President’s Message

Dear Trojan Alum and Friends,

As temperatures drop and our thoughts turn to family gatherings, we can’t help but be thankful for you, our graduates and supporters, and your impact at ACM and beyond.

In this newly combined Alumni and Foundation magazine, you’ll have ACCESS to stories of gratitude and giving hope to others: millennial alumni who are contributing to our region’s success, campus efforts to end student hunger, student volunteers for the Western Maryland Mission of Mercy, a mentor-driven high school tech program, and our onsite, low-cost Nurse Managed Wellness Clinic.

Along the way, we’ll reveal our very first Distinguished Alumni honoree, celebrate recently retired Coach Steve Bazarnic and changes in our Athletics Department, recognize students who are veterans, find inspiration from an alumna business owner, and much more.

Go Trojans!

Cynthia Bambara, Ph.D.
ACM President

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ACCCESS ACM

MALE STUDENTS 33%
FEMALE STUDENTS 67%

AVERAGE CLASS SIZE

CREDIT STUDENTS SERVED ANNUALLY

42% FULL-TIME STUDENTS
56% IN-STATE STUDENTS

STUDENT TO FACULTY RATIO

MEDIAN STUDENT AGE

NEW OR FIRST-TIME STUDENTS

Go Trojans!
Maria Hite was a naturally curious child. The kind who knows the solution before you’ve realized there’s a problem. In her mid-twenties, she’s the person you’d pick for your zombie apocalypse squad. It’s that inquisitive nature that makes her great at her job. At Carefirst BlueCross BlueShield in Cumberland, Hite works as a Media Communication Specialist where she metaphorically breaks down the company’s operations. She specializes in creating a “job shadowing” video library for current and prospective employees as well as potential clients. In three to five minutes, her videos concisely explain departments and employees’ responsibilities at centers throughout Maryland and West Virginia. It’s a project she began in 2016 as an intern while attending ACM.

For Hite, it was a game-changer. “I don’t know where I would’ve had to move away without this opportunity,” Sally Miller, Hite’s supervisor and vice president of large group operations for Carefirst BlueCross BlueShield, relies on internships to keep talent local. “It’s a strategy she shares in common with other local employers as the region fights to prevent brain drain—the trend of younger individuals leaving rural communities for jobs in metro areas. Millennials like Hite comprise thirty-five percent of the U.S. labor force. Contrary to popular misconceptions, millennials are hard workers (frequently workaholics) who overwhelmingly forfeit time off, thrive on challenges and growth opportunities, and don’t need a participation trophy to succeed in the workplace. They’re superheroes armed with smartphones. So how do you, as a region, thrive when they choose to leave? You offer them a reason to stay.” Miller knows that many local millennials and post-millennials (a.k.a. “Gen Z”) prefer a rural lifestyle over an urban one. She builds on making that possible by developing a work environment that offers flexibility and room for growth for those who are rural by choice. “Interns who’ve transitioned to employees put down roots in the area. They contribute to the regional economy, purchase homes, get married, and have families. They succeed here.”

Growing up in Roaring Spring, Ariana Bittner was a home-schooled student who took early college classes. She transferred to a college outside of the region but the fit wasn’t right; she missed the sense of community she felt on a smaller campus. So she reenrolled locally as a business major. “Until Heart Attack Day—the day she saw a friend who was a surgical technician save the life of someone having a heart attack. It was the dramatic moment that changed her life. Why wouldn’t I want to learn about something that fascinated me?” she wondered. “There are more local opportunities than you think, especially in healthcare and the sciences. That’s what I found when I changed majors. A new world opened up.”

As a nursing and work-study student at ACM Bedford County Campus, an assisted living facility employee and Western Maryland Health System extern, she trained for a long-term career in healthcare. Her paid externship program was far more than a job-shadowing experience; she helped with assessments, measured vitals, dispensed medications, and completed patient documentation. After graduating in May 2019 and passing her boards, she began full-time employment in the Emergency Department at WMHS, working alongside many of the nurses who mentored her. She plans to start online classes to earn her bachelor’s degree with a goal of becoming a pediatric oncology nurse. Influenced by her own family’s experiences, the Clearville resident hopes to find new ways to help children impacted by cancer. “It’s at the forefront of WMHS Vice President and Chief Nursing Officer Jamie Karstetter’s mind. “With the national nursing shortage and many of our nurses are nearing retirement age, we’re focused on doing all we can to recruit, nurture, and retain talented staff.”

The hospital’s nine-month nurse externship program offers students both in-patient and emergency medicine experience while providing current nurses the chance to teach best practices and shape the next generation of nurses. For Karstetter, mentoring builds a foundation for fostering relationships and collaboration among nursing staff. WMHS participates in the Maryland Nurse Residency Collaborative, a yearlong program that offers new nurses leadership development, career planning, expert guidance, online training, and onsite education opportunities. The program is designed to reduce turnover. “We see our biggest turnover in nurses who’ve been with us for less than three years. So, we’ve adapted our thinking to promote retention by offering a stronger foundational experience for learning,” explained Karstetter.

Karstetter emphasizes networking both for those trying to find their way in a rural job market. “Connect with your community whether you’re volunteering, meeting with company leaders or joining civic or business organizations. You need that type of face time to grow in a rural area.”

Invaluable advice for any age.

*Article excerpts, updated and edited for space, first appeared in the March 2018 edition of Allegany Magazine.*
Mirjhana Buck
Appointed to Board of Trustees

Mirjhana Buck, First Vice-President – Investment Officer with Boggs Wealth Management of Wells Fargo Advisors*, was named to the board in July.

Through ACM’s early college program, Buck attended the college while a junior and senior at Allegany High School. She transferred to the Virginia Polytechnic Institute where she earned a BS in marketing and a minor in studio art in 2003.

“Twenty years later, I’m honored to have this opportunity to give back to ACM. I have lasting memories of professors Jim Zamagias and Bev Wilcox and the courses that helped me confidently jumpstart my degree and career.”

A Giving Journey: Jack Smouse’s Legacy

Five years after his passing, Jack Smouse made an incredible gift to ACM.

David Jones, ACM Foundation’s executive director, received notice from The Community Foundation of Martin - St. Lucie that its Jack H. Smouse Scholarship Fund would begin providing an annual disbursement of $40,000 to ACM.

The Jack H. Smouse Scholarship Fund will generate revenue each spring to fund, in perpetuity, the Jack H. Smouse Nursing Scholarship, the Jack and Dorothy Smouse Forestry Scholarship, the Jack and Dorothy Smouse Fort Hill High School Vocational Scholarship, the Jack H. Smouse Northern High School Scholarship and the Jack H. Smouse Southern High School Scholarship funds.

“Mr. Smouse’s belief in education coupled with his love for the region prompted his decision to plan for such an extraordinary gift.”

~Elizabeth Barbella, President and CEO, The Community Foundation of Martin-St. Lucie

Smouse was an ardent supporter of the College, especially its Forestry program. A member of ACM’s New Horizon Society, his giving journey with the college spanned decades from his donation of family farmland to his estate gift.

Approximately 25 to 40 Smouse scholarships will be awarded annually to prospective and current ACM students.

Are you interested in supporting the ACM Foundation but don’t know where to start?

Take our What Kind of Giver Are you? quiz. Unlike quizzes in Dr. Jack Shreve’s English class in the 1970s, there are no wrong answers.

I think I prefer to give a...

<table>
<thead>
<tr>
<th>Gift Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tangible gift</td>
<td>Consider a gift of real estate or personal property items. Our Foundation may decide to use the land or collect funds from its sale to benefit college initiatives.</td>
</tr>
<tr>
<td>One-time gift</td>
<td>Gifts can be made through a check or an online donation. Your gift will make an immediate difference by increasing our Foundation’s holdings.</td>
</tr>
<tr>
<td>Gift that I can make monthly</td>
<td>Our Foundation can set up monthly payments from your bank account or credit card. Whether your monthly gift is $5 or $100, your gift adds up over time while serving a great cause.</td>
</tr>
<tr>
<td>Gift that allows me or a group to honor a loved one</td>
<td>Think about establishing a scholarship. Your memorial gift is a lasting way to make a difference in the lives of our students while honoring a loved one or celebrating a milestone event.</td>
</tr>
<tr>
<td>Gift that meets an existing need</td>
<td>Consider donating to an established scholarship fund or to one of our pop-up GiveCampus campaigns, such as The ACM Pantry Fund or ACM Men’s Basketball Fund.</td>
</tr>
<tr>
<td>Gift that lives on to help others</td>
<td>Consider joining our New Horizon Society by making a planned gift.</td>
</tr>
</tbody>
</table>

New Horizon Society

Our New Horizon Society, Allegany College of Maryland Foundation’s planned giving group, recognizes individuals who have made a long-term commitment to supporting ACM’s financial future.

New Horizon Society members use planned giving vehicles, such as a bequest, gift annuity, charitable trust, real estate, or gift of life insurance to make their intentions possible. In turn, they are recognized in Foundation publications and through tokens of appreciation, and receive invitations to special events. ACM Foundation staff work with prospective New Horizon Society members and their tax and legal advisors to determine which type of gift meets their needs and goals.

ACM Foundation in Cumberland:
David Jones, 301-784-5200, djonies@allegany.edu

Bedford County Regional Education Foundation:
Leah Pepple, 301-784-6223, lpepple@allegany.edu

Donations to the ACM Foundation help students achieve their dreams.

Shane Williams ’18 Criminal Justice recently graduated from the Maryland State Police Academy Training. Congrats, Trooper Williams.
A New Day for ACM Athletics

In July and August, ACM named Tommie Reams Director of Athletics, Physical Education, and Health; Michael Carter, II, Assistant Athletic Director of Student Development and Success; and J.R. Perdew Assistant Director of Athletic Recruitment, Fundraising, and Community Relations.

TOMMIE REAMS ’10

Reams earned his AS in Physical Education from ACM and was a catcher for ACM’s baseball team after graduating from Southern Garrett High School. He was part of ACM’s 2009 NJCAA World Series team. He joined ACM as Assistant Baseball Coach and Assistant Basketball Coach in 2011, becoming an Assistant Professor and Head Basketball Coach in 2013. The Trojans were Region XX and District III champions, and Reams was named District III Coach of the Year in 2019. He holds a BS in Health and Physical Education and MED in Educational Leadership from FSU and MA in Physical Education - Coaching Specialization from Ball State University.

J.R. PERDEW, ’87, ’91

Perdew joins ACM in a part-time capacity and currently serves as an assistant pitching coordinator for the Chicago White Sox. From 1997 to 2016, Perdew served as part of the White Sox’s coaching team during their 2005 World Series championship win. A Fort Hill High School graduate, Perdew was a pitcher and played for the Trojans in the 1984 JUCO World Series. He holds an AD in University Studies and AD in Recreation Leadership from ACM.

“Life for our athletes after the court, field or track matters to all of us. We’re as proud of [their] college acceptance letters as we are of division wins.”
- Tommie Reams

MICHAEL “MIKE” CARTER II ’98

An Allegany High School graduate, Carter played infield (first and second base) at ACM from 1996 to 1998, appearing in the NJCAA College World Series in 1997 and earning his AS in General Studies. He was ACM’s Assistant Baseball Coach from 2001 to 2005. He was formerly a Physical Education teacher at Digital Harbor High School and Head Baseball Coach for the Community College of Baltimore County Essex, where he led the Essex Knights to a NJCAA Region XX Division II title in 2016, a NJCAA Northeast District title in 2018, and NJCAA Division II Baseball World Series appearance in 2018. Carter was named Maryland JUCO Baseball Coach of the Year, American Baseball Coaches Association/Diamond NJCAA Division II Northeast Regional Coach of the Year, and Maryland State Association of Baseball Coaches’ Coach of the Year in 2018. He received special recognition at the 71st Dapper Dan Award program. Carter holds a BS in Physical Education from Farmont State College and MS in Athletic Coaching Education from WVU.

W

While he didn’t want the fanfare, he could do little to stop it from happening.

On June 10, at the close of his forty-seventh baseball season at ACM, Coach Steve Bazarnic was honored by the Allegany County Commissioners for his contribution to the game of baseball. The day was named Steve Bazarnic Day in Allegany County. His friends, colleagues, and former players packed the commissioners’ meeting room.

For someone who shunned the attention, he joined an exclusive group of Allegany County individuals: the late Lefty Grove, a Lonaconing native and National League Hall of Fame player who was part of the 1917 World Series Champion Pittsburgh Pirates; Sam Perlozzo, a Cumberland native and player, coach and manager in the major leagues; and Bucky Schriver, a community volunteer who was responsible for building support for the Lefty Grove Memorial Park statue.

Known as “Coach B.” by his players and the ACM community, Bazarnic retired from serving as the college’s director of Athletics, Physical Education and Health after forty-eight years in June. Bazarnic moved to Allegany County in 1971 and joined the faculty and staff of Allegany Community College. He became the head baseball coach in 1972. Bazarnic has been inducted into three separate Halls of Fame: Maryland Baseball Coaches Hall of Fame -1991, National Junior College Athletic Association (NJCAA) Baseball Coaches Hall of Fame -1996, and Region 20 Baseball Coaches Hall of Fame -2000.

Under his leadership, Bazarnic’s ACM baseball teams played in the Junior College World Series nine times. He produced 83 draft picks or free agent signees including six Major League Baseball players: John Kruk, Stan Belinda, Steve Kline, Scott Sabol, Joe Bernel and Scott Patterson.

Bazarnic himself played short stop and third base for Pennsylvania State University, and was named Most Valuable Player in his senior year. In our hearts, he’ll continue to be an MVP.

COACH B.’S BASEBALL LEGACY

NUMBER OF GAMES PLAYED
2,092

NUMBER OF GAMES WON
1,400+

NUMBER OF PLAYERS
695

NUMBER OF DRAFT PICKS OR FREE AGENT SIGNEES
53

NUMBER OF TIMES ACM PLAYED IN JUNIOR COLLEGE WORLD SERIES
9

A Fort Hill High School graduate, Perdew was a pitcher and played for the Trojans in the 1984 JUCO World Series. He holds an AD in University Studies and AD in Recreation Leadership from ACM. He served in the U.S. Marine Corps before becoming an assistant coach at ACM from 1989 to 1997, a period in which the college had six JUCO World Series appearances, 17 pitchers signed Division 1 and 11 pitchers signed pro contracts. Perdew holds a BS in Physical Education/Health and MED from FSU. In 2012, he earned a National Association of Collegiate Directors of Athletics Certificate from the U.S. Sports Academy. He received the 61st Dapper Dan Award program’s George W. Stevenson-Nicholas A. Perlozzo Memorial Award.

L-R: Dr. Cynthia Bambara, Tommie Reams, J.R. Perdew, and Mike Carter.
**A Day of Remembrance**

It’s chilly morning in November. A crowd of fifty are gathered at ACM’s flagpoles. But one in the throng is warm: a tiny Chihuahua tucked in his owner’s leather jacket. He’s quickly greeted by members of the college choir.

The Vietnam Veterans of America Chapter #172 color guard begin to march.

A ponytailed, mustached, and grandfatherly gentleman leads the half-step and calls the orders, followed by an African American gentleman carrying the American flag.

Their faces are relief maps framed by brown and gray hair tucked under black berets adorned with pins particular to their service. Dressed identically in neatly pressed combat trousers and black jackets, they carry slightly wrinkled stars and bars and satin flags designating the branches of service.

These men are every man. Men you pass in the supermarket or see at a holiday gathering. Most are retired. You can’t help but wonder what they saw in Southeast Asia so very many years ago.

They halt and turn to face the flags and the gathered crowd. Legs in a v-shaped and left hands in small of their backs, they rest at ease. A cold wind blows beaded tassels in the colors of the Vietnam flag at the back of their berets.

After remarks from President Bambara, Beth Nightengale welcomes veterans to receive a simple flag pin from the college’s Student Government Association. Names are announced, and men and women of all ages and rank (some even in full dress uniform) file forward. A choir sings and the ceremony comes to a somber close after “Taps” is played.

The veterans pose for a group photograph. Men and women who served in all capacities, from desk jobs to frontline posts, in times of peace and times of war, huddle together. Standing briefly united in the moment before dispersing into the crowd.

While US troops fought in Vietnam from 1965 to 1975, then-Allegany Community College saw incredible changes from the construction of our Willowbrook campus to females entering traditionally male career path programs.

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**Veterans Services Office**

At ACM, we’re grateful for the service of our military every day. We want to empower our military-connected students to succeed in their education.

ACM’s Veterans Services program serves sixty to seventy veterans annually. In most instances, we assist members of the U.S. military and their dependents with using their educational benefits and providing supportive resources.

To use your military educational benefits, we encourage you to apply online at vets.gov and bring your certificate of eligibility with you to our Veterans Services Office in College Center. For VA educational benefits, you’ll want to contact the VA at 1.888.442.4551.

If you or someone you know is a vet and interested in attending ACM, we’re here to help.

Veteran Services Coordinator:
Beth Nightengale, 301-784-5209, bnightengale@allegany.edu

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**Through the ACM Foundation, students who are veterans or family of veterans may qualify for a variety of scholarships.**

- American Legion Post #13 Robert W. Hartsock Memorial Scholarship
- American Legion Post #13 Thomas B. Finan Memorial Scholarship
- Centenary United Methodist Church Scholarship in Memory of Ron Hampton
- Cumberland Lions Club Memorial Scholarship
- Helen A. Gilpin Memorial Vietnam Veterans Scholarship
- James E. Mellon Memorial Scholarship
- Joseph P. Rowley Memorial Scholarship
- Mary and Paul Gipe Memorial Scholarship
- Mountainside Marines Detachment 1071 Scholarship
- Patrician Ann Murphy Wright and Robert Dean Wright Nursing Scholarship
- Robert K. Lewis Memorial Scholarship
- Ronald Allen Ruthernberg Veterans Memorial Scholarship
- Roy Durrett Scholarship
- Vietnam Veterans of America, Chapter 172 Scholarship
Hope in the Bag

“We know the need is there. Even small efforts can make a big difference for a student struggling to pay for basic necessities. Whether you’re donating boxes of breakfast bars or unopened hotel shampoo bottles from a recent trip, it makes an impact.” —Debby Hardinger, Task Force Member/Pathways for Success Office Manager

For Heather Greise, an Allegany College of Maryland assistant professor of Developmental Education, finding out that many students were food insecure – not knowing where their next meal was coming from – was her motivation. For Academic Access & Resource Advisor Dione Clark-Sub, it was wanting to do something to reduce the barriers (hunger, lack of reliable transportation and housing problems) to success that some students face. As co-chairs of the ACM Student Emergency Task Force, Greise and Clark-Trub lead a group of twenty-one faculty and staff members who are tackling hunger and homelessness on campus.

For over ten years, ACM quietly provided canned and boxed food, personal hygiene supplies and emergency funds to ACM students in need at multiple locations on the college’s Cumberland campus. But in 2016, it was time for change. “Far too many students were falling through the cracks. Students had to be aware that we had a Student Emergency program, know who to trust to ask for help, and locate the designee during work or office hours. We wanted to take steps to remove inadvertent barriers to this resource,” explained Greise. The Task Force opted to streamline the process and centralize assistance. Through the college’s micro-grant program, ACM developed The Pantry. Located in College Center Room 54, it’s open to current ACM students with valid student identification. Hours are posted each semester.

Students request assistance using an online form or by emailing thepantry@allegany.edu. ACM employees prepare their requests and students pick up their bagged orders during office hours. The Pantry receives the majority of its donations from ACM employees throughout the year and through the ACM Professional and Staff Association’s annual Student Emergency Supply Drive. It’s also sponsored by the Centenary United Methodist Church in Cumberland, and has an established partnership with the Western Maryland Food Bank. Throughout the year, Task Force members accept donations of canned (pull-tabs preferred) or boxed goods, personal hygiene supplies (deoarant, shampoo, soap, feminine hygiene items and individually wrapped rolls of toilet paper), and basic First Aid supplies.

Want to fill a bag of supplies for students in need?

You can help by making a gift to The Pantry by calling 301-784-5200 or by scanning our GiveCampus QR code.

Giving Encouragement

Part art academic guidance, part social support. That’s the idea behind ACM’s Aspiring Young MENtors (AYM). But what’s especially unique is that the group focuses on the college’s male African American students, a population at risk of leaving ACM before obtaining a degree. AYM’s inaugural cohort was comprised of ACM students and recent graduates who are trained to serve as mentors to male students who may be struggling academically. With their focus on overcoming obstacles and barriers, the mentors work to encourage male ACM first-semester or first-year students to remain in school and complete their academic or career goals. The Aspiring Young MENtors initiative is funded through the college’s micro-grant program.

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Learning from Students:

A Visit to a Nurse Managed Wellness Clinic

I’m not in a hospital or urgent care center but I’m surrounded by medical staff. I’m in the College Center Lounge for an anemia clinic organized by the Nurse Managed Wellness Clinic. Aaron and Olivia, both medical assistant students, welcome me with paperwork. Supervised by Anna Kephart, the NMWC’s office manager, they deliver me to a nursing student named Cassie who walks me through a presentation about anemia. It was her class project, she tells me proudly. She talks about anemia, recommends drinking orange juice with iron supplements to increase adsorption, asks about my diet, and reviews my family history. While I think we’re making polite conversation, it occurs to me that she’s actually teaching me. After taking my vitals, she tells me she’s worked as a CNA and GNA since her high school graduation. Today, however, she’s actually teaching me.

NMWC is designed to help individuals like me become better informed and self-directed consumers of health care services. In this clinic, the students are my instructors.

Although they’ve never worked together before, you wouldn’t know it. That’s the beauty of NMWC: these health professionals are learning to communicate and work together.

Briana, a twenty-something in her third semester of the MLT program, adds another Band-Aid to my finger after a needle prick to determine my blood type and if I’m anemic.

Next to her sits Laura, an RN-BSN student from FSU who’s interning with NMWC. Nearing graduation, she relates easily with the younger students. Seventeen years ago, Laura graduated from ACM with her nursing degree. After years of working for a nursing and rehabilitation center, she decided it was time for a change and community nursing intrigued her. Standing above them both is Wind Wilson, NMWC Laboratory director. She encourages Briana and supervises other students. I learn that I’m O-negative and not anemic, just wickedly pale. More employees and students join the queue, and the space fills quickly. Cassie reviews my paperwork and reiterates what I can do to stay healthy before turning to receive her next student.

A Medical Laboratory Technician student prepares a fellow college student for a needle prick.

ACM’s Nurse Managed Wellness Clinic supports health and wellness through education.

Located in the Allied Health Building on ACM’s Cumberland campus, the clinic offers services provided by a team of healthcare professionals under the management of a Certified Nurse Practitioner. Allied health students from different fields work together in supervised clinical rotations to further prepare them for a health-care environment that emphasizes disease prevention, patient education, and promotion of behaviors for healthier living.

NMWC offers the community free and low-cost screenings, exams, sports physicals, stiers, immunizations, and health education.

301-784-5670, nmwc@allegany.edu
https://allegany.edu/health-clinics/nurse-managed-wellness-clinic/

Inspirng Future Students

Fifty-two current and prospective Pathways in Technology Early College High (P-TECH) students from Allegany County Public Schools (ACPS) networked with 22 mentors from ACM, Exclamation Labs, First United Bank and Trust, Frostburg State University, IBM, Western Maryland Health System, and other companies at Meet the Mentors Day.

The group participated in team-building robotics and cyber activities, tours of ACM and WMHS, and a networking lunch organized by staff and instructors from ACM, the Center for Career and Technical Education, ACM’s Computer Technology Program, IBM, and the Western Maryland IT Center of Excellence.

Since 2017, P-TECH has provided students with a free education that begins in grade nine, continues through high school completion with a high school diploma, and culminates in the attainment of an Associate of Applied Science Degree in Computer Technology with a Cybersecurity option.

Students who accelerate through the program can potentially earn a second Associate of Applied Science Degree in another option within ACM’s Computer Technology program within six years. They also have the option of transferring to Frostburg State University to complete a four-year degree in computer science or a related IT degree.

Moss Summerfield, a P-TECH and Allegany High School student, and Douglas Carver, a P-TECH mentor, IBM Cybersecurity apprentice and ACM alumnus, construct using Cubelets Robot Blocks. Summerfield is participating in P-TECH’s high school and beyond five-year model.

Q&A with Jessica (Donelson) Stone ’10, O.D.

We rarely hear of an alum who graduated from high school and college in the very same year. Unless you’re Dr. Jessica Stone.

Stone earned her diploma from Everett High School and her associate degree in Applied Technical Studies through our ACM Bedford County Campus in 2010. She graduated from California University of Pennsylvania in 2013 and received her doctorate in Optometry from Salus University in 2017.

Stone is an optometrist at Family Eye Care in McConnellsburg and optometrist/owner of Everett Eye Care Center in Everett. She is also an associate member of the Everett Volunteer Fire Company.

Did you always want to be a doctor of optometry? If not, what event led you to make that decision?

I knew I wanted to be an optometrist during my senior year of high school. Going to the eye doctor was always my favorite doctor’s appointment. Through Senior Challenge [an academic excellence program through the Bedford Area School District], I had the opportunity through senior challenge to shadow two optometrists and I absolutely loved it.

What’s the very best part of your work day?

It’s interacting with my patients. I love learning about their families and making connections. I also truly enjoy helping them understand their eye health; it’s so much more than just checking their eyeglass prescription.

What’s your favorite part of your position?

I enjoy being my own boss. Owning your own business is hard work and comes with a lot of responsibilities, but the benefits far outweigh the trials. I would make the same decision all over again.

Was there a certain class or instructor at ACM BCC that stands out to you?

I have never had an instructor that I didn’t like or that I didn’t learn from. The Student Affairs Office and administrative staff at ACM BCC also deserve recognition – they were helpful and patient with me.
Future Alumni to Watch:

J

Jennifer Riley

Jennifer Riley, an ACM Pathways for Success student and nursing major in her final semester. In 2018, she was recognized with a Student Access Scholarship for her ability to overcome extreme hardships to pursue her academic goals. For Riley, who is also a member of the college’s Phi Theta Kappa Honor Society, failure has never been an option. Riley enrolled in the college’s Pathways for Success program on her first day at ACM in 2015. A first-generation and non-traditional college student, she relied on its supportive environment to get her through two years of prerequisite courses before entering the nursing program. Her decision to attend college was a promise she made to her grandmother who battled cancer courageously while Riley served as her care provider.

“She is the perfect winner for this award. While married and raising two young kids, she clawed her way through developmental courses to be eligible for the nursing program,” said Pathways For Success/TRIO Student Support Services Director Tara DeVore. “Despite incredible challenges while attending school full-time, she kept her goals in focus and her amazing outlook on life.”

In December 2017 while in her second semester of the nursing program, Riley was diagnosed with breast cancer. She chose to continue her studies and worked closely with her instructors to remain on track.

“Staying in class helped me maintain ‘normal’ for my family as my daughter was ten and my son was eight at the time and keep my sanity. The support from my nursing cohort, in particular, was unbelievable,” explained Riley who traveled between Morgantown, Baltimore, and Cumberland for surgery and treatments.

On July 4, 2018, she celebrated Independence Day and her independence from cancer with her final radiation treatment. She takes a hormone blocker to remain cancer-free, attends regular check-ups, and encourages others to get regular screenings.

Riley, the former school bus driver who enrolled in college to construct a better life, now sees only blessings in even the hardest of circumstances.

Approximately 80% of ACM’s student population are first-gen students like Jennifer Riley.

So what exactly is a first gen student?

According to the US Department of Education TRIO, a first generation college student is the son/daughter of parents who have not completed a four-year degree.

Nationally, the percentage of first gen students has fallen to 33% nationally according to February 2018 Institute of Education Sciences report.

A Mission of Mercy

It was a clinic they won’t forget. ACM’s Allied Health students and faculty donated more than 300 hours of service hours to the Western Maryland Mission of Mercy, a two-day dental clinic that was held on October 12-13, 2018.

The Western Maryland Mission of Mercy (MOM) provides free dental services including teeth cleanings, fillings, extractions, dentures, and oral surgery for low-income and uninsured residents by appointment only. The Western Maryland MOM, which was held at the Allegany County Fairgrounds, served 335 people during the 2018 clinic. The clinic is one of five Mission of Mercy clinics held throughout the State of Maryland in conjunction with the Maryland State Dental Association Foundation.

Fifty-six ACM dental hygiene, nursing, and massage therapy students worked in single or multiple three-hour shifts during the October clinic dates. Students assisted with a variety of tasks, including sterilizing equipment, conducting dental cleanings, conducting intake and vital, escorting patients, and monitoring patients in post-op. New in 2018, massage therapy students provided hand and seated massages for volunteers.

Prior to the clinic, 40 ACM dental hygiene students helped screen approximately 75 to 80 patients at the College’s in-house Dental Hygiene Clinic. The dental screenings, which included examinations and X-rays, resulted in detailed treatment plans for Western Maryland MOM’s organizers and clinical volunteers.

The college’s involvement with the community dental clinic is long-standing; student volunteers have been part of all five clinics since 2010. The next Western Maryland is scheduled for October 23-24, 2020.

Until you get out there [to the Mission of Mercy Dental Clinic], you don’t understand the need in our region for access to dental care. It’s an immersive volunteer experience that allows our students to be part of the solution. “Rick Cooper, ACM Professor of Nursing and Program Director

ACM Dental Hygiene students take a quick break before sterilizing equipment.
2019 Distinguished Alumni Awardee

Dr. Heather Gable, ’97 AS nursing, ’98 AS general studies, is the first recipient of the ACM Distinguished Alumni Award. Now chair of Frostburg State University’s Department of Nursing, Gable was encouraged by ACM’s nursing faculty to pursue her graduate education. A resident of Cumberland, she later earned her BS, MSN, and DNP from University of Maryland’s School of Nursing in Baltimore. In partnership with ACM, Gable has developed a four-year BSN program at FSU to help regional nurses pursue advanced degrees. She is a Maryland Nurses Association District #1 board member, a Horizon Goodwill Industries expert advisory board member, and Western Maryland Healthy System volunteer basic life support instructor. Gable is also a lifetime member of Phi Kappa Phi, and a member of the American Association of Nurse Assessment Coordination, American Nurses Association, Maryland Nursing Association, and Phi Chapter of Sigma Theta Tau.

2020 Nominations Open

The Alumni Association is accepting nominations for the 2020 Distinguished Alumni of the Year award program. The award program recognizes Allegany Community College/Allegany College of Maryland graduates who exhibit excellence in their career, dedication to their communities, and support of the college. Visit our website to nominate your favorite alum today.

A Learning Lab:
School of Hospitality Management and Culinary Arts

Our School of Hospitality Management and Culinary Arts in the Gateway Center provides students with real-life work experience while they earn college credit.

Through the operation of a 120-seat Culinaria Café, Culinary Arts students develop skills in all aspects of managing a foodservice operation, and Hospitality Management students participate in customized internship experiences at area hotels and resorts. The program now offers two AAS degrees and five certificate programs.

The Culinaria Café, which is located at 110 Baltimore Street in Cumberland’s downtown, is open for lunch from Tuesday to Thursday during the academic year. Reservations and carry-out are available by calling 301-784-5413.

Hummingbird Layer Cake

Contributed by Deborah Swope, Hospitality Management and Culinary Arts Instructor

Although frequently associated with the American South, hummingbird cake originated as “Doctor Bird” cake in Jamaica, so named for the country’s national bird, the red-billed streamertail. When the recipe migrated to the U.S. in the late sixties, it became known as “hummingbird cake” to some and “Byrd Cake” to Virginians. No matter what you call it, it’s a nostalgic and welcome delight at any gathering.

Yield: 12
Total Time 2 Hours

Cake Ingredients
- 3 cups All-purpose flour
- 2 cups granulated sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¼ teaspoon nutmeg
- 3 large eggs, beaten
- 1 ½ cups vegetable oil
- 1 ½ tablespoons vanilla extract
- 1 - 8oz can crushed pineapple
- 2 mashed ripe bananas
- 1 cup pecans, toasted

Frosting Ingredients
- 2 - 8oz package of cream cheese
- 1 cup unsalted butter, softened
- 2 - 16oz. bags of powdered sugar
- 2 teaspoon vanilla extract

Preheat oven to 350°F. Using shortening, grease and flour three 9-inch cake pans. Whisk together flour, sugar, salt, baking soda, and cinnamon in a large bowl; add eggs and oil, stirring just until dry ingredients are moistened. Stir in vanilla, pineapple, bananas, and toasted pecans. Divide batter equally into cake pans and bake for 25 to 30 minutes. Cool in pans on wire racks for 10 minutes before removing cakes to cool for 60 minutes on the wire racks.

Beat cream cheese and butter with an electric or stand mixer on medium-low speed until smooth. Gradually add powdered sugar, beating at low speed until blended after each addition. Stir in vanilla. Increase speed to medium-high, and beat for 1 to 2 minutes until fluffy.

Place first cake layer on a serving platter; trim top to level. Spread top with 1 cup of the frosting. Top with second layer, and spread with 1 cup frosting. Top with third layer, and spread remaining frosting over top and sides of cake. Arrange pecan halves on top of cake and or sides.

Share your big moments using #ACMTrojanPride or #alleganycollegeofmaryland.

We welcome photos. Please include your full name (maiden name if applicable), graduation year, and current home address. We welcome photos. As always, connect with us on social media. You can share your big moments using #ACMTrojanPride or #alleganycollegeofmaryland.

#ACMTrojanPride
Join Us!

Spring Alumni Association Board Meeting
4/4/20 at 9:30 a.m., Continuing Education Bldg.

Fall Alumni Association Meeting
6/6/20 at 9:30 a.m., Continuing Education Bldg.

Show your Trojan pride!

Shop at our Campus Bookstore or online at allegany.edu/bookstore