



Coaches & Mentors Newsletter

SPECIAL RECOGNITION EDITION!

This issue of *Coaches & Mentors News* is dedicated to special recognition for several of our students who have worked closely with us at Cape Cod Community College. Whether or not they have achieved honors in their studies, each one has achieved personal fulfillment. Many other students come to mind as worthy of recognition too, but those described here are fine examples of determination, courage, and persistence in the face of obstacles to their success. They have been successful and we feel their example can inspire others. Therefore, the staff members of *Coaches & Mentors* have nominated them for the special recognition they so richly deserve.

WE CELEBRATE THEIR SUCCESS!

**"DON'T SAY, 'IF I COULD I WOULD.'
SAY, 'IF I CAN, I WILL'"**

- Anonymous...Greek proverb



Peter Sherman

Peter Sherman was born in New Bedford and moved to Harwich when he was six months old. He graduated from Harwich High in 2004. While there, he was on the basketball team and in his junior year he received the Outstanding Business Student Award.

He credits his interest in business to enjoying Accounting in high school, and to his exposure to business while he attended the Business Leadership Institute at Bentley College during the summer before his sophomore year in high school.

Peter was very active in the Tech Prep Program and transferred in 10 credits in business to CCCC during the fall of 2004. He graduated this year with an Associate in Arts degree in Business Administration and has been accepted into the Economics Program at the University of Massachusetts at Dartmouth. He will continue his education there in the fall.

Peter's first job was at CVS as a cashier and now he works at Sandwich Lantern Works. He is also in his third year at the Ebb Tide Restaurant bussing tables.



His ultimate career goal would be to work for a major sports organization, helping them manage and market their sports teams. He considers himself a good athlete, and loves to participate and watch sports, especially the Boston Red Sox and the New England Patriots.

He also likes to make his own music utilizing computer programs and is a Sirrus Radio fan. He believes that everything happens for a reason, and if something bad happens, something good will happen next to balance it out.

Peter's advice to new students: "Don't procrastinate. Get as much done as you can at the beginning of the semester; don't leave it to the end."

Carol Dubay, his academic advisor and Director of Coaches & Mentors, has this to say: "I thoroughly enjoyed working with Peter during the two years he was enrolled at CCCC. I have always been impressed with his high level of maturity for such a young person. His level-headed thinking will serve him well in the next two years at UMass Dartmouth and throughout his life. Good luck, Peter; come back to let us know how things are going!"



Cupie Salmon

Cupie was born in a place called Hanover Parish, Jamaica, and later moved to Montego Bay where she lived in St. James Parish until she married in 1999. Since 2004, she has been a Provincetown resident.

In Jamaica, she went to Catherine Hall Primary School, and later Herbert Morrison Technical High School.

She says, "I liked playing net ball and I loved literature, especially Shakespeare."

She was a practical nurse in Jamaica and has also worked at customer service and as a secretary.

Cupie started CCC in January 2006, to prepare for the Nursing Program. In her first semester here she studied Psychology, Sociology, Algebra, and Printmaking. "I didn't know what to expect in Printmaking, but I have learned so much from Sara Ringler."

She enjoys living in Provincetown with her husband Dudley and their three children, one girl and two boys. Dudley is a hotel maintenance manager and housekeeping supervisor.

Cupie enjoys reading and exercising. Also, she has fun taking road trips, doing the waterslide and playing miniature golf. She loves using the swings in the park and taking walks.

Cupie's Philosophy of Life: "Work hard to achieve your goals. Life is what you make it."

Her tutor/mentor Tom O'Connell comments: "Cupie has a wonderful outgoing personality and is very clear about her goals. She is very focused on her studies, and loves going to the College. She is looking forward to entering our nursing program and becoming a nurse. I know she will do well in her career."

"DO NOT LET WHAT YOU CANNOT DO INTERFERE WITH WHAT YOU CAN DO"

-John Wooden

Laurel Mendes

Laurel is a resident of Mashpee and a native Cape Codder, born and bred in Hyannis. She graduated from Barnstable High School in 1971. After graduation, she attended Cardinal Cushing School in Hanover to gain career skills and learned how to work in a restaurant, cook, and baby-sit. A year later she returned to Cape Cod where she held a multitude of jobs. At Augat, she worked in the electrical department. Also, she worked at Burger King, Kentucky Fried Chicken, and Colonial Candle.

Due to her learning disability, school has always been a challenge. She recalls that from grammar school through high school she was in special classes, passing from grade to grade without learning much.

After high school, it took her a long time to continue her education. In the fall, she will be in her third semester here, working mainly on prerequisite courses. She wants to improve her reading, writing, and math skills so she can get a decent job and not have to depend on government to support her. Laurel's long term career goal is to graduate with a certificate in paralegal studies.

Religion and a strong faith are important to Laurel. In her church she is an usherette, and in that role she has a big responsibility preparing for services. Also, she loves to sing and is looking forward to taking Chorus next fall at the College. She is quite talented at crocheting, and has made many scarves and blankets for the special people in her life.

Laurel fondly recognizes Joyce Chasson, Agustin Dorado, and the Coaches & Mentors Program for being there to support her all this year along the way.

In Laurel's words, "Even though I graduated from high school without learning the basics, I am determined to make it. It might take me a long time to reach my goals, but that's OK with me because I was told it would take me a long time. When I get my college degree, I will be a happy person to know that a person with a learning disability can pursue a college degree."



Her tutor/advisor Carol Dubay says, "I have tutored Laurel in reading all this year, and I always look forward to her visits. Laurel has worked very hard to overcome the many learning obstacles she has encountered in her life. She has definitely improved her reading skill in just one year, and I know in the future she will continue to improve in her writing and math skills."

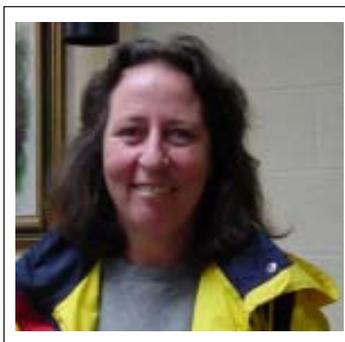
Her favorite affirmation: "I am determined to make it."



**"WISDOM IS KNOWING WHAT TO DO NEXT,
SKILL IS KNOWING HOW TO DO IT,
AND VIRTUE IS DOING IT"**

- David Starr Jordan

Leslie Reynolds



Leslie was originally from Acton and moved to Cape Cod when she was ten years old. She graduated from Barnstable High in 1973; then she did some traveling and concentrated on raising a family. She

resides in Marstons Mills.

She graduated from CCCC with Honors in 1988 with an AA degree in Liberal Arts. She says, "I waddled up and received my diploma. I was pregnant with my second kid, my daughter, who is now 17 and starting CCCC in Fall '06." Her son, 19, went to CCCC and starts at Johnson & Wales in Fall 2006.

Leslie was a chef for many years until she had an accident in 2001 that caused a serious leg injury. The surgeon informed her she could no longer do work that involved standing and running around a kitchen.

Wondering about jobs, she said, "I can't even type!" So she went to ITEC during the winter of 2004-2005 to earn her Computer Literacy Certificate. Then she decided to go for a Medical Administration Certificate which she finished in two semesters due to transferred credits. She intends to start sending out resumes and searching for work in the health care field.

She likes sailing and swimming. "I do things I love as much as possible." She enjoys friends and family. In her house she often has "at least 20 extra kids."

Leslie's philosophy: "Strive for what you can do; don't dwell on what you can't do, and enjoy what you do!"

Her tutor/mentor Kyle Durborow, says, "One of my favorite things about working at the College is meeting people like Leslie. I love her spirit and attitude! Her outlook should be contagious."

Leslie Chavez



Leslie is a native Cape Codder, was born in Falmouth, and was the first in her family to be born in the United States. She is one of six children; the others were born in Portugal. She didn't learn any English until she started school, and at times this was embarrassing. After two years of high school, Leslie took some time off and then earned her GED through the Hyannis Center of CCCC. She completed the Project Success initiative there, finishing in Fall 2003.

Moving to the main campus, she began to pursue her field of interest: law. She received her Paralegal Certificate this spring. She was motivated to study law so she will be able to help non-native speakers maneuver the legal system and help acquaint them with the laws and their rights. During the past semester she got some hands-on experience when she was enrolled in the Medical Interpreter Program here, which included legal interpreting. Leslie is bilingual in English and Portuguese.

On a personal note, Leslie has an eight-year-old daughter, Christina. Recently, she was married and a short time ago found out that she's expecting a baby. For fun, she likes to dance to Reggatone music which is Spanish rhythm and blues. Sometimes she travels to Rhode Island to dance to her favorite music. *continued...*



Also, she loves to write, keeps a personal journal, and enjoys writing creatively. Now she's working on a 5000 word essay, "Her Most Amazing Experience," for Glamour Magazine, hoping to win their contest.

She speaks fondly of her paralegal professor, Zara Kilmurray, who went out of her way to help Leslie during some health issues last semester. The accommodations made it possible for Leslie to graduate on time.

Looking to the future, she says, "In five years, I would love to be working in a big, popular city, as a paralegal in a large law firm, making a lot of money."

Leslie's Philosophy of Life: "Never give up! No matter how many times you fall down, you will make it."

Carol Dubay, her advisor, says, "Leslie is one of the most driven and persistent young women I have ever worked with. Whenever an obstacle falls in her path, she finds a solution and persists."



Margaret Plouffe

Meg was born in Hyannis and raised in both Hyannis and Harwich Port. She holds a B.A. in Education from UMass Amherst and is currently completing her classes at CCCC. She's preparing for entrance into the newly created MRI program in Boston at Mass. College of Pharmacy and Health Sciences. She recently applied there and was joyfully accepted. Although she found it difficult returning to school while balancing work, school and family, Meg acclimated well and received excellent grades. She says she has a warm place in her heart for CCCC and feels the staff and faculty have been very friendly, helpful, caring and supportive.

Meg has pursued interesting careers. Before attending CCCC, she taught middle school algebra, was a social service/mental health worker, and spent several years working with her husband in a

family boat building business. She was involved in the actual construction of boats as well as billing and bookkeeping.

In conjunction with boat building, she and her family did extensive traveling throughout the Caribbean for about 12 years. She lived on such islands as Anguilla, St. Thomas, Jost Van Dyke and Tortola, where her son was born. She has two children, one at UNH and the other at Bunker Hill Community College. In addition to classes and her family, Meg is an avid walker, doing over six miles per day. She prides herself on a healthy diet and lifestyle. Also, she participates annually in the American Cancer Society Neighbor Drive.

Meg's Philosophy of Life: "Persistence, persistence, persistence."

Theresa Bowse, Meg's advisor, says, "It has been my pleasure to work with Meg this year and to share and witness her sheer joy and excitement as she begins building her new career at Mass. College of Pharmacy and Health Sciences. I wish her all the best in her MRI program."

"THE REWARD OF A THING WELL DONE IS TO HAVE DONE IT."

- Ralph Waldo Emerson



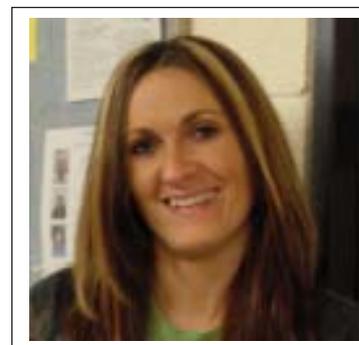
Nicole Sequeira

Nicole has been living in Wareham since she was born. When she turned 20 years old,

she made a life-changing decision to enroll in an American Red Cross CAN program which set the foundation for her interest and career in the health care field. Now, for over 13 years, Nicole has been actively and happily employed as a CNA at Cape Cod Nursing Home in Buzzards Bay.

Nicole felt so strongly about the health care field that a few years ago she decided to take her career to the next level and enroll at CCCC. She is currently completing her final prerequisites to prepare for application into the CCCC Nursing program. She will eagerly apply in the fall.

Along with her consistently outstanding academic achievements and her work as a CNA, Nicole is also a wife and mother of three children, ages 8, 9 and 17. She attributes much of her academic



success to the loving support of her family and is very grateful for all of their encouragement in fulfilling her goals. Nicole's greatest challenge in attending college has been returning to school after several years in the workforce and raising her children. She felt a bit uneasy during the start of her first semester, but that feeling soon passed. After finding her comfort level in the classroom, Nicole discovered she really enjoyed and appreciated the creativity of interactive activities and her various courses.

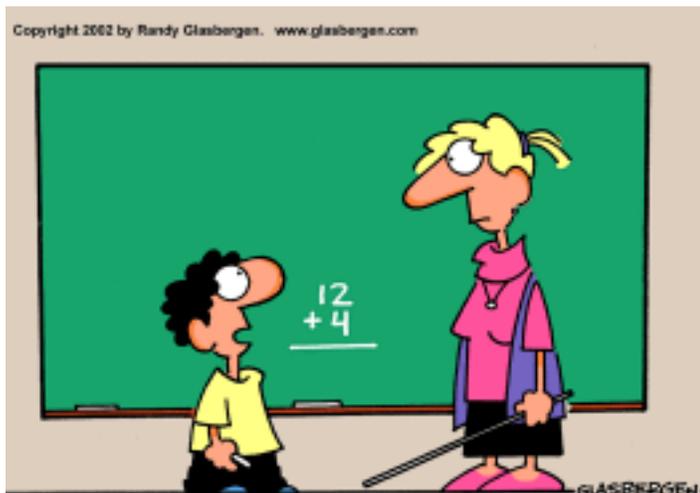
When she has a break from her classes and work schedule, Nicole enjoys her time by traveling with her family, and volunteering at her children's school. Her hobbies include gardening and kickboxing.

Nicole's Philosophy of Life: "Maintain consistency and patience in pursuing your dreams. Always start strong and end stronger."

Theresa Bowse, her advisor, says: "Nicole is an excellent student with topnotch academic credentials. It has been a true pleasure to be her advisor as she is such a talented student. I have no doubt that she will achieve her career goal and become a caring, dedicated and outstanding Registered Nurse."

"NOTHING GREAT WAS EVER ACHIEVED WITHOUT ENTHUSIASM"

- Ralph Waldo Emerson



"Do I get partial credit for simply having the courage to get out of bed and face the world again today?"



Terri Vaneekhout

Terri was born in Hyannis, spent a year in New Hampshire, and was in Boston for 9 years. She now lives in Pocasset and is a tech in the Emergency Room at Falmouth Hospital.

After achieving her high school diploma, she earned her Certified Nurse Assistant Certificate at CCC. Currently, she is working toward a Nursing degree. She has worked as a CNA, was lead operator for a computer disk manufacturer, and also worked in a paper bindery.

Terri is the proud mother of three girls and one boy, and says she is a "proud, proud grandmother" of three boys and one girl.

One of her hobbies is riding a Harley. She also enjoys walking on the beach and camping with her family. One of her favorite treats is getting "ice cream wherever!"

Terri's philosophy of life: "It is all a journey taking us to many places."

Her tutor Maggie Hiltzik, says: "Terri is a very determined and hard working student, a joy to work with." Maggie offers the following quotes that relate to Terri's determination to succeed:

"It's the constant and determined effort that breaks down resistance, sweeps away all obstacles.

- Claude M. Bristol

"People who act in spite of their fear are truly brave."

- James A. LaFond-Lewis



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