Food pantry helps the hungry

by Peter Vennerbeck

If you spend any time on campus, you have likely seen the signs and fliers for the Food Pantry of Cape Cod Community College (4Cs). You may even have gotten a snack from the gentlemen, Ted and Ed, who carry baskets around campus to give the studying students something to eat.

If you haven’t seen the fliers, the pantry at 4Cs is located on the lower level of the Life Fitness Center, on the far end of campus, room PE G13.

The pantry is run by Kelly Brox, who has dedicated her time to helping feed the students, faculty and staff of the college. Brox orders approximately 1,200 pounds of food each week to keep the pantry stocked. In the fall 2019 semester, Brox and the pantry gave away 500 bags of food, with the contents of each bag valuing about $50.

Each student and staff member of 4Cs is entitled to one bag of food per week from the pantry.

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CCC mental wellness

by Victoria Chiaramonte

This article is first in a series on mental wellness.

College students across the country are dealing with mental health problems at an alarming rate. We are seeing more and more students riddled with the stress that comes from daily life that cause problems to their mental well being. Here at Cape Cod Community College (4Cs), it is no exception. In fact, here on the Cape it is even worse.

“Community college students have more mental health issues than four-year college students and that is a fact,” said Dr. Maura Weir, coordinator for recovery and wellness at 4Cs. “Our college has more mental health issues than other community colleges in comparison, based on the opioid epidemic and depression on the Cape.”

Mental health across campus and across the nation is on the decline. Researchers and faculty of 4Cs are looking into why this is happening and what we can do to solve the ongoing crisis.

Weir and others are actively working to make 4Cs a better environment for mental health by creating more resources and outreaches to make a change on campus.

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Ukulele Club features low-key atmosphere

by Reece Roth

Cape Cod Community College (4Cs) has a wide variety of clubs for students to join and take part in. One of these unique organizations is the Ukulele Club, where ukulele players of all levels of experience can come and share their instrumental skills.

The club was first established at 4Cs in the fall of 2018. The idea to start it up was recommended by a student at the time, and in its first five weeks the club was entirely student run. After the student in charge left school, the Ukulele Club continued on due to the interest that some of the remaining members still had in it.

Jerry Skelley, a professor here at 4Cs, is currently the instructor that is running the club. While Skelley has proven to be a talented ukulele player himself, he’s only been playing for about two years. He got his first ukulele roughly four years ago.

He also teaches the guitar class at 4Cs, and believes that if someone can play the guitar, the ukulele will come easy to them.

Along with playing the instruments, Skelley has become interested in the art of painting his ukuleles. He finds kits that are available for relatively cheap, most costing around $30. So far, he has painted about 10 ukuleles. His first kit was repainted five times before he was satisfied with it. Some of his designs include two modeled after electric guitars and a purple one for his daughter, since purple is her favorite color.

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Advisors seek to help with transfer process

by Joshua Nawoichik

Though many students may dread it, transferring schools is actually much easier than you may think. Essentially it is the same process as if you were applying to colleges as a high school student, but instead you are applying as a transfer. On the Cape Cod Community College (4Cs) website there is a step-by-step description on what to do before and during your transfer process. However, transferring schools successfully depends on what you do before filling out applications and sending transcripts.

“Planning is everything,” said 4Cs Director of Academic Advising, Arthur Esposito. “It is never too early, and never too late.”

4Cs uses several helpful programs, links can also found on the college website, such as MassTransfer and Commonwealth Commitment.

Articulation agreements with other colleges around New England have been set in place to help most of your credits transfer. An articulation agreement is an agreement between two (or more) colleges or universities that guarantees certain classes will transfer to the other school. Finding out what classes are able to transfer is vital in beginning the transfer process.

That is why planning is so important in this process. Most schools will have a layout for each of their majors, showing you what courses need to be completed in the first two years of your education. If you properly plan your schedule at 4Cs, you can end up at your new school with a whole lot of credits already.

One such case is Sam Trellegan, a former student at 4Cs who recently transferred to UMass Amherst after going through the process himself.

“The transfer process was very easy for me,” said Trellegan. “Using the MassTransfer block, it ensured that my credits would easily transfer to UMass Amherst without any headaches.”

Trellegan started planning his path to transfer schools a couple of semesters before he graduated from 4Cs. He also got a lot of help from 4Cs former transferring advisor, Mary Olenik. Though Olenik had a long history of helping students during this process, 4Cs still has people in place to make the process easier. You can meet with Esposito or several other advisors located right on campus at the advising center. Never be too shy to ask a question when you need help, that is exactly what the advisors are there for.

“Go see an advisor,” Esposito said. “They house all of the knowledge in the transfer game. Or call an admissions line and ask about the articulation agreements they have with 4Cs.”

The school that you are applying to essentially “holds all of the cards”, Esposito added. In the end, they are the ones who decide whether or not the credits will transfer. When it comes to basic general education classes, more than likely they will transfer without a problem. However, some of the more obscure classes may not, which is why it is important to save yourself some money and make a plan to ensure that all of your credits are going to transfer to the school of your choice.

Whether you are graduating from 4Cs or simply wish to move on to a four-year anniversary, the advisors are here to lead you every step of the way.

Students in need find help at college pantry

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The nicest part is that you get to pick and choose what food items you would like, making it easy to supplement your main food supply.

To get your bag of food all you need is a valid 4Cs ID and one piece of mail. Currently, there is no financial qualification required to access the pantry.

“We will never turn somebody away,” said Brox. “...Everybody needs food every single day.”

According to Brox, if you don’t have a piece of mail, then a second form of ID is fine. Even if you don’t have one on hand, you will still get food, but you will be asked to please provide it next time you visit.

Some people may feel embarrassed to take advantage of the pantry, but those fears are not worth starving yourself. Please don’t be embarrassed to take advantage of such a great service. There is no shame in accepting help from your community.

“Think of it as another free college service.” said Ted Lowrie, a volunteer at the Food Pantry of 4Cs.

Students can help the pantry by participating in healthy snack drives or something as simple as passing out postcards or fliers. Unfortunately, no 4Cs students or faculty members can volunteer in the pantry itself. This is to protect the anonymity of students and staff that use the services provided by the Food Pantry of 4Cs.

If you are interested in volunteering elsewhere, go to the ‘Family Pantry of Cape Cod’ website to fill out an application. The Family Pantry of Cape Cod in Harwich is always looking for volunteers!

The Food Pantry of 4Cs is willing and able to accommodate for the needs of its clients, and the staff is open to suggestions.

“If you know there’s a particular item(s) you’d like to have in the pantry, and we’ll do our best to provide it for you,” states the food pantry page on the 4Cs website.

In the past, the pantry had a client with a disability that made it difficult to use a can opener.

Volunteers EdWATCHYNSKY, Kelly Brox, Ted Lowrie, Peter FennerbeckMainSheet

and needed cans with the pull tabs. The staff found two cases of pull tab cans of various foods to provide for this client. That just shows how much they care about the people they are giving food to.

“Student aren’t going to be successful if they are hungry,” said Brox.

So if you find yourself in need of food, please go to the lower level of the Life Fitness Center. The pantry is open on Mondays from 9:30 AM until 12:30 PM, Tuesdays from 10 AM until 2 PM, or Wednesdays from 10 AM until 12:30 PM. If you need the help, please don’t let other things get in the way. Sign up for the Food Pantry of Cape Cod Community College and get your free bag of food if you find yourself in a time of need.
Mental health statistics rising at a fast pace

by Alexandria Zine

In recent years, there has been an amplification in the distress that the youth experience, especially at the collegiate level. It is triggered by the dread that looms overhead in having to determine your future vocation, not to mention the constant use of social media. A collection of recent studies, conducted by the American College Health Association and available at the Jed Foundation’s online site, confirms the surge of mental health-related struggles over the years.

The data shows that the percentage of students diagnosed with depression increased 6% from the 10% back in 2000. That same survey concluded that “... nearly 40 percent of students had, at times, felt too depressed to function.”

Another study, from the National Alliance on Mental Illness (NAMI) at Chadron State College, found that students withdrawing from college courses from psychological difficulties accounts for 64% of young adults. These difficulties comprise mostly of depression, bipolar disorder and post-traumatic stress disorder.

The American College Health Foundation’s recent substantial finding within those studies is an approximation that “1,100 to

Mental health statistics rising at a fast pace

1,400 college students take their own lives each year.”

These statistics are overwhelming themselves, indicating only a continuing increase. Fortunately, there are mental health services and programs that are or will be incorporated in colleges across the country, including Cape Cod Community College (4Cs).

The key to assisting college students struggling with mental health issues, especially if it escalates to thoughts of taking one’s own life, is accessibility. If students feel unable or ashamed in seeking help, then these rates will continue to steadily increase.

The American Foundation for Suicide Prevention allows mentally ill students to interface with their college counselors online. This information is all readily available on Jed Foundation’s article, “Students with Mental Troubles on Rise; Colleges Add Suicide Response Teams, Counselors”.

These groups are in tandem with the Americans with Disabilities Act that ensures students with disabilities receive the necessary accommodations for their success.

If a student needs accommodations for any reason, the O’Neill Center for Student Access and Support is located in the MM Wilkens Hall in room 222.

The addition of a mental health wellness center on campus at 4Cs, similar to other universities, will prioritize student welfare and decrease the associated stigma. Being in the digital age means an increase in resources, but easier isolation with decreased human interaction.

Despite the current extensions of campus help, students continue to suffer and substantial change will take time. The majority of students experience high levels of distress on campus, while few profess their need for help.

For students on campus should evoke a sense of opportunity and reliability. Mental health resources are equally important, if not more so, than academic resources. For a student to thrive and contribute to their college community, it is essential for universities to reach out to students or at least establish resources for students to rely on.

The “College Student Mental Health Statistics” by NAMI at Chadron State College indicate that requests for these outlets will climb within the next decade, particularly at community colleges.

Fortunately, colleges are finally taking strides towards removing the associated stigma of young student mental difficulties. 4Cs is in an optimal position to place a mental health resource center on campus and this can hearten the student outlook on life, well beyond academics.

Active Minds hosts ‘Love Yourself’ campaign

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There are already many sources of help on campus that are now being advertised in order to raise awareness and supply the help that any student may need.

The Wellness Center is a great resource for those who feel distressed by their current situation and need someone to talk to about how they are feeling. Also, it serves as a place to just to hang out and talk to other students who may be dealing with the same things.

The CALM team is a program designed for professors and staff on campus to file a report about a student that they feel concerned about, so that an outreach can take place. When the CALM team gets these reports, they meet and discuss the best way to reach out to the particular students.

“The Crisis and Life Management Team (CALM) serves as the campus behavioral intervention team (BIT). The primary function of the team is to identify and assess reports of threatening or concerning student behavior. The team collects and assesses the information in a systematic manner; then determines the most appropriate action plan,” states the CALM team.

Statistics show that the academic year of 2018-2019 had 251 CALM reports. In the fall 2019 semester alone, there were 132 cases reported to the team. To compare, in the fall 2018 semester there were 110 reports and in the fall 2017 semester, there were 80 reports. This year-to-year increase is of course very troubling.

“I don’t know if there is a spike in mental illness necessarily,” said 4Cs Dean of Enrollment Management and Advising services Christine McCoy. “We have increased our capacity to help students who are facing mental health challenges, substance abuse and other life challenges...I believe we have done a good job of telling the students that we are here for them. It’s a two-way street, where the team provides the outreach and the students come to us.”

On a national level, the statistics match the same trend as on our campus, with anxiety, depression and relationship problems as the top three concerns, in that order. However, the wide variety of reports range greatly.

Because these statistics are continuously increasing, and more and more students are experiencing a tough time with their psychological state, new campaigns and outreaches are being created for those who feel alone in their struggles at 4Cs. The first of these programs is called the ‘Love Yourself’ campaign.

“Within the ‘Love Yourself’ campaign, we will host information tables in the café for National Eating Disorders Week, Self-Injury Awareness Day and White Ribbon Day, as well as relaxing and self-relaxation activities,” said Weir. “[We] will give out free stress balls and other tools you can use for self-care and esteem building.

Mental health is certainly on the decline for students, especially right here at Cape Cod Community College. However, with people like Weir fighting to make the campus feel like a safer space, those students who are struggling can still find hope.
by Naia Fernmino

Nancy Willets has been teaching at Cape Cod Community College (4Cs) for 37 years, she plans to retire after this Spring semester.

What brought you to 4Cs and when?

“I came to 4Cs in 1983. I had finished graduate school and was teaching part time at SUNY Cortland and Tompkins Cortland Community College. I really enjoyed the community college students, so when I was looking for a full time teaching position, I applied to the 4Cs. I interviewed via phone calls and e-mail, and some personal interviews, applying all over the country. I traveled to Cape Cod twice to interview, and happily. I got the job and moved here from New York.”

What did you originally want to be (career-wise) when starting college?

“I had every intention of going into social work. My major in undergraduate school was Sociology, with a minor in Music. Sociology was for the career, music was what I loved. After I spent a semester in an internship doing work with inmates in the D.C. jail system (through a United Way organization), I knew that I was moving in the wrong direction career-wise. I had to rethink the future.”

What will you miss about teaching at 4Cs? Why?

“The one thing I have always loved about this job is the students. Over the years, I have watched so many students come into their own, and I feel so proud of them and their accomplishments. Being able to be a part of students’ life changing moments is definitely what I will miss the most. But to be honest, I won’t miss spending nights and weekends grading papers!”

Where did you grow up? How is it different from Cape Cod?

“I grew up on Long Island and went to school in upstate New York. And while I’ve lived on Cape Cod longer than in New York, I still feel connected to my roots. I think that Long Island was a lot more diverse than Cape Cod was when I first got here. That has changed somewhat over the years, but not completely. But there are some similarities. For instance, I grew up in a coastal village, so I’ve remained within the close proximity to the water, and I can’t imagine ever living in a place where the ocean wasn’t in my backyard.”

What is your advice to students currently in college?

“Do your best, ask for help when you need it, don’t avoid situations that make you uncomfortable...reach out, get involved.”

What activities do you participate in during your free time?

“I served as the advisor of PTK for nine years (a long while ago) and one of my most favorite events remains the Phi Theta Kappa induction. I have great respect for the students who achieve this academic honor and I love hearing their stories at induction. I also have deep admiration for the students who created the START club many years ago. It’s been re-envisioned lately, but those students in recovery are rock stars in my book.

For many years I taught theater and directed plays which was a lot of work, but an awful lot of fun. Recently, a former student found VHS tapes of two plays I directed on campus back in the 90’s. I found someone to copy them on to CD’s and I had enough copies made for a few of the students who I’m still in touch with. One of the plays was called As Is, and was all about the AIDS epidemic. To this day, having directed those students in that production is my proudest moment at the college, the actors were so brave and the play was so well received...it was amazing to get to re-live that by watching the video.”

What book or movie has impacted you the most? Why?

“Although I haven’t read it in years, Body and Soul, by Frank Conroy remains one of my all time favorite books. I don’t know why, it just moved me so deeply. And I don’t know if it was impactful, but The Wizard of Oz has always been my favorite movie.”

Is there something you are looking forward to in the coming months?

“Less email. Seriously, When I retire, I plan to spend a lot less time on the computer and that will be so relaxing!”

Where is your favorite place you have traveled to?

“That’s a hard one. I’ve been very fortunate to have done a lot of traveling, and some of it was school related. For instance, I spent an entire summer in China on a Fulbright scholarship with 20 other faculty members from Massachusetts. That was my second trip there, and I loved every minute. But I also love Europe, Italy in particular. And there are places in the U.S., especially Alaska and Washington State, that I think are amazing. I look forward to a lot more travel in the coming years, I’ve got a long list of places to visit!”

Numerous scholarship funds available now

by Mike Kehoe

At some colleges, students are paying full price for their classes, when the financial answer may be just around the corner. Students would be shocked to know just how much money is available in scholarships right here at Cape Cod Community College (4Cs).

The Cape Cod Community College Educational Foundation has many various scholarships that students can research and apply to. The foundation has been around since 1983 and has helped countless students along the way.

Students may have some pre-conceived notions about scholarships and who is eligible for them, but your impressions may not be exactly true. The foundation’s website touches on many of these false premises. Many scholarships are not based on financial need at all and scholarships themselves do not affect your financial aid award. There are scholarships available for part-time students as well as full-time students.

You also don’t need to be a returning student in order to qualify for some of these scholarships. Some are for students who are brand new to the college and some are even for students who are graduating and moving on.

“There are opportunities for those of you graduating and those of you returning,” said 4Cs professor and advisor Nancy Willets, in an e-mail to her students. “There is over $200,000 available, so fill out the form! You’ve got nothing to lose!”

Willets also serves as the faculty representative to the Cape Cod Community College Educational Foundation Board.

It takes around 30 minutes to fill out the application form, which is well worth it to see if you can get rid of some of your financial burdens.

“We encourage ALL students to apply,” said Kathy McNamara, Chief Executive Officer of the foundation. “Don’t convincing yourself that you won’t be eligible! There are a huge variety of scholarship opportunities. [The] deadline is March 6.”

If you have any questions, the Foundation Office is located on the top floor of the library, or you can e-mail them at foundation@cape-cod.edu. The application form can be found at www.cccfoundation.org/scholarships/apply-for-scholarships.
Project Forward earned new federal grant

by Jarod Deegan

It’s no secret that college students face many different obstacles while maneuvering through the semester. Physical and mental ailments can hinder people’s ability to complete day-to-day tasks and perform well in the classroom. For anyone who is mentally impaired, Project Forward provides the nurturing care needed for those students to be able to graduate school and move on to live their lives.

“Our students are superstars,” said Heather Bish-Martin, Program Director of Project Forward. “They really enjoy being on a school campus and being actively engaged in and completing the program.”

Project Forward has aided students with special needs for 30 years and has received national recognition for their work with students, all while being looked upon with pride and admiration throughout Massachusetts.

But as we all know, backing up and maintaining a good reputation is pivotal. And this past June, Cape Cod Community College (4Cs) and Project Forward will be the only program to have received approval for the Comprehensive Transition Program (CTP), which is a program that provides support for students with intellectual disabilities as they strive to further their education and employment training by offering what’s called a ‘Pell Grant’.

“What’s special about having the CTP, is that it gives the opportunity for people on Cape Cod to attend project forward and attain their goals,” said Cre Dorey, Learning Disability Specialist at Project Forward.

The Pell Grant is a Federal need-based financial aid grant that can vary based on your FAFSA report. This coming spring there will be 15 students that will be receiving the Pell Grant and the maximum funds available through the grant for the 2019-2020 Academic school year is $6195. With this grant, local Cape Cod families can afford to send their children who have special needs to a school that will give them the skills needed for success.

“In the past, most of our students came from the Riverview private school system, whose families could afford to pay for their schooling,” said Dorey. “This grant will give us the chance to work with kids that went through the public school system and whose families might not have been able to afford sending their kid to college.”

Providing scholarship opportunities like this is just one small piece to the puzzle. Project Forward prides itself on the support and care it gives its students, some of whom were told that they’ll never be able to move past high school, let alone get a job or have a social life. Students that go through the program can expect to work closely with teachers and job coaches while they gain hands-on experience and job training that will help them get and keep jobs.

With all the workforce shops and training programs, such as the school’s ServSafe program (a certification for people to safely handle and manage food in a commercial kitchen), students can complete the program a step ahead of other students.

“Our program is the best in the Commonwealth of Massachusetts,” said Bish-Martin, “Our students come out well prepared and are highly motivated to work.”

All experience levels welcome at 4Cs club

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The club has been working on growing and expanding. They’re currently focused on purchasing a bass ukulele for every member to play. For any new members joining the club, they are asked to bring their own ukulele, but the club will make sure that they have a spare available for use.

“I just want everyone to have a good time,” said Skelley, when asked about what the club wants people to experience.

The purpose of the club is for ukulele players of any skill level to come and play music with like-minded individuals. Members can suggest songs to learn as well as share their own experiences and what they’ve learned with others.

“I’ve always loved playing the ukulele,” said club member Natalie Salvador. “And I thought it would be good to have a place to practice in a group setting.”

Salvador has been playing the ukulele since she was 16 years old. Her favorite part of the club has been learning the new songs. She encourages people to come to the club and check it out.

“There are people of all experience levels,” said Salvador. “And it’s free, so why not try something new?”

Emmanuela Murphy, another member of the Ukulele Club, has been playing the instrument for two years and the club was recommended to her by a friend.

“My favorite part of the club so far has been getting to play the songs we learn,” said Murphy. “I’d highly recommend joining to anyone that has shown an interest in the club.”

If you play the ukulele and are looking to meet up with other members of the community who do as well, come along and check out the Ukulele Club. They meet every Wednesday afternoon at 2 PM in the music room located in the Tilden Arts Center.

Natalie Salvador strums a tune.
Campus gym offers inclusive environment

by Jhteneck Duran

The gym is a place where students can ease their minds from the time-consuming work that professors assign. The basketball court in the gym at Cape Cod Community College (4Cs) is very important in the lives of the students. There is no better feeling than going to the gym and beating your friends in a game of five-on-five pick-up basketball. The sport of basketball is a great way to release any stress or anything that went wrong in your day.

Nobody took this belief to heart more than Wilber Tirado, a 4Cs student and frequent player at the gym. He really appreciates his time on the court and has high praise for the college. “The gym is a nice, friendly environment to bring people together socially,” said Wilber.

Wilber added that the school is doing a great job on keeping it the way it is, and he believes that there should not be any changes made to the gym. Wilber noted that no one really bothers you there, there are nice people who are friendly and that the school does a great job on giving the students the space to use. The gym has its perks, and many people like it just the way it is, but there are others who point out a few flaws. The gym does a good job of bringing the students together and it is a way for them to make new friends. Its downfall, however, is that there have been several complaints from the students that the court is too slippery and that the school should fix the hoops as well.

Aside from those physical complaints, the gym serves as a great place for students to have some sort of extracurricular activities after school, as playing basketball is a fantastic form of exercise. The 4Cs Director of Student Engagement, Tracy Morin states that she is listening and is available to talk to any student who feels that the gym needs some remodeling. According to Morin, she is listening and has been talking to the Dean about the gym and its upgrades. She added that they have come up with a plan and she feels confident that the students will enjoy the new gym in the near future.

“She is listening and there is a plan to go forward with the gym and to make it look nice.”

4Cs President John Cox beside Institute of American Indian Arts (IAIA) President Robert Martin. courtesy of 4Cs website

The 4Cs President John Cox next to the President of the IAIA Robert Martin. The gym is supposed to be a place where students can enjoy their free time and get away from the grueling homework of college. The gym is a great place for students on campus to just have fun and to spend some time with their friends. If Morin and her department follow through on the physical changes that need to be made, the gym will continue to serve as a pillar of the college, a place where everyone can go to work out and let off a little energy.

Institute of American Indian Arts program

by Garrett Spagone

The Institute of American Indian Arts (IAIA), located in Santa Fe, New Mexico, is a unique University chartered by the United States Congress with a focus on Native American culture.

New England is home to many Native American tribes, but lacks the resources to provide information about them alongside a prestigious education. Now arrives the newfound transfer agreement between Cape Cod Community College (4Cs) and IAIA, which offers a real opportunity for students in Massachusetts to acquire both a bachelor’s degree in fine arts, as well as an unparalleled knowledge of Native American culture.

“We were looking at ways that we could continue to increase involvement with the Wampanoag tribes that we have locally, and with the arts programs,” said 4Cs President John Cox.

This transfer agreement was set up as a natural combination of those two goals. Although IAIA is heavily focused on Native American culture, this transfer agreement could apply to anybody that fulfills the requirements. Students who are taking 15 credits or more per semester can graduate from 4Cs with an Associate of Arts Degree after two years, then smoothly transfer all of those credits over to complete their Bachelor’s degree in another two at IAIA.

Connections are a very relevant asset in today’s society. Following through with this plan would result in connections with tribal peoples that would simply be unobtainable otherwise. This could be very useful for anybody who comes back to New England after their time at IAIA and is once again surrounded by the local Wampanoag tribes.

“Students could gain a different perspective than they could get from any schools around here,” said Cox.

For a student who is interested in learning more about Native American culture, this path would be an incredibly unique and fulfilling one. This is an opportunity to experience a proper education alongside a completely unique insight into the history of a nation and its people.

The differences in how a student would learn, as well as the immersive nature of the school, is what makes it stand out. IAIA maintains multiple amenities that are not available here in Massachusetts, such as a museum as well as a dome theater.

“The IAIA Museum of Contemporary Native Arts (MoCNA) is the country’s only museum for exhibiting, collecting and interpreting the most progressive work of contemporary Native artists,” states the IAIA website.

Even with a plethora of reasons to transfer, switching schools can be, and often is, one of the most stressful parts of higher education. This transfer agreement strives to provide a seamless transition from one location to the next. Any student at 4Cs who completes the Associate of Arts (Performing Arts Concentration) with a cumulative GPA of 2.0 or higher will be able to transfer to IAIA with their application fees waived and an automatic admission.

Students graduating in the 4Cs Performing Arts concentration can transfer to IAIA starting in Fall 2020, so long as they complete their application by July 27. To enroll in the Spring 2021 semester, graduating students must complete their application to IAIA by January 4, 2021. If this history and culture peaks your interest, don’t let this opportunity slide by and check out this new transfer opportunity.
Editorial: Beyond the classroom

by Virginia Johnston

The door was open to Professor Patricia Allen’s office, so I stepped in. I sat in one of two mustard velvet armchairs and noticed the large bookshelf and decorative signs that covered the office. She had settled into her second home here. After being a Cape Cod Community College (4Cs) student in the early 90’s, Allen returned to 4Cs to empower the next generation.

Back in the fall of 1991, Allen was a high school dropout ready for another chance at continuing her education. She was hopeful and looking for direction. Community college was affordable and offered her the variety she wanted.

“I had a lot of opportunity while I was here taking my [general education] courses to get exposed, and I knew I still had time to make that decision,” said Allen.

She was involved in theater, student government, the Sea Change magazine and even the MainSheet during her time here. This was a place where she could gain confidence from the staff and community.

Hearing this from Allen was reassuring to me, as I have been following a similar path. I, too, came here without much of a plan. I have taken courses I would never have been exposed to otherwise, and it’s good to know that this adventurous will lead somewhere, maybe even right back to the college.

Allen graduated from 4Cs in 1993 with an associate’s degree in liberal arts and moved on to get a bachelor’s degree in language studies and eventually a master’s degree in language and literature. All the while, she maintained her connection with 4Cs. She did internships with the MainSheet in graphic design and teaching, which ultimately led her to realize she wanted to be an educator.

“If I could help people to learn to write, I could empower them in their lives,” expressed Allen.

By teaching writing, she wants people to be able to advocate for themselves and keep a record of their ideas. She explained that anyone can write effectively if they follow the steps.

“Genuinely believe that people’s lives are improved if they can write,” Allen said.

In the spring of 2001, another student began her journey to becoming an educator. Professor Keli Gates started attending 4Cs as a single mother with two jobs and some side hustles. A few weeks into her first semester, she was completely captivated by her introductory class to philosophy. It had such an impact that she switched her concentration from art and graphic design to philosophy.

As her student, I personally know that she is fascination with the study. Philosophy allows the students to love themselves, appreciate all the little things, celebrate accomplishments and dream about the world. Every class brings a new discussion about our roles as human beings.

Gates changes the lives of her students while also developing as an educator, and together we create a community of like-minded people trying to find our way in the universe.

During her years as a student, Gates was active in the Student Senate, worked in the Higgins Gallery and she even sat on the alumni board after graduating.

She pursued philosophy all the way to UMass Dartmouth, where she taught for five semesters. Like Allen, Gates also kept her connection with 4Cs as a tutor and note-taker until she decided to return.

“Cape Cod Community College had given me hope, encouragement and a place to begin discovering who I was, or what I wanted out of life and in the life of a young single mother,” said Gates. “That was all I needed to continue my journey against all odds and obstacles as a first generation, low income student.”

Gates wants to set an example for her students. She made it here, and they can too. Her main goal is to help her students believe in themselves.

“Take time to think, reflect, and dream about your world, and the world outside,” said Gates. “The most important question we can ask is ‘why?’ Take philosophy courses! Challenge your beliefs! I hope more students become interested in exploring philosophy and experiencing how life changing it can be – if you let it!”

Both Professor Allen and Professor Gates started out like the rest of us. We are all here studying our hearts out, just trying to figure out our futures. Professor Gates pointed out to me that she never thought she would be teaching philosophy when she started here. Now, this is her dream job. Like it did for Professor Allen, being a student here has given me the confidence boost I need to continue my journey into the world.
Joke of the Week
How many lips does a flower have?

Academic Support Services:

Tutoring Center:
Monday 9:00 AM– 7:00 PM
Tuesday 9:00 AM- 7:00 PM
Wednesday 9:00 AM- 6:00 PM
Thursday 9:00 AM- 7:00 PM
Friday 9:00 AM- 3:00 PM

To make appointments online, go to: www.capecod.edu/web/tutoring
Location: Maureen M. Wilkens Hall, Room 111

Reading and Writing Resource Center (drop-in tutoring):
Monday 9:00 AM - 6:00 PM
Tuesday 9:00 AM - 6:00 PM
Wednesday 9:00 AM - 6:00 PM
Thursday 9:00 AM - 6:00 PM
Friday 9:00 AM - 12:00 PM
Location: Maureen M. Wilkens Hall, Room 108

Math Learning Center (drop-in tutoring):
Monday 9:00 AM - 6:00 PM
Tuesday 9:00 AM - 6:00PM
Wednesday 9:00 AM - 6:00 PM
Thursday 9:00 AM - 6:00 PM
Friday 10:30 AM - 2:30 PM
Location: Science Building, Room 112

Science Lab – Call 774-330-4352 for hours
Location: Science G-05

Writers’ Club
Every Wednesday, 2:15 PM until 3:15 PM
Student writers who want to join a fun creative atmosphere. Writers’ Club will be exploring the genres of poetry, fiction, and non-fiction, workshop writing, and sharing writing techniques for improvement.
Location: MainSheet Office, Lower Level Wilkens Library GC15

Foreign Film Series Beat:
Every Tuesday, 3:30 PM until 6:00 PM

February 18, 2020
The Gods Must Be Crazy (South Africa – 1980)

Jamie Uys’ unlikely comedy is the story of an African bushman who discovers a discarded Coke bottle which ultimately brings him face to face with modern man for the first time. Very heartwarming, entertaining, full of non-stop high-jinks, this story about an innocent bushman’s encounter with the 20th century has become one of the cult films of the 1980s.

Location: Science Building, Lecture Hall A, free of charge

Family Pantry is OPEN
Located on the lower level of the Fitness Center Room G13

Hours:
Monday 9:30 AM – 12:30 PM
Tuesday 10:00 AM – 2:00 PM
Wednesday 10:00 AM – 12:30 PM

All are welcome to visit the pantry once a week, just bring a valid 4Cs ID!

Wilkens Library Hours:
(Check out our article on extended library hours-page 2)
Monday-Wednesday: 8 am to 8 pm
Thursday: 8 am to 10 pm
Friday: 8 am to 4:30 pm
Saturday: 9 am to 1 pm
Sunday: 1 pm to 5 pm

Seashore Café
8 AM to 3:30 PM, Monday – Thursday.
Operated by the Project Forward program the Seashore Café offers on-the-go breakfast and snacks as well as hot or iced coffee provided by the Cape Cod Coffee Company.
Location: Maureen M. Wilkens Hall between North and South

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 and about resources in and around campus.
Location: Maureen M. Wilkens Hall, Room 114

Calling all writers and artists!
Sea Change is Cape Cod Community College’s award-winning literary & arts magazine!
Submissions are currently open for essays, short stories and poetry as well as art and photography.

Deadline: March 1, 2020
To learn more please review the submission guidelines at: seachangecapecod.wordpress.com

ANSWER:
Two lips.