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Express Yourself!
Sunday at 3 PM Pacific
August 16th 2020: Wilderness and Survival

Survival can be highly dramatic, worthy of the front pages. It can also be ordinary, something we do daily almost without taking notice. Hosts Katelyn Darrow and Siri Phaneendra tackle the topic of survival and wilderness training. Katelyn shares her experiences as a solo female backpacker. She advocates the importance of preparedness whether hiking, camping, or backpacking to thrive survive in the wilderness. Siri and Katelyn interview author Carren Strock about her middle grade chapter book, Secret Survivors, a gripping story about children trapped and struggling to stay alive when a blizzard

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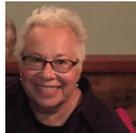
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Featured Guest



Carren Strock

and determination that separate those who succeed from those who don't. She is equally at home with a paintbrush and canvas, a needle and thread, a hammer and nails, or a pen and paper, and is as eclectic in her writing as she is in her other interests. While best known for her definitive sociological study, Married Women Who Love Women, now in its third edition, she is also the author of an autobiographical how-to book A Writer's Journey: What to Know Before, During, and After Writing a Book, an exciting mystery, In the Shadow of the Wonder Wheel, a paranormal romance, Tangled Ribbons, a rhyming picture book in which she has combined both her writing and her painting skills, Grandpa and Me

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