



**NORTHERN
MAINE**
COMMUNITY COLLEGE

Toward Excellence

April 8, 2013
Issue #22

Weekly Bulletin

Student Leadership Group to Hold Program on Bath Salts

A group of NMCC students will be offering a program on bath salts for campus and local community members as part of a project for their leadership class.

Halt the Salts will take place on Saturday, April 13, in the Edmunds Conference Center. The program features three segments:

12:00 - 1:00 pm

Impact to Our Community

1:30 - 2:30 pm

Impact to the Families

3:00 - 4:00 pm

Impact to the Users

Participants can choose which segments to attend.

Abuse of bath salts, which has been called "fake coke," is becoming a critical issue. Come learn more during this informative afternoon.

Halt the Salts has been organized by students Karin Petrin, Mallory Ferrier, Brooke Lunney and James Morrow.

April is Community College Month!

Lots of great activities are scheduled throughout the month at the College.

To learn more, go to www.nmcc.edu.

Guest Writers to Visit Campus

In celebration of Community College Month and National Poetry Month, NMCC is hosting its annual Creative Writers Reading Series in the Edmunds Library during the month of April. Each week, a noon-time session will feature a guest writer as well as students from the college.

The reading series takes place on three consecutive Wednesdays, beginning this week. Students who are in the Creative Writing class will briefly read from their own original work, followed by a guest speaker. The guest speaker for the day will read a passage from their published work and then answer questions about the work, their experiences as a writer, or other areas of interest the audience members may have.

Guest writer this week is Jen Blood, author of the bestselling Erin Solomon mystery series.

She has been awarded the Awesome Indies Seal of Quality for her first novel, *All the Blue-Eyed Angels* and received Honorable Mention at the New England Festival of Books for the second novel in the Erin Solomon Series, *Sins of the Father*, which takes place in northern Maine. The third novel in the series, *Southern Cross*, was released in March.

Please join us in the library on Wednesday for this free noon-time session. Light refreshments will be served.



Alcohol-Free Fun to be Featured on Wednesday

Students are invited to a fun, alcohol-free night of activities on Wednesday, April 10, in the dining commons. Mocktails at Monte Carlo is sponsored annually by the Student Senate and the counseling office.

The evening includes casino-style games, which are being provided by the local Shriners. Students will use their "winnings" to bid on lots of great prizes, provided courtesy of the Student Senate. Throughout the evening, students will be able to enjoy alcohol-free "mocktails" such as daiquiries and pina coladas.

New this year will be educational information provided during dinner in the dining commons on drunk driving. The Presque Isle Police Department will have a table, which will include beer goggles that students can wear while being given a sobriety test.

These expanded activities for this year involving drunk driving awareness are being supported by NMCC Health Services, Healthy Aroostook, and Community Voices in Fort Kent.

April is Drunk & Drugged Driving Awareness Month.

Come join the fun...



Mocktails at Monte Carlo

Wednesday, April 10 ~ 6:30 - 9:00 p.m.

in the Reed Commons



Enjoy a tasty, non-alcoholic drink while trying your luck at some games of chance! Use your "winnings" to bid on great auction items!



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
Lyonnais Potatoe
Peas & Carrots
Baked Tofu Taco Salad
Cream of Mushroom Soup

Wednesday

Buffalo Chicken Sandwich
Pork Chop Suet, 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

Dinner to Offer Great Food and Etiquette Tips

Students will have the chance to enjoy a four-course meal and learn professional etiquette for a professional interview or business dinner with a potential employer during an Etiquette Dinner being sponsored by the TRiO program in conjunction with Aramark. The dinner will be held on Thursday, April 11, in the Edmunds Conference Center.

Snowshoe Softball

Since construction will prevent the Student Senate from holding their annual volleyball tournament this year to raise funds for the Maine Veterans Home in Caribou, they are trying something a little new. The group is organizing a Snowshoe Softball tournament for Thursday, April 18, in the NMCC soccer field.

The registration fee is \$20 per team, and teams must register by April 15. Teams must be co-ed, comprised of an equal number of males and females. Teams will wear snowshoes during play and can wear costumes as well if they want. Registration forms can be picked up in the counseling office or from any Student Senate member.

For more information, contact Dennis Albert at 768-2757.

Student Health 101

The April issue of *Student Health 101* is available at <http://readsh101.com/nmcc.html>. Be sure to check it out! **Answer questions from a brief survey and be entered for the chance to win \$2,500!!**

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

TUESDAY

TRiO Program - Motivation, 12:00 - 1:00 pm, Keegan Room
Alumni Reception, 5:00 - 7:00 pm, Rosette's Restaurant, Frenchville

WEDNESDAY

Creative Readers Writing Series with author Jen Blood, 12:00 - 1:00 pm, Library
Weight Watchers Program, 12:00 - 1:00 pm, Keegan Room
Admissions Testing, 1:00 - 4:00 pm, MRT 105, 210
Casino Night, 4:00 - 9:00 pm, Reed Commons

THURSDAY

Foundation Strategic Planning Meeting, 8:00 - 11:00 am, Martin Third Floor Conference Room
Wind Power Celebration, 11:00 am - 12:00 pm, Wind Power Lab

Alumni Social to Take Place in the Valley

Faculty and staff who are interested are invited to join the alumni social being held at Rosette's Restaurant in Frenchville on Tuesday, April 9, from 5:00-7:00 p.m. The event is being sponsored by the NMCC Alumni & Friends Organization. It is a chance for NMCC alumni to reconnect or make new acquaintances. We'll be bringing yearbooks, and it promises to be a fun evening. Alumni always enjoy catching up with former faculty and others who helped them while they were at the College, so we encourage employees to join us.

There will be a 15-passenger van leaving from the College, so anyone looking for a ride should contact Cindy Albert (2839) or Shannon Cook (1188).

Join NMCC in the Loop

The residential life staff are maintaining a Facebook page to keep NMCC students in the loop of events happening on campus. To get these postings, like them on Facebook at: www.facebook.com/NMCCintheLoop

The 150th person to like their page will get a prize. Suggest it to all your friends and you can also get a prize.

Easter Guessing Contest...

Congratulations to the winners of the Easter Guessing Contest sponsored by the Student Senate the week before break. The winner of Jar 1 was Tom Kaiser with a guess of 650 (actual number of was 676). Winning for Jar 2 was Danielle Guerrette with a guess of 1,300 (the actual number was 1,376).

Congrats!

Wind Power Luncheon, 12:00 - 1:00 pm, Keegan Room
Student Senate Meeting, 12:15 - 12:45 pm, CHR 201
Residential Life Task Force, 2:00 - 4:00 pm, Martin 3rd Floor Conference Room
Etiquette Dinner, 5:30 - 6:30 pm, Edmunds Conference Ctr.
Chorale Practice, 4:00 - 6:00 pm, Hunt MMC

FRIDAY

MOA Advisory Group Meeting, 9:00 am - 12:00 pm, Edmunds Conference Center
Admissions Testing, 1:00 - 4:00 pm, MRT 107

SATURDAY

Leadership Event - Halsh the Salts, 12:00 - 4:00 pm, Edmunds Conference Center