

# Penobscot Job Corps Academy

## Our Mission

We exist to serve the greater community by providing young people a safe and healthy environment to live, grow, and become productive citizens.

Through individualized training, quality staffing, and innovative programming, our students gain knowledge, employability skills, and confidence to enter the work force.

Opportunities are created and barriers overcome in a Core Values driven culture where Commitment, Integrity, Safety, Growth, Accountability and Respect are the ideals.

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Penobscot students and staff plant trees to commemorate the 40th anniversary of Earth Day and kick off the Earth Day Every Day campaign. (Story and more photos can be found on pages 4-5.)



## Something's cooking

### PJCA rolls out new Advanced Baking program

Something new is cooking at the Penobscot Job Corps that will help prepare graduates for careers at the finest restaurants and resorts.

Fresh out of the oven is the new Advanced Baking and Pastry Arts program — a high-end secondary training initiative for Job Corps Culinary Arts graduates interested in specializing in this field of expertise.

“It’s a way for committed students to take their culinary talents to the next level,” said Eric York, PJCA Vocational Manager.

“Many times, Job Corps Culinary Arts graduates aren’t sure where they want to go with their degree after they graduate,” York added. “This will give them a specific direction to expand and specialize their skills and an

*continued on pages 2*

## ‘She speaks their language’

### Students have a friend in new college coach

How do you convince young people who have never thought of going to college and who have never seen anyone in their family go to college that it’s the place for them? All Jennifer Anderson has to do is tell her life story.

“I was once one of them,” says Anderson, a Penobscot Job Corps graduate and the Academy’s new college coach. “Someone who didn’t do well in high school? ... that was totally me. Someone who never dreamed of going to college or doing anything productive in my life? ... guilty as charged. But like them, I came to Job Corps ready to make a change and so too will our new students.”

The new college coach position is *continued on page 2*

## The sky's the limit!



PJCA Academy Director, Chris Kuhn, congratulates Cyndie Flowers, one of 41 students to attend graduation ceremonies in May. (Graduation story on page 3; Flower’s story page 7.)

**DRIVEN  
BY OUR  
CORE  
VALUES  
FOR  
SUCCESS**

**Individual  
Accountability**

**Growth**

**Safety**

**Commitment**

**Integrity**

**Respect**

*The Penobscot Job Corps Academy is proudly operated by:*

**Career Systems  
Development  
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Department of  
Labor**



## ... college coach

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partially funded through a grant from the University of Maine at Orono, where Anderson is now a junior studying for a degree in Secondary Education. As a PJCA graduate and UMO student, Anderson was perfect for the position because “she can speak our students’ language,” said Job Corps Advanced Career Training (ACT) Coordinator, Stacie Peterson.

“She’s been there and she’s done what they’ve done,” Peterson explained. “When they say they can’t do it, all they have to do is look to her and she can’t help but change their minds.”

The new college coach is an outgrowth of PJCA’s “Getting Your Act Together” campaign. The campaign encourages trade completers to continue their education in Advanced Job Corps training programs or in college so they can compete in today’s difficult job market.

As college coach, Anderson has developed a new curriculum to do just that. Classes are offered twice a week to both brand new Job Corps enrollees and those finishing up their training and getting ready to leave the PJCA campus.

The classes are an “A-Z list” on how to prepare for college from picking a major and a school to learning to study and



Jennifer Anderson

securing financial aid. She also takes students on UMO college campus tours and to special events to get them familiar with the college atmosphere “so it’s not so scary to them when the time comes,” she said. ■

*Congratulations to Trudy Darling of the Bangor American Red Cross chapter, who was honored by the Penobscot Job Corps Academy this year with a Regional Industry Advisory Board (RIAB) Award for being a superior community partner in the health industry.*



## ... Advanced Baking/Pastry

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opportunity to earn a better income.”

The first training session in Advanced Baking and Pastry Arts kicks off at PJCA this summer. The program will accommodate up to 10 students per class and run in two sessions — one in January and one in July.

The program will offer completers a variety of professional certifications by the American Culinary Federation and prepare students for the Junior Culinary Pastry Chef exam. The advanced program is open to Culinary Arts graduates from the 20 centers in Job Corps Region I.

In the program, students will explore new career opportunities as they learn more advanced culinary techniques and preparations such as cookie and pie doughs, sponge cakes, hearth breads, flat breads and chocolate desserts. They study a variety of baking processes as they learn how to prepare standard bakery products such as cookies, muffins, basic yeast doughs, mixes and bases and seasonal baking. They also learn advanced baking as they create French pastry: petit fours, meringues and pate a choux as well as Danish pastry, croissants, brioche and wedding cakes.

York said the Academy is pleased to be offering this advanced course as the entry-level Culinary Arts program has always been a very popular and successful trade at Penobscot with up to 45 students enrolled at any given time.

“This just raises the bar for our culinary training,” York said. “Any time you bring that higher level program on board you certainly change the culture of your center. That motivates all of our students to strive to do even better.” ■



## Academy upgrades Career Readiness training

**P**JCA students are experiencing changes in their Career Transition Readiness (CTR) training that will better prepare them for success in the work force.

In the past, new students enrolling in Job Corps would focus on their academic and vocational training skills first, then spend the final 30-60 days on campus putting together a resume, honing their job interview skills and essentially doing all the things they need to land that first job.

But today, with some revamping of the CTR curriculum, the empha-

sis is shifting. No longer are students waiting until the end of their Job Corps stay to receive CTR training; it's something they will do from the start.

"The expectations are changing," said CTR Coordinator Heidi Wright, "where the resume is no longer that last step. Now, students will prepare a draft resume first, and it will be something that grows and changes with them as they accomplish their goals. This way, they will be continuing adding to it and hopefully taking more ownership for what they do."

In addition to the resume building portion of CTR, PCJA students will work more throughout their Job Corps training on job interviewing skills and making public presentations. They will also spend more time developing their "employability skills" — the soft skills critical to landing and keeping a job.

"It's those 'soft skills' employers always ask us for," Wright explained, "like, 'Do you get to work on time?' 'Are you accountable?' 'Do you dress for success?' and 'Do you get along well with other people?' Those are the readiness skills we want our graduates to possess so they can be successful in their careers and in life." ■

## Congratulations to our spring graduates!



(Above) PJCA spring graduates proudly gather for a class picture. (Below) graduates and their families are all smiles at a pre-commencement breakfast.



*41 PJCA students participated in May graduation ceremonies.*



CNA graduate, Leashae Cunningham (right), returned to campus as May's commencement speaker. Since leaving PJCA she has graduated from Job Corps' Advanced LPN training program (valedictorian of her class) and is studying to become an RN. Joining her is PJCA Counselor, Sandra Weirs-Haggerty (center) and Anna Lawn, her now retired former CNA instructor, who returned to campus to introduce Leashae as speaker.



Job Corps' Earth Day Every Day campaign encourages students and staff to adopt green practices that will last a lifetime. A massive cleanup effort commemorated the 40th anniversary of Earth Day in April.



PJCA held a tree planting ceremony as part of the Earth Day Every Day campaign kickoff. One tree was planted to commemorate the event and a second was planted to celebrate the 30th anniversary of the Academy.

## Celebrating Earth Day Every Day ...

As part of the 40<sup>th</sup> anniversary of Earth Day, PJCA held a week-long April campaign encouraging students and staff to adopt green practices for a lifetime. *Earth Day Every Day* included a variety of events and activities (some pictured here) aimed at making the world a better place to live.

- **Global Days of Service:** PJCA volunteers worked on community cleanup/beautification.
- **What's Your Green Style?** Students expressed their own ideas about Earth Day Every Day through poetry, essays, song and posters.
- **Recycle Mania!** Students were challenged to see how much they could recycle on campus.
- **Go Green Fair.** PJCA hosted a Go Green Fair and farmer's market.
- **Photo Scavenger Hunt.** Students were challenged to search the campus for environmental-friendly items and photograph them.
- **How Much Energy Are You Using?** Students conducted energy audits around campus.
- **Outdoor Celebration.** PJCA held a tree planting ceremony and invited students to create and decorate their own personal campus garden stones. ■



(Above and below) PCJA students expressed their own ideas about Earth Day Every Day through creative poetry, essays, songs, posters and other artwork creations. Their work was displayed prominently on campus.





As part of a special Earth Day Every Day project this spring, PJCA students and staff worked together to refurbish various benches and trash receptacles across the campus.



(Above and below) PJCA students hang green ribbons on the trees across campus to commemorate the Earth Day Every Day event — signifying their commitment to be “earth friendly.”



(Photo left) PJCA students were invited to create and decorate their own personal garden stones to beautify the Academy as part of the Earth Day Every Day campaign.



Students went around campus and conducted their own energy audits finding ways to make the Academy more energy efficient.



PJCA students and staff gather in unison during the Earth Day Every Day campaign kickoff to show their commitment to being stewards of the environment.

A friend to the environment

# PJCA volunteers clean and stencil storm drains in the City of Brewer

**N**early 30 Penobscot Job Corps students and staff volunteered to assist the City of Brewer, Maine, at its annual spring storm drain cleanup and stenciling program.

The cleanup crew included four teams of PJCA volunteers, under the direction of TEAP Specialist, Joseph Farese, and members of the Student Government Association.

During the cleanup effort — part of Global Youth Service Day — students met with area residents to explain the importance of the storm drains and the potential for pollution from the roadways and lawns.

The water that enters these storm drains does not get treated and goes directly into the rivers. The goal was to educate the public on the effects that pollutants — such as pet waste, lawn chemicals and fertilizers — have on the environment once they end up in the rivers and streams.

After cleaning debris away, each storm drain received a stencil of either a duck and/or a fish to clearly demonstrate the reasons to avoid dumping pollutants into the roadways.

There are 1,100 storm drains that needed to be cleaned in Brewer and the PJCA crews were able to clean and stencil more than 300 storm drains on one afternoon. The ultimate goal of PJCA is to return to Brewer and clean and stencil all of the storm drains over the course of the next year.

In addition to the storm drain project, PJCA participated in two other community service initiatives this spring — volunteering at the City of Brewer river cleanup and cleaning up after the City of Bangor’s annual Kenduskeag Stream Canoe Race. ■



Some 30 PJCA students and staff volunteered to help the City of Brewer, Maine, clean and stencil storm drains this spring, as well as educate the public about the harmful effects of pollutants on area rivers and streams.



PJCA students are honored with certificates for their volunteer cleanup efforts.

## Move to Maine provides fresh start for CNA/Business grad

### *Cydnie Flowers blooms at Penobscot Academy*

**H**anging around in her hometown after high school, Cydnie Flowers had little opportunity to grow. It was when she made the decision to pack up and enroll at the Penobscot Job Corps that she began to bloom into a successful adult.

“There’s no doubt I needed a fresh start,” says the 21-year-old student from New Jersey. “I needed a change of scenery where no one knew about the mistakes I’ve made in life. Maine was that place for me.”

Before Job Corps, Cydnie enrolled at the University of Maryland for three semesters but ended up dropping out without a degree. “I had some problems there and I couldn’t go back,” she explains. “That wasn’t the best situation between me and my family.”

She later moved to Texas and was going to get married but that didn’t work out either. So she returned to New Jersey but couldn’t find a job. Her life was frustrating to say the least. Then her father found out about Job Corps and Cydnie decided to give it a try.

She first enrolled in Business and enjoyed the program and its “work at your own pace” format. But the health care profession was really what interested her as a career.

“It sort of runs in my family,” she says. “I have an uncle who was a surgeon and many other relatives are nurses. I always wanted to get into the field but didn’t think I could do it. But I gave it



*Cydnie Flowers, Business & CNA graduate*

my all and ended up finishing at the top of my class.”

In less than two years she had completed the Business and the Certified Nursing Assistant programs at PJCA and officially graduated in May. She

was also very active outside of class being elected by her peers to numerous posts on the Student Government Association including President. Off campus she volunteered at many community functions and blood drives.

Her goal now is to apply for entrance into the highly competitive Job Corps’ Advanced LPN Training Program in Cassadaga, New York.

“I want to get into nursing because I enjoy helping people,” she says.

As for Job Corps, the program helped her grow and become the person she is today.

“It’s been so helpful to me,” Cydnie says. “Job Corps forces you to let go of your childish attitudes and really become an adult. You realize you have to start being responsible and accountable for things. There are always people willing to help you but the success part is on you.” ■

**Celebrating  
Success**

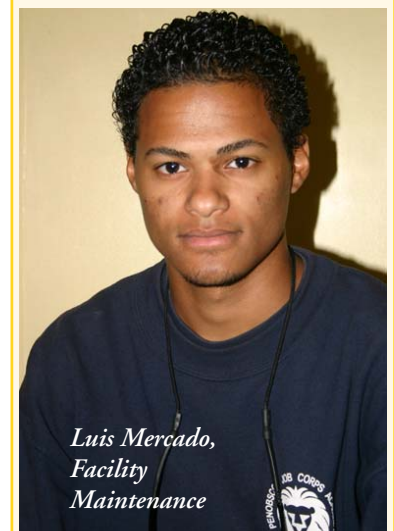
## Reading help leads Job Corps grad to find success in life

**A**s a bilingual student fluent in English and Spanish, Luis Mercado has an advantage landing a job in today’s workplace. But there was just one problem. Luis had trouble reading.

“I dropped out of high school because I was so frustrated I couldn’t handle it any more,” says the 21-year-old Facility Maintenance graduate from Manhattan.

But at the Penobscot Academy, Luis got the help he needed to earn his GED.

“Before I came here I hated reading,” he says. “But my Job Corps instructors were great. They helped me become goal-oriented and pushed me to success. Now I’m ready for a new life.” ■



*Luis Mercado,  
Facility  
Maintenance*

# Penobscot Academy congratulates our Spring, 2010 student program and GED completers

**P**enobscot Job Corps is pleased to announce the following student successes for Spring, 2010:

## March/April/May CTT Completers

### **Business**

Dominick Wood, Heagan Husek and Tessa Richards.

### **Certified Nursing Assistant**

LaToya Credle, Marc Malinowski, Kimberly Frost, Shiane Clements, Travis Wickens, Nicole Mitchell, Tanzania Barr, Jackie Cruz, Amanda Crane, Amanda Hayes, Anjelica Davenport, Kasondra Emercon, Kassandra Doble, Justin Michaud, Alexandria Groves, Cally-Anne Chambers, Jonathan Pabon, Susan Munsey, Danielle Allison, Michael Powell, Tatiana Swann and Corey Morton. Damien Paquette, Natasha Culp, Keyonna Waddell, John Blanchette, Matthew DiPietrantonio, Davin Miller, Crystal Vallecillo, Joshlynn Maldonado, Amiracle Davis, Yashira Cruz, Trudy Shorey, Jamie Frost, Mallory LeBlanc, Alan Bertram, Patricia Haycock, Cydnie Flowers, Latoya Clark, Brandon Johnson, Stephen Moody, Kyle Haynie, Alysia Ricker, Anastasia Roache, Jamie Vallencourt, Skye Muchemore, Cindy Espinoza, Haylee Rearick, Christopher Ritter and Racquel Lane.

### **Carpentry/Home Builders Institute**

Galan Strader and Stevin Burton.

### **Culinary Arts**

Felicia Theobald, Sean Delisle, Justine Howe, Ed Lamontagne, Derek Ward, Cassandra Vannah, Joseph Cloutier, Porsha Reid, Sean Lamontagne, Acacia Wilmot, Matthew Saball, Aundrea Francis, Adrian Thompson and Thomas Johnson.

### **Facilities Maintenance**

Brandon Ess, James Sloan El, Kevin Urban, Bruce Linton, Ian Tackett, Andrew Ford, Heather Bryant and Ian Reid.

### **Medical Office**

Frank Davis

### **Welding**

Truitt Mullins and Lisa LaChapelle.

## April/May/June GED Recipients

Audrey Rummel, Terrell Mosley, Natasha Culp, Taquann Jackson, Casey McDonald, James Marazita, Marc Malinowski, Travis Wickens, Kassandra Doble, Stephen Liles, Waleska Otero, Carl Jewett, Kyle page, Dustin Pollard, Kassandra Doble, Brandon Ess, Marc Malinowski, Travis Wickens, Luis Mercado and James Burke.

## Accepted to EMCC

Frank Vojkufka.

### **Academy Director**

Chris Kuhn

### **Business & Community Liaison**

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Job Corps is a U.S. Department of Labor Equal Opportunity Employer Program.



## **Penobscot Job Corps Academy**

**1375 Union Street, Bangor, Maine 04401**

### **How do I find out more about the Penobscot Job Corps?**

**Our beautiful campus is located at 1375 Union Street, Bangor, Maine. Campus tours are given every Thursday at 10:30 a.m. and any time by appointment. Our staff is eager to meet you and help you on your way to a successful future. So why not call now?**

**Call (207) 990-3000 today!**