

**LETTER TO SIDNEY BIVINS JR HIGH SCHOOL  
VALDOSTA HIGH SCHOOL WILDCATS  
PRINCIPAL  
12 SEPTEMBER 2014**

Dr Janice Richardson,

I am John The U-Can! Man at [www.johntheucanman.com](http://www.johntheucanman.com) I felt compelled to share with You how one of your former Valdosta High School Wildcats (2007) graduates have and is impacting my life and the lives many others around the world. My Fallen South Georgia State College classmate Sidney Bivins Jr see <http://johntheucanman.com/files/78741831.pdf> is the fuel behind me going from 1-A in High School to 30-A's in college graduating with honors (Valdosta State University) 7 December 2013, also publishing my second book at <http://www.amazon.com/dp/B00HNY8SAU> 3 January 2014.

I just wanted to let you know how a person (Wildcat) who I only knew Aug 2009-Nov 2009 is the one The U-Can! Man is using to inspire others to do what Valdosta State University President William McKinney challenged me to do July 2013 "Add to Sidney's legacy by living my educational journey through it, then go help others"

One of my number one encouragers from day one was and still is J.L. Lomax Elementary School Assistant Principal-Dr. LaConya McCrae. Dr McCrae would always tell me every Sunday 2009-present "You Can do It!" She would often share how working for and with you Dr Richardson was a joy. Thanks again and as always remember U-Can!

PS: Feel free to share with past, present and future Wildcats.

U-CAN!  
John Wallace Isom Jr  
The U-Can! Man  
[229-548-5003](tel:229-548-5003)  
[www.johntheucanman.com](http://www.johntheucanman.com)

College Graduate 7 Dec 2013, Valdosta State University  
BA Sociology, Minor African American Studies  
2nd Book Graduating With Honors: If I-Can, U-Can!  
<http://www.amazon.com/dp/B00HNY8SAU>

Memberships & Affiliations

- 2007 Valdosta-Lowndes County Chamber of Commerce, seven year member
- 2012 National Society of Leadership Success, VSU Chapter
- 2013 Who's Who Class Among College Students, VSU
- 2014 VSU Phi Kappa Phi. Honorary Society

**MY CHOICE "ADD TO SIDNEY'S LEGACY"**

<http://johntheucanman.com/files/78741831.pdf>

<b>RESUME</b>	<b>LEGACY</b>
What you've accomplished	What you've contributed
Results	Relationships
The Money You've made	The difference You've made
The Impressions you leave	The impact you have
Your Career	Your organization, family, Community
Self-improvement	Help others improve

**"ARE YOU BUILDING A STRONG RESUME OR PREPARING TO LEAVE A LASTING LEGACY?"**

Resume Or Legacy Comparison From  
"You Don't Need A Title To Be A Leader" By Mark Sanborn (2006)

**DURING THE NEXT 50 YEARS ON EARTH I HAVE DECIDED TO CHOOSE "PREPARING TO LEAVE A LEGACY"  
IF I-CAN! U-CAN!**

**John Wallace Isom Jr**

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**Education**

B.A. Degree in Sociology and Anthropology,  
Minor African American Studies  
Valdosta State University (VSU), Valdosta, GA,

**Dec 2013**

Intern, Valdosta State University, Office of Social Equity,  
150 hours of field experience with Dr Maggie Viverrette, Director  
as my field supervisor. Learned about the many aspects of diversity,  
wrote a book to help increase enrollment and graduation rates at VSU,  
titled *Graduating With Honors: If I Can, U-Can!*

**Aug – Dec 2013**

<http://www.amazon.com/dp/B00HNY8SAU>

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**Career History & Accomplishments:****Valdosta State University, Valdosta GA****2009-2013**

Full-time student

**Chaplain Recruiter Consultant, APC Solutions, Valdosta, GA****2007-2009**

Designed, developed and implemented mentoring and empowerment training to  
over 5000 potential Chaplains

Created and implemented a Chaplain recruitment program resulting in over 100  
chaplains recruiter

Recognized as top recruiter on the APC Solutions team

**United States Army.****1982-2007**

Designed, developed and implemented the Recruiting Course Final Evaluation  
used by the entire US Army Recruiting School Basic Course

Designed, developed and implemented a system to identify individual instructors'  
Strengths and weaknesses

Recognized as successful leader of three #1 recruiter teams.

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**Memberships & Affiliations**

2007 Valdosta-Lowndes County Chamber of Commerce  
2012 National Society of Leadership Success, VSU Chapter  
2013 Who's Who Class Among College Students, VSU  
2014 VSU Phi Kappa Phi. Honorary Society

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**References:**

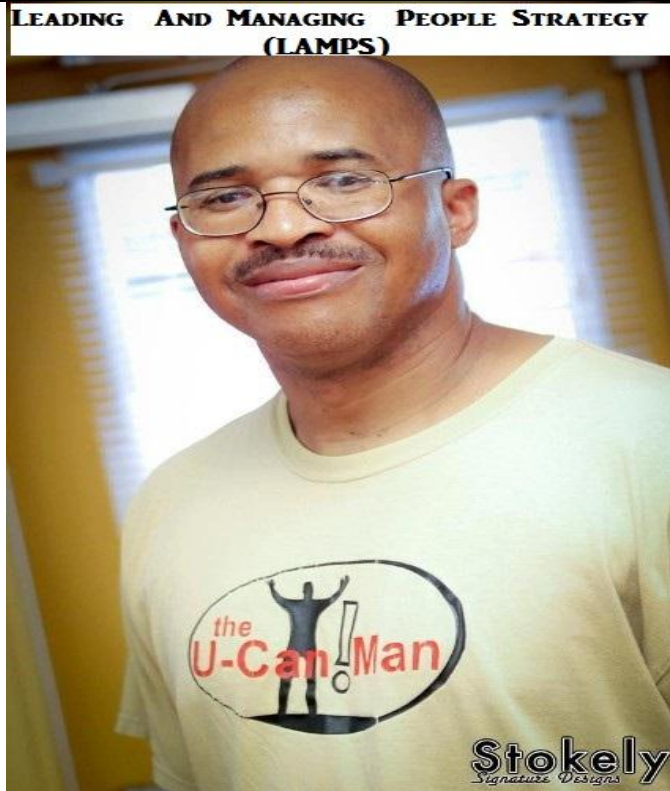
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# LEADING AND MANAGING PEOPLE STRATEGY (LAMPS)

THE U-CAN! MAN HAS LEARNED BEING ABLE TO THRIVE AS A LEADER AND MANAGER IS KEY TO ACCESSING-PROGRESSING-TO SUCCESS IN COLLEGE. MANY HAVE THE ABILITY FOR (LAMPS), IF I-CAN, U-CAN!



## I AGREE,

- |  |            |                                     |
|--|------------|-------------------------------------|
| 1. Leaders Win Followers                       | <b>AND</b> | Managers Have Employers             |
| 2. Leaders create Change                       | <b>AND</b> | Managers React To Change            |
| 3. Leaders Implement Ideas                     | <b>AND</b> | Managers have good ideas            |
| 4. Leaders Persuade                            | <b>AND</b> | Managers Communicate                |
| 5. Leaders Create Teams                        | <b>AND</b> | Managers direct groups              |
| 6. Leaders make heroes of everyone around them | <b>AND</b> | Managers try to be heroes           |
| 7. Leaders take responsibility                 | <b>AND</b> | Managers take credit                |
| 8. Leaders exercise power with people          | <b>AND</b> | Managers exercise power over people |

Leader and Managers Points From  
 “You Don’t Need A Title To Be A Leader” By Mark Sanborn (2006)

**DURING MY 50 YEARS ON EARTH I WAS CALLED UPON TO BE BOTH A LEADER AND MANAGER. THESE SKILLS HELPED ME GRADUATE FROM COLLEGE WITH HONORS 7 DECEMBER 2013, IF I-CAN! U-CAN!**

## The U-Can! Man Five- to Seven-Year College Strategy

Developed August 2009

- 1) 2009-2010- Beginning Range Road- complete developmental courses at South Georgia College.
- 2) 2010-2011- Short Range Avenue- complete freshman year at South Georgia College.
- 3) 2011-2012- Mid-Range Avenue- complete sophomore year at Valdosta State University.
- 4) 2012-2013- Long-Range Avenue- complete junior year at Valdosta State University.
- 5) 2013-2014- Destiny Range Highway- complete senior year at Valdosta State University.
- 6) 2014-2015- Extra-Range Avenue- Complete Masters Degree in Social Work at Valdosta State University.



## The U-Can! Man Five- to Seven-Year College Strategy

September 11, 2014 (911) Update

### If I-Can, U-Can!

- 1) 2009-2010- Beginning Range Road- **COMPLETED** developmental courses at South Georgia College.
- 2) 2010-2011- Short Range Avenue- **COMPLETED** freshman year at South Georgia College.
- 3) 2011-2012- Mid-Range Avenue- **COMPLETED** sophomore year at Valdosta State University.
- 4) 2012-2013- Long-Range Avenue- **COMPLETED** junior year at Valdosta State University.
- 5) 2013-2014- Destiny Range Highway- **COMPLETED** senior year at Valdosta State University.
- 6) 2014-2015- Extra-Range Avenue- **TO BE COMPLETED** Masters Degree in Social Work at Valdosta State University.



## U-CAN! MAN Retirement Journey



The U-CAN! MAN, John Wallace Isom Jr., is well underway on his 'Retirement Journey' beginning with scripting two books, setting up a website, speaking engagements, and now aspires to work hard and close with his Jefferson County School District personnel and students with a five year proven strategy for high school and college graduation. He is a 1982 Jefferson County High School graduate, and a proud 'Fighting Tiger'. He retired from the United States Army in November 2007. He's a 2013 Valdosta State University college graduate, with a BA in Sociology and a Minor in African American Studies. He is a member/affiliate with Valdosta-Lowndes County Chamber of Commerce, National Society of Leadership Success VSU Chapter, Who's Who Class Among VSU College Students, and VSU Phi Kappa Phi. Honorary Society.

He faithfully journals his days, sharing his direction and strategy for all to see at [www.johntheucanman.com](http://www.johntheucanman.com). He is very focused on this journey, never losing sight of his Jefferson County roots. His main goal in life is to help students from the very beginning, from Early Head Start and preschool programs, all across the nation. It's his belief is that when our talk (dialogue,) walk (deed,) and work (labor) are in synchronization, every child will be on the path to a life of success. He has accepted the 'Race-To-The-Top' challenge issued by President Obama: *"America will not succeed in the 21st century unless we do a far better job of educating our sons and daughters... and the race starts today.*

*I am issuing a challenge to our nation's governors and school boards, principals and teachers, businesses and non-profits, parents and students: if you set and enforce rigorous and challenging standards and assessments; if you put outstanding teachers at the front of the classroom; if you turn around failing schools... your state can win a 'Race to the Top' grant that will not only help students out-compete workers around the world, but let them fulfill their God-given potential."* President Barack Obama/July 24, 2009. "I know without Jefferson and its amazing team, I would not have accomplished all I have these past 50 years on earth," he says. "My retirement journey is being recorded on [www.johntheucanman.com](http://www.johntheucanman.com).

One of the main reasons for this is to give my home town school system and students hope. I one-hundred percent believe a picture can paint a thousand words, and no matter what I hear in the news about our schools every time school grades are reported, I know what Jefferson County has produced and can produce." Isom has also been in contact with the county commissioners in reference to his afore mentioned statements. He wants to share his stories of encouragement and hope for our schools to the community through assemblies, classrooms, workshops, and any other means to get a positive word put.

He says that he has spoken with hundreds of Fighting Tigers Alumni asking, "What can we do to help our schools continue to rise to our rightful place the top?" And, that's why he has decided to share his story, and has urged them to do the same. "Hope is powerful. If you don't have hope, you have very little chance to excel," he reiterates. "If you would like to join this 'hope team', just spread the word, and tell them The U-Can! Man said U-Can! By ourselves we either do good or bad. Together we either do good or bad. It's better to do good or bad together than by ourselves. Because together we have more minds, heads, hearts, and spirit. So I say to all of Jefferson County, let us all live each day with a U-CAN! attitude. Telling ourselves first, then each other. If we do this, success beyond our wildest dreams will happen. U-CAN!."

The U-Can! Man can also be reached by calling [1-229-548-5003](tel:1-229-548-5003).

