



**NORTHERN  
MAINE**  
COMMUNITY COLLEGE

# Toward Excellence

January 21, 2014  
Issue #15

## Weekly Bulletin

### Social Media Weekly Giveaway

Last week's winner of the 16 oz. hard plastic cup with NMCC logo was Laura Merrium. This week's prize is an NMCC carry-all bag perfect for books, supplies or just about anything.

Visit our Facebook page to enter your name in this week's giveaway!



### NMCC CED offers Critical Care Transport Class

17 nurses and Paramedics from Maine and five other states spent two weeks at NMCC completing a 100-hour certification for Critical Care Transport. The course, offered once every two years through the Continuing Education Division, teaches professionals the special skills needed to transport critically-ill patients from the field or a hospital to a higher level of care. Some participants took

advantage of on-campus housing during the training.

Instructors came from Cary Medical Center, Pines, The Aroostook Medical Center, Horizons and LifeFlight of Maine.

The class drew the attention of WAGM-TV who produced a segment for their Medical Monday series which is available to view on their website at wagmtv.com.



Students participating in the Critical Care Transport Class learn to use specialty equipment that is a vital part of their training.

### NMCC Releases Dean's List

Northern Maine Community College has released its Dean's List for the College's 2013 fall semester. 202 full-time students achieved a 3.20 average or better.

"Once again, we are pleased to publicly acknowledge the hard work and dedication of many NMCC students," said Dr. William Egeler, dean of students. "Students achieving this academic

honor recognize the value of higher education to their future and to the lives of their families."

The Dean's list will be published in the local papers (Presque Isle Star Herald, The Aroostook Republican, The Houlton Pioneer Times, the St. John Valley Times and the Fort Fairfield Journal) and is also available for viewing on the NMCC website, [www.nmcc.edu](http://www.nmcc.edu).



# Lunch Menu

## MONDAY

Spicy Chicken Chipotle Sandwich • Turkey Burger • Grilled Herb Chicken Sandwich • Sweet Tomato Soup • Cream of Broccoli Soup • Grilled Indian-Spiced Chicken • Goan Curry Sauce • Grilled Vegetable Skewers • Broccoli Florets • Sloppy Joes • French Fries • Vegan Oatmeal Cookie • Lucky Charms Bar

## TUESDAY

Reuben Panini • Gardenburger • Grilled Cheese Sandwich • Sweet Tomato Soup • Vegetable Soup w/Brown Rice • Chicken & Drop Biscuit • Ginger Honey Glazed Carrots • Beef Tagine • Vegetable Curry w/ Jasmine Rice • Caramel Pecan Brownie • Sugar Cookie

## WEDNESDAY

Southwest Cheddar Jack Panini • Tuna Melt • Grilled Herb Chicken Sandwich • Sweet Tomato Soup • Lentil Vegetable Soup • Chicken Piccata • Scallion Mashed Potatoes • Italian Roasted Vegetables • Southwest Penne & Black Beans

## THURSDAY

Mini Italian Sandwich • Lions Head Meatballs • Grilled Cheese • Sweet Tomato Soup • Curried Tomato Lentil Soup • Seasoned Roast Beef • French Dip Au Jus • Steakhouse Potatoes • Carrots • Quinoa and Red Pepper Slider • Basa Slider • Rocky Road Brownie • Oatmeal Raisin Cookie

## FRIDAY

Peanut Butter & Banana Panini • BBQ Chicken & Cheddar Sandwich • Adobo Pork & White Bean Chili • Sweet Tomato Soup • Three Bean Chili • Chipotle BBQ Chicken • Cheesy Bean & Rice Burrito • Cilantro-Lime Rice • Broccoli • Peanut Butter Cookie • Fruity Trix Bar

### AVAILABLE DAILY

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

## Weight Watchers Wednesday

NMCC students, faculty, and staff can receive a scholarship for half the cost of the program on a first-come, first-served basis; Limited scholarships are still available. The program meets Wednesdays at Reed Commons from 12:00-1:00PM. For more information regarding this Weight Watcher session please call the NMCC Health Center at 768-2803.

## Polar Dip 2014



Do you want to be a part of the 2014

### Polar Dip Team?

This year's Polar Dip is slated for January 31st, Eastport, ME. All donations support the Ronald McDonald House of Maine and Sarah's House of Maine.

To participate or to make a donation, contact Bill Egeler in Student Services at 768-2792.

## Who is ready for glow-in-the-dark ZUMBA???

Black-light parties are all the rage. So, let's have some fun and have our own glow-in-the-dark Zumba bash!!! There is no cost to employees and currently-enrolled students. Join us on Mondays and Wednesdays from 4:30 to 5:30 p.m. in the gym.....you never know when to expect glow-in-the-dark Zumba!!!

## Student Senate

Student Senate meetings will be held every Tuesday from 12:00 - 1:00 p.m. in CHR 206.

## Poker Night

Res life is hosting a poker night on Wednesday, Jan 22 at 8:00 p.m. in Snow Lounge.

## Do you need help filing your taxes?

Get the refund you deserve, fast! Free tax preparation by IRS-certified volunteers is available to low and middle income persons (individual or combined income under \$51,000), including those over age 60. Call United Way of Aroostook today at 764-5197 or email United Way for an appointment and information. FMI, contact Women, Work, & Community at 764-0050.

On Friday, Jan. 17th, students enjoyed a fun night of music and dancing to a great light show put on by G-Force Laser Tag and DJ Noklipz.



## 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 Wednesday by 10 am.**