

INSIDE CAPE COD is a thirty-minute community affairs program for Cape Cod and the Islands, MA, produced in-house by CodComm, Inc. This program broadcasts every Sunday morning at 6 a.m. on WPXC-FM (102.9), WHYA-FM (101.1) WFRQ-FM (93.5) and WKFY-FM (98.7)

MBCC/Against the Tide

Classification: medical, community

Broadcast date: July 6, August 3, August 10

Cheryl Osimo and her two guests discussed all the details about the upcoming Against the Tide events in Hopkinton, MA, and at Nickerson State Park in Brewster, MA. For more details go to: <http://www.firstgiving.com/mbcc/>

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32<sup>nd</sup> Annual Grecian Festival

Classification: community

Broadcast date: July 13, 2014

Catherine DiMauro - Chairman of the 2014 Grecian Festival, and Pat Trempellas Talked about their big event on July 18 – 20<sup>th</sup> at the Greek Orthodox Church in Centerville.

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American Liver Foundation

Classification: medical/hospital/health

Broadcast date: July 20, 2014

Synopsis: Scott and his studio guests talk about the health of the human liver. Samantha Masterson joins us via Skype from the American Liver Foundation in Newton, MA. Laurel Welch, who resides on Cape Cod was the recipient of a liver transplant in 2011.

American Liver Foundation: [www.liverfoundation.org](http://www.liverfoundation.org)

Donate Life: <http://donatelife.net/>

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Gosnold on Cape Cod

Classification: community health

Broadcast date: July 27, August 24

Synopsis: President/CEO of Gosnold on Cape Cod, Ray Tamasi, joined Scott to discuss his concerns regarding the state of addictive prescription medication and its epidemic effects on the youth and elderly on Cape Cod.

Gosnold on Cape Cod: <http://www.gosnold.org/>

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Greg O'Brien  
Author "On Pluto – Inside the Mind of Alzheimers"  
Classification: community, medical  
Broadcast date: August 17, August 31

A Cape Cod resident, Greg has an outstanding ability to communicate the patient perspective of living with this condition, the symptom burden, longitudinal course of the disease, impact on family, etc. We believe this book provides invaluable information to help family, caregivers, health care professionals, as well as industry clinical development teams to "get an inside glimpse" of living with this insidious disease, and thus better understand and help patients living with this condition. He hopes to also give people the blueprint of how to fight through this disease. [ON PLUTO: Inside the Mind of Alzheimer's](#) was written to raise awareness and inspire people to request that research money entrusted to the NIH to be [directed toward finding a cure](#).

Website: <http://onpluto.org/>

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Up With People  
Lorna Murphy Durran  
Promotion Manager  
Classification: community  
Broadcast date: Sept. 7

The international singing & entertainment troop "Up with People" traveled to Barnstable High School for multiple performances on Thursday, September 11. Lorna gave us an inside tour of secrets of traveling with a cast of 100 young people.

Website: <http://www.upwithpeople.org/>

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Dr. Christine Horner  
Waking the Warrior Goddess  
Classification: medical  
Broadcast date: September 14

Brest Cancer Awareness month brings Inside Cape Cod an in-depth interview with Dr. Horner. She describes many factors that can lead to Breast Cancer, including a unique lifestyle change women can adopt starting in the pre-teen years, through each decade of life to age 40, can cut the risk of cancer in half, or eradicate the threat of cancer (including: tofu, alternatives to the HPV vaccine, probiotics, skipping bars and alternate screenings for mammograms).

Website: [www.drchristinehorner.com](http://www.drchristinehorner.com) and [www.facebook.com/drchristinehorner](http://www.facebook.com/drchristinehorner)

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Flower Angels U.S.A.  
Broadcast date: September 21  
Classification: community

Suzanne Carter:  
Mara: [maraschusterman@gmail.com](mailto:maraschusterman@gmail.com)  
Ro: [bunsie2@gmail.com](mailto:bunsie2@gmail.com)  
Stacey: [ssmith@capecodlife.com](mailto:ssmith@capecodlife.com)

Scott had a full studio with the volunteers of Flower Angels U.S.A. A non-profit group that takes flowers to the elderly in nursing homes. 85% of those in a nursing home are abandoned. Flower Angels is spreading warmth and happiness to many who are in their twilight years. Flower Angels USA is Cape Cod based, founded by Suzanne Carter.

Website: [www.flowerangelsusa.org](http://www.flowerangelsusa.org)  
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David Foreman  
Retired Pharmacist  
Topic: Slow Carb vs. No Carbs (The Obesity Infection)  
Broadcast date: September 28

As a retire pharmacist, Dave's related his knowledge of nutritional health extremely to the Cape Cod listening audience. Among his many topics, he described his Four Pillars of Health and how carbohydrates can lead to obesity and high cholesterol.

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