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'Cuddler' Mary Malone Brings a Loving Touch to Infants in Intensive Care

When Mary Malone goes to Eastern Maine Medical Center for volunteer work, she is buzzed into a highly secure, sterile and highly technological unit. She removes her jewelry, scrubs her hands and arms to the elbows, and dons a clean cotton smock before entering a darkened room where medical instruments and monitors project an array of beeps, tones, colored lights and graphs.

Attached by needles, tubes or adhesive patches to a bank of equipment monitoring blood pressure, heart rate, oxygen levels and other vital signs are tiny babies in need of special care to survive. Most are "preemies," infants born too early for them to be ready for the sudden stimulus of life outside the womb. Others are sick.

Welcome to the hospital's Rosen Neonatal Intensive Care Unit, or NICU.

In the midst of this guarded and sophisticated environment, Malone serves as a link between the science and technology of intensive care and the most basic of human needs: human touch.

Malone, an Old Town resident who has worked in the UMaine Office of Student Records for 15 years, has been a volunteer "cuddler" at EMMC for four years, spending as much as four hours a week just cradling fragile 3-5 lb. infants, when their parents cannot be there.

Not everyone has heard of volunteer cuddlers. "Most people say, 'Cuddling?"

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Mary Malone



Sgt. Chris Gardner

UMaine Public Safety Collecting Old Cell Phones for Charity

If students and employees on campus get new cell phones for the holidays, Detective Sgt. Chris Gardner of UMaine Public Safety hopes that they'll think about one of the newest charitable projects on campus when they consider tossing their old phones.

Gardner heads up the university's cell phone recycling effort, which benefits Special Olympics. The telephones are repaired and refurbished, and either resold or donated for use by domestic abuse victims or Third World populations.

"It's a win-win situation for us," Gardner says, "because besides raising money for Special Olympics, we're also doing something for the community, raising public awareness of people with intellectual disabilities and reinforcing relationships. Hopefully, we're giving something back to the communities in which we work."

Since discarded cell phone collections started on campus in July, Public Safety has picked up more than 250 telephones at its Rangeley Road headquarters. Cell phone users are donating old phones at a rate of about 15 a month, he says—a good number, but a fraction of the number of cell phones probably sitting in desk drawers, bureaus or car trunks, he believes.

Special Olympics, which collects cell phones worldwide through local law enforcement and other agencies, estimates that in the United States alone, as many as 130 million cell phones are retired annually.

RMS Communications Group, a Florida-based company that repairs and refurbishes discarded cell phone, estimates that with nearly 200 million cell phone subscribers in the country, as many as 500 million cell phones are now sitting idle in people's homes and offices, or are destined for landfills. The cell phone industry estimates that the life span of the average cell phone is 18 months.

James Mosieur, CEO of RMS, says his company donates about 2,000 reusable cell phones a month to 200-300 agencies or organizations in the United States that distribute them to individuals in need under the RMS Foundation's 911 Cell Phone Bank. The company also sells heavily discounted refurbished cell phones to Third World countries, where cell phone towers are cheaper than stringing land-based telephone wires to rural populations.

RMS pays an average of \$9 for every cell phone collected to benefit the Special Olympics. Locally, that could mean a lot of money. If 80 percent of the 14,000 students and employees on the Orono campus own cell phones and if half replace them each year and donate those 5,600 old phones to Public Safety, that would generate more than \$50,400 a year for Special Olympics.

Les Shaw, assistant director of Information Technologies at UMaine, which manages the UMaine cell phone contracts for departments, says he believes very few people recycle old cell phones when they are taken out of service.

"I think it's an awareness problem," says Shaw, "and people might not realize there is another use for old cell phones."

In fact, RMS estimates that 70 percent of cell phone users don't realize their old phones can be recycled and reused, since less than 5 percent of obsolete cell phones are refurbished or recycled.

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UMaine CCAUE Exceeds Goal

UMaine employees have exceeded the \$100,000 goal for this year's CCAUE campaign.

The Combined Charitable Appeal for University Employees generated \$104,508 as of Dec. 8.

Sharon Buchanan of the Office of the Vice President for Administration and Finance, who co-chaired this year's campaign with Mary Skaggs of the Office of Student Employment and Volunteer Programs, is thrilled.

"I think it shows just how caring the University community is, especially during this time of year when the spirit of giving is upon us," Buchanan says.

The campaign planning committee set a goal of \$100,000, the same as last year, when employees exceeded the \$100,000 goal by more than \$6,000. ■

Cell Phones *from page 1*

Of all the cell phone collection programs in Maine, the UMaine Public Safety effort has been the most productive, says Linda Frederickson of the Maine Special Olympics headquarters in Portland.

Since the program started in Maine last February, Frederickson estimates that 2,000 or more cell phones have been collected and donated for repair and refurbishment. She expects a boom in donated phones after the holidays.

"A lot of people are going to get new phones," she says. "November and December are the months when most cell phones are sold."

Special Olympics is a cause close to Gardner's heart. He's been coordinating law enforcement efforts to benefit Special Olympics in Maine for the 17 years he's been a police officer at UMaine. The Maine Special Summer Olympics, traditionally held on the UMaine campus, serves more than 3,000 special olympians, he says.

People wishing to donate their old cell phones can drop them off at the Public Safety Building on campus or call Gardner 581-4048, to arrange pick-up. The Maine Special Olympics Web site has further details:

<http://www.specialolympicsmaine.org> ■

ALONG THE MALL . . .



Moxley Receives Poetry Award

Jennifer Moxley, an assistant professor in the English Department, has been selected to receive the Lynda Hull Poetry Award from the *Denver Quarterly*. The award, which includes a \$500 honorarium, is given for the best poem or poems published in a volume year by the magazine. Five poems from Moxley's new manuscript, "The Line," which is scheduled to be released next fall, appeared in *Denver Quarterly* this year. Moxley, who delivered a keynote reading at the National Arts Club in Manhattan on Nov. 5 as part of the CUNY Conference on Contemporary Poetry, also was the featured poet at the popular Web site "Poetry Daily" on Nov. 18.

AEWC Wins Award For Milbridge Pier

The UMaine Advanced Engineering Wood Composite Center recently received the 2004-2005 Timber Bridge Award for its design and engineering of the Milbridge Pier.

The award, presented annually by the American Institute of Timber Construction, APA - the Engineered Wood Association, and the USDA National Forest Service Wood in Transportation Program, highlights the elegance, strength, economy and historical role of timber bridges.

The Milbridge Pier, the first engineered wood commercial pier in the world, features a system of panels that were designed and fabricated in the AEWC labs on the UMaine campus. The panel system delivers strength equal to concrete but weighs 66 percent less, thus allowing for more efficient and economical construction. Habib Dagher, AEWC center director, and Melanie Bragdon, civil and environmental engineering graduate student, were the principal designers and engineers on this award-winning project.



Zeph Heads National Board

Lucille Zeph, associate professor and director of the University of Maine Center for Community Inclusion and Disability Studies, recently was named president of the board of directors of the Association of University Centers on Disabilities (AUCD).

AUCD is a nonprofit organization that promotes and supports an international network of university centers on disabilities, including University Centers for Excellence in Developmental Disabilities Education, Research and Service, Leadership Education in Neurodevelopmental and Related Disabilities,

and Programs and Developmental Disabilities Research Centers.

Zeph was installed as the new president at the AUCD annual meeting, held in conjunction with the Alliance for Full Participation's Disability Summit this fall in Washington, D.C. She succeeds Frederick B. Palmer, director of the Boling Center for Developmental Disabilities at the University of Tennessee, Memphis.

Disabilities Studies Students Win Awards

Two UMaine undergraduates recently received the Student Achievement Award from the American Public Health Association (APHA), an honor normally bestowed on graduate students or doctoral candidates, say two of their mentors, professors Liz DePoy and Stephen Gilson of the UMaine Center for Community Inclusion and Disability Studies.

Undergraduates Brad Bosse of Lewiston and Ben Moreau of Orono were recognized Dec. 10 at the annual meeting of APHA's Disability Forum in Philadelphia for raising awareness about disability access issues in movie theaters. Bosse and Moreau researched and proposed suggestions to theater managers after examining accessibility features in several Maine cinemas. They are the only undergraduates ever to receive APHA student achievement awards.

Baez Wins Extension Award



The UMaine Cooperative Extension service has named Sue Baez, administrative assistant in the Hancock County office, the 7th Annual Support Staff Award Winner for 2004-2005.



Inside UMaine is published monthly by the Department of University Relations, and its success depends upon a community-wide effort. We ask you to please forward news, notes and tips about friends, colleagues - or yourselves - to George Manlove by e-mailing: insideum@maine.edu, calling 581-3756 or mailing to Inside UMaine, Dept. of University Relations, 5761 Keyo Building, Orono, ME, 04469-5761. You can find *Inside UMaine* on the Web (www.umaine.edu/inside-umaine). We welcome your feedback.

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In complying with the letter and spirit of applicable laws and in pursuing its own goals of diversity, the University of Maine System shall not discriminate on the grounds of race, color, religion, sex, sexual orientation, national origin or citizenship status, age, disability, or veterans status in employment, education, and all other areas of the University. The University provides reasonable accommodations to qualified individuals with disabilities upon request.

UMaine Offers 'Smart Steps' to Better Health

The University of Maine is in the midst of its most comprehensive health and fitness initiative ever, and plans are in place to roll out five new programs in the spring in a continuing effort to guide employees to healthier, more fulfilling lifestyles.

Following the Fitness 2000 program, run for several years now through Campus Recreation, HealthyU Employee Wellness Program last spring recruited nearly 600 employees to participate in the Move & Improve exercise program run by Eastern Maine Healthcare. In

November, HealthyU, which operates under the Employee Assistance Program, introduced the Anthem Blue Cross "Smart Steps" program and handed out 450 pedometers for employees who are tracking their daily footsteps.

That's in conjunction with monthly luncheon lectures on diet and nutrition

and the "Anthem Rewards" program, through which employees can accumulate prizes for logging exercise activities on the Anthem Web site.



Andrea Walker

According to Andrea Walker, HealthyU Employee Wellness Program manager, Move & Improve will start up again in March, to be coordinated with five new initiatives: a health-risk assessment program, being piloted in four UMaine departments (Facilities Management, Dining Services, Property Management and Alumni Hall), a weight-loss program to be facilitated by UMaine

dietician Laura Honeycutt, goal-setting workshops led by fitness trainer and wellness coach Lisa McGowan at the Cutler Student Health Center, smoking cessation clinics and discounted memberships for UMaine employees after a free two-month (February and March) membership at the Old Town-Orono YMCA.

Walker says she's getting positive feedback on the programs offered so far and expects more UMaine employees to make long-term commitments to healthier lifestyles through one or more of the opportunities.

"By being active, it actually helps to reduce stress levels," she says. "It's really easy to do. Go to the gym or even grab a flashlight and go for a five-minute walk."

She is pleased with the participation levels of Smart Steps, particularly during the holidays when temptations are higher to skip fitness regimens. Walker says the aim of the programs is to encourage employees to pursue healthier living and eating practices, rather than trying to meet specific goals.

"The whole point of the Smart Steps program is for people to be thinking about keeping their activity levels up during this crazy, hectic time," she says. "Being active actually helps reduce stress levels. It's really easy to do." ■

Mary Malone *from page 1*

Gee, I never heard of that," Malone says.

Like all volunteer cuddlers at EMMC, Malone underwent training to learn how to hold and calm the newborn infants, who might be asleep, medicated or awake with curious little eyes peering about trying to fathom their new surroundings.

Studies show that human contact is critical for all human beings, particularly babies, and more so for sick or premature babies, says Malone and Tina Gist, the NICU department head at EMMC.

"We (also) teach the parents to cuddle them with their hands," says Gist. "Sometimes they just fit in their hands. Just by applying pressure, sometimes the babies respond to that in needing less oxygen. It's just amazing. They just totally relax. They just need that touch."

For infants several days or weeks old — intensive care hospitalization for these babies ranges from several weeks to several months — it's important to be held and cuddled by someone other than doctors or nurses who become known to the infants as the source of discomfiting medical procedures involving needles, tubes, and, from the infant's perspective, unwelcome prodding and poking.

Enter the volunteer cuddler, many of whom, like Malone, have raised children of their own and still have an inexorable maternal instinct.

"I think it never goes away," says Malone, who has two grown children and a new granddaughter. "Once you've had a maternal instinct, it never goes away."

Cuddling a newborn in the calm, tranquil atmosphere of NICU also is relaxation therapy for the cuddler, Malone says.

"When you're holding a baby, maybe a preemie with lots of tubes, you can't rock him or her. They want you to just sit there and just hold the baby," she says. "And there's something to be said for just being held for the sake of being held. It feels good to hold a baby."

The parents of NICU babies are grateful for the cuddlers and understand the need for their infants to feel a loving

human touch.

EMMC is one of only two hospitals in Maine with Level III Neonatal Intensive Care Units, according to Gist. The other is in Portland. Of the more than 500 infants admitted annually to the EMMC NICU, a quarter of them come from other hospitals in Maine, which is why working parents often cannot be there around the clock.

"I feel that when I go in, I'm doing something good and that I'm helping," Malone says. "You can feel that baby. It's relaxed and just enjoying being cuddled." ■

December MCA Events

The Full Monty, 7 p.m., Dec. 18

Broadway's smash hit musical about six good buddies whose desperate plan to get their lives back together requires them to triumph over their fears, their nerves and their clothes...

Early January Athletics



- 1/2
W/ Basketball vs. Holy Cross.....2:00
- 1/3
M/ Basketball vs. UMaine Machias.....7:30
- 1/4
W/ Basketball vs. Binghamton.....7:30

PUBLICATIONS & PRESENTATIONS

Eisso J. Atzema, lecturer, mathematics, "Mathematics Unbound: The Evolution of an International Mathematical Research Community, 1800-1945," *ISIS* (Sept. 2005).

David A. Bradley, associate professor, mathematics, "Duality for Finite Multiple Harmonic Q-Series," *Discrete Mathematics* (Sept. 2005).

Edward Brazee, professor, middle level education, and John Lounsbury, dean emeritus, Georgia College & State University, "In Perspective - After 32 Years of Advocacy, What Have We Learned?" *This We Believe in Action: Implementing Successful Middle Level Schools* (2005).

Marin T. Brewer, graduate assistant, **Robert P. Larkin**, research plant pathologist, USDA-ARS, New England Plant, Soil and Water Lab, "Efficacy of Several Potential Biocontrol Organisms Against *Rhizoctonia Solani* on Potato," *Crop Protection* (Nov. 2005).

Elizabeth Clark, assistant professor, nursing, presentation, "Speaking Your Mind: Quality of Life and Children Who have Mental Illnesses," American Psychiatric Nurses Association convention, Nashville, Tenn. (2005).

Nancy R. Curtis, science & engineering reference librarian, Fogler Library, "Divine Wind: The History and Science of Hurricanes," *Library Journal* (Oct. 2005).

Max J. Egenhofer, professor, spatial information sciences & engineering, "Spherical Topological Relations," *Journal on Data Semantics III*, part of Lecture Notes in Computer Science series (2005).

Adria A. Elskus, biological sciences, U.S. Geological Survey, "The Implications of Low-Affinity AhR for TCDD Insensitivity in Frogs," *Toxicological Sciences* (Nov. 2005).

Benjamin Friedlander, assistant professor, English, "This Connection of Everyone," *American Book Review* (Sept.-Oct. 2005).

Nancy Hall, associate professor, **Susan Lambrecht-Smith**, assistant professor, **Allan B. Smith**, assistant professor, and **Judy Walker**, associate professor, communication sciences and disorders, "Explorations in Research: Evidence-Based Practice and the Clinician-Researcher Collaborative," Maine Speech-Language-Hearing Association Fall Conference, Portland, Maine (Oct. 2005).

Erin Haramoto, former master's student, plant, soil and environmental sciences, and **Eric R. Gallandt**, associate professor, weed ecology and management, "Brassica Cover Cropping: I. Effects on Weed and Crop Establishment" and

"Brassica Cover Cropping: II. Effects on Growth and Interference of Green Bean (*Phaseolus Vulgaris*) and Redroot Pigweed (*Amaranthus Retroflexus*)," *Weed Science* (Sept.-Oct. 2005).

David Hiebeler, assistant professor, mathematics and statistics, "Spatially Correlated Disturbances in a Locally Dispersing Population Model," *Journal of Theoretical Biology* (2005); also, "A Cellular Automaton SIS Epidemiological Model with Spatially Clustered Recoveries," *Lecture Notes in Computer Science* (2005).

Gisela Hoecherl-Alden, assistant professor, German, presentation, "On the Road to Transnationalism: Minorities in Post-Reunification German Cinema," annual meeting, Pacific Ancient and Modern Languages Association, Malibu, Calif. (Nov. 2005).

Dianne Hoff, assistant professor, educational leadership, and Marcia Diamond, principal, All Saints Catholic School, Bangor, adjunct instructor, UMaine, *Legal Issues for Maine Educators, Second Edition* (2005).

Stephen J. Hornsby, director, Canadian American Center, "The British Seaborne Empire," *Journal of British Studies* (Oct. 2005).

Carol D. Janzen, assistant research scientist, marine sciences, John Simpson, professor, University of Wales, School of Ocean Sciences, Menai Bridge, Wales, Mark Inall and Finlo Cottier, assistant research scientists, University of the Highlands and Islands Millennium Institute, Scottish Association for Marine Science, Dunstaffnage Marine Laboratory, "Across-Sill Circulation Near a Tidal Mixing Front in a Broad Fjord," *Continental Shelf Research* (Sept. 2005).

Yingfeng Shen, Ph.D. student, **Douglas W. Bousfield**, professor, chemical engineering, **Adriaan van Heiningen**, professor, chemical engineering, and Douglas Donigian, scientist, Specialty Metals, "Linkage Between Coating Absorption Uniformity and Print Mottle," *Journal of Pulp and Paper Science* (July-Sept. 2005).

Jessica Miller, assistant professor, philosophy, "A Code of Ethics for Bioethicists: Prospects and Problems," *American Journal of Bioethics* (Sept.-Oct. 2005); also, presentation, "The Ethics of Recruiting Addicts for Nontherapeutic Studies of Addictive Drugs," American Society for Bioethics and Humanities annual meeting, Washington, D.C. (Oct. 21, 2005).

Gert Nesin, clinical instructor, middle level education, "Students and Teachers Engaged in Active Learning," *This We Believe in Action: Implementing Successful Middle Level Schools* (2005).

R. Spanagel, Departments of Psychopharmacology and Psychiatry and Psychotherapy, Central Institute of Mental Health, Mannheim, Germany, **Alan M. Rosenwasser**, professor, psychology, G. Schumann, Departments of Psychopharmacology and Psychiatry and Psychotherapy, Central Institute of Mental Health, and D.K. Sarkar, Department of Animal Sciences, Rutgers, State University of New Jersey, "Alcohol Consumption and the Body's Biological Clock," *Alcoholism: Clinical and Experimental Research* (2005).

CALENDAR

For a full listing of UMaine activities and calendar events, check the Web at:

<http://calendar.umaine.edu>

Save the Dates!

Dec 16 7 PM & **Dec 18** 2 PM
'Season of Light' a Planetarium show, reservations recommended

Dec 19-23 Bookstore Sale
25% off clothing, general books and UMaine gifts (exclusions apply)
Weekly specials on apparel items through December!

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