



**NORTHERN  
MAINE**  
COMMUNITY COLLEGE

Toward Excellence

October 21, 2013

Issue #8

# Weekly Bulletin

## *Pizza with the President*

Enjoy pizza with President Crowley as we discuss the bond



issue and how it will benefit NMCC students and staff. Monday, October 21, 9 pm in Reed Commons.

## *Heads Up Challenge*

New fun game show in Snow Lounge at 8pm on Wednesday, October 23rd. bring a friend and enjoy snacks. FMI contact Lossene

@ 762-1054 or  
Lassana @ 762-1036

Meet Anthony from Res Life in Andrews Hall on Friday, October 25th at 1pm to go swimming.



## **Support Maine's Community Colleges**

On Election Day, November 5, Maine voters will consider five bond questions. Question 5 on the ballot pertains to Maine's community colleges and will have a significant impact on Northern Maine Community College's ability to prepare more Maine people for high wage/high demand jobs.

NMCC will receive \$900,000 thousand of the \$15.5 million included in the bond. These funds will enable the college to convert Aroostook Hall into classrooms, labs, and offices that will enable the college to expand its allied health programs. Funds will also enable energy efficiencies and the purchase of new classroom equipment.

Question 5 will help ensure that students and employers have the skills they need to compete and prosper. Enrollment in Maine's community colleges has increased 83 percent over the past decade. This growth has meant good things for Maine, but it has also meant that many programs and facilities at the colleges are maxed out. In each of the past

two years, the community colleges have had to turn away over 4,000 students from the courses and programs they need to complete a degree.



Question 5 is about expanding the capacity of Maine's community colleges to provide more Maine people the skills they need

to do the jobs of the 21st century. It's about helping individuals and businesses build a brighter future across Maine.

If you would like to learn more about Question 5 and what it will mean for NMCC and the Maine economy:

- The Maine Community College System website includes a list of projects that will be funded at each of colleges: <http://www.mccs.me.edu/bond2013.html>

- Citizens for Higher Education has launched a Facebook page in support of the community college bond question. If you're interested in learning more about Question 5 on the November 5 ballot or showing your support for the bond, this is a good resource.

# LunchMenu

## MONDAY

Grilled Herb Chicken Sandwich  
 Spicy Chicken Chipotle Sandwich  
 Grilled Cheese Sandwich  
 Slice Grilled Chicken  
 Broccoli  
 Diced Fresh Tomatoes  
 Sautéed Mushrooms  
 Sliced Grilled Chicken  
 Chicken and Tomato Balti  
 Apple & Acorn Squash Soup

## TUESDAY

Reuben Panini  
 Blackened Basa  
 Beef Tagine  
 Stir Fry Station  
 Baked Macaroni & Cheese  
 Couscous  
 Sweet Tomato Soup  
 Carrots  
 Beef Vegetable Noodle Soup  
 Vegetable Curry w/ Jasmine Rice

## WEDNESDAY

Chicken & Swiss Sandwich  
 Cheesy Lasagna  
 Grilled Spicy Lemon Chicken  
 Stir Fry Station  
 Spiced Pumpkin Bacon Soup  
 Chicken Noodle Soup  
 Basmati Rice  
 Carrots  
 Moroccan Vegetable Stew  
 Hearty Vegetable Soup  
 Vegetable & Hummus Panini

## THURSDAY

Chicken Parm Sliders  
 Salisbury Steak  
 Korean BBQ Pork Skewer  
 w/Slaw  
 Stir Fry Station  
 Turkey Kale  
 Chicken Noodle Soup  
 Mashed Potatoes  
 Almond Raisin Jasmine Rice  
 Eggplant Parmesan  
 Butternut Squash Soup  
 Grilled Vegetable Mini Wrap

## FRIDAY

Eggplant Marinara Panini  
 Creole Fried Pollock  
 Thai Chicken Lettuce Wraps  
 Stir Fry Station  
 New England Clam Chowder  
 Chicken Noodle Soup  
 Grilled Red Potatoes  
 Lemon Broccoli  
 Spicy Plum Tofu Sliders  
 Six Onion Soup  
 Chicken & Asian Slaw Sand.

### AVAILABLE DAILY

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

## TRiO Workshop Offered

Do you put more effort into avoiding classes than attending? Learn about your commitment to attending class in college at this week's TRiO Workshop, **Why Do I Miss Class**. The workshop will be held on Monday, October 21, from 12:00 - 1:00 pm in the Keegan Room.

*"People working together in a group can accomplish things which no individual acting alone could ever hope to bring about."*

~ Franklin Delano Roosevelt

Other upcoming sessions will include: Test Success, Why Do I Miss Class, and Top Tens for Success. Stop by the counseling office to learn more.

## If Interested

If you are interested in playing hockey for the NMCC hockey team, please contact Dennis Albert at ndalbert@nmcc.edu or call 768-2757.

## NMCC Hockey Team

The NMCC Hockey team played their first hockey game on Wednesday, October 16. It was a game of introduction to see where each player would or could play for the new team. Each player put their best skate forward and did really well. Scorers for NMCC were: Marc LaJoie with two goals; William Frost with a single goal and one assist; Tyler Violette with two assists, and Hillary Albert with one assist. The team hit the goal posts four times. The team invites all to come watch them in action at their next game on October 28, at 8:45pm. It's a good night of fun!



# Events

### MONDAY

**Zumba**, 4:30 - 5:30 pm, Gym  
**TRiO Workshop - Why do I miss class**  
 12:00 - 1:00 pm, Keegan Room  
**Pizza with the President**, 9:00 pm, Reed Commons

### TUESDAY

**Student Senate Meeting**, 12:15 - 12:45 pm, CHR 201  
**Home Soccer Game - Falcons vs. EMCC** 4:00 pm,  
 Soccer Field

## Student Senate Meeting

Student Senate will be hosting an Organization Meeting on Monday, October 7, at 12:00 pm in the Keegan Room located in Reed Commons.

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

**YES** ON #5  
 NOVEMBER 5  
 WILL HELP  
 NMCC GROW



## 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, along with a copy of your fall class schedule 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*

## Zumba Underway

Zumba classes are taking place on Mondays and Wednesdays from 4:30 - 5:30 pm in the gym. This is free for all students and employees. Come whenever you can. Bring a friend or family member for only \$6/class.

## 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 768-2808, e-mailing info@nmcc.edu or stopping by the office, just off of the lobby of the Christie Building. **The deadline is Wednesday by 10 am.**

### WEDNESDAY

**Heads Up Challenge**, 8:00pm, Snow Lounge  
**Weight Watchers Meeting**, 12:00 - 1:00 pm, Keegan Room  
**Zumba**, 4:30 - 5:30 pm, Gym

### THURSDAY

**Free Caramel Apple Making** Res Life  
**Classic Film Series**, 7:00 pm., Edmunds Conference Center-  
*"A Face In The Crowd"*

### FRIDAY

**NMCC Harvest Festival**, 6:00 pm., Edmunds Conference Center, sign up with Nikki McNally in the IT Dept, or call 2700