



**NORTHERN
MAINE**
COMMUNITY COLLEGE

Toward Excellence

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Issue #3

Weekly Bulletin

Soccer Season Underway

The NMCC Falcons played their first game of the season on Saturday, September 7, at home against Central Maine Community College. It was a great game, but despite some great hustling on the field, the Falcons were defeated in overtime, 5 to 4.

The team travels to Bangor to play EMCC on Thursday, but they have another home game this weekend (Saturday, September 14) against the University of Maine at Machias. They take to the field at 2:00 p.m. on Saturday, and the campus community is invited to come cheer for their team!!



Want to see more photos from the game and other activities on campus? Go to www.facebook.com/NMCCInTheLoop.

Albert & Carlin Honored at Alumni Annual Dinner

NMCC's annual Homecoming took place last Thursday and Friday. The event was downscaled from past years due to construction on campus.

Thursday featured a free barbecue dinner for all students, employees and alumni who wanted to attend, sponsored by the Student Senate. Dinner was followed by the student versus employees/alumni softball game under the lights on the soccer field. Both teams had lots of players, and there were quite a few fans on the bleachers cheering the players on. Despite a valiant effort by the employees and alumni, they were defeated 7 to 5 by the students. It was a very low scoring game from previous years due to some great fielding work by both teams.

On Friday, the Alumni & Friends Organization held their annual dinner. Mike Thibodeau (Class of 1976), president of the group, updated the 60 in attendance on alumni activities



NMCC President Tim Crowley (far left) and NMCC Alumni & Friends Organization President Mike Thibodeau (far right) congratulate honorees Dennis Albert (Instructor of the Year) and Scott Carlin (Torchbearer Award).

during the past year, while NMCC President Tim Crowley led a presentation on the College's challenges and opportunities moving forward.

Honored during the evening were Scott Carlin, Class of 1980, for all of his work as past president of the alumni group and his ongoing support of the College in many ways, as well as Dennis Albert, Class of 1976, for being the 2013 NMCC Instructor of the Year.



Left: Third baseman for the student team moves in to get the ball before instructor Frank Pytlak can get on base.

Below: Many students, employees, alumni and friends came to play or cheer on the game on Thursday. Special thanks to all who took the time to come support the event, especially those who took to the field!



Lunch Menu

MONDAY

Mushroom & Onion Quesadilla
Chicken Macaroni Bake
Teriyaki Pork & Vegetables
Chicken Stir Fry Station
Seafood Bisque
Minestrone Soup
Brown Rice
Steamed Yellow Squash
Mu Shu Tofu
Roasted Corn & Potato Soup
Tuna Salad Sandwich

TUESDAY

Grilled Veggie Quesadilla
Crispy Chicken Nuggets
Chicken Paprikash
Chicken Stir Fry Station
Chicken Soup w/Brown Rice
Minestrone Soup
Buttery Egg Noodles
Seasoned Spinach
Black Bean Cake Sliders
Hearty Lentil & Potato Soup
Roast Beef & Provolone Panini

WEDNESDAY

Chili Cheddar Dog
Chicken Parmesan
Beef & Cheddar Chimichanga
Chicken Stir Fry Station
Veggie & Bacon Tomato Soup
Minestrone Soup
Rotini Marinara
Black Beans & Rice
Chile-Roasted Corn
Baked Potato with Chili
Pumpkin Coconut Bisque
Chicken Salad Sub

THURSDAY

Tomato Bacon Grilled Cheese
Parmesan-Herb Crusted Chicken
Hearty Lasagna
Chicken Stir Fry Station
Chipotle Chicken Tortilla Soup
Minestrone Soup
Roasted Potatoes
Steamed Mixed Vegetables
Veggie Lo Mein w/Tofu
Vegetable Orzo Soup
Peanut Butter Banana Panini

FRIDAY

Buffalo Chicken Sandwich
Fish & Chips
Pork Cadillo Stew
Chicken Stir Fry Station
Jerk Chicken Soup
Minestrone Soup
Confetti Rice
Green Beans & Almonds
BBQ Tofu Sliders
Butternut Squash Soup
Honey Dip Chicken Wrap

AVAILABLE DAILY

Salad, pizza, hamburgers,
gardenburgers, hot dogs,
chicken sandwiches,
grilled cheese sandwiches,
french fries, chips and
assorted desserts

Student Senate Meeting

The NMCC Student Senate meets on Tuesdays from 12:15-12:45 pm in CHR 201. All students are welcome to attend.

Zumba Gets Underway

Zumba classes will be offered once again this semester on Mondays and Wednesdays from 4:30-5:30 pm in the gym, beginning on September 9. This is free for all students and employees. Come whenever you can. Bring a friend or family member for only \$6/class (or \$4/class if he/she purchases a card for 10 classes).

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 be sure to sign in at the desk. To find out times when the pool is open to the public, you can call 764-2564.

Courtesy of Student Senate

TRiO Workshops Offered

The counseling office is once again offering a series of workshops throughout the semester through the TRiO/Student Support Services program. All students are welcome to attend.

Being offered this week is **Why Do I Miss Class?** The session takes place on Tuesday, September 10, from 12:00-1:00 p.m. in the Keegan Room, located in Reed Commons. Learn about your commitment to attending class in college.

Learn the **Top Tens for Success** on Monday, September 16, also at noon in the Keegan Room. Identify different ways to study effectively as well as learn the methods that faculty and staff advocate.

Other upcoming sessions during the semester will include: Interdependence Model - Saving Bradley; Top Ten Stress Buster; Wisdoms vs Failures Toss; and Test Success. Stop by the counseling office to learn more.

Events

MONDAY

Zumba, 4:30 - 5:30 pm, Gym

TUESDAY

Student Nurses Pot Luck Luncheon, 11:30 am - 1:30 pm, Edmunds Conference Center

Why Do I Miss Class? - TRiO Presentation, 12:00 - 1:00 pm, Reed Commons Keegan Room

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

C.S. Lewis Reading Group

Students and employees are invited to join the C.S. Lewis Reading Group. The group will be reading *The Great Divorce*.

According to the publisher, "In *The Great Divorce* C. S. Lewis again employs his formidable talent for fable and allegory. The writer finds himself in Hell boarding a bus bound for Heaven. The amazing opportunity is that anyone who wants to stay in Heaven, can. This is the starting point for an extraordinary meditation upon good and evil, grace and judgment. Lewis's revolutionary idea is the discovery that the gates of Hell are locked from the inside. In Lewis's own words, 'If we insist on keeping Hell (or even earth) we shall not see Heaven: if we accept Heaven we shall not be able to retain even the smallest and most intimate souvenirs of Hell.'"

Those who would like to join the group should contact Dave Raymond, chair of the arts and sciences department, by Friday, September 13, to let him know your preference for meeting day and time. The options are:

1. Tuesday at noon
2. Wednesday at noon
3. Wednesday at 6:00 pm

Questions can be directed to Mr. Raymond by emailing draymond@nmcc.edu or calling 768-2773.

Insurance Waiver Deadline

Full-time students wanting to opt out of the college student health insurance plan must submit their waiver forms to the business office no later than Friday, September 20. After that date you will be charged \$660 for the annual plan. For more information regarding the waiver and/or the plan, go to:

www2.crossagency.com/2013-2014/nmcc.php.

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

Weight Watchers Meeting, 12:00 - 1:00 pm, Keegan Room
Zumba, 4:30 - 5:30 pm, Gym

THURSDAY

FRIDAY

Department Chair Meeting, 1:30 - 4:00 pm, Third Floor Conference Room