

Diesel Hydraulics Program Receives National Certification

The diesel hydraulics technology program at NMCC has received certification by the National Automotive Technicians Education Foundation (NATEF) and the National Institute for Automotive Service Excellence (ASE).

To achieve the coveted recognition and recertification, the school's diesel hydraulics training program underwent rigorous evaluation by NATEF. Nationally accepted standards of excellence in areas such as instruction, facilities, and equipment were used.

"This is great news for automotive-minded young people and their parents," said Donald Seyfer, NATEF chair. "Because this program increases cooperation between local education and industry leaders, it gives added assurance that NMCC's graduates will be employable entry-level technicians. As a result of the quality education provided by NMCC, the motoring public will benefit since better repair technicians will join the work force."

Upon completion of the evaluation, NATEF recommended that NMCC be certified by The National Institute for Automotive Service Excellence (ASE). ASE is a national non-profit organization which tests and certifies repair technicians, in addition to certifying automotive training programs.

"We commend you and your staff for maintaining your program's standards, and continuing to meet the industry's require-

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Economic Downturn and Recent Lay-offs Prompt NMCC to Offer Special Semester

NMCC took a proactive step to provide opportunity and assistance to displaced workers in the region by offering an alternative semester with several scheduled credit courses beginning in early March. The move was designed to accommodate workers, especially those in the forest products industry, most of which received lay-off notices in the days before or weeks after the traditional start of the spring semester in January.

"We see this as a critical step in helping these individuals get back on their feet and an important part of our work to retool and prepare northern Maine's workforce to meet the region's needs," said President Timothy Crowley. "We have been working closely with the team at the local Maine CareerCenter and other organizations to make this happen. The alternative for many interested in exploring new career options through higher education would have otherwise been to wait until the start of the summer or fall 2009 semesters. It was important for all involved that we respond quickly."

That is especially true for the hundreds of workers who received lay-off notices from the various wood product mills in the region. Many of the individuals qualify for Federal Trade Adjustment Assistance through the U.S. Department of Labor Employment and Training Administration. From the time those impacted begin to draw down benefits, TAA offers up to 104 weeks, or two years, of occupational



Leah Buck, assistant dean of continuing education, welcomes the new group of students to campus during an orientation session on March 9.

training and education assistance, with additional benefits provided if developmental courses are required.

"The CareerCenters in Aroostook County are currently working with all laid off workers from the Ashland area to access services. Northern Maine Community College has assisted in providing guidance to these individuals and retraining options to CareerCenter staff for post secondary education. This collaborative effort has assisted many laid off workers to efficiently move on to identify their next occupational path," said Patricia Perry, manager of Aroostook County CareerCenter services.

The new semester, coordinated through the Continuing Education Division at the College, got underway on March 9. Thirty-six enrolled in a number of the course

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The NMCC hockey team finished the regular season first in their league and went on to win the championship game against UMPI on March 9.

Winner Named for “Go! Green!” Energy Challenge



NMCC electrical construction and maintenance instructor Chuck Kelley, co-chair of the College’s energy task force and one of the coordinators of the Go! Green! Energy Challenge, congratulates senior Amber Libby, a student in his program, on winning the challenge. Libby was selected by a panel of four judges based on both a written and oral presentation. As a prize, she received the equivalent of one year’s worth of tuition at the College.



Dan Dionne, who partnered with fellow electrical construction and maintenance senior William Skelton, presents their proposal to improve lighting efficiency on campus.

Months of work have paid off for NMCC senior Amber Libby, who was named the sole winner of the Go! Green! Energy Challenge which has been underway on the Presque Isle campus since last fall.

Students were challenged to come up with innovative ideas to maximize energy efficiency and create a more environmentally-friendly campus, with the equivalent of a year’s free tuition on the line for the winning team. Four student groups took up the challenge and prepared formal written proposals. The groups presented their proposals to a panel of four judges as well as an audience of students and College employees on February 26.

“As an energy educator, I was very impressed with the amount of work and depth of research that the students put into their projects. It is exciting to see the interest and excitement that these young people had for saving energy for their college community,” said Nancy Chandler, supervisor of conservation and education services for Maine Public Service, who served as a judge for the competition.

Joining Chandler as judges were three NMCC faculty members: Jan Grieco, a communications instructor from the arts and sciences department; Betty Kent-Conant, chair of the nursing and allied health department; and Brian McDougal, chair of the trade and technical occupations department.

After careful review of the written and oral presentations presented by four teams of students, Libby, a senior in the

electrical construction and maintenance program, was selected as the winner. Libby, who was the only student to work alone on the project, presented a proposal on more energy efficient windows in the residential life area of campus.

“Replacing high cost windows in Andrews, Aroostook, Penobscot, and Washington Halls with more efficient, cost effective ones will greatly improve the schools energy savings and give the students a comfortable, secure place to live while attending NMCC,” said Libby.

Libby, who lives on campus, presented not only anecdotal experiences of her and her fellow students, but also details substantiated by a great deal of research over the past several weeks. After careful measurements, she determined the U-factor, which indicates how effective the window is actually insulated and how well it is resistive to heat loss, and the R-value, which measures the insulated value of the window. She measured the area of the windows and, using that information along with the U-factor and heating degree days, she determined the heat loss in BTUs.

According to her calculations, the total amount of money that the College could save if it replaced the single pane windows that are currently on campus with triple pane windows with a glazing and a combination of argon and krypton gases with a low-emissive coating would be around \$16,667 annually. However, the payback to buy and install the windows would end up being 12.6 years.

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First year plumbing and heating students Owen Harris and Vincent Pelletier present details on using a domestic solar hot water heater to meet some of the campus’ energy needs to the panel of judges and audience members.



Above, first year electrical construction and maintenance students Tade Brooks and Parker Brown present their findings on electrical usage on campus and suggested ways to lower it.

NMCC Holds Largest Job Fair in The County



Smith & Wesson was one of more than 40 businesses that was present at the 12th Annual NMCC Community Job Fair on March 12. This year's Job Fair was attended by approximately 250 NMCC students and 175 community members.

Shawn Berry (left), a sports medicine specialist in Cary Medical Center's rehabilitation department, performs a grip strength analysis on Justin Murphy of Caribou, while Renee Cavagnaro, CT technologist at Cary, looks on. In a grip strength analysis, the "patient" squeezes a dynamometer, a device which measures the strength of their hands and forearms. The person's results can then be compared using a chart with norms based on age and gender. This is useful for employment purposes (some professions require a stronger grip to reduce the risk of injury), as well as for hobbies (such as weightlifting). The display was part of the "Healthy You" activities sponsored by the hospital.



Below: Amanda Smith, LIM associate at DFAS, talks to Job Fair participants.



Katie Wilcox, a senior in NMCC's early childhood education program, hears about opportunities from Susan Giggey-Bergeron, ACAP's early childhood education specialist.



Sandra Devine, personnel assistant for the Maine Department of Transportation, talks with Josh Goodale, a senior in NMCC's automotive technology program.



Right: Penny Wickstrom, the H/R specialist for Pines Health Services, speaks to Ann Marie Pelkey of Blaine about job opportunities.



NMCC business student Shannon Smart talks to students at the Job Fair about internship options at the College.

Health Centers Launch Project to Help Students Quit Smoking

A pilot project launched on the campuses of Northern Maine Community College and the University of Maine at Presque Isle to help students quit smoking is being tested as a model for possible implementation at colleges and universities across Maine.

The student health centers on both campuses, working through the Partnership for a Tobacco-Free Maine, are the first in the state to offer free nicotine replacement medication to those who utilize the campus health services. The initiative will be monitored over the next year by the Partnership and the Maine College Health Association to see if it should be expanded.

Linda Mastro, the nurse practitioner who runs the UMPI and NMCC health centers, worked closely with the Partnership to make it happen.

“Students frequently come in and talk about wanting to stop smoking. Up until this point, I’d have to call the Maine Tobacco Hotline, which is operated by the Partnership, or have the students call the toll free number themselves. If we were unable to get through or the student waited to make the call, it would often end there with no follow-up,” said Mastro. “When

the time is right you want to capture the moment. You don’t want the desire to quit to wane. Under this trial program I will be able to help the student begin the process immediately.”

The medication voucher program provides up to eight weeks of the nicotine patch, nicotine lozenge, nicotine gum or a combination thereof to those students who are eligible and are motivated to quit. Mastro will fax a specially developed prescription form to a local pharmacy after meeting with the student to best determine what level and form of nicotine replacement is needed. The student can then immediately pick up the prescription at the pharmacy and begin to use the product.

“My intent is to meet with the smoker regularly to provide encouragement. If I provide them with nicotine replacement initially on a two week basis and follow up with them as they continue on the road to quitting, I can help them along the way. I can also adjust the nicotine replacement accordingly as they move forward to help



NMCC nursing student Chris Zappone and liberal studies student Tina Dorr meet with nurse practitioner Linda Mastro, director of the NMCC and UMPI Student Health Centers. Dorr will participate in the new smoking cessation pilot project. Zappone is among a handful of NMCC nursing students that have participated in a tobacco prevention training program. The students are assisting Mastro and their fellow students interested in quitting.

ensure success,” said Mastro.

In addition to offering nicotine replacement, Mastro plans to launch a “Leave the Pack Behind” awareness campaign on both campuses this semester. She also hopes to start a noontime support group for students who want to quit.

After a year, the pilot project will be evaluated by both Mastro and the Partnership to assess whether it should be expanded to other Maine colleges and universities.

Megan’s Fund Provides Needed Pediatric Equipment



Daryl Boucher (left), program coordinator for NMCC’s emergency medical services program, recently presented pediatric emergency equipment received through a donation from the Megan Bradstreet Fund to Eric Mailman of Downeast EMS. Mailman is a 2008 graduate of NMCC’s EMS program and recipient of the 2008 EMS student achievement award. He currently works in several communities for Downeast EMS, including Danforth. Joining Boucher in the presentation was Wendy Bradstreet (right), founder of the Megan Bradstreet Fund.

Hospital emergency rooms and first responders across Aroostook County are the recipients of more than \$6,400 worth of needed pediatric emergency care equipment provided through a local fund established by a Bridgewater mother.

Recently, the Megan Bradstreet Fund, created by Wendy Bradstreet and her family, friends, area emergency medical technicians, and Bradstreet’s work family at NMCC, presented several emergency medical services and hospitals across the County with tools to help care for their youngest patients. Receiving the equipment were the Madawaska Ambulance Department, Fort Kent-based Ambulance Services Inc., Houlton Ambulance, Patten Ambulance and Downeast EMS, as well as Cary Medical Center, The Aroostook Medical Center and Northern Maine Medical Center.

The second major equipment purchase in two years by Megan’s Fund was made possible through money raised by the Presque Isle Rotary Club through the organization’s annual golf tournament.

The materials purchased include seven EZ-IO drills and accessories which are used for emergency access to give fluids and medications when intravenous applications cannot be quickly or easily established. The drill is particularly useful for pediatric trauma patients which, according to Daryl Boucher, NMCC’s emergency medical services program coordinator, “are particularly difficult to start an IV with.”

In addition to the equipment, 92 emergency department staff and EMS providers have received advanced education and training in the use of the equipment and pediatric physical assessment. According to Boucher, three training drills will be presented to area hospitals. The drills will be used for instruction in the advanced cardiac life support and pediatric life support classes offered locally.

The Megan Bradstreet Fund is named in honor and memory of Wendy Bradstreet’s five-year-old daughter Megan, who died as a result of injuries she sustained after being hit by a car in July 2005.

Black History Month Celebrated on Campus



Below: Shawn Cunningham poses with NMCC students Candice Rivera and Joane Maingrette, coordinators many of the Black History Month activities.



Above: Kicking off the month, Shawn Cunningham from WAGM-TV delivered a public presentation on the multi-generational experience of Black America from her perspective and that of her parents and grandparents on February 3.



In honor of both Black History Month and Abraham Lincoln's 200th birthday, NMCC humanities instructor Dave Raymond hosted a public presentation focusing on Lincoln and the role religion played in his life both in and out of the White House.

In addition to these public presentations, a film festival and exhibits also helped to celebrate Black History Month.



Joane Maingrette reads an excerpt from Langston Hughes "The Negro Speaks of Rivers" published in 1921. More than a dozen NMCC students and employees read selected excerpts from African American writers spanning history.



English instructor Jennifer Graham hosted an African American Read-In on February 27 with selected readings highlighting important aspects African American history and culture. With Graham are some of those who read at the event, from left, Candice Rivera, Gail Roy, Brian Nadeau, Graham, Ellie Jalbert, Amanda LeJeune, Vanninnia Small, and Janet Grivois.



March Semester, *from page 1*

offerings that range from English composition to industrial safety. Other courses include introductory classes in business and computer applications, elementary algebra, general psychology and a freshman seminar, which serves as an introduction to the college experience. Another 14 began their CDL training that same day.

“When we were notified of the impending layoffs with some of the larger employers we knew it was time to begin planning for a large number of dislocated workers seeking retraining. There have been a number of these workers already accepted into two year degree programs – plumbing and heating, wind power technology, and electrical construction and maintenance seem to be the most popular requests for programs. Some of these workers have decided to seek shorter term re-training as commercial vehicle drivers or oil burner technicians—many of the training options available to them at NMCC are considered high wage/high demand jobs for Maine,” said Leah Buck, assistant dean of continuing education. “We are glad to be able to help these displaced workers to retrain for other careers.”

In addition, the College, through its Academic Success Center and in cooperation with the SAD 1 and SAD 32 Adult and Community Education Programs, is offering several developmental courses and other assistance for students who need it. The goal is to get the students to complete courses which are common in most academic programs in the special and coming summer semester and get them on track to begin coursework in their selected program of study this fall.

Diesel Hydraulics,

from page 1

ments. The explosion in automotive technology makes your high quality automotive training program more valuable than ever,” wrote NATEF President William Kersten in a letter to the College acknowledging the re-certification of the program.

NATEF recognized the program on meeting the criteria for recertification in brakes, diesel engines, electrical electronic systems, preventative maintenance inspection and suspension, and steering.

“During the past few months, the diesel hydraulics advisory committee members and I have worked closely with NATEF to make certain that our program continues to meet strict industry standards, and now we are pleased to learn that ASE has again certified our program. Students are assured of a top quality education, and shop owners will be assured of getting quality job applicants,” said Robert Rice, NMCC diesel hydraulics technology instructor.

Like all other NMCC programs, the diesel hydraulics technology program relies heavily on the input of industry leaders and practitioners in the career field. According to Rice, that was especially the case in preparing for the recent review.



NMCC diesel hydraulics seniors William Belanger (foreground) and Kruger Tyler (back, left) work on a piece of heavy machinery in a recent lab class at NMCC with instructor Robert Rice (right). The program recently earned national certification.

Members of the diesel hydraulics technology program advisory committee that worked particularly closely with Rice to prepare for and undergo the accreditation review were Jeff Butterfield, a past graduate of the NMCC program who is employed by White Ford; Rodney Bourgoin of the Caribou School Department; Harold Cote of Crown Equipment; and Cam Rust of Irving Woodlands. The team worked to ensure the program met all standards set by NATEF.

A team of four peer reviewers conducted an on-site evaluation of the program in early December 2008. The team, led by Paul Wigmore, a retired heavy equipment instructor from Amesbury, Massachusetts, included local industry leaders Stan Bonville, senior technician for Bonville Boys; Bob Good, service manager for ABC Express; and Herman Taylor, service manager for Maine Potato Growers, Inc.

Diesel hydraulics is a two-year program emphasizing the basic principles of mechanics along with heavy equipment operation and tune-up of diesel engines in the first year. Specialization occurs in the second year and includes work on hydraulic systems repair, diesel rebuilding, equipment reconditioning and painting, heavy duty welding and air conditioning.

Graduates of the program find employment as mechanics with construction companies, logging companies, farm machinery dealers, heavy equipment dealers, farm operations and other businesses that deal with diesel hydraulic equipment and repair.

Public Invited to Reading Celebrating Women's History Month

Members of the campus community as well as the local community are invited to the NMCC library on Thursday, March 26, at 12:00 noon to listen to readings from work by and about Native American and Maine women writers. Student readings will include works by Sarah Orne Jewett, Gladys Hasty Carroll, Ruth Moore, Edna St. Vincent Millay, Joy Harjo, Cathie Pelletier, Louise Eldrich, Carolyn Chute, Leslie Marmon Silko and others.

English instructor Jan Grieco will begin the hour long program with a brief overview of the contributions of women writers to the field of literature, with a focus on Maine and the Native American experience. This event is being held to commemorate Women's History Month.

KeyBank Supports Educational Outreach

Opportunities to access higher education in Aroostook County received a boost through a contribution by KeyBank NA to NMCC.

Regional leaders with Key Bank recently presented NMCC and NMCC Foundation officials with a \$5,000 gift to support the purchase of new distance education technology on campus. The donation represents this year's installment of a \$25,000 commitment to NMCC by the financial services company.

"Northern Maine Community College is a valuable asset to the community and KeyBank is proud to be able to support the College. NMCC offers programs that support KeyBank's efforts to promote financial literacy and Key's 'Back to Work Initiative'. It is important for us to give back to the community in which we work and live," said Steve Gagnon, senior vice president and business banking team leader for KeyBank. "We are confident that our investment will support NMCC and Aroostook County for many years into the future."



KeyBank regional leaders (left to right) Steven Gagnon and Cheri Doak present a \$5,000 contribution to NMCC and NMCC Foundation officials. Accepting the gift are (same order) Richard Engels, chair of the NMCC Foundation, Timothy Crowley, NMCC President, and Barry Ingraham, director of physical plant and technology. The officials are standing in front of the new videoconferencing unit acquired by the College recently.

The five-year KeyBank commitment to NMCC was made three years ago during the Campaign for the County's College. KeyBank's 2009 contribution provides funding for recently purchased video-conferencing equipment that will be used to deliver instruction to distant sites. The College recently acquired a mobile Tandberg Edge high definition video-conferencing unit that will greatly enhance the institution's ability to deliver courses originating on the Presque Isle campus to

other locations in Aroostook County and beyond.

"The new equipment, in conjunction with the video-conferencing infrastructure that has been purchased, will allow the College to deliver, receive and record academic courses and programs to multiple sites concurrently," said Barry Ingraham, NMCC director of physical plant and technology. "The unit can send dual streams of content such as video of instructor lecturing and a power point presentation at the same time. All content is able to be recorded, which then allows students to view missed lectures or review class material from anywhere at anytime. This greatly enhances the College's ability to deliver courses and programs to off campus locations."

NMCC currently delivers nursing courses using videoconferencing to Houlton and Calais and plans to broadcast those classes to the St. John Valley beginning this fall. In addition, the College is exploring use of distance education to offer its new wind power program to other parts

of the state. In the past, NMCC has accessed programs from other campuses using video-conferencing that would have otherwise not been offered in Aroostook County.

"Our efforts to reach out to residents of Aroostook County and to ensure access to high-quality affordable education are greatly enhanced with the addition of

this new technology. The support provided by KeyBank and the many businesses and organizations in the region has been instrumental in making this happen. We would simply not be able to invest in this much needed equipment during these economic times were it not for the generosity of private contributors. As a campus community we strive to be the best at what we do, and this support helps to ensure that margin of excellence," said NMCC President Timothy Crowley.



Corduroy the Bear, a popular children's book character, visited the NMCC library recently. He was joined by Sue McPherson, children's librarian at the Mark & Emily Turner Memorial Library, who read one of Corduroy's books to preschoolers from the Circle of Friends Daycare. After the story, the children enjoyed lollipops and hugs with Corduroy. The Mark & Emily Turner Memorial Library brought the book character to the area and partnered with NMCC for this event.

Challenge, from page 2

"Determining which kind of windows to buy, with keeping both spending money and the pay back period in mind, has a lot of variables to consider," said Libby. "The energy efficiency comes from using the proper materials and design that are applied to the certain climate in which the windows will be used."

As an affordable, "quick" fix, Libby also suggested the use of weather-stripping in Andrews Hall and the apartments to reduce heat loss.

College officials will further investigate Libby's proposal to determine which aspects of it can be implemented based on budget and other considerations. The proposals submitted by the other three student groups will also be evaluated to see if it is feasible to implement any parts of those proposed ideas. If the College is able to use any of the suggestions, the respective team members will each receive a tuition waiver for a three-credit course at the College in appreciation.

"A sincere quest to save energy and money for the college was demonstrated by each team's proposal," said Charles Kelley, NMCC electrical construction and maintenance instructor and one of the contest coordinators.

Toward Excellence

Upcoming Continuing Education offerings...

Microsoft PowerPoint

Easy to learn and fun to use, PowerPoint sets the standard by which all other presentation programs are measured. In this hands-on class, you'll learn how to create dazzling multimedia presentations for just about any audience. You'll be able to create and display slides filled with formatted text, video, audio, animation, special effects, charts, outlines, video clips, images, and links to the Web. You'll learn how to work with task panes and the clip organizer, and how to access the Design Gallery Live and Template Gallery Web sites to download clip art and templates for your presentations. You'll even be able to save your presentations in HTML so they can be shared with others over the Web.

CSA 651 ♦ Cost: \$79 – text additional ♦ .6 CEUs
Monday & Wednesday, April 6 & 8 ♦ 5:30 pm – 8:30 pm

Attention Businesses... Microsoft Project

Discover how to effectively plan, implement, and control projects using Microsoft Project. In this hands-on course, you will find out how to apply the world's most popular project management software to your needs. You'll convert lists and schedules into an integrated plan you can be proud of, and you'll see how Microsoft Project can walk you through any project by helping you organize details, sequence tasks, produce a baseline, assign resources and costs, track progress, identify and analyze variances, revise your project plan, create schedules, and share everything with your customers and coworkers.

CSA 770 ♦ Cost \$120 – text additional ♦ 1.2 CEUs
Mondays & Wednesdays, March 23 – April 1 ♦ 6:00 pm – 9:00 pm

We also offer customized courses to fit your business' schedule!

Global Positioning System

This course is designed to introduce you to the fundamentals of using your GPS (Global Positioning System) unit. Topics include what GPS is, how it works, how to most effectively use your GPS, how to put/take coordinates onto/from a Delorme Gazetteer map and USGS topo maps, making and taking waypoints, finding way-points, using tracking and routes, and learning about the different screens in your GPS. Expect to be outside for some of the course. Bring your GPS and a Delorme Gazetteer to class!

BNI 745 ♦ Cost: \$99 – no text ♦ .9 CEUs
Thursdays, March 19 – April 1 ♦ 6:00 pm – 9:00 pm

CRMA Certification

This 40-hour course is designed for individuals working in and responsible for administering medications in Residential Care Facilities. Participants will learn safe, accurate, and appropriate methods of administering medications as well as acceptable documentation techniques. Class enrollment is limited to 12 people.

HLT 705 ♦ Cost: \$350 ♦ 4.0 CEUs
Thursdays & Fridays, April 2 - 16 ♦ 8:00 am – 4:30 pm

Digital Photography for Seniors

Want to learn about digital cameras? You will learn about features of digital cameras, ways to shoot pictures and how to save these photos on your computer. You will also learn how to print photographs on your home printer and how to send photos to friends and family.

SEN 625 ♦ Cost: \$49 ♦ .6 CEUs
Tuesdays, April 7 & 14 ♦ 9:00 am – 12:00 pm



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