

4th 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.

October 6 - Sunday Journal Program

Program Title: Shark Research

Program description: The 2019 shark tagging research season off Cape Cod is winding down, but plenty of great white sharks remain off the coast. The CapeCod.com NewsCenter was granted an opportunity to spend a late September day out on the water with local researchers during a record-breaking year for the number of sharks tagged. Since 2014, research led by the Massachusetts Division of Marine Fisheries and the Atlantic White Shark Conservancy has been conducted to get a more accurate picture of how many sharks spend their summers in waters off the Cape. The data gathering portion of the White Shark Population Study wrapped up last fall. Dr. Greg Skomal, a senior biologist with the DMF, and Staff Scientist with the Atlantic White Shark Conservancy, Megan Winton, began conducting new research in June focused on getting a better understanding of the predatory behavior of white sharks in the region. “We’re drilling a lot deeper into the predator/prey relationship between sharks and seals,” Skomal said. Skomal said the sharks are feeding in shallow waters, especially following the two shark attacks off the Outer Cape late in the summer of 2018. “It obviously exposes people to some level of risk,” he said. Last August, a New York man was attacked off Truro and has recovered from the serious wounds. A month later in September, 26-year-old Arthur Medici, of Revere, was killed after an attack by a great white off Wellfleet.

Program Title: Cape Tech Foundation

Program Description: The Cape Cod Regional Technical High School has announced the creation of their new Cape Cod Tech Foundation. Superintendent Bob Sanborn said that the plans for the program date back to the founding of the school. “There’s documents of some of the founding members of the school committee trying to get a Cape Cod Tech Foundation.” Cape Cod Tech has tried to form such a group in the past but was never able to get a program with 501C(3) nonprofit status. “We’ve been lucky over the years. Members of the community have given to our school in one way or another and now we have that structure that is advantageous for giving to vocational technical education,” said Sanborn.

The foundation’s goal is to raise private funds for future programming, scholarships, and provide funds for other educational uses by staff and students. “Anything that these kids need will be my

mantra. What can we do to raise more money to help these kids. It's complementing all the good work that's being done by the teachers and staff," said Executive Director of the foundation Bob Eckel.

Program Title: Silent Spring

Program Description: The Center for Disease Control and Prevention and the Agency for Toxic Substances and Disease Registry have awarded a \$1 million grant to the Silent Spring Institute. The money will be used to investigate the human health effects of Per- and Polyfluoroalkyl Substances (PFAS) contaminants in drinking water. Hyannis and Ayer will be the two communities of focus for the Silent Spring project. Both locations have had drinking water contaminated by PFAS due to the use of firefighting foams from local training areas. The team intends to collect blood samples from 1000 adults and 300 children between the two communities. "With this new study that will be combining information from multiple sites, that will provide us with more information on how's people's health may be effected by the chemical exposures," said Dr. Laurel Schaidler, a researcher from the Silent Spring Institute. Topics of study by the researchers will include the effects of PFAS on the immune system, reproduction, cholesterol levels, and neuro-behavioral effects in children. "One concern about PFAS exposures is that they may make vaccines less effective in young children because of effects on the immune system. With this new study will be a larger study between Hyannis and Ayer," said Schaidler.

October 13 - Sunday Journal Program

Program Title: Oyster Fest

Program Description: A signature fall event on the Outer Cape returns this weekend and will feature a major, environmentally friendly change. The 19th annual Wellfleet OysterFest, presented by Wellfleet Promotion and Tasting, Inc., will be a plastic free event for the first time. OysterFest is Saturday, October 19 and Sunday, October 20 from 10 a.m. to 5 p.m. at the Wellfleet Town Center. Attendees will be served food on "backyard-compostable" paper products, beverages will be served in aluminum cans and refillable stainless-steel cups, and some vendors will also use returnable metal utensils. "We are all well aware of plastic being in our marine environment," said Michele Insley, the executive of Wellfleet SPAT. "And one of our missions to sustain the shellfishing industry is to support the marine environment." The organization will partner with Sustainable Practices, an environmental non-profit group seeking municipal plastic bottle bans across the Cape. "We are delighted to be partnering with

Sustainable Practices,” Insley said. “They are of the same mindset of SPAT.” Sustainable Practices will be on hand to help collect aluminum cans and will be the beneficiary of the refunds.

Program Title: Heroes in Transition

Program Description: Heroes in Transition will host its 10th Annual Fall Gala next week at The Coonamessett in Falmouth. The event on Friday, October 4 will raise funds for the organization which supports local veterans, service members and military families. The guest speaker will be retired U.S. Marine Corps Staff Sergeant Andrew Bachelder, who survived the helicopter crash that killed Captain Eric Jones nearly ten years ago. The non-profit was created in Jones’ memory by his parents Cyndy and Kenneth Jones. “This year marks the 10-year anniversary of the crash and being one of two survivors, this is coming full circle from where I was to where I am today,” Bachelder said. “I feel like this is big for me, just being part of this event.” Bachelder suffered several injuries from the crash, including several broken bones, a collapsed lung, brain injury and post-traumatic stress disorder. He carried survivors guilt and tried to commit suicide in 2012.

Program Title: Katelynn’s Closet

Program Description:

Katelynn’s Closet recently marked a decade of helping Cape Codders. Ann Bearse, Beth Davis, and Susan Johnson founded the non-profit in 2009 after a 4-year-old foster child named Infiniti was introduced to Davis and Johnson. The three were able to collect a wardrobe that properly fit Infiniti. They then started to notice that the area was lacking an organization that provided school-aged children in need with clothing; infants and toddlers up to age 3 were covered, but not children from 4 to 18. Katelynn’s Closet was created soon afterwards. “We’ve been able to fulfill a need that wasn’t necessarily being filled here on the Cape and Islands,” Bearse said, “and that’s with the kids that are school-aged.” The non-profit is named after Bearse’s daughter, who tragically passed away when she was 9. Ann plans to honor Katelynn’s memory for the next decade and beyond. “I hope that we’re going to be able to continue to service children on the Cape and Islands, all the children that are in need on the Cape and Islands,” Bearse said.

October 20 – Sunday Journal Program

Program Title: Nauset School Project

Program Description: A potential expansion to the Nauset Regional School District is being discussed. Provincetown and Truro could potentially join the system, but Nauset Superintendent Tom Conrad is advising that nothing is set in stone. “There are no guarantees how this plays out, but we have done what we believe is the right thing: to begin having those discussions with those two communities,” Conrad said. This comes in the wake of the proposed expansion of Nauset Regional High School, which is estimated to cost \$140 million, with \$97 million. Conrad said an expansion could lead to educational advancements for even more people. “We’re looking at this as a possibility of being, really, the community’s learning center for all citizens,” he said. The Massachusetts School Building Authority is expected to hear more about the proposal in February.

Program Title: Open Cape

Program Description: Open Cape is working to expand high speed Internet in the region. CEO Steve Johnston joins the program to talk about new efforts in Falmouth. Open Cape is funded by the Open Cape Corporation, a nonprofit that selected CapeNet, a for-profit company, to build and operate the network. CapeNet is a \$5 million operation with seven employees that uses subcontractors to provide services to the network and for customers, he said. Davis said Open Cape has already made improvements in the region. Before Open Cape installed its network, with some wires underground but mostly overhead, the length of the peninsula, the Cape did not have high-speed broadband service available.

October 27 – Sunday Journal Program

Program Title: Eversource Update

Program Description: Eversource wrapped up its yearly treatment of weeds and brush under power lines in eight Cape Cod towns last week. Treatment was completed in Harwich, Chatham, Bourne, Sandwich, Dennis, Yarmouth, and Falmouth. However, Eversource was not able to get to all Barnstable County towns before the fall window closed as trees were too stripped of their leaves to continue vegetation management in the five remaining towns of Eastham, Truro, Wellfleet, Mashpee, and Orleans. “Operationally we were not able to get to those remaining towns,” said Eversource Spokesman Reid Lamberty. “We will get to them over them over the next couple of years and make sure that we apply the herbicides to the trees and vegetation that

we deem necessary.” The energy company manages the brush and weeds to prevent disruption in the power supply. To do so, the company must first lay out its treatment method in a yearly operational plan that requires approval from the Massachusetts Department of Agricultural Resources. “Our integrative vegetation management program is used by companies and communities across the state and across the country, it proves time and time again to be most effective in promoting long term sustainability of the natural habitat,” said Lamberty.

Program Title: Taste of Yarmouth

Program Description: The Trolley Tour Taste of Yarmouth event will be held on Saturday. Trolleys will be taking attendees up and down Route 28 to try dishes from local restaurants. The sold-out event is in its sixth year of operation, which Executive Director of the Yarmouth Chamber of Commerce Mary Vilbon calls a testament to its popularity. “I think it says a lot about the chamber and the events committee that we have that plans this event every single year, that we’re making it better,” Vilbon said. Jen Werner, Marketing, Communications, and Events Director for the Chamber of Commerce said around 60% of attendees come from outside of Cape Cod. “It’s a great opportunity for not only off-Cape people, but locals to experience all the different types of food that the restaurants have to offer,” Werner explained. “So, for them, it’s a great way to promote themselves.” Registration for the event begins at noon, and trolleys will be traveling from 1 to 5 p.m. The event starts and ends at the Riverway Lobster House, with a concluding dessert reception held from 5 to 7 p.m.

Program Title: Halloween Safety

Program Description: Halloween is here, and as kids prepare to go trick-or-treating, local police departments are reiterating the importance of staying safe while having fun. AAA Northeast echoed sentiments from Sgt. Michael Assad of the Mashpee Police Department regarding drivers being aware of their surroundings on Halloween night. “The drivers have to be able to recognize that there are going to be large groups of kids, and a lot of times they’re not going to be wearing bright, reflective costumes,” Assad said. “So they just need to really pay attention when they’re driving and try to drive slow in these neighborhoods.” Drivers are also instructed to avoid neighborhood shortcuts if possible. All drivers on the road should be sober, and all car passengers should fasten their seat belts. Parents are also encouraged to place reflective strips on costumes to make children more visible and ensure that no costume parts or masks hinder the sight of trick-or-treaters. Flashlights and glow sticks should be brought along during trick-or-treating. Assad also mentioned the possibility of children being lost from their parents or guardians while out on Halloween night.

November 3 – Sunday Journal Program

Program Title: Veterans Issues

Program Description: Veterans are invited to a complimentary tribute breakfast on Veterans Day, November 11, at the Flying Bridge Restaurant in Falmouth. Invitations are reserved for veterans of the Army, Navy, Air Force, Marines, and Coast Guard, along with spouses or personal assistants. Reservations are required. Doors open at 8 a.m. “Red Shirt Friday” volunteers from Cape Cod Five Cents Savings Bank will be on hand for table service. The deadline to reserve seating is 4 p.m. on November 6. To make a reservation, call the Falmouth Chamber of Commerce at 508-548-8500. The Steamship Authority has announced that all veterans and active duty military personnel will ride for free on Veterans Day, November 11. The offer is valid only for the active duty military person, veteran or retired military veteran and does not include the passage of a vehicle or any additional passengers. Tickets will only be available on Veterans Day and will only be valid for travel that day.

Program Title: Barnstable Educational Foundation

Program Description: The 5th annual Run for Success, hosted by the Barnstable Education Foundation, is being held Saturday at Centerville Elementary School. The goal is to raise money to benefit students of the Barnstable Public Schools system. Projects and programs are created throughout the district via funds donated by the foundation. “The grants are given out to children in pre-K through senior high school, so that it’s all over the system and in all different areas,” said Karen McDonald, one of the directors of the organization’s board. The event is dedicated in memory of Sheila Burns, former president of the organization and principal of Centerville Elementary School, who passed away in 2015. “This was something she started, but she never got to see. So, we now dedicate this to her, and it’s way a way to raise money, but it’s also a way to bring the community together,” McDonald said. The Run for Success’ signature events are the 5K and 10K runs, as well as the 5K walk, which both begin at 10 a.m. Prizes for the first overall male and female finishers in both runs will be awarded. In addition, top male and female finishers in each age group will receive prizes. A thirty-yard dash for kids 3 and under, a one-hundred-yard dash from kids 6 and under, and a half-mile run for kids aged 7 to 12 will also be held. Youth races start at 9:40 a.m., and all children will be given a participation medal.

Program Title: Turtle Stranding

Program Description: Officials from the New England Aquarium join the program to talk about the upcoming turtle stranding season. Three cold-stunned sea turtles rescued over the long weekend were joined by 11 more Wednesday at the New England Aquarium’s Sea Turtle

Hospital in Quincy. The Kemp's Ridley sea turtles, the most endangered sea turtle species in the world, were rescued by Mass Audubon Wellfleet Bay Wildlife Sanctuary staff as the frigid air hit the region. "The water temperature in the middle of the bay turned to 52 degrees and for some reason that seems to be the magical temperature where sea turtles will start stranding in volume," said Tony LaCasse, a New England Aquarium spokesman. During Veterans Day weekend, the water temperature was 53-54 degrees and only three live turtles were found despite strong northwest winds late last week. "We thought that we might be seeing a fair number of turtles come up over the weekend," LaCasse said. Most of the new batch of turtles rescued were found in Wellfleet and Eastham. "The strandings are usually somewhat more dependent on wind direction and the staff at Mass Audubon are experts in being able to predict where that is and putting out staff and volunteers, particular following a high tide," LaCasse said. LaCasse said it is critical to rescue the turtles quickly in frigid temperatures. Four of the turtles were found after the overnight high tide.

November 10 – 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: Hyannis Film Fest

Program Description: The newly established Hyannis Film Festival will be holding an introduction public meeting and preview on Sunday. Hyannis Film Festival President Bill Ferrall said they want to enrich the village in the art of filmmaking. "The thought behind this also is to bring something that's that vibrant and that focused to the downtown area specifically," Ferrall said. "We want to be in and around Main Street as we do this." The event will feature authors Casey Sherman and Dave Wedge. Sherman, a Hyannis resident, has written the books "The

Finest Hours” and “Boston Strong: A City’s Triumph over Tragedy.” The former was adapted as a film starring Chris Pine and Casey Affleck, and the latter became the movie “Patriots Day,” starring Mark Wahlberg. Main Street in Hyannis does not have a movie theater, but Ferrall is optimistic that arrangements can be made before the planned inaugural festival next October.

Program Title: Family Pantry of Cape Cod

Program Description: The Family Pantry of Cape Cod will be holding its annual Turkey Day event next month. They are looking to distribute 400 full dinners to its clients for the Thanksgiving holiday. Executive Director Christine Menard said the pantry is gladly accepting donations from residents. “This year we’re looking for turkeys, and we’re also hoping to offer a pie to every family,” Menard said. “So, if someone wants to donate a frozen pie, that would be really nice as well.” Additional turkeys will be provided by the pantry during the event, which is November 24. The pantry has established a goal of collecting 600 turkeys to be distributed. Menard said she and the volunteers of the pantry enjoy giving families the joy of a holiday meal. “It’s just a day that we really look forward to, because it’s a lot of fun,” she continued. “It’s fast paced; we do those 600 turkeys in about three hours.” Donations may be dropped off at the pantry’s location at 133 Queen Anne Road in Harwich until November 15. The pantry has asked for medium-sized turkeys. Meals will only be given to pantry clients. The registration deadline to become a client is November 22.

November 17 – Sunday Journal Program

Program Title: Cape Symphony

Program Description: The Cape Symphony will kick off the holiday season next month with their Holiday on the Cape concert, which is comprised of popular holiday music and local guest performers. This year the Cape Symphony will give a nod to the popular Bob Hope Holiday TV and Radio Holiday specials, recreating the magic with local performers. Vocalists Jessica Curran, Jenn Dashnaw, and Anna McEntee will perform as the Andrews Sisters, and Boston based singer will perform as Bing Crosby. “Bob Hope’s Christmas shows for troops overseas meant so much too so many people. We hope this year’s holiday concert represents that spirit”, said Conductor and Artistic Jung-Ho Pak. The second half of the concert will be dedicated to the troops serving overseas and will be titled “Christmas Away From Home.” The Cape Symphony will also host a Holiday toy drive to benefit Cape military families. All toys will be donated to the Cape Cod Military Support Foundation. There will six shows in total.

Friday December 6th – 4:00 and 8:00 p.m.

Saturday December 7th – 3:00 and 7:30 p.m.

Program Title: Holly Days

Program Description - The holiday season is officially underway, and Sandwich will be celebrating with Holly Days. The month-long event sees the town transform into a winter wonderland with events and activities for all. Denise Dever, Executive Director of the Sandwich Chamber of Commerce, also explained that this presents a great time to support local businesses. That starts on November 30 with Shop Small Saturday. “We really are promoting our retailers and our restaurants, and we want people to come to Sandwich for the day, get an early head start on some shopping,” Dever said. Putting an emphasis on community businesses is a key aspect of Holly Days, Dever said, as it is a microcosm of what makes Cape Cod unique. “If we aren’t shopping in our local retailers, then we’re not supporting them, then they’re not going to survive,” she said. “We are very community oriented, not just in Sandwich but on the Cape.” Holly Days will also feature the lighting of the littlest Christmas tree on December 1. In addition, there will be community caroling on December 6, along with a holiday home tour and a Christmas tree auction on December 8.

Program Title: Silent Spring Update

Program Description: The Center for Disease Control and Prevention and the Agency for Toxic Substances and Disease Registry have awarded a \$1 million grant to the Silent Spring Institute. The money will be used to investigate the human health effects of Per- and Polyfluoroalkyl Substances (PFAS) contaminants in drinking water. Hyannis and Ayer will be the two communities of focus for the Silent Spring project. Both locations have had drinking water contaminated by PFAS due to the use of firefighting foams from local training areas. The team intends to collect blood samples from 1000 adults and 300 children between the two communities. “With this new study that will be combining information from multiple sites, that will provide us with more information on how’s people’s health may be effected by the chemical exposures,” said Dr. Laurel Schaidler, a researcher from the Silent Spring Institute. Topics of study by the researchers will include the effects of PFAS on the immune system, reproduction, cholesterol levels, and neuro-behavioral effects in children. “One concern about PFAS exposures is that they may make vaccines less effective in young children because of effects on the immune system. With this new study will be a larger study between Hyannis and Ayer,” said Schaidler.

November 24 - Sunday Journal Program

Program Title – Telethon For Hope

Program Description - The 16th edition of Housing Assistance Corporation’s Telethon for Hope is just a week away. This year, the telethon will be held at a new venue as part of the Love Live Local’s LoveLocal Fest: Holiday Edition at Barnstable High School. The Telethon for Hope will be held during the first day of this year’s LoveLocal Fest on Saturday, December 7 from 5 to 8:30 p.m. The collaboration between HAC and Love Live Local encourages residents to give and buy locally during this holiday season. HAC Chief Development Officer Anne Van Vleck said the organization is excited to be partnering with Love Live Local. “It seemed like a really natural partnership,” Van Vleck said. Until this year, the telethon had always been held at the Cape Cod Community Media Center in Dennis Port. Last year, there was a second satellite location and viewing party at Cape Cod Beer in Hyannis. “We really wanted to bring the telethon to the community of people who care so much about community, who want to shop locally and give locally, and just increase awareness,” Van Vleck said. “And make it a fun, festive event, and bring it into current times.” The telethon will continue to be produced by Cape Cod Community Media Center and will be streamed live online and broadcast on cable.

Program Title – Spectacle of Trees

Program Description - The 14th Annual Spectacle of Trees opens this month in the Cape Cod Mall and a VIP party is being held at the Ten Pin Eatery to kick off the event. The four guest judges for the event include author Casey Sherman, Barnstable Police Chief Matthew Sonnabend, local artist Liz Mumford, and Barnstable High teacher and author Mick Carlon. The categories that the judges will be voting on are “Most Traditional”, “Most Creative”, and “Best In Show.” An auction featuring festive wreaths will be presented by long time auctioneer for community charities, Jim Ruberti. Proceeds from the auction will go towards the event’s participating beneficiaries. Tickets for the party can be found at spectacleoftrees.com and cost \$40, which will include a free drink and selections from the Ten Pin Eatery menu. The Spectacle itself runs from November 24 through December 14 across from the Santa’s Village inside the Cape Cod Mall.

Program Title: Hyannis Armory

Program Description:

Barnstable Town Manager Mark Ells is looking to begin the process of revitalizing the National Guard Armory Building in Hyannis as soon as possible. After the Barnstable Town Council approved a three-phase renovation project last year, Ells has been in discussions with the

Secretary of the Executive Office of Administration and Finance regarding a requested \$1.6 million in state funds for improvements. Ells also met at the State House with State Representative Will Crocker and Senator Julian Cyr, along with staff members of the Executive Office of Administration and Finance, regarding the release of the funds. "I will continue the discussions, but I hope to get closure this calendar year, because we need to make some decisions on this one," Ells said. "It's been too long, so it's time for us to move on it." Ells said he has followed up with Senator Cyr's office regarding the status of the funding. The plan is to create a space for municipal use in the armory, which was the site of John F. Kennedy's presidential acceptance speech in 1960. Arts and cultural components would be implemented in the renovations.

December 1 – Sunday Journal Program

Program Title: Lower Cape Outreach

Program Description: The "Gifts of Hope" holiday campaign returns this week to help residents across the Lower Cape. This year, hundreds of households from Harwich to Provincetown will receive gifts and other goods through the campaign which is run annually by the Lower Cape Outreach Council. The campaign will help raise money to be used to help people pay their rents, pay for heat, prevent utility shut offs, fix broken vehicles, cover co-pays, and help put food on the table for families in need. The goal set for this year is \$400,000, which according to the Outreach Council is what it will take to stay responsive through the winter months ahead. "This [campaign] is how we make the lion-share of our reserves for the coming winter and spring which is a very heavy time of need on Cape Cod," said Larry Marsland, CEO of the Lower Cape Outreach. "People who have worked hard all summer, as hard as they could, try to catch up on their bills and try to put some money ahead for the cold winter but it's a hard time of year for people who are working hourly jobs."

Program Title: Gardens Aglow

Program Description: 'Tis the season and that means the return of Gardens Aglow at Heritage Museums & Gardens in Sandwich. The festive event returns next week and takes place over 15 nights through the end of December. Gardens Aglow will turn Heritage's acres of gardens and woodlands into a twinkling wonderland. It also features carousel rides, performances, Santa visits, marshmallow roasts and more. Heritage Director of Programming Heather Mead said Gardens Aglow has something for everyone. "The gardens look so incredibly different and equally beautiful in the winter as they do in the spring peak season that people think of with our rhododendron or in the summer with our hydrangeas," Mead said. Director of Horticulture and Facilities Management Les Lutz said the goal of Gardens Aglow is to highlight the natural

beauty of the gardens. “Though the summer blooms get all the attention, the holiday lighting highlights the magical nature of the trees and gardens,” he said.

December 8 – Sunday Journal

Program Title: First Night Sandwich

Program Description: With the end of the year fast approaching, residents in Sandwich are preparing for the First Night 2020 event that will kick off on New Year’s Eve. Entering its eighth year of operation, the event is alcohol free and features live music and dancing, food vendors, ice sculptures, lighted giants in the village, a parade, and fireworks for a festive and family-friendly environment. “We’re dedicated to having a program that’s good for families, basically it’s just a party for the town to get together,” said Program Director Suzanne Evans. “It’s a very happy event that seems to be drawing more people every year.” Children can enjoy an enchanting fairy garden, face painting, a petting zoo, a juggler, and storytellers among many others. “Last year was such a success that we were going to do it again this year,” continued Evans. “We are absolutely positive that this year is going to be just as fun.” First Night Sandwich 2020 is set to take place Tuesday, December 31st from 4 to 9 p.m. on Water Street and Main Street in Sandwich.

Program Title: Flu Season

Program Description: As the flu season arrives, the Massachusetts Department of Public Health (DPH) is urging people to get vaccinations now to protect themselves and others from the spread of the flu. Surveillance monitoring and reporting for the 2019-20 flu season began last week. 82 lab-confirmed flu cases have been reported in the state since the beginning of September, which is within the expected range for this time of year. The DPH recommends getting a flu vaccine as soon as possible, washing your hands regularly and thoroughly, covering your mouth and nose with your sleeve when sneezing, staying at home when you or a child are sick with a fever and cough or sore throat, and contacting your healthcare provider immediately if you think you have the flu.

Program Title: MSPCA

Program Description: The cold weather is here to stay and MSPCA Cape Cod is reminding the public to be careful with their pets outside. “You never know, the weather can change in the drop of the hat,” said Brittany Pickul of MSPCA Cape Cod. “You just want to make sure you have a plan.” The organization has issued several cold weather safety tips to help Cape Cod residents keep their pets warm and away from harm this winter.

Keep your pets warm and indoors – Cats should always stay inside as cats left outdoors may stay warm in car wheel wells or under hoods. Always make sure to wake any sleeping animals by tapping on your car hood before starting the engine.

Trips outside should remain short during the winter months – While dogs need outdoor exercise, lengthy walks can prove harmful especially when wind chill is a factor.

Dogs should remain leashed and supervised when outdoors throughout the year – However in the winter, do not bring them near bodies of water even if they appear frozen.

Be cautious when walking shorthaired dogs – Shorthaired dogs, such as Greyhounds, Beagles, Chihuahuas, and clipped breeds should be dressed in protective clothing. Dogs can develop frostbite and hypothermia if exposed to freezing temperatures for too long. While some breeds may have thick fur coats and enjoy being out in the snow, such as arctic dog breeds, many others do not have thick fur coats and might need a little help to stay warm. When looking for a jacket, make sure it does not restrict your dog's movement, and is simple to take on and off.

December 15 – Sunday Journal

Program Title: First Night Chatham

Program Description: With the end of the year fast approaching, residents in Chatham are preparing for the First Night Chatham event that will kick off on New Year's Eve day. Entering its 29th year, the family friendly event is alcohol free and features over 70 performances and activities such as the town photo at Chatham Lighthouse, a bubble wrap stomp, and fireworks at Veterans Field and Oyster Pond. "It's very exciting when you see the number of people that show up and the joy of this particular event is we try to appeal to everybody, young parents, older people, kids by themselves," said First Night Chatham Committee Member John Reed. This year, First Night's theme is "Strike up the Band" as many musical acts are set to perform throughout the celebration. "This year our theme is 'Strike up the Bad' and we are striking up a lot of bands, it's going to be great," said Committee Chair, Sally Stratman. "We'll have an Eagles tribute band, a Beatles tribute band, and a Chicago tribute band. Included also will be a digital accordion orchestra and the Cape Cod Ukulele Club. We have a wide range of bands to be celebrating." Due to the recent passing of Richard Clifford, the creator of the Countdown to Cod, the cod will not be a part of this year's festivities.

Program Title: Homeless Person's Memorial

Program Description: The Hyannis Federated Church will be hosting the Homeless Persons' Memorial Service in honor of the men and women who have died in 2019 while experiencing homelessness. "The Memorial Service is an opportunity for the community to come together with the homeless community and celebrate the lives of the people we have lost over the past year and the people who have experienced homelessness," said Pamela Wannie, Spiritual Care Provider at Duffy Health Center. Duffy Health Center is one of many local organizations sponsoring the event alongside Cape Cod Council of Churches, Cape Cod Synagogue, and others. Wannie said the memorial will feature the names of every individual lost during the year, rather than the memorial being a generalized service. "It's really important just thinking about how we speak about people who are experiencing homelessness. They're people first—they're not homeless people—they're people who are experiencing homelessness," Wannie said. The National Coalition for the Homeless and the National Health Care for the Homeless Council traditionally hold the event close to the longest night of the year to remember the harsh temperatures the people experiencing homeless face in the winter months, though this year the event is a couple days earlier.

Program Title: Salvation Army

Program Description: With Christmas right around the corner, stores and malls across the country are filled with last-minute shoppers. The Salvation Army of Hyannis will also be turning out at area stores for the final retail rush, collecting donations with the recognizable kettle bell. The organization also runs multiple holiday programs to provide needy children with gifts. Major Cynthia Brown, of the Hyannis Corps, is looking for extra help from holiday shoppers this year in both efforts to make the holiday season extra special for families and children who can't afford to do so. "As far as our kettles go, we're everywhere from Patriot Square to Sandwich this year. We were given the opportunity to go to Sandwich this year at a Stop & Shop. We are all mid-Cape and we're plugging along with the kettle campaign and trying to do the best we can with the money that we raise," Major Brown said. "None of the money goes anywhere but right here on Cape Cod. Now it may go to Yarmouth or it may go to Dennis, but it's staying on the Cape and isn't going anywhere else." The Salvation Army is still seeking donations for the Teens Love Christmas program, which provides families in need with children at the age of 13 or older, with gift cards for these teenagers' presents.

December 22 – Sunday Journal

Program Title: CARE for the Cape & Islands

Program Description: CARE for the Cape and Islands is accepting applications for grants through January 10th. Proposals must meet specific criteria and fit within at least one of five funding themes including environmental education, environmental stewardship, food and culture, infrastructure for community livability, and sense of place. “We’re looking for things that benefit not only our residents but our visitors, and have some long-lasting impact,” said founder and executive director Jill Talladay. Previous grants given out through the Cape and Islands typically range from \$1,000-\$2,000. To be considered you must be a 501c3 non-profit. “It’s important we take care of this special place, it’s important economically and it’s important for our way of life”, said Talladay.

Program Title: Cape Light Compact

Program Description: As the cold and snowy winter weather sets in, Cape Light Compact is offering energy saving tips to Barnstable County residents to help combat high heating costs. The tips include taking advantage of the smart thermostat rebate offered by Cape Light, financing major upgrades with the zero-interest Mass Save loan, and making sure your fireplace is a source of warmth and not chilly drafts. A smart, programmable thermostat is one of the most convenient tools for creating a comfortable living space and avoiding energy waste from heating and cooling. Through a 24/7 Wi-Fi connection, a smart thermostat allows patrons to easily monitor a home’s energy use and adjust heating and cooling settings. The Wi-Fi connection also allows users to adjust settings remotely through smartphones, tablets, or a voice activated system such as the Amazon Alexa. “Many people can take advantage of our Wi-Fi smart thermostats where it can actually be programmed and start to learn the coming and goings of your house,” said Residential Program Manager for Cape Light Compact, Briana Kane.

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Program Title: Mass. Maritime Academy

Program Description: A third-party study on the impact that the Massachusetts Maritime Academy has on the Town of Bourne is almost complete. Selectmen will review the study shortly after its completion. MMA President Francis McDonald told the board at a recent meeting that results were positive. “As an example, we bring more than 10,000 visitors to the town annually. In fact, our visiting nights data was used as part of the financing of the Hampton Inn,” he explained. McDonald also detailed volunteer efforts done by both students and faculty.

He said that 90 Bourne-based employees of MMA spent around \$5 million annually. “We consider the relationship with the town to be a partnership,” McDonald said. “I firmly believe that by working together, we can advance the initiatives for all and advance the prosperity for our students and town residents alike.”

Program Title: John Allen/JFK Hyannis Museum

Program Description: John Allen has officially retired from his position as president of the John F. Kennedy Hyannis Museum. A retirement celebration was held at the museum on Wednesday night. Allen, who turned 75 this year, is feeling bittersweet after stepping down from the position. He did, however, go on to mention that he is confident that the museum will be in good hands with new president, Laura Dambier, who started on October 1. “I’m quite optimistic this next chapter goes on to newer heights, as it does with any succession that’s done well,” Allen said. Allen has overseen projects that included complete exhibit upgrades as well cultural programming expansions across the Cape and Islands area. As he begins his retirement, the museum is undergoing more changes and construction, this time to its courtyard. Allen is excited to see how this project extends the lifetime of the museum. “A whole new chapter opens up, a whole capability that the museum brings,” he said. The museum plans to reopen its doors to the public in a few weeks, according to a post on their Facebook page.