

1st Quarter 2015 –

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

Segment times 17:30 unless otherwise indicated.

January 4th, 2015 – Sunday Journal Program

Podcast Title: Coyotes (17:40)

Podcast Description: Local wildlife biologist Jonathan Way talks about his research on coyotes and why he says state officials are trying to block it.

Podcast Title: Arts District (15:51)

Podcast Description: Melissa Hersh, the Town of Barnstable's Arts and Culture Coordinator talks about upcoming projects.

Podcast Title: Land Conservation (18:19)

Podcast Description: Mark Robinson from the Compact of Cape Cod Conservation Trusts explains why he believes preserving open space is good for the Cape Cod economy.

January 11th, 2015 – Sunday Journal Program

Podcast Title: Sea Glass (16:51)

Podcast Description: Author Nancy Woodside talks about her new book "Sea Glass: Women Speak From America's Newest Plantations," which includes the writings of homeless women on the Cape.

Podcast Title: Three Bays Preservation (16:21)

Podcast Description: Lindsey Counsell and Michael Moynihan of Three Bays Preservation discuss efforts to improve the water quality of one of Barnstable's largest embayments..

Podcast Title: Addiction Group (17:28)

Podcast Description: John McInnis, a former probation officer who is now an addiction counselor, talks about the opiate abuse epidemic and a new support group.

January 18th, 2015 – Sunday Journal Program

Podcast Title: SSA (17:02)

Podcast Description: Steamship Authority General Manager Wayne Lamson explains the boatline's latest projects and the reason for rate increases.

Podcast Title: Plain Talk (17:04)

Podcast Description: Zoe Wolf and Siobhan Henshaw are twentysomethings who have started a nonprofit called Plain Talk to help young people be more engaged in the Cape Cod community.

Podcast Title: Fitness (16:15)

Podcast Description: Julie Johnson, a local personal trainer, discusses how anyone can start a fitness program, even in the middle of winter.

January 25th, 2015 – Sunday Journal Program

Podcast Title: Bridgewater State (16:46)

Podcast Description: Jennifer True of Bridgewater State University talks about the opening of the Cape's first four year college.

Podcast Title: Independent Schools (16:54)

Podcast Description: Suzanne Lawson of Bridgeview Montessori School, Peg Haskell of Trinity Christian Academy and Amy Galvam of Waldorf School of Cape Cod talk about the challenges for independent schools on the Cape.

Podcast Title: Gun Violence (17:55)

Podcast Description: Donna Hannigan, one of the early members of Grandmothers Against Gun Violence, talks about how the organization has evolved since its founding two years ago.

February 1, 2015 – Sunday Journal Program

Podcast Title: Cheryl Bartlett (17:37)

Podcast Description: Cheryl Bartlett, former Commissioner of the state Department of Public Health, is now leading the Cape Cod Regional Substance Abuse Prevention Initiative. We hear her plans.

Podcast Title: Domestic Violence (17:44)

Podcast Description: Lysetta Hurge-Putnam, executive director of Independence House, talks about the problem of domestic violence on Cape Cod.

Podcast Title: Calmer Choice (17:36)

Podcast Description: Fiona Jensen and David Troutman of Calmer Choice talk about how the nonprofit works with schools.

February 8, 2015 – Sunday Journal Program

Podcast Title: Shelter Concert (17:49)

Podcast Description: The Annual Shelter from the Storm Concert is a concert featuring music, singing and dance from talented local students. We hear about from Cape Cod Academy teacher Larry Brown and students Emily Brady and Addy Terry Welsh.

Podcast Title: Seals (16:45)

Podcast Description: NOAA Fisheries Scientist Gordon Waring discusses his research on seals off the coast of Chatham and Nantucket.

Podcast Title: Relay for Life (16:16)

Podcast Description: The annual Relay for Life event on the mid Cape is not until June 20 but on Valentine's Day there will be a run/walk event to raise money for it. Hyannis sisters Susie Frost and Mary Duchesney explain.

February 15, 2015 – Sunday Journal Program

Podcast Title: Symphony (17:40)

Podcast Description: Jerome Karter, Executive Director of the Cape Cod Symphony and the Cape Cod Conservatory talks about the project to construct a new symphony hall in Hyannis.

Podcast Title: K9 Relief Fund (16:48)

Podcast Description: Retired police dogs are the focus of the Cape and Islands Police K-9 Relief Fund. Founder Joe Ambrosini, a former K-9 officer, talks about their upcoming fundraiser.

Podcast Title: Hydrangeas (16:31)

Podcast Description: The Cape Cod Hydrangea Festival is new 10-day event happening this July. C.L. Fornari explains how she came up with the idea.

February 22, 2015 – Sunday Journal Program

Podcast Title: Heart Health (16:44)

Podcast Description: Cardiologists Dr. Mallory Hatfield and Dr. Elissa Thompson give heart healthy tips that everyone can use.

Podcast Title: Hoarding (16:28)

Podcast Description: Denise Egan Stack, a mental health consultant for the Cape Cod Hoarding Task Force, discusses the issues local officials are faced with when dealing with this complex issue.

Podcast Title: Autism (16:49)

Podcast Description: Bill Cannata of the Autism & Law Enforcement Education Coalition, Kathy Ohman of Forward, and Glenn Loomis of Cape Abilities discuss a program for families of children with special needs.

March 1, 2015 – Sunday Journal Program

Podcast Title: St. Patrick's Parade (18:00)

Podcast Description: Cape Cod St. Patrick's Parade organizers Tom MacCormaic and John Fallon give a preview of the annual event.

Podcast Title: Marine Life Center (16:32)

Podcast Description: Kathy Zagzebski, president and executive director of the Marine Life Center, describes one of the center's busiest winters yet.

Podcast Title: Center for Women (16:19)

Podcast Description: Diane Pratt, executive director of the Cape Cod Center for Women, talks about the issue of domestic violence.

March 8, 2015 – Sunday Journal Program

Podcast Title: Mary Czajkowski (17:43)

Podcast Description: Barnstable Schools Superintendent Dr. Mary Czajkowski discusses highlights and challenges during her term as head of the Cape's largest school district.

Podcast Title: CHAMP Homes (16:53)

Podcast Description: The new leadership team at CHAMP Homes, Beth Wade, Rick Brigham, and Deborah Carr, talk about how they got involved with the organization and plans for the future.

Podcast Title: Friends of Yarmouth Council on Aging (17:09)

Podcast Description: Christine Carey and Del Patton give an overview of the Friends of the Yarmouth Council on Aging, including what projects they are working on now.

March 15, 2015 – Sunday Journal Program

Podcast Title: Youth Summit (16:54)

Podcast Description: Barnstable Town Councilor Jennifer Cullum of Hyannis gives an overview of the inaugural Seventh Grade Youth Summit on March 19 and 20, 2015.

Podcast Title: Dad Talk (16:51)

Podcast Description: Cindy Horgan of Cape Cod Children's Place and Paul Melville, a family support specialist, explain the need for a group focused on fathers.

Podcast Title: Science Cafe (15:59)

Podcast Description: Jennifer Maclachlan and Jack Driscoll explain what's on the agenda at an upcoming Cape Cod Science Café focused on ocean discovery on March 28 at Cape Cod Community College.

March 22, 2015 – Sunday Journal Program

Podcast Title: Family Pantry (18:47)

Podcast Description: We talk about the Lower Cape economy with Mary Anderson, executive director of the Family Pantry of Cape Cod, and Mary Camenga, board chair of the Family Pantry.

Podcast Title: Herring Run (15:02)

Podcast Description: Spring is the time for the annual migration of herring. Judy Heller from Three Bays Preservation and Barnstable Natural Resources Officer and Herring Warden Amy Croteau fill us in.

Podcast Title: Poetry Out Loud (16:32)

Podcast Description: Thea Goldman, a freshman at Sturgis Charter Public School, is a Poetry Out Loud state finalist this year. Thea and Sturgis Librarian Kate Dunigan AtLee explain what Poetry Out Loud is all about.

March 29, 2015 – Sunday Journal Program

Podcast Title: Monomoy Refuge (18:47)

Podcast Description: Monomoy National Wildlife Refuge Manager Libby Herland and Kate Iaquinto, a wildlife biologist at Monomoy, explain the purpose of the refuge and the reasons behind its new conservation plan.

Podcast Title: Chatham Officials on Monomoy Plan (19:06)

Podcast Description: Chairman of the Chatham Board of Selectmen Sean Summers and Chatham Director of Health and Environment Bob Duncanson explain why the town is opposed to the Monomoy Refuge's new conservation plan.

Podcast Title: Summer Workers (15:02)

Podcast Description: Jane Nichols Bishop of Peak Season Workforce talks about the seasonal workforce on the Cape and the issues with H2B visas this year.