

The Link

Bringing the Division of Student Affairs Home

Lisa Desautels-Poliquin, Vice President for Student Affairs

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Fall semester always brings a renewal of energy and excitement on campus, especially for those of us who work directly with students for nine months out of the year; the summer months are quiet without them. Don't get me wrong, there are plenty of projects, much planning to do, and meetings to keep us busy. The missing factors are the energy and interaction that come from having students around.

This fall, we welcomed our first group of students back on August 10: the graduate MBA students and resident assistants. The flow of activity continued when the students in the EDGE program arrived followed by our pre-season athletes and orientation leaders. For a campus still technically on summer break, the campus was alive and bustling for almost two weeks leading up to the implementation of our three-day New Student Orientation in late August.



L-R from back: Joshua Wing, Christiane Wadsworth, Cassidy Pinkham, Molly Clevette, Darren Forkey, Shyanne Turner, Carli Carter, Samantha Murphy, Jess Trickett, Mariena Bragg, Keleigh Belanger and Masee Shahid

For those of you who experienced this year's Orientation, or attended one in the past, you can probably sense that it is truly a collaborative campus effort. New Student Orientation involves almost every department on campus. There are many details to coordinate, events and activities to plan and a lot of "behind the scenes" work that, if done well, goes unnoticed but is crucial to the success of the program. I would be remiss to not fully disclose that, despite all the professionals who work to facilitate and organize Orientation, the reality is that the true "kudos for a job well done" go to the 12 student Orientation Leaders (OL's). The OL's spent countless hours starting back in April to develop the Orientation theme and help plan the program to welcome the class of 2021. Over the summer, the OL's assisted with June Pre-Registration days. In August, the group returned to campus early to prepare for Orientation while also participating in a week of leadership development, which then ultimately led right into the Orientation program. Did I mention that the Orientation Leader is an unpaid position? These students give tirelessly of themselves because they are committed to helping each new student transition onto campus and feel welcomed into the Thomas community. We stand on the shoulders of these 12 student leaders in claiming the Orientation 2017 program a success. Thank you, OL's, for a job well done!

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Left: Staff and students at International Social in the Hall of Flags during Welcome Week.

From SFS:

The FAFSA Application for the 2018-2019 academic year is now available and we encourage families to complete the application by May 1, 2018 to remain eligible for all financial aid programs.



ATHLETICS AWARDS FALL 2017

Male Athlete of the Month:

Jack Gallagher (Sept.) - Men's Soccer

Female Athlete of the Month:

Olivia Mora (Sept.) - Women's Tennis

North Atlantic Conference Weekly Awards

Rookie of the Week:

Zenawi Bowen - Men's Soccer

Nikki Bradstreet - Women's Soccer

MacKenzie Oberholzer - Field Hockey

Runner of the Week:

Jarrold Ottman - Men's Cross Country

Player of the Week:

Adam LaBrie - Men's Soccer

North Atlantic Conference All-Conference Teams

Olivia Mora (Second Team Singles and Doubles) - Tennis

Irune Arruti Moreno (Second Team Doubles) - Tennis

Alexis Raymond (Sportsmanship) - Tennis

North Atlantic Conference All-Conference Teams (continued)

Katie Taylor (First Team) - Field Hockey

Caitlyn Poulin (Sportsmanship) - Field Hockey

Maddy Noyes (Sportsmanship) - Women's Soccer

Tevin Reid (First Team) - Men's Soccer

Adam LaBrie (Second Team) - Men's Soccer

Nawfal El-Antri (Second Team) - Men's Soccer

Jack Gallagher (Sportsmanship) - Men's Soccer

Jarrold Ottman (First Team) - Men's Cross Country

Dillon Sullivan (Sportsmanship) - Men's Cross Country

Emma Chase (Sportsmanship) - Women's Cross Country

NAC WXC Senior Scholar Athlete

Alyssa Maggi

Below: Katie Taylor

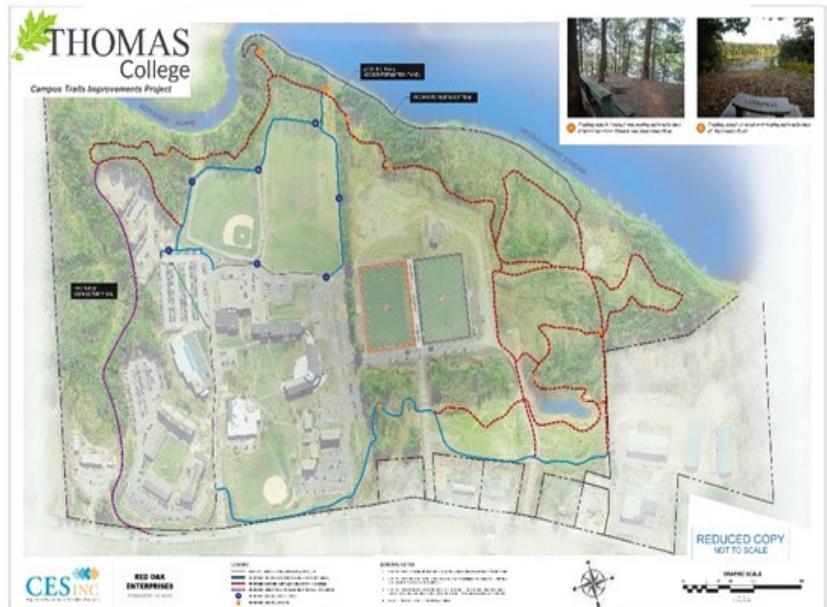


Recreation and Intramurals - Jim Delorie, Director



The Department of Recreation and Intramural programs is excited to announce a new Thomas College recreational campus trail.

Through the dedicated work of many Thomas staff, hired trail professionals, and the support of our Board of Trustees, we developed a trail that best utilizes our property from the green grass fields to the overlook of the Kennebec River and all the woods in between. We hope this trail will be fully utilized by our campus. The creation of the trail is part of a five-year campus recreation plan developed to promote and maximize the potential of outdoor space and recreation opportunities that it will provide.



To be able to serve all of our students, a loop was designed for ADA accessibility. This trail will also allow our cross-country team to train on campus in ways they have not been able to do. As you look at the trail map, our goal is to have the "blue" trail and a portion of the "red" trail near the turf fields finished and ready for use in the fall of 2018 to complete our campus loop.

I am personally very excited to start the clearing, cutting, and laying of trail. It will not only offer more running, walking, and jogging opportunities but also will allow for campus programming opportunities for students and staff to volunteer and have ownership in the trail as well as offer some great new locations for the Dirty Dog Mud Run.

Keep your eyes open as we begin the process for the campus trail to take shape and weave its way into the fabric of life here at Thomas.

The Wellness Connection—Cheryl Daggett, APRN, Director of Health Services



A HEALTHY FALL

The reds, oranges and yellows always capture our attention during the fall foliage season. These colors are found in so many places in early fall: our gardens, the apple orchards and the local farmers markets. The fresh produce can be canned, frozen, dried or pickled to hold its peak vitality. This is best done as soon as possible after they are picked or purchased.

So what is the nutritional value of an apple, yellow summer squash or pumpkin, besides fiber? They all contain anti-oxidants and are high in fiber and low in calories. Apples offer minerals like potassium, calcium, magnesium and zinc, while pumpkins offer beta-carotene and Vitamin A, which is great for your eyes. Yellow summer squash offers high amounts of Vitamin C and calcium, with zucchini bringing us high amounts of the folates, potassium, Vitamin A and Vitamin C. All of these vitamins and minerals support our overall wellness on many levels. Food really is medicine for our bodies.

It is good to know that the Dining Center offers our students fresh produce from our local farmers every day, so encourage your students to take advantage of what is in the Dining Center. If they do not see something they would like, they can ask for it.

Enjoy the outdoors for the remainder of this fall. Take it all in by going to fairs, going on hikes and participating in other favorite outdoor activities. Our Activities Coordinator has many events and excursions ready for your student to participate in, too. Be well!

#ThomasStandsUp Winners for Fall 2017

#ThomasStandsUp is a new program initiated by Student Affairs staff with the goal of rewarding students noted for going above and beyond in serving their Thomas community. The students pictured here (clockwise from top left) were noted for: helping new students move in (Kodi Berube), providing a top-notch training to faculty and staff on the subject of diversity with regard to sexuality and gender identity (Abbie Morgan and Maura Gallagher), providing transportation for students who needed it (Hunter Quinlan) and cleaning up the Thomas Campus (L to R:) Thomas Heideman Tyler LeClair and Sammy Grimaldi).



Residential Life – Lizz Tharpe, Area Coordinator for Hinman and Villages

As students settled into their fall semester routines around campus, the leaves changed and the smell of a Maine fall filled the air. For us in Residential Life, we are always very excited at the beginning of the fall semester. The campus is full of enthusiastic students, soccer stands are filled and halls are full of energy and studying. Now for those of you I have not had the pleasure of meeting during move-in, my name is Lizz Tharpe. I am the Area Coordinator of Hinman Hall and the Villages. This will be my second year at Thomas, and I enjoy meeting all the new students and seeing the familiar faces of our returning students. This year, we are also eager to announce updates and new programs in our residential halls.

First, we have unveiled Tutor Tuesdays, a program that brings our certified tutors into our residential halls. Tutors are available to students each Tuesday from 7:00-9:00pm. Carli Carter, our tutor for Hinman Hall, is happy to help students with math, computers and writing. Josh Callnan, our tutor in GPH, is happy to help students with accounting. This allows students to study and engage with our tutors in the comfort of their residential hall. Tutors are also available to students during the day, in our amazing Student Success Center, for a variety of other subjects.

Second, the patio for Grant, Parks and Heath residential hall was redone over the summer. The next time you are in the area, please look at the new stairs, deck, flowerbeds and path leading to the door. This new entrance is a beautiful addition to an already loved building on campus. Another building that received a face-lift over the summer was our Village B residential hall. Each room received new ceiling tiles, floor tiles, bulletin boards and a fresh coat of paint.

Lastly, I excitedly unveiled the Hinman Hall Civility Pledge. Over the summer, the department of Residential Life looked to integrate new ways of teaching and programming on civility. For Hinman Hall, we thought a great addition would be a pledge. The goal of this pledge is to teach collegiate, campus and community pride, as well as understanding and being open to peers. The civility pledge states:

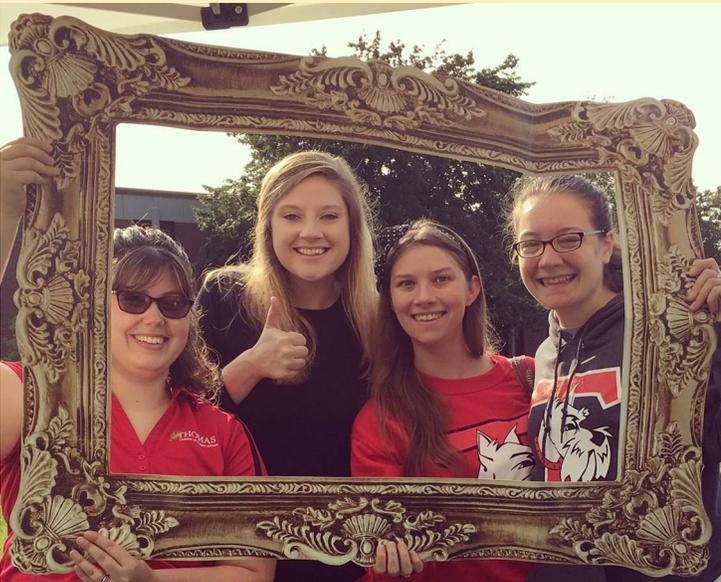
We, the members of the Thomas College Hinman Hall community, expect to live in an environment of respect, acceptance, integrity, and understanding. As members of our Hall community, we believe that we are here to grow personally, to encourage ourselves academically and to become positive individuals in our greater communities. Our community appreciates what distinguishes us from each other, while we celebrate the collegiate community that brings us together.

As the school year progresses we are thrilled to continue working with and helping your students grow and learn inside and outside our residential halls. If you are looking for your student's specific Area Coordinator please note:

Michelle Yates - Grant, Parks and Heath: (207)859-1415, yatesm@thomas.edu

Mike Blasco - Bartlett and Townhouses: (207)859-1109, blascom@thomas.edu

Lizz Tharpe - Hinman Hall and Villages: (207)859-1305, bishopl@thomas.edu



Left: Lizz Tharpe, Area Coordinator for Hinman and Villages; Michelle Yates, Area Coordinator for Grant, Parks and Heath; RA, Sammy Grimaldi; and first year student, Shannon Kostovick, showing her Thomas pride, at Thomas Pride Day's Event Under the Tent with Student Affairs.



Above: Thomas Pride Day celebrated with donuts under the Student Affairs tent.

Break Housing

During official College breaks, residents need to vacate their rooms by 7:00 p.m. on the indicated day (see below). Exceptions for Break Housing will be considered for reasons such as academics, athletics, work, and travel. Students requesting housing during breaks must submit a letter to the Office of Residential Life and Housing at least two weeks in advance of a scheduled break. They will be notified prior to the break if they are eligible. Students with a history of certain violations may not be eligible for Break Housing. There are fees for Break Housing that may be waived for residents required to be on campus for academics or athletics or who have extended travel requiring that they remain on campus during breaks. Any resident student who remains in housing any time during the break when housing is closed, without prior arrangements or exception, may be assessed a fee.

Breaks for the fall semester are as follows:

November 22-24 (Wed-Fri) - Thanksgiving Vacation (Residence Halls close at 7:00pm on Tuesday, November 21, and reopen at noon on Sunday, November 26.)

December 18-January 5 (Residence Halls close 24 hrs. after last final or by 7:00pm on Friday, December 15 - whichever comes first - and reopen at noon on January 7, 2018.)

More info about break housing can be found in our Student Handbook on our website at <https://thomasstorage1.blob.core.windows.net/wp-media/2017/10/2017-2018-Student-Handbook.pdf>.



What's New in Dining Services—Jody Pelotte, Director of Dining Services

What's New in Dining for Fall 2017?



Dining Services was glad to have all our students back when the new semester began. We worked hard all summer with great new offerings. One we mentioned in our last newsletter was sourcing more local products than ever before. We have been very successful in making that happen and now offer more local vendors than we have ever had. From fresh Maine blueberries to Maine potatoes and sustainable caught and underutilized species of seafood, we are now able to say that a large percentage of our menu items are from local sourcing. We use Fresh Fries exclusively for the dining program and all of our precut potatoes are from local sources within the state. On Fridays, we team up with Pineland Farms to offer fresh grass fed burgers (another local source) and offer our "Fresh Burger Friday", a hit with students. Produce and dairy are also a big part of the local offerings.

For beverages, we now offer Coke products in all of our locations and have 31 different beverage choices including Moxie, a local favorite. This year we have both hazelnut and vanilla coffees along with our regular light and dark roast daily in the Dining Center. With our BYOM program, we offer refills of any Dining Center beverage when a reusable mug is used or a discount in the Dog Pound and at Jeanie's with a reusable mug.

Our dining program also welcomed back students to some fun events. Just this semester we offered Taco Tuesday every first Tuesday, which features a huge build your own taco bar, staff in fun T-Shirts and a T-Shirt giveaway to the students. Other events students have enjoyed were Johnny Appleseed Day, with a tasting of locally grown apples from The Apple Farm located in Fairfield Center and National "Talk Like a Pirate" Day, with eyepatches, doubloons and temporary tattoos for all. Anyone who took a picture with our pirate props received a pirate kerchief. We are also offering Meatless Monday this year with more stations participating at lunch. On National Fluffernutter Day, our pastry chef, Janet, made us Fluffernutter Pretzel Bars and we had Marshmallow Fluff out for anyone who wanted to make their own fluff creation. We are looking forward to National Pumpkin Day and Thanksgiving Convocation in November.

For more information on dining options, meal plans, etc., visit us at <http://www.thomas.edu/inside/dining-services>.



Right (L to R):
Ashlea Gerbino,
Maura Gallagher
and Mariah
Henick at
National "Talk
Like a Pirate"
Day event in the
Dining Center



Career Services News

The Office of Professional and Career Development helps students build career plans, professional skills, and strategies for a successful job search. We offer drop in times on Tuesday and Wednesday afternoons and one or two workshops each week on selected Professional and Career Development topics, such as creating a LinkedIn profile, internship planning and process, skills assessment and more.

Career Events for Spring 2018:

Careers in Security: Career Panel and Roundtable, January 25, 1-4pm

Project Login for CS majors, usually in February or as part of the Spring Career Fair.

Spring Career Fair featuring employers for all majors. Tentatively scheduled for Tuesday, March 6. Every student should attend. Full-time, part-time and summer jobs, as well as internships will be available!

Yearbook Ordering and Shipping Information

At the beginning of each school year, students fill out a waiver form with the Student Financial Services office that includes a place to check off if they want a yearbook for that year or not. If they do not complete the form saying they do NOT want the yearbook, the fee will automatically be charged to their account. If your student is billed in fall 2017 for a yearbook, they will receive the book late fall 2018 as we include all spring events including Commencement and the yearbook is compiled over the summer.

It is important to let us know if the student's address changes if they leave school because the company that prints the yearbooks ships them directly to students who are no longer enrolled. If their yearbook is shipped to a former address or comes to the campus and they are no longer a student here, Thomas College is not responsible for paying the shipping fee to the new address. In this case, students will need to make arrangements in the fall to pick up their book or pay the postage to have it shipped to them.

Please make your student aware of the above information and have them double-check the address we have on file for them. Please contact us at (207)859-1243 or stuaff@thomas.edu if you have any questions.



Students enjoying some pet therapy

Public Safety - Jason LaVerdiere, Chief of Public Safety

WINTER DRIVING & SAFETY TIPS

Once again, the winter months will soon be upon us and we encourage our students to prepare for snow by having their vehicles properly maintained and by keeping necessary safety items on board. Are you looking for a practical gift for your Thomas College Student? Consider a membership to an auto club such as AAA that provides tows, jump-starts and lock out assistance. Membership prices for these programs costs \$50 to \$100 per year.

Please share the following with your student to help them safely navigate the winter months:

To prevent dead batteries: Avoid being stranded with a car that won't start! Most battery failures occur during the cold weather months, so have yours tested to ensure that it is strong enough for winter use. This service is free at local shops such as Auto Zone and VIP. Also, have a set of jumper cables on hand in case you need a boost.

Keep your vehicle properly fueled: Running your car consistently below a ½ tank of fuel can result in condensation building up in the fuel system, which can freeze in cold weather and result in your car not starting. Use an alcohol based additive, "Dry Gas", occasionally to prevent or remove water from your fuel system.

To prevent getting stuck in the snow: Check your vehicle's tires, make sure that the tread is adequate and that the tires are properly inflated. Again, these services are available for free at most local repair shops. Remember- specific "winter tread" tires are the best option for safe travel. Keep a bag of sand in your trunk- the extra weight will help with traction, and in the event you are stuck, you can spread sand around the wheels that are spinning for additional grip.

Ensure proper visibility: No one wants to be driving through a snowstorm and not be able to see clearly! Check your vehicle's windshield wipers and remember that there are "Winter Season" wipers made specifically for ice and snow. Also, check your windshield wiper fluid. If low, fill with the "Winter Season" blend, which has additives that will not freeze in cold weather.

BE PREPARED FOR SNOW PROTOCOL: When snowstorms hit and plowing is underway at Thomas College, remember the Snow Protocol. Public Safety Officers will post notices at the entrances to campus residences and e-mail all students the morning that plowing will be taking place. The signs and e-mail notices will include instructions as to where vehicles need to be moved while parking lots are being plowed, along with the time that each lot needs to be empty. Fines of \$50 are issued when vehicles are not moved.

If you have any questions or concerns, please feel free to contact us at (207) 859-1399 or publicsafety@thomas.edu.

Student Life—Michael Sales, Coordinator of Student Life



Students at a Habitat for Humanity volunteer project.
Above Left: Stevo Reid **Above Right L to R:** Jess Trickett, Julie Saison-Marra, David Stone and Charline Pelvet.

PERFORMING ARTS

The Thomas Players' Fall Production: Couples Therapy An Original Play Written & Directed by Paul Patrick Barnes

On Friday and Saturday of Thomas College's Homecoming and Family Weekend, the Thomas College Players performed to a full house - the best turnout it has ever seen! The audience ate up the comedic sketches of seven amazing actors!

The play took place in Therapy, a restaurant that boasts farm to table fresh all organic food, though the patrons did not necessarily go to this restaurant for that reason. Each couple had their own unique purpose for being at this particular restaurant.

The first couple was meeting for the first time. The feisty female character whose name was Alice "Al", played by Sophia Andree, was a fierce no nonsense kind of woman. She was dared to go out on a blind date with a man considered her opposite, and she picked the less than punctual, Joaquin, a hipster played by Christo Naranja. Joaquin soon realized he did not measure up to the independent-intellectual Al, but he made the most of it. The chemistry between these two was real and the comedy, which included dramatic awkward pauses as well as conversations of Tinder Profiles, was a hit with the audience.

Lia Johnson and Stevo Reid played Lizzie and Patrick, the second couple in the second scene. Patrick was trying hard to surprise his beloved girlfriend with a creatively unique engagement, but something went awry as Lizzie went to sip from her champagne, and a very large yet beautiful engagement ring, chipped her tooth; making what would have otherwise been the most wonderful day of her life a disaster!

Since we are talking about a disaster, let's not forget to mention the last couple, William and Sara, played by Ross Munn and Dianna Nicholas. These two were doomed from the start. William brought Sara to this restaurant to celebrate their twenty-fifth wedding anniversary, and Sara utilizes this time to declare that she wishes for a divorce. What was so funny about this scene is that it was acted out in an intoxicated fashion, which made every slur and every stagger a huge hit.

Cassidy French played Mary Beth the waitress who served all three couples, having to explain the name of the restaurant to

Thomas Students Helping the Community

Service is part of the Thomas mission statement, and students are actively engaged in the community through many service opportunities organized by the Student Life Office. In the month of September alone, 39 students contributed 124 hours of service through Student-Life offered projects. They have helped the Waterville Food Bank load and unload donations, and put away donations in the Food Bank. Another group painted the entire interior of a local disabled resident's house through a Habitat for Humanity *A Brush with Kindness* project. Other students helped organize, sweep, mop, and create signage for the Habitat for Humanity ReStore. Students also helped at the Waterville Humane Society by cleaning cat litter pans, doing laundry, making dog treats, cleaning food dishes, cleaning and organizing, and yes—socializing the cats! One of our commuter students also went home with a new pet!

Thomas also participated in the Maine Coastal Clean-up program, which falls during International Coast Week. During this week, groups of individuals come together to pick up trash along the world's coasts that might otherwise end up in the ocean, threatening sea life and polluting our waters. Students traveled down to Fort Point State Park in Stockton Springs, ME to clean up, with a short stop in nearby Belfast, ME to explore, shop, and take pictures on the footbridge with the iconic harbor as a backdrop. Volunteers were rewarded with a surprise ice cream stop on our return trip to campus. The Coastal Cleanup is a yearly tradition and participants have visited the Rockland Breakwater and the Camden Harbor Park in recent years.

Near the end of October, Thomas students assisted with a Red Cross Blood Drive on campus. Students will also be assisting at the polls on Election Day. Many of the projects listed above happen regularly on campus, so after one is completed, the next service project is likely just a week away.

At Thomas, we believe community means so much more than our welcoming and friendly campus, but truly living into the greater Waterville area and lending a hand when needed.

each, and do so with a smile on her face.

It was quite a successful season for the Thomas College Players, and perhaps a hint of things to come would be a sequel to this play, "Patrick & Lizzie Get Married" ...you'll just have to wait and find out. Auditions for the next production will be in February 2018.



Below: A family photo at the photo booth

Right: Archery tag on the Quad



Below: Frisbee dog show

Right: Students enjoying the Petting Zoo



Below (L to R): Open Mic Night in the Dog Pound and Pumpkin Painting

Below: Family Bingo Night



Homecoming and Family Weekend 2017

