

MIT/WHOI Joint Program

YaWHOI!

A Newcomer's Guide to Woods Hole

Joint Program Student Representatives
10/1/2009

Welcome to YaWHOI!

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. The opinions contained within are those of the preparers and other students. As such they are not universal, nor are they the official opinions of the Woods Hole Oceanographic Institution or the MIT/WHOI Joint Program.

This guide was first prepared by 1996–1997 MIT/WHOI Joint Program Students and was actively maintained through 1998. The 2002-2003 print edition represented a major revision and update of the original, but the preparers remained indebted to the original authors for the framework and most of the listings. We, the 2008-2009 Student Reps have made some minor changes, but ones we hope you find beneficial. Enjoy!

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RESTAURANTS AND BARS

IN WOODS HOLE

CAPTAIN KIDD

77 Water St., Woods Hole. 508-548-9206. L/D/Bar (\$5–\$15). The burgers (\$9) 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. There has been Wednesday night off-season Open Mic Night, which gets going around 10 p.m, but are subject to change, Trivia night on Thursdays during the off-season as well. Bring your musical talent and your thirst! Open year-round.

- [Captain Kidd Website](http://www.thecaptainkidd.com): <http://www.thecaptainkidd.com>

COFFEE OBSESSION

2 Water St. Woods Hole, corner of Water St. and Luscombe Ave. 508-540-2233. One of two coffee shops in Woods Hole village (the other is Pie in the Sky), and home of excellent coffee, coffee drinks, tea, etc. They also have baked goods (not made in-house, though), gelato (during the summer), and a selection of juices and sodas. Free wireless internet, a public access computer, coin-operated laundry, jewelry and pottery and some other souvenir-type things for sale. You can get an in-house card to earn free coffees and keep a tab. They occasionally have Jazz nights to stay open later, so keep your eyes peeled for flyers. There's sometimes Jazz on Sundays in the Summer, too.

FISHMONGER'S CAFE

56 Water St., At the Eel Pond drawbridge, Woods Hole. Open all year. Mon-Sun , 7:00am--10pm; 508-540-5376. B/L/D (\$15-\$25), Credit card accepted (AE, MC, VA). Nice, restaurant with good breakfast, lunch and dinner. A nice option in the village. Thursday and Friday afternoons beginning at 3pm, they offer free appetizers.

- www.fishmongercafewoodshole.com

JIMMY'S

22 Luscombe Ave. 508-540-6823. Seasonal restaurant offering sandwiches, pizza, burritos and ice cream.

LANDFALL

2 Luscombe Ave., Woods Hole; 508-548-1758. L/D Bar (\$5–\$18). Steak, lobster, etc. This would be a parent place. Sunday nights in the summer, the old Silver band usually plays ~ 10/11pm (a reggae-style local band). Dollar wings and fish sticks at happy hour in the summer.

- [Landfall Website](http://www.woodshole.com/landfall/): <http://www.woodshole.com/landfall/>

LEESIDE BAR AND 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. Good TVs for sports fans. Free popcorn, \$6 pitchers of PBR.

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 GRILL

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.

- [Pie Website](http://www.woodshole.com/pie/): <http://www.woodshole.com/pie/>

SHUCKERS RAW BAR AND 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.

WOODS HOLE MARKET

87 Water St., Woods Hole. This is a convenience store that also offers deli sandwiches and some hot entrees and soups. The place to shop when you don’t have a car. More expensive than Stop & Shop, but far more convenient. Summer students, interns and WHOI volunteers have done their time on the other side of the counter as part-time summer help. CLOSED FOR NOW.....NOT SURE IF/WHEN OPEN AGAIN

BETWEEN WOODS HOLE AND FALMOUTH

COFFEE OBSESSION

110 Palmer Ave., Falmouth. 508-540-2233. Home of excellent coffee, coffee drinks, tea, etc. They also have baked goods (not made in-house, though) and a selection of juices and sodas. Free wireless internet, and pottery and some other souvenir-type things for sale. You can get an in-house card to earn free coffees and keep a tab (you can't use the same card at the Falmouth and Woods Hole "Coffee O"s, though). Sometimes there is a Tuesday night open mic night ~8pm in the winter.

GRUMPY'S PUB

29 Locust St, Falmouth. 508-540-3930. Walking distance from the Main St. area, more of a local bar than a touristy place (but not really a dive). Offer live music Thurs- Saturday nights. Pool tables and dart boards. A nice change from the Kidd sometimes. (Free tickets for Friday and Saturday live music nights are usually found at Coffee O.)

DOWNTOWN FALMOUTH

ARTIE'S CAFE

281 Main Street, Falmouth; 508-457-0100. On the drag of Falmouth; A good place to get a sandwich, also with a full breakfast menu.

- Artie's website: <http://www.artiescafe.com>

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.

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. Sometimes have had difficulty adjusting the menu items (like changing sides with entrees) to accommodate dietary needs, though. Open year round.

- [Firefly website](http://www.fireflywoodfiregrill.com): <http://www.fireflywoodfiregrill.com>

GHELFI'S CANDIES OF CAPE COD

228 Main St., Falmouth; 508-457-1085, 800-645-1475; www.shipchocolates.com. Candies and chocolates.

THE GOLDEN SWAN (INDIAN)

323 Main St., Falmouth. (\$12-25). 508-540-6580. Formerly the home of "Mexican and Continental cuisine," the Golden Swan reopened in Spring 2007 as Falmouth's only Indian restaurant. The food is good, standard Indian and the staff are friendly. Takeout available.

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. They don't take reservations, but you can call ahead.

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. A nice lunch place, with big (though rather pricey) salads and sandwiches.

LIAM MCGUIRE'S IRISH PUB

273 Main St., Falmouth; 508-548-0285. D/Bar (\$6–\$12). A fun, though more touristy pub. There are some TVs usually showing sports, but it's not a sports bar. Serves an "Irish breakfast", and burgers and fish and chips as well as wings and other bar food. The food is pretty good, decent pub food, though a little overpriced. 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.

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.

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.

- [Peking Palace Website](http://www.pekingpalacefalmouth.com): <http://www.pekingpalacefalmouth.com>

PIES À LA MODE

352 Main St., Falmouth; 508-540-8777. As the name implies, they have great pie! Available by the slice or whole, they also have cakes, home-made ice cream (necessary for the “à la mode” part) and gelato. They also make savory food such as pot pies and Cornish pasties. Food is available to eat in or take-out. www.piesalamode.com

THE QUARTERDECK

164 Main St., Falmouth; 508-548-9900. L/D/Bar (\$10– \$20). Standard sandwiches, burgers, and seafood. However, quite overpriced for the kind of food you can get elsewhere.

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.

- [Roo Bar Website](http://www.theroobar.com): <http://www.theroobar.com>

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. Steve’s is one of the few pizza places that will deliver to Woods Hole.

FALMOUTH AND VICINITY

BOATHOUSE

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

BANGKOK THAI CUISINE

809 Main St., Falmouth; 508-495-3760. L/D (\$10-\$15). Open year round, incredibly friendly staff, quick service, tasty Thai food. Available for take-out.

BRITISH BEER COMPANY

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.

- [BBC Website : http://www.britishbeer.com](http://www.britishbeer.com)

THE BURRITO PLACE

420 East Falmouth Hwy, E. Falmouth; 508-444-8666; Open 7 days a week 11am-10pm; Really the only burrito place in Falmouth. Offers soups, salads and tacos also. Has seating available or can take out.

- <http://www.the-burrito-place.com>

CAPE COD BAGEL

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. Strangely, they also sell an assortment of handmade jewelry and silk purses.

CHAPPAQUOIT 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; 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.

COONAMESSETT 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.

DAIRY QUEEN

839 Main St., Falmouth; 508-540-0669. Open only in summer, Mon-Fri Noon-21:00, Sat/Sun 11:00-12:00. Soft serve ice cream and sundaes, an American institution on summer evenings.

DANA'S KITCHEN

881 Palmer Ave., Falmouth; 508-540-7900. Good, standard, homemade fare at appropriate prices—a good stop on the way to Woodneck or Chappy beaches; nice fresh bread and produce.

DYNASTY

Falmouth Plaza (by Staples and the Christmas Tree Shoppe), 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.

DUNKIN' DONUTS

614 Main St., Falmouth; 508-548-4496. And there's one inside the Mobil gas station on the way into Woods Hole, another in East Falmouth near Davisville lights, or another in Teaticket on Rte 28. Donuts, coffee, bagels.

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.

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.

J.R. BRODY'S

734 Teaticket Hwy. (Rt 28-So), Falmouth; 508-540-6656. L/D (\$7–\$12). Good value for meals. Often live music.

MARYELLEN'S PORTUGUESE BAKERY

829 Main St., Falmouth: 508-540-9696. B/L (\$5-\$10). Open year round, this is an excellent breakfast and lunch place for some good comfort food. The price for their breakfast special is hard to beat, as are their homefries.

MCMENAMY'S SEAFOOD

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. McMenemy'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.

OYSTER'S TOO

876 East Falmouth Highway (Route 28), East Falmouth. 508-548-9191; Used to be a really nice restaurant, with food well beyond the quality expected for the price (which was reasonable for a nicer restaurant). They seem to have gotten a new chef, though, with less flexible options for dietary restrictions and more the quality you would expect for the price. They also have crammed a million tables in diner-style, which allows for more seating but doesn't go with the ambiance of the place. Probably still a good dinner out for the money, but not what it was.

- [Oyster's Too Website](http://www.oysterstoo.com/) : <http://www.oysterstoo.com/>

PAUL'S PIZZA AND SEAFOOD

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.

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.

STARBUCKS

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 latte lovers.

THE NIMROD

100 Dillingham Avenue, Falmouth. 508-540-4132. Decent restaurant nobody seems to know about, off Gifford not far from Main St. Good for a date, since the food is affordable (there is a \$10 coupon online, as well) but good. American cuisine with a bit of French inspiration (at least they name many of their dishes in French.) Occasionally has live jazz or other music.

- [Nimrod Website](http://www.thenimrod.com/index.htm) : <http://www.thenimrod.com/index.htm>

SUBWAY

On Rte. 28, Across from Burger King., E. Falmouth;. Basic Subway sandwiches and salads you'll find at any across the country.

CAPE COD AND VICINITY

AMARI BAR AND RESTAURANT

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. The best, and pretty much the only burrito on-Cape (besides The Burrito Place that opened in Falmouth in May 2009). Cheap but tasty, and worth the drive. Hours: Mon–Sun 10:30–21:30, Sun 11:30–20:30.

- [B2 Burrito Website](http://www.burritobistro.com) : <http://www.burritobistro.com>

THE BLACK DOG

454 State Rd. (near ferry station), Vineyard Haven, MV; 508-693-1991. 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.

- [Black Dog website](http://www.theblackdog.com) : <http://www.theblackdog.com>

BLEU

Mashpee Commons; 508-539-7907. An excellent restaurant. 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

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). Yarmouth Port is about a 45 minute drive. Accepts reservations.

PAVILLION 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.

REGATTA OF COTUIT

4631 Falmouth Road (Route 28), Cotuit. 508-428-5715. This is a really nice, really expensive restaurant, on par with Coonamessett. It's just past the Mashpee rotary in Cotuit. Great waitstaff, great, innovative food, and an interesting environment (the building was converted from a house of some kind, and seating is in small rooms). Worth it for a really nice date or family visit, especially if someone else is paying. Easy to get tables in the off-season, don't know about the summer.

- [Regatta website](http://www.regattarestaurant.com/home/) : <http://www.regattarestaurant.com/home/>

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. Delicious food! Beer and wine, but no bar. A good family place, with wacky/tacky decor in the foyer.

- [Stir Crazy Web Site](http://stircrazyrestaurant.com/index.html): <http://stircrazyrestaurant.com/index.html>
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SHOPPING

CORNER STORES & CONVENIENCE STORES

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!

WOODS HOLE MARKET

87 Water St., Woods Hole. 508-540-4792. This is a convenience store that also offers deli sandwiches and some hot entrees and soups. The place to shop when you don't have a car. More expensive than Stop & Shop, but far more convenient. Summer students, interns and WHOI volunteers have done their time on the other side of the counter as part-time summer help. CLOSED FOR NOW.....NOT SURE OF IF/WHEN OPEN AGAIN

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 Woods Hole Market, a little bit closer than the grocery stores. Conveniently located in downtown Falmouth.

GENERAL FOODS (GROCERY STORES)

SHAW'S

Falmouth Mall; 508-548-4033. Hours: Mon–Sat 7:00–midnight, Sun 7:00–22:00. Across the street (sort of) 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, Florist, and movie-rental vending machine inside. Thrifty shoppers may find it worthwhile to shop for sale items between Shaws and Stop & Shop.

STOP AND SHOP

Rte. 28 & Jones Rd., Falmouth; 508-540-7481. Open 24 hours [except Saturday night closing at midnight and Sunday night closing at 22:00]. The old standby grocery store in Falmouth. Decent produce, meat, and fish. Expanded in recent years. Reasonable prices and impressive selection. Pharmacy, and movie rental vending machine. Can't shop here in the summer without seeing someone you know.

TRADER JOE'S

655 RT-132, Hyannis; 508-790-3008. Hours: 9:00-9:00 every day. Same Trader Joe's as others – there's not alcohol sold at this one. Only Trader Joe's on the Cape.

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 Whole Foods. 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. www.windfallmarket.com

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

310 Dillingham Ave., 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.

- [Cape Cod Natural Foods Co. Website](http://www.naturalretail.com/htm/capecod.htm): <http://www.naturalretail.com/htm/capecod.htm>

NATURE'S HARVEST FOOD CO-OP

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. On Thursdays in the summer, there is 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.

BAY END FARM

Buzzards Bay, MA, 02532. 508-759-8050. Bay End Farm offers a Community Supported Agriculture (CSA) program to which quite a few Woods Hole residents subscribe. You sign up for a subscription in the spring, and then each week you can pick up a generous share of organic fruits, vegetables and flowers from the farm. In the past WHOI-area subscribers have joined forces and organized a pick-up/delivery system so that not everyone has to drive all the way to Buzzard's Bay to get their food each week.

- [Bay End Farm Website](http://www.bayendfarm.com): <http://www.bayendfarm.com>

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.

- [Cataumet Fish Market Website](http://www.cataumetfish.com): <http://www.cataumetfish.com>

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.

COONAMESSETT FARM

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

- [Coonamessett Farm Website](http://www.coonamesettfarm.com): <http://www.coonamesettfarm.com>

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.

- [Falmouth Fish Market "Lobsters Live" website \(includes mail-order info\)](http://www.lobsterslive.com) : <http://www.lobsterslive.com>

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.

- [Jack in the Beanstalk Website \(online gift ordering\):
http://www.jackinthebeanstalk.com/index.cml](http://www.jackinthebeanstalk.com/index.cml)

BEER, WINE, AND LIQUOR

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. They offer a 10% discount for WHOI employees (try not to be too obvious about asking for it, though - just put your ID on the counter with your driver's license, and then you'll get the discount and other customers won't feel left out and outraged). Somewhat more expensive than Kappy's. Ask for help selecting a wine. Open year round, Mon–Sat 8:00–23:00.

- [John's Liquor Store Website: http://www.johnsliquors.com](http://www.johnsliquors.com)

KAPPY'S LIQUOR

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.

- [Kappy's Website: http://www.kappys.com](http://www.kappys.com)

OLD BARN PACKAGE STORE

Luscombe Ave. (next to the Woods Hole/Martha's Vineyard ferry terminal), 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.

OTHER ESSENTIALS

RITE AID 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.

- [CVS Website](http://www.cvs.com): <http://www.cvs.com>

EASTMAN'S (ACE) 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 various yard and summer supplies, household goods, toys. An eclectic collection of food items including teas, various cooking oils, and \$1 spices.

- [Job Lot Website](http://www.oceanstatejoblot.com): <http://www.oceanstatejoblot.com>

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

Clothing stores around Falmouth are listed below. There are several clothing stores farther afield, including the Gap and Banana Republic at Mashpee Commons. The Cape Cod Mall in Hyannis has Sears, J. Crew, the Loft 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 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 few (2003 again?) H&M international clothing stores in Massachusetts. There is also Wareham Crossing (take Rte. 25 over Bourne Bridge to Rte. 195 and get off at first exit, the plaza will be at lights on the left); has Target, DSW, Loft, Old Navy

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. Also open in Falmouth; 119 Palmer Ave. (Queen's Buyway); 508-548-3900.

MAXWELL AND CO.

200 Main St., Falmouth, 508-540-8752. Hours: Mon–Sat 10:00–18:00, Sun 12:30–17:00. High-end (designer) clothing for men and women.

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.

PURITAN CLOTHING

199 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.

- [Puritan Website](http://www.puritancapecod.com): <http://www.puritancapecod.com>

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.

- [Soft as a Grape Website](http://www.softasagrape.com): <http://www.softasagrape.com>

TJ 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.

- [TJ Maxx Website: http://www.tjmaxx.com/index.asp](http://www.tjmaxx.com/index.asp)

THRIFT SHOPS

FALMOUTH HOSPITAL THRIFT SHOP

432 Palmer Ave., Falmouth, 508-457-3982. Hours: Tue–Sat 9:30–15:30. Large selection and the place to go for costumes. Open year round.

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, or you can get a daily pass) which is also useful for dropping off big garbage, construction trash and bulk recycling.

- [Info on Pick of the Litter Rules:](http://www.town.falmouth.ma.us/image.php?img=waste/page45.jpg)
<http://www.town.falmouth.ma.us/image.php?img=waste/page45.jpg>
- [Falmouth Waste Management Facility Info \(dump stickers, hours, etc.\):](http://www.town.falmouth.ma.us/depart.php?depkey=waste)
<http://www.town.falmouth.ma.us/depart.php?depkey=waste>

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.

SECONDHAND 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).

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 – 7:00, Sun 11:00–5:00. A very standard, small, mall bookshop (but is independently owned). Will special order. Has about the largest magazine rack in Falmouth. Located in plaza with Staples, Friendly’s & Starbucks.

INKWELL

199 Main St., Falmouth; 508-540-0039. A comprehensive bookstore right along Main Street, Falmouth.

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.

- [Isaiah Thomas Books and Prints Website](http://www.isaiahthomasbooks.com/index.asp): <http://www.isaiahthomasbooks.com/index.asp>

EIGHT COUSINS CHILDREN'S BOOKS

189 Main St., Falmouth; 580-548-5548. Small selection but friendly staff will order any book.

- [Eight Cousins Website](http://www.eightcousins.com): <http://www.eightcousins.com>

LIBRARY BOOK SALES

The Woods Hole and Falmouth Public Libraries both hold periodic book sales, at least two during the summer. They also have books for sale all the time – at the Woods Hole library on the shelves outside, and at the Falmouth Library in the entryway. 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.

- [Falmouth Library Website](http://www.falmouthpubliclibrary.org): <http://www.falmouthpubliclibrary.org>
- [Woods Hole Library Website](http://www.woodsholepubliclibrary.org): <http://www.woodsholepubliclibrary.org>

MARKET STREET BOOKS

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.

- [Market Street Website: http://www.marketstreetbookshop.com/](http://www.marketstreetbookshop.com/)

PLANTS AND 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.

- [Allen's Website: http://www.allenscapecod.com](http://www.allenscapecod.com)

COONAMESSETT FARM

Hatchville Road, Falmouth; (508)563-2560. As well as flowers for sale (in season), pick your own vegetables, strawberries, and blueberries in season. Memberships available.

- [Coonamessett Farm Website: http://www.coonamessettfarm.com](http://www.coonamessettfarm.com)

COURTNEY'S FLORAL CREATIONS

25 North Main Street, Falmouth; 508-540-1488. Call or stop by for the hours; she's closed a few days a week, but has beautiful flowers; a little pricey.

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.

- [Mahoney's Website: http://www.mahoneysgarden.com](http://www.mahoneysgarden.com)

SHAW'S

Falmouth Mall; 508-548-4033. Hours: Mon–Sat 7:00–midnight, Sun 7:00–22:00. Florist inside.

STOP AND SHOP

Rte. 28 & Jones Rd., Falmouth; 508-540-7481. Open 24 hours.

WINDFALL MARKET

77 Scranton Avenue., Falmouth; 508-548-0099. Really excellent flowers for a grocery store, and affordable prices.

MUSIC

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.

- [Music Major Website: http://www.angelfire.com/ma4/webposterchild/](http://www.angelfire.com/ma4/webposterchild/)

NEWBURY COMICS

Festival Plaza, 1070 Iyannough Rd. Rte. 132, 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.

- [Newbury Comics Website: http://www.newburycomics.com](http://www.newburycomics.com)

SPINNAKER RECORDS

176 Main Street, Falmouth; 508-457-1796, 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.

- [Spinnaker Website: http://www.spinnakercd.com/home.htm](http://www.spinnakercd.com/home.htm)

BIKE SHOPS

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.

- [Art's Website: http://www.artsbikeshop.com](http://www.artsbikeshop.com)

BIKE ZONE

273 Teaticket Hwy, 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.

- [Corner Cycle Website](http://www.cornercycle.com): <http://www.cornercycle.com>

SPORTING GOODS

OLYMPIA SPORTS

Falmouth Plaza, Falmouth; 508-457-7564. A low-price sports equipment franchise. The only close-by option for general sporting goods.

- [Olympia Website](http://www.olympiasports.net/home/index.jsp): <http://www.olympiasports.net/home/index.jsp>

GUMP'S PRO SHOP

9 Skating Ln. off Palmer Ave. (Rt. 28); 508-548-9083 (human), 508-548-0275 (info line). High density selection of ice hockey equipment located at the Falmouth Ice Arena. 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.

- [West Marine Website](http://www.westmarine.com): <http://www.westmarine.com>

DRY CLEANERS

CAPEWAY CLEANERS

352 Main St., Falmouth; 508-548-3222 .

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.

KELLIE'S CLASSIC CAPE COD CUTS AND COLORS

157 Worcester Ct., Falmouth. 508-540-2992. Highly recommended by and popular with many JP students.

BELLEZZA DAY SPA

221 Main Street, Falmouth. 508-299-8300. Open Monday through Saturday 8 – 7, Sunday 9 – 5. This is a “full service” spa/salon offering not only hair cuts/coloring/styling etc., but also facials, nails, waxing and massage.

- [Bellezza Website](http://www.spabellezza.com/): <http://www.spabellezza.com/>

EUPHORIA DAY SPA

305 Main Street, Falmouth. 508-548-0685. An Aveda salon. The stylists do a good job of listening to what you want, and do a good job cutting your hair.

- [Euphoria Website](http://www.euphoriadayspa.com/): <http://www.euphoriadayspa.com/>

218 Main Street, Falmouth. 508-457-1100.

IMAGE MAKERS

Rte. 28A, West Falmouth; 508-548-1366

PROCUTS

31 Teaticket Highway, E. Falmouth; 508-540-8288. \$13 haircuts

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. This clinic is meant for those with no health insurance (which does not apply to JP students).

- [Cape Cod Free Clinic Website](http://www.capecodclinic.org/index.html): <http://www.capecodclinic.org/index.html>

FREE CLINIC

Non-emergency urgent care; Teaticket Walk-In clinic

PLANNED PARENTHOOD

210 Jones Road, Falmouth

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. A chain store. Carries a good selection of eyeglass frames, sunglasses (prescription or non-), and contact lenses.

- [Cambridge Eye Website](http://www.cambridge-eyedoctors.com/v2/): <http://www.cambridge-eyedoctors.com/v2/>

MIT OPTICAL

Stratton Student Center, lower level; M-F 9 a.m.-6 p.m phone 617-258-5367. No appointment necessary. MIT Medical covers one routine eye exam per year (at MIT Optical only) and offers students a discount on eyeglass purchases.

- [MIT Optical Website: http://web.mit.edu/medical/services/s-optical.html](http://web.mit.edu/medical/services/s-optical.html)

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.

- [Falmouth Dental Website: http://www.falmouthdental.com](http://www.falmouthdental.com)

JOHN C. GAGNON FALMOUTH FAMILY DENTISTRY

337 Gifford St., Falmouth; 508-548-2999.

BRIAN LEE

245 Jones Road, Falmouth; 508-548-5028. Formerly Dr. Garber's practice.

THOMAS D. HUTCHINSON

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

GERALD ROAN

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

AND ONE IN SOMERVILLE:

BRIGHT DENTAL

Independent practice of Karen A. Bright, D.M.D., 435 Washington Street, Somerville, MA. phone 617-491-2829, fax 617-491-0600. Friendly, skilled and offers student discounts - what more could you ask?

- [Bright Dental Website](http://www.brightdental.com): <http://www.brightdental.com>

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.

- [Deer Run Website](http://www.deerrunvet.vetsuite.com/clinic-info.asp): <http://www.deerrunvet.vetsuite.com/clinic-info.asp>

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.

SOUTH CAPE VETERINARY CLINIC

435 Waquoit Highway, East Falmouth; 508-457-7771. Excellent veterinary care, located on Rte. 28.

BUZZARDS BAY VETERINARY ASSOCIATES

230 Main St., Buzzards Bay, MA, Tel: 508-759-2521, Fax: 508-759-6782. Hours: Mon. - Thurs. 9am - 8pm, Fri. & Sat. 9am - 5pm. This vet is a bit more expensive than some other ones, but they are very, very good, and very cutting-edge in veterinary medicine. I believe they have some specialists as well. They tend to use nicer vaccines (e.g. cat vaccines for cats, even for rabies) and are very thorough.

PET STORES

FALMOUTH PET CENTER

112 Davis Straits, Falmouth; 508-457-4420, 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.

- [Falmouth Pet Center Website: http://www.falmouthpet.com](http://www.falmouthpet.com)

CAPE MAID FARMS

957 Falmouth Rd, (Rt. 28), Hyannis; 508-775-3782, 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.

- [Cape Maid Website: http://www.capemaidfarms.com](http://www.capemaidfarms.com)

PETCO

35 Davis Straits, Falmouth. 508-540-2842. Chain pet store near the Christmas Tree Shop.

PETSMART

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

AUTO RELATED

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.

- [Napa Website: http://www.napaonline.com](http://www.napaonline.com)

AUTOZONE

64 Davis Straits Rd., Falmouth; 508-457-9431. Hours: Mon–Sat 8:00–21:00, Sun 9:00-18:00. Employees are generally very friendly and helpful (even helping one student install a new battery purchased in the store).

- [Autozone website: http://www.autozone.com/home.htm](http://www.autozone.com/home.htm)

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.

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 GETTY

40 Davis Straits, Falmouth. (508) 457-1526. Usually very fast service; nice, honest mechanics; and good prices.

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.

- [Falmouth Motorcar Website](http://www.falmouthmotorcar.com): <http://www.falmouthmotorcar.com>

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.

PAUL'S PRECISION AUTOMOTIVE REPAIR

464 Main Street, Falmouth. (508) 548-3164. Right across from Betsey's Diner. Experienced mechanic, probably not the cheapest, but highly recommended. Paul will tell you exactly what needs to be done. He will also get you a good deal on tires at Sullivan tire. He is fairly busy, so an appointment is recommended. Specialized in foreign vehicles (VW, Volvo, Saab, Audi, BMW, Mercedes) but will also work on your Toyota or Ford, etc....

SULLIVAN TIRE

East Falmouth, on Rte. 28, near Subway. Free tire rotations if you buy your tires there. Nice guys.

SUPER LUBE

Oil changes. Expensive but fast.

INSURANCE

Car insurance in Woods Hole is considerably cheaper than in Boston and Cambridge, but you must prove residency. (You should know that if you primarily live elsewhere but try to save money by registering and insuring your car in Woods Hole using your WHOI address, and then you make a claim, and your insurance company finds out that your car is not really garaged primarily on Cape, you're in trouble and they are not obligated to pay your claim at all.)

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.

REGISTRY OF MOTOR VEHICLES

For a Massachusetts ID, a driver's license and/or vehicle registration you should visit the Massachusetts Registry of Motor Vehicles. Check their webpage for complete information, requirements and office hours.

<http://www.mass.gov/rmv/>

There is no RMV in Woods Hole or Falmouth but here are the addresses of the nearest branches.

Branches near Woods Hole:

Martha's Vineyard; 11 A Street, Edgartown, MA

South Yarmouth; 1084 Route 28, South Yarmouth, MA

New Bedford; 278 Union Street, New Bedford, MA

Boston; 630 Washington Street, Boston, MA

RECREATION

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. You can see what beaches need a sticker and which don't:

<http://www.falmouthmass.us/deppage.php?number=9> . 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. A beach map is available from the [Falmouth Chamber of Commerce](http://www.falmouthchamber.com/documents/BeachMap.pdf) (<http://www.falmouthchamber.com/documents/BeachMap.pdf>).

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.

STONEY 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 nowhere to lock bikes. A short walk from the village or Winding Lane.

For windsurfing: SW W wind on a dropping Woods Hole tide. Advanced sailing only because of strong tides and waves.

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 accessible 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.

CHAPPOQUOIT BEACH

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

For windsurfing: N NW W SW wind. Great high wind spot with waves. Pond on the east side of the road for beginners.

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 naturalist 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. Racquetball courts run \$6 per hour per person for gym members and \$12 per hour per person for non- members. Checks or cash only, no credit cards accepted. Memberships can be started at any time. They offer discounted rates for WHOI employees.

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 HEALTH AND FITNESS

634 N Falmouth Hwy., Falmouth; 508-563- 1100.

- Website: www.balancedhealthfitness.com

GYM EXPRESS

133 E. Falmouth Hwy, 508-540-8896; This is the old Balanced Health and Fitness on Rte. 28, it is a branch of the one in Centerville.

- www.gymexpressfalmouth.com

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.

HOLIDAY INN

291 Jones Rd, Falmouth; 508-540-2000. \$8 per visit; You need to go to the front desk and check in and pay and then turn in your key card when you're done with the pool.

ATHLETICS AND 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, 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.

- Website: www.capecodcurling.org

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

About 11 mi. From North Falmouth (near Rte. 151.) to Woods Hole (Steamship Authority parking lot) along an old rail line. More information, including a map at members.aol.com/falbike/bike/bike/. Parking available at Woods Hole Rd. and Mill Rd.

CAPE COD CANAL BIKE PATH

Either side of the Cape Cod Canal.

CAPE COD RAIL TRAIL

25 mi. paved bike path between South Dennis and Wellfleet. A map is available online at <http://www.mass.gov/dcr/parks/trails/print/ccrt.pdf>

You can park in Harwich off Rte. 6, Kettle Ponds, access to Nickerson State Park. Beautiful biking in early fall after Labor Day.

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 <http://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).

FALMOUTH ICE ARENA

9 Skating Ln. off Palmer Ave. (Rt. 28) by the Texaco; 508-548-9083 (human), 508-548-0275 (info line), <http://www.falmouthicearena.com>. Public skating offered Fridays, 19:30–21:00 (the place for your first middle school 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 is located behind Clark Laboratory.
- Bell Tower Field is located in Woods Hole village on Bell Tower Ln. off Millfield St.

TENNIS COURTS

- WHOI court is located behind Clark. It can be reserved via a sign-up sheet at the court.
- Public courts are located on Bell Tower Ln. in the village.

VOLLEYBALL COURTS

- Two sand volleyball courts are located 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 COURTS

There is a basketball 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. 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, <http://www.falmouthyachtclub.com> (Dinghies, 210's, J24, Beetle Cats)
- Quissett Yacht Club, <http://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 <http://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.

LOCAL WINDSURFING SPOTS

STONEY BEACH (MBL BEACH)

NE N NW wind; rocky beach but great NE waves.

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 nowhere to lock bikes. A short walk from the village or Winding Lane.

For windsurfing: 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

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.

For windsurfing: 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 FOR EQUIPMENT AND LESSONS

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. 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.

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

CAPE COD WINDSURFING

350 Quaker Rd., North Falmouth; Beach Location: 508-457-7806, Pro-Shop: 508-801-3329, <http://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

http://www.ndbc.noaa.gov/station_page.phtml?station=buzm3. Subscribers to <http://www.iwindsurf.com> can access data from a tower at Chapoquoit 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: <http://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.

LOCAL DIVE SHOPS

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 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: Rick Galat, x2636 or Dave Wellwood, x2657.

ULTIMATE FRISBEE

Serious players should consider joining WHUF, Woods Hole's local club team. WHUF also organizes pick-up games at Mashpee High School, usually Weds & Sunday evenings (~6pm) in the summer and Tues/Thursday in Teaticket in the fall, Sunday afternoons, 5:00 pm at Bell Tower Field in Woods Hole. Contact: whuf@capecod.net, 508-833-2787, http://www.utilinks.com/cgi-bin/tourny_links.cgi?dir=capecod#whufpickup. You can get on a weekly email list to be alerted of pickup schedules as they change.

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, rchandler@whoi.edu). Winter indoor pick-up and league games on Tuesdays at the Gus Canty 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. Occasional Sunday at 4pm games are held at Bell Tower.

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.

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, <http://www.coolrunning.com> lists most local events and entry information.

FALMOUTH TRACK CLUB

Workouts held every Wednesday night, year round, 5:30 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.

SEAGULL SIX SPRING CLASSIC RACE

5.8 mile loop around Woods Hole. Open to all applicants. Held first weekend of April.

FALMOUTH ROAD RACE

<http://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

<http://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

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 accommodates up to 50. Reservations are essential.

SHELLFISHING

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

FAIRS AND EVENTS

Many calendars listing Cape Cod events exist on the web; <http://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 here.

MBL FRIDAY NIGHT LECTURE SERIES

Schedule and info at http://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; <http://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 (normally in mid-late July each year) 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 event. 508-495-3456. Daily screenings, workshops, panel discussions, and staged readings. Points throughout Woods Hole. Usually held in late July

- [Woods Hole Film Festival website: www.woodsholefilmfestival.com](http://www.woodsholefilmfestival.com)

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.

AMUSEMENT CENTERS

JOE'S DRIVING RANGE AND MINIATURE GOLF

221 Teaticket Hwy, Rt. 28-S, Teaticket. Joe's offers a driving range, low-tech mini golf and a few practice greens, all at very reasonable prices. Closest to home.

EAST SANDWICH MINI GOLF

157 Rt. 6A, Sandwich; 508-833-1905. This place offers probably the best mini golf on Cape with a course built on a tidal wetland that changes depending on the tide. Family-run.

ADVENTURE ISLE

Rt. 28-N, Bourne; 1-800-53-KARTS, www.adventureisle.com. Adventure Isle has mini golf, amusement park rides, a batting cage, and go-karts.

BASS RIVER SPORTS WORLD

Rt. 28, S Yarmouth; 508-398-6070. This place 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:
<http://www.arts-cape.com/fcg/fcg-musens.html>.

SCHOLA CANTORUM

<http://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@whoi.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: <http://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 <http://mblwhoilibrary.mbl.edu>.

WOODS HOLE PUBLIC LIBRARY

581 Woods Hole Rd., Woods Hole, 508- 548-8961; <http://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, <http://www.falmouthpubliclibrary.org>. Hours: Mon/Thu 9:30–17:30, Tue/Wed 9:30–21:00, Fri/Sat 9:30–17:00. Closed Sundays (check hours online or by phone – sometimes they are open Sundays depending on the season). Good selection of books, CD's, movies, Internet, magazines. A real multimedia library. For movies, they have lots of musicals and classic films and an eclectic selection of some recent films. Best of all you can check out 2 flicks for 3 days for FREE! 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 <http://www.whoi.edu/calendar>.

AQUARIUM OF THE NATIONAL MARINE FISHERIES SERVICE

Albatross Street, Woods Hole; 508-495-2001, <http://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, <http://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

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 Jacoby Ellsbury, Mo Vaughn and Frank Thomas. Teams from 10 Cape towns play a 44-game schedule from mid-July until early August. Schedule available at <http://www.falcommadores.org>.

MOVIES & 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.

FALMOUTH CINEMA PUB

137 Teaticket Hwy (Rt 28), East Falmouth; 508-495-0505. The nearest movie theater, with table seating and dinner service during the films. Fare is of the burger and beer variety, the curly fries are excellent. Shows mainly blockbuster films, open year-round. www.falmouthcinemas.com

NICKELODEON CINEMAS

742 Nathan Ellis Hwy (Route 151), Falmouth; 508-563-6510. Shows mainly independent, alternative and some foreign films. Open year round.

REGAL CINEMAS

Mashpee Commons at the Mashpee Rotary; 508- 477-7333. Six screens showing recent, mainstream movies.

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 house 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

426 E. Falmouth Hwy, East Falmouth, 508-457-1388. 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. Video Paradise videos (smaller selection) are also available for rent at Booksmith in Falmouth and at Coffee Obsession in Woods Hole and West Falmouth Market.

FALMOUTH PUBLIC LIBRARY

123 Katherine Lee Bates Rd., Falmouth (visible from Main St.); 508-457-2555, <http://www.falmouthpubliclibrary.org>. Hours: Mon/Thu 9:30–17:30, Tue/Wed 9:30–21:00, Fri/Sat 9:30–17:00. Closed Sundays (sometimes). Good selection of books, CD's, movies, Internet, magazines. A real multimedia library. For movies, they have lots of musicals and classic films and an eclectic selection of some recent films. Best of all you can check out 2 flicks for 3 days for FREE! Access to online CLAMS catalogue through website.

BLOCKBUSTER

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

RADIO STATIONS

The following 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.

- 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.

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. Monday nights during the summer.

CAPE

CAPE COD MELODY TENT

Hyannis; 508-775-9100, <http://www.melodytent.com>. The Cape's venue for big ticket shows. Only open in the summer months.

BEACHCOMBER

Wellfleet; <http://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

NECTAR'S MV

17 Airport Road, Edgartown, Martha's Vineyard; 508-693-1137; <http://www.nectarsmv.com>. Comedy, rock, reggae, latin, and blues. (Used to be Hot Tin Roof where Carly Simon and friends frequented.)

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. Scrapbook 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 CANTY COMMUNITY CENTER

790 Main St., Falmouth; 508-457-2567, <http://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: <http://www.falmouth.k12.ma.us/ntscho00.htm>.

SCENIC SPOTS

BEEBE WOODS

Great mountain biking and jogging trails located at the end of Depot Ave. in Falmouth. Also a scenic pond with a rope swing, great for a hot summer day (follow the signs on the trails to the “Punch Bowl”).

Directions: (1) Route 28 South past hospital lights to right on Depot Avenue. Continue over tracks and past Highfield Hall into the parking lot at Cape Cod Conservatory. (2) (alternate lot) West on Ter Heun Drive from Jones Road and Route 28 lights. Past Falmouth Hospital and Gosnold to parking on left.

BELL TOWER GARDEN

This small park is right on Eel Pond in Woods Hole, 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 and parking area on Gifford Street (on the left as you head north), or if you are not driving, you can enter through Goodwill Park (this driveway is blocked off to cars).

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.

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 <http://www.who.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 Staff. Members of the Committee may be contacted by sending email to the Women's Committee mailing list: womens-committee@who.edu (internal use only). More information at <http://www.who.edu/women/>.

WORK AND FAMILY LIFE COMMITTEE

Resources for families at WHOI. More information at <http://www.who.edu/committees/WFL/internal/>.

GAYS, LESBIANS AND OTHERS AT WHOI (G.L.O.W.)

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@who.edu to be added to this list or for other information.

<http://www.who.edu/sbl/liteSite.do?litesiteid=5213>

DIVERSITY COMMITTEE

The primary charge of the WHOI Diversity Committee is to aid the Institution in its efforts to recruit, retain and mentor a diverse community of employees, students and postdoctoral researchers.

<http://www.who.edu/page.do?pid=16003>