

2nd 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.

April 7 - Sunday Journal Program

Program Title: Housing Assistance Corps. – 45 Years

Program description: Housing Assistance Corporation is celebrating 45 years of community impact this year with a calendar of activities that encourage everyone to get involved in creating housing solutions for our year-round community. “When we help our year-round residents, we help our communities thrive,” said HAC CEO Alisa Galazzi. “One thing we have learned over the years is that our region has a shortage of housing. Today, even people with good jobs struggle to achieve stable housing. The good news is that we can solve this problem as a community.” Housing Assistance remains committed to helping the homeless and the region’s most vulnerable residents. In addition, the agency’s services have expanded to encompass adding housing inventory and services to support the region’s year-round workforce. As Housing Assistance began the year-long celebration of its 45th Anniversary, the nonprofit invited three stakeholders to be Investors of Building Community & Hope by making a commitment to the agency’s Housing Legacy Fund of \$15,000 each.

Program Title: Sail Cape Cod

Program Description: Sail Cape Cod has announced the appointment of their first executive director. Cape Cod native Josh Richards will manage, develop and lead the organization as it moves forward. Richards said he is committed to developing opportunities for the Cape’s population, including those with disabilities, young professionals and the youth population, who many consider undeserved. “We essentially look to offer opportunities to get every individual on Cape Cod out on the water sailing and enjoying an activity that is so quintessential to the Cape’s identity,” said Richards. Since its founding in 2012, Sail Cape Cod has worked to make sailing available to all. Its SeaLegs Adaptive Sailing Program allows people with physical, cognitive and developmental limitations to take part in and enjoy the activity. “We’ve been pretty consistent in getting over 400 folks out on the water over the course of our eight week summer program, for around a thousand sailing lessons,” Richards said.

April 14 - Sunday Journal Program

Program Title: STEM Journey

Program Description: An annual event that showcases science, technology, engineering and math returns to Sandwich High School and STEM Academy this month after it was postponed last month because of weather. STEM Journey VI will run from 11 a.m. to 3 p.m. on April 21 and this year's theme is "The International Space Station and Beyond." The event features more than 40 hands-on activities, The Magic of Chemistry Stage Show, Opening reflections on "An Accidental Career in Science" followed by a Keynote Lecture by NASA on International Space Station Research & the Gateway Lunar Orbiting Platform. "The idea is to keep kids interested in the STEM fields, that science, technology engineering and math are skills that we use everyday," said Jennifer MaClachlan, who owns and operates PID Analyzers with her father and is the founder of STEM Journey. "And to develop that interest and keep that interest and encourage them into to STEM fields and STEM careers."

Program Title: Alzheimer's Support

Program Description: A free conference will be held on Cape Cod in June for Alzheimer's and dementia professionals and caregivers. The Alzheimer's Family Support Center of Cape Cod will host the John Levin Memorial Conference: A Positive Approach to Dementia Care on June 26 from 8:30 a.m. to 4:30 p.m. at the Barnstable Performing Arts Center in Hyannis. The conference will feature nationally known dementia care expert Teepa Snow, who will explain and demonstrate the many things people and communities can do to make life better for people living with forms of dementia. Topics of discussion include building a dementia friendly community, creating a safe and friendly environment, how to communicate with someone who has dementia, and coping with challenging behaviors in dementia care. The conference is open to lay people as well as professionals, including family caregivers, those who work for agencies and facilities, and anyone who serves the public. Continuing education credits for first responders, mental health professionals, social workers, RN's and activities directors are also available.

April 21 – Sunday Journal Program

Program Title: Accessory Dwelling Units

Program Description: Several Cape Cod communities will be taking votes this spring on revised accessory dwelling unit (ADU) zoning bylaw amendments. The bylaw allows for year-round apartments in single-family homes with no affordability restrictions, which is meant to help families meet the high cost of housing, help seniors stay in their homes longer, and increases attainable housing. The amendment also requires that properties comply with all Board

of Health and wastewater regulations, including bedroom limitations. ADUs must be occupied on a year-round basis, and not rented daily, weekly, monthly, according to the draft. After the forums, the planning board will go over the comments and feedback and put them into a final draft that will go before selectmen in advance of town meeting.

Program Title: Harbor Health Dental

Program Description: Outer Cape Health Services and Harbor Health Services have partnered to bring a dental center to Provincetown. Harbor Community Dental Care – Provincetown at Outer Cape Health Services (OCHS) is open and located at 49 Harry Kemp Way in Provincetown. “Harbor Health’s experiences in Harwich and Hyannis have demonstrated that access to high quality, affordable dental care can be transformative to the health of Cape Cod communities,” said Harbor Health Services CEO Chuck Jones. “We’re excited for the opportunity to help sustain access to these much needed services in Outer Cape communities.” All Harbor Health establishments provide a sliding scale of fees based on a patient’s income. The healthcare company also accepts MassHealth. Current patients may recognize many of the dental staff from OCHS who will work with the Harbor team. Harbor also has added additional staffing and has extended their operating hours.

April 28 – Sunday Journal Program

Program Title: Duffy Gala

Program Description: The 10th annual Duffy Health Center Gala will be held at the Barnstable Municipal Airport on May 3rd. The event is Duffy’s largest fundraiser of the year and is an opportunity for community members to come together and celebrate the care that Duffy clinicians provide their patients each day. There will be a silent and live auction, a performance from the Bert Jackson trio, a strolling dinner provided by The Casual Gourmet and a raw bar by The Naked Oyster. “People will be up and walking about and walking to different food stations,” said Duffy Health Center CEO Heidi Nelson. Each guest who purchases a ticket will be entered into a raffle for a chance to board a private Rectrix Challenger jet for a weekend getaway to Nashville, Tennessee. Gala tickets are \$195 and can be purchased online at duffy.givesmart.com. “We have been at a private hangar up to this point so we’re doing something a little bit different for our 10th anniversary gala”, said Nelson.

Program Title: Silent Spring Update

Program Description: Researchers with the Silent Spring Institute are taking the next step in examining the health impacts on children exposed to contaminated drinking water. Dr. Laurel Schaider and her colleagues with the Institute are about to begin the recruitment process in a bid to collect blood samples from children ages 4-6 in Hyannis that have been exposed to drinking water contaminated with PFAS. The researchers will measure PFAS and antibody levels in samples taken shortly after the children receive their final diphtheria and tetanus vaccines. “We will over the next couple of months be starting to recruit pre-school aged children in Hyannis to be part of this PFAS reach study,” said Schaider. The project team will also document the experiences of affected communities by conducting in-depth interviews and ethnographic research. The Hyannis water system has been impacted by PFAS contamination, mostly from the use of firefighting foams at the Barnstable Fire Training Academy and Barnstable Municipal Airport.

May 5 – Sunday Journal Program

Program Title: Provincetown 400

Program Description: The iconic Pilgrim Monument in Provincetown is beginning the celebration of the 400th anniversary of the Mayflower’s first landing in Provincetown in 1620. The Pilgrims signed the Mayflower Compact in Provincetown Harbor before making landfall and spending five weeks at the tip of Cape Cod before migrating to Plymouth. Today, the monument houses the Provincetown Museum, which exhibits the diverse history of the community including the Pilgrims, the Wampanoag people, the Portuguese people and their history in the fishing and whaling industries, the arts and cultural scene of the town, and the LGBT community. The construction of the monument began in 1907, when Teddy Roosevelt laid the first cornerstone of the 252 foot monument. The Pilgrim Monument, which is the oldest non-profit on Cape Cod is helmed by executive director Dr. David Weidner and Board President Courtney Hurst. In the last two years the duo has overseen important initiatives. One of which is the Bradford access project which involves the building of an incline elevator that will bring visitors from a new entrance on Bradford street up the hill to increase accessibility and to further connect the Pilgrim Monument/ Provincetown Museum community.

Program Title: Tick Season

Program Description: Cape and Islands residents are beginning to head outside for spring and state public health officials are raising awareness of the presence of ticks and the diseases they carry. Ticks are most likely found in shady, damp, brushy, wooded and grassy areas. Barnstable County Entomologist and tick expert Larry Dapsis said there is tick activity year-round whenever temperatures are above freezing and there is a break in snow cover. “Tick season

hasn't begun. People season has begun," Dapsis said. Between periods of rain, local residents are getting outside to complete yardwork or participate in recreational activities. "They are crossing paths with ticks that are already out there," Dapsis said. Dapsis said the nymph stage for ticks, which is responsible for 85 percent of all tick-borne illnesses, is underway and will last through August. "Those things are the size of a poppy seed, really difficult to see and easily can elude a tick check," he said.

May 12 – Sunday Journal Program

Program Title: Harbor Walk

Program Description: Cape Abilities is celebrating more than 50 years of service with their annual Harbor Walk. Nearly 1000 walkers will be made up of Cape Abilities participants, their family members, guardians, professional staff, and dedicated community partners. Cape Abilities Communications Manager Troy Smith said this is an important event each year. "This year's event circling around the 50th, it means a lot more to us this time, because if you stop in think about it, 50 years that's incredible, that we have been a part of this community, where our folks have been trained to go out and work and be valued members of the community," he said. The walk takes place along Hyannis Harbor and finishes at the Village Green with entertainment, games, food samplings and live music. What was once a competitive run has transformed in recent years into a much more inclusive event. "We found a lot of guys and gals where just coming to run in it to qualify for the Falmouth road race instead of supporting Cape Abilities, so when we turned it into a walk it became much more family-centric and much more community oriented," he said.

Program Title: Cape Symphony

Program Description: Nearly 300 students from seven schools across Cape Cod will gather at Cape Cod Community College's Tilden Arts Center later this month for a unique and interactive musical experience. Through Carnegie Hall's Link Up program facilitated by the Cape Conservatory, children will actually take part in a Cape Symphony concert under the direction of conductor and artistic director Jung-Ho Pak. The students will sing and play recorder from their seats in the audience. Although the concert is not open to the public, it serves an important purpose by giving young students, mainly in grades 3 through 5, the experience of being part of an orchestra and to inspire them to sing or take up an instrument. Highlights of the concert include Gershwin's "I got Rhythm" variations, Ellington's "It Don't Mean a Thing (If It Ain't Got That Swing)," and Bernstein's "Mambo" from West Side Story.

May 19 - Sunday Journal

Program Title: Cape Playhouse

Program Description: From Comic Thrillers to Musical Comedies, the 93rd season of the Cape Playhouse will be filled with well-known successful plays this year. The Cape Playhouse has a special place in American theatre history as the longest-running professional summer theater in the country. Referred to as the “Place Where Broadway Goes to Summer” by The New York Times, The Cape Playhouse has attracted a long litany of famous actors since its inception in 1927 including Julie Andrews, Bernadette Peters, Olympia Dukakis, Bette Davis, Henry Fonda, Betty White, Gertrude Lawrence and Ginger Rogers to name a few. Recent productions include Judy Kuhn and Mary Testa in *Steel Magnolias*, Julia Murney in *Gypsy* and being named one of the 50 best theatres in America. This summer’s shows include *Little Shop of Horrors*, *A Chorus Line* and *The Importance of Being Earnest*, among others.

Program Title: Summer Worker Safety

Program Description: With college-aged students already home and summer vacation just days away for Cape Cod high schoolers, a local woman is leading an effort to raise the awareness among the young workforce of on the job safety. American Industrial Hygiene Association’s National Task Force on Teen Workplace Health & Safety Chair Jennifer Maclachlan, of Sandwich teamed up with OSHA, NIOSH and the National Safety Council in the My Safe Summer Job campaign. “The idea behind the Teen Workplace Health & Safety Task Force is that we mobilize members of the American Industrial Hygiene Association to go out and teach what’s called ‘Safety Matters.’ It’s a Power Point presentation, jointly developed by AIHA and NIOSH – that’s the National Institute for Occupational Safety and Health. They’re really the educational division of OSHA,” Maclachlan explained. “What we’re trying to do is get out to local schools and connect with local educators. New this year, we’re trying to connect with employers to try to help them make sure that they’re offering safety training to their employees using this training module.”

May 26 - Sunday Journal Program

Program Title – Sandwich Fest

Program Description - More than 90 vendors are expected to take part in next month’s annual Sandwich-Fest. The event aims to find the best sandwich in Sandwich and is organized by the town’s chamber of commerce. Started as a fun spin-off the Town of Sandwich’s name, *SandwichFest* showcases the culinary talents of our local restaurants. Chef-crafted sandwiches

from participating restaurants compete to earn the coveted People's Choice and Judges' Favorite Best Sandwich in Sandwich awards. Ticket holders are the winners as they get to sample all the entries and vote for their favorite! The *Best Sandwich in Sandwich* tent will be located at the Hoxie House along with a Beer and Wine Garden. In addition to the family favorite *Best Sandwich in Sandwich* competition, activities include fun and games on the lawn of the Deacon Eldred property, Young and old alike will love the "Book Olympics" agility competition sponsored by Titcomb's Bookshop and enjoy the Dog Costume Parade and Competition. This and much more awaits fair goers at this celebration of summer.

Program Title – Summer 2019

Program Description - The summer season kicks off this weekend on Cape Cod and tourism leaders and business owners are hoping for another strong year. Cape Cod Chamber of Commerce CEO Wendy Northcross said she is hearing from members that a busy season is expected. Employers are still preparing for peak summer season and are working to secure seasonal help, especially from overseas workers, due to the historically low unemployment. “I’m hearing the pain of not having enough summer staff yet,” Northcross said. “But it is still an optimistic point of view from our members.” Earlier this spring the U.S. Department of Homeland Security authorized an increase to the cap of H-2B visa workers by 30,000 for the rest of the fiscal year in response to pressure from legislators. The temporary worker program has been used by local businesses for decades as it allows employers to bring in foreign workers for up to nine months to fill positions that are unable to be filled with local residents.

June 2 - Sunday Journal Program

Program Title: Mental Health Awareness

Program Description - A listening session focusing on mental health, substance abuse and recovery will take place this month in Barnstable. Led by State Senator Julian Cyr and state Representative Marjorie Decker the session will provide an opportunity for Cape and Islands citizens to be heard as a part of the Joint Committee on Mental Health, Substance Abuse and Recovery’s statewide listening tour. State Representative and House ranking minority member of the committee William Crocker will also participate. The session is set to be held June 12 from 2 to 3:30 p.m. in the Harbor View conference room at the Barnstable County Complex, located at 3195 Main Street, Barnstable Village.

Program Title: Mercy Otis Warren

Program Description: A Chatham resident has been named the 2019 Mercy Otis Warren Cape Cod Woman of the Year. The selection committee, in partnership with the Barnstable County Commissioners, announced that Juliet Bernstein will be the 18th recipient of the award. The award recognizes a woman who exemplifies the traits of leadership in the community and has made significant contributions while embracing the ideals of patriotism. The 105-year-old Bernstein started the Cape Cod Chapter of Fellowship of Reconciliation, an international peace and justice group. She wrote the groups newsletter until she was 100, brought internationally important speakers to F.O.R. events, helped initiate the Olive Branch Award for outstanding activism in peace and justice, and started the F.O.R. peace poetry contest at Nauset Regional Middle School. Bernstein also served as president of the League of Women Voters Cape Cod Chapter, fought for teachers' rights in strikes, pushed resolutions to make Cape Cod towns "nuclear free zones," and successfully advocated for women to participate in the Chatham Town Band.

June 9 - Sunday Journal Program

Program Title: JFK Jr.

Program Description: When it comes to the Kennedys, it's impossible to ignore the family's dominance of the American political landscape. What also can't be ignored is the series of tragic deaths in the family that were in lockstep with the Kennedy's power, wealth and fame. Coinciding with the 20-year anniversary of his death, the John F. Kennedy Hyannis Museum is ushering in a new special exhibit commemorating the life of John F. Kennedy Jr. and his connection to Cape Cod through photographs, video, quotes, text and artifacts. "There's kind of two chapters of John F. Kennedy Jr. and that's the young two-to-three year old that people saw and watched, and then there was this grown up John F. Kennedy Jr., who was aspiring and ready to launch his career," said Museum Executive Director John Allen. "It's interesting, that in our preparation for this to find material, there's not a lot that's readily out there, it really took some looking. The second part is that many of the articles and images are private. They just never stayed in circulation, so they are very limited and in many cases seldom seen."

Program Title: Hyannis Sound

Program Description: The young men of 'Hyannis Sound' are back for the 2019 summer season including three new vocalists, and an entirely new set list. Cape Cod's all-male professional a cappella group is comprised of ten members from around the country sporting a diverse repertoire, aimed at audience's aged 5 to 95. Tickets to see the group are sold at the door, and are \$15 for adults, \$10 for children under the age of 10, and seniors over the age of 65.

June 16 – Sunday Journal

Program Title: Heritage Museums and Gardens

Program Description: The celebration continues on as Heritage Museums and Gardens recognizes its 50th anniversary this year. Heritage has multiple events planned throughout the year to celebrate the organizations 50th year in operations, with perhaps the most significant celebration falling on Saturday. The Heritage Museums and Gardens 50th Anniversary Celebration Day - a.k.a. Heritage's Birthday Party, kicks off on June 15. Heritage first opened to the public on June 15, 1969. "We are really excited to celebrate this weekend. Heritage officially opened its doors to the public on June 15, 1969," said Heritage Director of Programming Heather Mead. "In honor of the special day on this Saturday, June 15, exactly 50 years to the day, we're celebrating with a party themed day filled with fun activities for the whole family and we're rolling back to 1969's original \$1.50 admission price." Museum founders J.K. Lilly III and his wife, Josephine, moved from idea to execution with Heritage Museums and Gardens. J.K. Jr. died in May of 1966. The son purchased many items from his father's estate, including firearms, paintings, and military miniatures, that would later form the foundation for Heritage's collection.

Program Title: Gosnold of Cape Cod

In an effort to serve a wider geographic area on the lower and outer Cape, Gosnold on Cape Cod has announced a new approach to their addiction services in the region. At the end of next month, the company will shutter their present facility on Route 6A in Orleans in favor of a more integrated philosophy toward patient care. As part of the new arrangement, Gosnold plans to identify and secure a variety of new sites, co-located with community partners and other organizations. Allie Anderson, Chief Clinical Officer at Gosnold said that the agency has some experience with this sort of conversion. "We actually downsized our Provincetown location to do a similar venture and that has been going well," she explained. "We have a location in Provincetown and we also have satellite offices in Wellfleet and Truro so we're going to be expanding our hours at those locations well." In a statement outlining the plan Gosnold says that the move will "afford greater access to services for the treatment of substance use and mental health challenges."

June 23 – Sunday Journal

Program Title: Oysters and Champagne

Ticket sales are now open for the 2nd Annual Oysters & Champagne fundraising event in July. Housing Assistance Corporation (HAC) hosts the event, which will take place this year on Thursday, July 11 from 5:00 p.m. through 7:00 p.m. at the Wequasset Resort. Guests will enjoy locally-harvested oysters paired with complimentary sparkling beverages. Funds raised will support Housing Assistance's vision of a region where everyone has a safe and stable place to call home and an opportunity to contribute to a thriving year-round community. "This is a great night out for a great cause. Guests will not only savor oysters harvested in Dennis, Chatham, and Wellfleet, but also learn more about Housing Assistance and our exciting new initiatives, including our housing advocacy programs and our Housing Legacy Fund," said Chief Development Officer Anne Van Vleck. "We established the Housing Legacy Fund last year with the Cape Cod Foundation so that donors could invest in the future sustainability of housing services in our region. Response has been so enthusiastic that Housing Assistance has committed to raising \$1 million for the legacy fund over five years, by the time our agency celebrates its 50th year of service."