
Poet and Artist Jake Pilsbury

Jake is a self-taught aspiring artist who is enrolled in the entrepreneur program at WCCC. Jake is also taking his second philosophy class with MIT. He is designing logos and graphics for the MIT Prison Education Initiative group. Jake is a creative soul who enjoys anything to express that creativity. Music, poetry, drawing, tattooing, or creating custom projects are some of his favorite things to do. Jake hopes to own his own tattoo shop one day, as well as becoming a freelance graphic designer. Jake has a passion for art because it gives him an opportunity to express himself through a canvas. He hopes his passion inspires other artists to pursue their artistic dreams someday.



Jake Pilsbury, Entrepreneurship

Sorrows Alluring Artistry...

*My pock marked paws clutch the paints or my
soul's sorrow.*

*These utensils craft such vivid masterpieces on
this easel of life.*

*The mysterious misery inspires these colorful
compositions.*

Which remains unseen to the eye of the admirer.

*Can something so glorious be shaped by an
abundance of gloom.
Preferably so.....*

For despair holds such raw emotional power

*Art is the disguise which conceals my crestfallen
cause.*

*I hold a remarkable aptitude for the alluring pieces
I produce with a creative existence within*

*Although the outward appearance holds immense
beauty the motivations inside carry extensive
misery.*

*Art is the oil and sorrow the gasoline that keeps
my soul's generator running smoothly.*

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Timeless Battles...

This magnificent offering within the cosmos I call life
holds such extraordinary splendor.

I am one of the cherished granules of sand within
this fragile hourglass of life and its precious moments
within determine my destiny.

Time is such a valued Gem that shimmers within the
universe.

It often evaporates at the speed of light; I call it the
speed of life.

The tricky demons within this journey attempt to rob
us of our time and devour the fatigued souls of the
cowardice.

I rise up dignified as an indestructible soldier within
this grueling battle of life.

I am worthy of a blissful existence inside this
stratosphere, misery has made many attempts to
snatch my divine spirit.

However, I strive to become a master to withstand
these vile schemes laid upon me

Affliction can no longer pierce my Steele plated spirit
I have conquered my tribulations and transformed
them into aspirations.

I breathe confidence and bleed style, precious
moments become priceless within this journey.

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Congratulations Marjorie!

Congratulations to the Winner of the candy hearts guessing game. There are 692 hearts in the jar. Marjorie had the closest guess at 540.



Marjorie Baron
Human Services

TRIO Membership Drive: Join us!

This month TRIO SSS is having a membership drive. Any student who applies and completes the intake process to become a TRIO member will receive a *Welcome* package:

- TRIO T-shirt with logo
- Flash drive for document storage

Apply here: <https://www.wccc.me.edu/wp-content/uploads/Application-for-TRIO-SSS-1.pdf>

Questions about TRIO? Contact Nicole Nygren, TRIO Director, nnygren@wccc.me.edu, 207.454.1062

TRIO Student Mid-Term Recognition

Each semester WCCC instructors send congratulations to students who are excelling in their courses; TRIO would like to join in congratulating the following TRIO members.

- Nicholas Boulette**
Business Management & Entrepreneurship
- Danielle DelBiondo**, *Phlebotomy*
- Quigley Douglas**
Business Management & Entrepreneurship
- Brandi Ebbeson**, *Human Services*
- Nicholas Gagner**, *Computer Technology*
- Jill Hayman**, *Liberal Studies*
- Ruby Hoyt**, *Liberal Studies*
- Courtney Kake**, *Human Services*
- Michael Lacoote**, *Conservation Law*
- Mason Langer**
Adventure Recreation and Tourism
- Aaron Lank Jr.**
Mechanical Technology, HEM
- Kimberly Leblanc**, *Conservation Law*
- Joshua Liddic**, *Liberal Studies*
- Laurel McGaw**, *Early Childhood Education*
- Mary Mitchell**
Human Services & Criminal Justice
- William Perry**, *Conservation Law*
- Jake Pilsbury**, *Entrepreneurship*
- Jan Ramos-Arroyo**, *Criminal Justice*
- Harley Sanford**
Medical Assisting & Phlebotomy
- Amanda Seavey**, *Early Childhood Education*
- Wendy Smith**
Medical Assisting & Medical Office Technology
- Leigh-Ann Voisine**, *Liberal Studies*
- Kevin Williams**, *Heating Technology*
- Ashley Yardley**, *Human Services*

Congratulations TRIO Students
You make us proud!

March Workshops – Career Readiness

Resume Readiness (please see on *TRIO Brightspace*)
Spruce up your resume or create one from scratch! Get it ready to use for your job applications.

For Resume Assistance:

- 1) Log on to *TRIO Brightspace* at your convenience and view the resources provided, then:
- 2) Schedule a private 1:1 session with Nicole at your convenience.
- 3) Email nnygren@wccc.me.edu with your current resume attached to have it reviewed.

March 8th–12th

Step into your Career with Confidence

Do you ever feel overwhelmed when you think about your career? Searching for a job, entering a new career field, writing cover letters, and interviewing can be nerve wracking. Join one, or more, of these sessions to prepare yourself with the skills you will need to land your next job.

Options for participation:

- 1) Join Monday-Friday from 2pm - 3pm. Zoom link: <https://zoom.us/j/97174136130>
- 2) Schedule a private 1:1 session at your convenience.

April - Financial Literacy

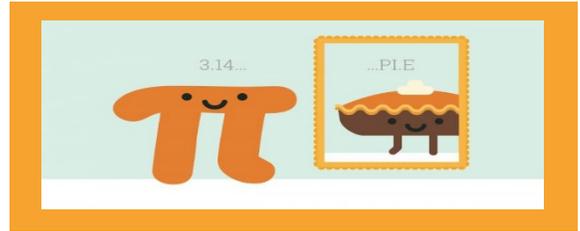
All month during April on Brightspace: Finances impact all of us, no matter our situation. Taxes, FAFSA, student loan repayment, saving for retirement, budgeting – find information to guide you through making wise financial decisions at whichever step you find yourself.

How to participate:

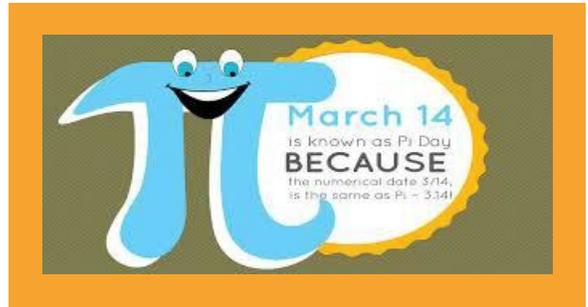
- 1) Log into TRIO's Brightspace course.
- 2) Find the Financial Literacy Module
- 3) Browse at your leisure; use the discussion forum to ask questions or share your helpful insights.

Transfer Presentations Schedule on the next page

Join TRIO in Celebrating Pi Day



Help us create a Pie Cookbook!



How?

Submit your favorite recipe by **March 14th** to be entered to win a pie from Helen's Restaurant!

Where?

Entries can be submitted using the TRIO Brightspace page or by emailing them to esullivan@wccc.me.edu



Celebrate Women's History Month

watch

RBG

Supreme Court Justice Ruth Bader Ginsberg

Her life, career, and commitment to equality

6:00 p.m. March 24th

ZOOM: <https://zoom.us/j/97980289151>

ARE YOU INTERESTED IN TRANSFER?

The Transfer Counselor can help you with:

- Career counseling
- Program and college search
- Academic advising to maximize transfer credit
- Completing college applications and documents
- Advising on and editing college essays
- Dual advising with transfer representatives
- Contact Pam at pfeeney@wccc.me.edu

Spring Transfer Presentations

University of Maine

Karyn Soltis-Habeck

karyn.soltis@maine.edu

Tuesday, March 9, 11:00 a.m.

Zoom: [click below](#)

<https://zoom.us/j/91957119916>





University of Maine Fort Kent

Davis Cyr, davis.cyr@maine.edu

Tuesday, March 23 at 11:00 a.m.

Zoom: [click below](#)

<https://zoom.us/j/93574960363>

University of Southern Maine

Chris Fox, cwfox@maine.edu

Thursday, March 25, 11:00 a.m.

Zoom: [click below](#)

<https://zoom.us/j/98269030131>





Husson University

Stephanie Cadwell Fazzino

cadwells@husson.edu

Thursday, April 1, 11:00 a.m.

Zoom: [click below](#)

<https://zoom.us/j/99966190031>

All Transfer Presentations will be posted on TRIO Brightspace. After spring break, look for the Fall Transfer Fair (with 9 colleges) and the MMA Transfer Presentations.

LEARNING RESOURCES FOR STUDENTS

Live Weekly Tutoring, Monday-Friday

English/Humanities/Social Science

Contact Pam pfeeney@wccc.me.edu

Math

Contact Linda lshattuck@wccc.me.edu

For all other subjects

Contact Nicole nnygren@wccc.me.edu

Brainfuse 24/7 Online Tutoring

Log into Brightspace.

Enter the Study Center course.

Click the Content tab.

Open the Brainfuse module.

Click the link.

Select your topic and subject.

Connect!



FREE 24/7 Tutoring

New! Virtual Study Hall

What: Daily Study Hall for all WCCC Students

When: NOON! 12:00 - 1:00 p.m. Mondays – Fridays

Where: Zoom: <https://zoom.us/j/2074541064>

Study Hall Schedule

Mondays, Liz ~ Tuesdays, Nicole

Wednesdays/Thursdays, Pam

Fridays, Linda

Log on daily when school is in session to ask questions, get academic help, or set up tutoring appointments.

Enjoy Spring Break!

March 15th ~ March 19th

Saturday March 20th

is the first day of spring



Read about seven extraordinary women below ...

Shirley Chisholm (1924-2005)



"I want to be remembered as a woman who dared to be a catalyst of change."

"Shirley Anita St. Hill Chisholm was the first African American woman in Congress (1968) and the first woman and African American to seek the nomination for president of the United States from one of the two major political parties (1972). Her motto and title of her autobiography—*Unbossed and Unbought*—illustrates her outspoken advocacy for women and minorities during her seven terms in the U.S. House of Representatives.

Discrimination followed Chisholm's quest for the 1972 Democratic Party presidential nomination. She was blocked from participating in televised primary debates, and after taking legal action, was permitted to make just one speech. Still, students, women, and minorities followed the "Chisholm Trail." She entered 12 primaries and garnered 152 of the delegates' votes (10% of the total) ...

Chisholm retired from Congress in 1983. She taught at Mount Holyoke College and co-founded the National Political Congress of Black Women" (Michals, 2015, <https://www.womenshistory.org/education-resources/biographies/shirley-chisholm>).

Honoring Kekehtahsuwiw

"We are matriarchal people. That is who we have been for thousands of years. The fact that women's role has been diminished over the last 500 years is not our way ... we need to ... respect our women, believe in our women, and take care of our women. We are the ones who have been entrusted as givers of life ... Remember that we are matriarchal people."



"Women are still the leading force ... it's set in our DNA. Women were the givers of life, we nurtured the children, and today, we're really still pushing to make our people complete again. We're the caregivers – if there's going to be healing, we're the ones to do it ... We've been given a very special gift ... with community members voicing concerns, I take a look around, and I always see more women."



(https://www.abbemuseum.org/blog/2015/03/honoring-kekehtahsuwiw-it-heals-during_31.html).

Candy Torres, NASA Engineer



"In 1984, Torres moved to Houston to work on software for the Space Shuttle flight controllers ... Her projects included creating a long-term space habitation database and other computerization projects. Torres had no illusions about what she achieved.

'I'd got to Building 1 where I had my office, and on the door was a metal [plaque] with the NASA logo engraved on it ... I would caress it ... because I knew what it had taken for me to get there ...' Torres ... became a flight controller for the International Space Station, the most ambitious ... multinational effort in history ...

<http://usldhrecovery.uh.edu/exhibits/show/candytorrestech/orican/page4>."

"Torres, the 57-year-old daughter of Puerto Rican immigrants ... studied astrophysics at Rutgers, worked on experimental satellite research at Princeton and developed next-generation software for the shuttle program.

She came of age with ... the original "Star Trek" television series. 'I thought about the future a lot ... because I recognized that the present and the past weren't very happy places for people ... to me, the future was always going to be better ... as a Puerto Rican, I really connected with the diversity of the Enterprise's crew, that vision of a utopian, multi-ethnic future" (<http://edition.cnn.com/2011/IREPORT/07/06/torres.shuttle.irpt/index.html>).

Cecilia Chung Transgender Rights Activist

"Cecilia Chung has tirelessly advocated for transgender rights for more than 20 years, first in San Francisco, and later, nationwide. As an Asian transgender woman living with HIV, she's spent her life fighting to end discrimination, stigma and violence across marginalized communities, first as the former chair of the San Francisco Human Rights Commission and then on the Presidential Advisory Council on HIV/AIDS.

'When I was coming into the movement, transgender people were dying left and right – not just because of violence, but because of what we later found out was HIV ... We weren't just fighting for our rights we were fighting for our lives by demanding treatment and more research. We were also demanding to be seen as human beings.'



"Still fighting today, Chung works at the Transgender Law Center and directs Positively Trans, a project that uses research, policy advocacy and narrative to address the systematic inequalities that lead to poor health and high rates of HIV/AIDS in the transgender community" (https://www.huffpost.com/entry/asian-americans-womens-history-month_5c8699b9e4b0d936162a9eac).

Transgender Resources:

Positively Trans

<https://transgenderlawcenter.org/programs/positively-trans>

GLAAD

<https://www.glaad.org/transgender/resources>

How to talk (and listen) to transgender people

<https://www.youtube.com/watch?v=HbQZ7jAvqol>

Mary Walker (1832-1919)



"The only woman to ever be awarded the Congressional Medal of Honor was best known during her life as a feminist, abolitionist, surgeon ... and the woman who insisted on wearing pants! Mary Edwards Walker was one of America's first female doctors, and eschewed the heavy dresses expected of women, writing that 'The greatest sorrows from which women suffer to-day are those physical, moral, and mental ones, that are caused by their unhygienic manner of dressing!' Instead, her preferred garb was trousers under a knee-length jacket or dress.

When the Civil War broke out, she quickly volunteered to provide medical care for the Union army. At first, she was only permitted to work as a nurse, but by 1863 she was officially contracted as a civilian surgeon — one who frequently crossed battle lines to assist the wounded, and who regularly treated civilians. She was captured by Confederate forces in 1864 and accused of being a spy, but later was freed as part of a prisoner exchange.

President Andrew Johnson awarded her with the Medal of Honor in 1865. In her later life, she went on to argue for women's suffrage -- and for a cause close to her heart, dress reform" (<https://www.amightygirl.com/blog?p=11974>).



Ann Curry, American Journalist

Ann Curry has been a report for more than 30 years, focusing on human suffering in war zones and natural disasters. She has reported from the wars in Kosovo, Iraq, Syria, Lebanon, Israel, Afghanistan, Darfur, Congo, and the Central African Republic, and covered numerous disasters, including the Indian Ocean tsunami of 2004 and the earthquake in Haiti, 2010; her Twitter appeal is credited for helping speed the arrival of humanitarian planes.

Curry became the national and international correspondent-anchor for NBC News and the anchor at large for the Today Show after serving as the anchor for Dateline NBC. She left NBC and founded her own multi-platform media startup and continues to provide major news interview on network television.



Ann Curry was born in Guam to a Japanese mother and American father of Irish and German descent who served in the U.S. Navy. She lived in Japan as a child and completed a BA in Journalism from the University of Oregon in 1978. Starting as an intern, she became the first female reporter at KTVL and moved to NBC where she became an anchor. She moved on to Los Angeles and received two Emmy Awards for her reporting. Her career blossomed from there (https://en.wikipedia.org/wiki/Ann_Curry).

