

Maine NEW Leadership is now accepting applications for its 2014 Institute

We are pleased to announce the 2014 Maine NEW Leadership Summer Institute at the University of Maine in Orono from May 30 to June 4, 2014. Offered by the Margaret Chase Smith Policy Center, this six-day, residential non-partisan training program, **provided at no cost to undergraduate college women**, educates and empowers women to become civic and political leaders. To be eligible, undergraduates must either be from Maine or attending college in Maine. Graduating college seniors are eligible to apply. Applications must be postmarked or hand-delivered by March 21, 2014.

We strongly encourage traditional and non-traditional college women from all racial, ethnic, and cultural backgrounds to apply. Additional information and application forms are available at <http://mcspolicycenter.umaine.edu/55-2/maine-new-leadership/>.

Northern Maine Counseling Association Met at NMCC

Twenty members of the Northern Maine Counseling Session met at NMCC for their bi-monthly meeting to learn more about new programs being offered at the College as well as new initiatives of the College.

They also held their regular meeting to discuss many other topics such as Standard-Based Learning which is to be implemented by all Maine schools by fall of 2014.



President Crowley presented new initiatives of the college to the Northern Maine Counseling Session at their meeting held on Jan. 28 at NMCC.



Girls night was held at Snow Hall Lounge on Jan 23. Several ladies gathered to relax, eat some chocolate and partake in some "girl talk!"

Social Media Weekly Giveaway

Last week's winner of the NMCC carry-all tote bag was Lynn Dube. This week's prize is an NMCC baseball cap. Visit our Facebook page to enter your name in this week's giveaway!



Lunch Menu

MONDAY

Mini Tuna Salad Sandwich • Grilled Herb Chicken Sandwich • Roasted Corn & Potato Soup • Minestrone Soup • Black Bean, Beef and Fire Roasted Salsa Burrito • Baked Potato with Chili • Mushroom & Onion Quesadilla • Cream Cheese Marbled Brownie • Cherry Jell-O Parfait

TUESDAY

Roast Beef & Provolone Panini • Buffalo Chicken Sandwich • Minestrone Soup • Hearty Lentil & Potato Soup • Mu Shu Tofu • Glazed Carrots • Pork in Mole Verde • Rice Krispies Bar • Strawberry Mousse Parfait

WEDNESDAY

Chicken Salad Sub • Hot Open-Faced Roast Beef Sandwich • Black Bean Cake Slider • Seafood Newburg • Minestrone Soup • Mushroom Barley Soup • Creamy Garlic Mashed Potatoes • Broccoli • Lemon Cheesecake Bar • Boston Cream Parfait

THURSDAY

Turkey Pepperjack Panini • Tomato & Bacon Grilled Cheese • Minestrone Soup • Vegetable Orzo Soup • Hearty Lasagna • Parmesan-Herb Crusted Chicken • Roasted Potatoes • Vegetable Lo Mein with Tofu • Sautéed Zucchini & Tomato • Red Velvet Cream Cheese Bar • Lemon Jell-O Parfait

FRIDAY

Honey Dijon Chicken Wrap • BBQ Tofu Slider • Grilled Cheese Sandwich • Minestrone Soup • Cream of Tomato Soup • Crispy Basa • French Fries • Steamed Green Peas • Chocolate Brownie • Chocolate Mousse

AVAILABLE DAILY

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

Wii Bowling Tournament

There will be a Wii Bowling Tournament in Reed Commons on Thursday, January 30th at 7:00 p.m. Students will get the chance to experience the effects of alcohol as they bowl wearing beer goggles. Students will compete to win a prize and snacks will be provided. FMI, contact Lori Smith at 768-2793 or email nlosmith@nmcc.edu.

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.

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.

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.**

WINTER Safety tips

Baby it's cold outside!

Wear appropriate footwear:

- Sandals are not appropriate with snow on the ground
- Make sure your shoes have tread for the walking conditions
- High heels don't work well on ice and snow
- Shoes with "safety toes" are required in the shops

Hazards to watch for:

- Snow-covered ice
- Black ice
- Uneven surface



Walk like a penguin to reduce your chances of falling:

- Point your feet out
- Keep your head up
- Slowly take short steps
- Extend your arms out to your sides for balance

Stop Winter Falls



Events

MONDAY - JAN 27

Zumba, 4:30 - 5:30 pm, Gym
NMCC Basketball, @ SMCC, 4:00 pm
NMCC Hockey, vs. TAMC, 7:30 pm

TUESDAY - JAN 28

Student Senate Meeting, 12:15 - 12:45 pm, CHR 206

WEDNESDAY - JAN 29

Weight Watchers, 12:00-1:00 pm, Reed Commons
Zumba, 4:30 - 5:30 pm, Gym
NMCC Hockey, vs. Ft. Kent, 7:15 pm

THURSDAY - JAN 30

Wii Bowling Tournament, Reed Commons, 7:00 pm

FRIDAY - JAN 31

NMCC Basketball, @ UMM, 6:00 pm
Polar Dip, Eastport, ME

SUNDAY - FEB 2

NMCC Basketball, @ Hampshire, 2:00 pm
Super Bowl Party, Reed Dining Commons, before the game which starts at 6:30 pm