

YaWHOI!

A Newcomer's Guide to Woods Hole

Prepared by
MIT/WHOI Joint Program Students

Welcome to Woods Hole!

We hope that this guide will make your stay in Woods Hole more enjoyable whether you're here for five years as a Joint Program student, or just visiting for a few days. This guide contains restaurant listings and reviews, local shopping information, health care provider information for you and your pet, and details on recreational activities from surfing to movie theaters. At the end of this guide, you will find a map of Falmouth to help you get to all these great places.

The opinions contained within are those of the preparers and solicited students and as such are not universal, nor are they the official opinions of the Woods Hole Oceanographic Institution. If you would like to see a listing added, or wish to contribute an opinion about an existing listing, please contact the student representatives at jp-student-reps@mit.edu. This guide is available online on the YaWHOI student group website: web.mit.edu/mit_who/ww/ and it is our hope that the online version will be updated regularly with corrections, new opinions, and new listings.

This guide was first prepared by 1996–1997 MIT/WHOI Joint Program Students and was actively maintained through 1998. The current edition (2003) represents a major revision and update of the original, but the preparers remain indebted to the original authors for the framework and most of the listings. The many hours that went into this new edition made the tremendous amount of work the first edition must have been evident.

The Student Representatives, 02–03

Contents

Restaurants	1
Woods Hole	1
Between Woods Hole and Falmouth	2
Main Street, Falmouth	3
Falmouth and Vicinity	5
Cape Cod and Vicinity	6
 Shopping	 9
Corner Store Convenience	9
General Foods	9
Natural Foods	10
Local Produce and Fish	10
Liquor	11
Essentials	12
Clothing	13
Books	15
Plants & Flowers	16
Music	16
Bike Shops	17
Sporting Goods Stores	17
Dry Cleaners	18
Hair Stylists and Barbers	18
 Health Care	 19
Emergency Care	19
Eye Care	19
Tooth Care	19
Pet Care	20

Auto	23
Parts	23
Mechanics	23
Insurance	24
Recreation	25
Beaches	25
Martha's Vineyard and Nantucket	26
Cape Cod National Seashore	26
Health Clubs and Pools	26
WHOI and Woods Hole Sports Facilities	28
Curling	28
Bike Paths and Fitness Trails	28
Skating and Rinks	29
Courts	29
Sailing and Yacht Clubs	30
Windsurfing	31
Surfing	32
SCUBA	33
WHOI Sports Groups	33
WHOI Social/Support Groups	34
Running and Road Races	35
Fishing and Shellfishing	36
Fairs, Events and Amusement Centers	37
Singing Groups	38
Libraries	39
Museums and Exhibits	39
Entertainment	40
Cape Cod Baseball League	40
Movies & Theater	40
Video Rental	41
Radio Stations	42
Live Music	44
Local	44
Cape	44
The Islands	44
Creative Arts	44
Adult Education	45
Other Scenic & Random Treats	47
Maps	49

Restaurants

Woods Hole

Candy & Go Nuts 2 Luscombe Ave., Woods Hole; 508-548-0125. Assorted candy, ice cream, fudge. Open only in summer.

Captain Kidd Restaurant 77 Water St., Woods Hole; 508-548-9206. L/D/Bar (\$5–\$15). The burgers (\$6) are good, most everything else is mediocre at best, but the Kidd is nonetheless a favorite in Woods Hole. Twelve beers on tap, ranging from Budweiser to Guinness. Great view of Eel pond with a wood-burning stove in the winter. The best time to go is Wednesday night during the off-season for weekly Open Mic Nights, which get going around 10 p.m. Bring your musical talent and your thirst! Open year-round.

Fishmonger's Cafe 56 Water St., Woods Hole; 508-540-5376. L/D/Bar (\$5–\$20), Breakfast on weekends. Nice atmosphere, good, interesting food with an emphasis on vegetarian dishes. One of the better sit-down spots in the Hole. Lunch prices are very reasonable but dinners tend to be a bit pricey. Fishmonger's has real New England charm, complete with views of the Woods Hole drawbridge and the Hole itself. Good for both locals and tourists. Closed December 15 through February 14.

Food Buoy 87 Water St., Woods Hole; 508-540-0080. Sandwiches, soups, pizza. Small grocery-type store. Probably the cheapest place to grab a bite to eat in the Hole. Open year round.

Jimmy's Luscombe Ave., Woods Hole; 508-540-6823. L/D (\$3–\$10). Open 10:00–21:00; closed in winter. A sandwich and ice cream shop, also serving pizza. The food is a step up from the Food Buoy, but still much cheaper than Pie in the Sky. Try the chowder.

Landfall 2 Luscombe Ave., Woods Hole; 508-548-1758 L/D Bar (\$5–\$18). Steak, lobster, etc. This would be a parent place. Their menu is online: www.woodshole.com/landfall.

Leeside Bar & Grill 29 Luscombe Ave. 508-548-9744 L/D until 10 p.m. (\$5–\$20). A local's bar with plenty of loud 70's and 80's rock and rowdy patrons. Now owned by the Captain Kidd, caused much angst in recent years when it almost became a McDonald's.

On the Waterfront Dining Room at the Captain Kidd 77 Water St., Woods Hole; 508-548-8563. D (\$10–\$30). Fine dining featuring traditional cuisine. Dinner here is more expensive than at the Kidd next door. Some outdoor seating. Open only in summer from 18:00–23:00.

Phusion Grille 71 Water Street, Woods Hole; 508-457-3100. Lunch (\$8–\$12), Dinner (\$18–\$30), Brunch (omelet bar) on weekends. Creative food with an Asian theme. The food here is good, but on the pricey end.

Pie in the Sky 10 Water St., Woods Hole; 508-540-5475. B/L (\$4–6). Soups, sandwiches, and some of the best pastries in town. All the pastries and bread are homemade. Coffee, espresso, cappuccino, and teas are also available. A great place to meet for lunch in the Hole. Open Mic Night at Pie in the Sky is Monday night during the summer. It starts around 9 p.m.

Shucker's Raw Bar & Cafe 91A Water St., Woods Hole; 508-540-3850. L/D Bar (\$5–\$15). The view of Eel Pond is one of the best. A recommended spot for beers and light snacks on the pond, but the food overall is sub-par, with the exception of the fish chowder. Service can be spotty, and prices are high. Hours: 11:00–23:00, 7 days a week during the summer. Outside deck in summer. Dinner entertainment (pop/reggae/steel drum) nightly except Tuesday and Saturday.

Between Woods Hole and Falmouth

Coffee Obsession 110 Palmer Ave., Falmouth; 508-540-2233. Open 7 days/week, year round. Hours change with the season: 6:30 a.m.–7 p.m. during the winter, open later during the summer. The only honest to goodness coffee shop (in the 90's sense of the word) in Falmouth. Coffee, coffee drinks, muffins, etc. Also a good source for coffee and tea paraphernalia. Keep an eye out for a (much debated) second Coffee O location in the village. Set to open late summer 2003.

Grumpy's Pub 29 Locust St., Falmouth; 508-540-3930. No food, no frills bar that often has live music on Friday nights. Their greatest performer is Weepin' Willie, who comes around about once every month.

Main Street, Falmouth

Ben and Bill's Chocolate Emporium Main and Walker Streets, Falmouth; 508-548-7878. Summer hours: 8:00–21:00 weekdays; 8:00–23:00 weekends. Winter hours: 8:00–17:00 weekdays; 8:00–20:00 weekends. One of the finest local sweet shops in Falmouth. Ben and Bill's has several flavors of home-made ice cream, including the esoteric "Lobster and Butter" flavor with real lobster meat, and hundreds of hand-made candies.

Betsy's Diner 457 Main St., Falmouth; 508-540-0060. B/L/D (\$5–\$10). Open year round, Mon–Sat 6:00–20:00, Sun 6:00–17:00. Typical greasy spoon diner fare in a classic 1957 Mountain View Diner. A popular breakfast spot with inexpensive to moderate prices. Excellent, speedy service with a great wait staff.

Dynasty Falmouth Plaza, Rt. 28 Falmouth; 508-548-6689. L/D. Good Chinese food (maybe even excellent). Better than Peking Palace and Cheaper. Plus they have karaoke on Friday and Saturday evenings.

Dairy Queen 839 Main St., Falmouth; 508-540-0669. Open only in summer, Mon–Fri noon–21:00, Sat/Sun 11:00–21:00. Soft serve ice cream and sundaes.

Dunkin Donuts 614 Main St., Falmouth; 508-548-4496. Donuts, coffee, bagels.

Firefly 271 Main St., Falmouth; 508-548-7953. D (\$15–25). Mildly chic restaurant and bar. Gourmet pizza and creative entrees. The cheese fondue is delicious and the serving size is hearty, making it a deal in an otherwise slightly over-priced restaurant. Open year round.

Friendly's 5 Davis Straits Rd., Falmouth; 508-548-2361. B/L/D (\$5–\$10). Open year round, Sun–Thu 7:00–midnight, Fri/Sat 7:00–1:00.

Ghelfi's Candies of Cape Cod 878 Main St., Falmouth; 508-457-1085. Candies and chocolates.

Honeydew Donuts 187 Teaticket Hwy. (Rt. 28-So), Falmouth; 508-457-5500. Donuts, bagels, coffee.

La Cucina Sul Mare 237 Main St., Falmouth; 508-548-5600. L (Tue–Sun, \$5–\$12); D (7 days, \$12–\$24). Open year round. Italian fare.

Laureen's 170 Main St., Falmouth; 508-540-9104. L only (\$5–\$12). Open year round, Mon–Sat 11:00–15:00. One of the best restaurants on Main St.

Healthy foods with a Mediterranean flair. Eat vegetarian and meaty dishes, soups, sandwiches and desserts while overlooking bustling Main Street in downtown Falmouth. Great atmosphere, and the feta bread is fantastic.

Liam McGuire's Irish Pub 273 Main St., Falmouth; 508-548-0285. D/Bar (\$6–\$12). Serves an "Irish breakfast", and burgers and fish and chips as well as wings and other bar food. The food is pretty good. They have Guinness, Bass, Harp, and other imports on tap. Great place to go for a few drinks with some friends, and there is live music (often performed by Liam himself!) Thursday nights year round.

McMenamy's Seafoods 70 Davis Straits Rd., Falmouth; 508-540-2115. D (\$10–\$15). Open year round, 11:30–21:00. everyday. If you like your seafood batter-dipped and deep-fried, then this is the place for you. McMenamy's is one of the best fried-seafood places on Cape Cod (and there are a lot of them!). Excellent fish and chips and just about everything else is found on their extensive list. Beer and wine is available to wash it all down.

Min's Kitchen 350 Main St., Falmouth; 508-495-3388. Chinese take-out although there are a few tables as well. For cheap, fast Chinese food, this is the place to go. Some say that the food is on par with that of Peking Palace, and much cheaper.

Paul's 14 Benham Rd., Falmouth; 508-548-5838. Open year-round, D only, closed Monday and Tuesday. Seafood, hot sandwiches, 28 types of pizza (crispy crust, 10" only) Local family style atmosphere, inexpensive to moderate prices. Takeout available.

Peking Palace 452 Main St., Falmouth; 508-540-8204. L/D/Bar (\$5–\$12). Chinese food. The atmosphere and service are good. Try the tangy cabbage or Peking ravioli, special sesame shrimp, lemon chicken, and Peking eggplant. They have an unbelievable drink menu. They also deliver, and are open until 2 a.m. in the summer, and in the winter to midnight on weeknights and 1 a.m. on weekends.

Pesci's 75 Davis Straits, Falmouth 508-495-5553. D only. Brick-oven pizza and traditional Italian fare. Entrées served in the skillet they were prepared in. The artwork on the walls makes for a good atmosphere.

The Quarterdeck 164 Main St., Falmouth; 508-548-9900. L/D/Bar (\$10–\$20). Standard sandwiches, burgers, and seafood.

Roo Bar 285 Main St., Falmouth; 508-548-8600. D only (\$15–\$30). Open year round. This is as close to a sophisticated urban environment as you can

get in Falmouth. The food here is good, but on the pricey side. If someone else is paying, definitely check it out. If not, at least stop in for a drink. Lots of seafood on the menu prepared in innovative ways. Wood-fired pizzas are also good. Good wine selection. High-energy atmosphere.

Starbuck's 11 Davis Straits, Falmouth; 508-540-4949. Next to Friendly's. Open year round. There's a Starbucks here too for all of you tall nonfat caramel latté lovers.

Steve's Pizzeria 374 Main St., Falmouth; 508-457-9636. L/D (\$5–\$10). Open year round. This hole-in-the-wall pizza place has some of the best pizza in town. It's mostly a take-out place, but you can sit down as well. There are lots of pizza toppings to choose from. Steve's also makes good hot and cold sandwiches. If you got pizza at a WHOI function, it probably came from Steve's. Delivers.

Falmouth and Vicinity

Boathouse 88 Scranton Ave., Falmouth; 508-548-7800. Good seafood. Go there for the nightlife and dancing. Somewhat “touristy.”

British Beer Company (a.k.a. BBC) 263 Grand Ave., Falmouth; 508-540-9600. L/D/Bar (\$5–\$15). Open year round. A good selection of pub food and British beers (go figure). Some of the best pizza in town can be had here. During the winter, the BBC often has fun promotions such as “Buy a pint, keep the glass” night and 2-for-1 pizza night.

Cape Cod Bagel Company 419 Palmer Ave., Falmouth; 508-548-8485. B/L (\$1–\$5). Open year round. Great bagels and bagel sandwiches. Pleasant shaded patio with outside seating.

Chapoquoit Grill 410 W. Falmouth Hwy. (Rte 28A and Brick Kiln); 508-540-7794. D only (\$15–20). This is pretty much the favorite restaurant in town for a “nice meal”. The specials menu is really good and the brick-oven pizzas are available for takeout. They don't take reservations, but if you call ahead, they'll hold your name on the list for 20 minutes. There is also a bar, so you can lounge as you wait for your table. This place is pretty much packed every night during the summer, so be prepared for a bit of a wait. The salad specials are consistently excellent and interesting. The swizzle sticks are local collectibles.

Clam Shack 227 Clinton Ave., Falmouth (next to the Regatta); 508-540-

7758. (\$5–\$10). Open during summer only. Tasty fried seafood. Great grease pit—basically a hole-in-the-wall with a great view and great food. Eat your dinner on the deck overlooking Falmouth Harbor.

Coonamesett Inn 311 Gifford St., Falmouth; 508-548-2300. Serves very expensive American fare. Good for an impressive date. You're paying extra for the atmosphere.

Homeport Cafe 316 Gifford St., Falmouth (inside the Homeport Plaza on Gifford and Jones); 508-540-0886. L/D \$5–\$10 Good lunch/dinner place if you're trying to do either cheaply. They sell the usual lunch-type stuff but also have good Korean food. The spring rolls and sushi-type rolls are amazing.

McGann's Pub & Restaurant 734 Teaticket Hwy. (Rt 28-So), Falmouth; 508-540-6656. L/D (\$7–\$12). Good pub food, not just fried stuff. Good value.

Mexican Cantina 327 Gifford St., Falmouth (at Jones Rd); 508-548-9861. Not many people were sad when Iguana's (notoriously mediocre) burned down, but most were ecstatic to learn that a new Mexican place was opening in this ethnic-food-desert of a town. Don't get too excited. Though the place is packed on weekends, eventually their burritos and fajitas will be known as notoriously mediocre as well. Their entrees and grilled salads are good. The margaritas are weak. The bar has no tap. The coolest thing about the place is that they have automatic paper towel dispensers in the bathrooms.

Peach Tree Circle 881 Palmer Ave., Falmouth; 508-548-4006. Good, standard fare at appropriate prices—a good stop on the way to Woodneck or Chappy beaches; nice fresh produce and gourmet dressings, etc.

Seafood Sam's 350 Palmer Ave., Falmouth; 508-540-7877. Classic New England seafood: lobster, steamers, chowder, and everything fried. Fresh and cheap. Counter service. A few beers on tap or in bottles.

Cape Cod and Vicinity

Amari Bar & Restorante 674 Rt 6A, Sandwich; 508-375-0011. This very good Italian restaurant is worth the half hour drive to Sandwich. They serve local seafood, have a good wine list, and (the hallmark of a quality restaurant) they give you yummy crusty bread that they serve with olive oil,

olives and roasted garlic. Check out the design-your-own-pasta-dish section of the menu.

B2 Burrito Capetown Plaza, 790 Iyannough Rd. (Rt 132), Hyannis; 508-771-6071, www.burritobistro.com. The best, and pretty much the only burrito on-Cape. Cheap but tasty, and worth the drive. Hours: Mon–Sun 10:30–21:30, Sun 11:30–20:30.

The Black Dog 454 State Rd. (near ferry station), Vineyard Haven, MV; 508-693-1991. www.theblackdog.com. D (\$20–\$30). A veritable Mecca for yuppies in America, but the food is worth the wait. Excellent seafood and pasta entrees in sizable quantities. Bring your own wine for dinner and the long wait on the patio; chilled glasses are provided. See why so many people (including Monica Lewinsky) are wearing that silly T-shirt. Not just a meal, an experience.

Contrast Mashpee Commons; 508-477-1299. An excellent restaurant. The menu is American food, but dressed up. Very good wine list. The baked chocolate truffle with ice cream dessert is the BOMB. Come here with your parents or a visiting speaker. It's a little pricey (\$15–\$20 entrees), but has vastly better (and more interesting) food than many comparably priced places in Falmouth.

Inaho Japanese Restaurant and Sushi Bar 157 Main St. (Rte 6A), Yarmouthport; 508-362-5522. D (\$20–\$30). Excellent food, but very expensive. Best sushi on Cape; loads better than Ying's (avoid), or Misaki (both in Hyannis). Yarmouthport is about a 45 minute drive. Accepts reservations.

Pavilion Indian Food 511 Main St., Hyannis; 508-790-0985. L/D. Excellent and very reasonable, especially the lunch specials. Large menu and great service. About 45 minutes from Woods Hole, longer in the summer.

Star of Siam Located on Rt. 3A in Plymouth, just south of exit 3 off Rte. 3; 508-224-3771. L/D Closed Mondays. Thai takeout. A small menu, but excellent food. About 45 minutes from Woods Hole. Stop there for lunch on your way to Boston.

Stir Crazy 626 MacArthur Blvd., Pocasset. (Rte. 28, near Party Cape Cod); 508-564-6464. \$8–\$12. Open Tue–Sun, 11:00–21:00, with longer hours in summer. Primarily Cambodian with some Thai and Vietnamese influence. Beer and wine, but no bar. A good family place, with wacky/tacky decor in the foyer.

Shopping

Corner Store Convenience

Tedeschi's 59 Locust St., Falmouth; 508-457-1191. Hours: 6:00–midnight. Typical corner store and the prices to prove it. Convenient maps, postcards and of course the all important penny candy and Slim Jims!

Food Buoy 87 Water St., Woods Hole; 508-540-4792 Hours: 7:00–21:00. The place to shop when you don't have a car. More expensive than Stop & Shop, but far more convenient. Serves deli sandwiches making it a standard village lunch stop. Summer students, interns and WHOI volunteers have done their time on the other side of the counter as part-time summer help.

White Hen Pantry 352 Main St., Falmouth; 508-548-3469. Hours: Mon–Thu 5:00–midnight, Fri/Sat 24hrs, Sun 5:00–23:00. Larger than the Buoy, closer than the grocery stores. Conveniently located in downtown Falmouth.

General Foods

Shaws Falmouth Mall; 508-548-4033. Hours: Mon–Sat 7:00–midnight, Sun 7:00–22:00. Across the street from Stop & Shop. Exotic produce (e.g. jicama, fennel, Asian pears, fancy mushrooms, etc.) can be found reliably here. Their condiment selection is much more complete than Stop & Shop or Windfall. Pharmacy, Bank, and Florist inside. Thrifty shoppers may find it worthwhile to shop for sale items between Shaws and Stop & Shop.

Stop & Shop Rte. 28 & Jones Rd., Falmouth; 508-540-7481. Open 24 hours. The old standby grocery store in Falmouth. Decent produce, meat, and fish. Expanded in recent years. Reasonable prices and impressive se-

lection. Pharmacy. Can't shop here in the summer without seeing someone you know.

Windfall Market 77 Scranton Avenue., Falmouth; 508-548-0099. Hours: Mon–Sat 8:00–21:00, Sun 8:00–19:00. Falmouth's answer to Trader Joe's or Bread & Circus. Upscale prices on upscale foods. Nice produce and meats. A great place for that ingredient you have trouble finding elsewhere. Their fresh-baked bread is excellent and shellfish prices are reasonable.

Natural Foods

Abundant Harvest 375 Main St., Falmouth; 508-540-5598. Hours: Mon–Fri 9:00–17:30, Sat 9:00–17:00. A small, owner-run store, featuring organic foods in bulk and smaller quantities with many name brand items. They also sell homeopathics, vitamins, herbs, and much more. Open year round.

Amber Waves Natural Foods 445 Main St., Falmouth; 508-540-3538. Hours: Mon–Sat 10:00–18:00, Sun noon–17:00. A corner market selling organic foods as pre-packaged or in bulk, organic produce, homeopathics, vitamins, herbs, and more. Pricey. Open year round.

Cape Cod Natural Foods Company 1600 Falmouth Rd., Centerville; 508-771-8394. Hours: Mon–Sat 9:00–19:00, Sun noon–17:30. A fully-stocked natural product supermarket. Largest on the Cape. Open year round.

Nature's Harvest Food Coop Davis Straits, Falmouth. Contact Emily Ferguson at 508-563-6822 for more details. A natural foods cooperative in which members work in return for reduced prices on goods ordered through Northeast Cooperatives. Orders are placed every other Thursday and are received the following Thursday. On-line ordering.

Local Produce and Fish

There are a variety of local farmer's markets in the summertime throughout the area. Occasionally, there is one in Woods Hole on weekends and one on Main St. in Falmouth. If you have a car, take a trek along 28 toward Hyannis and you'll find a variety of produce for sale.

Jack in the Beanstalk 402 N. Falmouth Highway (Rt. 28A); 508-564-4305. Hours: 8:00–18:00. daily (often they stay open late to help customers).

Better quality produce than you'll find at Star or Stop & Shop at comparable prices. Don't let their normal selection outside fool you; if you don't see something you need, ask! Very often, they'll have what you want in the back. Good produce at good prices. Note: in general, they do not claim that their food is organic. Open year round.

Clam Man 15 Boxwood Circle, Falmouth; 508-548-6044. Hours: Mon-Sat 10:00–18:00. Just one block in on Gifford from route 28. Good quality, decent price. Selection during the off-season varies quite a bit, but during the summer it is much more extensive. Inexpensive salmon steaks and crab cakes.

Falmouth Fish Market 157 Teaticket Highway (Rt. 28), Falmouth; 508-540-0045. Hours: Mon-Sat 9:00–18:00, Sun 9:30–16:00. Both Falmouth Fish and the Clam Man will offer you better selection and in general, much better quality than the seafood sections at the supermarket. Quality ranges from good to excellent depending on day and time of year.

Cataumet Fish Market 1360 Rt. 28A, Cataumet; 508-564-5956. Hours: Mon-Sat 10:00–18:00, Sun 10:00–17:00. This store is a little out of the way, but has the best quality seafood in the area. Selection is similar to the two above, but in general, the quality is superior. Their fish is often fresh/good enough to make sushi/sashimi. Highly recommended.

Liquor

To comply with Massachusetts' "Blue Laws", all liquor stores in the state are closed on Sundays, except between Thanksgiving and Christmas. In Falmouth, there are essentially two main retailers for alcoholic beverages, with several smaller "mom and pop" type stores around the greater Falmouth area.

John's Liquor Store 726 Main St., Falmouth; 508-548-2287. An intermediate-sized retailer of domestic and imported liquors. John's also carries full, half and quarter kegs of domestic beer. 10% discount for WHOI employees, but still more expensive than Kappy's. Ask for help selecting a wine. Open year round, Mon-Sat 8:00–23:00.

Kappy's Liquors 21 Springs Bars Rd. (next to Falmouth Plaza), Falmouth; 508-548-2600. Kappy's has the best and most complete selection of domestic and imported beer, wine, hard alcohol and mixers on the Cape!

They have stuff you've never even heard of. If they don't have it, they will try to get it for you. Kegs and party balls available. Open all year, Mon–Thu 8:00–21:00, Fri/Sat 8:00–22:00. Occasionally they refuse out-of-state licenses.

Old Barn Package Store Luscombe Ave. (next to the Woods Hole ferry), Woods Hole; 508-548-4855. Small store, but not a bad selection of wine & spirits as well as non-alcoholic cold beverages. Expensive. Open year round.

Essentials

Brooks Pharmacy 520 Main St. Falmouth; 508-495-2931. Hours: 8:00–22:00 (store); 8:00–20:00 (pharmacy). Full scale pharmacy with drive-in prescription pick-up. Same basic idea as CVS.

Christmas Tree Shop Falmouth Plaza, Falmouth; 508-548-1414. Hours: 9:00–20:00 daily. Sort of an upscale Ocean State Job Lot (see below), they have a constantly changing stock of discounted household goods including home furnishings (for the thrifty student in all of us) glassware, cookware, toys, food, \$1 spices, and seasonal/holiday items. Like Ocean State Job Lot, the hardest way to shop here is to go in looking for something, but you are guaranteed to find something there that you need!

CVS Pharmacy 105 Davis Straits Rd. (Rte. 28-S), Falmouth; store: 508-540-1737; pharmacy: 508-540-4307; Open 24 hours Memorial Day through Labor Day. Full scale pharmacy featuring drugs, health and beauty items, greeting cards, candy, and film developing. Pharmacy open Mon–Fri 8:00–22:00, Sat/Sun 9:00–21:00.

Eastman's Hardware 150 Main St., Falmouth; 508-548-0407. Hours: Mon–Sat 8:00–17:30, Sun 10:00–16:00. Good-sized hardware store; Ace and ServiStar dealer. Tools, fasteners, paint, housewares, keys made. Surprising selection of cutlery, kitchen gadgets, cookware and more. The fishing and hunting supplies that used to be downstairs have moved to a separate building: Eastman's Sport and Tackle, 783 Main St., Falmouth; 508-548-6900.

Ocean State Job Lot Stop & Shop Plaza (Rte. 28-S) Hours: Mon–Sat 9:00–22:00, Sun 9:00–18:00. A heavily discounted department store, their constantly changing inventory consists largely of overstock purchased from other stores. Clothing including rare finds from Express, Lerner, Levi, Lee and the Gap. Reasonable area rugs, runners, linens & towels. Featuring var-

ious yard and summer supplies, household goods, toys. An eclectic collection of food items including teas, various cooking oils, and \$1 spices.

Teaticket Hardware 242 Teaticket Hwy. (just past Stop & Shop on Rte. 28-S), Falmouth; 508-548-0388. Tiny, high-density hardware store. The help can be less than cordial. Open year-round, M-F until 20:00.

Clothing

Around Falmouth

Port Cargo 156 Main St., Falmouth; 508-540-4466. Hours: Mon–Sat 10:00–18:00, Sun 11:00–17:00. Women’s dresses and summery, cotton clothing.

Liberty House 89 Water St., Woods Hole; 508-548-7568. Hours: 9:30–21:00. (daily during prime tourist season). Nice women’s clothing, caters to tourists. Pricey conservative clothing, scarves and accessories. Reduced hours, but open during the winter.

Mass Bay Company 109 Main St., Falmouth; 508-548-0126. Hours: Mon–Sat 9:30–17:30, Sun 11:00–17:00. Has all your typical army/navy store goods: fatigues, boots, gear, knives, patches, etc. Plus regular clothing, shoes, hats, and skater threads. Probably the cheapest place around for Chuck Taylor’s and Doc Martens. Often has reasonably priced rain gear, perfect as “light” foul weather gear for field work, or makeshift necropsy gear.

Maxwell & Co. 200 Main St., Falmouth, 508-540-8752. Hours: Mon–Sat 10:00–18:00, Sun 12:30–17:00. Incredibly expensive business wear for men and women.

Puritan Clothing 221 Main St., Falmouth; 508-548-0116. Hours: Mon–Sat 9:30–17:30, Sun 11:00–16:00. Quality, moderately priced conservative clothing for men and women.

Soft as a Grape 251 Main St., Falmouth; 508-457-7400. Touristy T-shirts, sweatshirts, etc., including some nice WHOI duds. WHOI employees get a discount on WHOI items with their ID.

T.J. Maxx Falmouth Mall; 508-457-0911. Hours: Mon–Sat 9:00–21:30, Sun 9:00–18:00. Discounted department store merchandise, for both men

and women, from casual to dressy. Also stocks shoes and home furnishings such as pillows, linens, and picture frames.

Farther Afield

There are several clothing stores farther afield, including the Gap and Banana Republic at Mashpee Commons. The Cape Cod Mall in Hyannis has Sears, Filene's, and several other clothing stores, including Macy's, Marshall's, and Victoria's Secret. The Factory Outlet Mall in Sandwich has several clothing stores as well, including Petite Sophisticate (business wear for women). There is a Levi's Outlet and a Liz Claiborne outlet store on the Bourne rotary, north of the Bourne Bridge. Slightly farther away, but well worth the trip up Route 3 (exit 8 near Plymouth) is Independence Mall which features a brand new (2003) Target and one of the two H&M international clothing stores in Massachusetts.

Thrift Shops

Falmouth Hospital Thrift Shop 508-540-8282. Temporarily Located at 157 Worcester Court (behind Enterprise Car Rental) Hours: Tue-Sat 9:30-15:30. Permanent Location 432 Palmer Ave., Falmouth, 508-457-3982. Large selection and *the* place to go for costumes. Recent fire forced them to move temporarily. Open year round.

Salvation Army Thrift Shop Bourne Rotary; 508-759-8951. Hours: Mon-Sat 9:00-17:00. This is a large shop with great selection for men and women.

Second Hand Rose 6 Alphonse, Falmouth; 508-540-0575. Hours: Mon-Fri 10:00-16:00, Sat 10:00-14:00. High turnover, frequent dollar sales, and fairly nice clothes make this a favorite second-hand shop in town. Mostly women's clothes, but some men's as well. Knick-knacks and bobbles too! Located in White Hen Pantry Plaza past McDonald's and Bike Zone on Teaticket Hwy (Rte. 28-S from WHOI)

Pick of the Litter Falmouth Dump; 508-457-9353. Not as slimy as it sounds. Useful, albeit unwanted goods are brought to a special area of the dump where people are allowed to take items they can use for free. Requires a town dump sticker (small fee for 2 year pass) which is also useful for dropping off big garbage, construction trash and bulk recycling.

Books

Books, Books, Books 435A E. Falmouth Hwy., E. Falmouth; 508-457-0976. Hours: 10:00–17:00 daily. A spacious used book store, but with lots of empty shelf space as of this writing. Some interesting titles, some rather expensive.

Booksmith 7 Davis Straits, Falmouth Plaza; 508-540-6064. Hours: Mon–Sat 9:30–21:00, Sun 11:00–18:00. A very standard, small, mall bookshop. Has about the largest magazine rack in Falmouth. Located in plaza with Staples, Friendly’s & Starbucks.

Falmouth Bookshop 665 Main St., Falmouth; 508-540-6775. Hours: no set hours, typically 11:30–19:30. Used book shop with a small selection. Lots of old magazines. Lots of Cape Cod and maritime books. Some great gems, including cookbooks, old mystery and sci-fi novels. Don’t forget to check out the selection upstairs!

Isaiah Thomas Books and Prints 4632 Falmouth Rd. (Rt. 28-S near 130), Cotuit; 508-428-2752. A used bookstore that rivals anything in Boston. Large, tremendously diverse, well organized. Also lots of antiquarian stuff. Lots of large chairs for sitting and reading. Home to a large black cat. Impossible to miss as it is housed in a large, insanely pink Victorian house. Worth the drive (15 mi). Rare books and search services.

Eight Cousins Children’s Books 189 Main St., Falmouth; 580-548-5548. Small selection but will order any book.

Market Street Bookshop Mashpee commons. Hours: Mon–Sat 10:00–18:00, Sun 12:00–17:00. Slogan: ”An independent bookstore for independent minds.” Great selection - little discount. If thrifty is your thing, you are much better off with Amazon than here. But browsing at Market Street Bookshop is a real treat! All the newest books, super friendly staff and they will special order for you too. Great biography, political and current events sections. About 25 minutes away from WHOI.

Library Book Sales The Woods Hole and Falmouth Public Libraries both hold periodic book sales; at least two during the summer. Also, the MBL/WHOI library occasionally will have ”retired” books for free on a cart near the main checkout desk. Great place to check for vintage science materials.

Plants & Flowers

Allen's House of Flowers 426 Main St., Falmouth; 508-540-9798. Your basic FTD florist. Really nice proprietors and a reasonably good selection, but expensive.

Mahoney's Garden Center 958 Main St., E. Falmouth; 508-548-4842. Hours: 9:00–18:00 daily. The largest garden center in the area. Carries nice shrubbery, outdoor and indoor plants. Also a good place for info on specialty plants like orchids and good garden advice. Carries a large selection of herbs & veggies, too.

Coonamessett Farms (see full listing under Natural Foods) Carries flowers, herbs, vegetables and everything you need to get your own garden going strong. Beautiful hanging baskets and hydroponic plants.

Shaw's and **Stop & Shop** (see full listings under General Foods) Both stores carry a variety of plants, flowers, balloons and gifts in their floral departments

Music

Johnson String Instrument 49 North Main St., Falmouth (Queen's Byway); 508-495-5551. Cellos, violins, etc.

Music Major 387 Rt. 151, Mashpee; 508-457-0234. A small music store with a good selection of instrument accessories and sheet music Private lessons available.

Newbury Comics Cape Cod Mall, Hyannis; 508-778-0747. The famous Boston-based chain. Probably the cheapest place around to get a good selection, but it's a 45-minute drive. Cheap used CDs (\$3-5 for many full length CDs of all genres, more recent cost more) Also carries new CDs, retro decor (think bean bag chairs, lip-shaped decorative pillows, old skool lunch boxes and skater/grunge gear and jewelry.

Spinnaker Records 176 Main Street, Falmouth; 508-457-1796, www.spinnakercd.com. Carries local artists and unusual stuff, as well as the popular stuff and used CDs. Will find you anything, also buys your used CDs. Surprisingly impressive and diverse collection for such a small store. Tees and Accessories too. Open year round.

Strawberries 31 Davis Straits Rd., Falmouth; 508-457-0590. Hours: Mon–Sat 10:00–21:00, Sun noon–18:00. Top 30 always on sale, good variety of the popular stuff. They sell some tickets to local shows, and always post upcoming events for the area.

Bike Shops

Both casual cyclists and enthusiasts in the Joint Program have had pretty good luck with the stores listed below.

Art’s Bike Shop 75 County Rd., N. Falmouth; 508-563-7379. Hours: Mon–Sat 9:00–18:00, Sun noon–17:00. Not a fully stocked pro bike shop. Selection is limited; however, for quick accessories, it’s convenient for those living in W. and N. Falmouth.

Bike Zone 278 Teaticket Highway (Rt. 28-S), Teaticket; 508-540-2453. Hours: Mon–Sat 10:00–18:00, Sun noon–16:00. Their stock and variety of products has expanded over the years. With a second store in Hyannis (supposedly larger) they often get “out of stock” items within a couple days.

Corner Cycle 115 Palmer Ave., Falmouth; 508-540-4195. Hours: Mon–Fri 10:00–18:00, Sat 9:30–17:30, sun noon–16:00. Good service and very conveniently located in the heart of Falmouth with 100 m of the Shining Sea Bike Path. Their selection is pretty eclectic from basic stuff to \$8000 racing bikes with many things missing in between.

True Wheel 670 MacArthur Blvd., Pocasset; 508-564-4807. Hours: Mon–Fri 10:00–18:00, Sat 10:00–17:00, Sun 10:00–16:00. This bike shop is a little further away (located between the Bourne and Otis rotaries) but is probably the most complete bike shop in the area. This is the closest thing to a “pro shop” in the area with a good selection in all price ranges. Service is excellent. The shop also caters to enthusiasts with organized on-road and off-road rides. They sell rollerblades, too.

Sporting Goods Stores

Olympia Sports Center Falmouth Plaza, Falmouth; 508-457-7564. A low-price, bad-service sports equipment franchise. The only close-by option for general sporting goods now that Burt’s Sports Specialty has closed.

Gump's Pro Shop High density selection of ice hockey equipment at the Falmouth Ice Arena (see listing above). Very knowledgeable staff. Skate sharpening. New and used skates and skate trade-in.

West Marine 77 Scranton Ave., Falmouth; 508-457-6500. Open year round. Mon–Fri 8:00–20:00, Sat 8:00–19:00, Sun 9:00–17:00. This retail chain is America's biggest name in boating supplies. If they don't have what you need in their store, they have an extensive catalogue with very helpful product advisories.

Harborside Marine and Sports 56 Scranton Av., Falmouth; 508-548-0143. Potentially cheaper than West Marine. Smaller selection.

Dry Cleaners

Capeway Cleaners 352 Main St., Falmouth; 508-540-5003.

Driftwood Cleaners 198 Teaticket Hwy. (Rt. 28), Falmouth; 508-540-2723. Same day service Mon–Fri.

Park Cleaners Scranton Ave., Falmouth (across from Windfall Market); 508-548-0907.

Hair Stylists and Barbers

Stone's Barber Shop 628 Main St., Falmouth; 508-540-8523. A decent no-frills barber shop. Haircuts \$12; walk-ins welcome.

Falmouth Barber Shop 286 Teaticket Hwy, Teaticket; 508-457-9090. Right across from the bike store before the Teaticket Hwy./Sandwich Rd. fork. Run by a Canadian dude that's very friendly. They've got the cool 'vacuum socket' on the wall (to suck up all the hair off you once they're done). Room to park behind.

Health Care

Emergency Care

Falmouth Hospital 100 Ter Heun Dr., Falmouth; 508-548-5300. They have a complete emergency room with an airlift to Boston or Cape Cod Hospital. No emergency dental care. Insurance tip: you may want to call your health insurance company/plan/doctor before going in.

Cape Cod Free Clinic 65 Town Hall Sq., Falmouth; 508-540-7075.

Eye Care

American Eye Care Express Falmouth Mall; 508-540-7715.

Cambridge Eye 17 Davis Straits Rd., Falmouth Plaza; 508-495-0332. Hours: Mon/Wed/Fri 9:00–18:00, Tue/Thu 9:00-20:00, Sat 9:00–17:00. Carries a good selection of eyeglass frames, sunglasses (prescription or non-), and contact lenses.

Tooth Care

This is an incomplete list of dentists in the Falmouth area compiled by surveying Joint Program students for their recommendations. Currently, Joint Program students are not eligible for dental insurance so shop around a little; MIT offers student discounts for dental work at MIT Dental.

Richard Demerjian 91A Water St., Woods Hole; 508 548 6655. Good and friendly, and sympathetic to those of us without insurance (meaning they

don't try to do extra, non-necessary things that will cost extra money). Popular with students.

Falmouth Dental Associates 210 Jones Rd., Falmouth; 508-540-0303.

John C. Gagnon Falmouth Family Dentistry 337 Gifford St., Falmouth; 508-548-2999.

David E. Garber 245 Jones Road, Falmouth; 508-548-5028.

Thomas D. Hutchinson 344B Gifford St., Falmouth; 508-540-2515.

Gerald Roan 205 Worcester Court, Falmouth; 508-548-1699.

Pet Care

Pet Clinics

Mashpee Veterinary Hospital 430 Great Neck Rd. North, Mashpee; 508-477-9291. Good vets who are up to date on current diagnostics, testing, etc. They are also very nice and will give you lots of details on what's ailing your buddy. Costs a little more for routine care than some other places, but worth it for annual exams and illnesses.

Deer Run Veterinary Services 168 Teaticket Hwy., Falmouth; 508-548-3406. Hours: Mon–Fri 9:00–17:00, Sat 9:00–noon. Open year-round. Do NOT use except for emergencies and routine vaccinations. If you do have to use them, make sure you get one of the younger vets who are more up to date on diagnostics.

West Falmouth Veterinary Clinic 593 West Falmouth Hwy (Route 28A), W. Falmouth; 508-540-5728. Hours: Mon–Fri 8:30–noon, 15:00–17:00, Sat 8:30–noon. Open year-round.

Pet Stores

Falmouth Pet Center 112 Davis Straits, Falmouth; 508-457-4420, www.falmouthpet.com. Hours: Tue–Fri 9:00–19:00, Mon/Sat 9:00–18:00, Sun 10:00–17:00. In the Fleet parking lot across from Stop & Shop. Open year round. Somewhat limited selection.

Cape Maid Farms 957 Falmouth Rd, (Rt. 28), Hyannis; 508-775-3782, www.capemaiddfarms.com. Hours: Mon–Fri 8:30–18:00, Sat 8:00–17:00, Sun

10:00–17:00. Large selection of pet care needs and pets from reptiles & amphibians to fish and mammals. Worth the trip. Right on Rt 28-S about 40 minutes from WHOI. Open year round.

PetsMart 1070 Iyannough Rd., Hyannis; 508-778-1601, www.petsmart.com. A chain. The best larger pet supply store in the area.

Auto

Parts

Napa Auto Parts 163 Worcester Ct., Falmouth; 508-548-6333. Hours: Mon–Fri 7:00–17:30, Sat 7:30–17:00. 10% Discount for WHOI employees.

Autozone 64 Davis Straits Rd., Falmouth; 508-457-9431. Hours: Mon–Sat 8:00–21:00, Sun 9:00–18:00.

Mechanics

There is a large selection of auto repair mechanics in the Woods Hole area, only the best and worst of which appear below. JP students provided the comments.

Falmouth Firestone 486 Main St., Falmouth; 508-548-7100. Recommended.

Falmouth Mutual 502 E Main St., Falmouth; 508-548-9231. Right between Firestone and Brooks Pharmacy. Respectful treatment; Paul tells you what he’s doing, and why. Good rates.

A To Z Auto Repair 858 Rt. 28A, Falmouth; 508-540-0443. One guy who works out of his home garage. Many WHOI employees use him. Good value, good work.

Falmouth Motorcar Company 716 Teaticket Hwy, Falmouth; 508-540-6794. Complete reliable service on all makes of cars. Fast turnaround (hrs.) on emergency work. Open year round, Mon–Fri 8:00–17:00.

Midas 244 Teaticket Highway (Rt. 28-S), Falmouth; 508-540-4290. Exhaust and brake repairs on all types of cars. 1-3 day service. Labor prices are fairly

steep for other jobs. Check for good sales on brake drums and pads. Several students have had bad experiences here.

James Ace Auto Repair 435 Palmer Ave., Falmouth; 508-548-3164. Recommended by Troy (the WHOI mechanic). They get the job done quickly, fair prices.

Insurance

Car insurance in Woods Hole is considerably cheaper than in Boston and Cambridge, but you must prove residency.

Brewer and Lord 177 Main St., Falmouth; 508-548-1596. Offers 10% AAA discount on car insurance. Popular with Joint Program students.

Arthur D. Calfee, Inc. 336 Gifford St., Falmouth; 508-540-2601. Comprehensive insurance company, also used by Joint Program students.

Recreation and Groups

Beaches

Both Woods Hole and Falmouth have numerous lovely beaches. Some become crowded during the summer, while others remain relatively quiet. Beach parking stickers are required for all the public beaches in Falmouth. Woods Hole beaches (Trunk River and Stoney) require no sticker. Parking stickers are issued daily at the bath house on Surf Drive (508 548 8623) from 9:00–16:00 until the end of the summer season. Beach stickers are required from June 22 to Labor Day. Complete beach information at www.falmouth-capecod.com/beaches.html.

The Knob Quissett Harbor. Coming from Woods Hole, turn left at Oyster Pond light and go straight to the end of the road. Keep right on the dirt path to get to beach. A beautiful, quiet beach. Good for reading a book and swimming, even in the middle of the summer when other beaches are crowded as it's hard to find.

Stony Beach (MBL beach) Go to the MBL end of Water street and turn right. Turn left on Bar Neck. Turn right at the yacht club. Beach is on your left past the tennis court. Walk to this beach from the village for a swim at lunch.

Nobska Beach Between Oyster Pond Rd. and Church St., Woods Hole. Views of the ferries passing and of the lighthouse. Sandier than most other beaches in town and has changing huts. Parking is a nightmare, and there's no where to lock bikes. A short walk from the village or Winding Lane.

Surf Drive Beach (Trunk River, Mill road) Really several beaches, with dirt parking lots dotting the length of Surf Drive. Rocky, but good for swimming. Walk from Oyster Pond apartments. The Trunk River lot

is accesible via a short dirt road between the Oyster Pond Rd./Surf Drive intersection and the entrance to the CRL.

Falmouth Heights Accessible from Falmouth Heights Road. Very busy in the summer, and parking can be difficult. Similar to Surf Drive Beach.

Wood Neck Beach West Falmouth. Wide sandy beach on Buzzards Bay. Rt 28 north. Left turn onto Palmer Ave. Left onto Sippewissett Rd. Right onto Woodneck Rd. Large parking lot at the end of Woodneck Rd.

Chapoquoit Beach Very popular bathing and windsurfing beach on Buzzards Bay. Rt. 28 North, Brick Kiln Rd. West, Rt 28A north. Left onto Chapoquoit Rd. Large Parking lot near end of road. The pond across the road is warmer and calmer.

Martha's Vineyard and Nantucket

There are fine beaches all around the island, and there are surfable waves at some beaches on the east side of the island. For the natural types, there are several nude beaches near Gay Head on the Vineyard.

Cape Cod National Seashore

If your image of what a beach is includes acres of sand and pounding surf, head for the Seashore. About an hour drive from Woods Hole, you can access the beach at several well-marked locations from Chatham to Provincetown. The water is a lot colder than in the Sound or Buzzard's Bay.

Health Clubs and Pools

Falmouth Sports Center 33 Highfield Dr., Falmouth; 508-548-7433. Hours: Mon-Fri 6:00–21:00, Sat/Sun 8:00–17:00. The FSC houses tennis courts, racquetball courts and a sizable health club with exercise equipment, Nautilus machines, universal gym equipment and free weights. The locker rooms have saunas, steam rooms, and showers, but the waiting list for the lockers themselves is long. Tennis and gym memberships are separate. Tennis league play and instruction is available. Raquetball courts run \$6 per hour per person for gym members and \$12 per hour per person for non-

Table 1: FSC: Gym Membership Rates (summer 2003)

Individual	Regular	WHOI
Daily/Guest	\$8	\$8
1 month	\$60	\$60
3 months	\$140	\$120
6 months	\$275	\$230
12 months	\$430	\$360
Family	Regular	WHOI
12 months (first member)	\$430	\$360
12 months (second member)	\$215	\$180
12 months (additional members 17 and under)	\$75	\$75

members. Cheques or cash only, no credit cards accepted. Memberships can be started at any time.

Sandwich High School 365 Quaker Meeting House Rd., East Sandwich; 508-888-5300, www.scslearn.org/swim.htm. The Sandwich High School has a community lap pool and it's about a half-hour drive from Woods Hole. There are lap swim times every day except Sunday in the early morning, midday, and in the evening. Individual and family memberships are available, or pay \$5 per visit. Complete rates are posted on the website. To get there, take Rt. 28 to the Bourne Rotary, take Rt. 6A to Sandwich, get on Rt. 6 towards Provincetown, take Exit 3 (Quaker Meetinghouse Rd.), turn left, and the high school is the first building on the left. The pool is at the end of the hall to the left of the main doors.

Atria 336 Gifford St., Falmouth; 508-540-1600. Located at Atria senior center. \$5 a pop. It's not full length, but it's better than a kidney bean and not as far as Sandwich High School.

Shoreway Acres 59 Shore St., Falmouth; 508-540-3000. Swimming in the winter when they have no guests. In and outdoor kidney shaped pools not suitable for laps.

Balanced Fitness 133 East Falmouth Hwy., E. Falmouth; 508-540-8896. All new equipment. More expensive than the Falmouth Sports Center. Swimming privileges at Shoreway Acres.

Lifetime Health and Fitness 634 N Falmouth Hwy., Falmouth; 508-563-1100. Comfortable gym with all the usual equipment, plus excellent aerobics,

kickboxing and pilates classes. Discounts given to WHOI employees and students.

Cape Cod Swim Club 14 Ellis Ln., Pocasset; 508-564-5690. Competitive training and learn to swim lessons from age 6. Full length pool. If you're just interested in swimming laps, take the master swim class, or look elsewhere.

WHOI and Woods Hole Sports Facilities

Woods Hole community athletics cover the spectrum and groups are active year-round. Chances are your favorite sport is played at a casual level by a WHOI-based group. More competitive play can be found through numerous club teams in the Falmouth and Upper Cape area. There are showers and locker rooms at WHOI. The McLean building, the first floor of Clark South, and the first (women's) and third (men's) floors in the Redfield building all have showers.

Curling

Cape Cod Curling Club 37 Highfield Dr, Falmouth; 508-540-2414, www.capecodcurling.org. Open late October through early May. League play: men's, women's, mixed, instructional, and open. A trial membership lasting 12 weeks is also offered for \$60 and is designed to let you learn the game and get to know the club and its members. Website has details.

Bike Paths and Fitness Trails

Cape Cod biking maps are available at any of the local bikeshops, and some are available online at www.massbike.org/bikeways/bikecape.htm. The mountain biking near WHOI is some of the best in Massachusetts. The terrain is varied from moderate to very technical with many challenging hills. The trails can be accessed from the intersection of route 28 and route 151. The trail system is extensive and almost all single track. Some generous local riders maintain and cut new trails to minimize overuse and erosion and to improving riding conditions. There's no place to get water once you get on the trails so an extra water bottle and a snack are a good idea.

Shining Sea bike Path 3.3 mi. From Falmouth (Depot Ave.) to Woods Hole (Steamship Authority parking lot) along an old rail line. More informa-

tion, including a map at members.aol.com/falbike/bike/bike/. Parking available at Woods Hole Rd. and Mill Rd. Massachusetts has allocated money for a one mile extension into North Falmouth.

Cape Cod Canal bike path Either side of the Cape Cod Canal.

Cape Cod Rail Trail 25 mi. Between South Dennis and Wellfleet.

WHOI Fitness Trail 1.5 mi. On WHOI property. Starts next to softball field behind Clark and loops through the woods connecting Quissett and the Oyster Pond apartments. Twenty stations for a full body workout. Trail map at www.who.edu/generalinfo/internal/fittrail.

Skating and Rinks

Woods hole is within driving distance of two year-round ice rinks, one of which is right in Falmouth. During the winter some of the ponds freeze. During the particularly cold Winter of 02–03, students and locals played ice hockey on Oyster and Ice House ponds weekly (interested JP students should subscribe to pondhockey@mit.edu). WHOI facilities also set up a hay-bale ice rink on the grounds at Quisset Campus.

Falmouth Ice Arena 9 Skating Ln. off Palmer Ave. (Rt. 28) by the Texaco; 508-548-9083 (human), 508-548-0275 (info line), www.falmouthicearena.com. Public skating offered Fridays, 19:30–21:00 (*the* place for your first middleschool date), and Sundays, 13:00–14:30. Cost is \$4 and rentals are newly available. League and pick-up information on the website.

Gallo Ice Rink 231 Sandwich Rd., Bourne; 508-759-8904. Public skating offered Mon-Fri, noon–14:00, and Sundays 16:00–18:00. Cost is \$2 and rentals are available.

Courts

Softball Fields McKee Field (behind Clark Laboratory), Bell Tower Field (in Woods Hole village on Bell Tower Ln. off Millfield St.).

Tennis Courts WHOI court behind Clark (it can be reserved via a sign-up sheet at the court), Public courts on Bell Tower Ln. in the village.

Volleyball There are two sand volleyball courts behind Clark (call Rick Chandler, x2272; or Dana Gerlach, x2596 for access to the nets). There is also one court in Bell Tower Park in the village.

Basketball New court built in 2002 on the NE side of McKee Field.

Sailing and Yacht Clubs

Spring, summer and fall in provide a wide range of opportunities to get out on the water and sail in and around Woods Hole. MIT students, don't forget about the MIT Sailing Pavilion for a great opportunity to learn sailing while in Boston.

Boats

If you have your own boat and will require a mooring for it, check with every harbor master you can find soon. It can be a painfully slow process to get a mooring. If you can beach launch your boat the best option for keeping your boat is Dinghy Beach. Dinghy beach is public land next to the Woods Hole Yacht club along the road to Penzance Point, (Bar Neck Rd). It is first come first serve to get a spot on the beach for your boat, so get there early in the year. From there you can sail all over the area but, beware of the tides in Woods Hole. Check out an *Eldridge Guide* before heading out, to avoid being flushed through the hole.

Yacht Clubs

There are also many local yacht clubs that host racing fleets during the spring, summer and fall. Joining up as crew can be as easy as putting your name on a bulletin board. Call or stop by the specific clubs for the details.

- Woods Hole Yacht Club, 548-9205 (Dinghy sailing several nights a week)
- Falmouth Yacht Club, www.falmouthyachtclub.com (Dinghies, 210's, J24, Beetle Cats)
- Quissett Yacht Club, home.earthlink.net/~alecburt/index.htm (Hereshoff's and Dinghies)

- Chapoquoit Yacht Club 508-548-0681 (Beetle Cats)
- Marion/Beverly Yacht Club, www.beverlyyachtclub.org (Wed night PHRF big boats, J24's, J105's, Shields)
- For a bigger list check out www.cc-waterweb.com/main/clubs.htm

Windsurfing

Woods Hole beaches are popular windsurfing spots. Windsurfing is allowed on public beaches prior to 9:00 and after 17:00. Trunk River Beach and a portion of Chapoquoit Beach are open any time. Which beach sailors head to depends on wind direction and tidal currents. See the beach listings below. Tide information is available online, but the *Eldridge Guide*, published yearly and available through the WHOI stockroom, offers graphical representations of the tide and is worth picking up anyway if just for the included lore. Both experts and novices should join wind-stalkers@mit.edu for daily traffic during the summer months on who is going sailing and where, and also to inquire about borrowing equipment.

- Stony Beach (MBL beach): NE N NW wind; rocky beach but great NE waves.
- Nobska Beach: SW W wind on a dropping Woods Hole tide; advanced sailing only because of strong tides and waves.
- Surf Drive Beach (Trunk River): SW S SE E wind; popular windsurfing spot for WHOI locals.
- Surf Drive Beach (Jack's Beach): SW S SE E wind; dirt parking lot off of Surf Drive near Elm Rd.
- Chapoquoit Beach: N NW W SW wind; great high wind spot with waves; pond on the east side of the road for beginners.
- Woodneck Beach: N NW W SW wind; great beginner beach and SW high wind sailing

stores

Generally, better deals are available online or at the occasional tag sale. Add yourself to wind-stalkers@mit.edu if you're in the market for any large

items. Some of the people on that list watch online postings religiously and will alert the list. Eddie from Cape Cod Windsurfing (see listing below) is also a good source for heavily used, ex-rental equipment, particularly beginner stuff.

Sailworld Cape Cod 271 Main Street, Buzzards Bay; 508-759-6559, sailworld.com Large selection of new boards and new/used sails, plus all the accessories, although generally only one brand of each. Knowledgeable staff. They hold swap meets about 3 times a year; check their website for upcoming meets. They also run clinics and sponsor area races.

Island Sports 86 Aquidneck Avenue, Middletown, RI; 401-846-4421, www.islandsports.com. About 3 hours away. Smaller selection of windsurfing equipment than sailworld, but they hold swap meets too, and have a much larger selection of wetsuits.

lessons

Every summer finds WHOI community members learning to surf, and there are always experts willing to help beginners get started. Again, subscribe to wind-stalkers@mit.edu.

Cape Cod Windsurfing 350 Quaker Rd., North Falmouth; Beach Location: 508-457-7806, Pro-Shop: 508-801-3329, www.capecodwindsurfing.com. Affiliated with the Sea-Crest Hotel. Eddie offers lessons and rentals. The website lists current rates.

online resources

Current wind conditions are available for free from Weather Underground www.wunderground.com and a NOAA tower at the mouth of Buzzards Bay www.ndbc.noaa.gov/station_page.phtml?station=buzm3. Subscribers to www.iwindsurf.com can access data from a tower at Chappaquodict Beach. No web-accessible anemometers exist in Woods Hole proper.

Surfing

Surf in the Northeast does exist. Summer surf is slow. But be patient. As hurricane season approaches, the surfing spots come alive. Watch for tropical waves off the West coast of Africa. These storms will move east

and often start curving North as they approach the Lesser Antilles and the Puerto Rico Trench. They'll bring a nice solid 4-8' swell with 11-13 sec period to South facing beaches like Squibnocket beach in Martha's Vineyard; the Town landing in Little Compton, RI; and the beaches in the outer Cape like Coastguard station, Marconi beach, Whitecrest. The outer Cape has lots of secret spots too that can be reached only by off road vehicles - like Marconi Secrets. If the swell has some East to it, the South shore will get a nice swell. Places like Brant Rock in Marshfield will go off. As the winter approaches, Nor'Easters give challenging surf for those who don't fear the cold. You need a 6x5x4 wetsuit (6mm chest, 5mm arms/legs, 4mm hood) booties, and gloves. You often look for protected spots like Green Harbor in Marshfield because duck diving is brutal in the winter. The outer Cape gets a sweet Northeast swell too - but paddling out to the line up can be challenging. Best website for all your surfing needs: www.nesurf.com/index.html. Gives tides, surf report, cam, local surf shops, everything.

SCUBA

WHOI Diving Typically the classes (theory and pool sessions) take a month or so in June. Major time sink but worth doing if you need it or just are interested in helping other people out with their projects. It's also free and you'll get a NAUI certification out of it. Start early doing the paper work (February or March). You'll need a full medical exam—easy to schedule and get done at MIT Medical, not so convenient in Falmouth. Really important to also do First Aid, CPR and O₂ courses otherwise you won't be able to dive in other places, or off UNOLS ships. These courses can be delayed until the fall.

Aqua Center 2 Freezer Rd., Sandwich; 508-888-3444. Owned/operated by Greg McGrath. Friendly guy. Constantly organizing dives, underwater hockey games. Get on his email list.

WHOI Sports Groups

Basketball WHOI folks play every Tuesday and Thursday at lunch on the new basketball court next to McKee Field.

Soccer WHOI folks play every Mon/Wed/Fri at noon on the field behind Clark.

Softball Organized teams from the various departments, plus Facilities, GFD, MBL, Fisheries, the Post Office, and Townies, play weekly between late May and the end of August. This is a laid-back, slow-pitch, no balls-and-strikes league; no experience necessary. Games are played on McKee Field behind Clark and at Bell Tower Field in the village. Contact: Charlie Olson, x2555.

Ultimate Frisbee Pick-ups during summer 2003 will be held Thursdays at noon on McKee Ballfield. Serious players should consider joining WHUF, Woods Hole's local club team. WHUF also organizes pick-up games during the summer. During summer 2003, these pickups will be held Sunday afternoons, 5:00 pm at Bell Tower Field in Woods Hole. Contact: whuf@capecod.net, 508-833-2787, www.utilinks.com/cgi-bin/tourny_links.cgi?dir=capecod#whufpickup.

Underwater Hockey An exercise in asphyxiation. Organized locally at the Sandwich High School by Greg McGrath, owner/operator of Aquacenter in Sandwich. Games are Sat. nights and newcomers are welcome. Contact: CapeCodUWHockey@aol.com.

Volleyball (indoor and beach) Summer lunchtime league on the WHOI sand courts (Rick Chandler, x2272, rhandler@whoi.edu). Winter indoor pick-up and league games on Tuesdays at the Gus Cauty Community Center, 790 Main St., Falmouth; 508-457-2567. Contact: Dana Gerlach, x2596, dgerlach@whoi.edu. Winter indoor pick-up games on Tuesdays and Thursdays at Morse Pond Elementary School, 323 Jones Rd., Falmouth.

Ice Hockey Joint Program students field a D-League intramural ice hockey team at MIT, a significant contingent of which drives up from the Cape for games. The level of play is suitable for beginners, and novices are encouraged to join. Contact: Mike Jakuba, jakuba@mit.edu.

WHOI Social/Support Groups

International Committee This committee has been formed to welcome and to help acclimate international visitors to the Institution and the community. The Committee has produced "The Handbook for International Visitors", available at www.whoi.edu/committees/international/Handbook/InternationalHandbook.pdf. There are a limited number of bicycles available for international visitors through the committee (contact: Andy Beet

x3376). Runs an English as a Second Language (ESL) tutoring program (contact: Penny Foster x2294).

Women's Committee Established in 1973, the Women's Committee at WHOI is an elected committee responsible for considering matters of special concern to women. Its primary charge is to be a forum for the ideas and concerns of women associated with WHOI. Each member is charged to make herself aware of pertinent issues and to be accessible to the women around her, to better represent them in the committee. The eight-member committee represents all women at the Institution: Joint Program Students, members of the Scientific, Technical, and Exempt Administrative Staffs, and members of the Graded Administrative and Research Staffs. Members of the Committee may be contacted by sending email to the Women's Committee mailing list: womens-committee@whoi.edu (internal use only). More information at www.whoi.edu/women/.

Work and Family Life Committee Resources for families at WHOI. More information at <http://www.whoi.edu/committees/WFL/internal/>.

Gays, Lesbians and Others at WHOI (G.L.O.W.) is a student-staff liaison support group for gay, lesbian, bisexual, transgendered and questioning members of the WHOI community and their allies. The group aims to provide a point of contact for people seeking information, support, avenues for addressing workplace issues, and social outlets. There are monthly informational and social meetings and all are welcome. A website is currently in the works and a mailing list has been set up for all individuals interested in receiving announcements, pertinent news, etc. Please email glow@whoi.edu to be added to this list or for other information.

Running and Road Races

A number of races are held locally, the world-class Falmouth Road Race being the most famous. For the less serious, bike paths, parks, and quiet, scenic roads make for excellent jogging. Those interested in training for any of the races below should consider attending Falmouth Track Club workouts, where you'll meet many like-minded runners from WHOI and the rest of the community. Online, www.coolrunning.com lists most local events and entry information.

Falmouth Track Club Workouts held every Wednesday night, year round, seasonally 5 or 6 p.m. Location varies. Contact: Jim Preisig, jpreisig@whoi.edu.

Coffee O 5 Coffee Obsession and the Falmouth Track Club sponsor these 5-milers every Friday night at 5:30 p.m., beginning at Town Hall Square in Falmouth. The course is accurately measured, relatively traffic-free, and scenic. All turns and miles on the course are marked. The run is free and self-timed. This race used to be known as the Quarterdeck 5 and is often still referred to as “the QD5.”

Seagull Six Spring Classic Race 5.8 mile loop around Woods Hole. Open to all applicants. Held first weekend of April.

Falmouth Road Race www.falmouthroadrace.com. World class 7.2 mile run from Woods Hole to Falmouth Heights (oldest road race in U. S. history). Open to time-qualified runners and all Falmouth residents. Held in August. Apply by early May.

Falmouth Main St. Mile 1.0 mile race. Open to all applicants. Held in September.

Cape Cod Marathon www.capecodmarathon.com. 26.2 miles throughout scenic Woods Hole and Falmouth. Individual and 5-leg relay teams. Open to all applicants. Applications are available online. Held in October.

Falmouth-in-the-Fall Road Race Local race over the famous 7.2 mile course. Open to all applicants. Held in November.

Chase the Patriot 4.2 miles cross-country, Beebe Woods. Patriot’s Day weekend.

Turkey Trot 4.2 miles cross-country, Beebe Woods. Thanksgiving Day.

Falmouth Sprint Triathlon 1/3-mile swim; 9-mile bike; 3.1-mile run. Held in July. Sign up early in advance.

Fishing and Shellfishing

Fishing charters are available throughout the Cape, with several operating out of Falmouth Harbor. Most are expensive sport-fishing outfits that accommodate between 5 and 10 people at around \$75 to \$100 per person. For the budget-minded, **Patriot Party Boats**, 1-800-734-0088, runs bottom-

fishing excursions twice daily during the summer for \$25 per person and their boat accomodates up to 50. Reservations are essential.

Falmouth and Woods Hole provide excellent shellfishing throughout the year. Licenses are required and can be purchased at Falmouth Town Hall; \$20 resident, \$50 non-resident. Permits are good from March 1 until the last day of February. For recorded shellfish information call 508-495-7334.

Fairs, Events and Amusement Centers

Many calendars listing Cape Cod events exist on the web; www.capecodtravel.com/attractions/calendar/ is particularly well maintained and complete. A few local, or big Cape events along with a few of the more “touristy” Cape offerings are listed below.

MBL Friday Night Lecture Series Schedule and info at www.mbl.edu/inside/what/news/events/events_friday.html. Science lectures on a variety of topics. Free and open to the public.

Nantucket Film Festival 508-325-6274; www.nantucketfilmfestival.org. Event showcasing independent films, panels, readings, and annual screenwriters tribute.

Falmouth Arts and Crafts Festival Held annually during the summer on the town green in Falmouth.

Barnstable County Fair Barnstable County Fairgrounds, Route 151, Falmouth; 508-563-3200. Held annually (2003: July 18–26, 11:00–23:30 daily). Adults \$8, children 12 and under are free. The Cape’s largest annual event featuring rides, games, exhibits, demonstrations, music, food and concerts.

Woods Hole Film Festival Annual (2003: July 26–August 2); 508-495-3456. Daily screenings, workshops, panel discussions, and staged readings. Points throughout Woods Hole.

Woods Hole and Falmouth Public Library book sales Held periodically throughout the year. Watch for the sign outside the Woods Hole Public Library. Good place for leisure, mystery, comedy, plays, poetry, science fiction, religious, travel, history, household, etc. Five soft-covers for \$1.

Mini golf, batting cages, driving ranges, and go-karts Closest to home, Joe’s Driving Range and Miniature Golf (221 Teaticket Hwy, Rt.

28-S, Teaticket) offers a driving range, low-tech mini golf and a few practice greens, all at very reasonable prices. Family-run East Sandwich Mini Golf (157 Rt. 6A, Sandwich; 508-833-1905) offers probably the best mini golf on Cape with a course built on a tidal wetland that changes depending on the tide. Adventure Isle in Bourne (Rt. 28-N; 1-800-53-KARTS, www.adventureisle.com) has mini golf, amusement park rides, a batting cage, and go-karts. The largest concentration of particularly cheesy mini golf courses is just outside Hyannis. Bass River Sports World (Rt. 28, S Yarmouth; 508-398-6070) offers mini-golf featuring a pirate-themed course, batting cages, soccer cages, a driving range, and video games.

Singing Groups

For current information and more groups check out the Falmouth Cultural Resource Guide: www.arts-cape.com/fcg/fcg-musens.html.

Schola Cantorum www.scholafalmouth.com Founded in 2002, Schola Cantorum is a small vocal ensemble dedicated to learning and singing the sacred, a capella music from the Renaissance and Baroque periods (14th to 17th century). New members welcome. Good-sight reading ability is important. Weekly rehearsals held on Wednesdays from 7 to 9 p.m., at St. Patrick's R.C. Church, Main Street, Falmouth. For more information, call Oliver Muldoon (508-548-4428) or email the director, director@scholafalmouth.com.

Solstice Singers A 16-member madrigal group from the Falmouth area. They specialize in European Madrigals and perform regularly throughout the year. Their performances include poetry, theatrical staging, instruments, and dancing. Participation is by audition. Contact: Margaret Sulanowska, 508-548-3659, msulanowska@whoie.edu.

Woods Hole Cantata Forms only during the summer months. They rehearse intensely for two months (twice a week) to prepare for two performances of a large work by the end of the summer. It is usually accompanied by an orchestra or ensemble. Auditions are not required and the membership changes and fluctuates year to year. Check the Falmouth Enterprise or posters in the Village during June/July. Summer 2003 practices held Tue/Thu 19:30–21:30 in the Meig Room in the Swope building at the MBL. Contact: 508-548-2221.

Libraries

For research and study, the MBL/WHOI Library has perhaps the best marine sciences collection in the world, but requires an MBL OneCard for access (see listing below). The Cape is also littered with public libraries; the two closest are in Woods Hole and Falmouth. A CLAMS (Cape Libraries Automated Materials Sharing) card gives you membership in your local library plus access to the collections of all the 26 CLAMS libraries: www.clamsnet.org.

MBL/WHOI Library Lillie Laboratory, MBL St., Woods Hole; 508-289-2455. Open 24 hours a day/seven days a week. Arguably the best marine sciences library in the world. Enormous selection of journals (and if they don't have it, they'll get it for you). Great reading rooms; great place to study. The rare book room is pretty cool too. You'll need an MBL OneCard to get in. These can be acquired from the Digital Processing Center on the second floor of the Lillie Building weekdays between the hours of 8 AM and 5 PM. Online databases, journal list, and other services at mblwhoilibrary.mbl.edu.

Woods Hole Public Library 581 Woods Hole Rd., Woods Hole, 508-548-8961; www.woodsholepubliclibrary.org. Fantastic book sales on a fairly regular basis which are well-worth checking out. Hours: Mon noon–17:30 and 19:00–21:00, Wed 10:00–17:30 and 19:00–21:00; Tue/Thu/Fri/Sat 15:00–17:30.

Falmouth Public Library 123 Katherine Lee Bates Rd., Falmouth (visible from Main St.); 508-457-2555, www.falmouthpubliclibrary.org. Hours: Mon/Thu 9:30–17:30, Tue/Wed 9:30–21:00, Fri/Sat 9:30–17:00. Closed Sundays. Good selection of books, CD's, movies, Internet, magazines. A real multimedia library. Access to online CLAMS catalogue through website.

Museums and Exhibits

Exhibit Center of the Woods Hole Oceanographic Institution School St., Woods Hole; 508-289-2663. A few research-related exhibits, with several models of underwater vehicles in use at WHOI. Suggested donation: \$2/person aged 10 and over. Small gift shop. Open from May through September; hours posted at www.whoi.edu/calendar.

Aquarium of the National Marine Fisheries Service Albatross Street, Woods Hole; 508-495-2001, www.nefsc.noaa.gov/omi/aquarium/. Hours: Mon–Fri 11:00–16:00. Excellent small aquarium, with more attention paid to the fish and other specimens than to their presentation. Many of the tanks are actively being used in research. A rescued seal lives in a pen outside the aquarium. No admission charge, and no parking.

Woods Hole Historical Museum 579 Woods Hole Rd., Woods Hole; 508-548-7270. Hours: Tue–Sat 10:00–16:00, June through Labor Day. Depicts the history of Woods Hole through an audio-visual presentation, displays and dioramas. A scale model of the town as it was in 1895 is on display. A boat museum and a gentlemen’s workshop of the 1890s are also on the grounds.

Falmouth Historical Society 55–65 Palmer Ave., Falmouth; 508-548-4857, www.falmouthhistoricalsociety.org. Hours: Jun 10–Sep 13, Tue–Sat 10:00–16:00; Sep 20–Oct 27, Sat/Sun 13:00–16:00. Society maintains a museum and offers historical tours of Falmouth. Also has extensive archives including ships logs, maritime records, manuscripts, and family genealogy records. Excellent website with Falmouth lore.

Entertainment

Cape Cod Baseball League

Falmouth Commodores Guv Fuller Field 748 Main St. (Rt. 28), Falmouth; 508-458-4235. A respected summer league made up of college players headed for pro-ball; featured in the movie “Summer Catch.” A number of current major leaguers once played here, including Mo Vaughn and Frank Thomas. Teams from 10 Cape towns play a 44-game schedule from mid-July until early August. Schedule available at www.falcommodores.org.

Movies & Theater

Falmouth Mall Cinema Falmouth Mall, Rt. 28; 508-540-2169. Six screens showing recent, main-stream movies.

Nickelodeon Rt. 151 in N. Falmouth (5 min. from the Mashpee Rotary); 508-563-6510. Five screens showing art/alternative films and some

mainstream movies (esp. in the winter). Moviefone.com does not provide accurate listings for this theater.

Heritage Theatres - Sandwich 280 Route 130, Sandwich; 508-833-7777. Rare lineups, stadium seats, Dolby Digital, DTS and Dolby Surround Sound, and totally worth the drive. General Admission \$8, Matinees before 6pm, children under 12 and seniors \$6. Open Year Round.

Regal Cinemas at Mashpee Commons at the Mashpee Rotary; 508-477-7333. Six screens showing recent, mainstream movies. Bigger screens and better sound than Falmouth Mall.

Highfield Theater and College Light Opera Company End of Depot Ave., Falmouth; box office: summer: 508-548-0668; winter: 508-540-6621 Seasonal plays and musicals. Productions range from Shakespeare to contemporary with many well-known and loved favorites. The theater is housed in a historic building.

Woods Hole Theater Company 68 Water St., Woods Hole; 508-540-6525. Call ahead for shows and times. The Woods Hole Community Hall serves as the theater for plays produced by the WHTC. Often featuring local actors, directors, and playwrights, their productions draw from a diverse array of talent within the Woods Hole and Falmouth communities.

Video Rental

Video Paradise 882 Main St. (Rt. 28-S), Falmouth; 508-457-1388. Hours: 10:00–22:00 daily. Much better selection than Blockbuster especially foreign and alternative movies. The proprietors know all the movies in the store and best of all, they reserve videos up to 7 days in advance.

Falmouth Public Library 123 Katherine Lee Bates Rd., Falmouth; 508-457-2555. Lots of musicals and classic films, although they do have an eclectic selection of some recent films. Best of all you can check out 2 flicks for 3 days for FREE!

Blockbuster 96 Davis Straits (Rt. 28-S), Falmouth; 508-457-4373. Late hours, open 10:00–midnight.

Radio Stations

Table 2 is a list of most of the stations that one can receive in the Woods Hole area. Signal quality varies. Complete MA listings at www.100000watts.com/radio/MA.html.

Table 2: Woods Hole Area Radio Stations

Call Letters	Frequency	Format	Comments
WGBH	89.7	NPR	NPR mornings, classical midday, jazz 19:00–2:00
WCAI	90.1	NPR	The Cape and Islands NPR station
WCCT	90.3	NPR	Broadcasts WBUR-90.9 at 100 W (Harwich)
WKKL	90.7	NPR	Broadcasts WBUR-90.9 at 200 W (W Barnstable)
WNAN	91.1	NPR	Simulcast of WCAI
WSMU	91.1	college	UMASS Dartmouth college radio: www.wsmu.org
WSDH	91.5	NPR	Broadcasts WBUR-90.9 at 300 W (Sandwich).
WFPB	91.9	folk	WUMB (UMASS Boston) Cape Cod repeater station
WPRO	92.3	pop	92 PRO-FM: www.92profm.com . “Today’s hit music.”
WMVY	92.7	eclectic	Martha’s Vineyard Radio: mvyradio.com
WSNE	93.3	variety	Coast 93.3: www.wnse.com . “Today’s best variety.”
WHJY	94.1	classic rock	www.whjy.com . “The home of rock and roll.”
WJMN	94.5	hip hop	Jam’n 94.5: “...blazin hip-hop & today’s hottest music.”
WXTK	95.1	news/talk/sports	www.95wxtk.com . Rush, Howie Carr, etc.
WBRU	95.5	alt rock	www.wbru.com
WRZE	96.3	top 40	96.3 The Rose: www.therose.net
WTWV	101.1	60s 70s oldies	101.1 The Wave
WCIB	101.9	classic rock	Cool 102: www.cool102.com
WPXC	102.9	modern/hard rock	Pixy 103: www.pixy103.com . Howard Stern mornings.
WBCN	104.1	modern rock	www.wbcn.com . Howard Stern mornings.
WKPE	104.7	classic rock	The Rocket: www.1047-therocket.com .
WCOD	106.1	hot adult contemporary	
WFHN	107.1	top 40	Fun 107: www.fun107.com
WFCC	107.5	classical	www.wfcc.com
WXKS	107.9	pop	Kiss 108: www.kiss108.com .
WFAN	660 AM	sports talk	Mets and Knicks games, reception good at night
WRKO	680 AM	talk	Rush, Howie Carr, etc.
WEEI	850 AM	sports talk	Celtics and Red Sox games.

Live Music

Local

Grumpy's Pub 29 Locust St., Falmouth; 508-540-3930. Various regional acts. Weepin' Willie about once a month.

Open Mic Night @ The Captain Kidd 77 Water Street, Woods Hole; 508-548-9206. A Woods Hole institution. Wednesday nights starting at 9 p.m. Held off-season only, September through April.

Woods Hole Community Center Periodic concerts and performances. Events posted on the garage door of the Center.

Open Mic Night @ The Pie in the Sky 10 Water St., Woods Hole; 508-540-5475. New summer 2003. Monday nights during the summer.

Cape

Cape Cod Melody Tent Hyannis; 508-775-9100, www.melodytent.com. The Cape's venue for big ticket shows.

Beachcomber Wellfleet; www.thebeachcomber.com. This barn on the edge of the Cape Cod National Seashore has various acts during the summer, local and regional. They serve food, including a raw bar, and the beach is literally 150 ft. away.

The Islands

Hot Tin Roof Martha's Vineyard; www.mvhottinroof.com. Comedy, rock, reggae, latin, and blues. Originally established by Carly Simon and friends.

The Muse Nantucket; 508-228-6873. Wide musical variety. Pool tables and pizza.

Creative Arts

Flying Pig Pottery 410 Woods Hole Road, Woods Hole; 508-548-7482. Adult pottery classes. \$120 for 6 weeks includes all materials and 7day/week open studio.

Colorful Creations 43 North Main St., Falmouth; 508-495-1847. Scrap-book shop right next to Coffee Obsession. Sells paper, stamps, etc., and has ongoing classes and workshops. Especially applicable around holidays when they have workshops on things like "Holiday Card Making" and "The Perfect Valentine."

Paint-your-own Pottery Mashpee Commons. They provide the pre-made pottery, you get to decorate it, they fire it for you and voila, you've designed your own mug!

Adult Education

Gus Cauty Community Center 790 Main St., Falmouth; 508-457-2567, www.vsd.cape.com/~upload/recreation/Index.htm. Lots of rec classes, yoga, pilates, etc.

Falmouth Night School Falmouth High School, 874 Gifford St., Falmouth; 508-548-1621. Tons of classes from yoga to Spanish to small engine repair. Online catalog: www.falmouth.k12.ma.us/ntscho00.htm.

Other Scenic & Random Treats

Beebe Woods Great mountain biking and jogging trails located at the end of Depot Ave. in Falmouth.

Bell Tower Garden This small park is right on Eel Pond, next to the bell tower. Go through the gate and enjoy the peaceful view of the drawbridge from benches.

Bigelow Cupola Bigelow is WHOI's oldest building. If you climb the side stairs to the top of the building and then walk to the middle of the hallway, you'll find a collection of old black and white photos of WHOI and a circular staircase that leads to the small gazebo on the roof. An upward sliding door will let you out on the roof. It is a great place for a bird's eye view of Woods Hole, Eel Pond, the WHOI dock (and whatever ship may be in), Vineyard sound and the islands.

Eel Pond park A small grassy area behind the WHOI information office. For WHOI types only. Nice view of Eel pond, and a good place to have lunch.

Fisheries Aquarium End of Water St. in Woods Hole. Very small aquarium with a cute seal playing outside. Don't miss the blue lobster.

Goodwill Park There is a pond with a small sandy beach, volleyball courts, and grills within the park. Some of the time, there is a life-guard to guard a small swimming area, marked with floats. That little area gets crowded sometimes but the rest of the pond is always empty and very beautiful (and not eutrophied!). The entrance is on Gifford Street (from Main St. in Falmouth, turn left onto Gifford. Go through the light at Gifford and Jones, and the entrance to the park will be on your left).

Heritage Plantation Sandwich, MA. Gardens, art museum, American history museum, and an antique car collection recently featured on WCAI. As their website says, “We offer each of our visitors a unique experience ranging from quiet contemplation to active exploration.” A good place for a stroll.

Long Pond About 4 miles of trails through the woods around Long Pond, which serves as the drinking water reservoir for the area. There is an entrance on Gifford Street (on the left as you head north).

Nobska Light Surf Drive between Woods Hole and Quissett. Take in views of the coast at this lookout point.

Spohr Gardens Turn up Oyster Pond Road from Surf Drive and keep right at the Y (near Oyster Pond condos). Make the first right and you’ll see the gardens on the right after a few houses. A private park open to visitors from dawn until dusk. Open only from dawn to dusk. It looks like it’s in someone’s yard because it is. Be sure to check out Spohr’s in the springtime when the daffodils are blooming.

Waquoit State Park Located on Washburn Island in Waquoit Bay, E. Falmouth. Camping allowed between April and mid-October. Inaccessible to cars, need a boat to get there. Call for reservations, 457-0495.

Coonamessett Farm Hatchville Road, Falmouth; (508)563-2560. Pick your own vegetables, strawberries, and blueberries in season. Memberships available.

Peterson Farm Off McCallum Drive off Woods Hole Road. 90 acre farm purchased by Falmouth in 1997. Forms some continuous nature trails/land trust area with Beebe woods. Plus, they have sheep and a lama there. The lambs in the spring are pretty cool and if you go at the right time, you can watch the caretakers of the farm train their border collies to herd the sheep.

