

Main Sheet

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Cape Cod Community College Student Weekly

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Getting help to pay for classes

by Samantha Rathbun

Every spring semester, the Cape Cod Community College (4Cs) Education Foundation provides students with the opportunity to be awarded anywhere from \$500 to \$5,000 in scholarships to further their education. Year after year many students miss out on this opportunity simply because they do not know about it.

“Last year, only 400 students applied for scholarships out of some 3,000 enrolled,” said Judy Widger, the Finance and Database Administrator of the 4Cs Education Foundation. “We don’t understand why more [students] don’t [apply].”

Widger explained that the main problem is that students believe the scholarship application pro-



Josh Richards and Judy Widger.

cess is extremely time-consuming and has no real purpose. They believe that they have no chance to win one at all, therefore they never even take the time to sit down and finish it.

“A hundred thirty scholarships, a hundred thirty different criteria,” said Widger “Complete the general application, including a small essay, then look at what’s recommended for you. See if any of those things are what you want to do the extra work.”

CCCC archives

The entire process to complete scholarship applications is easy enough for anyone to follow. Students should visit capecod.academicworks.com, create an account, fill out the general application which will sign them up for scholarships automatically, look over their recommended scholarships that need more documents such as letters of recommendation, then upload them to the website.

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Student Senate back in action

by Maheen Ahmed

The Cape Cod Community College’s (4Cs) Student Senate is coming back to life after the Spring semester of 2018, when its reputation was called into question due to the alleged disproportional use of club funds that the Senate had been in charge of mandating.

Arthur Esposito, who co-advises the student senate alongside David Biggs, explained in an interview what the Senate’s upcoming plans are.

“The four months [of the Spring Semester] will be the rebuilding year,” said Esposito.

He compared the situation to a baseball team.

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Mental health help

by Virginia Johnston

The arrival of midterm week has sent many students into a frenzy of last-minute studying and rapid coffee intake. Stress levels are soaring, but fortunately help is available. Whether it is pressure from exams or from a source outside of academics, Cape Cod Community College (4Cs) offers help to all students struggling to stay mentally healthy.

“Students are welcome to reach out to us any time,” said Lauren Folloni, Director of Advising and Counseling, during a joint interview with Maura Weir, Coordinator of Recovery and Wellness.

They are the main support available to students on campus. Scheduling an appointment by email is their preferred method of contact, but stopping by their office in Grossman Commons Room 206A is always an option.

Folloni speculates that one reason students may be reluctant to ask for help is because they worry about their privacy. She says students may not want

their teachers or peers knowing that they need help handling their lives. This stems from the toxic stigma surrounding mental health. Folloni reassures that reaching out is not a bad thing, and there are ways to stay anonymous.

For example, the Stress and Depression Questionnaire available for free on the website is an anonymous resource that allows any student to examine how stress or depression is affecting their life. It is an opportunity to talk with a staff member who knows how to help. All responses are personal and the student is not required to reveal their identity.

“I think the stigma comes from people not understanding what it means to live with a mental illness,” said Weir.

She adds that sometimes asking for help is portrayed as a sign of weakness, but in reality, it’s a sign of strength. Folloni and Weir emphasized that part of their job is to be nonjudgmental throughout the process.

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Artwork by Nathalie Ferrier.

courtesy of Nathalie Ferrier

French artist at 4Cs

by Mary Ventura

Cape Cod Community College (4Cs) is home to people from all across the globe, both students and faculty alike. One example is Professor Nathalie Ferrier, a French artist with a cultural and inspiring background.

Ferrier is an adjunct instructor in the Art Department at 4Cs. She teaches art courses and helps run the Higgins Art Gallery located in the Tilden Arts Center on campus.

Leslie O’Neil Peters was a stu-

dent of Ferrier’s ‘Fashion, Textile, and Fiber Art’ course and had sincere words to share on her opinion of Ferrier as a professor.

“Nathalie settled the environment, transformed the atmosphere to all that’s possible by sharing with us in such a way as to awaken courage, generosity, and understanding of putting needle to cloth,” said O’Neil Peters.

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Votes for Student Senate pour in

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“When they’re terribly depleted, they gotta have a rebuilding season because they are not gonna win any games,” Esposito said. “They gotta figure out how to win games the following season.”

In the Fall semester of 2019, the plan will be to incorporate the ideas that will arise from current listening sessions into a new Student Senate Constitution.

Listening sessions are completely open discussions between the students on campus and the Senate. The next session will be held on March 8, 2019 in the Wilkens Library Boardroom.

“What we are hoping to do with these listening sessions, is identifying what concerns that students may have about the Student Senate,” said Esposito.

The concerns will not be directly addressed during the listening sessions, but this will allow the students of the Senate to be aware of what must be fixed for the upcoming fall semester.

There should be a total of 21 members as part of the student senate.

Currently, there are only 2 active members involved: President Loren Barry, and Vice President Brianna Shirley. The Student



Students vote for new Senate trustee.

Maheen Ahmed/MainSheet

Trustee election happened on February 21, 2019, bringing the member count to three with new Trustee Emma Perry.

According to Esposito, Student Trustee is not only a part of the Student Senate, “they also sit on the board of Governors of the College.”

He explained, “They are the college’s representative for the Massachusetts Department of Education Committee.”

When questioned on the topic of how the senate allocates club budgets, Esposito said, “There was a budget and finance committee that is part of the Student Senate.”

This committee read and evaluated each club and organization’s individual budget proposal and gave their input to the coordinator of clubs and organization, David Biggs, who then would

make sure that the proposals met set requirements, either giving it the okay or declining said proposal.

The way club budgets are allocated will be changed to prevent any possible misuse of the budget.

The idea is for the Student Senate to be advisors for clubs when clubs are sending out their proposals.

Esposito acknowledges that it is a “very valuable learning experience for the students” and does not want to take it away entirely, even though excluding the Student Senate altogether would be the easier option.

Esposito also believes that learning from advising others would benefit the students involved in the Senate so that they receive an educational experience while the club funds will still remain well accounted for.

The current President of the Student Senate, Loren Barry, answered questions on behalf of the Senate’s confidence in rebuilding and its plans for the future.

Barry is sure that, “with the number of students that have shown interest after the Student Senate elections this semester, I am sure we will have a full Senate for the fall semester of 2019.”

While confirming the main goal of the Senate, Barry said, “We want to promote to students that the Student Senate is a wonderful way to be involved in the local community. As well as that, it does teach you skills that can be applied to the rest of your future.”

The Student Senate may stand on shaky ground right now, but it’s clear that they are on the path to rebuild in the upcoming semesters.

Scholarship season full of financial benefits

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Josh Richards, 4Cs Education Foundation’s Coordinator of Alumni Engagement in Special Events said, “It’s [the student’s] job to worry about getting that 20-minute application done, knowing that they’re going to apply for something.”

Students are not required to look through each of the 130 scholarships one at a time, but rather fill out the general application (which only takes around 30 minutes) and then let the computer and reviewers handle the rest.

“Set a half hour aside to sit down and look at it. A lot of students will look at the card or their professor will tell them about it and they’ll go on their laptop after class, but not give themselves enough time to actually get into it before they have to go somewhere else,” said Richards.

Students should not be worried that they are not qualified for scholarships. Richards could not stress enough that everyone is qualified, no matter what their background.

“If you look at it from the scholarship side, you’ll have some scholarships where 200 students are qualified and have applied for

will vary a lot, but if you look at it per student, every student is going to be qualified for something.”

4Cs Student Hansol Tice was

“It wasn’t that hard. The only requirement I needed was to be a STEM major as well as be a full-time student,” said Tice. “I have gotten two so far. They are both STEM scholarships that I applied for. For a total, I won \$1,633.”

According to Tice, scholarships helped her with the stress of paying tuition for a semester or two.

“It gives me more time to focus on my education,” Tice explained. “It gives less pressure to my parents to help me pay for my schooling.”

Students can read a list of all the scholarships offered at 4Cs online at the same website they can fill out the application: capecod.academicworks.com

If a student wishes to apply for scholarships, the deadline is March 18, 2019. Students should also make sure that they can attend the “Night of Excellence” on May 16 at 5:30 PM, where students who have been awarded scholarships are recognized and get to meet their donors.



FEB 14-MARCH 8

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- Complete the general application
- Review and apply for the recommended scholarship opportunities
- Upload any necessary documents you'll need based on what you're applying for

it and some that three people qualify and have applied for, which is pretty good odds,” said Richards. “If you look at the scholarship, it

awarded a scholarship during the 2017 Fall semester. She explained how easy and carefree the whole process was.

4Cs fitness covers basics from head to toe

by Erin Hallam

Looking for a way to tone up that bod before beach season hits the Cape? There are many fitness classes and opportunities to exercise that are offered on campus and yet it seems like most students have no idea where to get started.

Head to Toe is one of the free fitness classes offered at Cape Cod Community College (4Cs) and it is taught by Nancy McIver. From yoga and Pilates, to aerobics, and even weight lifting classes like Head to Toe, McIver has taught a wide range of fitness classes for over 20 years. The Head to Toe class works to target and tone each individual muscle. Participants will break a sweat, though each workout can be modified to suit a person's needs and preferences.

"The Head to Toe class is a weight training style class. We do exercises that will concentrate on all your major muscle groups from your head to your toe to help add muscle mass to your body," said McIver. "I like to add a few abdominal exercises and a nice stretch at the end. It's a full body workout and you can be in and out of the gym in 30-45 minutes."

All 4Cs students, faculty and alumni are welcome to use the on-campus fitness center and all the classes that it offers. The fitness center has recently been remodeled, adding new equipment as well as new floors. The fitness center is located beside the Cam-



Instructor Nancy McIver teaches students.

Erin Hallam/MainSheet

pus Life offices, next to parking lot 11.

"The classes are meant to at-

tract people with all different fitness levels so the Head to Toe class is a great class for beginners

to start. We show you what to do and how to do it," McIver said. "It's also a nice option for someone that's looking for a jump-start back into their fitness routine, or maybe looking for a few new exercises to try."

The Head to Toe class has a few very dedicated attendees who show up every single week, sometimes even twice a week, because they love it that much. One of these individuals is Trisha Brisee, an employee at 4Cs in the registration office.

"It's like having a personal trainer but for free," Brisee said. "She's an awesome teacher because she's amazing with helping you to not hurt yourself. She shows us how to do each position properly. I've had a knee issue and I have yet to injure my bad knee since taking this class."

The only requirement to attend these classes is a valid 4Cs ID. The class is held on Mondays and Thursdays from 12:15 PM to 12:45 PM, making it an ideal way to spend breaks between classes or to mix up your lunchtime routine.

When she's not teaching, McIver is almost always at the front desk in the gym and is excited to see new faces trying out her classes. Her energy is infectious and she puts her best foot forward to help anyone on campus that might be looking to improve their fitness.

"Come in and check us out," McIver said. "We have a little something for everybody."

Campus counseling gives students support

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These are just two of the twelve specially trained staff members that make up the Crisis and Life Management (CALM) Team. The focus of this behavioral intervention team is "to make sure that students who are in need aren't unnoticed," said Folloni. As the "eyes and ears" of campus, the CALM Team responds to crisis situations in an approachable and comfortable manner.

When dealing with mental health, Folloni and Weir are concentrated on getting to know the needs of the student body. The Healthy Minds survey emailed to each student is a part of this process. By filling it out, the college will have a better idea of the specific services students require. The questions can be completed until Friday, March 8.

"The more students who fill out that survey, the better off we'll be," said Folloni.

Weir added, "It's going to



Active Minds Club hosts awareness tables.

Virginia Johnston/MainSheet

inform the work that we do."

The top concerns that Folloni and Weir deal with currently are stress, depression and anxiety. Folloni points out that this is consistent throughout colleges in America, but as a smaller college, a full-time counselor isn't available on campus. This means that part of the job for Folloni and Weir is to refer students to

resources off campus and closer to home. Whatever a student may face, asking for help is always the first step.

Weir is also the advisor to the student-run Active Minds Club, which is all about mental health awareness. The club hosted events for National Eating Disorder Awareness Week and National Self-Harm

Awareness Day in the cafeteria on February 26 and 27. Free snacks and giveaways drew in students who may have otherwise not even considered reaching out. These events promoted the range of help that 4Cs offers to students.

Another resource is Students Achieving Recovery Together (START), which allows for peer support around the topic of addiction and recovery. This student club meets every Wednesday from 2:00 PM-3:00PM in North 107.

"I really feel strongly that every member of this community – faculty, staff, administrators, all the way up to President Cox – cares. Everybody's paying attention, everybody is acknowledging that there is a need and that we want to be supportive of all our students' needs," Folloni said. "If I could say one thing that would be it: we care."

Question of the Week

photos and interviews by Cassie LeBel

What are your plans for spring break?



Maeve Ryan

"I'm just planning on working and finishing all my school work."



Aaron Pachas

"I'm starting my personal training classes that I've been wanting to do for a long time. I'm also going to California, hopefully to the music festival 'Swan Fest'."



Lyndsey Joyce

"I'm headed to Florida to visit my younger brother. I used to live in Florida, so I'll also be visiting with old friends."



Reid Koropey

"I'm going to Bowling Green, Kentucky with my parents. Also Louisville, to see how baseball bats were invented."



Ben Muldin

"I'm probably just gonna sit on my couch and watch YouTube videos."



Katrina Akkawi

"I'm going to Cancun, Mexico with my family."



Ethan Hansen

"I was planning on a road trip somewhere, to the mountains hopefully or somewhere up North."



Stephanie Ierardi

"I'm going home to Milton, Massachusetts to visit with my Dad."

Humans of CCCC: Meet Kelsey Salamone

by Anthony Cubellis

What's your name, where are you from and how old are you?

"My name is Kelsey Salamone, I am from Bourne and I am 27 years old."

Why did you choose to come to Cape Cod Community College (4Cs)?

"I decided to come to 4Cs because it is affordable and because they have great child care for my daughter. It is great to come to 4Cs because I can work a good amount of hours during the week and still go to school, so it all balances out. I also choose to come here because it is close to home, so I don't have to waste gas."

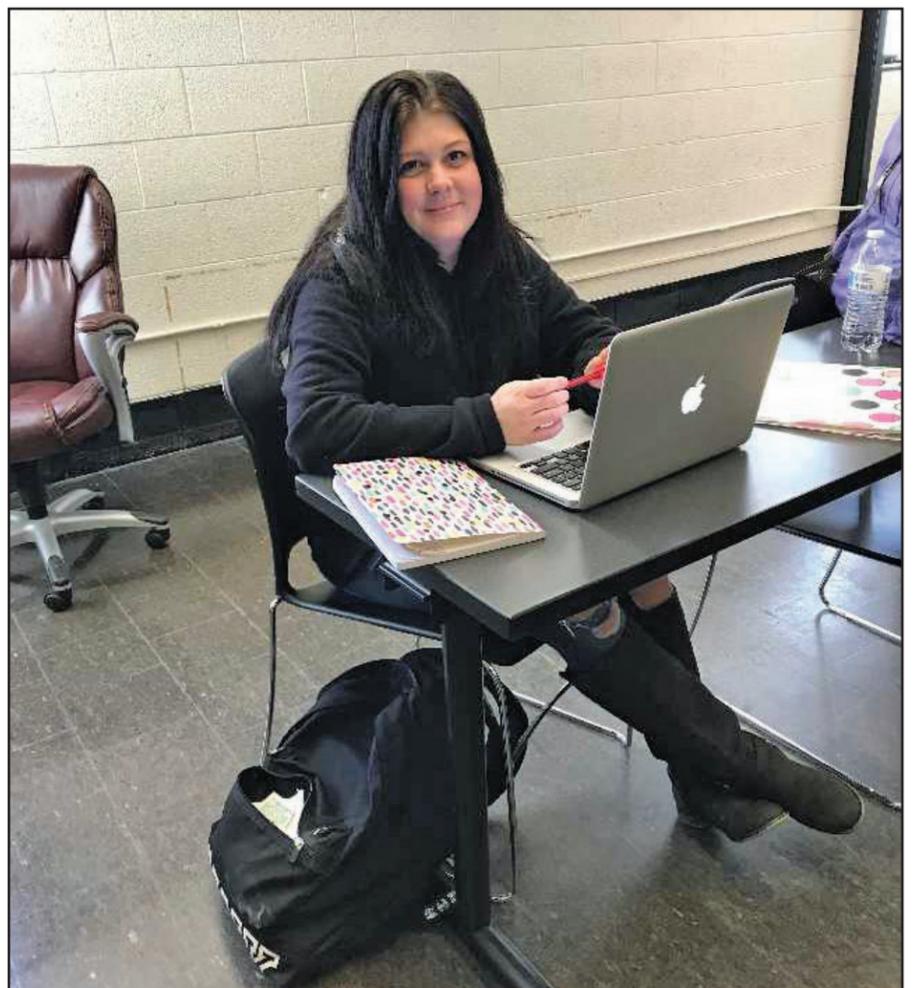
What are you studying and what do you hope to do in your future?

"I am currently studying for a general studies degree and I am working on getting into the nursing program. Once I finish with my RN, I would like to work in a doctor's office setting as a nurse so

that is one of my main goals I am motivated for."

What are the three top reasons that you like 4Cs?

"I would have to say the children daycare is perfect for me and my child. So when I go to school, I can bring my daughter with me. I know she is safe and happy here and its affordable. The second reason I would have to say, is that the teachers and staff are really helpful and will help you succeed in graduating from 4Cs. The third reason I would say is that if I am having trouble in my classes, 4Cs has the best resources and stuff to go to for help. One of the places I go a lot is the math lab because I have trouble in my math classes. I also go to the tutoring center as they usually can help you with anything and it's free, while most colleges you must pay for tutoring. That's one of the main reasons why I love 4Cs."



Kelsey Salamone.

Anthony Cubellis/MainSheet

CAMPUS CLEANUP



Green Project and volunteers.

Bruce McDaniel/Mainsheet



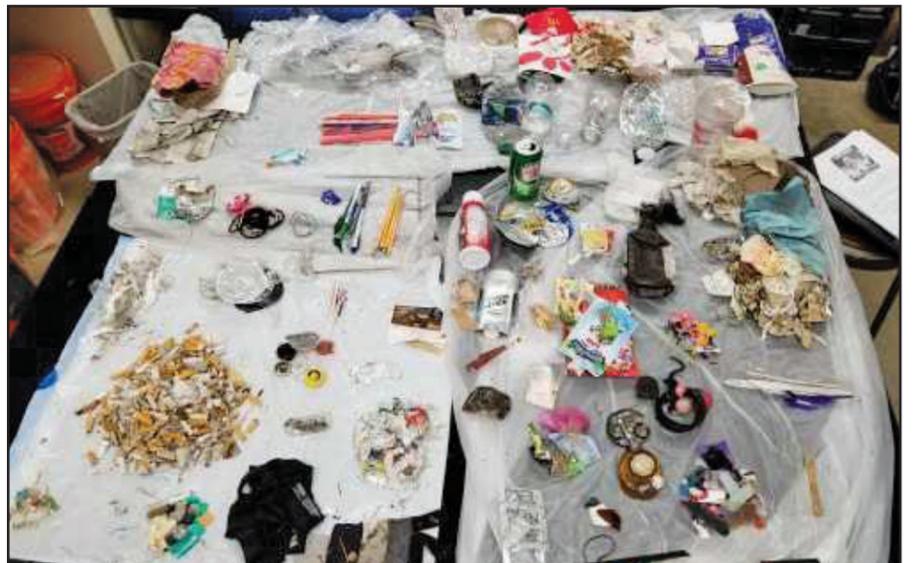
Food wrappers, Juul pods, pens and more.

Madison Medeiros



698 cigarette butts recovered.

Madison Medeiros



Trash collected from three out of 12 parking lots.

Madison Medeiros

Meeting Gallery Director Nathalie Ferrier

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Ferrier was raised in Paris, France. Growing up, her family was not particularly artistic. She says that her parents did, however, expose her to a lot of culture from a young age.

Ferrier has fond memories of visiting a Celtic woman's campground as a child. For seven months, she spent her time exploring with other children in places like Holland and Germany. She said these trips were inspiring, especially the wooded fields and the beautiful nature. She would spend her time planning and constructing huts on the campgrounds.

"I could have been an architect," Ferrier said, though obviously in jest.

She traveled to other areas in Europe, including Spain and Italy. There, she would visit many churches, castles, cities, and museums.

"When I was five years old, we would visit three castles in one day," Ferrier said. "And by the end I would be so done with it."

Ferrier has always been curious about sights like these ever since she was first introduced. She believes that these experiences as a young girl shaped who she is today.

She attended the Haute-Couture School in Paris where she had the opportunity to work in a design studio. She took part in the fittings of models as well as customers. Some of her customers included the wife of the President, the wife of a dictator, and professional German tennis

picked from a wide variety of beautiful fabrics and materials to work with often creating many of her own designs.

After Ferrier left her work in Paris and moved to the United States, she began working with Christian Lacroix, an extremely talented French fashion designer

20 years now, Ferrier has earned her Master of Fine Arts from MasArt and has become involved with many local art facilities and departments, including Castle Hill at the Truro Center for the Arts.

"The Cape has been very good for my growth," Ferrier said, while explaining how incredibly grateful she is for all that she has been offered by the Cape.

Ferrier's art can be found in many private collections in New York, France, Cambridge and Boston. She revealed that she has recently been working on paintings that are different than her usual work.

"Do what you feel," said Ferrier, in advice to new artists. "Don't be ashamed of anything you have created. Don't worry about what people will say and what they might think."

In terms of moving forward in the art industry, Ferrier encouraged students to become involved in their local galleries as well as to actively meet artists.

"Find your group, your people. Travel. Look at things and people," said Ferrier. "Keep your eyes open. What is most important is to create."



Artwork by Nathalie Ferrier.

courtesy of Nathalie Ferrier

player Steffi Graf. Throughout her time working at the studio, she and her team of designers would see the best and the worst of customers, but always remained professional. She focused on altering and draping items for the studio's collection and she

in New York. She continued doing similar work to what she did in Paris until Lacroix ran into financial trouble. Ferrier then worked for Thierry Mugler, another French designer, before moving to Cape Cod.

Living on the Cape for nearly

Student shares top five tunes

by Jake Rivera

I have had a passion for music for as long as I can remember. My favorite musical artists are The Weeknd, Kanye West, Backstreet Boys, and Phil Collins. That small list represents examples of various musical stylings over the course of decades. As may be the case for most music fans, the instrumental and lyrical content both must be easy for ears to hear and digest.

Here is a ranking of my top five rap songs that I have enjoyed listening to lately and I hope it will help to broaden the horizons of readers across campus. It might help some people discover some songs that maybe they normally would not give a listen to.

1. "RUNNIN' (DYING TO LIVE)" by 2Pac feat. Notorious B.I.G. – Tupac: Resurrection, 2003

The two late rappers were indeed friends before they were rivals, and they had previously recorded a rare collaboration entitled "Runnin' From the Police" in 1994. This newer song, curated by Grammy and Oscar winner Eminem, is a rework of that 1994 song, specifically its "Thug Life" edit. It retains Notorious B.I.G. and 2Pac's rapping over an original instrumentation that incorporates sped-up portions of Edgar Winter's "Dying to Live" and audio clips from various interviews.



WKKL student Saleh Alhedyan browses station's CD collection.

Hearing the two rappers on a track together was powerful enough to elicit a No. 19 peak on the Billboard Hot 100 chart in 2003.

2. "ALL YOUR FAULT" by Big Sean feat. Kanye West – Dark Sky Paradise, 2015

I discovered the song "How Much I Feel" by Ambrosia in 2016 through a half-hour Time Life TV infomercial. Using portions of the Ambrosia track, this album cut lives in company with the more well-known "IDFWU" and has managed to make a life of its own. Some may find it hard to swallow Kanye West's releases due to his controversial political opinions, but there is no denying the greatness in his prior catalog, under which this song certainly falls.

3. "HOME" by Bone Thugs-N-Harmony – Thug World Order, 2003

Using Phil Collins' vocals from the original "Take Me Home" along with some fresh reworkings underneath Bone Thugs-N-Harmony's trademark sing-rapping lyrics, the song does a decent job

of pairing the rap group's exceptional style of hip-hop music along with the lighter source material it is lifting from. A music video was put out, but original BTNH member Bizzy Bone had already been removed from the group and his verse in the song was cut out of the video. Phil Collins, however, had a great presence in the music video, which led to him being named the honorary "Chrome Bone" by the rest of BTNH. Well deserved, Mr. Collins.

4. "THROUGH THE WIRE" by Kanye West – The College Dropout, 2003

After finding success as a producer for other artists, Mr. West finally started his own rapping career after a near-death experience. After a near-fatal car accident in late 2002, West recorded his debut single by rapping through a wired jaw (hence the title "Through the Wire"). The song slightly alters the tone of its core sample, "Through the Fire" by Chaka Khan, making for a top 20 pop hit that would set the stage for his later chart-topping

success. "The College Dropout" is one of the greatest rap albums of all-time and this song is the best of the best that the album had to offer.

5. "ALI BOMAYE" by The Game feat. 2 Chainz & Rick Ross – Jesus Piece, 2012

A friend of my father owned the "Jesus Piece" album and we listened to it in my father's car quite a few times. I could say that the creators of the video game "Grand Theft Auto V" seem to have the same opinion, since the track appears on one of the fictional radio stations within the GTA V video game. The song incorporates "Seven Devils" from Florence & The Machine's "Ceremonials" album and the blend makes for a great song.

Music is a constant source of entertainment in everyone's lives and the great thing about it is that everybody's tastes are different. These were just a few of my favorite tracks, hopefully it will inspire you to load up Spotify and give these songs a listen on your commute home from the college.

Editorial: A generational music difference

by Patrick Hardy

What type of music do younger generations usually listen to? Those who were born in the 2000's were not alive when bands such as Aerosmith, Fleetwood Mac, or even Queen were all in their primes. These bands, despite being iconic and incredibly popular, are often overlooked by younger generations either to avoid sharing common interests with their parents or simply because times and music are changing rapidly.

Many people born after the 90's most likely didn't even know who Queen was until the movie Bohemian Rhapsody was released last year. Now Queen is back to being played non-stop simply because the newer generation has now seen the movie and, like most of the world, heard the songs and thought to themselves, "this music sounds pretty good."

The song "Bohemian Rhapsody" is making its way back to the

top, but what most kids don't realize is that this song first made the top 100 after its release in 1975.

A lot of today's youth thinks that the early 2000's is the generation where good music began to form, but most of those people don't know that some of their favorite bands and artists that are currently releasing music find their inspiration from artists that were before their time.

For example, rapper Tupac pulled inspiration from Marvin Gaye, music artist Logic was inspired by Frank Sinatra, and The Beatles have been found to hold an influence over many of today's most popular bands.

So, don't knock it until you try it. Before you say 'no' to an artist from the 90's, 80's or even the 70's, try listening to them first. You might be surprised to find yourself enjoying these tunes from the past.



Student Andrew Gates listens to music.

Mike Kehoe/MainSheet

Project Forward inspires others

by Taylor Baker

It's common for college students to have a tough time figuring out the right career path for them, but for a student who's differently abled, this transition can be even more difficult without the proper resources or guidance. At Cape Cod Community College (4Cs), these students can enroll in the Project Forward program, which assists them with the transition from high school to college and into the community.

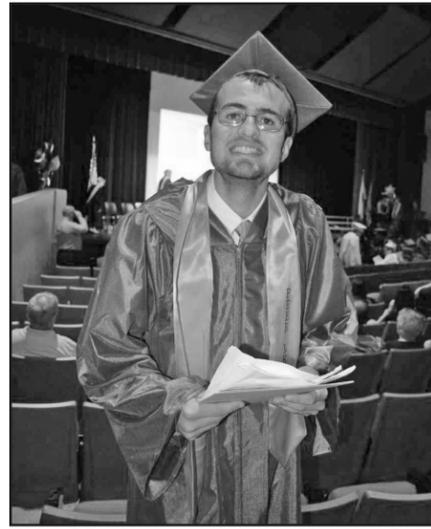
Project Forward is a vocational training program at 4Cs that provides students with learning differences the ability to gain skills for future careers and independent living. The program provides a curriculum for students to explore six different career fields, introducing them to animal care, food preparation, health care, maintenance/landscaping, mass communications, and an exploratory seminar their first year. Once they declare a concentration, students are presented with opportunities for internships and jobs in their desired field.

The Project Forward program has been in existence for around 30 years and in that time 87% of its students have graduated 4Cs with employment.

The Seashore Cafe, located in the MM Wilkens Hall is oper-

ated by Project Forward students who are mainly interested in food preparation. Working at the café allows these students the chance to interact with fellow classmates and faculty as well as practice important life skills that will carry them on and off campus.

"This program has taught me that you're an adult now and you



John Moylan. Heather Bish

have to start making your own choices, whether you fail or not," said John Moylan, a four-year Project Forward student studying food preparation and mass communications.

Moylan attributes this program's curriculum and guidance to his ability to broadcast his own radio show on the campus radio

station (WKKL) and maintain a position at both the Seashore Café as well as at Market Basket in Bourne.

Heather Bish was made the new director of Project Forward as of August 2018. The former special education teacher specializes in helping differently abled students transition from one part of their life to the next. The new director wants to give students with special needs the same opportunities as others.

Bish stated that to include more students she is trying to get a certain FASFA designation for those who might not be able to pay the full yearly tuition.

"For me, it's a civil rights issue," Bish said.

Not only is Bish interested in helping her students succeed academically and transition into society, but she also promotes to businesses that they more frequently include differently abled workers on their staff.

"My particular interest is teaching employers and businesses that having people with disabilities is beneficial to [them]," Bish stated. "They're always showing up at work, they're happy and know what they're doing. It's really beneficial all around."

Partnership with Curry College

by Drew Gallant

Last June, leaders of both Cape Cod Community College (4Cs) as well as Curry College officially signed an agreement that provides students who have graduated from 4Cs the opportunity to transfer to Curry College. This program will allow students to earn their bachelor's degree through Curry's Division of Continuing Education and Graduate Studies offered in Milton, Plymouth, or online.

Under the agreement, all 4Cs associate's degree credits will be accepted by Curry College. A maximum of 90 credits could potentially be transferred to Curry as well, not only allowing students to study at 4Cs for three years if they so choose, but also opening an opportunity for students to save themselves a major chunk of change.

"At Curry College, we mentor and empower our students to achieve their ambitions" Curry College Provost Dr. David Szczerbacki said during the agreement signing. "In that spirit, we welcome 4Cs students and will allow them flexibility to diversify their academic portfolio and transfer into a new academic program without sacrificing credits."



Susan Miller, John Cox and David Szczerbacki. CCCC archives

Curry advisors will also be providing academic advising assistance to 4Cs students to help provide them with a smooth transition into their major and keep them on track in earning their bachelor's degree.

4Cs President John Cox, who was present at the signing, said, "Looking at the financial implications, it's another way we're chipping at the cost of higher education and making it possible for people to get their bachelor's degree."

Curry College's willingness to accept up to 90 credits (30 more than a typical associate degree) from courses taken here at 4Cs is

a strong endorsement of the quality of the education students can receive to further their academic aspirations.

4Cs graduates will also be eligible for a reduced per-credit tuition rate via Curry's Education Partner Pricing. Since 2012, the collaboration of 4Cs and Curry College has been tremendous in the respect of meeting the needs of the students.

This partnership not only supports the college, but also really benefits the students and gives them a chance to obtain a high-quality education without taking on crippling amounts of financial debt.

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Project Forward

MAINSHEET MEETINGS
Every Wednesday 2 PM
Wilkens Library Room GC-15

ONLINE
mainsheetcapecod.wordpress.com

ALL SUBMISSIONS TO THE MAINSHEET ARE SUBJECT TO EDITORIAL APPROVAL

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

Green Project

Every Wednesday, 2:00 PM until 4:00 PM

Students will promote sustainability both on and off campus. The club will provide students with the opportunity to congregate weekly and make positive and sustainable changes within the community—through informational events, an on-campus presence, community service projects and green initiatives.

Location: Science Building, Room G-02

LGBTQ+ Club Meeting

Every Wednesday, 2:00 PM until 3:30 PM

All students welcome. The club strives to build a supportive community on campus to participate in a free, open environment in which students of all gender identities and expressions and sexual orientations can easily socialize and eagerly learn.

Location: North Building 115

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

Ukulele Club Meeting

Every Wednesday, 2:00 PM until 3:00 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

DISCLAIMER: THE VIEWS EXPRESSED IN THE MAINSHEET DO NOT NECESSARILY REFLECT THOSE OF ITS EDITORS, STAFF, OR CAPE COD COMMUNITY COLLEGE

Foreign Film Series Beat:

Every Tuesday, 3:30 until 5:30 PM

March 5, 2019

In Between (Israel – 2016)

Leila, Salma, and Nour are three young Palestinian women sharing an apartment in Tel Aviv. Mostly freed from the constraints of their far-away families, they still have to deal with the awkwardness of being Arabs in Israel and the personal conflicts that arise navigating traditional and modern culture.

Location: Lecture Hall A, free of charge.

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

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!

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.

The Life Fitness Center is also hiring Work Study Students! For some information please contact:

Tracy Morin, MEd, ACSM-CPT

Campus Engagement and Wellness Programs Coordinator

tmornin@capecod.edu, 508-362-2131 x4680

Want Your Work Published?

We welcome articles, letters, opinions, photographs, drawings, cartoons, infographics, and other contributions. Send any work to editor@capecod.edu or visit us in the MainSheet office on Wednesdays at 2 p.m. The MainSheet office is located in the Wilkens Library on the Lower Level, Room GC-15.

Work Study Position Available

The college is looking for a Cape Cod Community College student to sell ads for student media outlets: WKKL FM, The *MainSheet* student newspaper, the *Sea Change* arts magazine, and *The Write Stuff* journal of academic writing.

Duties

You will be responsible for selling advertisements to colleges throughout the state as well as to area nonprofits and businesses. Early on, the position will involve researching what other student publications charge for advertisements and developing a list of college and local contacts. Duties will eventually involve contacting sales prospects through phone calls, email, and mailings.

Skills Needed

The position requires careful record-keeping and a willingness to make "cold calls" or call potential customers to make a sales pitch. Best candidates will be outgoing and have the ability to creatively tackle problems.

Pay

This position pays \$12/hour and is part time. The workweek will average 6-7 hours but specific hours for each week may depend on the student's individual schedule. Students can earn up to \$1,200 per semester. The position continues through Fall and Spring semesters.

Supervisor

This position reports to Professor Kerry Drohan, kdrohan@capecod.edu. 508.362.2131 x4452