



Wear Red - Feb. 1

Healthy Aroostook is asking businesses to wear red on Friday, February 1, to support women's heart health.

This is the 10th anniversary of National Wear Red Day. Despite 10 years of progress, heart disease is still the number one killer of women, striking more women than men. You can help win the fight by wearing red and increasing awareness!

As part of the 10th anniversary celebration of this event, Healthy Aroostook is asking for photos from businesses, organizations and groups that wear red on Friday. Photos submitted by 5:00 pm on Friday will be entered into a drawing for a gift card. The photos will also be posted to the Healthy Aroostook facebook page.

To show our support for this worthwhile cause, we encourage students, faculty and staff at NMCC to wear red on Friday. Please come to the Christie lobby at 12:00 noon for a group photo.

Dean's List Note...

Congratulations to the 212 students who were named to the Dean's List for the Fall 2012 semester! These students achieved a 3.2 or higher grade point average for the semester. Sixty-four of these students were named to high honors with a GPA of 3.85 or higher, with 33 having the distinction of achieving a 4.0 semester.

The Dean's List can be found in its entirety on the NMCC website at www.nmcc.edu.

Kudos to all these students who worked hard and earned such a great level of academic success!

Spring Semester Underway; Changes to Note

With the new semester underway, we have three new, or in some cases not so new, faces joining the faculty ranks at NMCC.

Beth Hummel has joined the business department, replacing the vacancy left by Pam Crawford's retirement. She has served in an administrative position in the continuing education division of the College for a number of years, and has also taught courses through that division. Hummel graduated from Northern Maine Technical College (a forerunner of Northern Maine Community College), received her bachelor's degree from the University of Maine at Presque Isle and her MBA from Husson University.



Another familiar face is Kurt Soucy, who is now a full-time instructor in the emergency medical services program. Soucy had been teaching

classes for the program in a part-time capacity. Soucy is a licensed paramedic with seven years of experience in the field. He graduated from NMCC's associate's degree EMS program and is working toward his bachelor's degree from UMPI. Soucy serves as an EMT-paramedic with the Madawaska Ambulance Service.



Rodney Wood is a new plumbing and heating instructor. Wood is a graduate of NMCC who is a licensed master plumber. Among other work experience, Wood spent several years as a supervisor and installer for HVAC plumbing equipment and repairs at Industrial Piping and Heating in Caribou. This position was newly created to accommodate the expansion of the alternative energy course offerings at the College.

Petrin Receives NESHRM Scholarship

Karin Petrin, a senior NMCC business administration student, and Janelle Horten, a senior UMPI business administration major, recently received the Deborah Kierstead and Milton Bailey Memorial Scholarship from the Northeast Society for Human Resource Management (NESHRM).

NESHRM is affiliated with the Society of Human Resource Management. The group established the scholarship in honor of two of their members who exemplified leadership and community service. Officials annually present the scholarship to two students.

The scholarship is open to students currently enrolled in a business-related program at NMCC, UMPI, UMFk, or Husson University in Presque Isle. Applicants must have a



Karin Petrin (right) is congratulated by Tom Richard, NESHRM president, for receiving a NESHRM scholarship.

career goal in business, and exhibit traits of leadership and service to the school and community.

Petrin is actively involved in several organizations including the Presque Isle Historic Society, the Crown of Maine Balloon Fest and Phi Theta Kappa, the international honor society of two-year colleges.

Lunch Menu

Monday

Bacon Tomato & Cheese Sand.
Beef Stroganoff
Buttery Egg Noodles
Penne & Sausage
Mediterranean Tuna Brushetta
Broccoli
Vegetable Stir Fry w/Noodles
Spicy Vegetable Lo Mein
Seafood Bisque
Minestrone Soup
Roasted Corn & Potato Soup

Tuesday

Gr. Vegetable Quesadilla
Blackened Basa
Southern Dirty Rice
Farfalle & Sausage Alfredo
Roast Beef & Provolone Panini
Steamed Peas & Onions
Vegetable Stir Fry w/Noodles
Korean BBQ Tofu
Southwest Chicken/Rice Soup
Minestrone Soup
Hearty Lentil & Potato Soup

Wednesday

Buffalo Chicken Sandwich
Chicken Parmesean
Fettucini Alfredo
Rotini Marinara
Italian Green Beans
Baked Potato w/Chili
Vegetable Stir Fry w/Noodles
Chicken Salad Sub
Veggie & Bacon Tomato Soup
Minestrone Soup
Pumpkin Coconut Bisque

Thursday

Tomato & Bacon Gr. Cheese
Hearty Lasagna
Catatappi Marinara w/Arugula
Grilled Zucchini Squash
SW Garbanzo Bean Cakes
Vegetable Stir Fry w/Noodles
The "Elvis" Panini
Chipotle Chicken Tortilla Soup
Minestrone Soup
Vegetable Orzo Soup

Friday

Vegetable Chimichanga
Fish & Chips
Creamy Parmesean Cavatappi
& Shrimp
Steamed Green Peas
Vegetable Stir Fry w/Noodles
Honey Dijon Chicken Wrap
Baked Sweet Potatoes
Tofu & Vegetable Teriyaki
Jerk Chicken Soup
Minestrone Soup
Cheddar Beer Soup

AVAILABLE DAILY

Salad, hamburgers, turkey
burgers, gardenburgers,
hot dogs (regular & turkey),
pizza, grilled chicken
sandwiches, grilled cheese
sandwiches, french fries
and assorted desserts

Student Activities Card

Students are able to enjoy free admittance to the indoor pool in Presque Isle, as well as to the Forum during skating season courtesy of the Student Senate. They also benefit from discounted rates at Big Rock ski area in Mars Hill. To take advantage of these savings, students should stop by the information window in the Christie lobby to pick up a student activity card. Students must present their NMCC student ID when they come. This student activity card and the student's NMCC ID card must be presented at the time the student wants to use the free or discounted service.

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...

These are the last few days to see the January issue of **Student Health 101** at <http://readsh101.com/nmcc.html>. 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

President's Cabinet, 10:00 - 11:30 am, President's Conference Room
CTEP Training, 6:00 - 9:00 pm, CED Classroom

TUESDAY

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

WEDNESDAY

Jenzabar, 8:00 - 10:00 am, Library Room 2
Maine Community Foundation, 11:00 am - 1:00 pm, President's Conference Room

Financial Aid Refunds, Health Insurance Waivers

Friday, February 1, is the last day for students using financial aid for bookstore transfers and notebook orders. Notebook orders must be authorized by the director of finance by January 30. After the refund checks are issued, students can use their refunds for these purchases.

If you anticipate receiving a refund check, please review the legal home permanent (LHP) mailing address you have on the campus portal [<https://my.nmcc.edu/ICS/>] as this is the address your check will be mailed to. If the address displayed on the portal is not correct, please go to the Student Affairs office as soon as possible to make the necessary changes. CHECKS WILL NOT BE MAILED TO ANY CAMPUS RESIDENCE FOR SECURITY REASONS.

Students who have any Hold placed on their account must contact the issuing office and resolve the issue BEFORE any refund will be mailed.

All financial aid documents/requirements must be met before ANY financial aid (including student loans) may be posted to a student's account or disbursed to the student. See the financial aid office if your expected financial aid is not displaying on your portal.

For new full-time students starting this spring semester, February 3 is the last day for students to waive student health insurance coverage for the 2012-2013 academic year. Students who do not waive the insurance plan by the deadline are automatically enrolled and charged for the insurance. Once enrolled, a student can not cancel the insurance, and no refund is available unless authorized by the insurance provider.

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 or stopping by the office, just off of the lobby of the Christie Building. **The deadline is Friday by 10 a.m.**

Student Senate Organizational Meeting, 11:30 am - 1:00 pm, Keegan Room

TEAS Testing, 12:30 - 5:00 pm, Edmunds Conference Ctr.

CTEP Training, 6:00 - 9:00 pm, CED Classroom

THURSDAY

Perkins Meeting, 11:00 am - 12:00 pm, Martin 3rd Floor Conference Room

Student Senate Meeting, 12:15 - 12:45 pm, CHR 201

EMS Faculty Meeting, 4:00 - 6:00 pm, Keegan Room

FRIDAY

Learning Style, 12:00 - 1:30 pm, MRT 107