

1st Quarter 2014 –

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

Segment times 17:30 unless otherwise indicated.

January 5th, 2014 – Sunday Journal Program

Podcast Title: Storm Readiness (15:49)

Podcast Description: Charles Noyes, Emergency Management Director for the Town of Bourne, discusses ways Cape Codders should be prepared for any major storm.

Podcast Title: Design Based Business (16:52)

Podcast Description: Jay Coburn, of the Community Development Partnership, discusses their upcoming forum, “The Art of Growing a Design Based Business.”

Podcast Title: Bee Population Decline Re-run (17:33)

Podcast Description: John Beach, President of the Barnstable County Beekeepers Association, discusses the causes and impacts of Colony Collapse Disorder.

January 12th, 2014 – Sunday Journal Program

Podcast Title: Green Building (16:47)

Podcast Description: Matthew Cole, President and CEO of Cape Associates, and Nicole Goldman, founder of ‘g’ Green Design Center, discuss how to use green technology in building projects.

Podcast Title: Possible Third Bridge (16:28)

Podcast Description: Capt. Thomas Bushy advocates for a third bridge over the Cape Cod Canal to provide access to and from the Cape.

Podcast Title: Astro Buddies (18:43)

Podcast Description: Barnstable High School Astronomy Teacher Mike Gyra, Centerville Elementary School third grade teacher Deb Brunelle, and Barnstable High School Senior Maddy Childs discuss the Astro Pen Pal Program.

January 19th, 2014 – Sunday Journal Program

Podcast Title: MLK Community Breakfast (16:47)

Podcast Description: Ken Fontes, Unit Director of the Boys & Girls Club of Wareham, discusses the annual Martin Luther King, Jr. Community Breakfast.

Podcast Title: MLK Day Celebration (13:50)

Podcast Description: Pastor John Terry, Of The Federated Church Of Hyannis, Discusses the Martin Luther King, Jr. Day Observation, the state of race relations and hearing Dr. King speak.

Podcast Title: Plymouth Through Time (18:01)

Podcast Description: Author James W. Baker discusses his book 'Plymouth Through Time' and how the town has changed over the decades

January 26th, 2014 – Sunday Journal Program

Podcast Title: Winter Wild Animals (17:00)

Podcast Description: Deborah Robbins Millman, director of the Cape Wildlife Center in Barnstable, and Lynn Miller Director of Wildlife Rehabilitation at Cape Wildlife Center, discuss challenges that animals face during winter storms.

Podcast Title: 208 Plan Update (17:22)

Podcast Description: Paul Niedzwiecki, Executive Director of the Cape Cod Commission provides an update on a wastewater management plan for Cape Cod.

Podcast title: War of 1812 Re-Run (17:26)

Podcast Description: The War of 1812 has been called America's second War of Independence. Local historians Dick Legrand, Duncan Oliver and Bob Leaversuch talk about Cape Cod's role in the war.

February 2, 2014 - Sunday Journal Program

Podcast Title: CCRTA Area Improvements (15:38)

Podcast Description: Tom Cahir will discuss the consideration being given to tying development in downtown Hyannis with an eye toward improvement in transportation and better curb appeal in the area.

Podcast Title: Snowy Owls (18:03)

Podcast Description: Mark Faherty, science coordinator at the Massachusetts Audubon Society's Wellfleet Bay Wildlife Sanctuary, discusses the appearances of Snowy Owls on Cape Cod.

Podcast Title: Cape Cod SWAT Re-Run (18:01)

Podcast Description: Barnstable police officers Michael Damry and Jonathan Pass were among the thousands who combed the streets of Watertown on April 19th for the suspected Marathon bomber. We'll hear their stories firsthand.

February 9, 2014 - Sunday Journal Program

Podcast Title: Private Land Trusts (17:34)

Podcast Description: Mark H. Robinson, Executive Director of The Compact of Cape Cod Conservation Trusts, Inc. discusses putting land aside for conservation and some of the benefits for property owners.

Podcast Title: Airstation Cape Cod (17:35)

Podcast Description: Aviation Maintenance Technician First Class Phil Davis of the Coast Guard talks with Rob Woodard about what is involved in handling flight mechanics and logistics for a very busy Coast Guard Air Station.

Podcast title: Joseph Bucklin Bishop Re-Run (17:27)

Podcast Description: Mashpee writer Chip Bishop discusses his latest book "The Lion and the Journalist: The Unlikely Friendship of Theodore Roosevelt and Joseph Bucklin Bishop."

February 16th, 2014 - Sunday Journal Program

Podcast Title: Stem program at Heritage Museums and Gardens (17:44)

Description: Rob Woodard talks with Ellen Spear, Director of the Heritage Museums and Gardens and the Director of Preschool Education about a new preschool program at the HMG.

Podcast Description: Girl Scouts Anti Bullying (16:50)

Description: Matt McCarthy visits with Girl Scouts from Mashpee who are conducting an anti-bullying campaign to earn a prestigious award.

Podcast: Sandwich Postcards (17:31)

Description: Dan McCready explores post cards from Sandwich, an exhibit at the Sandwich Glass Museum.

February 23rd, - Sunday Journal Program

Podcast Title: Cape Cod Foundation (17:54)

Podcast Description: The Cape Cod Foundation is celebrating its 25th anniversary, Executive Director Kristen O'Malley and Chair Eileen Miskill meet with Rob Woodard to discuss the anniversary and the foundation's ongoing work.

Podcast: Sheriff Jim Cummings (16:28)

Podcast Description: Barnstable County Sheriff Jim Cummings is in the studio with Rob Woodard to discuss the correctional facility's award-winning drug treatment program.

Podcast: Barnstable Cultural District (16:49)

Description: Melissa Hersh, who is the town of Barnstable's arts and culture coordinator, Barnstable Town Councilor Ann Canedy and Cape Cod Art Association director Roberta Miller join Rob Woodard to discuss the effort to create a cultural district in Barnstable Village.

March 2nd, - Sunday Journal Program

Podcast Title: Hockey East Tournament (17:36)

Podcast Description: Matt McCarthy talks with Joe Izzo of the Hyannis Youth and Community Center, and Patti Lloyd of the Cape Cod Chamber of Commerce about Hockey East, the women's college hockey championship tournament taking place in Hyannis.

Podcast: Seaterm (19:55)

Podcast Description: Rob Woodard talks to Captain Thomas Bushy and cadets at the Massachusetts Maritime Academy about their experiences during Sea Term, when students spend 28 days on the Training Ship Kennedy learning about life at sea.

Podcast: Solarize Wellfleet (16:26)

Description: Rob Woodard talks to Dick Elkin of Wellfleet, a member of Wellfleet's Energy Committee and an advocate of solar power, talking about government incentive programs to put solar panels on their homes.

March 9th, - Sunday Journal Program

Podcast Title: Sound of Music (16:00)

Podcast Description: Rob Woodard talks to five Barnstable High School students about their production "The Sound of Music."

Podcast: Pay As You Throw (18:01)

Podcast Description: "Pay As You Throw" is a new solid waste reduction program meant to encourage recycling. Rob Woodard talks to Barnstable County's specialist on solid waste, David Quinn about the program.

Podcast: Herring Run (13:21)

Description: Elliot Carr, a retired banker, talks to Rob Woodard about a book he wrote about the Stoney Brook Herring Run in Brewster and how the fish make their annual journey up river in the spring to spawn and travel back to the ocean in the fall.

March 16th, - Sunday Journal Program

Podcast Title: Drug Abuse (16:51)

Podcast Description: Jerome Friedman, a therapist in Mashpee, talks to Rob Woodard about how he has been seeing many more people addicted to opiates in recent years and how he helps them try to overcome their addiction.

Podcast: Cape Cod Conservatory (19:08)

Podcast Description: The Composing Kids program from the Cape Cod Conservatory is working with local high schoolers to compose a special composition for Sandwich's 375th anniversary. Rob Woodard talks to George Sharr who began the program and Chloe Johnson and Megan O'Connor who were in the program as student at Nauset High and now are high school music teachers themselves.

Podcast: Paul Kemprecos (19:08)

Description: Author Paul Kemprecos, who was a longtime newspaper journalist, is revisiting the character from a series of mystery novels he wrote many years ago for a new book that comes out this spring.

March 23rd, - Sunday Journal Program

Podcast Title: Mashpee Wampanoag (15:22)

Podcast Description: Cedric Cromwell, the head of the Mashpee Wampanoag's Tribal Council, talks with Matt McCarthy about the grand opening of the tribe's new community building.

Podcast: Coast Guard (18:32)

Podcast Description: The Coast Guard works 24 hours a day, 7 days a week to keep people safe in the water. Matt McCarthy talks with Lt. Brian Swintek of Coast Guard Woods Hole about the rescues they performed this past winter.

Podcast: Cape Cod Museum of Art (17:04)

Description: Rob Woodard talks with Shawn Dalstrom, curator at the Cape Cod Museum of Art, and artist Lauren Wolk, whose work is in a new exhibit at the museum to celebrate Women's History Month.

March 30th, - Sunday Journal Program

Podcast Title: Ice Skating (17:20)

Podcast Description: The Hyannis Youth & Community Center hosts the US Figure Skating Adult Championships and Laura Reckford talks with Patti Lloyd of the Cape Cod Chamber of Commerce, Donna Wunder of Yarmouth Ice Club and Carolyn Pierce, US Figure Skating Judge about the event.

Podcast: Iditerod (16:35)

Podcast Description: Rob Woodard talks with Tom Chartrand, a local videographer, who recently returned from a trip to Alaska where he covered the famous Iditerod race as part of a documentary team.

Podcast: West Barnstable (17:08)

Description: Jim Ellis, a lifelong Cape Codder, has written a new book about four people from the village of West Barnstable who made history. Laura Reckford talks to him about the book.