



**NORTHERN  
MAINE**  
COMMUNITY COLLEGE

*Toward Excellence*

January 14, 2013

Issue #14

# Weekly Bulletin

## Class Cancellation Procedure

For the benefit of those who are new to campus this semester, as well as a reminder for returning students, here's a review of procedure for class cancellations during the winter season.

While the College does not typically close due to inclement weather, in cases of extreme weather conditions, classes may be cancelled or the College closed early. Any decision to cancel day-time classes will be made by 6:00 a.m., and the decision not to hold evening classes will be made by 4:00 p.m.

**Any College-wide closing will be sent to students and employees using the emergency alert system.** It is important that all students and employees go on-line to the portal and make sure your contact information is current and that you have "opted in." After you log in to the portal ([my.nmcc.edu](http://my.nmcc.edu)), go to the IT-Facilities tab and click on the "RaveAlert Instant Alert" heading in the left column. Messages regarding closings will be sent to all of the phone numbers and e-mails that you have listed.

Announcements will also be posted under the "Take Note" section on the College's website ([www.nmcc.edu](http://www.nmcc.edu)).

*Finally, announcements will be made through local media:*

WAGM-TV (Ch. 8/4)	WBPW - 96.9 FM
WCXX - 102.3 FM	WCXU - 97.7 FM
WQHR - 96.1 FM	WCVB - 98.1 FM
WOZI - 101.9 FM	W276AY - 103.1 FM

Please check these resources rather than calling the College.

Remember to allow for extra driving time during your commute when roads are poor. *Drive safely!*

## Spring Semester Underway; Changes to Note

Welcome to the spring semester at NMCC! We hope everyone had a wonderful holiday season. In addition to returning faculty and students, we welcome 170 new students for the spring 2013 semester.

The College is beginning the challenging, yet exciting process that will lead to the beautiful new wellness and student centers. During the semester break preconstruction work started, including asbestos abatement in the hallway leading to the lockers and gymnasium. That portion of the work is now complete and the hallway is open for use, but this area now has a "construction-zone" appearance.

The next piece of work has required closing down the hallway from the electrical labs to the Christie Building. Access between the main part of the Christie complex and the electrical wing will be through the gymnasium.

Several areas have been closed or relocated for the duration of the project. The exercise room, weight room, training room and locker rooms are no longer in use. The ergonomics classroom has been moved from Christie 108 to Martin 211.

Several instructors' offices have moved: Miriam Gregg and Lori Googins are on the second floor of the

Martin Building in room 213-2; Chuck Kelley is in the electrical construction area; and Dean Duplessis has been moved to the computer electronics area. Athletic Director Bill Casavant has been relocated to Andrews Hall.

More changes are in store as we progress with the wellness center project.

"Our new wellness and student center is an incredibly exciting project, and we are excited to be getting started," said President Tim Crowley. "As with any construction project, there will be some inconveniences that must be experienced along the way. We will do all that we can to minimize the impact on students and the public. We appreciate people's patience and understanding; in the end, it will be well worth it."

The campus will be kept up to date on the work as it progresses. The first milestone will be the official groundbreaking of our building project in March. It is anticipated that the project will be completed during the Spring 2014 semester.

For a more detailed look at the project including the artist rendering, please go to: [www.nmcc.edu/rd.php?id=1020](http://www.nmcc.edu/rd.php?id=1020)

## Zumba Class Underway at NMCC

For anyone who is interested, a Zumba class is being offered again on campus. Although it began last week, it's not too late to join. The group meets from 4:30-5:30 pm on Mondays and Wednesdays in the gym. Mandy Putnam, a licensed Zumba instructor, is leading this "all level" class.

Zumba is for everyone - all shapes, all sizes, all abilities, all genders. The music is Latin and dance; and, you can modify the moves so that you can participate at the level that you feel comfortable. There is high impact, cardio and toning. Come join the fun!

## Lunch Menu

### Monday

Gr. Italian Sausage w/Peppers  
Chicago-style Hot Dog  
Pizza Poppers  
Italian Pasta Salad  
Beef Vegetable Soup  
Chicken Noodle Soup  
Rotini Marinara  
Broccoli  
Vegetable Enchilada  
Cheddar Cauliflower Soup  
Italian Wrap

### Tuesday

Rotisserie-Style Chicken  
Bistro Chicken Sandwich  
Broccoli & Red Pepper Pizza  
Crab Salad  
Two-Bean Chili w/Brown Rice  
Chicken Noodle Soup  
Garlic Mashed Potatoes  
Steamed Green Peas  
Farfalle w/Broccoli & Ricotta  
Spicy Veggie Barley Bean Soup  
Falafel on Pita

### Wednesday

BBQ Beef Brisket Sandwich  
Black Bean Stuffed Peppers  
Turkey Burger  
Chicken & Bacon Pizza  
Old-Fashioned Cole Slaw  
Beef Mushroom Barley Soup  
Chicken Noodle Soup  
Sweet Potato Hash w/Bacon  
Fresh Collared Greens  
Garlic Broccoli Orzo  
Roasted Corn & Potato Soup  
Italian Sub

### Thursday

Salisbury Steak  
Bacon Blue Burger  
Mediterranean Pizza  
Red-Skin Potato Salad  
Turkey Soup w/Brown Rice  
Chicken Noodle Soup  
Homestyle Mashed Potatoes  
California Blend Vegetables  
Spinach Parmesan Quiche  
Cheddar Beer Soup  
Three Cheese Sub

### Friday

Creole Fried Pollock  
Tomato & Bacon Gr. Cheese  
Ham & Cheese Calzone  
Homestyle Macaroni Salad  
New England Clam Chowder  
Chicken Noodle Soup  
Grilled Red Potatoes  
Seasoned Corn  
Eggplant & Cavatappi Marinara  
Six Onion Soup  
Gr. Apple & Bacon Bruschetta

#### AVAILABLE DAILY

Salad, hamburgers, hot  
dogs, gardenburgers,  
cheese & pepperoni pizzas,  
chicken sandwiches,  
grilled cheese, french fries  
and assorted desserts

## Till Named Player of the Week

Congratulations to NMCC's Matt Till, a senior plumbing and heating student, for being honored by the Yankee Small College Conference as their Player of the Week near the end of last semester.

Matt scored 42 points, nine rebounds and three assists in an NMCC game against UMaine-Augusta on December 8.

## Attention Graduating Seniors...

If you are planning to graduate this year (spring 2013), you must submit a "Request for Graduation" on line. Log into the myNMCC.edu portal. Click on the "Students" tab and then click on the "Request for Graduation" link from the navigation menu on the left-hand side of the page.

*Please note: After reviewing the information on page 1, be sure to go to the next page (of the form) and hit "Submit Form" at the bottom of the screen.*

Submissions must be completed by Friday, February 8. Failure to complete the form may result in a delay in receiving your degree or certificate.

## Student Health 101...

Check out the January issue of **Student Health 101** at <http://readsh101.com/nmcc.html> to learn more about setting S.M.A.R.T. goals. The issue features a video of the Zumba class taking place at NMCC...be sure to check it out! You can also enter for a chance to win \$1,000.

*Student Health 101 is an online magazine with up-to-date information students can use to improve their health, relationships and study habits. It offers articles on a variety of topics of interest.*

# Events

### MONDAY

**Notebook Support**, 10:00 - 11:00 am, 1:00 - 3:00 pm,  
Edmunds Conference Center

**Evening Orientation**, 5:30 - 6:00 pm, Edmunds Conf. Center  
**CTEP Training**, 6:00 - 9:00 pm, CED Classroom

### TUESDAY

**Foundation Executive Committee Meeting**, 8:00 - 9:00 am,  
Martin Third Floor Conference Room

**Student Services Meeting**, 9:00 - 10:30 am, Martin 3rd Floor  
Conference Room

**Evening Orientation**, 5:30 - 6:00 pm, Edmunds Conf. Center  
**Alumni & Friends Meeting**, 5:30 - 7:00 pm, Keegan Room

### WEDNESDAY

**Residential Life Meeting**, 12:00 - 1:00 pm, Keegan Room  
**Admissions Testing**, 1:00 - 4:00 pm, MRT 105

**Foundation Finance & Investment Meeting**, 4:00 - 5:30 pm,  
Martin Third Floor Conference Room

## Skiing at Big Rock

Big Rock will be opening soon. Thanks to the Student Senate and Big Rock, the following discounted rates are available:

- All NMCC students and employees receive daily ski and snow tubing lift tickets for just \$7.
- Spouses of NMCC students/employees receive 25% off all daily lift tickets when accompanying the student/employee to Big Rock.
- Children living in the home of NMCC students/employees receive 25% off all daily lift tickets when accompanying the student/employee to Big Rock.
- Avid skier? NMCC students/employees may purchase a season pass for skiing at a special rate of \$100.

Please note that to take advantage of these savings, you must present BOTH your NMCC photo ID card (available in the library) and your NMCC student activity card (available at the information window in the Christie lobby).

*Courtesy of Student Senate*

## Skating at the Forum...

Students who present their NMCC student ID card and NMCC activities card at the door can skate for free at the indoor rink at the Forum. Call the Forum for times at 764-0491.

If you have not yet picked up your student activities card, you can do so at the information window in the Christie lobby.

*Courtesy of Student Senate*

## Newsletter Items...

*Do you have items that you would like printed in the Weekly Bulletin? If so, submit your information to the development office by calling 768-2809, e-mailing [info@nmcc.edu](mailto:info@nmcc.edu) or stopping by the office, just off of the lobby of the Christie Building. **The deadline is Friday by 10 a.m.***

**Evening Orientation**, 5:30 - 6:00 pm, Edmunds Conf. Center  
**CTEP Training**, 6:00 - 9:00 pm, CED Classroom

### THURSDAY

**NESHRM Meeting**, 7:30 - 9:00 am, Edmunds Conf. Center  
**PROBUS Meeting**, 10:00 am - 12:00 pm, Keegan Room  
**Student Senate Meeting**, 12:15 - 12:45 pm, CHR 201  
**Evening Orientation**, 5:30 - 6:00 pm, Edmunds Conf. Center

### FRIDAY

**Notebook Support**, 9:00 am - 3:00 pm, Edmunds Conf. Center  
**Admissions Testing**, 1:00 - 4:00 pm, MRT 107

### SATURDAY

**Aroostook County Democratic Meeting**, 11:00 am - 12:30 pm,  
Edmunds Conf. Center