

Guide Book

for

Parents

Massachusetts Maritime Academy
Parents Association
(MMA PA)

Version 1.0

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1. MASSACHUSETTS MARITIME ACADEMY PARENTS ASSOCIATION (MMA PA)

1.1. Welcome From MMA PA

Dear Cadets and Families,

Welcome to Massachusetts Maritime Academy. This handbook is being provided through the combined efforts of the Massachusetts Maritime Academy Parents Association (MMA PA) and the staff of the Academy. We hope that this book (along with the Academy's College Handbook – a must read for cadets) will help answer the many questions new students and their families have as they start their journey through the next four years. Our hope is that this book will acquaint you with some of the regulations as well as where to look for answers. Please remember that this information is current as of the date of publication but changes may be made by the Academy, so if you have a conflict be sure to check the Mass Maritime website (www.maritime.edu) or contact the appropriate staff for answers.

“The mission of the Massachusetts Maritime Academy Parents Association is to provide information and support to families of regimental cadets at MMA. We do this by promoting and facilitating communication among parents and with the Academy, by sharing information resources, and by raising funds for scholarships. Membership and participation are open to any interested family member, former cadets and family, and MMA staff.”

The MMA PA meets four times a year and we encourage all parents to attend (in person or via conference call) if possible. This is a great time to meet other parents, form friendships, volunteer for fundraising efforts and to learn important information that may not have been relayed to you by your cadet. Our fund raising efforts are focused on providing sea term and academic scholarships to deserving cadets.

Thanks to many involved parents we have a website www.mmapa.org, which provides information, pictures, and other content. Please check out the website and, while there, sign up for the Parent's List Serve so you will receive emails and information from the MMA PA and other parents. The parents' Website also includes email addresses and/or phone numbers for the MMA PA Officers; feel free to contact us if we can be of any assistance.

Welcome aboard and, as you begin this journey, remember that there are many people who are willing to help with any type of problem, a place for a cadet to spend the night, or perhaps just a shoulder to lean on. Our goal is to make this a rewarding experience for both the cadet and their family.

Welcome Aboard!

*Massachusetts Maritime Academy Parents Association
and MMA Administration*

1.2. Primary Objectives and Benefits of MMAPA

The purpose of the MMAPA is to provide information and support to families of regimental cadets at the Massachusetts Maritime Academy. That is accomplished through the sharing of information and personal experiences among parents and between parents and the Academy. Special emphasis is placed on assisting parents of cadet candidates as they begin their MMA experience.

MMAPA maintains a website (www.mmapa.org) of regularly updated information of interest to parents, and operates an email list serve where members can communicate with each other. MMAPA also raises money to provide cadet academic term (which may include the winter term), and sea term scholarships.

Benefits of participating in MMAPA include:

- Getting information;
- Sharing concerns;
- Reducing anxiety;
- Camaraderie, social network & support;
- Confidence;

The bottom line is helping your son or daughter make the most of his or her MMA experience and succeed at MMA - and thereafter. A key part of that is helping them learn self-reliance, discipline, and responsibility. That in turn, means that we parents need to be able to step back and let your son or daughter take responsibility for them. Having been through this process ourselves, we understand that it may sometimes be difficult.

A very important aspect of MMAPA is, therefore, to share information and past experience in order to help parents of new Cadet Candidates make this adjustment. MMAPA wants to ensure that you have access to the necessary information needed for you to feel full confidence in the MMA system, which helps make it easier to let go, allow the MMA process to work, and let the young adults find their way and discover what they can do when appropriately challenged and held responsible for themselves.

1.3. MMAPA Board and Points of Contact

Officers:

Beth Sobiloff, President
(Also serves as MMAPA Web Designer/Master)
Phone: 617.851.6337
e-mail: bsobiloff@comcast.net

Bill Yalen, Vice President & Chat Group Moderator
Phone: 860.961.7317
e-mail: wyalen@snet.net

Secretary:
e-mail:

[>>Add new Secretaries and their email addresses]

Ann Kenny, Co-Treasurer
e-mail: ann.kenny@ey.com

Joanne Fleming, Co-Treasurer
e-mail: jfleming39@hotmail.com

Karen A. Nahigian, Admissions Liaison
Phone: 508.564-6495
e-mail: mrswirenut@msn.com

1.4. MMAPA Parents Chat Group

The primary means of communicating routine information, asking and answering questions, etc., is via the online chat group (or list serve). Signing up is easy:

- a. Go to www.maritime-parents.org/, click on "Chat Group" (from the list on the left side of the screen – see screen-shot image, below), and then the <http://groups.google.com/group/mma-parents> link.
- b. Answer the registration questions, and submit your application.



Once your application is confirmed, you can customize how the Chat Group works for you. For example, some people like to get an email whenever a new post is made, so

they can keep up. Others prefer to just check in periodically, rather than get emails. It's up to you – just be sure to sign up so you'll be plugged in and know what's going on.

ACADEMIC CALENDAR

Note: Because of the potential for Academic Calendar changes after publication of this guidebook, it is recommended that www.maritime.edu be consulted to ensure using the latest version.

Academic Calendar AY 2009/2010 2009 Fall Term (73 Days)

Sunday 2 August-13 August MAPS
Saturday 15 August Begin Freshman Orientation, Class of 2013
Saturday 29 August Orientation Graduation
Monday 31 August Cadets report 1300 - 1600
Tuesday 1 September Academic Orientation - Cadets/Faculty/Staff, Add/Drop begins
Wednesday 2 September Commence Classes 0800
Monday 7 September Labor Day – No Classes
Tuesday 8 September Last Day to Add Classes
Tuesday 22 September Last Day to Drop Classes
Saturday 26 September Open House
Saturday 3 October 4/C Recognition / Family Day
Monday 12 October Columbus Day - Holiday, No Classes
Tuesday 13 October **Observe Monday Academic Schedule**
Saturday 17 October Homecoming
Monday-Friday 19-23 October Registration for Winter Term
Tuesday 20 October Deficiencies due to Registrar by 1000
Saturday 24 October Open House
Monday 26 October Uniform Change - Summer to Winter
Tuesday 10 November Last Day to Withdraw from Classes
Wednesday 11 November Veterans' Day - Holiday, No Classes
Monday-Friday 9 November-4 December Pre-Registration for Spring Term
Saturday 14 November Open House
Tuesday 24 November Commence Thanksgiving Break after Last Class
Wednesday 25 November Thanksgiving Break Travel Day
Monday 30 November Resume Classes
Sunday 6 December Athletic Open House
Friday 11 December End Academics (All Classes)
Monday 14 December Begin Final Examinations (All Classes)
Friday 18 December Last day, Final Examinations
Tuesday 22 December Final Grades Due to Registrar's Office by 0900
Monday 28 December Academic Board Meets – 0900
Monday 28 December End Fall Term

2010 Winter Term (Sea Term 53 days)

Monday 4 January Winter Sea Term Begins - All Classes Report
Sunday 10 January Ship Departs Buzzards Bay
Monday 11 January Commence Winter Academic Session (DGCE)
Monday 18 January Martin Luther King, Jr. Day – Holiday
Friday 12 February End of Winter Academic Session (DGCE)
Monday 15 February Presidents' Day – Holiday
Sunday 21 February Ship Arrives Buzzards Bay – Arrival Day Open House
Wednesday 24 February End Winter Sea Term

2010 Spring Term (74 Days)

Tuesday - Friday 23-26 February Late Registration for Spring Term
Sunday 28 February All Cadets Report 1300-1600
Monday 1 March Academic Orientation - Cadets/Faculty/Staff, Add/Drop begins
Tuesday 2 March Commence Classes 0800
Tuesday 9 March Last Day to Add Classes
Tuesday 23 March Last Day to Drop Classes
Saturday 3 April Welcome Aboard
Monday 5 April Uniform Change – Winter to Summer
Thursday 15 April Commence Patriots' Day Weekend after last class
Monday 19 April Patriots' Day Holiday - No Classes
Tuesday 20 April **Resume Classes**
Tuesday 20 April Mid-Term Deficiencies due to Registrar's Office by 1000
Monday - Friday 26 April - 21 May Registration for Fall Term
Saturday 8 May Open House
Monday - Friday 10-14 May License Examinations - Suspend Academic Classes
(Class of 2010 License Candidates only)
Tuesday 11 May Last Day to Withdraw from a Course
Monday 31 May Memorial Day Holiday – No Classes
Tuesday 1 June **Observe Monday Academic Schedule**
Tuesday 8 June End Academics (All Classes)
Wednesday 9 June Begin Final Examinations (All Classes)
Tuesday 15 June Final Examinations End
Thursday 17 June Final Grades due to Registrar's Office by 0900
Saturday 19 June Graduation, Class of 2010
Monday 21 June Academic Board Meets – 0900
Friday 25 June End Spring Term

2. MMA PHONE DIRECTORY

Administrative staff contacts are provided below or can be accessed at MMA website Faculty & Staff Directory link. Please keep in mind, however, that for non-emergency general information matters, you are encouraged to make your first contact to MMAPA whenever possible. This is in keeping with the Mission of MMAPA to facilitate communication and flow of information between parents and with MMA, and to help MMA staff from having to handle multiple inquiries on what may be a topic common to many parents. Experience shows that many questions can be handled by MMAPA and other parents, and that MMAPA consolidating questions to be presented to MMA Administration can be a more effective and efficient way to address many routine matters.

Extensions that begin with either a 5 or a 6 can be contacted directly by dialing 508-830 and the 4 digit extension. All other extensions must be reached by dialing 508-830-5000 – then, dial the 4 digit extension.

The MMA Staff Directory can be accessed at <http://www.maritime.edu/l2.cfm?page=62>

3. SUBSTANCE ABUSE POLICY & EDUCATION

3.5. Letter to Parents

Dear Parents,

As part of Orientation and as a requirement for cadet recognition, your son or daughter will take a self-administered on-line alcohol awareness and prevention education course through MyStudentBody.com. During Orientation, the Health Services Office will conduct a 2-hour in-class substance abuse education seminar. Your cadets will continue to receive alcohol prevention education through Sea Term in preparation of visiting countries where there are minimal or no laws governing alcohol consumption.

In support of the Academy's efforts to educate our cadets on the dangers of substance abuse, the Parents Association felt the subject important enough to complement their program by providing informational material for the parents on the website, www.maritime-parents.org. Educating and informing parents on alcohol abuse and underage drinking has become the norm nationwide for colleges and universities in an effort to include parents as a resource in prevention strategies.

According to research, parents make the greatest influence on their sons and daughters in establishing a strong foundation for making healthy decisions.^{1[1]} It is up to you to take a proactive stance. Your cadet depends on you for your parental support, wisdom, and guidance to help them learn to make good decisions. Read and re-read the material provided. It's never too late to start talking with your cadet about the consequences of alcohol abuse and underage drinking. Parents are the primary educators in their child's life and we do make a difference no matter what their age.

We provide an on-line Parent Packet that contains Massachusetts Maritime Academy Alcohol Policy, Massachusetts Board of Higher Education Alcohol Policy, US Coast Guard regulations mandated for all MMA undergraduates in **ALL MAJORS**, and resource pamphlets produced by MMA Parents Association, Massachusetts Dept. of Health and Norfolk District Attorney, William R. Keating.

Parents surveyed found the information provided to be relevant and should be made available to future parents. We hope you will find this link informative but, more importantly, helpful in beginning a dialogue with your college-bound teenager both on the consequences of underage drinking on or off campus and making clear your expectations of their behavior while away from home.

In order to evaluate the effectiveness found in this on-line packet, we look to you for your feedback on its usefulness. We welcome your input through your anonymous participation by completing and returning the enclosed Parent Packet Survey. This is your chance to give your input, ask questions, and learn about Academy efforts to prepare your cadet for a safe and positive learning experience aboard the Training Ship

^{1[1]} Alcohol Alert #67, US Dept. of Health & Human Services, January 2006

Kennedy. **It's important to note MMA adheres to a zero-tolerance policy for underage drinking.**

<http://www.maritime-parents.org/parentpkg.htm>

3.6. \$50,000 Mistakes

During 2005-2006, there were 8 alcohol related suspensions/dismissals while in 2006-2007 there were 7 alcohol related suspensions/dismissals. Below is a list of alcohol related violations resulting in suspensions/dismissals which the Academy refers to as the *\$50,000 mistake*.

In addition to the list immediately below, is a list of alcohol related infractions over the past 4 years.

1/C Cadet:

Found guilty of article 205-E-4-b, "Unauthorized use of controlled substances."

Dismissed from Academy

3/C Cadet:

Exceeded maximum 4-year demerit limit

Voluntarily resigned from Academy

3/C Cadet:

Exceeded maximum Sophomore year demerit limit

Suspended from Academy for one semester

3/C Cadet:

Found guilty of article 205-D-2-j, "Discrediting public conduct" for assault and battery charges

Suspended from Academy for one semester

4/C Cadet:

Found guilty of article 205-E-4-b, "Unauthorized use of controlled substances."

Dismissed from Academy

4/C Cadet:

Found guilty of article 205-D-2-c, "Arrestment of a felony charge" for driving under the influence of alcohol charges

Suspended from Academy for one semester

2005-2009 Alcohol Violation Comparison

1. 2005-2006 Academic Year: (Grand Total Violations: 69)

Fall '05

Violations	32 (12 underage, 20 of age)	1/C	12
1 st offense	28	2/C	3
2 nd offense	1	3/C	12
3 rd offense	<u>3</u>	4/C	<u>5</u>
Total =	32		32

Sea Term '06

Violations	17 (13 underage, 4 of age)	1/C	2
1 st offense	14	2/C	0**
2 nd offense	3	3/C	5
3 rd offense	<u>0</u>	4/C	<u>10</u>
Total =	17		17

Spring '06

Violations	20 (9 underage, 11 of age)	1/C	5
1 st offense	13	2/C	7
2 nd offense	5	3/C	3
3 rd offense	<u>2</u>	4/C	<u>5</u>
Total =	20		20

2. 2006-2007 Academic Year: (Grand Total Violations: 76)

Fall '06

Violations	50 (41 underage, 9 of age)	1/C	6
1 st offense	45	2/C	7
2 nd offense	4	3/C	16
3 rd offense	<u>1</u>	4/C	<u>21</u>
Total =	50		50

Sea Term '07

Violations	18 (13 underage, 5 of age)	1/C	3
1 st offense	17	2/C	0**
2 nd offense	0	3/C	8
3 rd offense	<u>1</u>	4/C	<u>7</u>
Total =	18		18

Spring '07

Violations	8 (8 underage, 0 of age)	1/C	0
1 st offense	8	2/C	0
2 nd offense	0	3/C	4
3 rd offense	<u>0</u>	4/C	<u>4</u>
Total	=8		8

3. 2007-2008 Academic Year: (Grand Total Violations: 70)

Fall '07

Violations	34 (28 underage, 6 of age)	1/C	3
1 st offense	28	2/C	9
2 nd offense	6	3/C	20
3 rd offense	<u>0</u>	4/C	<u>2</u>
Total	=34		34

Sea Term '08

Violations	25 (18 underage, 7 of age)	1/C	3
1 st offense	21	2/C	2**
2 nd offense	3	3/C	4
3 rd offense	<u>1</u>	4/C	<u>16</u>
Total	=25		25

Spring '08

Violations	11 (5 underage, 6 of age)	1/C	0
1 st offense	8	2/C	8
2 nd offense	3	3/C	1
3 rd offense	<u>0</u>	4/C	<u>2</u>
Total	=11		11

4. 2008-2009 Academic Year: (Grand Total Violations: 35)

Fall '08

Violations	16 (14 underage, 2 of age)	1/C	1
1 st offense	10	2/C	4
2 nd offense	4	3/C	11
3 rd offense	<u>2</u>	4/C	<u>0</u>
Total	=16		16

Sea Term '09

Violations	10 (2 underage, 8 of age)	1/C	2
1 st offense	6	2/C	0**
2 nd offense	1	3/C	3
3 rd offense	1	4/C	<u>5</u>
4 th offense	<u>2</u>		
Total	=10		10

Spring '09

Violations	9 (6 underage, 3 of age)	1/C	1
1 st offense	7	2/C	2
2 nd offense	1	3/C	1
3 rd offense	<u>1</u>	4/C	<u>5</u>
Total	=9		9

**data will be low because very few 2/C cadets go on sea term

Also note that while in port during Sea Term, many times the legal drinking age is less than 21 and thus changes the data for underage alcohol violations.

CAMPUS GUIDE/LOCATIONS

Alumni Gymnasium

Athletic Director
Athletic Trainer
Basketball Courts
Boxing Room
Coaching Offices
Equipment Manager
Weight Room

Intramural Director
Physical Therapy Room
Racquetball Courts
Pistol/Rifle Range

Sports Information
Swimming Pool
Varsity Locker Rooms

Charles Hurley Library

Undergraduate Library
Computer Room

Blinn Hall

Admissions

Student Union

Financial Aid

MSEP Laboratories

Auditorium

Dormitory Complex

Academy Staff Duty Office (Second Co.)

Alumni Office (Third Co.)
Band Room (Fifth Co.)
Barber Shop (Four Corners)
Boat Donation Office (Third Co.)
Career Planning and Placement Office (Fifth Co.)
Chapel (Third Co.)
Commandant's Office (Sixth Co.)
Commuter Student Advisor (First Co.)
Cooperative Ed. Office (Fifth Co.)
Health Services (Fourth Co.)
SGA Office & Meeting Room (Fifth Co.)
Student Mail Room (Second Co.)
Uniform Shop (Sixth Co.)

Storer Building

Campus Police
Classrooms
Machine Shop
Welding Shop
Cargo Handling Simulator
Diesel Engine Simulator
Purchasing Office

Harrington Building

Academic Dean
Audio Visual Office
Bridge Simulator
Business Office
Classrooms
CMT
Director of Human
Resources
Faculty Offices
Admiral's Hall
Naval Sciences
Office of Continuing
Education
Oil Spill Simulator
President
Radar Simulator Laboratory
Registrar
CMEPS
Vice President/Administration
Finance
Vice President- Operations
Dormitory Complex-

Academy Store
Bay State Conference Center
C.I.C.-Cadet Information
Center
Dining Hall
Fantail
Food Services Office
(Chartwells)

4. VISITOR'S GUIDE

The Academy

Massachusetts Maritime Academy is a fully accredited, four year, co-educational state college. Bachelor of Science degrees are awarded in Marine Engineering, Marine Transportation, Facilities and Environmental Engineering and Marine Safety and Environmental Protection. The Regiment of Cadets and the Academy's unique educational style, prepares students for positions at sea and ashore as licensed professionals or skilled graduates ready to assume managerial positions. Undergraduates travel the globe and graduates have continued to enjoy unsurpassed job placement. Students from across the nation participate in a full range of activities and athletics, as they continue to develop a pride in our tradition and maintain our tradition of pride.

Academic Facilities

1-6 Dormitory Complex

The double size rooms typically come with an ocean view with phone and internet access. A barbershop, ATM service, chapel, laundry facilities, health service, mailroom, study and TV lounges are also available in the dormitory complex.

7 Fantail Pub and Academy Store

During a break in the day or after evening meal hours, the Fantail is open for food and beverage purchases. Adjacent, you'll find the Academy Store and its array of maritime apparel and necessary gear.

7A Cadet Information Center (CIC)

The Cadet Information Center is manned by a cadet from 4PM through 8:00 AM during the week and 24 hours on weekends. CIC may be reached at (508) 830-5043.

8 Bay State Conference Center

The Charleston, Enterprise and Nantucket rooms, named after past Academy training ships, accommodate up to 125 people for public or private functions.

9 Memorial Dining Hall

Open to the public, you'll enjoy the array of flags and displays highlighting our maritime heritage.

Academic Facilities Continued

10 Academy Training Ship

The berth has been home to MMA training vessels since 1947. Tugs, barges, whale boats, power boats and Academy yachts are docked for academic and extracurricular enjoyment.

11 Blinn Hall

Serving as a Customs House on the busiest sea-level canal in the country during the early 1930's, this is the oldest building on campus. This newly renovated building includes offices for Admissions and Financial Aid as well as a visitors' center, maritime museum and classrooms including a tiered theater-style classroom.

12 Maritime Park – Mariners Memorial

The statue represents those mariners ready to go to sea to serve their country in peace and war. The mizzen topmast across the road is from the USS Constitution. The black, marble benches are gifts from MMA Alumni in appreciation of their Academy education.

13 Storer Building

Laboratories for Electrical, Machine, Welding, Diesel, Strengths of Materials, and Liquid Cargo are located in this building.

14 Hurley Library

With over 50,000 volumes and 175 periodicals, the staff maintains the largest collection of maritime literature in S.E. Massachusetts. A collection of outstanding ship models and maritime archives are also available for public viewing. CAD labs and computer labs are also available.

15 Harrington Building

The main administrative and academic facility also houses the Full Bridge Simulator, Radar Lab, Global Marine Distress Signal Simulation Lab and Oil Spill Simulator. Continuing Education and the Naval Science Departments are also found here.

Location

Located in the village of Buzzards Bay in the town of Bourne at the western end of the scenic Cape Cod Canal.

Directions

From the South – Take I-95 North to Providence, RI. Take I-195 East to Route 25 East. Take exit 2 off Route 25. Directions continue below.

From the West – Take I-84 to I-90 East (Massachusetts Turnpike). Take I-495 South to Route 25 East. Take exit 2 off Route 25. Directions continue below.

From the North – Take I-93 South to Route 3 South to Route 6 & 28 West to Buzzards Bay or Take Route 24 South to 495 South to Route 25 East. Take exit 2 off Route 25. Directions continue below.

Follow MMA signs on rotary to Main Street. Once on Main Street in Buzzards Bay take a left at the only set of lights onto Academy Drive.



The Campus is a four hour drive from New York City and one hour from Boston and Providence

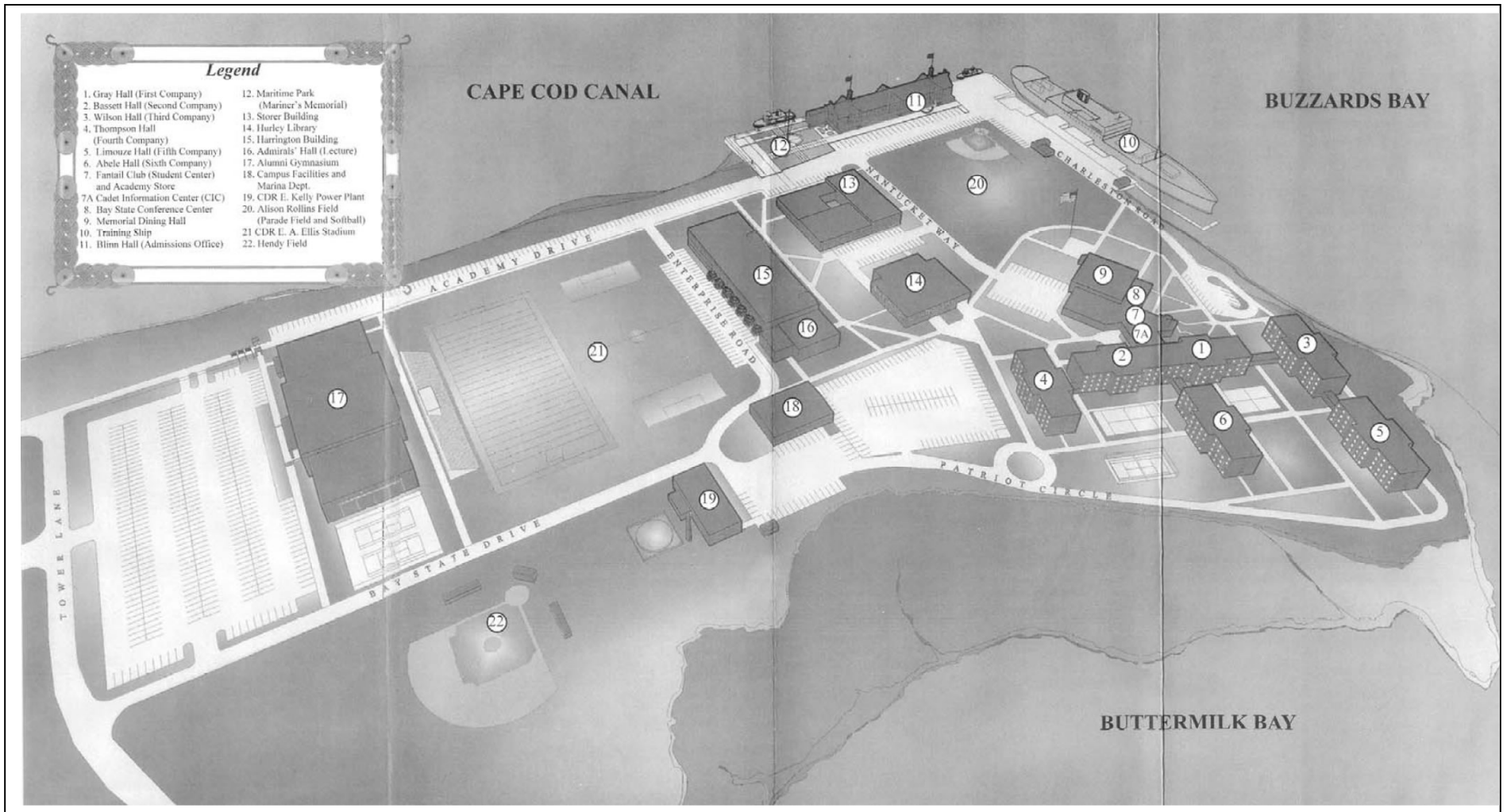
Massachusetts Maritime Academy
101 Academy Drive
Buzzards Bay, Cape Cod, MA 02532

(508) 830-5000
(800) 544-3411
FAX: (508) 830-5077
www.maritime.edu

Massachusetts Maritime Academy



VISITOR'S GUIDE



5. PREPARING FOR ORIENTATION

7.1. PHILOSOPHY:

Orientation is a transformative experience, taking recent high school graduates, and preparing them to become MMA cadets. Parents may wonder how best to help their child prepare.

Well, first we have to recognize that “child” doesn’t apply anymore. These young adults have tremendous capacity to take responsibility for themselves. If you do everything, then a significant portion of the transitional experience may be diminished.

On the other hand, they are just beginning their MMA experience, and have not yet been through to become cadets – they are not at that stage. . Experience suggests a balance between

The bottom line is that everyone is unique, so you need to determine the best balance point and your own comfort zone. The online Chat Group is an invaluable resource for connecting with other MMAPA parents who have been through this experience before and can help (whether with specific questions, or general moral support.

If your Cadet Candidate feels anxious, perhaps this bit of wisdom will help:
“If you can get in, you can get through.”

The key is paying attention, preparing, and sticking with it.

7.2. SELECTED SPECIFIC TIPS:

7.2.1. ADVANCE PREPARATION

Time passes quickly over the summer. It’s important to ensure that all requirements are:

- a. Understood as early as possible (with questions asked & answered);
- b. Planned out carefully, and
- c. Executed in plenty of time.

Orientation is challenging enough by design. It is not helpful for any C/C to show up for Orientation already exhausted, stressed, & distracted from last minute preparations and late night packing.

7.2.2. C/C RESPONSIBILITY & PARENTAL SUPPORT:

Ultimately, your C/C has to have self-discipline and be responsible, but you do have an important role to play. For one thing, make sure that things that are your responsibility, such as financial obligations, are taken care of as required. Help your C/C stay focused and moving by being clear about your expectations and by periodically asking how the preparations are going. Beyond that, it’s a matter of your knowledge of your C/C and your personal parenting style to guide your decision about how much to get involved. As described above, your C/C needs to learn to take responsibility, so just doing everything yourself would be a disservice. On the other hand, if they were fully mature already, they would need to go to school, so recognize that guidance and support are important parental contributions. .

7.2.3. YOUNGIE KNOWLEDGE:

This is information that every C/C is expected to learn, and be able to recite back on command – and under pressure. Why? Three very important reasons:

- a. It’s important information (parts of a lifeboat, emergency procedures, Academy philosophy & staff, etc.);
- b. “Learning how to learn” and learning to stay in control and perform under pressure are two of the most critical skills one can acquire. MMA graduates are highly desired, in the Maritime industry and elsewhere, for having such skills.

c. "Because I said so." That dreaded parental 'explanation' of last resort actually applies here. Your C/C is going to learn to be a Leader – MMA is often referred to as a 'Leadership Laboratory.' Learning to be a Leader first requires learning how to be a good Follower. Not in the negative sense (e.g., peer-pressure, do-what-everyone-else-is-doing) but in the positive sense of being part of a team, something greater than one's self. So, if there's an iceberg ahead and the Captain orders the Helmsman to turn to starboard, the helmsman follows the order without hesitation. So, if your C/C is directed to learn the Youngie Knowledge, that is what is expected.

Having said that, two observations:

- a. Does everyone show up with everything on the list perfectly mastered?
No – if it was that easy, then it wouldn't be effective and they'd have to make it harder.
- b. On the other hand, does your kid want to be the one who shows up making a first impression of being unprepared or not caring, and be under the additional pressure of having to catch up?

Recommendation: Your C/C has to be responsible, but you can help encourage that. Ask your C/C how the preparations are going (with the clear expectation that they should be moving along). Offer to provide some quizzing & assessment/feedback. If that doesn't show progress, perhaps a reminder of why it's important might be appropriate & helpful. Beyond that, it's a matter of your knowledge of your C/C and your personal parenting style whether you try to exert further influence or let the chips fall where they may (or something in between).

7.2.4. PACKING:

In a word: "Compact." Your Cadet Candidate will be expected to carry all personal belongings throughout the Orientation reporting process. If it's on the list, bring it. If it's not on the list, do not bring it. That said, when selecting specific items, you and your C/C should seek to pack lighter -- and more compactly (e.g., a big fluffy pillow may not weigh much, but it can make a whole pack much more awkward and tiring to carry). Your C/C should try packing everything up to make sure it fits -- and then carry it around for a couple hours to find out how heavy it gets, how straps dig in after a while, etc.

7.2.5. WHAT KIND OF SOCKS? (SERIOUSLY, THIS IS NOT A FOOLISH QUESTION!)

In a word: "high." The socks are not a fashion statement -- they actually serve an essential carrying function. A picture is worth a thousand words (so here's 2,000 words worth – plus a few words!):



Examples of items carried in socks:
Youngie Knowledge booklet, flashlight, pocketknife, lighter (for ropework), notepad, pen, etc.

8. FREQUENTLY ASKED QUESTIONS

NOTE: This list has been compiled over time, is subject to change, and is offered for general background information only. The latest official word from MMA Administration always takes precedence.

Posted online at www.mmapa.org/MMAPAFAQ.html

The following questions and answers have been culled from the MMAPA email list and personal experience. Readers should understand that the Academy may make policy or procedural changes that could nullify some of these answers. When in doubt, first check the material the Academy mailed to your cadet. Except for responses attributed to Academy staff, these answers are from parents or cadets.

(Sample questions only. See full list online.)

Topics: Accuplacer test, MAPS/Summer, Computers, Telephones, Parking permits, Watch duty, Regimental life, Orientation, 1st Semester, Sea Term

Orientation

What to pack: ID Card: The only piece of advice I have for next year...Something that wasn't on the list: An identification card is needed as an ID for the drug test they will have first thing on arrival.

Should they have their checks for books and in their duffle bags? Yes, because they will be buying things. They will have a secure place to lock up the passport, or they can bring it back later.

How important is it to follow the list exactly, in terms of numbers of socks, underwear, etc? Do send extra boxers, socks and white tee's Laundry wasn't done. I was given this heads up by upper class cadet parents and my c/c really was glad he had extras. Everything else.... stick to the list. Also we packed a hockey goalie bag - that fit everything and he was able to carry it on his back. ... I believe on the list for orientation it specifies "over the calf" socks. This is very important. When my son was getting ready for orientation he did not want the real "high" socks - he thought they looked "dorky". Well, after orientation he had changed his mind. He said the people with the high socks had an easier time of it because while in PT gear (which is most of the time) they had to carry their "youngie gear" in their socks because they had no pockets and had to have this with them at all times. It was more difficult for him to keep it in his shorter socks.

I know watches are not allowed during Orientation but can they bring an alarm clock? Nope. They won't be oversleeping, I promise. ... For cadet candidates who are coming from a long distance and parents may not be back with more stuff after the initial drop-off, the computer, clock, and a SMALL amount of civilian clothing can be brought to orientation but will be locked away in a secure place until orientation is completed.

How to pack: Be sure that whatever your c/c brings is on the list and s/he is capable of carrying ***alone.*** A big duffel with straps that can carry it like a backpack are great and stow small. You will say goodbye (it will seem to be very abruptly) in the parking lot. S/he will go off on new adventures and you will go directly to parents' orientation. You will NOT go up to his/her room until after youngie orientation graduation. No exceptions.

What can my c/c leave in the dorm room after orientation? Your c/c will be able to lock the room, so have him leave everything but the dirty laundry, and there'll be LOTS of that! Be sure your c/c collects any items that were removed from him at orientation (usually the cadet officers will take a few things out of the c/c bag and place them in a Ziploc labeled with the c/c name). When they come back, that's when they bring their computers, clocks, etc. that they couldn't have at orientation.

What is the "Youngie Knowledge" that my son should learn this summer? "Youngie Knowledge" includes the schools mission statement, 36 parts of a lifeboat, MMA Honor Code etc. You can find it on the MMA website www.mma.mass.edu. The sooner they start learning it the better for them during orientation. Note this is usually posted in May/June time frames.

Passports should be ordered at the end of summer/beginning of fall. They are mandatory for sea term.

1st semester

Are there laundry facilities at the school? How do the out of state students with no car get their laundry done? There are washers and dryers on the first floor of the dorm. Send your kid off to school with two rolls of quarters and replenish frequently. Also, get the liquid all-in-one detergent in a small bottle to save space in the room.

What kind of civilian clothing will my c/c need this fall? 4/c's are ALWAYS in uniform when on campus. That means that when they get out of the car, they are in uniform, and when they get in the car to leave, they are in uniform, too. There are different uniforms, and they are always told which one to be in. That includes PT gear for sports, etc., but they are NEVER in ordinary "civilian" shorts, sweats, and tees once they're inside the gates. ... There isn't a lot of room for extra clothing. My son had one change of clothes that he would bring with him to Wal-Mart (change in the restroom) and then head home in civvies. As the semester went on, he found he could have a large plastic tote under his desk (this varies by company, so your cadet should ask the squad leader what's allowed).

Transitions: I feel compelled to add a few general comments and observations. People are very passionate about the atmosphere in which their sons and daughters are living and being educated. Of course we're passionate. But it seems to me that we really need to take a deep breath and remember something that is very difficult for all of us.... These young men and women are now in college. They are adults. And it is time for us to (at least begin to...) let go.

Sea term

Is it okay to send travelers check with the students? For Sea Term 2005, we used the "Bank of Bushy," Capt. Tom Bushy held cash accounts for cadets and they could sign out a partial sum in advance of arrival in port. ... The VisaBuxx card is similar to a debit card, but is limited to funds which parents load onto the card. It is a true Visa card and is accepted anywhere Visa is taken. My daughter attended the World Jamboree and used the card in Bangkok, Thailand. While obviously some things still require cash (e.g vending machines), the card can be used to get cash from an ATM. Parents have a lot of control over the card via the VisaBuxx website. You can load the card with any amount of money at any time - and it is available immediately.

Is there any way to stay in touch other than cell phones (roaming charges are expensive)? The best way to make calls is to buy the phone cards from the island that you are in. Most of the time AT&T cards or international cards don't work. ... I would also suggest that you plan with your cadet on not expecting any phone calls from foreign ports -- your cadet is on vacation when off of the ship and it is often too expensive to call anyway. What do they need to call home for in the first place besides begging for more money?

Are 4/Cs "allowed" to take any electronics (CD players, IPODs, GameBoys, etc.) on Sea Term? Yes, they are able to plug in personal electronic items to recharge. My son loves his electric razor. Make sure they take extra rechargeable batteries as they sometimes fail to hold a charge after heavy use.

How much spending money do they REALLY need? Well, depending on who you talk to, it's \$100 per port or \$100 per day in port. My son took the latter and hadn't used it all before it was stolen ... that's another story (and it's his money, so it's his problem). Keep in mind that in addition to stuffing themselves on shore, they will also want to go scuba diving, take boat rides, jungle tours, etc., and may need money for taxis or tips. Many also come home with t-shirts, disposable cameras and local souvenirs. Sea Term cash makes a good Christmas present ... pass the word to relatives ... and I also think it's a good idea for the cadet to earn at least half of the fun money.

www.mmapa.org/MMAPAFAQ.html

9. COMMON QUESTIONS RECEIVED BY MMA ADMISSIONS OFFICE

(Based on 2009 info)

Q. How many students are at MMA?

A. Approximately 1100

Q. What percentage are female?

A. Approximately 8%

Q. What percent of students are from out of state?

A. 40%

Q. How large is the campus?

A. 55-acres

Q. How many volumes does the library have?

A. The library contains +55,000 volumes, they also belong to a state system so if you require a book that they do not have, it can be ordered. The library also houses 2-computer labs containing ~30 terminals each. The new Information Commons is currently under construction and is scheduled to be completed in fall 2011.

Q. How many students choose to go into the military?

A. Approximately 5-10% of each graduating class will choose a commissioning program.

Student Life

Q. Are Freshman allowed vehicles?

A. No. (Subject to Change depending on availability)

Q. What happens on the weekend? Do most students stay or leave?

A. While many students leave campus on the weekend to either go home or visit friends at other colleges, varsity athletics, student club activities and weekend duty schedules do amount to approximately one third of the students, who stay on campus during weekends.

Q. Do I have to wear the uniform every day?

A. Yes, students are required to be in the regiment and wear the uniform of the day.

Q. Can I leave campus?

A. As a freshman you are not allowed to leave campus during the week. Liberty is granted on the weekends and you can do what ever you like! If a special situation arises during the week and you HAVE to leave campus, you are required to obtain special permission from your Company Officer.

Q. What if I have a job?

A. The regiment, academic schedule, and adjustment to freshman life will keep you extremely busy. Due to the unique environment, MMA discourages first year cadets to have jobs.

Training Ship TS KENNEDY

Q. What is the history of the ship?

A. The Kennedy was originally constructed in 1967 as a cargo freighter for Lykes Shipping Company she was turned over to the federal government in 1986 and utilized in the Gulf War to transport cargo. After a 5-year, \$30-million conversion MMA took command of her in April 2003.

Q. Where did the name come from?

A. The *Kennedy* was named after the entire Kennedy family for their love of the sea, dedication to Massachusetts and their support of Massachusetts Maritime Academy. The ship was previously

named *Enterprise*, after the Academy's original 1891 training vessel. The original name of her was the *Velma Lykes*.

Q. What are some statistics on the ship?

- A. Length: 540ft
Beam: 76.2 ft
Gross Tonnage: 10,723T
Speed: 20 knots

Q. Where do students go on cruise?

A. There are four typical routes the ship will travel. Those routes are Eastern Caribbean, Southern Caribbean, Panama Canal to Pacific and the Mediterranean.

Athletics

Q. What do you have for varsity sports? Cadets are not required to participate in a varsity sport.

- A. M: football, baseball, soccer, lacrosse
F: softball, volleyball, soccer, lacrosse (varsity level in 2011)
M/F: sailing, crew, cross country, rifle

Q. What college athletic division is MMA?

A. Division III

Q. Are athletic scholarships available?

A. Division III schools are not allowed to give athletic scholarships. We do offer many academic and leadership scholarships.

**Student Computer Recommendations
(update with 2009-2010 requirements)**

Recommended Laptop

- Intel Pentium M 1.6+ GHz (or equivalent - Pentium IV, Celeron, AMD, etc.)
- 512 MB RAM
- 40 GB Hard Drive
- 10/100 Ethernet Adapter
- Wireless LAN Adapter (802.11b/g)
- 15" Display
- CD-ROM/DVD/CD-RW
- Internal or External floppy driv3

Recommended Desktop

- Intel Pentium IV 2.6+ GHz (or equivalent - Celeron, AMD, etc.)
 - 512 MB RAM
 - 60 GB Hard Drive
 - 10/100 Ethernet Adapter
 - 17" Monitor
 - CD-ROM/DVD/CD-RW
- Floppy Drive

- **Virus Detection Software is Required.** We will not be able to assist students with damage to their computers due to viruses.
- **MS Office 2000/XP/2003 is recommended.** The Academy cannot provide licensed software for a student's personal computer. This software can be purchased at academic pricing from the campus bookstore.
- **Printers are not required, but recommended.** If a student does not bring a printer, there are printing resources available in the library.
- **A Category 5/5e network cable** (25 ft.) is necessary for connection to network jacks in the dorm rooms.

- **Students are provided with instructions on configuring their network connection.** If there are issues with configuration/connectivity, students can contact the LAN Center for diagnosis. The LAN Center is located in 1st Company and is open Monday-Friday, 8:00 a.m. to 4:00 p.m. For more information contact Rob MacGregor at 508-830-6479
- CDWG provides MMA recommended laptops and they can be purchased online at <http://www.cdwg.com/mma>. Desktop computers can be purchased online at <http://www.dell.com/>

10. GLOSSARY OF UNCOMMON TERMS / ACRONYMS

ACCUPLACER: Massachusetts Board of Higher Ed required placement exam of all freshmen
AMO: American Maritime Officers, Union
ARPA: Automatic Radar Plotting Aids, Simulator
Auxies: Auxiliary Machines, a course in the engineering major
Binnacle: In actual marine use, the nonmagnetic housing for the ship's compass. At MMA, Sick Bay/the nurse's station
Cadet Candidates, c/c: Students who have enrolled but are not yet recognized members of the regiment. Recognition is usually granted on Family Weekend.
Cadet Shipping: 60/90 days shipping after second year of school with a private company
Cadre: The group of 1/c and 2/c who conduct Youngie Orientation
CelNav: Celestial Navigation, a deckie course
Class: 1/c, First Class cadet, senior; 2/c, Second Class; 3/c, third class, sophomore; 4/c, Fourth Class, freshman. Usage: 1/c Smith is addressed as "First Class Smith."
Class III: Minor disciplinary infraction (i.e. missing formation, not shaving, late to class, etc.)
Class II: Moderate disciplinary infraction (i.e. missing watch, alcohol consumption, disrespect, etc.)
Class I: Highest level disciplinary infraction (i.e. felony charge, assault, sexual harassment, etc.)
Cleaning Stations: Cleaning duties assigned every a.m.
CIC: Cadet Information Center
CMDR : Commander
CMT: Center for Maritime Training
CO: Company Officer
Coasties: The Coast Guard licensing examinations given to engineers and deckies before graduation
ComCad: Commandant of Cadets, analogous to the Dean of Students at a college
Company: an administrative unit and also a dorm. "My cadet is in 6co." "1/c Smith is the 4co TRO."
COMO: Commodore
Concentration: Analogous to a minor at a college
Co-op : Paid work experience related to the student's field of study for which academic credit is earned
Cover : Hat
Crunchie: a student in the MSEP (marine safety and environmental protection) major
Deck: term used to describe the levels of the dorms/ship. "4/c live on the 03 deck."
Deckie: A student in the Marine Transportation major
Demos: Demerits
ED: Extra Duty; a reward for doing that which you were not supposed to do
Fantail : The Student Lounge in the company area
Fore and aft: the formal cover (hat) with a visor
GMDSS: Global Maritime Distress and Safety System
Honor Board: Cadet-run discipline system focusing solely on the motto that "Cadets do not lie, cheat or steal, nor tolerate these acts from others."
IMB: International Marine Business
Licensed major: The majors that lead to licensure, i.e., MTRA (deck) and MENG (engineering)
MAPS: Maritime Academic Preparation Seminar
Mast: disciplinary hearing: (Class I, Class II, Class III)
Mess Deck: Dining facility
MMP: Masters, Mates and Pilots, union
MoFo /IndoFo: Morning formation, when the regiment assembles every morning for roll and announcements. In the case of very inclement weather this is IndoFo, held indoors.
MENG: Marine Engineering (engineering major)
MSEP: Marine Safety and Environmental Protection (nonlicensed major)
MTRA: Marine Transportation (deck major)
Muster: Roll Call, a group of cadets from the same company assembled together
OOD : Officer of the Deck
Pipe : Word passed over the intercom or public address system

POD : Plan of the Day, which you can check on the MMA website. Where all official announcements are posted.

Quarterdeck: Part of the main deck reserved for honors and ceremonies and as the station of the SWO in port.

RATE : A cadet that holds a position in the chain of command

RC: Regimental Commander

Regi: Referring to a member of the Regimental Staff, as in "Regi Commander."

Restriction: Limits on leaving campus or ship, as the result of a Mast hearing. "I got three weeks restriction."

ROO: Regimental Operations Officer

Salt and peppers: Uniform consisting of black pants /white shirt

ASDO: Academy Staff Duty Officer: the term for "the adult in charge for the day"

SGA: Student Government Association

Squaring the corners: When cadet candidates walk one foot from all walls, including corners

SVO: Small Vessel Operations

SWO: Staff Watch Officer

TAP: A performance deficiency, not academic related

TAP Sheet: written notice of a performance deficiency, internal to the regiment

TRO: Training Retention Officer

Watch: Four hour tours; cadets responsible for safeguarding people and equipment

Wedge: Regimental staff that run the entire organization; in charge of the entire regiment, refers to the wedge-shaped formation in which they march at the head of the regiment

XO: Executive Officer, one for the regiment and one for each company.

Youngie: Name given to New students beginning with orientation through the completion of the recognition ceremony in October.

Youngie Knowledge:

BOURNE DIRECTORY

Bourne - Houses of Worship

Baptist

Bourne Baptist, 20 Williams Ave, Bourne 508-563-6277
Capeway Baptist, 635 Scenic Hwy., Buzzards Bay 508-888-7267
First Baptist Church, 298 Barlow's Landing Rd., Pocasset 508-563-3164

Catholic

St. John the Evangelist, 841 Shore Rd., Pocasset 508-563-5537
St. Margaret's, 141 Main St., Buzzards Bay 508-759-7777
St. Theresa's Sagamore, 508-888-8961

Episcopal

St. Peter's On The Canal Main St., Buzzards Bay 508-759-5641

Methodist

United Methodist Church of Bourne, 37 Sandwich Rd., Bourne 508-759-4898
Swift Memorial United Methodist Church, 8 Williston Rd., Sagamore 508-888-0170
Cataument Methodist United Methodist Church, 1093 County Rd., Cataumet 508-563-3555

Bourne - Post Offices

Bourne: Sandwich Rd., 508-759-5508 **02532**
Buzzards Bay: Post Office: 220 Main St., 508-759-0847 **02532**
Cataumet: Post Office Sq., 508-563-2929 **02534**
Sagamore: 883 Sandwich Rd., 508-888-0043 **02561**
Sagamore Beach: 45 Meetinghouse Lane, 508-888-3057 **02562**

Bourne - Newspapers

Cape Cod Times (daily) 1-800-451-7887
Upper Cape Codder 1-888-463-9777
Bourne Enterprise (weekly) 1-800-286-7744

Emergency

Police and Fire 911
Fire Department, Business Calls 508-759-4412
Police Department, Non Emergency Calls 508-759-4453

Banking

Compass Bank- 108 Cohasset Ave, Buzzards Bay, MA – 508-759-3020
Rockland Trust 174 Clay Pond Rd, Buzzards Bay, MA 02532 (508) 743-0480

ATM (closest)

Bank of America, Mess Deck/book Store area MMA
Bank of America: Bourne Gulf Rotary Traffic Circle Bourne, MA 02532 (store hours only)
TDBank North – Main Street Buzzards Bay
SANDWICH CO-OPERATIVE BANK ATM 108 COHASSET AVE, BOURNE, MA

ATM/TRM Corporation 160 Main St Buzzards Bay, MA 02532
Located in Cumberland Farms (store hours only)

For more information please visit www.capecodcanalchamber.org

11. ACCOMMODATIONS

Below is a listing of hotels/restaurants and shops that are providing a discount to holders of a MMAPA key tag.

The tags similar to the ones from supermarkets/drug stores are available for a \$5.00 donation. For further information on how to obtain your discount tag please visit the MMAPA table during Orientation or visit our website at www.mmapa.org

Atlantic Motel 7 Depot St East Wareham, MA www.atlanticmotel.net Bharat Patel 10% off per night excluding holidays and special events	508 759 6564 Discount: 10% off rates for 1 night and 15% for 2 or more nights
Bay Motor Inn Mr. Fred Carbone 508 759 3989 223 Main Street Buzzards Bay, MA02532 Discount 10% off room rate www.capecodtravel.com/baymotorinn	The Dan'l Webster Inn & Spa 149 Main Street Sandwich, MA 02563 www.danlwebsterinn.com D.J.Thurston 508-888-3622/800-444-3566 Discount: 10% off rates for 1 night and 15% off 2 or more nights
The Beachmoor Inn & Restaurant Rita M. Pacheco 508 759-7522 11 Buttermilk Way Buzzards Bay, Ma 02532 Discount 10% off Room rates www.beachmoor.com	Fox Run Bed & Breakfast 171 Puritan Rd Buzzards Bay, Ma 02532 www.bbhost.com/foxrun Eunice Ford 508-759-1458 Discount: 10%off rates for 1 night and 15% for 2 or more nights
Buttermilk Bay Inn John Williamson 508 743 0800 3224 Cranberry Highway Buzzards Bay, MA 02532 Discount 10% off room rates www.buttermilkbayinn.com	Holly House by the Canal Bed & Breakfast 20 Keene St Bourne, Ma 02532 www.hollyhousecapecod.com Tom Mitchell 508-759-2864 Discount: 10% off rates
C.C.C.R Bed & Breakfast Associates Eunice Ford 508 759 1458 Discount: Various discounts available at various Bed & Breakfasts www.bbhost.com/capecod	Harbor Watch Inn & Blue Oyster Grille 167 Onset Avenue, Onset, MA 02558 www.harborwatchinn.com Meg Kistin 508-295-4600 Discount: 5% discount on Harbor Watch Inn Guest Room Rate 5% discount on 1 dessert (per party) from the Blue Oyster Grille
Cape Cod Canalside Bed & Breakfast 7 Coastal Way, Bourne, MA, 02532 www.canalsidebandb.com John Santoro, Jr	Inn at Sandwich Center

118 Tupper Road,
Sandwich, MA 02563
www.innatsandwich.com
Jan & Charlie Preus
408-888-6958
Discount: 5% off rates

8 South Water Street
Onset, MA 02558
www.thelazybean.com
Sue Ann Murley
508 295 4949
Discount: 10% off regular rates

Mulberry Bed & Breakfast
257 High Street,
Wareham, MA 02571
www.virtualcities.com/ons/ma/z/maza801.htm
Fran Murphy
1-866-295-0684/508-295-0684
Discount: 10% discount per room/night

The Point Independence Inn & Spa
9 Eagle Way,
Onset, MA 02558
www.pointindependenceinn.com
Michael Kennedy
508 273-0466
Discount: 15% discount off room rates
10% discount on Spa Services

Widows Walk Bed & Breakfast
152 Clark Road
Sagamore beach, MA 02562
www.lainerbb.com/inns/bb2375.html
Meredith Chase
508-888-0762
Discount: 25% off rates

Other Accommodations:
The Eastern Inns Cape Cod in Buzzards Bay
is offering a 5% discount if you mention MMA
when making reservations.
Their website is:
<http://www.easterninnscapecod.com>

The Lazy Bean B & B

Days Inn
Exit 4, I-495
Middleboro, Ma
70 per night May, Memorial Day – Mid October
60 per night Mid October – May.
Parents should ask for the MMAP negotiated rates when making the reservations.
Call the Hotel not the DAYS INN 800 number: 508 946 4400
Directions: Exit 4 off Interstate 495

The 1831 Zachariah Eddy House B&B in Middleboro.
Located 1 mile from the Days Inn at exit 4.
Willing to meet the Days Inn discounted price to MMA families in August and September.
October is doubtful, because it is our busiest month, but if they have availability 30 days in advance
they will honor that rate then as well.
Rate would be \$75, no tax required. Also breakfast is included.
In addition to this offer they have provided the Cape Cod Canal Region Chamber 3 additional
Specials for Orientation Weekend, Homecoming Weekend and Parents Weekend which offer
additional savings.
These Specials are offered no where else except through the Parents Association network, so there
is no special identification required, except to mention this newsletter. Please consider staying with us
on one of your next visits.
Visit website at
<http://www.1831eddyhousebb.com>
Cheryl Leonard 1831 Zachariah Eddy House B&B
Middleboro, MA
Directions: Exit 4 off Interstate 495, then North on Rte 105 for 1 mile to Eddy House on right at 51
South Main Street, Middleboro
To get accommodations sorted by distance. www.mapquest.com

See also: Cape Cod Chamber of Commerce: <http://www.capecodcanalchamber.org/v-home.html>

12. RESTAURANTS / DINING:

Lindsey's Family Restaurant
Cheri Lindsey
508 759 5544
3138 Cranberry Highway
East Wareham, Ma 02538
Discount: FREE cup of New England Clam Chowder
www.lindseysfamilyrestaurant.com

Add Meza Luna, Beachmoore Rest., Sagamore Inn, AquaGrille, Horizons, Daniel Webster

13. RETAILERS/SPECIALTY SERVICES:

Snow Goose Shops, Inc
2 Tupper Road
Sandwich, MA 02563
www.snowgooseshops.com
508-888-8441/888-261-2303
Or
8 Spring Lane
Plymouth, MA 02360
Discount: \$5.00 off purchases of \$50.00 or 15
off purchase of 100.00 or more

508 888-7969
Discount: First lesson free or first class free

Deep Relaxation Muscle Therapy/Bodywork
209C
191 Main Street
Wareham, MA 02571
www.mcdeeprelaxation.com
Marguerite Caso 508-291-7790
Discount: \$5.00 discount on a massage.

Compass Rose Clambakes
PO Box 552
Osterville, MA 02655
www.compassroseclambakes.com
Dod Cox
508-566-1000
Discount 10% off for clambakes and catering
services

HTAS Security (high tech alarm systems)
191 Main Street,
Wareham, MA 02571
www.htas-hightechalarmsystems.com
Karen Casone
508-295-7294
Discount: 33% off yearly monitoring rate
17% off panel upgrade on current
systems

Score Music Studios
Unit B1
15 Jan Sebastian Way
Sandwich, MA 02563
www.scoremusicstudios.com
Kari Lee

