458,
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DISTRIBUTE: We need your help to distribute free copies of this guide.

FEEDBACK: Please contact us with your feedback.

Visit www.mpjc.org/imc for all this and more

LOCAL INDEPENDENT MEDIA ALLIES:

Media Action Marin - www.mediaactionmarin.org - The go-to organization for community media issues in Marin. MAM has successfully lobbied for the creation of Marin's own community media center, has defended and strengthened public access television, and has supported KPFA and independent bookstores. 454-5027

Media Alliance - www.media-alliance.org - A 30 year-old media resource and advocacy center working nationally for media workers, non-profit organizations, and social justice activists.

"I AM A FIRM BELIEVER IN THE PEOPLE. IF GIVEN THE TRUTH, THEY CAN BE DEPENDED UPON TO MEET ANY NATIONAL CRISIS. THE GREAT POINT IS TO BRING THEM THE REAL FACTS."

...Abraham Lincoln

"JUST GIVE ME SOME TRUTH."

...John Lennon

"THE FIRST PROBLEM FOR ALL OF US, MEN AND WOMEN, IS NOT TO LEARN, BUT TO UNLEARN."

...Gloria Steinem

"EMANCIPATE YOURSELF FROM MENTAL SLAVERY. NONE BUT OURSELVES CAN FREE OUR MINDS."

...Bob Marley

"INDEPENDENT MEDIA CAN GO TO WHERE THE SILENCE IS AND BREAK THE SOUND BARRIER, DOING WHAT THE CORPORATE NETWORKS REFUSE TO DO."

...Amy Goodman

"A DEMOCRACY CAN DIE OF TOO MANY LIES."

...Bill Moyers

"THE IMPORTANT THING IS NOT TO STOP QUESTIONING."

...Albert Einstein

"IN A TIME OF UNIVERSAL DECEIT, TELLING THE TRUTH IS A REVOLUTIONARY ACT"

... George Orwell