



**NORTHERN
MAINE**
COMMUNITY COLLEGE

Toward Excellence

February 10, 2014
Issue #18

Weekly Bulletin



Breaking the Mold

NMCC Recognizes Students In Non-Traditional Programs

Meet Gabby

Gorence, a student in the welding and metal fabrication program at NMCC. Although Gabby graduated from Caribou High School last year, she has an extensive background in welding. Gabby's initial interest was heavily influenced by her grandfather who was a welder. As an 8th grade student, Gabby had the opportunity to participate in Totally Trades, a yearly conference held at NMCC that exposes young females to careers in the trades and technology. This experience intensified Gabby's



interest in the trades. She participated in the conference for five years, and during her junior and senior years of high school, she joined a panel discussion at the conference. "I really enjoy talking to younger girls about the trades. I like the idea of females in non-traditional fields. I feel more women are needed." Gabby was also a student in the welding and metal fabrication program at the Caribou Technology Center during her junior year of high school. Read Gabby's full story on the website at www.nmcc.edu.

Social Media

Weekly Giveaway

Last week's winner of the NMCC t-shirt was Andrea Michaud. This week's prize is an NMCC short sleeve t-shirt. Visit our Facebook page to enter your name in this week's giveaway!



@NMCCMaine



facebook.com/nmcc.edu

Winter Family Fun Day @ Aroostook State Park

February 22, 2014
10:00 am - 3:00 pm

Cross country skiing, snowshoeing, ice skating (conditions permitting and must provide own skates), sliding hill, snowmobile "tote-rides", guided nature interpretive walks, bonfires, hot food, Smokey the Bear comes out of hibernation and MR. Moose will join in the days fun. Have no equipment? Don't know how to use it? Don't worry; we have all of that, including expert instruction! All you need is to wear warm winter clothing and want to have fun!!!

Fees: Adults 12 -64 are \$1.50; everyone else free. Lunch is provided. FMI call 207-768-8341

Any interested volunteers should be dressed for outdoor weather. They should call the number above, leave their name and number and we will get back in touch with them.



The NMCC community supported the American Heart Association's National Wear Red Day on Friday, Feb 7.

Lunch Menu

MONDAY

Turkey Club Wrap • Bistro Chicken Sandwich • Grilled Cheese Sandwich • Chicken Noodle Soup • Cheddar Cauliflower Soup • Rigatoni & Meatball Casserole • Brussels Sprouts • Vegetable Enchilada • Peanut Butter Swirl Brownie • Vegan Oatmeal Cookie

TUESDAY

Grilled Vegetable Mini Wrap • Crispy Chicken Sandwich • Chicken Noodle Soup • Spicy Vegetable Barley & Bean Soup • Penne & Butternut Squash Casserole • Steamed Green Peas Cream Cheese Marbled Brownie • Oatmeal Raisin Cookie

WEDNESDAY

Ham & Swiss Panini • Grilled Herb Chicken Sandwich • Chicken Noodle Soup • Broccoli Soup • Moroccan Vegetable Stew • Grilled Spicy Lemon Chicken • Tikka Masala Sauce • Cheesy Lasagna • Broccoli • Double Chocolate Brownie • Peanut Butter Cookie

THURSDAY

Roasted Vegetable Lavash Wrap • Chicken Parm Slider • Chicken Noodle Soup • Carrot Ginger Soup • Salisbury Steak with Mushroom Sauce • Homestyle Mashed Potatoes • Seasoned Corn • Eggplant Parmesan w/Marinara Sauce • Spiced Pumpkin Blondie • Oatmeal Raisin Cookie

FRIDAY

Thai Chicken Lettuce Wraps • Mini Lemon-Pepper Chicken Sandwich • Spicy Plum Tofu Slider • Chicken Noodle Soup • Four Onion Soup • Fried Basa w/ Creole Sauce • Grilled Red Potatoes • California Blend Vegetables Dulce de Leche Brownie • Peanut Butter Cookie

AVAILABLE DAILY

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

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.**

Local & Legendary: The Civil War in Presque Isle One Story-One Community

Join us on Wednesday, February 12 at 6:00 pm at the Presque Isle Middle School Library for a discussion on the book: *Soldier's Heart: Being the Story of the Enlistment and Due Service of the Boy Charley Goddard in the First Minnesota Volunteers* by Gary Paulsen.

To All Scholarship Recipients

If you were awarded a scholarship this semester, please bring in your paperwork to the Development Office by end of day Wednesday, Feb.12 so it can be processed and your award can be released.



The Great Pyramid of Egypt

Presentation by Laura McPherson on Thursday, Feb. 13 at noon in the Edmunds Conference Center. Come on a journey through time to explore the written history of the Great Pyramid of Giza.

Winter Getaway Raffle

Enter for your chance to win a winter getaway in a beautiful cabin at Rainbow Cove on Madawaska Lake! The winner will get their choice of weekends: Feb 21st-23rd or Feb 28-March 2.

The winner will be drawn Feb 14. For more information/photos, go to www.fieldstonecabins.com. Contact a PTK member if you are interested in purchasing tickets. Sponsored by PTK. **Tickets are \$5 for 1 or 3 for \$10**

Events

MONDAY - FEB 10

NMCC Basketball, @ CMCC, 12:00 pm
Zumba, 4:30 - 5:30 pm, Gym
NMCC Hockey, vs. CPT, 7:30 pm, @ PI Forum

TUESDAY - FEB 11

Student Senate Meeting, 12:00-1:00, CHR 206

WEDNESDAY - FEB 12

PTK Meeting, 12:00-1:00 pm, MRT 211
Weight Watchers, 12:00-1:00 pm, Reed Commons
Transfer Group Mtg, 3:00 pm, NMCC Library
Zumba, 4:30 - 5:30 pm, Gym
NMCC Hockey, vs. TAMC, 8:30 pm @ PI Forum

Volunteers Needed

Can-Am Dog Sled Race, March 1

Love Dogs? Love the Outdoors? Overnight Volunteers are needed at the Portage, Maine Check-Point. Volunteers are needed to work with the dogs & vet staff, medical staff, security, food service, musher assistance and more. Must have appropriate winter clothing and be willing to work hard. Must pre-register. If you are interested in learning more, stop into Student Services or call 768-2792.

Smoking Cessation Techniques

Pre-Register before February 15 for early-bird fee of \$10. Fee will be \$15 after Feb. 15.

Monday nights, 6:00-7:30 pm, March 3rd-April 7th. Quitting smoking can be difficult and often requires multiple attempts. We can help. To register, call 768-2849. Sponsored by Healthy Aroostook, Healthy Maine Partnership and NMCC's Continuing Ed Division.



Valentine Guess Contest

Stop by the Christie Lobby from Feb. 10-13 for the Valentine Guess Contest. Sponsored by the Student Senate.

Valentine's Day Raffle

Stop by the Christie Lobby on Feb. 12 for the Valentine's Day Raffle. Sponsored by the Student Nurses Association.



THURSDAY - FEB 13

TRIO, Writing a Winning Resume @ Keegan Room, Reed Commons, 12:00-1:00 pm
Great Pyramid of Egypt, 12:00 pm @ Edmunds
NMCC Basketball, @ Unity Clg, 5:00 pm

FRIDAY - FEB 14

Valentine's Day
Dorms close at 5:00 pm

WINTER BREAK: FEB 17-21

