

### 3rd Quarter 2019

WQRC (7 a.m.) / WOCN (8 a.m.) / WFCC (6 a.m.) / WKPE (5 a.m.)

Segment times 17:30 unless otherwise indicated.

July 7 - Sunday Journal Program

**Program Title:** Jung Ho Pak

**Program description:** The Cape Symphony will perform the score of “Jaws” live in-sync with the film as it is projected on big screen as part of the Beach Road Weekend on Martha’s Vineyard. “All you have to do is sing two notes and then you know you’re talking about a shark. And-that gorgeous score-it’s not just those two notes, it’s so much beautiful music,” said Artistic Director and Conductor of the Cape Symphony Jung-Ho Pak. The event begins on Friday, August 9, and will allow audiences to experience John Williams’ iconic score and legendary two-note motif in a unique, new way on the same island where Steven Spielberg filmed the 1975 blockbuster. “It’s almost like 3d, where you’re seeing the film but you’re watching the score because we’re performing this gorgeous music right in front of you,” continued Pak.

**Program Title:** Bart Weisman

**Program Description:** The 15<sup>th</sup> annual Provincetown Jazz Festival will be held later this month at The Crown & Anchor in Provincetown and at the Cotuit Center for the Arts. Since 2005, the festival has presented jazz musicians from the United States, Canada, Brazil, United Kingdom, Switzerland, Australia, New Zealand, and Japan “There really wasn’t a jazz festival at the time I moved down here that was a multiple day multiple artist jazz festival type format,” said Executive Producer and Performer Bart Weisman. “Everything just kind of gelled together and the sponsors have been wonderful and both venues have been terrific to us, both the Crown & Anchor in Provincetown and at the Cotuit Center for the Arts.”

**Program Title:** Family Pantry

**Program Description:** The Family Pantry of Cape Cod is marking 30 years of service this month. The organization is celebrating the milestone with clients throughout the next two weeks and during their annual fall luncheon at the end of September. In 1989, the Pantry began as a storage closet filled with canned goods at Holy Trinity Church, with a few volunteers collecting food donations and making them available to Cape Coders in need. Today, the organization occupies a 12,000-square-foot warehouse in North Harwich, receiving and processing tons of food and donated clothing.

July14 - Sunday Journal Program

**Program Title:** Toy Library

**Program Description:** The Cape Cod Toy Library is hosting family play days every Friday and Saturday from 10 a.m. to 2 p.m. The play days feature a screen-free play environment for families to play and learn together with an enriching play space and resources to foster all areas of child development. A professional staff with expertise in child development and play to support experiences are always on duty as well. “The Cape Cod Toy Library is really a family play learning center it’s an environment that supports families to come and play together and spend time in today’s world where there is less and less opportunity for children to have that opened ended creative play opportunity,” said Cape Cod Toy Library Founder and President Deb Willsea.

**Program Title:** Boy’s and Girl’s Club

**Program Description:** The Boys and Girls Club of Cape will host a Beach BBQ at the Popponeset Inn next week. The Beach BBQ is part of the larger Boys and Girls Club Golf Tournament being held on the Ocean Course at New Seabury the same day. “The dinner after the golf tournament is at the Popponeset Inn right in the dunes on the tent,” said Boys and Girls Club of Cape Cod Executive Director Ruth Provost. “It’s probably the best ocean view on Cape Cod because you are actually literally on the beach.” Because not everyone can take the whole day off from work, the Club is making tickets available for just the dinner, which includes a beautiful ocean view, a BBQ buffet dinner, live and silent auctions, and a cash bar. “If you can’t play golf, we’re hoping people will come in for the dinner, we have a fabulous live and silent auction,” Provost.

July 21 – Sunday Journal Program

**Program Title:** Sustainable Practices

**Program Description:** A local non-profit group dedicated to passing a Municipal Plastic Bottle Ban in towns across the Cape, is hosting a fundraiser later this month. Sustainable Practices is hosting a Tapas Tasting at Apt in Brewster on July 29. The event is the second in a series and features locally sourced organically grown produce as well as wine and beer tasting from local producers. Proceeds from the tasting will support the group's Municipal Plastic Bottle Ban campaign. As of this spring, Sustainable Practices successfully championed the adoption of the ban across five Cape towns and are working to file and promote the by-law adoption in the remaining 10. Tickets are \$30 and for more information, go to [sustainablepracticesltd.org](http://sustainablepracticesltd.org).

**Program Title:** Woods Hole Film Festival

**Program Description:** The 28<sup>th</sup> annual Woods Hole Film Festival starts next weekend. The week long festival runs from the 27<sup>th</sup> to the 3<sup>rd</sup> of August. The event takes place at 89 Water Street in Woods Hole. "Woods Hole is just a great festival in a Great area and it seemed like a great fit for us" said Director of Guest Artist Timothy Busfield. Guest Artist premieres Saturday at 9 and is one of the over 70 films being screened throughout the festival and stars A-lister Jeff Daniels, who also wrote the film. Daniels and Busfield were committed to producing the film as minimalist as possible. "Jeff and I said can we do this? Raise a couple hundred grand and film a movie in a week?" The Woods Hole Film Festival is a non-profit corporation that is supported by donations, sponsorship's, grants and event admissions.

July 28 – Sunday Journal Program

**Program Title:** Wild Care

**Program Description:** The officials from the Brewster branch of the Animal Rescue League and Wild Care join us for a Sunday Journal discussion regarding their work on Cape Cod. They also discuss a big fundraiser coming up for both groups this month. Wild Care Inc. treats injured, ill and orphaned animals, along with providing public education and counseling to help prevent wildlife casualties. Wild Care has accepted over 24,000 wild creatures since it was founded, including 275 different species of birds, mammals, and reptiles. Of the animals admitted, about half come to Wild Care due to injuries and habitat loss due to human activities.

**Program Title:** Breast Feeding

**Program Description:** In honor of the annual celebration of World Breast Feeding Week in August, two special events will be hosted by the Family Birthplace at Cape Cod Hospital and Falmouth Hospital. Moms and babies will take part in interactive and educational offerings built around this year's theme of Breastfeeding: Foundation of Life, as set by the World Alliance for Breastfeeding Action. Falmouth Hospital's event, coordinated by Suzan Scharr, RN, IBCLC, lactation specialist, will be held on August 2 and feature a talk by WHOI post-doctoral student Emily H.G. Cooperdock, titled "The Problem with Plastics and how Breastfeeding can Help." Cooperdock, who is also a mom in Falmouth Hospital's Breastfeeding Support Group, will explain how breastfeeding has practically zero impact on the environment, in addition to its many other benefits.

**Program Title:** Against The Tide

**Program Description:** The Massachusetts Breast Cancer Coalition will be holding its 20<sup>th</sup> annual statewide Against the Tide multi-sport event on Saturday, August 17. The event will have multiple outdoor activities for participants to enjoy. They range from 1 mile to half mile recreational and competitive swims, to 5K, 10K, and 3 mile fitness walks. There will also be an Aquathon "Splash and Dash" where participants compete in a 1 mile swim, a 5K or 10K run and then kayaking and paddle boarding. The events will take place at various times throughout the day, allowing participants to pick any 4. "I think it's the comradery of families coming together—it's really a family event," Executive Director Cheryl Osimo said on what keeps the event going year after year. "Working towards that same goal of prevention, it just makes you feel good to know that you're not alone," Osimo said. The Against the Tide event is accepting individuals as well as teams for its activities.

August 4 – Sunday Journal Program

**Program Title:** Tick Update

**Program Description:** The risk of tick bites remains high during the summer season and Barnstable County officials are encouraging residents and visitors to get the arachnids tested. Barnstable County Entomologist Larry Dapsis said residents can send ticks to be tested by UMass Amherst's Laboratory of Medical Zoology to see if they were possibly exposed to any pathogens. "Basically, for Cape Cod residents for the price of a pizza you get some good data," Dapsis said. The "Send a Tick to College" program has been marketed by Barnstable County for several years. Cape Cod residents only pay \$15 to have a tick tested instead of the regular price

of \$50 thanks to a contribution from Cape Cod Healthcare. The health care organization provided funding to keep the cost at \$15 after grant funding for the program expired. “Cape Cod Healthcare stepped up to the plate because they see value in this service,” Dapsis said.

**Program Title:** Atlantic White Shark Conservancy

**Program Description:** The Atlantic White Shark Conservancy has launched their “Shark Smart” initiative at Lighthouse Beach. The program was created to teach people about the presence of sharks in Cape Cod. Every Monday, Wednesday, and Friday morning from 9 to 10 a.m., three AWSC ambassadors will be at Lighthouse Beach to share safety tips, details about the AWSC’s research, and the behavior of sharks. “Especially with some of the new signage that you see at the public beaches this summer, we realize that people are really wondering what’s going on,” said Marianne Long of the AWSC. “So this is our way to really connect with the community and answer the questions that they have.” AWSC ambassadors will be sure to point out signs at beaches that advise of recent shark sightings, in order to keep the public safe. “So when people get to the beach, I know everyone’s excited to go and plop their beach chair and relax, but it is really important that people actually stop and look at those signs,” Long explained.

**Program Title:** Laura Ludwig – Marine Debris

**Program Description:** Work is underway by members of The Center for Coastal Studies in Provincetown to clean up lost, abandoned or derelict fishing gear from Cape Cod and Massachusetts Bays. The organization was awarded a \$95,000 grant through NOAA’s Marine Debris Program to survey likely areas where fishing gear is expected and work with commercial lobstermen to identify, remove, document and properly dispose of lost gear from January through April. So far, workers with the marine debris project have conducted sonar surveys off of Long Point in Provincetown, Pamet River in Truro and will continue to do it in areas off of Chatham, Monomoy, Nauset inlet and the mouth of the Cape Cod Canal. Once the targets have been identified from the sonar surveys, there will be commercial divers that will take underwater pictures of some of the gear located.

August 11 – Sunday Journal Program

**Program Title:** Cape Cod Military Support Foundation

**Program Description:** The Massachusetts Military Support Foundation will be working with Operation Backpack and the New England Patriots to provide military families, including those with military members based at Joint Base Cape Cod, with supplies for the upcoming school year. “We put in roughly between 30 and 50 pieces of school supplies that families don’t have to buy. They get a new backpack for each child in their family,” Operation Backpack founder Dan Cox explained. The organization will be at Gillette Stadium this week to prepare the supplies. Executive Director Barbara Cotton advised that the organization is looking for volunteers. “We could certainly use some help with the heavy lifting on Wednesday, August 14. We will be unloading the trucks and sorting supplies... And then on the following day, we will be actually putting all of the things into the backpacks and then sending those off in truck loads,” Cotton said.

**Program Title:** Cape Abilities

**Program Description:**

The non-profit organization Cape Abilities will be honoring its 50th anniversary with an event next week in Hyannis, entitled “A Celebration in Story.” “It’ll be an opportunity for us to tell our story; what’s happened over the last 50 years,” said Marketing and Communications Manager for Cape Abilities Troy Smith. “And that’s really what it is: a celebration in story.” President and CEO Jonathan Sproul expressed pride as he reflected on how the organization has grown over the past five decades since it was founded. “Starting with four families to where we are today, serving over 400 individuals with disabilities across the Cape, and the different types of service now we’ve evolved to provide,” Sproul said. Jung-Ho Pak, Artistic Director and Conductor of the Cape Symphony Orchestra, will be a special guest for the celebration. The event will be on August 22 from 5:30 to 8 p.m. at the Resort and Conference Center.

August 18 – Sunday Journal Program

**Program Title:** Project Forward

**Program Description:** Project Forward at Cape Cod Community College (CCCC), a program that offers financial aid to eligible students with intellectual disabilities, has been approved by the federal government as a “Comprehensive Transition Program.” The program, now in its 30th year, allows students to learn vocational skills, as well as how to live independently and set

themselves up for success. Director Heather Bish was proud of this landmark accomplishment for CCCC. “We are proud to say we are the first and the only program in Massachusetts at this time. We are happy to announce that, and ask students who would like to be a part of our program to give us a call or come visit,” Bish said. Bish also reflected on her hands on work as a special education teacher, and what this accreditation means for the school. “When you work with people with disabilities, you often have doors shut or told that they can’t do that,” Bish continued.

**Program Title:** Family Pantry of Cape Cod

**Program Description:** The Family Pantry of Cape Cod is marking 30 years of service this month. The organization is celebrating the milestone with clients throughout the next two weeks and during their annual fall luncheon at the end of September. In 1989, the Pantry began as a storage closet filled with canned goods at Holy Trinity Church, with a few volunteers collecting food donations and making them available to Cape Coders in need. Today, the organization occupies a 12,000-square-foot warehouse in North Harwich, receiving and processing tons of food and donated clothing. Currently, 650 are employed by the organization and they will serve approximately 10,000 people this year. “It’s a wonderful organization and it’s a testament to the 650 volunteers who work here and are such a joy to be with,” said Family Pantry of Cape Cod Executive Director Christine Menard. Two four minute videos were also produced by a volunteer as an anniversary gift to help tell the Family Pantry’s story.

August 25 - Sunday Journal Program

**Program Title:** Alzheimer’s Family Support

**Program Description -** The Alzheimer’s Family Support Center will host their biggest event of the year this fall, the Provincetown Walk for Alzheimers. This year the Support Center is trying to reach a fundraising goal of \$100,000 and has started an online effort to try and meet that goal. “It’s not a modest goal but it’s a necessary goal,” said Melanie Braverman, co-founder and cultural director of the Alzheimer’s Family Support Center. “We are helping more and more people every day and that means we need to rally our community in a bigger way all the time to help us provide free services for that community.” Thanks to recent fundraising efforts, the Support Center was able to hold its 2019 conference with Teepa Snow, which provided free dementia training for 1,200 family and professional caregivers. People attending this year’s event do not have to walk to give money or give to walk and all proceeds from the event fund free Alzheimer’s services across Cape Cod. “We are walking again this year to help support this amazing organization that has supported us in so many ways,” said caregiver Jane Greene.

## **Program Title – Canal Days**

**Program Description -** The second annual Cape Cod Canal day will take place on Saturday September 14<sup>th</sup> at Buzzards Bay Park on Main Street in Buzzards Bay. The event is hosted by the Cape Cod Canal Region Chamber Of Commerce. “Cape Cod Canal day was the brain child of the Cape Cod Canal Region Chamber Of Commerce last year and everyone’s invited admission is free we have plenty of food trucks and craft beer and wine, we have about eighty craft vendors and we’ve got children’s activities so it should be fun for all and it’s great for the family,” said Cape Cod Canal Region Chamber of Commerce President and CEO Marie Olivia. There is also a 5k road race in the morning, as well as a corn hole tournament. Registration for both of those events is 25 dollars. Cape Cod Canal Day is sponsored by 45 businesses of the region.

September 1 – Sunday Journal Program

## **Program Title: Seaside Le Mans**

**Program Description:** Thousands of spectators are expected to crowd Mashpee Commons this weekend for the 19<sup>th</sup> Annual Seaside Le Mans – The Race for the Cape Cod Community. Congressman Bill Keating will be this year’s Grand Marshal for the event, which has raised more than \$7 million for Cape Cod charitable organizations since its inception in 2001. The race on Saturday features Formula One race karts competing on a quarter-mile outdoor track throughout Mashpee Commons. Dozens of companies and individuals will compete in the endurance race, which kicks off with opening ceremonies at 12 pm. The opening ceremonies includes an honor guard, a flyover and live music from the Cape Cod Conservatory Jazz Band. “What’s so fun is that the race is just this unique event that really bridges the business community with the non-profit world in a day where everyone comes out, does something a little different that they wouldn’t normally do every day and get to see each other in a different way,” said Race Director Kelsey Ellis.

## **Program Title: ROAR**

**Program Description:** A motorcycle ride will be held Sunday through the town of Barnstable to support opioid addiction recovery and transition on Cape Cod. The 2<sup>nd</sup> Annual Ride for Opioid Addiction will start and end at Barnstable High School with a cookout lunch and auction to follow. Proceeds are used to cover the costs of sober living for individuals in recovery through Duffy Health Center and The Herren Project, a Rhode Island-based organization. “The monies that are raised do go back into the local Cape Cod Community,” said event co-founder Karen Herrand. “I think that is important for everybody to know that this for our

people.” Co-founder Jamie Pina said The Herren Project program places individuals in recovery into a sober house and fully cover the first month’s cost. The individuals then gradually increase their contribution for the sober living until they are able to cover the full cost. Funding from last year’s event supported nine people through The Herren Project.

**Program Title:** Community Health Center

**Program Description:** A major fundraiser for the Community Health Center of Cape Cod will be held Monday in Pocasset. The organization’s 19<sup>th</sup> Annual Golf Tournament will be held at the Pocasset Golf Club. Proceeds benefit the health center which operates locations in Mashpee, Falmouth, Bourne, and Centerville and provides primary and preventive care, behavioral health, women’s health, dental care, optometry, pharmacy, and coordinated case management. Chris Ellis with the Health Center says the tournament is great way to raise money for the organization.

September 8 – Sunday Journal

**Program Title:** Champ Homes

**Program Description:** Champ Homes was recently awarded a grant of \$10,000 by the Kelley Foundation in support of their programs. Champ Homes is a community of people who benefit from the care, compassion, and the support of others. The program is unique to Cape Cod and strives to meet the individual needs of each client who seeks assistance. Founded in 1989, Champ Homes is a faith-based, nondenominational 501(c)3 charity that provides supportive, sober, transitional housing to men and women, age 18 and older, on Cape Cod who are homeless or are at risk of homelessness — many of whom are challenged by mental, physical, or emotional disabilities and/or are recovering from addiction.

**Program Title:** Triple A Northeast

**Program Description:** Thanksgiving and Christmas are still months away, but travelers may want to start booking flights now. According to AAA, an analysis of booking data from the last three years reveals that Wednesday, September 25 marks the start of the best booking window for air travel around both holidays. The travel club says the sweet spots for booking flights is between 60 and 28 days before Thanksgiving, September 25 through October 27, and from 90 to 61 days before Christmas, September 26 through October 25. The average price for airfare is \$491 during the window prior to Thanksgiving. Mary Maguire of Triple A joins the program.

**Program Title:** Wild Care

**Program Description:** Wild Care Cape Cod will hold their fall Open House next month in Eastham. The event on October 5 will have meet and greets with Animal Ambassadors who will give hourly presentations featuring “GARV” the Eastern Box Turtle at 11 a.m., “Up Up” the Eastern Screech Owl at 12 p.m., “Ilean” the Mallard at 1 p.m., and “Nickerson” the Eastern Screech Owl at 1:45 p.m. There will also be a surprise special guest making an appearance from 11 a.m. to 12:30 p.m. Pumpkin picking and painting, face painting and lunch provided by Breakaway’s “X-Grill,” a 16,000 pound rolling barbecue grill truck, will also be part of the activities

September 15 – Sunday Journal

**Program Title:** Mosquito Control

**Program Description:** After the detection of Eastern Equine Encephalitis infected mosquitoes in Falmouth and Bourne over the last few weeks, the Cape Cod Mosquito Control Project is reminding Upper Cape residents to take precautions to avoid bites. EEE is a rare but serious illness that is spread by the bite of an infected mosquito. While EEE can infect people of all ages, people under the age of 15 and over 50 are at the greatest risk for serious illness. Cape Cod Mosquito Control Project Assistant Superintendent and Entomologist Gabrielle Sakolsky said the mosquitoes that carry EEE are most active between dusk and dawn and that people should avoid being outdoors at those times. “If you are going to be out during those times, definitely choose a repellent that is an EPA registered repellent,” Sakolsky said. She said if the label has the EPA registration number than the product is safe to use and effective in protecting against mosquitoes.

**Program Title:** Cape Cod Hospital Expansion

**Program Description:** Cape Cod Healthcare broke ground Monday on a new six story Patient Tower Project that is set for completion by the end of 2022. A private event was held at the hospital to celebrate the occasion. “We planned this with the very thought that for 98 or 99 percent of the time all of your healthcare needs can be met right here on Cape Cod and that’s what our vision and mission is and our commitment to our community. We want to be here when our community needs us most,” said Michael Lauf, President and CEO of Cape Cod Healthcare. “By investing in these key services and facilities we will make sure that happens,” he said. Cape Cod Healthcare plans to invest \$180 million in the future of Cape Cod through the new 6-floor patient care tower at Cape Cod Hospital. The project will upgrade the cancer and cardiology programs and increase the number of beds from 259 to 299. It also includes the

development of a fully integrated single electronic medical records system, a rooftop garden to help patients with mental health needs, outdoor patios, and 30 chemotherapy bays with space for as many as 48 eventually.

September 22 – Sunday Journal

**Program Title:** K-9 Relief Fund

**Program Description:** The Cape and Islands Police K-9 Relief Fund will be hosting their 11th annual Motorcycle Run Fundraiser this month. When a police dog retires, the costs of veterinary visits fall on the dog's handler. Founder of the fund Joe Ambrosini said the fund helps ease the burden for the officer. "When the dog retires, we have an application they fill out, they bring the dog to the vet, and we pay the bill," Ambrosini said. Caring for these dogs is important, considering how much they provide to police operations and the community as a whole. "They'll go where no other officer will go. They find Alzheimer's patients, they find children, they find bad guys, they find property, narcotics," Ambrosini said. "I just thought it would be a nice thing to do, and here we are."

**Program Title:** Elder Services of Cape Cod

**Program Description:** Elder Services of Cape Cod and the Islands will be awarded a grant of \$319,853 from Senior Services America, Inc. About 90 percent of this grant will go towards providing employment for at least 38 low-income older residents of Barnstable, Dukes, and Nantucket Counties as part of the Senior Community Service Employment Program (SCSEP). "We're always excited to get the money, because the majority of this grant goes to underwrite the wages of the older workers who are placed with us," said Laura Roskos, SCSEP Director. The program is dedicated exclusively to employing seniors and describes itself as helping "promote personal dignity and self-sufficiency through work".