



Weekly Bulletin

Black History Month Presentation

NMCC humanities instructor Dave Raymond will lead a presentation in honor of Black History Month and the 150th anniversary of the issuing of the Emancipation Proclamation on Tuesday, February 12, at noon in the NMCC library.

Raymond will explain what the Emancipation Proclamation was, why it was issued, and if it really did free the slaves as popular sentiment tells us.

Members of the campus and local community are invited to attend this free presentation.

Common Read for Spring 2013

The campus Common Read for the spring semester will be ***When We Were the Kennedys***, by Monica Wood. The book is a memoir of growing up in Mexico, Maine.

The library has both print and ebook versions available. Stop by and pick up the format you prefer and begin reading!

Wood will be on campus on April 24 for a noon reading and book signing in the library as part of the April Reading Series.



Common Read



Polar Dip Team to Raise Funds for Ronald McDonald House

A team of NMCC students and employees will once again be raising funds for a good cause as they prepare to take their annual "polar dip" off the coast of Maine.

The NMCC group, appropriately named the "Freezin' Falcons" to honor the school's mascot, will be led by Dr. William Egeler, dean of students and a veteran of past polar dips. Egeler and his team of students and staff will consist both of members who will enter the water and others who will serve as 'towellers' and watch out for the dippers during and after the swim.

This year's "Freezin' Falcons" team will travel to Pleasant Point on the coast of Downeast Maine on Friday, March 1, to take a "dip" into the frigid Atlantic Ocean. This event, fea-

turing around 100 dippers from colleges and universities in both Maine and New Brunswick, supports Maine's Ronald McDonald House charity.

Now in its 13th year, the annual event, sponsored by Washington County Community College Student Senate, has raised more than \$150,000 to benefit the Ronald McDonald House since it was first held in 2000.

Students or staff who would like to take part on the NMCC team are encouraged to stop by the student affairs office to learn more.

Anyone would like to contribute to the 2013 Freezin' Falcons efforts, can sponsor a team member directly or drop off a check, made payable to the Ronald McDonald House, to Dean Egeler in student affairs.

NMCC Employees, Students Wear Red for Women's Heart Health



These are some of the NMCC employees and students who wore 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. Special thanks to all who took part!

Lunch Menu

Monday

Bacon Swiss Burger
Grilled Jerk Chicken
Vegetable Lasagna
Veggie Stir Fry w/Noodles
Tuna Sub
Hungarian Goulash Soup
Broccoli Cheddar Soup
Yellow Rice
Roasted Root Vegetables
Moroccan Vegetable Stew
Tomato Rice Soup

Tuesday

Grilled Ham & Cheese Sand.
Sloppy Joe
Penne Marinara
Veggie Stir Fry w/Noodles
Turkey Pepper Jack Panini
Chicken & Rice Soup Florentine
Broccoli Cheddar Soup
Lyonnaise Potatoes
Peas & Carrots
Baked Tofu Taco Salad
Cream of Mushroom Soup

Wednesday

Buffalo Chicken Sandwich
Pork Chop Suey, Chow Mein
SW Penne & Black Beans
Veggie Stir Fry w/Noodles
Corned Beef Wrap
Mulligatawny Soup
Broccoli Cheddar Soup
Mashed Red Skin Potatoes
Stir Fried Vegetables
Polenta w/Broccoli Rabe
Hungarian Cauliflower Soup

Thursday

Bacon Blue Burger
Chili-Rubbed Spare Ribs
Chicken Penne Marinara
Veggie Stir Fry w/Noodles
PB&J Apple Sandwich
Chipotle Chicken Tortilla Soup
Broccoli Cheddar Soup
Baked Beans
Glazed Carrots
Overstuffed Potatoes
Split Pea Soup

Friday

Tomato & Bacon Gr. Cheese
Oven-Fried Chicken
Linguine/Roasted Red Peppers
Veggie Stir Fry w/Noodles
Italian Panini
Hot & Sour Soup
Broccoli Cheddar Soup
Glazed Sweet Potatoes
Fresh Collared Greens
Kung Pao Tofu
Vegetable Soup

AVAILABLE DAILY

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

Not Too Late to Join Zumba

Zumba classes have been underway since the start of the semester on Monday and Wednesday evenings from 4:30-5:30 p.m. in the NMCC gym. These classes are free to NMCC employees and students, and it's not too late to join! Attendance at every session is not required; just come whenever you can.

Invite a friend if you like from off-campus. He or she can purchase a card for \$4/class for 10 classes, or \$6/class at the door.

Zumba is a dance fitness that uses a range of very lively music such as hip-hop and salsa. Zumba is where you get to be yourself and have fun!!! Try it, you'll like it!!!

Classic Film Series Continues

The Classic Film Series continues this Thursday, February 7, at 7:00 p.m. in the Edmunds Conference Center. This week's film will be "The Diving Bell and the Butterfly," a 2007 biographical drama based on Jean-Dominique Bauby's memoir. All members of the campus community are invited; admission is free.

Student Senate Meeting

Please note that the NMCC Student Senate meets on Thursdays from 12:15-12:45 p.m. in Christie 201. All students are invited to attend Senate meetings to learn more about what's going on and to have your voice heard.

EMS Bottle Drive...

Students in the Emergency Medical Services (EMS) student organization are holding a bottle drive to raise funds to help toward their trip to Boston. Students and employees who would like to support this effort are asked to bring their bottles and cans anytime throughout the rest of the semester to the Parsons Street Redemption Center. When you drop them off, just indicate that it is for NMCC's EMS group.

Events

MONDAY

President's Cabinet, 10:00 - 11:30 am, President's Conference Room

TUESDAY

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

Skills USA Meeting, 12:00 - 1:00 pm, Library Room 2

Eating Disorders & the College Student, 12:00 - 1:00 pm, Keegan Room

Alumni & Friends Organization Meeting, 5:30 - 7:00 pm, Keegan Room

Deadline for Completing Incomplete Coursework

Students who received a grade notation of "I" (Incomplete) for Fall 2012 must have all work completed and submitted to the instructor prior to Monday, February 11. Failure to complete the class requirements by that date will result in a failing grade for the class.

All students with incomplete course work are strongly encouraged to meet with their instructors. If you have questions regarding your academic record, please feel free to contact the registrar, located in the student affairs area.

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...

The February issue of **Student Health 101** is now available at <http://readsh101.com/nmcc.html>. Be sure to check it out!

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.

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.***

WEDNESDAY

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

Admissions Testing, 1:00 - 4:00 pm, MRT 105

THURSDAY

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

Ham Radio Club, 6:00 - 9:00 pm, CHR 204

Movie Night, 7:00 - 9:00 pm, Edmunds Conference Center