

PREVIOUSLY ON “MEDIA EDGE” (July-December, 2014)

Episode 503 (December 27, 2014 – January 2, 2015)

Segment 1 -- "Unmanned: America's Drone Wars"

Unmanned: America's Drone Wars, the eighth full-length feature documentary from Brave New Foundation and director Robert Greenwald, investigates the impact of U.S. drone strikes at home and abroad through more than 70 separate interviews, including a former American drone operator who shares what he has witnessed in his own words, Pakistani families mourning loved ones and seeking legal redress, investigative journalists pursuing the truth, and top military officials warning against blowback from the loss of innocent life.

Segment 2 -- "F-35: The Jet That Ate The Pentagon"

This video, produced by Brave New Films, sheds new light on the waste and failures of the Pentagon's F-35 Joint Strike Fighter program, including the extraordinary costs of the F-35 (the most expensive weapons system in history), critical design failings, "concurrent development," and extreme technical and performance issues. The video also highlights the role political contributions given to select members of Congress by Lockheed Martin and other defense contractors have played in keeping the F-35 off the budget chopping block.

Segment 3 -- "This Land Is Our Land"

For more than three decades, transnational corporations have been busy buying up what used to be known as the commons -- everything from our forests and our oceans to our broadcast airwaves and our most important intellectual and cultural works. In "This Land is Our Land," acclaimed author David Bollier, a leading figure in the global movement to reclaim the commons, bucks the rising tide of anti-government extremism and free market ideology to show how commercial interests are undermining our collective interests. Placing the commons squarely within the American tradition of community engagement and the free exchange of ideas and information, Bollier shows how a bold new international movement steeped in democratic principles is trying to reclaim our common wealth by modeling practical alternatives to the restrictive monopoly powers of corporate elites.

Episode 502 (December 20-26, 2014)

Segment 1 -- "An Evening With Angela Davis"

Social equality activist Angela Davis spoke to a capacity crowd at St. Mark's United Methodist Church in Sacramento on December 5. With recent events in Ferguson and New York on everyone's mind, Ms. Davis spoke eloquently about these and related concerns. A Media Edge crew was on hand to record this inspirational event. Ms. Davis, 70, is a political activist, scholar, and author. She emerged as a controversial leader in the 1960s, associated with the Communist Party USA, and the Black Panther Party. Ms. Davis was arrested, charged, tried, and acquitted of conspiracy in the 1970 armed takeover of a Marin County courtroom— four people died in the incident. Ms. Davis is the founder of Critical Resistance, an organization working to abolish the prison-industrial complex. She is a retired professor with the History of

Consciousness Department at the University of California, Santa Cruz, and a former director of the university's Feminist Studies department.

Segment 2 -- "The Beast Destroying Our Neighborhoods"

This animated short from Brave New Films describes our prison system as a beast, gobbling resources that should be going to communities. The United States is paying to have 2.3 million people behind bars. That's more than China, more than Iran. More than any country on earth. More than half the prison population is in for non-violent offenses. This video was done in partnership with the ACLU, Equal Justice Initiative, All of Us or None, National Association of Criminal Defense Lawyers, NAACP, A New Way of Life, Families Against Mandatory Minimums, Justice Policy Institute, Drug Policy Alliance, Law Enforcement Against Prohibition, the United Methodist Church, Justice Fellowship, and Partnership for Safety and Justice.

Segment 3 -- "How Protect and Serve Became Search and Destroy"

Quick facts on Police Militarization:

1. The Pentagon's Excess Property Program (1033 Program) has supplied police departments across the country with more than \$4.3 billion in gear since 1997. This includes \$449 million in 2013.
2. St. Louis County, where Ferguson is located, received two military vehicles, a trailer, a generator, 12 5.56-millimeter rifles and six .45 caliber pistols from the Pentagon.
3. Military style police raids have increased in recent years, with one count putting the number at 80,000 such raids last year.
4. In SWAT style raids, people of color are most affected - 37% were Black, 12% Latino, and 19% White. Race was not known for the remainder.

Police militarization grew out of our failed drug war. Does a town of 2,200 need a massive military tank? Of course not. Military grade gear does not improve the safety and security in small towns. It's time for the militarizing of police to end.

Segment 4 -- "How Martin Luther King's Dream Became A Nightmare"

When Dr. Martin Luther King Jr. gave the "I Have a Dream" 50 years ago, he had no idea Jim Crow would be replaced with another oppressive system: mass incarceration and the drug war.

Nixon started the drug war just 8 years after King's "I have a Dream" speech. Both Reagan and Clinton continued it. In 2013 a study found that more black men were incarcerated than were enslaved in the 1850. It's our turn to dream how to end mass incarceration. If you have a felony on your record, it's harder to get a job and you also cannot get many forms of public assistance.

In Dothan, Alabama, T.O.P.S. is offering support for people just getting out of jail-everything from clothes to GED. This is one way to end mass incarceration. It is important to see the links between civil rights, voting rights, and the drug war.

This Brave New Films video was produced in partnership with the NAACP, NAACP of Alabama, National Congress of Black Women, Samuel DeWitt Proctor Conference, PICO, Healing Communities, V.O.T.E., Project South, The Ordinary People Society, Operation People for Peace, New Jim Crow Movement (Jax), YourBlackWorld, All of Us or None, Drug Policy Alliance, Dream Defenders, CURE, Advocare, Campaign to End Jim Crow, Legal

Services for Prisoners with Children, Southern Coalition for Social Justice, and Direct Action for Rights & Equality (DARE).

Episode 501 (December 13-19, 2014)

Segment 1 -- "War on Whistleblowers: Free Press and the National Security State"

This film highlights four cases where whistleblowers noticed government wrong-doing and took to the media to expose the fraud and abuse. It exposes the surprisingly worsening and threatening reality for whistleblowers and the press. The film includes interviews with whistleblowers Michael DeKort, Thomas Drake, Franz Gayl and Thomas Tamm and award-winning journalists like David Carr, Lucy Dalglish, Glenn Greenwald, Seymour Hersh, Michael Isikoff, Bill Keller, Eric Lipton, Jane Mayer, Dana Priest, Tom Vanden Brook and Sharon Weinberger.

Segment 2 -- "Why Are We Using Prisons to Treat Mental Illness?"

Instead of helping the mentally ill, police often put them behind bars. See how one police department is making a positive difference. It's simple. Diversion programs work better than incarceration – for everyone. In cities like Seattle, San Antonio, and Salt Lake City, we see that successful solutions are a viable option to help end serious social problems. These services alter the course of people's lives in a positive way and save taxpayers huge amounts of money. We cannot continue to isolate and imprison people who suffer from mental illness, substance abuse, or homelessness. We must treat them with compassion and care to better serve our communities and our pocketbooks.

Segment 3 -- "Drug War Alternatives That Work"

The "War on Drugs" has been a complete disaster since 1971. Now police have alternatives to incarceration that actually help people -and save money for the taxpayers.

Segment 4 -- "Seeds of Freedom"

This film, narrated by Jeremy Irons, details how seeds, which have been the heart of traditional farming and natural biodiversity since the beginning of agriculture, are being transformed into an expensive, patented commodity used to monopolize the global food system.

Episode 500 (December 6-12, 2014)

Segment 1 -- "Koch Brothers Exposed: 2014 Edition"

To commemorate the 500th episode of "Media Edge", we inaugurate a new weekly series of excellent full-length and short-form documentaries from Brave New Films, whose mission is to champion social justice issues by using a model of media, education, and grassroots volunteer involvement that inspires, empowers, motivates and teaches civic participation and makes a difference. This week's documentary from Brave New Films -- "Koch Brothers Exposed: 2014 Edition" -- shines a light on billionaires David and Charles Koch, who were handed the ability to buy our democracy in the form of giant checks to the House, Senate, and soon, possibly even the Presidency. It investigates where their money went and who their money hurt during the process leading up to the 2014 elections.

Segment 2 -- "The Story of Electronics"

The high-tech revolution's collateral damage: 25 million tons of e-waste and counting, poisoned workers and a public left holding the bill. Host Annie Leonard takes viewers from the mines and factories where our gadgets begin to the horrific backyard recycling shops in China where many end up. The film concludes with a call for a green 'race to the top' where designers compete to make long-lasting, toxic-free products that are fully and easily recyclable.

Segment 3 -- "Peak Moment"

In this two-part episode of "Peak Moment", author Miles Olson looks at the challenge of unlearning industrial civilization's distortions. "My journey has been as a squatter living close to the land, building cabins, living with friends, learning how to live really intimately with the land by hunting, foraging, scrounging ... dancing between the two worlds of human society and wild nature." Olson notes that if civilization collapsed tomorrow, we'd just start rebuilding it the next day—because it's all we know. "For me, connecting to the land and having relationships that are healthy and honor other people that honor life, is a necessary part of [my journey]. We learn through being broken, we learn through imperfection. That's how evolution happens." Olson also discusses being a compassionate hunter, and how facing death can bring us fully alive. "The question is, how do you give back? It's a really weighty one when you kill [an animal for food]. I took something beautiful and I extinguished that light to feed my own." As a squatter living close to the land for a decade, Olson learned skills through experience—trapping and hunting animals, cultivating edible plants, and burying human wastes where they'll feed the soil and nurture new life.

Episode 499 (November 29 – December 5, 2014)

Segment 1 -- "Tax Dollars at War"

An excellent animated video, based on a radio interview about US military spending as a proportion of our national budget.

Segment 2 -- "Voices Across the Divide"

In this powerful documentary and oral history project exploring the Israeli/Palestinian conflict, interviews with Palestinians in the United States are woven together with historical photos and footage to create an intimate picture of one of the most complex conflicts of our time.

Segment 3 -- "From Danger to Dignity"

After more than a century of back-alley tragedies, a national movement to decriminalize abortion took root. FROM DANGER to DIGNITY combines rare archival footage with present-day interviews to weave together two parallel stories: the evolution of underground networks to help women find safe abortions outside the law and the intensive efforts of activists and legislators who broke the silence and changed the laws.

Episode 498 (November 22-28, 2014)

Segment 1 -- "Carbon"

A new short film narrated by Leonardo DiCaprio, "Carbon" shows how we can keep carbon in the ground through putting a price on carbon.

Segment 2 -- "World Peace is a Local Issue"

What happens when local citizens take on an international issue? OSCAR-nominated, EMMY-winning filmmaker, Dorothy Fadiman, documented the hard work and eventual triumph, of Palo Alto, California residents who move their City Council to change an entrenched position on a critical issue and pass a Nuclear Freeze Resolution. Narrated by Peter Coyote, this half hour documentary spans more than 30 years as we see Senator Edward Markey introduce the freeze resolution in 1982, and again today, appealing to Congress to reduce nuclear arms. By showing what a determined group of people can accomplish, WORLD PEACE highlights the fact that international concerns are also local issues.

Segment 3 -- "Occupation 101"

An award-winning, thought-provoking and powerful documentary film on the root causes of the Israeli-Palestinian conflict. The film presents a comprehensive analysis of the facts and hidden truths surrounding the never ending controversy and dispels many of its long-perceived myths and misconceptions. It also details life under Israeli military rule, the role of the United States in the conflict, and the major obstacles that stand in the way of a lasting and viable peace. The roots of the conflict are explained through first-hand on-the-ground experiences from leading Middle East scholars, peace activists, journalists, religious leaders and humanitarian workers.

Episode 497 (November 15-21, 2014)

Segment 1 -- "The Fragile Promise of Choice"

Through vignettes from cities and rural areas around the country, this documentary examines how restrictive legislation, in an atmosphere of harassment and violence, affects the lives of abortion providers and the women who seek their services. The film features interviews with community doctors, women seeking services, clinic directors, clergy, and counselors. Their stories illustrate the increasing number of situations in which legal does not necessarily mean accessible.

Segment 2 -- "COINTELPRO 101"

This film exposes illegal surveillance, disruption, removal, and other extreme tactics used by the US government in the 1950s, 60s, and 70s. COINTELPRO refers to the official FBI COUNTER INTELIGENCE PROGRAM carried out to surveil, imprison, and eliminate leaders of social justice movements and to disrupt, divide, and destroy the movements as well. Through interviews with activists who experienced these abuses first-hand and with rare historical footage, the film provides an educational introduction to a period of intense repression and draws relevant lessons for the present and future.

Episode 496 (November 8-14, 2014)

Segment 1 -- "Feeding Frenzy"

Over the past three decades, obesity rates in the U.S. have more than doubled for children and tripled for adolescents -- and a startling 70% of adults are now obese or overweight. The result has been a widening epidemic of obesity-related health problems, including coronary heart disease, high blood pressure, stroke, and Type 2 diabetes. While discussions about this spiraling health crisis have tended to focus on the need for more exercise and individual responsibility, Feeding Frenzy trains its focus squarely on the responsibility of the processed food industry and the outmoded government policies it benefits from. It lays bare how taxpayer subsidies designed to feed hungry Americans during the Great Depression have enabled the food industry to flood the market with a rising tide of cheap, addictive, high calorie food products, and offers an engrossing look at the tactics of the multibillion-dollar marketing machine charged with making sure that every one of those surplus calories is consumed.

Segment 2 -- "Yeah, My Moms Wear Comfortable Shoes"

Four individuals describe what it was like to grow up in a home with a lesbian mom and her partner.

Segment 3 -- "It Takes a Village"

After being devastated by a cyclone in 1991, the community of Chakaria in Bangladesh tries a new approach to community health care.

Episode 495 (November 1-7, 2014)

Segment 1 -- "An Evening with Dr. M. Joycelyn Elders"

Dr. M. Joycelyn Elders, 15th Surgeon General of the United States and first African-American woman Surgeon General, spoke to a Sacramento audience on September 5, 2014. Her presentation was made possible by the Bob & Dorrie Moon Lecture Series at St. Mark's United Methodist Church, and was recorded by a Media Edge crew for later telecast.

Segment 2 -- "TED Talks: Bryan Stevenson"

In an engaging and personal talk -- with cameo appearances from his grandmother and Rosa Parks -- human rights lawyer Bryan Stevenson shares some hard truths about America's justice system, starting with a massive imbalance along racial lines: a third of the country's black male population has been incarcerated at some point in their lives. These issues, which are wrapped up in America's unexamined history, are rarely **talked about with this level of candor, insight and persuasiveness.**

Segment 3 -- "Leaving"

Threatened with kidnap and facing escalating and horrific violence in their neighborhood, a Mandaean family from Baghdad reaches the difficult decision to leave their home of more than 30 years and go to live in Damascus. The film documents the painful process of selling all their goods and dividing up their house so it can be rented out and finally it records their dangerous road trip to the Syrian border and their arrival to their new, temporary home.

Episode #494 (October 25-31, 2014)

Segment 1 -- "The United States of ALEC"

Bill Moyers' report on the most influential corporate-funded political force most of America has never heard of -- ALEC, the American Legislative Exchange Council. A national consortium of state politicians and powerful corporations, ALEC presents itself as a "nonpartisan public-private partnership". But behind that mantra lies a vast network of corporate lobbying and political action aimed to increase corporate profits at public expense without public knowledge.

Segment 2 -- "A Really Inconvenient Truth"

Al Gore's "An Inconvenient Truth" woke the world up to the dangers of global warming. But, argues Joel Kovel, while we should be grateful to Gore for sounding the alarm, we also need to go far beyond his reading of the causes of this crisis and of what needs to be done about it.

Episode #493 (October 17-24, 2014)

Segment 1 -- "Last Hours"

"Last Hours" was written by Thom Hartmann and co-produced by Leonardo DiCaprio's father, George. This short documentary leaps far ahead of immediate issues of oceans rising to take away coastland. Frequent extreme weather events are happening in unusual places, causing record breaking destruction. Hurricanes, tornados, ice, hail and snow storms, floods, droughts, wildfires all over the planet are happening nearly every week. Even the Department of Defense and the CIA have identified global warming as a threat to national security, as people around the world become climate change refugees, driven from their homes by the ensuing loss of food, water, livestock, shelter and employment.

Narrated by Thom Hartmann, "Last Hours" is tightly focused on the macro view of geologists, and scientists interested in the Permian Period, in which global warming resulted in the extinction of 95% of all life on Earth. The event was started by a massive volcano in Siberia, which raised the temperature 6 degrees. Then, warming of the oceans melted frozen methane at the bottom, so when it bubbled up and turned into gas, it entered the atmosphere and triggered the planet catastrophe.

There have been Five Mass Extinctions since life began on Earth. The purpose of "Last Hours" is to start looking at the possibility of a Sixth Mass Extinction, triggered by the burning of fossil fuels. The film examines situations like the melting of the Arctic Ice Sheet. In July 2013 it melted at the rate of the size of Kansas, every two days.

Endorsements for "Last Hours": Al Gore; Robert Kennedy, Jr; Michael Brune, Sierra Club; Lester Brown, Earth Policy Institute; Denis Hayes, founder of Earth Day; and others too numerous to mention.

Segment 2 -- "The Internet's Own Boy: The Story of Aaron Swartz"

A feature film that follows the story of programming prodigy and information activist Aaron Swartz. From Swartz's help in the development of the basic internet protocol RSS to his co-founding of Reddit, his fingerprints are all over the internet. But it was Swartz's groundbreaking work in social justice and political organizing combined with his aggressive approach to information access that ensnared him in a two-year legal nightmare. It was a

battle that ended with the taking of his own life at the age of 26. Aaron's story touched a nerve with people far beyond the online communities in which he was a celebrity. This film is a personal story about what we lose when we are tone deaf about technology and its relationship to our civil liberties.

Episode #492 (October 11-17, 2014)

Segment 1 -- "The Humor Times Presents Will Durst"

Media Edge presents excerpts from political comedian Will Durst's one-man show -- "BoomeRaging: From LSD to OMG" -- recorded at the 24th Street Theatre in Sacramento on August 23, 2013. According to Durst, the show is about the travails of being "chronologically gifted," or "what happens when acid flashbacks meet dementia."

Segment 2 -- "The Hollywood Librarian"

Using the context of American movies, this film holds surprises for people who think they know what librarians do. American film contains hundreds of examples of librarians and libraries on screen -- some positive, some negative, some laughable and some dead wrong. Dozens of interviews of real librarians are interwoven with movie clips of cinematic librarians and serve as transitions between the themes of censorship, intellectual freedom, children and librarians, pay equity and funding issues, and the value of reading.

Episode 491 (October 4-10)

Segment 1 -- "Voices Across the Divide"

In this powerful documentary and oral history project exploring the Israeli/Palestinian conflict, interviews with Palestinians in the United States are woven together with historical photos and footage to create an intimate picture of one of the most complex conflicts of our time.

Segment 2 -- "First Lesson in Peace"

The Jewish-Arab conflict through the eyes of a six-year-old girl.

Episode 490 (September 27 - October 3)

Segment 1 -- "Peak Moment"

"In 160 communities in nine states, we've been passing rights-based ordinances that strip corporations of their constitutional so-called rights; that enshrine the right of a local community to govern itself by community majority; and ban specific activities which are legal but which the community considers harmful." Community Rights organizer Paul Cienfuegos notes that the laws they're passing are illegal: "They're direct frontal assaults to unjust law, which is how real social change happens," like the American revolution and anti-slavery movement. He describes two recent laws now being challenged in major lawsuits, saying organizers are positively excited about this opportunity.

Segment 2 -- "Carbon"

A new short film narrated by Leonardo DiCaprio, "Carbon" shows how we can keep carbon in the ground through putting a price on carbon.

Segment 3 -- "Jerusalem...The East Side Story"

A feature-length documentary about Israel's policy to gain supremacy over the City of Jerusalem and its inhabitants. It also touches on the future of the city: Jerusalem is the key to peace; without Jerusalem, there is no peace.

Segment 4 -- "A Candle for the Shabandar Cafe"

Founded in 1917, the Shabandar Cafe in Al Mutanabbi Street in the heart of the old centre of Baghdad, was a cultural landmark, where generations of Iraqis came to discuss and debate literature and politics - a living repository of Iraqi intellectual history and one of the last places where people could gather to exchange ideas. Director Emad Ali had shot most of his film by the end of 2006, but in March 2007, a massive car bomb destroyed the Shabandar Cafe, all the bookshops on Al Mutanabbi Street and killed and wounded scores of people. Days later, Baghdad's poets and artists held a wake in the ruins of the street they loved so much and Emad took a small camera and went back to film. As he was leaving he was attacked, his camera stolen and he was shot in the legs and chest, and his own story is an epilogue to his film about the Shabandar Cafe and Mutanabbi Street - before and after they were destroyed.

Episode 489 (September 20-26)

Segment 1 -- "Peak Moment"

First Nations woman Pawa Haiyupis works with youth, elders and spiritual leaders to practice their culture and "activate their blood memories," as one elder calls it. She says: "We're going on medicine walks, we're doing sweats in safe spaces, and we're learning about our creation stories and sacred sites in our culture." She gives a glimpse of a different way of relating to one another and the Earth from a culture that has been sustainable for many thousands of years.

Segment 2 -- "Peak Moment"

Beekeeper John Woodworth, "Flight Path" project founder Bob Redmond and another beekeeper have placed 18 bee hives in a buffer zone around Seattle's Sea-Tac airport as part of the airport's habitat conservation efforts. Against a backdrop of arriving jets, John and Janaia suit up to view the hives close up, including an "Airport Queen" and the eggs she has laid. John discusses how to keep bees calm, honey production, and winter challenges. With honeybee populations plummeting worldwide, "we're hoping with the stronger, more native bees, that we're able to have better success with our colonies."

Segment 3 -- "An Evening with Naomi Tutu"

Naomi Tutu, daughter of Archbishop Desmond Tutu, spoke in Sacramento in March 2012 at an event recorded by Media Edge. Tutu was educated in Swaziland, the US and England, and has divided her adult life between South Africa and the US. She has served as a development consultant in West Africa and a program coordinator for programs on Race and Gender and Gender-Based Violence in Education at the African Gender Institute at the

University of Cape Town. She has also taught at the Universities of Hartford and Connecticut and Brevard College. The challenges of growing black and female in apartheid South Africa has led to her present avocation as an activist for human rights. Those experiences taught how much we all lose when any of us is judged purely on physical attributes. During her Sacramento appearance, she blended her passion for human dignity with humor and personal stories.

Segment 4 -- "Hands In Peace"

Hands in Peace builds peace among diverse communities by adapting the ancient Greek Olympics for children. The children celebrate our common humanity and cultural diversity through non-competitive festivals like this one held in Sacramento.

Segment 5 -- "Live from the Yurt"

Goodshield Aguilar and Mignon Geli perform Native Music in the Yurt at the Buffalo Field Campaign camp.

Episode 488 (September 13-19)

Segment 1 -- "Peak Moment"

Whether city folk or country folk, North Americans don't tend to know our neighbors, much less do things together. Mark Lakeman (Portland) and Brandy Gallagher (rural Vancouver Island) talk about "repairing" our isolation. How can we we reclaim our village roots - living, working and playing in the same neighborhood? Mark, founder of City Repair, helps create gathering places with projects like the famous painted street intersections. Brandy, founder of O.U.R. Ecovillage, discusses overcoming regulatory hurdles like narrow zoning laws by working with agencies to find innovative solutions.

Segment 2 -- "An Evening with Rabbi Michael Lerner"

Founder of the Network of Spiritual Progressives, Rabbi Michael Lerner spoke in Sacramento in 2012 at an event recorded by Media Edge. In his book, "Embracing Israel/Palestine", Lerner describes his views about building peace between Israel and Palestine, which he discusses at length during this presentation. Lerner is a political activist, the editor of Tikkun, a progressive Jewish interfaith magazine based in Berkeley, California, and the rabbi of Beyt Tikkun Synagogue of San Francisco. Lerner was a leader in the Berkeley student movement and the Free Speech Movement, chair of the Free Student Union, and chair from 1966-1968 of the Berkeley chapter of the Students for a Democratic Society.

Segment 3 -- "Documentary Film Course"

Ahmed Kamal documents the lives of his fellow students at the Independent Film & Television College in Baghdad as they try to get into classes, find the subjects for the films they want to make and deal with the difficulties of trying to film in Iraq at the moment. In the end the college has to close down when two people are abducted from the building and an explosion in the street below shatters all its windows

Segment 4 -- "A Buffalo's Trail of Tears"

A short video about the annual hazing of the last wild and free buffalo, by the Buffalo Field Campaign.

Episode 487 (September 6-12)

Segment 1 -- "Peak Moment"

"What people really think of as adrenal fatigue or burnout rarely has anything to do with the adrenals themselves." Nora Gedgudas dispels myths, and illuminates various forms of brain dysregulation that can affect our response to stress, as well as our energy levels. She also discusses the importance of a daily sleep-and-activity rhythm based on natural light and dark, a low-carbohydrate diet and supportive supplements. Nora is the author of a new e-book "Rethinking Fatigue —What Your Adrenals are Really Telling You and What You Can Do About It."

Segment 2 -- "Peak Moment"

"We're a mining society. We mine the soils, the groundwater, the forest, the minerals, the fish... We're destroying non-renewable resources. There's no future in it." Richard Reese, author of *What is Sustainable?* and *Sustainable or Bust*, examines past cultures in search of patterns for a sustainable future. Earlier cultures lived slower and simpler. They limited their populations; many prohibited over-hunting. He concludes that ours is a story of tools: "We're really clever on the tool-making side of the game, and very undeveloped on the foresight side of the game." As resource bubbles pop and industrial civilization collapses, can we use wisdom from sustainable cultures, and not just repeat the same mistakes in the next civilization?

Segment 3 -- "Getting Out"

This documentary shows the impact that the Rehabilitation Through the Arts program had on former prisoners trying to reestablish their lives. Filmed inside the walls of the notorious "Sing Sing" prison in New York, this video documents the 15-year incarceration and subsequent release of two inmates. It also highlights the difficulties many former prisoners experience trying to reestablish life outside of prison walls.

Episode 486 (August 30 - September 5)

Segment 1 -- "Peak Moment"

Watch Brian Kerkvliet cut thick grasses easily and quickly with his hand-built scythe — a far cry from a noisy weed whacker! He demonstrates three tools whose design he has honed over the years: the scythe, grass rake and U-bar or broadfork. "It took a few years to get the right methodology, the right blades, the right sharpening technique, and the ergonomic setup so it's effortless," he says of the scythe. The U-bar gently aerates soil and doesn't compress it like a rototiller. "I used to rototill, run my tractor. The beauty of this is you don't have to do the whole area. You just do the beds you need to do. It might take me 15-20 minutes to do these beds, and I'm good for three years."

Segment 2 -- "An Evening with Amy Goodman"

In 2012, Amy Goodman spoke to a capacity crowd of about 500 people at St. Mark's United Methodist Church in Sacramento. She discussed the winds of change blowing across the globe at that time, from Tahrir in Egypt to the Occupy Movement throughout the United States. Amy Goodman is a progressive broadcast journalist, syndicated columnist, investigative reporter and author. She is the principal host of Democracy Now!, an independent global news program broadcast daily on radio, television and the Internet. After graduating from Harvard in 1984 with a degree in anthropology, she spent 10 years as producer of the evening news show at WBAI, Pacifica Radio's station in New York City. Democracy Now!, which began in 1996, now airs on more than 225 stations across North America. Goodman has received dozens of awards for her work, including the Robert F. Kennedy Journalism Award and the George Polk Award.

Episode 485 (August 23-30)

Segment 1 -- "The Story of Cosmetics"

An examination of the pervasive use of toxic chemicals in our everyday personal care products, from lipstick to baby shampoo. This film by The Story of Stuff Project reveals the implications for consumer and worker health and the environment, and outlines ways we can move the industry away from hazardous chemicals and towards safer alternatives.

Segment 2 -- "From a Silk Cocoon"

This film tells Dr. Satsuki Ina's family's story of the tragic outcome resulting from the wartime hysteria and racial profiling that occurred during WW II in the name of "military necessity." The film is followed by a panel and Q & A that includes Dr. Ina, Harry Wang, MD (President of Physicians for Social Responsibility, Sacramento Chapter) and Basim Elkarra, Executive Director of the Council on Islamic Relations. "From a Silk Cocoon" received a Northern California Emmy for Outstanding Achievement in Historical/Cultural Programming.

Episode 484 (August 16-22)

Segment 1 -- "Peak Moment"

"Just one source, methane from the arctic...leads us [by 2030] to...a temperature beyond which humans have never existed on the planet." Guy McPherson, professor emeritus of University of Arizona in Environmental Studies, shares highlights from his compilation of recent reports on climate change effects. Their number and extent have grown exponentially since he began five years ago. In this interview, he shares his personal journey through despair and deep grief to recent acceptance. "I suspect we get to see the end of this movie... Nobody else in human history [has]... We get to see how humans act in the face of their own demise."

Segment 2 -- "The Race For What's Left"

Renowned energy expert Michael T. Klare provides an invaluable account of the new and increasingly dangerous competition for the world's dwindling resources.

Segment 3 -- "The Next American Revolution"

An illustrated presentation of distinguished historian and political economist Gar Alperovitz, who shows how bottom-up strategies can check corporate power, democratize wealth, and empower communities.

Episode 483 (August 9-15)

Segment 1 -- "Last Hours"

"Last Hours" was written by Thom Hartmann and co-produced by Leonardo DiCaprio's father, George. This short documentary leaps far ahead of immediate issues of oceans rising to take away coastland. Frequent extreme weather events are happening in unusual places, causing record breaking destruction. Hurricanes, tornados, ice, hail and snow storms, floods, droughts, wildfires all over the planet are happening nearly every week. Even the Department of Defense and the CIA have identified global warming as a threat to national security, as people around the world become climate change refugees, driven from their homes by the ensuing loss of food, water, livestock, shelter and employment.

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Endorsements for "Last Hours": Al Gore; Robert Kennedy, Jr; Michael Brune, Sierra Club; Lester Brown, Earth Policy Institute; Denis Hayes, founder of Earth Day; and others too numerous to mention.

Segment 2 -- "Peak Moment"

Nora Gedgudas used to believe a plant-based diet was the healthiest. That belief got turned upside down when she spent a summer studying wolves near the North Pole. "We are fundamentally ice-age hunter-gatherers," states the nutritionist and author of Primal Body, Primal Mind. She points out that our genes are 99.9% the same as our ancestors - they haven't yet adapted to the relatively recent agriculturally-based lifestyle based on grains. As a result, our bodies have no need for dietary carbohydrates. By contrast, "Fat, to us means survival.... Dietary fat is the most nutrient-dense thing we can consume, rich in fat-soluble nutrients, and essential for the functioning of our brain and nervous systems."

Is our ancestors' hunter-gatherer diet the best for optimal health and longevity, in our stress- and pollution-filled world? Not entirely, says Gedgudas. She advocates a ketogenic diet, where fats are the primary fuel source rather than carbohydrates, moderate protein (from grass-fed or wild caught animals), very low starch and natural sugars, plentiful fibrous green vegetables, generous natural fats, and no vegetable oils. "Once [our ancestors] adopted ketones as a primary source of fuel, our cerebral blood flow and oxygenation increased by

over 39% in normal human brains." Returning to a ketogenic diet improves brain function and can help treat or even prevent diabetes and Alzheimers.

"Segment 3 -- "Catching Fire"

Catching Fire tells a compelling story of how a small but committed group of local, tribal, state and federal land managers are bringing back the use of prescribed fire as a tool to protect communities and ecosystems across Northern California. It examines the use of fire by the Karuk Tribe of California, and the connection between the rise of megafires across the West and the last century of fire suppression. Drawing on interviews with fire scientists, tribal and federal land managers, and fire savvy residents from across the North State, this film provides insight on how our relationship to fire can be restored through strategic use of fire as a powerful management tool.

Episode 482 (August 2-8)

Segment 1 -- "The Story of Cap & Trade"

A fast-paced, fact-filled look at the leading climate solution being discussed on Capitol Hill. Host Annie Leonard introduces the energy traders and Wall Street financiers at the heart of this scheme and reveals the "devils in the details" in current cap and trade proposals: free permits to big polluters, fake offsets and distraction from what's really required to tackle the climate crisis. If you've heard about Cap & Trade, but aren't sure how it works (or who benefits), this is the movie for you.

Segment 2 -- "The Internet's Own Boy: The Story of Aaron Swartz"

A feature film that follows the story of programming prodigy and information activist Aaron Swartz. From Swartz's help in the development of the basic internet protocol RSS to his co-founding of Reddit, his fingerprints are all over the internet. But it was Swartz's groundbreaking work in social justice and political organizing combined with his aggressive approach to information access that ensnared him in a two-year legal nightmare. It was a battle that ended with the taking of his own life at the age of 26. Aaron's story touched a nerve with people far beyond the online communities in which he was a celebrity. This film is a personal story about what we lose when we are tone deaf about technology and its relationship to our civil liberties.

Segment 3 -- "Catastrophic Pentagon Cuts? Not Really...."

A short video that illustrates the fact that after a \$1 trillion cut over the next 10 years, the end of two wars, and accounting for inflation, we'd still spend more on the Pentagon than we did during most of Vietnam and the Cold War, and much more than we spend on education.

Episode 481 (July 26 - August 1)

Segment 1 -- "World Peace is a Local Issue"

What happens when local citizens take on an international issue? OSCAR-nominated, EMMY-winning filmmaker, Dorothy Fadiman, documented the hard work and eventual triumph, of Palo Alto, California residents who move their City Council to change an entrenched position on a critical issue and pass a Nuclear Freeze Resolution. Narrated by Peter Coyote, this half hour documentary spans more than 30 years as we see Senator Edward Markey introduce the freeze resolution in 1982, and again today, appealing to Congress to reduce nuclear arms. By showing what a determined group of people can accomplish, WORLD PEACE highlights the fact that international concerns are also local issues.

Segment 2 -- "The Story of Bottled Water"

The story of manufactured demand -- how you get Americans to buy more than half a billion bottles of water every week when it already flows from the tap. This film explores the bottled water industry's attacks on tap water and its use of seductive, environmental-themed advertising to cover up the mountains of plastic waste it produces.

Segment 3 -- "Feeding Frenzy"

Over the past three decades, obesity rates in the U.S. have more than doubled for children and tripled for adolescents -- and a startling 70% of adults are now obese or overweight. The result has been a widening epidemic of obesity-related health problems, including coronary heart disease, high blood pressure, stroke, and Type 2 diabetes. While discussions about this spiraling health crisis have tended to focus on the need for more exercise and individual responsibility, Feeding Frenzy trains its focus squarely on the responsibility of the processed food industry and the outmoded government policies it benefits from. It lays bare how taxpayer subsidies designed to feed hungry Americans during the Great Depression have enabled the food industry to flood the market with a rising tide of cheap, addictive, high calorie food products, and offers an engrossing look at the tactics of the multibillion-dollar marketing machine charged with making sure that every one of those surplus calories is consumed.

Segment 4 -- "Peak Moment"

Peak Moment attended a delicious potluck dinner from foods produced around Victoria, Vancouver Island, B.C. Small-scale food producers brought fresh-caught salmon, pastured pork and lamb, eggs, winter squashes, artichoke puree, and fermented vegetables. We talked about producing food in their region: using animals to clear brush, water storage, and creating edible food landscapes on residential parcels. Sadly, land is financially out of reach for many would-be small farmers.

Episode 480 (July 19-25)

Segment 1 -- "Peak Moment"

Community Rights educator Paul Cienfuegos explains how “We The People” are exercising the authority to govern ourselves and fight corporate rule. When small farmers in rural Pennsylvania wanted to say “no” to a corporate factory farm coming into their community, they learned they couldn’t, because it would violate the corporation’s “rights” and state pre-emption laws. So they did something technically illegal — their town passed an innovative ordinance banning corporate factory farming. It worked! The corporation left town. Pittsburgh upshifted the approach: Rather than define what we don’t want, define what we DO want. Their “Right to Water” stopped natural gas fracking in the city. Ordinances like this have been passed in over 150 communities in 9 states. “I’m not aware of any other social movement going on in the US today that has the power to challenge and win against corporate rule, push back and dismantle corporate rights, and enshrine rights for actual human beings,” asserts Cienfuegos. Local Community Rights ordinances are not only stripping “rights” from corporations, but asserting that nature has rights. Two Oregon counties have submitted a “Right to Local Food Systems” ordinance which forbids genetically modified organisms (GMOs) and protects heritage seeds. Even more, it asserts the right to fully-functioning natural communities, even requiring a corporation to restore whatever it has disrupted. Are these ordinances being challenged? Yes they are, but Cienfuegos explains how corporation leaders who want to sue are forced to do so on the community’s terms—a brilliant strategy.

Segment 2 -- "Google and the World Brain"

The story of the most ambitious project ever conceived on the Internet. In 2002 Google began to scan millions of books in an effort to create a giant global library, containing every book in existence. They had an even greater purpose - to create a higher form of intelligence, something that HG Wells had predicted in his 1937 essay "World Brain". But over half the books Google scanned were in copyright, and authors across the world launched a campaign to stop Google, which climaxed in a New York courtroom in 2011. This film explores the dreams, dilemmas and dangers of the Internet.

Episode 479 (July 12-18)

Segment 1 -- "The Story of Solutions"

The Story of Solutions, released in October 2013, explores how we can move our economy in a more sustainable and just direction, starting with orienting ourselves toward a new goal. In the current ‘Game of More’, we’re told to cheer a growing economy – more roads, more malls, more Stuff! – even though our health indicators are worsening, income inequality is growing and polar icecaps are melting. But what if we changed the point of the game? What if the goal of our economy wasn’t more, but better – better health, better jobs and a better chance to survive on the planet? Shouldn’t that be what winning means?

Segment 2 -- "Peak Moment"

"If you grow good soil, everything else falls into place. You grow good plants, you grow good animals, you grow good people." Permaculturist Brian Kerkvliet shows how he gently shapes soil to form ponds which overflow into connected swales (ditches on contour). They slow and retain water while distributing nutrients through the whole landscape. On the mound of soft earth dug out from one swale, he planted mostly edible cover crops, berry bushes and 25 fruit tree species in only three days. "We don't till [the soil]," he says. "The worms till. The moles till. We find the niche where each element works the best."

Segment 3 -- "The Ghosts of Jeju"

A shocking documentary about the struggle of the people of Jeju Island, S. Korea. Set in the context of the American presence in Korea after World War II, the film reveals horrible atrocities at the hands of the U.S. Military Government of Korea.

Episode 478 (July 5-11)

Segment 1 -- "PSR 2014 Scholarship Essay Contest Finals"

This year's Scholarship Essay Contest, sponsored by the Sacramento Chapter of Physicians for Social Responsibility, was recorded by a Media Edge crew on April 27, 2014 at the Dante Club in Sacramento. The winning essays were chosen from entries submitted by greater Sacramento area high school students that reacted to this year's prompt, a quotation from the late South African leader and Nobel Peace Prize Laureate, Nelson Mandela, who said, "Education is the most powerful weapon that you can use to change the world." After the ten finalists read their essays and were questioned by a panel of local community leaders, the authors of the top three essays (as determined by the panel) earned \$3,000, \$2,500 and \$2,000 scholarships, and the other seven each earned a \$1,000 scholarship.

Segment 2 -- "Over Troubled Waters"

The Sacramento-San Joaquin Delta, the largest estuary on the west coast of the Americas, is a national treasure being squandered by greed. In this visually rich documentary, Ed Begley, Jr. narrates the story of the battle being fought by the people of the Delta to protect the region they love and encourage saner water policies for all of the people of California.