

KCPK-LP at FM 106.9 on your radio dial

Donations and Memberships at www.cowfest.org

Contact us there if you are interested in developing your own radio show.

This is schedule from August 7 (Monday) through August 20 (Sunday) with different shows each day. Then same shows repeat for following two weeks. New schedule will be posted for September 4, 2017

See New shows at 8:00 a.m., 11:00 a.m., and Global Community Radio Stream from 5:00 p.m. through 10:00 p.m.

Sign-on at approximately 6:55 a.m.

7: 00 a.m. Democracy Now: 1 hr. stream from Pacifica (Monday through Friday only)

Democracy Now! is a national, daily, independent, award-winning news program hosted by journalists Amy Goodman and Juan Gonzalez.

8:00 a.m. Youth Speaks Out: 1 hr. program

This program is produced with high school students in Mendocino County. We are playing their archives from July 2, 2008 to January, 2013. This is to give a historical perspective to how the opinions of our youth have changed over the past decade. As we continue with this series to the present time, in the upcoming months, we adults may gain a better understanding of the stress and pressures being put upon our youth as our political culture changes.

7:00 a.m. to 8:00 a.m. Classical Music: (Saturday & Sunday replacement):

(1 hr. program) Various classical musical broadcastings. One show is Baroque and Beyond, a radio show devoted to Baroque and Classical Music ("and a little bit of 'beyond') for Pacifica-affiliated stations. Produced by Michael White, who is a physician in his "day job" and is not a music professional.

9:00 a.m. Politics of Health & Fitness: 1 hr.

Produced by Layna Berman, a health educator and health integration specialist. She brings over twenty years of experience, skill, and knowledge to support people in solving health and health care problems.

10:00 a.m. Book Reviews: 1 hr.

Francesca Rheannon is an independent radio producer and show host of a talk show about writing, writers and their works, that has been on the air since 2004.

11:00 a.m. Food Politics: 1 hr. (two 29 min segments)

The “Food Sleuth Radio Show” provides provocative interviews with researchers, authors, and others about our food and food system. Dietitian Melinda Hemmelgarn, host, helps listeners connect the dots between food, health, and agriculture, including the public health implications of governmental policy decisions.

12:00 p.m. Book Waves: 1 hr. (two 29 min segments)

This is a radio program about books and interviews with their authors. It comes from Berkeley and is hosted by Richard Wolinsky since 2006.

1:00 p.m. Psychology Talks: 1 hr.

MyNDTALK, by psychologist Pamela Brewer, is intended for adults 18 years+ for use as one of the resources utilized in the ongoing acquisition of quality relationship health and mental health information. Listeners are encouraged to research, question, and review all forms of information/education particularly as it pertains to physical/emotional/social/psychological/relationship/mental health.

2:00 p.m. Mayo Clinic Radio: 2 hours composed of three 40-minute segments

This show uses thousands of Mayo clinic experts, state of the art research facilities, and other resources to bring the latest breakthroughs in medical news, research, and healthy living advice.

4:00 p.m. Kids Stories: 1 hr. (two 29 min. segments)

This show is called “Tell us a Tale” which is technically a children’s program. However, it appeals to listeners of all ages with its offering of stories and tunes collected from all around the world.

5:00 p.m. to 10:00 p.m. Global Community Radio

GCR is a non-profit, non-commercial, listener-supported community radio service. The programming comes from a wide variety of sources, including public broadcasters, other community radio stations, and independent producers. GCR present the best informational and educational programming from around the world on a variety of subjects, including health and wellness, science and

technology, the environment, human rights, LGBT issues, women's shows, disability issues, and other voices underrepresented in the mainstream media. GCR also presents classic and contemporary radio theatre.

For the complete updated programming, go to:

<http://globalcommunityradio.blogspot.com/p/blog-page.html>

The times on the schedule are Eastern, so subtract three hours for Pacific Time. For example, for programming which corresponds to KCPK schedule of 5:00 p.m. to 10:00 p.m., see GCR hours of 8:00 p.m. to 1:00 a.m.

10:00 p.m. Sign-off:

We are still in testing stage. If you find that a particular show has been replaced with classical music, this indicates that KCPK has encountered a broadcasting problem. Typically, the problem is resolved by the next hour. We appreciate your comments about problems.

KCPK is an affiliate of Pacifica Radio Network. KCPK airs programs from all over the U.S. which are produced by affiliates. KCPK plans to offer local programming to the Pacifica Radio network, by uploading locally produced shows and giving our community producers the opportunity to broadcast nationally as well as locally. We conclude our sign-on and sign-off with our theme song written for our area's historical documentary, "The Coming of Asphalt as told through Rural Storytelling Performance Art. You can view this video at our website under tab Cal Humanities Video. The theme song is entitled "The Road to Take Us Home" and is written and performed by Lily Landers, Kevin Davis, and Murphy Cross. Any programming you may have heard prior to KCPK's Sign-on or after our Sign-off was coming from a large FM station from Bakersfield at FM 107.1 which over-powers our frequency 106.9 when we are off the air.