

KCPK-LP RADIO broadcasting at FM 106.9

Pine Mountain Club, CA

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May 23, 2019 Thursday Schedule; repeats June 6, 2019

Midnight to 0655: royalty-free music [Podcaster's website](#) ; [Underwriter website](#)

0655: Sign-on (FM 106.9 in Pine Mountain Club, California)

0700: Democracy Now: 1 hr. stream from Pacifica, a national, daily, independent, award-winning news program hosted by journalists Amy Goodman and Juan Gonzalez.

0800: PoetsWest: Conversation and poetry with poet and writer Charles Ries from Wisconsin. Archive 03-05-2011 [Podcaster's website](#); [Underwriter website](#)

0830: PoetsWest: Poetry of Palestinian poet Mahmoud Darwish (1942-2008) read by Ed Mast. Archive 03-13-2011 [Podcaster's website](#); [Underwriter website](#)

0900: Conversations on Health Care: Mark and Margaret speak with Dr. Clement Bezold, Futurist and C-Founder of the Institute for Alternative Futures which analyzes future trends in health care and other social areas. Dr. Bezold discusses his report on Primary Care 2025. Archive 07-17-2012 (followed by Royalty free music Medicare For All) [Podcaster's website](#) ; [Underwriter website](#)

0930: Conversations on Health Care: Hosts Mark Masselli and Margaret Flinter speak with BJ Fogg, Director of the Persuasive Technology Lab at Stanford University on designing technology that facilitates change in healthy behaviors. Archive 07-24-2012 (followed by Royalty free music Medicare For All) [Podcaster's website](#) ; [Underwriter website](#)

1000: Ask Peggy About Your Finances: Bulls and Bears (Mostly Bears) Market Report for 10/12/2018; Legislative Update on Investment Advisors and Financial Planners; Plan Your Prosperity on Taking Your IRA Distributions Early; Ask Peggy About Taxes When You Sell Securities. Archive 10-15-2018 [Podcaster's website](#) ; [Underwriter website](#)

1030: Ask Peggy About Your Finances: Bulls and Bears Market Report; Zombie Financial Legislation; Plan Your Prosperity So Investments Aren't Scary; Ask Peggy About Gifting Assets or Leaving Them After You Die. Archive 10-23-2018 [Podcaster's website](#) ; [Underwriter website](#)

1100: The Thomas Jefferson Hour: Thomas Jefferson is interpreted by Clay S. Jenkinson. Adjustments Archive 06-11-2018 [Podcaster's website](#) ; [Underwriter website](#)

1200: MyND Talk: One in ten Americans suffers from chronic insomnia. Many receive sleeping pills and over-the-counter sleep aids, at an annual cost of over \$40 billion. There are many different medicines, in what can seem like a bewildering variety. Dr. Mendelson draws on his experience of 40 years doing research and treatment of insomnia to explain how sleeping pills work, as well as their benefits and drawbacks, and alternative non-medicine approaches. Archive 04-04-2019 [Podcaster's website](#) ; [Underwriter website](#)

1230: MyND Talk: Winners are not born. They learned how. You can learn how, too. Winners don't have more stamina. They just have better ideas. They don't have higher IQs. They just have great strategy. People think that winning is meant to be hard. Rabbi Barrs explains that the reality is quite the opposite: The really good life is easy. And when life is easy, life is good. Sports, business, food, friendships and family, are only truly enjoyed by those who have figured out how to make them easy. These are the winners. Archive 04-07-2019 [Podcaster's website](#) ; [Underwriter website](#)

1300: Catskill Review of Books: Adam Frank on his book About Time. Archive 01-01-2012 [Podcaster's website](#) ; [Underwriter website](#)

1330: Catskill Review of Books: Mark Seddon became pioneer anchor for Al Jazeera - but before was on the Labour Party national executive, challenging Tony Blair about Iraq. He was also editor of Tribune, Orwell's old newspaper. Archive 01-09-2012 [Podcaster's website](#) ; [Underwriter website](#)

1400: Conversation Earth: Re-establishing our personal relationship with food and ending our role as commodity consumers is part of a healing, regenerative process. Its a part of our natural evolution, according to Michael Brownlee, author of The Local Food Revolution: How Humanity Will Feed Itself in Uncertain Times. In this conclusion of a two-part conversation, Brownlee shares why food is sacred, and what is needed to accelerate relocalization of our food supply. He also explains what weve lost in the commoditization of food, and what we can gain as we relocalize. Since 2005, Michael Brownlee and Lynette Marie Hanthorn have shepherded grassroots relocalization efforts in Boulder, Colorado. Their efforts have included the founding of Boulder Valley Relocalization, Boulder County Going Local, Transition Boulder County, Transition Colorado, Local Food Shift Group, and " most recently Local Food Catalysts. The pair are producing and co-hosting the first national Local Food Summit for ten days this summer. Archive 06-12-2017 [Podcaster's website](#) ; [Underwriter website](#)

1430: Conversation Earth: Award-winning scientist Dr. Guy McPherson has concluded that for human civilization, the end is near. He advises the rate of change of our climate is increasing far more rapidly than we are being told, and this puts us on his endangered species list. In this 2017 interview, McPherson reveals why the International Panel on Climate Change, and even many individual scientists, understate the problem. He critiques our modern living arrangement, and the lies our culture promulgates to avoid admitting, We are trashing this planet at an astonishing rate of speed. He also shares his thinking about a sane living arrangement. You might be surprised " both at how soon he expects well be extinct, and at his positive advice about how to respond to this news. Dr. Guy McPherson is professor emeritus at the University of Arizona, where he taught and conducted research in natural resources,ecologyandevolutionary biology for twenty years. His published works include 14 booksand hundreds of scholarly articles. Dr. McPherson blogs and co-hosts his own radio show under the title "Nature Bats Last." Archive 06-19-2017 [Podcaster's website](#) ; [Underwriter website](#)

1500: Counterspin: Phyllis Bennis on Libya, Graham Rayman on Newburgh 4. Archive 03-09-2011 [Podcaster's website](#) ; [Underwriter website](#)

1530: Counterspin: Harold Meyerson on Paul Ryan, Lizzy Ratner on Goldstone Report. Archive 04-06-2011 [Podcaster's website](#) ; [Underwriter website](#)

1600: Children's Storytime: This show is about chocolate. Archive 01-03-2013

1630: Children's Storytime: This show is about tigers. Archive 01-10-2013

1700: Flashpoints: 1 hr. stream from Pacifica; An award winning front-line investigative news magazine, focusing on human, civil and workers' rights, issues of war and peace, Global Warming, racism and poverty, and other issues. Hosted by Dennis J. Bernstein.

1800: Pacifica Evening News: 1 hr. stream from Pacifica ; The Pacifica Evening News is a collaboration of KPFA and KPFK in Los Angeles and KFCF in Fresno. Comprehensive coverage of the day's news with a focus on war and peace; social, environmental, and economic justice.

1900: [Peace Talks Radio: The Series on Peacemaking and Nonviolent Conflict Resolution](#): Steering Our Youngsters Away From Sexual Misconduct: Peace Talks Radio host Paul Ingles talks with two therapists - Kathryn Stamoulis, from Hunter College in New York City and Jennifer Weeks, director of Sexual Addiction Treatment Services in Pennsylvania about how to talk to youngsters about sexual harassment and unwanted sexual behavior. The conversation aims at setting a framework early on, so when our young people are adults, there may be less of the kind of sexual abuse, intimidation, insensitive advances that made news dramatically in 2017. It's been a big part of the national conversation since. Archive 02-11-2018 [Podcaster's website](#) ; [Underwriter website](#)

2000 & 2100: Golden Age of Radio: Frontier Gent 39, Whistler, Henry Morgan, Inner Sanctum. Archive 07-13-2013 [Podcaster's website](#) ; [Underwriter website](#)

2200 to Midnight: royalty-free music [Podcaster's website](#) ; [Underwriter website](#)