

1st Quarter 2021

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

Segment times 17:30 unless otherwise indicated.

January 10 - Sunday Journal Program

Program Title: MLK Memorial Service

Program description: No Place for Hate Falmouth (NPFH) will be hosting its 13th annual Rev. Dr. Martin Luther King, Jr. Breakfast, to honor Dr. King's legacy. The NPFH is an organization dedicated to promoting respect for all people and combatting bias based on race, sexual orientation, gender identity or expression, and religion. This year, Donique R. McIntosh, advocate for social justice with a doctorate in social just education, will be a guest speaker and will be giving a presentation titled "A Restless Determination." There will also be live music as well as a full breakfast. The breakfast will be held January 20, from 9:30 to 11:30 am at the Sea Crest Hotel in North Falmouth. Doors will be open at 9. Admission is \$22 for adults and \$12 for students. Tickets will be sold at the door for \$25 and \$15, though the NPFH warns space is limited.

Program Title: YMCA Cape Cod

Program Description: The Y Founders Fundraising Drive for Falmouth recently received a \$5000 grant from the Martha's Vineyard Bank Charitable Foundation. The money will go towards site permitting for a new Y location near Brick Kiln Road and Gifford Street. Plans for the new Y were initiated in response to a need for affordable childcare in the Upper Cape area. The grant by the bank was one of many charitable donations received for the project. "You know who has really stepped up most is a lot of people who are actively volunteering to raise money for the campaign. They are also contributing significant gifts," said Stacie Peugh, President and CEO of YMCA Cape Cod. With all the help received from the community and charitable organizations, Stacie and others are excited about the progress being made on this project.

Program Title: Barnstable County Cooperative Extension

Program Description: Barnstable County Commissioners recently authorized a \$1,133,210 grant for the Cape Cod Cooperative Extension. The grant is part of an agreement from the United States National Oceanic and Atmospheric Administration through the Woods Hole Oceanographic Institution. It will support the Woods Hole Sea Grant Marine Extension Program through January 31, 2022 for changing project obligations, add funds for Project Year 4 and

extend the current budget period, said county officials. Cape Cod Cooperative Extension Director Mike Maguire said that the grant is part of routine operations. The four-year omnibus funding that we received through the large sea grant funding comes in four-year blocks. We have to project budgets out essentially five years ahead of time and there's often excess funds that are the result of our best estimates. We don't have a crystal ball," said Maguire. He also said that the funding also has the ability to assist towns in COVID-19 pandemic relief through sub awards.

January 17 – Sunday Journal Program

Program Title: Economic Sustainability

Program Description: A six-part web series on economics and sustainability will be hosted on Zoom remotely to educate residents on the impacts their choices can have on the environment at an individual level. Host of the classes and Executive Director of the nonprofit Sustainable Practices, Madhavi Venkatesan, PhD, said that the course is designed to help residents improve their economic literacy and understand how it impacts their daily lives. "We are living in an economic system; we are all economic agents. The framework of our economic system is what guides us whether we are conscious of it or not in terms of our behaviors and what we think about our social norms for our behaviors," said Venkatesan. She said that the sessions, based on a college course she developed on the same topic, will also cover issues ranging from defining the role of the GDP in culture, aligning sustainability with the present economic system, and how equity and justice relate to sustainability.

Program Title: Climate Change

Program Description: Upcoming public meetings regarding climate change will be sponsored by Saint Barnabas Episcopal Church. The four PSA meetings--entitled "What is the Climate Emergency?"--will be streaming on Zoom on Wednesdays from 7 to 8:30 p.m. Topics include how the issue got to its current point and what can be done in the future to resolve climate-based problems.

January 24 – Sunday Journal Program

Program Title: Food Access

Program Description: Governor Charlie Baker recently announced that the state is awarding over \$4.7 million to support food security across Massachusetts amid the ongoing COVID-19 outbreak. The funding is part of the fifth round of the new \$36 million Food Security Infrastructure Grant Program created following recommendations from the Baker-Polito Administration's COVID-19 Command Center's Food Security Task Force. "Through a \$56 million investment through our Food Security Task Force, our Administration is committed to

investing in our local food infrastructure and ensuring a secure supply of food, which will enable us to ensure that families throughout Massachusetts can access local, nutritious food as they continue to meet the challenges created by the pandemic.” Farming Falmouth, Inc. will receive \$5,600 from the funds to support locally grown farmed vegetables accessible by those with disabilities.

Program Title: Potted Plants for Seniors

Program Description: Despite challenges imposed by the ongoing COVID-19 pandemic, Potted Plants for Seniors, Inc. has adapted and grown to spread positivity to Cape Cod’s older residents and veterans. Founder and President for the organization, Sarah Dennis, said that this year—the organization’s inaugural season—they performed over 12,000 deliveries of decorated potted plants to seniors. The organization also provided other services related to improving the lives of older residents, including being brought on with Cape Cod Veterans to maintain the Veterans Parks and Memorial on Cape. Merrill Park in West Dennis was one location that received significant clean-up work from the organization, which will be back in spring and summer to finish the job. Other projects include adding green spaces for seniors to enjoy across Cape.

January 31 – Sunday Journal Program

Program Title: Cape Cod Museum of Art

Program Description: Through Young Eyes, an exhibition by the Cape Cod Museum of Arts, will be hosted from now until April 18 of this year. The exhibition features works by several students from the region in grades K-12. Art is submitted by teachers, some of whom also have their own work on display. This is the eighteenth annual student exhibition done by the museum and the Cape Cod and Islands Art Educators Association. One of the aims of the program is to highlight art education in the region. The exhibition spans throughout Massachusetts Youth Art Month which takes place during the month of March. Different varieties of art are featured, such as sculptures, paintings, metal work, and multi-media pieces. A virtual tour of the exhibit will be hosted through Zoom on February 24 from 5:30-7:30pm.

Program Title: Cape Cod Council of Churches

Program Description: As the COVID-19 outbreak continues, the First Church Sandwich is donating \$2,500 to the Cape Cod Council of Churches food pantry and family kitchen. The money was raised through the “Winter Soup Lunches” that the First Church of Sandwich runs in January in February. The lunches were originally started to give those who are not snow-birds a place to gather with friends during the winter months. They grew to become a winter community building event in the town. Each week during the lunches, individuals would give monetary

donations to help support the soup making efforts. When the pandemic hit the area and people started to become food insecure, the leaders of the “Winter Soup Lunches” saw an opportunity to continue their mission of community support. “Those of us who volunteer at our winter soup lunches have always viewed our efforts as a way to bring the community together by feeding the belly and feeding the soul,” said Walley King, one of the leaders of the First Church.

February 7 – Sunday Journal Program

Program Title: Alzheimer’s Family Support

Program Description: The Alzheimer’s Family Support Center of Cape Cod has been working to provide those suffering with memory loss the assistance they need to stay safe, healthy and connected to their community during the pandemic. Melissa Weidman, Director of Community Engagement for the organization, said that closures induced by the pandemic have been an opportunity to connect in new ways with the roughly 10,000 residents living on Cape Cod dealing with memory loss. “We were able to transition all of our services to become virtual. Right now, we are running 45 support groups on Zoom and we have trained so many people in their 70s, 80s, even 90s, how to get on Zoom which was a tremendous experience,” said Weidman. Weidman said that they also have been providing one-on-one counselling services and multi-session training classes for caregivers in virtual formats. The organization has also been able to host larger-scale events, including a 1,200-attendee conference in August.

Program Title: Truro Climate Change Forum

Program Description - The Climate Action Committee (CAC) has been launched in Truro. The CAC was established as a way to study the impact of greenhouse gases within Truro, as well as the vulnerability of the town's residents, businesses, and buildings to climate change. The committee will be recommending new policies or changes to practices, while also educating residents and visitors about safe environmental practices. Some of the specific aspects of the environment that the CAC will look into include air and water quality.

Program Title: Tick Awareness

Program Description: During the coronavirus outbreak, people are looking at outdoor activities as a way to manage stress. That's prompting Barnstable County Entomologist Larry Dapsis to remind the public to be mindful of ticks. “Ticks have not read the book on social distancing,” Dapsis said. “Every single year there is 365 tick encounter opportunities so they’re always out there and it’s a matter of being on your guard all year.” Dapsis added that many people are being misled by information on the internet. According to Dapsis, tick exposure comes in many places people least expect and often tick bites happen in people’s backyards. “People are under the

impression that you have to go to Nickerson State Park or conservation trust land to get a tick bite,” Dapsis said.

February 14 – Sunday Journal Program

Program Title: Boys and Girls Club

Program Description: After the COVID-19 pandemic put an end to an academic ceremony from the Boys & Girls Club of Cape Cod that was supposed to take place back in June, the organization was left with several bikes which were meant to be given as rewards. Now, those bikes are being passed along to the children of military service members stationed at Joint Base Cape Cod. The donation, which originally was given to the club by the Seaside Le Mans and the Davenport Companies, will still benefit many deserving children. The 25 remaining bikes were recently moved from where they were being stored at the Veteran’s Outreach Center to Joint Base Cape Cod. From there, they will be distributed to children or grandchildren of veterans or active-duty service members.

Program Title: Cape Cod Cooperative Extension

Program Description: A 10-week course being taught over Zoom on the fundamentals of shellfish farming is being offered by the Cape Cod Cooperative Extension. Their Southeastern Massachusetts Aquaculture Center and the Woods Hole Sea Grant will enable anyone interested to learn about topics such as predator control, shellfish biology, and business management. The cost of the course is \$75. Classes will take place every Thursday from 7 to 8:15 p.m.

February 21 – Sunday Journal

Program Title: Wildlife Grants

Program Description: The state recently awarded \$307,631 in funding to wildlife habitat-improving projects across the state. The Wildlife Habitat Management Grant Program, administered by the Department of Fish and Game’s Division of Fisheries and Wildlife, will provide the grants. Ten wildlife habitat improvement projects totaling 308 acres will benefit from the funds, including projects in Falmouth and Nantucket. “Our administration is making smart investments in wildlife habitat management to ensure protected lands throughout the Commonwealth are ecologically healthy and well-managed,” said Governor Charlie Baker in a statement. “These important local projects will result in valuable ecological and economic benefits, and enhance outdoor recreational opportunities like hunting, bird watching and fishing. In Falmouth, the town is receiving \$11,306 to improve sandplain grasslands at Connamasset.

Program Title: Hundred Acre School

Program Description: Heritage Museums and Gardens has announced a new two-classroom expansion to The Hundred Acre School. The existing space will be renovated, and the school will begin serving students from pre-K all the way up through grade 2. The new classrooms will allow the school to have its first class of first graders this fall, and its first second graders in the fall of 2022. A second kindergarten class will also be added in the fall of 2021. Melissa Russell, Director of The Hundred Acre School, said that the expansion has been a long time coming, as the school has often been forced to put families on wait lists. “Over the last several years, we’ve regularly had wait lists. Which is a nice thing, but at the same time isn’t a great thing. Which means that we aren’t meeting our community need, which is one of the key pieces at the school,” said Russel.

Program Title: Police Reform

Program Description: A month after being sworn into office, 5th Barnstable State Representative Steven Xiarhos says he has hit the ground running in his new position. Xiarhos said that dealing with the ongoing pandemic has dominated his plans as he has navigated Beacon Hill. “A lot of what we push for and try to set up, it used to be testing sites, but thank god the vaccine has been created,” said Xiarhos. “As representatives and senators from the Cape delegation, we work together and try to get as many vaccination sites set up here on the Cape and as many vaccines as we can.” As the scarcity of the vaccine on Cape Cod continues, Xiarhos said that he and other members of legislation are working on ways to bring more doses to Cape as well as ways to bring residents to mass vaccination sites. Xiarhos also said that he has been able to positively leverage his experience in law enforcement when it comes to bills such as “Nero’s Bill,” introduced by former Barnstable 2nd District State Representative Will Crocker in 2019, and future efforts to deal with police accountability.

February 28 – Sunday Journal Program

Program Title: Cape Symphony

Program Description: The Cape Symphony has recently made several big announcements including an extension of Artistic Director & Conductor Jung-Ho Pak’s contract. The conductor has been with the Cape Symphony for nearly sixteen years. This contract renewal will see Jung-Ho Pak staying with the organization for another five years at least. The Cape Symphony cited Pak’s dedication and leadership as reasons for the effort to extend his contract, wanting to keep his creative energy with them especially throughout the COVID-19 Pandemic. The symphony is currently offering distance learning virtual music lessons, as well as in-person classes with limited capacity. They believe that music and learning an instrument can provide excellent

outlets for people stuck inside during this difficult time. “The whole point of making music is not to create sound,” Pak noted, “but it’s actually to connect with human beings, and that’s what I miss the most.”

Program Title: Jack Yunits

Program Description: Barnstable County Administrator Jack Yunits, Jr. recently announced that he will be stepping down after five years in the position. Yunits took on the county administrator role in February of 2016, taking over for Michael Brillhart who had been the interim county administrator since 2013. He said that when he took over the position, there were a number of challenges waiting for him. “We had some significant deficits that had been buried. We had no money in the bank and our future prospects were looking dim five years ago. What we did have was just an unbelievable group of core employees,” said Yunits. “Good people came together, worked hard together. I’ve never seen anything like what I’m seeing now with the pandemic response by Barnstable County employees, and no one is complaining. Many of our employees are packing in 60-hour weeks and nobody is complaining.” Over the course of his time as administrator, Yunits said that he took on a number of challenges including making county departments more financially sound, working to clean up PFAS water contamination with the Town of Barnstable and replacing aging dredging equipment.

Program Title: Heart Health

Program Description: Health experts from Cape Cod Healthcare are urging residents to be mindful of their heart health during the cold winter season, as well as monitor themselves for symptoms of a heart attack. CCHC cited a large study of more than 280,000 in Sweden published in JAMA Cardiology that indicated that the coldest days over the 16-year period of the study saw a significantly higher number of heart attacks than warmer days. Cape Cod Hospital cardiology hospitalist Jennifer Ladner, MD, said that shoveling snow in particular can pose increased risk for heart attacks. “It’s not only the cold weather, which is definitely a factor, but when using your arms to lift heavy snow is also an issue,” she said.

March 7 – Sunday Journal Program

Program Title: Community College Vaccination Site

Program Description: The Cape Cod COVID-19 Response Task Force has announced the establishment of the Cape Cod Regional Vaccine Consortium. It will expand vaccination infrastructure across Cape Cod, beginning with the addition of a vaccination site at Cape Cod Community College. The consortium is a collaborative of health care providers, county

government and municipalities across the Cape that aims to deliver vaccine doses to the region's most vulnerable residents. Cape Cod Healthcare will run the new vaccination site at 4C's, leveraging their experience running other sites such as the Melody Tent in Hyannis. The site could open as soon as next week. "We're playing our part at the community college. It's an important part. We're proud to do it, and it will be efficient, and it will be high-volume. When the doses come, we will be able to administer them," said Michael Lauf, Cape Cod Healthcare CEO and President.

Program Title: Cape Cod Housing Grants

Program Description: The state recently announced \$34 million in The Community Development Block grants for 41 communities. The Community Development Block Grant Program aims to support efforts that benefit low and moderate-income households in a community. The funds will go towards projects such as housing rehabilitation, small infrastructure projects and local social services like youth programming and food banks. "These grants will help municipalities fill key budget gaps created by the pandemic, enabling them to advance critical long-term projects while continuing to support residents in the fight against COVID-19," said Governor Charlie Baker in a statement. Local projects that will receive funds include the towns of Dennis, Brewster and Wellfleet, which will receive \$1,300,000 for housing rehabilitation assistance to 14 units and childcare assistance. Truro, Eastham and Provincetown will also receive \$1,300,000 for housing rehabilitation assistance to 25 units and provide childcare.

Program Title: Cape Cod Libraries

Program Description: Public libraries have had to navigate their own struggles throughout the ongoing coronavirus pandemic. Cotuit Public Library has had to significantly lower their capacity due to state social distancing guidelines and have had to limit the number of patrons in the library at anyone time to about 5 people. "We are generally a smaller library compared to other Cape Cod libraries, so the capacity of the number of guests we can have at any one time has definitely been restricted, to compensate for that we've been doing a lot of curb side pickup, home delivery, and appointment-based services," said Executive Director Jessica Rudden-Dube. During the pandemic the library has seen an uptick in interest of cookbook, gardening books, and book series from authors. The library is also offering tech support services to the senior community in Cotuit through their adult services librarian. The library will host their first in-person event of 2021 later this month. The Saint Patrick's Family Fun Day will take place on March 13th which starts at 10:30 a.m. and goes until 1 p.m.

March 14 – Sunday Journal Program

Program Title: Mercy Otis Warren Award

Program Description: The Mercy Otis Warren Cape Cod Woman of the Year committee is now accepting nominations for their 2021 awardee. The ideal candidate would be a woman who devotes her free time to helping others in the community. With the past year almost consumed by the COVID-19 pandemic and its various effects, the committee expects to see many nominations for women who have assisted with COVID-related matters. The award has been given on an annual basis since 2002. It is named for Mercy Otis Warren, a resident of West Barnstable in the 1700s with ties to the Sons of Liberty. She was very involved in local politics, and wrote plays, pamphlets, and poems in favor of the American Revolution. Often, she spoke of women's importance in society and advocated for the inclusion of the Bill of Rights in the United States Constitution. Applications can be done online and should be no more than one typed page explaining why the nominee deserves the award.

Program Title: Family Pantry of Cape Cod

Program Description: The Family Pantry of Cape Cod will be hosting a food pickup event on March 21 at Monomoy Regional High School. No registration will be required, as the event will be open to all. Full bags of nonperishable food items and fruit will be given out to those in need. Social distancing measures will also be in place. The pickup will take place rain or shine from 10 a.m. to noon.

March 21 – Sunday Journal Program

Program Title: Cape Cod Baseball League

Program Description: The Cape Cod Baseball League will be making its return this summer after a year marked by the ongoing COVID-19 pandemic, but not without some continuing challenges. Director of Broadcasting for the Cape League John Garner said that the focus over the past months amid the pandemic has been on preparation for 2021. “You really have to prepare for a season like it’s going to be played in its entirety. In the meantime, you have eleven different entities: the Cape Cod Baseball League overall and ten different franchises who are all meeting on a monthly period to get this all prepared as well,” said Garner. Several adjustments had to be made to the season in order to ensure public safety, including remote meetings for organizers, committees and teams. Other changes include shifting to a 40-game schedule per team, as opposed to the usual 44.

March 28 – Sunday Journal Program

Program Title: Center for Coastal Studies

Program Description: The Center for Coastal Studies is continuing a project to find, document, and properly remove fishing gear from Cape Cod Bay. The center's Marine Debris and Plastics Program has been completing this work for nearly a decade in an effort to protect the North Atlantic right whale, a critically endangered species that is known to come to the Cape and Islands region. Fishing gear entanglements are a threat to the species. Areas where lost and abandoned gear is suspected to be located are scanned, before recovery teams move in when right whales are not present and retrieve the items. From there, the gear is recycled, disposed of, or returned to owners. According to the Center for Coastal Studies, many pieces of gear this year will be given to artists for use in their pieces of work. Over the years, the center said that they've collected more than 40 tons of lost fishing gear through the program.