



ALUMNI NEWSLETTER

CMS alumni community congratulates REMINISCIA '14



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Reet Rannik Carías **
Nabila Rizek Acebal **
Demetrio A. Rodríguez Rodríguez
Manuel José Rodríguez Vilain
Lia Carmel Segiv Reyes
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Alvin Wong

* At CMS since Pre-K **At CMS since Kindergarten

Encouraging Healthy Eating Habits Since The Beginning

By Dominique Barkhausen '11



trend of being fit and healthy but I rarely see enough people concerned about the health of their children or teens. I attended Carol Morgan School since Pre-K and I remember my lunchbox was "Papitas", "Doritos", "Palitos de Queso" and maybe some juice and yogurt, the same applied to what was offered to students in our snack bar. It's my understanding this has changed somewhat for the better but still requires more help coming from our home diets and meals, healthy eating is not a

Today we worry a lot about our health and this new fact and

from our home diets and meals, healthy eating is not a

Trend it's a lifestyle that should start since we are born.

Many of you are reading this and can say "That's me with my son/daughter" or perhaps others are one step further and are already providing healthy lunchboxes to their kids. That's the correct way to live and avoid all kinds of health issues later on in life. We are what we eat and drink, it is a simple fact that we all should keep in our subconscious.

What I want to spread is the importance of educating young children about eating right and choosing better and less processed foods. This will change the world and would lead us to defeat many diseases we have today. It's well proven that most of mankind

body diseases are originated by the quality and type of food we intake since we are born.

Children are not supposed to be on a diet but they can eat fruits, homemade goodies, yogurts, veggies and whole grains. Be the difference!

I want to leave you with what could be a perfect example of a lunchbox for young children:

Homemade whole wheat turkey, and cheese sandwich, Apple Slices, Yogurt and Fresh Juices (No sugar)

Dominique Barkhausen
Class of 2011 President
Vita Healthy & Fit
Holistic Health Coach
www.vitahealthyfitness.com

Mr. Jaak E. Rannik is CMS Distinguished Alumnus 2014

Mr. Jaak Rannik has a long history with CMS. He graduated in 1960 when Carol Morgan School was only up to eighth grade. In 1981 he was president of the Carol Morgan School Board of Directors. His family has been recognized in both 75th and 80th Anniversary celebrations for being a three-generation family in CMS; his two sons, one daughter and one granddaughter are proud alumni and three other grandchildren are still students in our school.

This year, after evaluating the many nominations received from the alumni community, the

Alumni Association Executive Committee elected Mr. Rannik '60 to be awarded Distinguished Alumnus 2014 for his outstanding achievements and contributions to the field of marine operations, to the growth of Dominican exports and his support of NGO's in the country. When receiving his award during the Seniors Alumni Reception at the American Embassy he addressed the graduating senior class REMINISCIA with very touching words filled with wisdom and encouragement. He ended his speech with the following words:

"Don't forget, it's all about people, not robots. The people you surround yourself with are key to your success and happiness, while the inverse is also true. Who you hang out with, who you date, where you go to college (or not go), who you marry, where you work, who you hire, and who you fire are all choices that have consequences, and I would recommend that you make those choices with your eyes wide open, Choose for yourself... don't leave those kinds of decisions to anyone else".

[Click here](#) for full speech



A very nice act of kindness before heading to college!

REMINISCIA 2014 is a group of talented and united classmates with a very strong sense of social responsibility. They decided to finish their school days with a very nice act of kindness showing what they learned in Carol

Morgan School and demonstrating what kind of citizen they will become now that they start a new phase in their lives. They made two important donations totaling US\$9,000 to Casa Rosada, which is an institution that

supports children and teenagers living with HIV; and to Asociación Dominicana De Síndrome De Down.

Way to go REMINISCIA '14, we are very proud of you!



56 likes
reminiscia14 First donation: Done to Casa Rosada; organization that helps children and adolescents living with HIV

Avelino Cuadra '02... A Coach Born In CMS



Avelino Cuadra Curreya is a member of Carol Morgan School graduating class of 2002. During his school years he showed a remarkable interest in sports. He has been collaborating with CMS soccer teams for almost nine years. He has been our coach for different tournaments such as Copa Claro, American Express Soccer Town cup, St. Thomas

cer Program always began at the end of the year, and focused exclusively on CAISSA. At that time, students became more and more interested in participating in other national tournaments and facing local schools. This is when Avelino joins CMS. Sophomores from class of 2008 made their own team for "Copa Loyola" and needed a coach. By then I was just a simple friend that knew about the sport and was willing to take these guys to Loyola to participate in a soccer tournament...and here I am today!"



VM: You are a both a great Civil Engineer and soccer coach, how do you balance these two very different activities?

AC: "People always have to keep alive what they really enjoy...soccer is what I really enjoy, but professionally I have

other more important responsibilities to take care of. Coaching, for now, is my hobby and literally my stress reliever."

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VM: We know that in your HS years besides participating in the CMS Soccer Program you also volunteered time coaching MS soccer players. How does your involvement in school sports back in HS relate to your being a soccer coach today?

AC: "I grew up in CMS...it was my home for fourteen years. Having been a shark makes my "job" more special and committing, I coach CMS because I enjoy it; kids look up to me and that makes me feel proud of what I do. The day I stop feeling that connection with my players will be the day I stop coaching."

VM: Did you practice other sports while attending CMS? Which ones?

AC: "Yes, I also practiced Baseball with coach Tony; I played

second base."

VM: How do you feel being on the other side of the "fence", coaching young sharks as you once were?

AC: "Sometimes it's frustrating. I always tell my kids that when I was a student I never had the opportunity to play on these well-organized tournaments, with thousands of fans on the bleachers and live TV broadcasting."

VM: How do you compare your soccer team in your school years to the teams you've been coaching?

AC: "When I was in high school I used to be one of the few "weirdoes" that practiced soccer; everyone else wanted to be on the varsity baseball team. Today, I walk out to the field and have over forty kids waiting for me at tryouts, and as I turn around the baseball field is empty. That's how much the sport has grown, and keeps growing."

VM: What is the most memorable moment in your career in sports?

AC: "As a player I'll never forget the day I missed a penalty shot to lose the CAISSA finals at Carol Morgan School, even my girlfriend wanted to dump me (laugh). Coach Tony never lets go of me with this story, even today."

As a coach, I have to say that would be the Copa Coca Copa District Finals in 2010. It was my first Copa Cola. CMS Vs Babeque, we were losing 2-0 at halftime and reacted on time, we tied the game and won in penalties, our goalie stopped three penalties, and it was AMAZING. The best team I've coached in my CMS career."

VM: Do you have a pre-match routine? Tell us about that.

AC: "Somebody has been telling you a lot... (Laugh). I do, but I always keep it to myself. I'm very superstitious."

VM: What are your plans and goals as a coach in the near future?

AC: "Now that I can contribute, I



always do my best to put CMS Soccer in the elite of schools in this country. Today I can proudly say that Carol Morgan School Sharks have a name in Soccer, and we are situated amongst the top five schools in soccer of the Dominican Republic. But I do believe we can be number one. I hope I can continue to contribute and maybe one day convince the school to develop a complete soccer program that involves elementary, middle school and high school all together."

VM: You quoted Vince Lombardi in your yearbook page: "If winning isn't everything, why do they keep score?" What thoughts does this quote bring to your mind twelve years later?

AC: "Being part of a team teaches you commitment, responsibility, respect, teamwork and sacrifice. If you put all these things together usually at the end you will win. So for me, winning is not the most important thing, winning is the only thing that matters."

VM: What is the most special part of being a coach?

AC: "'Today we barely know each other, but today we begin a journey that will make us feel as family in the end". These are the first words I say to my team at the beginning of the season. At first they all look at me with some weird attitude face, but in the end, they always remember that day when I said that "cheese statement". I try to make them feel part of a family, and try to identify myself with each and every one of them. I've watched how kids make new friends; I've had to coach my own friends and young cousins. The most important part of being a coach is the challenge to connect with each player, and letting them know that they all have and older brother in me."

ANNOUNCEMENTS!

NEW BRICKS

We want to thank all of you for the support you are giving us through our different fund raising programs.

Here are the new supporters that are leaving a mark...

De La Torre Family

Guerra Ibarra Family

Contreras Mejía Family

Class of 1990 for George Matsumoto

Schiffino Piantini Family

Hilary Ovalle Antigua '14

Marialea Schad Bordas '14

Rodríguez Rodríguez Family

Gianmarco and Rebecca Campagna and Salomon Sanz

Castillo Dávalos Family

Fernández Ferrúa Family

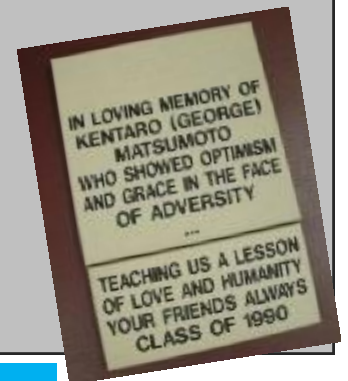
THANK YOU!!!

Last April 12, 2014 our alumni community was moved by the passing of our beloved **George Matsumoto '90**, who lost his long battle against cancer. George was loved by many of us; he was always willing to help on school events offering his support from selling food during the International Food Fair to filming great videos to keep memories of those great days in CMS.

George left in peace at 3:50 A.M. at the Royal Marsden Hospital, London; his mother Ms. Hiroko, his sister Erika '93 and his wife Vanessa '89 were present at the moment of his passing.

Our deepest condolences to his family, specially his wife Vanessa Calles and their four children.

His classmates ordered these bricks in memory of George. They will be placed in front of the entrance to our MS-HS Library.



WELCOME BACK! NEW ALUMNI PARENTS

Laura Acra '92

José Manuel Vela '97

Arianne Seliman '00

Paula Lama '93

Jesica Majnster '97

Claudina Pimentel '00

Rosevelyn Sánchez '96

Susana Martínez '97

Jaime Mota Cabral '96

Laura Batlle '98

Ways to support Carol Morgan School

There are several ways to give to the Carol Morgan School. CMS depends upon the generosity of our community to sustain and advance the mission of the School:

- Alumni Giving Annual Fund. Donate at least US\$25 every year
- Leave a Mark...buy a Brick
- Naming Project, sponsor a room under your name or a group of classmates
- Make a Pledge
- CMS Tuition Raffle, for parents of registered students

For more information about these programs and other ways to make a gift, please contact Vielka Morales at **809-947-1020 / 809-947-1021** or by email: vmorales@cms.edu.do

Carol Morgan School is a 501 C3 organization, donations are tax deductible in the United States.

CMS Alumni Newsletter

Vielka Morales
Development Officer
T: 809-947-1020
vmorales@cms.edu.do

Ana Venta
Alumni Relations Assistant
T: 809-947-1021
alumni@cms.edu.do

If you want to submit an article for our next issue, please send an email to: vmorales@cms.edu.do



CMS Alumni Association
Av. Sarasota esq. Nuñez de Cáceres
Santo Domingo, Dominican Republic
U.S. Mail:
Carol Morgan School
8400 NW 25th Street, Suite 110, BM# 1-09221
Doral, FL 33122

Phone: 809-947-1021 / Fax: 809-533-9222
E-mail: alumni@cms.edu.do / www.cms.edu.do

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