



**NORTHERN
MAINE**
COMMUNITY COLLEGE

Toward Excellence

September 20, 2010
Issue #4

Weekly Bulletin

Facebook Page Will Help Students Stay 'in the Loop'

The residential life department has created a Facebook page called "NMCC in the Loop." The res life staff is encouraging students to become a fan, so they can stay updated with what is happening both on campus and in our community.

Students can watch for events, activities and things to do, as well as post questions about campus life or resources. Students can also post suggestions about activities or other things they'd like to see happen on campus. The res life team will try to make it happen.

Join the "NMCC in the Loop" group and stay in the loop!



Annual Softball Game

The annual employee vs. student softball game will take place on Wednesday, September 22. Both students and employees are being sought to play on a team.



Plan to join a team or to come by to root for your peers! Warm up begins at 5:30 pm in front of Andrews Hall. For more details, contact Student Senate advisor Dennis Albert at 768-2757.

Sponsored by Student Senate

Weekly Movie Night

Movie Nights will be happening throughout the semester on Thursday evenings beginning at 9:00 pm in the Reed Dining Commons. The movie playing will be posted earlier in the week with flyers in the resident halls and in the dining commons. This is a FREE event open to all students, employees and their friends/families. Snacks are provided.

Sponsored by Res Life & Aramark

Constitution Day



Richard Engels, a local attorney and member of the NMCC Foundation board of directors, was a guest speaker on campus on September 17 as NMCC celebrated Constitution Day. He led a presentation on the Constitution as an ongoing experiment in limited government. Also during the day, students Dustin Graham and Mariah LeMieux-Lupien led a voter registration drive and dining services offered a special meal featuring patriotic foods.



WEEKEND TRIP TO MT. KATAHDIN

October 1-3, 2010

This FREE Weekend Adventure includes:

- Round trip transportation from the college campus.
- 2 nights lodging at the New England Outdoor Center's premium Millinocket Stream cabin
- A hike to the top of "The People's Mountain"
- Most of your meals.

While this is a free event, a \$10 deposit is required to hold your spot, and it will be refunded to you after you return from the trip. Space is limited to 10 people and is filled on a first come/first serve basis. The group will be leaving at 4 pm on Friday Oct. 1 and returning around noon on Oct. 3.

Please sign up by September 26th in the RA Office (off the lobby of Andrews Hall).

Sponsored by the Residential Life Department

Lunch Menu

Monday

Chesapeake Bay Corn Chowder
Tomato Rice Soup
Chicken Double Noodle Soup
Meatball Sub
Spinach Alfredo Ravioli
Spaghetti
Cauliflower
Hot Pastrami Sandwich
BBQ Bacon Swiss Mush. Burger
Fried Chicken Patty Melt
Seasoned Twister Fries
Hawaiian Pizza
Assorted Dessert

Tuesday

Potato & Leek Soup
Minestrone Soup
Chicken Double Noodle Soup
Shepherd's Pie
Baked Macaroni & Cheese
Carrots
Grilled Ckn. & Chili Bowl
BBQ Bacon Swiss Mush. Burger
Fried Chicken Patty Melt
Seasoned Twister Fries
BBQ Chicken Pizza
Mediterranean Beef Panini
Assorted Dessert

Wednesday

Cream of Broccoli Soup
Chicken Vegetable Soup
Chicken Double Noodle Soup
BBQ Pork
Asian Sesame Pasta
Zucchini & Yellow Squash
Batter Dipped Potato Wedges
Italian Burger
BBQ Bacon Swiss Mush. Burger
Fried Chicken Patty Melt
Seasoned Twister Fries
Spinach/Bacon Flatbread Pizza
Whole Wheat Pizza Primavera
Chunky Chicken Salad Sand.
Assorted Dessert

Thursday

Potato Chowder
Chicken & Rice Soup
Chicken Double Noodle Soup
Beef Taco
Tomato Basil Pasta
Corn
Red Chile Mexican Rice
Buffalo Chicken Sandwich
BBQ Bacon Swiss Mush. Burger
Fried Chicken Patty Melt
Seasoned Twister Fries
Taco Style Pizza
Rotini Marinara
Chicken Salad Croissant
Assorted Dessert

Friday

Boston Clam Chowder
Beef Vegetable Soup
Chicken Double Noodle Soup
Singapore Chicken
Stuffed Shells
Broccoli
Herb Roasted Red Potatoes
Asian Shrimp Fajita
BBQ Bacon Swiss Mush. Burger
Fried Chicken Patty Melt
Seasoned Twister Fries
White Pizza Sicilian Style
Vegetable Pasta Mediterranean
Assorted Dessert

Student ID Card Note...

Your NMCC student ID has features attached to it that you may not be aware of. The plastic card has a radio frequency transmitter embedded in it, to broadcast to the systems used in the bookstore or dining commons when you make a purchase. Please take a moment to look at the do's and don'ts of caring for your student ID, so you can avoid the \$25 replacement charge.

DO...

- Use it for access control (resident students), purchases or identification.
- If you decide to "wear" it, put it in a protective pouch that has easy access to remove/replace the card and avoids added wear and tear to the surface.
- Keep it dry and away from heat.
- Keep it on your person, at all times, as you would a driver's license, credit card, etc.

DO NOT...

- In any way bend, crimp, twist, overly compress, bite, pound, re-laminate, punch a hole or slot into or in any way try to modify the card from the condition it was given to you.
- Leave it in direct sunlight (dash of a car) or expose to extreme heat (dryer, iron, etc.)
- Submerge in water (clothes washer), expose to solvents or chemicals.
- Use it as an ice scraper or other scrapping tool.

If you have questions about your card not covered here, please contact the residential director, a residential advisor or the information technology office.

Swimming at the Indoor Pool...

NMCC students can swim for free at the Presque Isle indoor pool, located next to the Forum. Simply bring your student ID with you and sign in at the desk. To find out when the pool is open to the public, call 764-2564.

Courtesy of Student Senate

Events

TUESDAY

EMT Refresher Training for DHS Customs & Border

Protection, 8:00 am - 4:30 pm, Edmunds Conf. Center

Little Feathers, 10:00 - 11:00 am, Gym

Student Senate Meeting, 12:00 - 1:00 pm, CHR 201

Finance Your Future Workshop, 5:30 - 8:30 pm, Keegan Room

Electricity II CED Class, 5:30 - 8:30 pm, CHR 113

WEDNESDAY

EMT Refresher Training for DHS Customs & Border

Protection, 8:00 am - 4:30 pm, Edmunds Conf. Center

Student Senate Meeting, 11:30 am - 1:00 pm, Reed

Commons Keegan Room

Community Notes

MPS Offers "Save Energy, Save Dollars" Workshop

Turn off computers and their peripherals when not in use. Unplug "vampire" appliances such as satellite TV systems and VCRs that suck electricity even they are off. Replace light bulbs with compact fluorescent or LED bulbs. Install weather stripping on doors leading to the outside or garage. And, of course, turn down the thermostat when leaving home.

These are just a few of the energy- and money-saving tips being given out in a free Maine Public Service workshop. "There are many low- and no-cost energy-saving strategies that can save money so that renters and homeowners can apply the savings to other household expenses," says Nancy Chandler, the program's coordinator of energy conservation and education services at MPS.

The "Save Energy, Save Dollars" workshop focuses on energy efficiency and offers free take-home tools such as fluorescent bulbs, Kill-A-Watt meter, refrigerator gauge, low-flow showerhead, and pipe insulation. Co-sponsored by NMCC, the workshop will take place at the Edmunds Conference Center from 6:30 p.m. to 8:30 p.m. on September 29. For more details or to register, call Nancy Chandler at 760-2556.

Lifeguard Needed

The Presque Isle Indoor Pool is seeking a part-time lifeguard. To be eligible, you must have a current lifeguard and CPR certificate. Those interested should contact Joyce or Sloan at 764-2564.

Elite Cheering

Want to be part of a competitive cheering squad? There is a group looking for talented male and female athletes who are interested in taking cheering to the next level. Tryouts will be held on Saturday, September 25, at All-Star Gymnastics on Main Street in Mars Hill. For more information, call Josh at 551-7059 or Allison at 429-8021

THURSDAY

EMT Refresher Training for DHS Customs & Border

Protection, 8:00 am - 4:30 pm, Edmunds Conf. Center

FRIDAY

Disaster Preparedness Institute, 9:00 am - 9:00 pm,

Edmunds Conference Center, Library Study Rooms

Street Drugs TRIO Workshop, 12:00 - 1:00 pm, Keegan Rm.

SATURDAY

Disaster Preparedness Institute, 9:00 am - 4:00 pm,

Edmunds Conference Center, Library Study Rooms

First Aid Training, 9:00 am - 4:00 pm, Academic Success Center