BUSINESS

The business students in BA212, Introduction to Selling, had two special guest speakers this mod: Barry DeFillip from Spectrum Reach (formerly Time Warner Cable) and Paul Dubuis from the Start 97.7 radio station in Ellsworth. Dubuis graduated in 1991 from Beal’s former Communication program.

Both speakers discussed their careers in media sales, giving our students a look into their potential futures.

CRIMINAL JUSTICE

The Community Policing class recently received a tour of the Penobscot Regional Communication Center in Bangor. Dispatch supervisor Betty Stone gave the students a fantastic presentation on what it is like to be a public safety dispatcher responsible for answering 911 calls and dispatching fire, police and ambulance crews as needed.

Emera Maine recently held an informational session regarding electricity safety. Many Conservation Law and Law Enforcement students attended the session that focused on safety issues that may be encountered while on patrol, such as downed powerlines and other dangerous electrical situations.

MEDICAL ASSISTING

One of the many skills the Medical Assisting students learn in MA111, their first clinical lab class, is how to measure vitals. Vitals include a person’s blood pressure, temperature, pulse and respiration. Students not only learn how to measure these vital signs; they also learn what the results mean and how those results affect a patient’s health.

One assignment the students have to complete in MA111 is a blood pressure brochure. For an example of that brochure, see pg. 5.

WELDING

Welding students recently completed the 30-hour “OSHA 30” safety training. Completing this training now prepares these students for the work force, and saves future employers the cost of training them. Another training is in the works for two more groups of students.

Twelve welding students just passed the AWS Structural Welding Certification Exam. The American Welding Society is known as the leader in certification programs for the welding industry across the globe.
1. Has your wife ever called you at work to ask where the remote control is?
   Yes.
2. How many pairs of shoes do you own?
   Oh my gosh, 10?
3. Have you ever built a snowman?
   Yes.
4. Do you want to build a snowman?
   HA! Not right now, it’s summer time!
5. Do you want to ride bikes around the halls?
   Sure, my co-worker and I used to race chairs down the hall!
6. Who is your favorite character from Star Wars?
   Oh goodness, ahhh, Vader!
7. What type of music do you like?
   Mostly rock.
8. Sunrise or sunset?
   Sunset.
9. Do you have any cool scars?
   *Looks sideways remorsefully* …no
10. If you could ask your future self one question what would it be?
    Do you ever open your own business?
Scholarship
A grant or payment made to support a student’s education, awarded on the basis of academic or other achievement.

12 best ways to find a college scholarship
http://clark.com/education/best-websites-resources-to-find-college/

Undergraduate Scholarships
undergraduate-scholarships/

Financial Aid for Older and Nontraditional Students
http://www.finaid.org/otheraid/nontraditional.phtml

Why Apply?

Not all scholarships are merit-based. Some are need-based, major-based, talent-based, luck-based and location-based. The list goes on. There are many great websites and resources out there to help you find these scholarships.

Doing the math puts applying for scholarships into perspective, said Janet Turner, director of financial aid at the University of Portland. "If a $200 scholarship application takes two hours to complete, and you actually win that scholarship, then that is equivalent to $100 per hour of your time," she said. “That’s a pretty good return.”

Keep in mind not all scholarships have an essay element. You can find this out by merely Googling “scholarships with no essays.” There are entire websites dedicated to listing scholarships that don’t require an essay.

When it comes to scholarships, there are billions of dollars available, according to Washington Post. Don’t let insecurity, time and a lack of writing skills stop you from winning some of that free money.

**Maine State Chamber of Commerce Scholarship**
http://www.mesfoundation.org

Applicant must be a Maine resident who is an undergraduate student pursuing a major in a business-related area. Selection is based upon academic ability, extracurricular activities, and financial need. Essay and letters of recommendation required. Preference will be granted to applicants attending a Maine college or university.

**Maine Metal Products Association Scholarship**
http://www.mainemfg.org

Applicant must be a resident of Maine who is attending a Maine school of higher education with an outstanding record and the overall potential to attend an institution of higher learning, majoring in machine trades or related metal working areas. Recipient must re-apply each year.

Study areas: CADCAM for metals industry, machine tool technology, mechanical engineering, sheet metal fabrication, welding

**Mitchell Scholarship**
http://mitchellinstitute.org/

Applicant must be a legal resident of Maine who plans to attend a two- or four-year degree program at an accredited college or university and must be a graduating senior from a public high school in Maine. Selection is based on academic promise, community impact and financial need.

Don’t forget to check with your high school guidance office or school district foundation and Town Office for local scholarships available!
ABOUT HYPERTENSION:

- It typically has no symptoms.
- It speeds up the blocking of arteries which can lead to damage in the:
  
  Heart—Leads to heart attacks.
  
  Brain—Leads to strokes.
  
  Kidneys—Leads to kidney disease and dialysis.
  
  Eyes—Leads to eye issues and blindness.

WHO IS LIKELY TO HAVE HYPERTENSION?

Men and women who have a family history of hypertension have an increased risk, also those who:

- Smoke
- Don’t get enough physical activity
- Consume too much fat and salt
- Drink too much alcohol
- Are overweight
24 years later: One graduate’s story

By Tasha Sullivan

Whether students come to Beal College knowing what they want to accomplish in their career or need help in finding their path, they graduate ready to go to work and do great things.

I recently met with a Beal College Alum who graduated in 1993 from the Medical Assisting program. Anne-Marie Gray was a displaced worker in need of a career. She came to Beal College with the desire to help people and in two years had earned not only her Associate’s Degree but her AAMA Certification as well.

Anne-Marie went to work right after graduation as a medical assistant for Dr. Tan, a Bangor pediatrician. Later she worked for Norumbega Family Medicine and then for Northeast Neurosurgery.

Anne-Marie’s desire to help people led to her next adventure as the lead Allied Health instructor for Northeast Technical Institute. There she trained medical office professionals, and used her knowledge and skills obtained at Beal College to lead many successful students into rewarding careers in the medical field. During that time she also achieved her Certified Professional Coder (CPC), which later led her on yet another adventure in the medical field.

Today Anne-Marie is a medical coder for St Joseph’s Hospital. She recently bought a new home, is the mother of two amazing young men and is living a lifestyle that the investment in her education at Beal College afforded her.

Food for Thought
By: Garrett McEwen

As most people know, humans are approximately 70 percent water. Drinking water actually does a couple of things for you. One, it dilates your veins and arteries, increasing blood circulation. This is important because it helps prevent headaches caused by dehydration during hot days in the summer. And, second, a fun point people often forget, water is H2O: two parts hydrogen and one part oxygen. Drinking more water increases your oxygen levels. If you are outside on a hot day, working out in a gym or living with asthma, drinking water will add more oxygen to your system. This will help prevent fatigue caused by lack of oxygen in the body, and in short help make it a little easier to breathe. So, during the hot days of summer, remember to stay hydrated and drink plenty of water.
Mental Health First Aid Seminar
By Jessica Davis

This daylong seminar held by NAMI was an amazing opportunity for all to get a grasp of how to provide immediate care and attention to those suffering with poor mental health. I am a first year nursing student and attended the workshop because I thought it would be a great lesson on engaging with those going through psychosis, suicidal ideations and other issues. The seminar was full of knowledge and factual information along with a few exercises to test and reinforce that knowledge. The instructor was very passionate about the topic and although it is no laughing matter she did maintain a happy voice and shared some stories! Overall this seminar was very beneficial, especially for my career as a nurse.

What is a Mental Health First Aid Seminar?
By Nickie McBreairty Youth Mental Health Coordinator

Youth Mental Health First Aid is designed to teach neighbors, teachers, parents, peers and caring citizens how to help a youth or teen (age 12-18) who is experiencing a mental health or substance use challenge or is in crisis. Topics covered in the manual include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD) and eating disorders. The course introduces common mental health challenges for youth, reviews typical adolescent development and teaches a five-step action plan for helping young people in both crisis and non-crisis situations.

http://www.namimaine.org/
The FUSION Wellness Fair

The FUSION Wellness Fair was an opportunity to see different options available to the community concerning wellness. Impromptu and informal, you could stop at the tables that were of interest and enjoy a selection of healthy food and smoothies from Fork & Spoon.

Everyone that attended had a great time!

FUSION looks forward to holding this event at Beal College again next year.

**Participating businesses included:**

- Back in Balance Wellness Center
- Bangor Prenatal Yoga
- BANGOR YMCA
- Central Maine Derby
- Community Health Options
dōTERRA wellness consultant
- Eastern Maine Medical Center
- EMMC Sports Medicine
- Healy Chiropractic, LLC
- In The Village Farm and Garden
- LA Training
- Lyme Specialist
- MOVE
- PCHC
- Performance Physical Therapy
- Plexus World Wide
- QNRT Specialist
- Relentless Strength Training
- Sam's Club
- Sunshine's Zumba Fitness
- The Green Gem
- Tiller & Rye
- Titan Athletics
- UBE Physical Therapy and Performance
- Wilcox Wellness & Fitness
Awards

Student-Voted Instructor of the Quarter
Kevin Meany

Student Of The MOD
Darren Gilbert

Perfect Attendance Award
Robert Daigle
## Awards

### MOD 5, 2017

**PERFECT ATTENDANCE**

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Mock Interviews with Angelica Laurenovics of Manpower

Tuesday, Aug. 15, 1—4 p.m.
at Beal College

Contact Steve Villett, svillett@bealcollege.edu, to schedule an appointment

Maine OXY Golf Tournament

Saturday, August 12, 2017
8A.M– 2P.M.

Heidi Riggs Heidi@campcapella.org

Beal College now has an online job board!

http://jobs.bealcollege.edu

Browse jobs and post your resume so employers can find you!

Beal College Medical Assisting Group presents:

Egg-aBALLOo!!

What: Students, faculty, alumni, & family may either throw an egg/s or a water balloon/s at one of our courageous participants or just make a donation!!

When: Tuesday, July 18th, 2017 @ Noon

Where: Beal College Parking lot

Why: Raise $$$ for the Bangor Humane Society & MA student group!!

How: Eggs are $1/each or $10/dozen ... Water balloons are $1/each or $8 for 10 balloons. You may purchase/donate through any MA student group officer or at the event (if you would like a dozen or more we please ask that you please pre-purchase.) Any donation welcomed!

*There will be sign-up sheets in the school along with a list of participants that are subject to change up until the day of the event.

MA Officers: Nathan Baber, Katie Littlefield, Samantha Laughner, Heather Drosy
Nursing Open House
Friday 7/28 3-5pm
And Saturday 7/29 9-11am
Register online at bealcollege.edu

Your Event Here!
Contact Michelle Beal with anything you’d like to see included!

tmbel@bealcollege.edu
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The end of MOD 5, June 22, 2017, marked the end of an era as it was beloved instructor Russ (Russel) Dubios’s last day working as an instructor for Beal College. The staff, faculty and students at Beal came together to create a flash mob for Russ as he left Beal College for the last time. Russ DuBois, MA, LADC, CCS, MHRT III, MAC, has worked in the human services/substance abuse field since 1980. Russ holds a Bachelor of Arts and a Master’s degree in counseling psychology from Norwich University. He has been a licensed alcohol and drug counselor (LADC) since 1985, mental health rehabilitation technician III (MHRT III) since 2000, master addiction counselor certification (MAC) since 2000, certified as an instructor for the unimpaired program since 2001, certified clinical supervisor (CCS) since 2004, a member of the Maine Gambling Addiction Network since 2010, and Driver Education Evaluation Program provider since 2011. Russ is also affiliated with NAADAC: The Association for Addiction Professional (1991) and American Substance Abuse Professionals since 2003.

Russ has been with Beal College since January of 2011 teaching human services assisting classes as well as substance abuse counseling and general education classes. Russ was a wonderful and interesting addition to the Beal College Faculty and will be greatly missed.
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pinterest.com/bealcollege