By Madison Medeiros

With the current United States administration focused solely on changing the immigration process, it becomes difficult for natural-born citizens—those who do not have to undergo the journey of citizenship—to recognize and understand how the process truly works.

First and foremost, what makes an immigrant “illegal” in the U.S.? Is it sneaking across the border, or simply being undocumented in the country?

“I cannot emphasize enough: the act of being present in the U.S. without documentation is not a crime under federal law. It is a civil infraction,” said Rachel Self, P.C., an attorney at law specializing in criminal defense and immigration law, with offices in Falmouth and the greater Boston area.

Self appears regularly on CNN and Fox News Channel as a legal analyst. Her work focuses on family immigration, deportation defense, citizenship and post-conviction relief.

“The confusion lies in the legal differences between improper entry and unlawful presence,” Self said.

Under federal criminal law, it is a misdemeanor crime for a non-citizen to enter or attempt to enter the U.S. at any time or place other than the designated legal ports of entry, said Self. Eluding examination or inspection by immigration officers, or attempting to enter by willfully concealing, falsifying or misrepresenting facts are additionally a misdemeanor crime.

The punishment under this federal law is no more than six months of incarceration and up to $250 in civil penalties for each illegal entry, according to Self.

Unlike improper entry, unlawful presence is not a crime. Though it is a violation of federal immigration laws to remain in the country without legal authorization, this violation is not criminal, but instead punishable by civil penalties. Civil penalties include deportation, or removal from the country.

“Some may assume that all immigrants who are in the U.S. without legal status must have committed improper entry. This simply isn’t the case,” said Self.

“Many foreign nationals legally enter the country on a valid work or travel visa, but fail to exit before their visa expires for a variety of reasons.”

Visas are issued to those who want to come to the country to work, travel or pursue a business or education. The U.S. only issues so many visas at a time, which are at high demand.

Self stresses that individuals within the U.S. border, regardless of their status of citizenship, have the right to a due process. This includes the rights to a speedy trial and counsel all under the Fifth and Sixth Amendments.

“If you’ve come into the country legally, with documents—even if you came on a tourist visa or student visa—and you overstay the visa, you can apply for a change of status,” said Richard Vengroff from Community Action Committee of Cape Cod & Islands (CACCI), who assists with its offered Citizenship Training.

CACCI’s main office is located on North Street, Hyannis with a satellite office in Falmouth, on Jones Road and has been operating for the past three years.

The Citizenship Training provides immigrants with civic courses and English courses and preparation for the U.S. Citizenship test. The organization is certified by Homeland Security and staffed with full-time attorneys and paralegals, along with volunteers who are experienced, cultured and bilingual, according to Vengroff.

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Don’t Stress: How to Achieve Mindfulness

By Cassie LeBel

People often do not realize just how little control they have over life’s small stresses on an everyday basis. Day to day we find ourselves moving blindly from one activity to the next, filling our time with things that do not hold much substance such as hours of mindless scrolling on our phones when we’re supposed to be doing homework or going to bed.

Everyone deserves a break from the real world once in a while and when we have the kind of technology available for it, why not utilize a few minutes of mindless scrolling occasionally to fill the gap between activities? The problem with this though is that instead of letting these activities be indulgences, people let them take possession of all their valuable time.

“There’s a difference between a conscious intention and an unconscious intention,” said Lodro Rinzler, author of Sit Like a Buddha: A Pocket Guide to Meditation.

The purpose of this book is to teach the basics of meditation to beginners while also helping to incorporate the practice into everyday life. In the first chapter, Rinzler discusses the importance of realizing that everything one does in life has some type of intention behind it whether they know what it is or not. Unconscious intentions are “when you let your whims and habitual patterns yank your attention from one activity to the next without giving it much thought.” The study of the law logic around why you are doing any given thing.”

Asking for the “why” behind actions and looking for a purpose within really pushes people to make more meaningful decisions as they move throughout the day.

The more conscious one becomes of the purpose behind intentions, the more mindful they will be.

“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally,” defined Jon Kabat-Zinn, Ph.D, founder of the Mindfulness-Based Stress Reduction Clinic, and the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School.

“It’s about knowing what is on your mind.”

Meditation can be linked to health benefits such as lowered blood-pressure and better sleep. Studies also show that meditation can reduce anxiety and improve focus.

James Kershner, adjunct professor at Cape Cod Community College (4Cs), stated that this practice is what saved him after he replaced the drugs and alcohol that were previously pulling him through life with meditation.

Taking up the practice brought more efficiency and awareness into Kershner’s life. He has since published three textbooks and a memoir.

Meditating is far easier than people believe because it is about focusing in on something that they already do every second without thinking: breathing.

“Pay attention to your breath,” said Kershner. “Distracting thoughts will come. Notice them and go back to your breath.”

You do not need much to begin meditating. While there are videos available online and meditation apps that can be downloaded to your phone to help guide you along the way the only thing that is truly required to begin meditating is you.

Not Your Average Spring Courses: Time to Register

By Dillon McCarthy

As the weather gets cold and the holiday flair begins to show up everywhere one looks, 4Cs students have only one season on their minds: spring. This is, of course, because registration for spring classes has finally opened and students may begin meeting with their advisors to pick which classes will occupy their schedules in the next semester.

Sometimes, when the sheer number of courses is too much to process, it can be helpful to have a few recommendations of classes that are interesting and untraditional to fill a hole in one’s schedule. Here are a few such recommendations you might like:

The College Experience is a very unorthodox class that, ironically, deals more with other classes than it does with itself. This class is all about learning how to succeed in a college environment, with emphasis on studying, planning and communication skills. There are four different sections of the class and each differs in many ways. Adjunct Professor James Kershner chooses to place a heavy emphasis on overcoming stress through meditation and mindfulness, performed in every class. Using a workshop format, he teaches his “Stress-Busters” to students so that they may use them in other areas of the time at college for the best overall experience.

“I think every student should take College 101: The College Experience,” said Kershner. “The class is lots of fun. We talk about how to succeed in college and in life.”

For the student seeking a class more challenging but just as interesting, there is Intro to Philosophy. Philosophy is the study of thought and the science behind knowledge. Students of philosophy spend their time pondering life’s greatest mysteries, as they have for centuries. As the course continues, students are able to improve their critical thinking skills and come to decide how they view the world around them.

Professor Keli Gates states that the course dives into topic such as “Epistemology, Metaphysics, Ontology, Logic and Ethics, with sprinkles of Social/Political Philosophy.”

Although this class is difficult, for many it can also be eye-opening or enlightening.

“Students seem to love this class, so I encourage you to enroll,” said Gates. “It’s a challenging class, but it’s worth the price.”

For a class that can help in everyday life, look no further than Persuasive Communication.

Out of all of the skills that one learns in college, this could very well be viewed as one of the most important. The number of times when persuading others is in your favor is incalculable throughout life, so why not learn to improve and perfect this skill.

The science of advertising as well as interpersonal communication and persuasion is covered in this course, which Professor Lisa Boragine describes as “life changing.”

“My college mentor introduced me to what it meant to truly understand the power of communicating with others,” Boragine said of her experience as a student.

“The Honors Colloquium is a rather advanced level class, requiring a 3.2 GP to even enroll, as well a prerequisite course. The class only has one meeting time and is operated by two professors, Kerry Drohan and Claudine Boragine Hatfield. It also requires a research project to be presented at the Honors Reception. This year, the topic will be “A House Divided,” which will focus on the history of political polarization in America and how that is reflected in the history of American media.

“We’ll examine how the changing role of the press has contributed to the national polarization,” said Drohan. “And what the future is in terms of everyone actually getting along.”
Addressing the Many Myths of Migration

continued from page 1

The staff provides immigrants with referrals to resources in the community and provides information about legal permanent residence status, becoming a citizen and benefit eligibility requirements.

“We have probably, here on the Cape, about 15,000 to 20,000 people who were born elsewhere. Some of whom who have already become permanent residents, some of whom are just starting the process, some of whom are DACA,” said Vengroff.

The process of becoming a permanent resident starts with a green card, which is typically issued to non-citizens for three years or longer. From there, they can file for citizenship.

When looking at the road map to legal citizenship, there are many different avenues, roadways and paths to take, along with many misconceptions to address.

The process is long, expensive, but rewarding.

“[Non-citizens] have got to go through first expenditure of becoming a green card holder and then the second level is [when] we move them from there to citizenship,” said Vengroff. “It’s not like tomorrow, it’s never tomorrow.”

Someone who has a green card applying for citizenship will pay about $725. The U.S. government does not support any funding, said Vengroff.

“If a client who just got married, for example, and wants [their spouse] to get a green card and become a permanent resident, the fees from the forms they fill out is going to cost them about $1,750,” said Vengroff.

“Which has to be paid in cash or by money order basically at the time they file the form.”

Those undergoing the process to citizenship will have to pay fines such as $85 for fingerprints, $200 to $300 on medical exams by licensed doctors from Homeland Security, on top of documentation and processing fees.

CACCI’s focus has been on family reunification, where clients can sponsor a spouse, parents, biological or adopted children who live overseas and are not a U.S. citizen.

“Now there’s a big, big disconnect between reality and what you may hear from [President Donald Trump] and the administration,” Vengroff said.

“They talk about ‘chain migration’ [but] it doesn’t exist. I mean, really, it’s just totally fallacious. People aren’t bringing distant relatives.”

“If you’re a U.S. citizen you can sponsor your parents, your biological or adopted children and spouse. That’s it. You cannot sponsor a cousin, you cannot sponsor a grandparent, you cannot sponsor an uncle or an aunt, cousins, none of that. It can’t happen. It doesn’t happen. It’s all a lie,” Vengroff added.

Vengroff warns that the administration is now trying to cut back on other forms of legal immigration, such as asylum seekers and refugees.

An asylum seeker is searching for international help and protection from their country. Not every asylum seeker will be recognized as a refugee, but each refugee at one point was an asylum seeker. Countries operate within its own borders and someone who is an asylum seeker has not yet been approved by their own government to become a refugee.

A refugee is an individual who has fled their country and unable to return based on the fear of being persecuted due to their race, religion, nationality, or membership of a particular political or social group.

Since Trump coming into office, Vengroff expressed after dealing with refugees for years, the organization has hardly worked with any.

“There’s millions of refugees. In the past, we’ve taken in about 100,000 a year. But, the current administration’s cut that way back, so now there’s a relatively small amount,” said Vengroff. “I think we took in 7 [refugees] this year.”

With this only being a brief look in to the immigration process, one can clearly see that it is nowhere near simple, cheap, timely or easy to understand.

“There’s so many myths out there,” Vengroff said.

Which is why it is up to the American people to educate themselves and fully understand the process, before jumping to drastic conclusions or taking in misinformation as truth.
Recovery Radio Starts Dialogue Around Addiction

By Michael Kehoe

Recovery Radio’s positive message serves as a beacon of hope to those struggling with addiction in life.

“Our show is really authentic because we have people, like myself, talk about the real life experiences that we have gone through in recovery,” said Chris Hills, the host of Recovery Radio. “We want people to know that if you are in a dark place, there is a way out. Everyone loves a comeback story, and we just want to show people that recovery is possible.”

The show runs every Sunday from 6 PM until 7 PM and is broadcast from the Makkay Broadcast Center located on campus at Cape Cod Community College (4Cs). Recovery Radio can be found on the WKKL radio station, which is 90.7 on the radio dial. There is also a link in order to listen online that can be found on the WKKL page on the 4Cs website.

The show started this past May when Hills approached Naomi Arenberg, the General Manager of WKKL, with the idea. Since then, they have broadcast a live show or run a pre-taped interview every Sunday. Each week, Hills brings on a guest to share their own personal story of living life in addiction and how they were able to find peace in recovery.

“Chris is great at spreading his message that life is so much better in recovery,” said Arenberg. “He is a great conversationalist and each week he has another interesting person on to tell their story. Some weeks the stories can break your heart, but it is always authentic and it always has a message of positivity.”

Hills himself has almost three years of sobriety and relies on his experiences in both addiction and recovery in order to relate to the problems his audience faces. Hills stresses the importance of talking about these issues because if they are left in the dark, then people will not want to face them.

“I believe that the dark topics in the world need to be brought into the light,” Hills said. “If we don’t talk about them, then nobody will get better. We bring courageous people onto the show so that they can share their story and give a little hope to our audience.”

Cape Cod has a sizable recovery community thanks in large part to all of the detox facilities, rehab centers and sober living houses in the area. According to Hills, having such a large part of the local society be sober is an advantage for addicts in recovery because they can surround themselves with other people who are clean.

Hills is very passionate about eventually branching out and expanding the show. Possibilities include extending the show beyond one hour, running a live broadcast every day, or even having other local radio stations pick up the show as well.

“Chris definitely has big ideas for where he wants to take the show down the line,” said Arenberg. “There are lots of things we would like to do in the future. We could go to different sober events and do ‘man on the street’ style interviews or even set up and do live broadcasts.”

One segment of Recovery Radio is called “The Get Better Crew.” Every three weeks, Jeff Rose and Justin Campbell, both 4Cs students, join Hills in studio to discuss a specific topic relating to recovery. Past topics have included self-worth, evaluating your lifestyle and forgiveness.

“The Get Better Crew is about us coming together to reach out to the person who is still struggling in addiction,” Rose said. “The solution to any problem is admitting that there is a problem and now we are bringing it to the light. We want to show our listeners that there is a better life out there for anyone who is willing to ask for help.”
By Cassie LeBel
The cafeteria was lively and welcoming during Cape Cod Community College’s (4Cs) 7th annual Autumn Feast held on November 14 and 15. Turkey and other holiday classics such as mashed potatoes, stuffing and pumpkin pie were served free to students, staff and faculty, by 4Cs President John Cox and volunteers.

“It’s one of our highlights of the year,” Cox said. “Where we take a moment out to celebrate the autumn semester while we approach final exams.”

Two days of preparation by the culinary program and Unidine catering went into preparing turkey meals for 1,700 people, said Cox. “We love doing it,” said Jodie Tulloch, Unidine food service manager at 4Cs. “Each year there are lots of happy, well fed students and staff.”

This gathering was the perfect opportunity for students to share a meal with their friends or to sit and make conversation with people they would not have known otherwise.

Some professors, like John French, even brought their classes down as a way to connect with one another in a more casual setting.

“I believe that activities that bring our students and staff together as a community are as important as classroom time,” said French. “When we are happy and know that we are a part of a community that cares about us and works together to bring out the best in all of us, we will accomplish greatness.”

In keeping with the holiday, a gratitude wall was set up by the START Club for those who wished to take a moment to write out what they were thankful for. The wall was filled with posts of appreciation. Michele Ferreira, a member of the START Club, explained that the act of writing a gratitude list is a beneficial step towards recovery.

“It’s good if you have negative thoughts to look at the positive and make a list,” Ferreira said. The START Club was happy to be able to create a space for students to do this during a holiday which that is all about being thankful.

Smiles could be seen on everyone face among the festive decorations as members of our community, from the volunteers who put this event together to those who attended, joined for a hot meal and a short break from their academic responsibilities.

“It’s fun interacting with the students,” said Tammy Saben, Chair on the Board of Trustees, as she tied on her apron for a second day of volunteering. “The food is outstanding and it’s a pleasure to be able to share in a celebration of autumn with students and faculty.
Alumni Network: Meet Matt Donlan, MBA

By Matt Donlan

“Success is not measured by the heights one attains, but by the obstacles one overcomes in its attainment”- Booker T. Washington

Matt Donlan, MBA. The Program Director at River Oaks Treatment Center-American Addiction Centers in Tampa, Florida. As a person in long-term recovery from addiction and a newly-hired Addiction Counselor, Cape Cod Community College was an essential step in my mid-life career change. While working full-time as a Union Ironworker with Local 7- Boston, I completed my Addiction Counselor Education Certification program at UMass-Boston at night and on weekends. When I obtained my certificate and passed the licensure exam, I was hired as a Counselor at Gosnold at Cataumet. Once I got settled in as a Counselor, I realized that nearly everybody around me had advanced degrees and that I needed to start taking steps to continue my education.

I enrolled in CCC and was able to take a lot of my initial coursework online. When the time came that I needed to attend classes that were only held on campus, I adjusted my work schedule to make sure that I could meet my academic goals. There were classes that I knew I needed to take in order to advance my education and that I needed to start taking steps to continue my education.

In CCCC and was able to take a lot of my initial coursework online. When the time came that I needed to attend classes that were only held on campus, I adjusted my work schedule to make sure that I could meet my academic goals. There were classes that I knew I needed to take in order to advance my education and that I needed to start taking steps to continue my education.

Fast-forward to 2018. In May, I was presented with Florida Institute of Technology’s Outstanding Graduate Business Student of the Year and Phi Kappa Phi National Honors Society’s FIT Chapter Scholar Award. In June, I graduated with my MBA, keeping a 4.0 GPA. I was recently accepted into Arizona State University’s Doctor of Behavioral Health program, which I plan to begin this Fall. I have come a long way from sitting in Grossman Commons between classes cramming for tests and have worked hard to reach the point in my career where I can make a significant difference in the lives of those struggling with addiction and mental health issues. My recovery and my educational endeavors both started on Cape Cod, a place that I will hold dear to my heart forever.

Alumni Network: Meet Cameron Dixon ‘17

By Cameron Dixon

My name is Cameron S. Dixon, I’m a recent graduate and new Alumnus of Cape Cod Community College. I had the best possible college experience during my time at CCC. I was afforded opportunities to travel to multiple countries with my fellow students, and was given experiences that most people never get the chance to have. From meeting with the Dubai Economic council, to helping children in a small Haitian orphanage, we truly became students of the world. If I could have had my entire college experience at CCC I would have done so in a heartbeat.

My experience did not start out in this way though. I was lost and unsure of what the future held when I first arrived at CCC. My college experience really only began to develop as I began to listen to my professors and take their words to heart. There are select individuals in our lives who help shape us into the people we are to become. They patiently work with us, helping craft our abilities and our perspective until the promise they see in us begins to show. If we are not careful we may miss these individuals, but fortunately I did not. Throughout CCC there are professors that want to see you grow and succeed and I was fortunate enough to benefit from them.

Serving as the student body president in my final year at the college, I was able to connect with countless students, professors and community leaders. We worked together to help foster a sense of common identity at our college and in my mind, these co-curricular experiences went hand in hand with my academic success at CCC. As I look back now, I see how the mold was slowly being created. I was pushed up steps outside of my comfort zone time and time again, ever growing and ever learning. Until eventually, that moment came when it was time to take all that I had done, and all that I had learned across the stage with me at graduation.

After graduating I started a clothing company, C.S.Dixon which I have continued to run while I work toward completing my bachelor’s degree. Upon graduating from CCC I was accepted to Liberty University where I became the Jr. Class President in my first year with the same goal of bringing community to the campus.

I’m honored to be working with the Cape Cod Community College Alumni Network, engaging with my fellow alumni and helping shape our experience as Cape Cod Community College Alumni.
Opinion: The Inconvenient Truth About Thanksgiving Day

By Madison Medeiros

Yellow, orange, crimson red: I pick my crayons and playfully begin tracing the colors within the thick black lines. A large and lordly table surrounded with smiling faces: The pilgrim girl and boy, the ever-so-gracious Native American family and all the comfort foods displayed proudly in the center.

From a young age, this is what we are led to believe the three-day celebration, Thanksgiving, truly was.

But, those settlers that were on the Mayflower were not called Pilgrims. They were known as Separatists, who were severely against the Church of England. They did not travel here in search of religious freedom, as they already had experienced it when they arrived in Holland during the 17th century. They were traveling in search of prosperity—money and greed. The beginning of the “American Dream.”

It also was not the “First Thanksgiving.” Native Americans and European societies have similar celebrations on record that have been happening for centuries.

The holiday, which did not come to be until 1683 when Abraham Lincoln declared it officially, was based on theblood bath between Native Americans and European settlers, and the alliance between Tisquantum, known as Squanto and the Pilgrims.

Is there some truth to what our textbooks have told us? Yes. A group of settlers on the Mayflower did travel over from England in search of a better life in 1620. The settlers did set up colony at what is now known as our beloved Plymouth, Massachusetts. A feast was held in honor of a successful season of harvest between September and November of 1621. The Wampanoag tribe was in attendance and Tisquantum, did serve as a communicator between the Native American people and the settlers.

New Englanders dubbed the name “Thanksgiving” in the 1830s. There was also no true record of a turkey and no sweets were served. The Separatists did not have an oven and their sugar supply was depleted. Mayflower voyager Edward Winslow wrote in his journal that Governor William Bradford sent men out to hunt fowl, but did not specifically state which kind. He also writes that the Wampanoag guests brought five deer.

Tisquantum was part of the Patuxet tribe. The only reason he knew English and was able to communicate with the Separatists was because he was captured in 1605 by the English. He spent his life in and out of captivity between the Englishmen and surrounding tribes. Tisquantum was not trusted by the Wampanoag tribe and they used him to communicate with the settlers and form an alliance.

Tisquantum was known as manipulative and dishonest. He was shunned by the Wampanoag tribe around 1622.

As you can see, this “holiday” is not what our previous educators once taught us to believe and since the 1970’s, indigenous people, along with supporters, have been gathering at the top of Cole’s Hill, overlooking Plymouth Rock, on Thanksgiving Day in protest. For some, it is a happy holiday, for others it is a “National Day of Mourning.”

The ignorance cannot solely be placed upon the shoulders of our education system, which, in my opinion, has quite honestly failed us when it comes to teaching us historical facts at a young and vital age. Our continued ignorance has become a conscious choice. Our continued celebration of a genocide that founded this country—is a conscious choice.

While you’re eating your turkey and passing along pie this Thanksgiving Day, surrounded by a table of your own flesh and blood—just remember: the Wampanoag Tribe is still fighting for its land.
Announcements

Chess Club Meeting
Every Monday, 2:00 PM until 4:00 PM
All students are welcome to participate and enjoy some fun yet competitive chess.
Location: Grossman Commons, Upper Commons

The Children’s College
Children from as young as 2-years and nine-months to 5-years are eligible for enrollment in the preschool program. School aged students up to eight are eligible for care during school vacations if space is available. The professionally trained staff provide the structure and program flexibility to meet the needs of your child.
Visit www.thechildrenscollege.net for more details.
Hours: Monday through Friday, 7:15 AM until 5:15 PM

LGBTQ+ Club Meeting
Every Wednesday, 2:00 PM until 3:30 PM
Grab your ukulele and come join a low-stress club where students of any skill level are encouraged to come play. Pick up a new instrument or simply advance your skills if you already play!
Location: Tilden Arts Music Room, G11A

Active Minds Meeting
Every Wednesday, 2:00 PM until 3:00 PM
Members meet weekly to plan events on campus that raise awareness and promote a dialogue around issues, such as mental health and education for the entire student body about resources in and around campus.
Location: Maureen M. Wilkens Hall, Room 105

Foreign Film Series Beat:
Every Tuesday, 3:30 until 5:30 PM
November 20: The Paris Opera (France/Switzerland-2017)
Director Jean-Stéphane Bron takes the viewer behind the scenes to experience a year in the life of one of the world’s foremost performing arts institutions, the Paris Opera. A new artistic director, rehearsals for nine operas and eight ballets, strikes, crises, a terrorist attack, and a live bull are all part of the fabric of life backstage at the Opera. Meet the real people who make sure “the show goes on.”
Location: Lecture Hall A, free of charge.

Rotaract Club Meeting
Wednesday, November 14 at 2:00 PM until 3:00 PM
Academic, Career & Professional Development, Lectures & Seminars, Special Event, Student Activity
Location: Maureen M. Wilkens Hall, South 107

The Dental Hygiene Clinic is Now Taking Patients
September 20 until December 4 on Tuesdays and Thursdays
The services include diagnostic and preventative dental hygiene services such as x-rays, cleanings and sealants.
Location: Ground floor of the Maureen M. Wilkens Building
Contact: Appointments can be made in person or by calling 774-330-4371

The Life Fitness Center is also hiring Work Study Students!
For some information please contact:
Tracy Morin, MSEd, ACSM-CPT
Campus Engagement and Wellness Programs Coordinator
tmornin@capecod.edu, 508-362-2131 x4680

Study Abroad: London and Paris in January 2019
Take advantage of the opportunity to study abroad with fellow college students. Non-students, friends, family and staff are also welcome to participate in the travel portion of the course.
Departure date: May 13, 2019.
Return date: May 20, 2019.
Please feel free to contact Professor Clark with any questions or concerns.

Life Fitness Open Hours
Hours: Monday through Thursday, 9:00 AM until 6:00 PM
Visit the Office of Student Life to obtain your Student ID. Bring your ID to the Life Fitness Center and fill out a membership form.

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Location: Maureen M. Wilkens Hall, Room 105

Family Pantry is OPEN
Located on the lower level of the Fitness Center
Hours:
Monday 9:30 AM – 12:30 PM
Tuesday 10:00 AM – 2:30 PM
Wednesday 9:00 AM – 12:00 PM
All are welcome to visit the pantry once a week, just bring a valid 4Cs ID!

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Cape Cod Community College is CLOSED November 22
Cape Cod Community College is open November 23 with minimal staffing
NO CLASSES ARE HELD

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