



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 during their time 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!



"A STUMBLING BLOCK TO THE PESSIMIST IS A STEPPING-STONE TO THE OPTIMIST."

-Eleanor Roosevelt

Christopher Luhmann

Chris was born in Ridgewood, New Jersey, and relocated to North Truro when he was 8 years old. Since then, Chris has been a Cape resident. He now lives in Brewster with his son, Dane. Chris is a single dad, having lost his wife Trisha to breast cancer in 2002.

He attended private schools in New England and then came back to Nauset High School to graduate in 1978. After graduation, he enrolled at the University of Massachusetts at Amherst, majoring in Fine Arts. A motorcycle accident plus his parents' new ownership of the Captain Linnell House caused Chris to leave UMass and brought him back to Cape Cod to work.

For the last 27 years, Chris followed the family restaurant business, working as a maitre d', manager, and waiter. He now works at Alouette in Harwich. Inspired by the fine nurses that took care of his wife, he decided to pursue a career in nursing and enrolled at CCCC in the spring of 2003. He has always enjoyed school and had been a high level student, so coming to CCCC as an adult student has been a very positive experience for him.



He has enjoyed all of his professors and especially enjoys the library, feeling it has much to offer.

He spends a lot of time studying there. Chris has been a professional artist, a production potter and sculpturist. At one time he apprenticed with Harry Holl at Scargo Pottery. In his free time, he enjoys biking and spending time with his son. He has traveled a great deal, especially in western Europe, and owns a house in Northwest Ireland.

Also, he works part-time for Elder Services as a caregiver to an 87-year-old woman, checking on her, cooking, and running errands for her 3 or 4 days a week.

Christopher's philosophy of life:

"If you wish to understand others, you must intensify your own individualism."

Carol Dubay says, "Chris is an outstanding student, and his dedication to excellence along with his kind and compassionate ways will make him an excellent nurse." This spring Chris was awarded a Wilkens Family Scholarship recognizing his academic excellence. An honor well deserved!



"BELIEVE IN YOURSELF! HAVE FAITH IN YOUR ABILITIES! WITHOUT A HUMBLE BUT REASONABLE CONFIDENCE IN YOUR OWN POWERS, YOU CANNOT BE SUCCESSFUL OR HAPPY."

- Norman Vincent Peale

Letitia Johnson

Letitia was born and raised in Boston. She is in the Science/Math concentration for nursing program at CCCC and is a single mother of three: Isaiah, 13; Jarius, 7; Keeara, 20 months. She chose Nursing because of her personal interest, the demand in the job market, and flexibility of hours.

Previously, she attended Bristol Community College (BCC) in Fall River where she received her Certificate in Business Office Technology. She attended Wareham High School.

She has worked as an executive administrative assistant and was employed at Stop & Shop part-time for four years in Sandwich. At CCCC she has been working in the Admissions Office as part of her Work/Study Program.

Her biggest challenge at CCCC has been getting day care and transportation, but she is very impressed with the helpful attitude of the staff here. "So much help is actually available to students," she says. "Everybody is so helpful."

Her hobbies are crocheting and knitting. Also, she says she travels a lot. Recently, she went to the Bahamas and has also traveled extensively in the U.S.

She is a soccer Mom too, enthusiastically attending soccer practices and games with her children.

In the spring, Letitia was awarded a Wilkens Family Scholarship for her high academic achievements.

Letitia's favorite quotations:

"Life is too short" (her general motto) and "After every dark night there is a bright day."

Her tutor/mentor Maggie Hiltzik provides this quote to apply to Letitia: "Many of the things you can count, don't count. Many of the things you can't count, really count." - Albert Einstein.



"ALL LIFE IS AN EXPERIMENT. THE MORE EXPERIMENTS YOU MAKE, THE BETTER."

- Ralph Waldo Emerson

Walmyra Santos (Val)

Val came to Hyannis from Belo Horizonte, Brazil, when she was 12 years old. She lives with her mother and two brothers in Hyannis and attended Barnstable High, graduating in 2001. She was in the National Honor Society.

Initially, at CCCC she wanted to study dental hygiene, but switched to liberal arts with a science/math concentration. Because she has always been interested in the dental field, her ultimate career goal is to be a pediatric dentist. She will graduate from CCCC in December 2005 and then transfer to a four-year university.

Val has worked in the hospitality business for more than four years, as a front desk assistant and assistant manager.

Her biggest challenge at CCCC has been writing. She notes that at Barnstable High in the ESOL program the emphasis was on conversational English. At CCCC she has progressed from Foundations in Writing to English Composition I and then English Composition II.

She mentions something pleasant at CCCC that she didn't really expect. It's the way she has met some really good friends here and has found them to be a "great support system." She would love to travel but

Rachel has completed the prerequisites for the Nursing Program (R.N.) and is waiting to apply in January 2006. She is aiming towards a BSN and eventually a Master's Degree. She points out that her mother is a nurse too.

She has worked as a caregiver for many years, usually with the elderly. "I have also been a nanny for several families. Currently, I am employed with the Orleans Elementary After-School Program, working with the children."

Her biggest challenge at CCCC has been taking night classes while working so many hours. The day classes were easier to handle.

She says a very nice surprise for her at CCCC was being inducted into the Phi Theta Kappa honor society. "And it's always exciting to see your name on the Dean's List."

Rachel has a variety of hobbies and talents. She plays the piano, sings, and studies Egyptology and Marine Biology. Also, she does arts and crafts, and has taken an interior decorating course.

She has traveled extensively in the U.S. and to Jamaica. "Next year I'm going to England for the first time. My boy friend is English."

She volunteers her time to several teenagers and has found that they feel comfortable talking with her. "I direct them to professional help when necessary." She also helps elderly couples.

Rachel's Philosophy of Life:

"If you can't do something better, then don't mock it!"
"How can you learn anything unless you ask questions?"

Kyle Durborow, her tutor/mentor, says: "It's such a pleasure to work with Rachel. She has very positive energy and it's quite amazing how much she accomplishes as she balances her college life and her personal life. I am sure that with her dedication she will achieve her goals."



"THE PATH OF NO RISK IS THE BIGGEST RISK OF ALL."

- Author Unknown



"THE TASK AHEAD OF US IS NEVER AS GREAT AS THE POWER BEHIND US!"

- Author Unknown

Virginia Davis

Virginia is a true Cape Codder, born in Hyannis, raised in Wellfleet, and for the last nine years she has enjoyed living in Harwich.

She attended Nauset High School and started at CCCC in September of 2004. She is currently enrolled in the Environmental Technology program and is doing quite well.

Prior to attending classes here, she worked for ten years at Cape Cod Five Cents Savings Bank. She also spent many years raising her two sons, now ages 28 and 34, who are living in Brewster and New Bedford.

Virginia's greatest challenge at CCCC has been that she has been out of school for many years and found it difficult to re-acclimate to life as a student. She feels that she really has to focus more and work harder than students who have come to college directly from high school.

Her main reason for attending CCCC is that she is ready to learn and broaden her horizons. When asked about something pleasant that she didn't expect at CCCC, she replied, "The Coaches & Mentors Program, I have nothing but the highest praise for the support from everyone I have worked with in the program. Also, for all the help I have received from the O'Neill Center."

When Virginia is not attending classes or studying, she enjoys gardening and caring for her home in Harwich. Also, she has done extensive traveling throughout New England and Canada, and has enjoyed a cruise or two.

Virginia's philosophy of life:

"By the grace of God."

Theresa Bouse's Comments: "As Virginia's advisor, I have witnessed such positive growth and change in her over the last year. She seems so much more comfortable as a student and more confident in her abilities. Virginia has worked very hard and has done so well academically that I foresee nothing but success in her future."

hasn't had the opportunity yet. She likes dancing and going to the gym. This past spring she says she especially enjoyed her belly dance class at the Cape Cod YMCA.

Her favorite quote:

"Live moment by moment as much as you can."
"Life is hard if you make it hard."

Her advisor Carol Dubay says, "I have had the pleasure of advising Val over the last three years, and she is a very organized and determined young woman. She is also a very hard worker and has successfully balanced her school work with employment. I will miss her when she graduates, but I have no doubt that wherever she goes, she will be successful."



"WONDER IS THE BEGINNING OF WISDOM"
- Mahatma Gandhi

Nancy DeChristopher

Nancy was born in Seoul, Korea. Her American father was serving in the U.S. Army in South Korea when he met Nancy's mother, a Korean. Nancy grew up living the life of a serviceman's child, going back and forth between America and South Korea until she was a junior in high school. She has a younger brother.

She decided to move to the U.S., thinking it would improve her chances for getting into college. Moving in with her aunt and uncle in Forestdale in her junior year, she spent a year and a half at Sandwich High, graduating in 2003.

Her career goal when she came to CCCC was to become a maternity or pediatric nurse. Her dream is beginning to materialize because she has been accepted into the Fall 2005 Nursing class. Nancy says she has been on the Dean's List, but "my biggest achievement is getting into the Nursing Program."

She has worked at the Sandwich Rehabilitation Hospital as a dietary aide, and now works as a receptionist at the Cape Cod Ambulatory Eye and Laser Surgery Center in Sandwich. Also, she works Saturday mornings at Plymouth Savings Bank.

The biggest challenge for Nancy at CCCC has been the science classes. Something pleasant she didn't expect is "how supportive the college is in helping students achieve their goals." She cited her professors, the Tutoring Center, and Coaches & Mentors as a great help to her.

In her spare time, Nancy likes to watch movies, shop, travel, and go to the beach.

Nancy's favorite quote:

"Whatever happens, happens,
and things always happen for a reason."

Carol Dubay says, "I first met Nancy at a new student orientation function, and from the beginning I was impressed by her poise, maturity and sweetness. She is a very caring and strong individual and I know she will make an excellent nurse."



**"DETERMINE THAT THE THING CAN AND SHALL
BE DONE, AND THEN WE SHALL FIND THE WAY."**
- Abraham Lincoln

Patricia Santos

Patty spent the first 10 years of her life in San Salvador. Then, at age 10, she and her sister were brought to the U.S. by an American family. When she was 16 the two sisters were adopted by Davis and Glennis Harte and then she felt she was finally home.

Currently, she is completing her prerequisites to prepare for the Nursing Program. She loves being back in school and had a very positive experience in her Algebra class. She enjoyed it more than she expected to and attributes that to a "top notch algebra professor by the name of Lisa O'Halloran."

Also, she has been a dedicated CNA for the last 6 years at Cape Cod Nursing Home, a place she affectionately calls "my second home." She has received several *Employee of the Month* awards. Since her grandmother is a resident of that nursing home, Patty has the pleasure of visiting with her often.

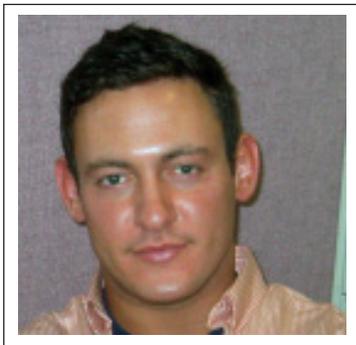
Patricia Santos, continued...

Patty has a fifteen-year-old daughter, Natasha. When asked about her own greatest challenge at CCCC, she replies "Challenges include juggling classes, homework, my job, and my 15-year-old daughter. My greatest challenge is caring for my daughter."

When she gets some time for herself, she enjoys dancing and working out at the gym. Recently, she discovered a long lost sister who lives in Italy. That sister was adopted by an Italian family at a very young age.

Patty's Philosophy of Life:
"Life is what you make of it."

Her advisor Theresa Bowse comments: "Patty is amazingly focused on her studies, and sets goals. She continues to move toward those goals despite the many obstacles she faces in life. She absolutely loves school and is very determined to enter our nursing program and fulfill her ultimate goal of becoming a registered nurse. Patty is a strong, sensitive, and caring woman. I know that when given the opportunity, she will be a wonderful nurse."



"THINK LOVE, NOT HATE; THINK SUCCESS, NOT FAILURE; LOOK FORWARD, NOT BACKWARD!"
- Author Unknown

Brian Kalt

Brian, now a resident of Marstons Mills, was born in Brooklyn, New York, and raised in Knoxville, Tennessee, where he attended Bearden High school.

In October of 2000, he joined the U.S. Marines and went to Camp Lejeune, North Carolina for training. After serving in Iraq, he came back to civilian life in October of 2004. Soon after that he was in his spring semester at CCCC.

He has traveled in Eurasia, the Middle East and Africa and has also visited Tokyo. "In the various countries I have visited," he says, "most people are striving to be like Americans."

Describing Cape Cod after the recent winter, he says, "Snow and quahogs, but the summers are nice."

Growing up, he was in the "middle child" position, with one brother and one sister. His hobbies are running and weight lifting.

Brian says one of the biggest challenges as CCCC is "finding a parking spot." Something pleasant about CCCC that he didn't expect to find was "all the extra help that is available, especially the Math Lab and the Tutoring Center."

For his first semester at CCCC he took the Liberal Arts concentration and carried a fairly heavy load: English Composition II, U.S. History to 1865, Intermediate Algebra, and Oral Communication. He said, "This was my first semester and I have been keeping my options open, getting a taste for everything." He is considering majoring in psychology

Brian's Philosophy of Life:

"Cherish the little things in life, for one day you will look back and realize they were the big things."

Tom O'Connell, Brian's tutor/mentor, says, "Coming to the college after being away from school settings for a while, Brian has done exceptionally well. He has a very positive attitude, enjoys meeting challenges, and will do very well in college and in whatever career path he chooses."

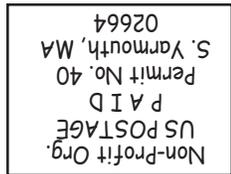


"DOST THOU LOVE LIFE? THEN DO NOT SQUANDER TIME; FOR THAT'S THE STUFF LIFE IS MADE OF."
- Ben Franklin

Rachel Potter

Rachel lives in Brewster but was born in Quincy, MA. "I moved around a lot as my father was an electrician and traveled with the construction. I have lived in nearly every state in the U.S. but have settled down in Massachusetts. It's my home."

Until the end of the fourth grade she went to private school and then was home schooled through the Christian Liberty Academy. In high school she won both county and state Oral Competitions and she was usually on the Dean's List.



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