

**CodComm Inc**  
**WPXC-WHYA-WFRQ-WKIFY**  
**Quarterly Issues and Programs List**  
**Q3 2019**  
**July 1-September 30, 2019**

**SECTION 1: QUARTERLY PROBLEMS AND ISSUES**

**1. Substance Abuse – Opiate Addiction:** State leaders have identified opiate abuse as an epidemic across Massachusetts. A recent County assessment of substance abuse said the same, and also called alcoholism an endemic problem on Cape Cod. The issue affects those of all genders, ages, races, and socio-economic status.

**2. Breast Cancer:** In 1993, statewide data from the Massachusetts Cancer Registry showed breast cancer incidence rates were significantly higher on Cape Cod than in the rest of Massachusetts. We address this each quarter and attempt to help find prevention and cures.

**3. Mental Health - Suicide:** Nearly 450 million people worldwide are currently living with a mental illness, yet nearly two thirds of people with a known mental illness never seek treatment. We addressed this subject in Q3 and attempt to increase awareness and seek answers.

**4. Wildlife Conservation:** The health and wellbeing of Cape Cod's living creatures is constantly being threatened. In this quarter we attack this issue.

**6. Poverty:** Cape Cod may be the home to some of the wealthiest Americans. At the other end of that spectrum, there are many who live day to day, and paycheck to paycheck. There are many organizations who are helping to bridge this gap.

**SECTION 2: QUARTERLY PROGRAMS**

**CATEGORY / ISSUE – Breast Cancer**

**DATE OF SHOW – June 9, 2019**

**LENGTH OF SHOW – 20:36**

**GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION –** Cheryl Osimo from the Massachusetts Breast Cancer Coalition and Judy Johnson from Toyota.

**SUBJECT MATTER –** In this interview, Cheryl Osimo returns with Judy Johnson to talk specifically about breast cancer and how Against the Tide helps the MBCC work towards preventing breast cancer. Cheryl goes into further detail about how dangerous chemicals that were used in firefighting gear can lead to all sorts of cancer related health problems.

**CATEGORY / ISSUE –** Mental Health

**DATE OF SHOW –** July 7, 2019 and July 14, 2019

**LENGTH OF SHOW – 26:56**

**GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION –** Ralph Cahoon: Counselor at Spartina Counseling

**SUBJECT MATTER –** Inside Cape Cod welcomes Ralph Cahoon from Spartina Counseling to talk about the stigma of seeking help for mental issues. Ralph addresses the need of self help and how listeners can get started in helping to be more mentally healthy and conscious.

**CATEGORY / ISSUE –** Breast Cancer

**DATE OF SHOW –** July 21, 2019 and July 28, 2019 and August 4, 2019

**LENGTH OF SHOW – 26:00**

**GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION –** Cheryl Osimo - Director Mass Breast Cancer Coalition and Nicole Stanley - Mashpee Fire Lieutenant

**SUBJECT MATTER –** In preparation for the MBCC's yearly "Against The

Tide" fundraiser at Nickerson State Park on August 17, Nicole Stanley discusses her remission from breast cancer and the progress being made to help find a cure. She will be the "Walk leader" along with Codcomm station manager Steve McVie who conducted the interview. Cheryl Osimo added detailed specific information supporting the various local programs dealing with finding a cure for breast cancer.

**CATEGORY / ISSUE** – Wildlife Conservation

**DATE OF SHOW** – August 11, 2019

**LENGTH OF SHOW** – 21:25

**GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION** – Zac Mertz from Cape Cod Wildlife Center

**SUBJECT MATTER** – Inside Cape Cod travels to the Cape Cod Wildlife Center to investigate the issues faced in wildlife conservation. Zac Mertz gets into detail of how we as human beings affect Cape Cod's wildlife and what we can do to help with the conservation and care for our local wildlife.

**CATEGORY / ISSUE** – Poverty

**DATE OF SHOW** – August 18, 2019

**LENGTH OF SHOW** – 26:31

**GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION** – Kelsey Ellis; Davenport Companies / Seaside Lemans

**SUBJECT MATTER** – Inside Cape Cod talks with Kelsey Ellis from The Davenport Companies about helping needy families in conjunction with their event in Mashpee Commons known as Seaside Lemans. Kelsey gets into the philanthropic aspect of Seaside Lemans by spotlighting the organizations that benefit the community.

**CATEGORY / ISSUE** – Substance Abuse - Opioid Addiction

**DATE OF SHOW** – August 25, 2019 and September 1, 2019

**LENGTH OF SHOW** – 26:08

**GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION –**

Patricia Mitrokostas from Gosnold

**SUBJECT MATTER** – Inside Cape Cod travels to Gosnold's corporate office to discuss the issues with drug use on Cape Cod. Patricia addresses the stigma of drug addiction and sheds some light on what problems addicts face as well as how their outreach program helps to get Cape Codders in treatment so that they may live drug free lives.

**CATEGORY / ISSUE** – Special Needs – Behavioral Disabilities

**DATE OF SHOW** – September 8, 2019

**LENGTH OF SHOW** – 20:46

**GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION –**

Heather Bish from Project Forward

**SUBJECT MATTER** – In this edition of Inside Cape Cod, we sit down with Heather Bish from Project Forward to discuss the issues of people with special needs on Cape Cod. Heather gets into detail on how Project Forward helps people with special needs transition into work environments.

**CATEGORY / ISSUE** – Substance Abuse

**DATE OF SHOW** – September 15, 2019

**LENGTH OF SHOW** – 23:25

**GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION –** Amy

Doherty: CEO Wellstrong and David Lewis: Father / David Lewis 5K

**SUBJECT MATTER** – Inside Cape Cod discusses the David Lewis 5k with Amy Doherty and her father David Lewis Sr. Amy and David talk about how Wellstrong helps people in recovery to have a non-judgmental

environment to seek help and heal. David Lewis describes his story suffering from alcohol abuse and how places like Wellstrong are essential to helping end stigma and give recovering addicts a community to belong to and help heal their addiction.

**CATEGORY / ISSUE** – Mental Health / Suicide

**DATE OF SHOW** – September 22, 2019

**LENGTH OF SHOW** – 29:30

**GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION** – David O'Leary from the American Foundation for Suicide Prevention

**SUBJECT MATTER** – In this episode of Inside Cape Cod, we travel off Cape to speak with David O'Leary from The American Foundation of Suicide Prevention. David talks about the upcoming Out of the Dark walk for suicide prevention as well as the stigma surrounding suicide and those who suffer from suicidal thoughts.

**CATEGORY / ISSUE** – Substance Abuse

**DATE OF SHOW** – September 29, 2019

**LENGTH OF SHOW** – 24:06

**GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION** – Chris Hills from Recovery Radio

**SUBJECT MATTER** – In this interview, we travel to the office of Cape Cod Community College's radio station 90.7 WKKL, to talk about Recovery Radio and its mission to help people in recovery on Cape Cod. Chris Hills describes the incredible stories behind his guests in recovery and debunks some of the stigma surrounding the process of recovering from substance abuse.