

NMCC Is Going Tobacco Free

As institutes of higher education, Maine colleges, universities, technical schools, trade schools and other postsecondary education programs seek to create a healthy and safe environment to learn, live and work. The adoption of a tobacco-free campus policy is an example of this commitment and benefits students, staff, faculty and campus visitors. The Maine Tobacco-Free College Network (MTFCN), an initiative of the Breathe Easy Coalition of Maine, recognizes colleges and universities that have worked hard to make their campuses tobacco-free with the Gold Star Standards of Excellence awards program.

The MTFCN is pleased to announce that Northern Maine Community College is among the recipients of the 2014 Gold Star Standards of Excellence awards. Additionally, Linda Mastro, NMCC's director of health services has been named a gold-star honoree for her steadfast efforts in the field of tobacco-free campuses in Maine.

Beginning the 2014 fall semester, NMCC will be a tobacco-free campus. More information will be available as educational materials, treatment opportunities and policies are est

**TOBACCO-FREE
CAMPUS**

Alpha Phi Epsilon: Phi Theta Kappa Induction Ceremony



Above: The Alpha Phi Epsilon chapter of Phi Theta Kappa inducted 17 students at a ceremony held March 5, 2014. Front row from left: Pamela Cummings, Hillary Albert, Kimberly Warman, Brittany Clark, Alyssa Foley, Chelsea Quinn. Back row from left: Joel Johndro, Gram Freme, Marc Lajoie, Joshua Daigle, David Lown and Thomas Kaiser. Absent from photo: Sarah Carver, Michael deMontigny, Zachary deMontigny, Okwuchi Uchendu, Michael Utz, Caleb Williamson



Left: The officers of the Alpha Phi Epsilon chapter of Phi Theta Kappa are from left: Mark Madore, vice-president of leadership; Lori Googins, academic advisor; Jessica Lahey, president of leadership; Samantha Buck, vice-president of fund raising; Carla Cambridge, treasurer; Heather Carnes, recording secretary.



Spectators watch the arrival of a turbine blade donated by the University of Maine Orono. The blade will be used in the Wind Power Technology and Automotive Collision Repair Programs. More information on this in next week's newsletter.

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 Loin/Cornbread Stuffing/Lemon Broccoli/Creole Sauce/Fresh Tomato & Basil Penne

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.**

Dodgeball Tournament

Join us on March 24th at 6:30 for a fun, safe dodgeball tournament to raise money for the Sister Mary O'Donnell Homeless Shelter. There will be 8 teams of 8 people, minimum age of 18 to participate. Registration is \$25 per team. Contact Todd Maynard for more information or to register at 760-1100 or tmaynard@nmcc.edu.

Fire Wood Raffle

NMCC Diesel Hydraulics is sponsoring a raffle for 2.5+ cords of hardwood, not split, of various lengths. Will deliver to any location in Aroostook County. Tickets are \$10 each and drawing will be held on Tuesday, April 8. To purchase tickets, contact any Diesel Hydraulics student or Bob Rice at 768-2777 or nrrice@nmcc.edu. All proceeds go to the senior Detroit trip.

Test-Taking Skills

TRiO Student Support Services is offering a workshop to help students learn how to overcome test anxiety, study smarter not harder, and tips on what to do AFTER the test. Thursday, March 20, 12:00-1:00 pm in the Keegan Room at Reed Commons.

Spring-Fever Raffle

Phi Theta Kappa is sponsoring a Spring-Fever Raffle with a winner drawn every day from April 1 through April 30. Tickets are \$5 each and will be eligible to win each day. To purchase tickets, contact a PTK member or email jbart40@gs.nmcc.edu. Prize schedule shown below:

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		\$15	\$15	\$15	\$15	\$25
\$50	\$15	\$15	\$15	\$15	\$15	\$25
\$50	\$15	\$15	\$15	\$15	\$15	\$25
\$50	\$15	\$15	\$15	\$15	\$15	\$25
\$50	\$15	\$15	\$350			

Dreams Do Come True

In the midst of the 2014 Youth/Junior Biathlon World Championships, the Biathlon committee overheard that IBU race director, Borut Nunar of Slovenia, always dreamed of one day driving a tractor-trailer truck. Northern Maine Community College stepped in and surprised Borut with the opportunity to drive a tractor-trailer truck around the NMCC driving range.



Bill Egeler, dean of students; Max Saenger, biathlon sport manager; Borut Nunar, IBU race director; and Greg Smith, biathlon volunteer all helped Borut's dream come true.



Events

MONDAY - MAR 17

Zumba, 4:30 - 5:30 pm, Gym
Smoking Cessation class, 6:00 - 7:30 pm
 To register contact CED at 768-2849

TUESDAY - MAR 18

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

WEDNESDAY - MAR 19

PTK Meeting, 12:00-1:00 pm, MRT 211
Weight Watchers, 12:00-1:00 pm, Reed Commons
Zumba, 4:30 - 5:30 pm, Gym
BINGO, 6:00 pm @ Reed Commons. Sponsored by Student Senate

