

2nd 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.

April 6th, - Sunday Journal Program

Podcast Title: Domestic Violence (17:14)

Podcast Description: Domestic Violence has been in the news lately and new legislation is being proposed on Beacon Hill to help survivors. Gabbe Rowland, a survivor of domestic violence, advocates to help others by telling her story to Laura Reckford.

Podcast: Cape Abilities (16:28)

Podcast Description: April is Autism Awareness Month. We talk to officials from the nonprofit CapeAbilities about what their organization does to bring awareness about autism.

Podcast: Butterflies (17:23)

Description: The Monarch Project of Cape Cod is giving away milkweed plants as a way to help the species. We talk to Paul Rifkin of Cotuit and the Reverend Nell Fields of Waquoit Congregational Church about the project.

April 13th, - Sunday Journal Program

Podcast Title: Arts Foundation of Cape Cod (16:12)

Podcast Description: Kevin Howard, President and CEO of the Arts Foundation of Cape Cod, is in the studio with Laura Reckford to talk about innovative grants and other programs that the arts foundation is working on this year.

Podcast: Mercy Otis Warren (16:47)

Podcast Description: Judy Scarafile, chair of the Mercy Otis Warren Woman of the Year Award Committee, and committee member Ann Canedy talk to Laura Reckford about the nomination process for the award, as well as the history of the award.

Podcast: Nauset High School (15:58)

Description: Keith Kenyon, Director of Athletics at Nauset High School, talks with Matt McCarthy about a project to install a new turf field at the school, including the creative fundraising planned for the project.

April 20th, - Sunday Journal Program

Podcast Title: Plimoth Plantation Cinema (17:19)

Podcast Description: Plimoth Plantation Deputy Executive Director Richard Pickering and Ed Russel, one of the founders of Plimoth Cinema, talk to Rob Woodard about a major fundraising effort to save the cinema.

Podcast: Spring Break on Cape (17:18)

Podcast Description: Three students from Cornell University talk to Laura Reckford about their spring vacation on Cape Cod spent working with Housing Assistance Corporation to educate local students about finances.

Podcast: Traffic Planning (16:56)

Description: Laura Reckford gets the low down on upcoming road and bikeway improvements in Hyannis, Bourne, Wellfleet and Yarmouth from the Cape Cod Commission's Glenn Cannon.

April 27th, - Sunday Journal Program

Podcast Title: Adopt a Greyhound (16:49)

Podcast Description: Anne Restino of Falmouth and Coleen Cronin of New Bedford, co-organizers of an adopt a greyhound fair that takes place in Bourne, talk to Laura Reckford about the ins and outs of greyhound adoption on the occasion of Adopt a Greyhound Month.

Podcast: Oral History (17:16)

Podcast Description: Len Gobiell, who works on special projects for the Town of Barnstable, talks to Rob Woodard about an oral history project he is doing as part of the Town of Barnstable's 375th Anniversary.

Podcast: Spring in Hyannis (17:06)

Description: Elizabeth Wurfain, executive director of the Hyannis Main Street Business Improvement District, and Amy Harwood, marketing coordinator of the Hyannis Youth & Community Center, talk about two big events going on in Hyannis next weekend, the Nature Expo at the HYCC and Spring on Main, a festival on Main Street.

May 6th, - Sunday Journal Program

Podcast Title: Homeless Count (16:58)

Podcast Description: Stefanie Coxe of Community Action Committee of Cape Cod & Islands, Paula Schnepf of the Cape and Islands Regional Network to Address Homelessness and Cathy Finn of Duffy Health Center talk about results of the recent annual Point in Time count of homeless people on Cape Cod, Martha's Vineyard and Nantucket.

Podcast: Cape Cod Transit (17:22)

Podcast Description: Cape Cod Regional Transit Authority Executive Director Tom Cahir talks about a range of local transportation issues including the Cape Flyer train from Boston, the traffic at the Sagamore Bridge and the Transportation Bond Bill.

Podcast: Amazing Grace (17:58)

Description: Jennifer Hills and Ross Anderson are co-chairs of the Recruitment Committee for Amazing Grace and they discuss this new summer program for Cape Cod children whose parents have been incarcerated.

May 11th, - Sunday Journal Program

Podcast Title: Heritage Museums (16:30)

Podcast Description: Heritage Museums and Gardens staffers talk about the upcoming season of new exhibits at the Sandwich museum, including sculptures of giant bugs and poisonous plants.

Podcast: Cooking with Fire (16:13)

Podcast Description: Paula Marcoux of Plymouth, author of the new cookbook, *Cooking With Fire*, explains the ins and outs of outdoor grilling, including cooking methods from other cultures.

Podcast: Cancer Survivor Day (17:02)

Description: Demaris Kooker of Mashpee, a cancer survivor, and Jeffrey Gaudette, Survivorship Program Manager at Cape Cod Healthcare talk about Cancer Survivors Day on June 9 in Falmouth.

May 18th , - Sunday Journal Program

Podcast Title: Falmouth Choral Performance (16:45)

Podcast Description: The choral program at Falmouth High School has won a number of recent awards. Laura talks to Falmouth High School Choral Director Todd Fruth about the program and the upcoming a cappella festival in Falmouth, the first of its kind on Cape Cod.

Podcast: In My Footsteps Guide (16:22)

Podcast Description: Chris Setterlund of Yarmouth, a 12th generation Cape Codder, has written a different kind of guidebook about Cape Cod. "In My Footsteps" features historic sites from Bourne to Provincetown.

Podcast: Yarmouth Crime Watch (16:38)

Description: Lee Hawkins of Yarmouthport talks to Laura about the Yarmouth Neighborhood Crime Watch program. The program is looking for Block Captains so that more neighborhoods can participate in the program.

May 25th , - Sunday Journal Program

Podcast Title: Vivapalooza (17:04)

Podcast Description: The Fifth Annual Vivapalooza, a free healthy living fair, comes to Barnstable High School on June 1. Dr. Cormac Coyle of Emerald Physicians, talks about the highlights.

Podcast Title: Twenty Summers (16:55)

Podcast Description: Josh Prager, founder of the new nonprofit arts center Twenty Summers, describes the workshops, concerts and lectures this month at the historic Hawthorne Barn in Provincetown.

Podcast Title: Stroke Awareness (17:44)

Podcast Description: May is Stroke Awareness Month. Dr. Michael Marcowsky, a neurologist with Cape Cod Hospital, is in the studio to talk about the importance of early treatment for this disease.

June 1 , - Sunday Journal Program

Podcast Title: Sandy Neck (17:10)

Podcast Description: Sandy Neck is a seven-mile peninsula jutting out into Cape Cod Bay that hosts a unique rustic cottage colony at the tip. We talk to Sturgis Library Director Lucy Loomis, longtime Sandy Neck visitor and artist Mary Moquin, and Barnstable Town Councilor Ann Canedy about a new archive collection about Sandy Neck.

Podcast Title: Chip Bishop (16:29)

Podcast Description: Local author Chip Bishop's new book "Quentin and Flora" follows his previous book, the New York Times best-seller, "The Lion and the Journalist: the Unlikely Friendship of Theodore Roosevelt and Joseph Bucklin Bishop."

Podcast Title: Nauset Neighbors (17:26)

Podcast Description: Nauset Neighbors is a non-profit serving the Lower and Outer Cape towns of Harwich, Chatham, Orleans, Brewster and Eastham, by providing services to seniors who want to age in their homes. We talk with Claudia Drucker, head of publicity for Nauset Neighbors, and Maria Burks, who chairs the group's community building committee, about the agency.

June 8 , - Sunday Journal Program

Podcast Title: War of 1812 (17.48)

Podcast Description: Members of the Historical Society of Old Yarmouth have researched events from the War of 1812 that took place off the coast of Yarmouth. With society members Dick LeGrand and Duncan Oliver, we hear stories of battles and bribery.

Podcast Title: Cape League (17.30)

Podcast Description: Next the Cape Cod Baseball League season starts soon and we get an update on what to expect from Judy Scarafile and John Garner.

Podcast Title: Children's Books (16:38)

Podcast Description: The lack of diversity in children's literature has long been an issue. We talk to Sara Hines and Stephanie Seales, who both have advanced degrees in children's literature, about the issue.

June 15 , - Sunday Journal Program

Podcast Title: Love Running (16:22)

Podcast Description: Dr. Julie Sieben of Orleans, author of the new book, Six Weeks to Love Running, explains the health benefits of this popular exercise and how to start an exercise program.

Podcast Title: Marine Life Center (16:47)

Podcast Description: Kate Shaffer of the National Marine Life Center gives an overview of the new animal care hospital at the facility in Buzzards Bay.

Podcast Title: Duffy Health Center (17:20)

Podcast Description: The focus is on the non-profit Duffy Health Center, which provides care for homeless people and others in the community. We talk with Heidi Nelson, Duffy's CEO, Dr. Wesley Klein, Duffy's Medical Director, and Louise Patrick, Duffy's Director of Behavioral Health Services.

June 22 , - Sunday Journal Program

Podcast Title: Gosnold on Cape Cod (17:27)

Podcast Description: As the addiction crisis continues on Cape Cod, Raymond Tamasi of Gosnold talks about the initiatives his agency is working on to help recovering addicts and their families.

Podcast Title: SCORE (16:02)

Podcast Description: Mark Lowenstein, president of the Cape Cod Chapter of SCORE, is in the studio to explain the free services offered to local businesses.

Podcast Title: Yarmouth Senior Center (17:12)

Podcast Description: The programs at Yarmouth Senior Center have been drawing attention internationally. Kathi Bailey, director of senior services, explains the center's success.

June 29 , - Sunday Journal Program

Podcast Title: Domestic Violence (17:23)

Podcast Description: Domestic violence is a growing problem on Martha's Vineyard. We hear about the efforts of the agency Connect to End Violence, which is working to help survivors and educate the public from Jennifer Neary and Michael Selitti.

Podcast Title: Helping Our Women (17:35)

Podcast Description: Nancy Lynch from the Outer Cape non-profit Helping Our Women explains the brand new Provincetown/Truro House Share Program which is the first of its kind in the state.

Podcast Title: Powwow (18:47)

Podcast Description: Cedric Cromwell and Jesse "Little Doe" Baird of the Mashpee Wampanoag Tribe about the annual Pow Wow, which takes place on the July 4 weekend.