

**NMCC Hosts Alternative Energy Fair**



Alan St. Peter (right), NMCC plumbing & heating instructor, talks to an attendee of the Alternative Energy Fair hosted by NMCC and sponsored by Aroostook Partnership for Progress on April 5th. Over 100 people visited the fair and had the opportunity to view the biomass heating control system monitor and tour the Northern Maine Center for Excellence in Energy.

**Breaking the Mold**

When Elmer Whittaker came to NMCC last year to help his stepson apply for college, he wasn't planning on completing an application for himself. An NMCC alumni from Presque Isle, Elmer had already earned an Associate in Applied Science degree in Automotive Technology 15 years ago. However, after speaking with staff and learning about the Health Information Technology (HIT) program offered at NMCC, Elmer decided to return to college.

Before choosing a program, Elmer had to carefully review all of his options, taking his age and health into consideration and choosing a career that he would be physically able to do. "I chose HIT because it is not as physically demanding on the body as other professions are." Elmer describes HIT as being a challenging program. "Being an older student and being removed from school for so long, I have to put extra work into

it." Elmer has been able to apply what he is learning in his classes to his personal life, whether it's participating in conversations with his family about health-related topics or while caring for his ill sister. Elmer shares his secrets for success. "You need to have a basic routine, develop a schedule, and do your assignments regularly."



Elmer also offers advice for males considering a career in HIT. "Don't let your gender be the deciding factor for doing the program. It doesn't matter."

Read the complete article on our website at [www.nmcc.edu](http://www.nmcc.edu). For more information about non-traditional programs available at NMCC, please contact Lori Smith, Student Support Career Specialist at 768-2793 or [nlosmith@nmcc.edu](mailto:nlosmith@nmcc.edu).

**NMCC Charity Dodgeball Tournament Raises \$350 for Homeless Shelter**

On Monday, March 24, twelve teams of anxious NMCC students and staff dodged and threw fastballs in an effort to knock out their opponent for a shot at being the first NMCC Charity Dodgeball Tournament champs. After dodging many balls, the SlagBeaters were victorious after several rounds of play. Instructor Todd Maynard organized the event and a total of \$350 was raised and donated to the Sister Mary O'Donnell Homeless Shelter.



Above: Todd Maynard presents Stephen Eyler from the Sister Mary O'Donnell Homeless Shelter with a \$350 check. Left: The SlagBeaters pose with the championship trophy.

## Lunch Menu

### MONDAY

Mini Grilled Vegetable Sandwich/  
Grilled Herb Chicken Sandwich/  
Hearty Beef & Vegetable Soup/  
Broccoli Cheddar Soup/Grilled Curry  
Chicken/Goan Curry Sauce/Brown  
Rice/Macaroni Bake/Crispy Zucchini/  
Bacon & Cheddar Grilled Chicken

### TUESDAY

Turkey Pepper Jack Panini/Grilled Ham  
& Cheese Sandwich/Chicken & Rice  
Soup Florentine/Broccoli Cheddar  
Soup/BBQ Grilled Turkey w/Smoky  
Texas BBQ Sauce/Peas & Carrots/  
Grillades & Grits/Blackened Tofu Taco  
Salad

### WEDNESDAY

Three Cheese Sub/Bufalo Chicken  
Sandwich/Turkey Soup w/Brown Rice/  
Broccoli Cheddar Soup/Cumin Rubbed  
Pork Loin/Baked Macaroni & Cheese  
Penne w/Summer Vegetables/Fresh  
Collard Greens

### THURSDAY

PB & J Apple Sandwich/Grilled  
Veggie & Black Bean Wrap/Chicken  
& Broccoli Cheddar Panini/Two Bean  
Chili Soup/Broccoli Cheddar Soup  
Meatloaf/Country Beef Gravy/Mashed  
Potatoes w/Corn/Glazed Carrots

### FRIDAY

Italian Panini/Soft Beef Taco/  
Crispy Chicken Pepper Jack Slider/  
Manhattan Clam Chowder/Broccoli  
Cheddar Soup/Herb Roasted Pork  
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

## Phi-Theta Kappa Earns Awards

NMCC's Phi Theta Kappa's chapter, Alpha Phi Epsilon, was recently honored at the New England Region's annual awards gala in Nashua, New Hampshire. The region is comprised of 59 two-year colleges throughout Maine, New Hampshire, Vermont, Massachusetts, Rhode Island and Connecticut that have a local Phi Theta Kappa chapter.

The Regional Convention acknowledges the chapters, members, and advisers who have been most successful in a variety of areas throughout the year. NMCC's chapter received eight awards including: the "5-Star Chapter" award, the highest award available in PTK's "5-Star Chapter Plan"; 2nd place for their "Honors in Action" project; the "Distinguished Theme Award"; honorable mention for their "College Project"; a "Distinguished Chapter Award" honorable mention. Their advisor, Lori Googins received the "Continued Excellence Award" along with two chapter officers that received an honorable

mention for the "Distinguished Chapter Officer Awards" -Jessica Lahey, chapter President and Heather Carnes, Recording Secretary.

More information on Phi Theta Kappa and the awards NMCC's chapter received can be found at [www.ptk.org](http://www.ptk.org)



Heather Carnes, recording secretary, and Jessica Lahey, president of leadership, received an honorable mention for the "Distinguished Chapter Officer Awards" at the New England Region's annual awards gala .

## Students...Don't forget to vote for Teacher of the Year

Stop by the counseling office and submit your vote to Ms. Albert. Voting will begin April 7th and end April 11th.

## Summer Schedule

Looking to take a class during the summer break? The 2014 summer schedule is now available to view on our website, [www.nmcc.edu](http://www.nmcc.edu). To register, stop in to the student affairs office or call 768-2787.

Note: Paper registration only.

## Events

### MONDAY - APRIL 7

Zumba, 4:30 - 5:30 pm, Gym

### TUESDAY - APRIL 8

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

TRiO - Rethinking Drinking, 12:00-1:00, Keegan

### WEDNESDAY - APRIL 9

Civil War Reading Series, 12:00-1:00 pm, Edmunds

Weight Watchers, 12:00-1:00 pm, Reed Commons

Zumba, 4:30 - 5:30 pm, Gym

## Project 180 Listen, Lead, Learn

April 10 - 9:00 a.m. to 1:00 p.m. in the Edmunds Conference Center.

Join the movement of students teaching students, with inspiring and powerful topics. What makes these ideas powerful is they have a life of their own; an idea can reset someone's world view and even begin a domino effect as they pass it along to others. There will be door prizes for audience members every half hour and free pizza will be served at 11:30 a.m.



### THURSDAY - APRIL 10

Project 180, 9:00 a.m.-1:00 pm, Edmunds

TRiO Interviewing Skills, 12:00-1:00 pm, Keegan

Alumni & Friends Open House, 4:30-7:00 pm,

@ EMCC in Bangor

## 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](mailto:info@nmcc.edu) or stopping by the office just off of the lobby of the Christie Building. The deadline is Wednesday by 10 am.

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CAMPUS  
Fall 2014**