

# The Link

*Bringing the Division of Student Affairs Home*



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Lisa Desautels-Poliquin, Vice President for Student Affairs

## State-of-the-Art Facilities for 125-Year-Old College

You've probably already heard that Thomas College is celebrating its 125<sup>th</sup> anniversary this year. For a small, enrollment-driven campus in Central Maine, this milestone brings many reasons to celebrate. Thomas' humble roots and history that began on Main Street in Waterville now consists of a campus proper with state-of-the-art facilities and programs.

Since my arrival at Thomas in 2002, (which in the scope of Thomas' history really isn't that long ago), I've had the privilege to witness and participate in the development of facilities and programs to enhance the Thomas College student experience. Bartlett and Hinman Residence Halls, Townhouses, Alford Athletic Center, 2-Turf Fields, Alford Academic Center, renovated and expanded Student Commons and Dining Center (twice in my tenure), and renovations to the Ayotte Center are some of the enhancements within the past 15 years. It is truly amazing to have this level of growth in our facilities; for a 125 years old history, our students get to enjoy a relatively new campus.

This past summer, Thomas again invested to increase and enhance its facilities by building two new press boxes and bleachers at the turf fields. We also opened a campus trail which has wonderful views of the river and where one can enjoy the changing seasons of Maine. Not as large-scale of projects, but just as important, we moved the Public Safety office over the summer to a more central location within the Ayotte Center and renovated the Health Center. As we live and celebrate this milestone year, we're reminded that we need to continue to be forward-thinking as we look for ways to enhance our campus to provide students with the best environment to live and learn.

### From Student Financial Services:

The FAFSA Application for the **2019-2020** academic year is now available and we encourage families to complete the application by **May 1, 2019** to remain eligible for all financial aid programs.

Also, spring bills went out on November 16, 2018.

**Right:** FY110 students participating in a service project at the Mid-Maine Homeless Shelter. All FY110 students participate in service as part of their first year experience course. This is one group from 3 different classes.



### Inside this issue:

Recreation and Intramurals	2
Health Center	3
Residential Life and Housing	4
Dining Services	5
Public Safety	6
Student Life	7

## ATHLETICS AWARDS FALL 2018

### North Atlantic Conference Awards

#### Rookie of the Week:

Justin Bell (soccer)  
 Jahzardae Samuels (soccer)  
 Kyle Patterson (soccer)  
 Jarrod Hooper (cross country)  
 Lindsey Gregoire (field hockey) - 3x  
 Britney Gregoire (field hockey) - 2x  
 Christina Denis (field hockey)  
 Katherine Hoving (soccer) - 5x

#### Player of the Week :

Josh Emard (soccer)  
 Katie Taylor (field hockey)  
 Britney Gregoire (field hockey) - 2x  
 Kelci Faulkingham (field hockey)  
 Tiffany Weeks (field hockey)  
 Lindsey Gregoire (field hockey)  
 Haley Theborge (field hockey)

#### Defensive Player of the Week:

Jonathan Dutka (soccer) - 3x  
 DJ Nicholas (soccer)  
 Tiffany Weeks (field hockey) - 3x  
 MacKenzie Oberholzer (field hockey)  
 Leah Kruse (field hockey) - 2x  
 Kayla Gordon (soccer) - 2x

#### Runner of the Week :

Jarrod Ottman (cross country)- 5x

#### Rookie of the Year:

Kyle Patterson  
 (soccer)

#### Player of the Year

Kelci Faulkingham  
 (field hockey)

#### Defensive Player of the Year

Tiffany Weeks (field hockey)

#### Runner of the Year:

Jarrod Ottman (cross country)

#### North Atlantic Conference

##### All-Conference First Team:

Adam Labrie (soccer)  
 Justin Bell (soccer)  
 Benjamin Vigue (soccer)  
 Jarrod Ottman (cross country)

#### North Atlantic Conference

##### All-Conference Second Team:

Kyle Patterson (soccer)  
 Jonathan Dutka (soccer)  
 Jarrod Hooper (cross country)  
 Alister Piccini (cross country)



#### All Conference Team

Kelci Faulkingham (field hockey)  
 Tiffany Weeks (field hockey)  
 Britney Gregoire (field hockey)  
 MacKenzie Oberholzer (field hockey)

#### Sportsmanship Team:

Jonathan Dutka (soccer)  
 Dillon Sullivan (cross country)  
 Natalie Corrigan (cross country)  
 Allison Hughes (field hockey)

**Below: Clockwise from Top Left: Kyle Patterson, Kelci Faulkingham, Jarrod Ottman and Tiffany Weeks**



## Recreation and Intramurals - Jim Delorie, Assistant Dean of Student Engagement



This fall, Recreation and Intramurals made a push to offer more options for students to

engage with at their leisure. The goal was to create easy access to items for students to use and enjoy. With the addition of our new campus trail, Student Affairs created many opportunities to use the trails. We knew students would walk and run on them, and we have snow shoes for the winter months. Dean of Students Hannah Gladstone came up with a wonderful idea to create a small fleet of bikes for students to use. So, I went to work trying to make that happen and this fall we started the year with four specialized mountain bikes: two normal and two fat tire bikes.

The additions have been wonderful; they have been more popular since the start of the year than basketballs on our equipment sign-out tracking, and nothing has been signed out more than basketballs in the past. It has been great to offer another avenue for students to use our new trails and for some to ride a mountain or fat tire bike for the first time.

The trend of student led activities will continue to be a focus this year as we move to second semester and look at how we can use our trail, ice rink, and indoor facilities to best engage our students. I am always open to ideas and suggestions.



Nikki Bradstreet riding one of the bikes on the Thomas Trail

Please feel free to share your ideas with me or ask your student to reach out with any ideas they may have.

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

Consider starting the day with “positive news”. Your health will be affected by this, carrying you forward into an entirely different day. Perhaps you will feel encouraged by the news, celebrate the rainy day, step in the puddles and talk about the sunshine that will follow. Words matter. You encourage your college students in many different ways so here are some options to start with for you: [www.goodnewsnetwork.org](http://www.goodnewsnetwork.org) or [www.theoptimistdaily.com](http://www.theoptimistdaily.com) and for your big and little children [www.thekidsshouldseethis.com](http://www.thekidsshouldseethis.com). Start your day this way for a week and see what happens.

Keeping everyone well on campus is an important part of the Health Center’s mission so we offer two flu clinics in October and another in February, with many ongoing messages about how to boost your immune system, how to avoid the flu and what to do if you get sick. As you know, the eternal message is cough/sneeze into your sleeve, elbow or shoulder; never your hands. Wash hands frequently with soap and water and if you have a hand sanitizer use that too! The flu vaccine is stronger this year as it has added another fourth possible strain to protect us against.

The fall harvest brings farmers markets (there are indoor winter ones too), farm stands, apple farms and fresh produce to the grocery stores ready to eat, preserve or freeze. The fruits, vegetables, whole grains and legumes are rich in colors, aromas and tastes. We can take advantage of them to nourish our systems, readying us for the winter months ahead. Consider having a meatless, plant-based week, basking in all that the harvest has to bring us. Your body will thank you for feeding it the increased sources of vitamins, minerals, protein, antioxidants, iron and much more. Share the meal prep time as cooking with the family will enrich that positive message of being a family even more. Yes, and clean-up kitchen time is also a part of that too! Be well!



## #ThomasStandsUp Winners for Fall 2018



#ThomasStandsUp is a program initiated in Fall 2017 by Student Affairs staff with the goal of rewarding students noted for going above and beyond in serving their Thomas community.



Keisha Peace '22 (above left), a commuter student, was recognized during New Student Orientation in front of her peers for helping other new students find their way around campus and adjust to life at Thomas.

Gabe Merrill '21 (above right) was recognized for cleaning up a big mess that wasn't his in the kitchen of the area where he serves as an RA to be an example to his residents of taking pride in the area in which they live.

Chandler Moran '22 (bottom right) was recognized for joining the OL's, without being asked, to help the band performing at the Welcome Back Barbecue unload their significant amount of equipment. This was a huge help!



## Residential Life — Hannah Gladstone, Dean of Students/Director of Residential Life and Housing

### Who Is This Person at Our Thanksgiving Table?

When college students return home for breaks, it can be a difficult and stressful adjustment for any family. As the student has been away from, or more independent from home, for at least 12 weeks a natural autonomy has set in - as is the real objective for a college student. Families and friends have also developed a new dynamic with their student. While prior to leaving for college, family affairs may have revolved around the student, priorities often shift in their absence, regardless of their academic year. Families may have gotten used to spending more time alone together, and certain routines may have been altered. Students returning home should understand that these changes are a result of a different family dynamic; the last feeling they should have is that they no longer belong.

Weeks without much direct supervision or a set curfew can lead to significant conversations when the student returns home. What do you do? It may be your home, but the independence garnered by your student is going to be resistant to an authoritarian approach. At the same time, the student will need help to understand that they are back under their family's roof. It's important to remember that these students are no longer children but young adults who have been on their own for some time.

Keep in mind that the college years are the time when your students are taking on the responsibilities you have been preparing them for. The desire to do things oneself is a natural consequence of living alone, and families shouldn't feel unwanted, but instead appreciate the fact that their student is learning how to survive on his or her own.

The most difficult challenge for parents, though, is accepting that their student may not seem to be the same person that left in September. Families may want to consider discussing things with their student before that first holiday/long break visit. Laying some groundwork will pay off, so you may want to consider the following:

- \*Have a good sense of humor – don't expect for every thing to be the same.
- \*Be flexible – you have many people's schedules to work around.
- \*Consider the other's perspective about things.
- \*Remember it is your home and they must follow your rules – just be sure that everyone understands this.
- \*Try to be both generous and accommodating to the new adult in the family.
- \*Try to prepare for difficult times.
- \*Remind your student that their job in becoming an adult is that they must act like one.

By compromising on some of the rules and guidelines for managing your home, the transition for both parties can be made much easier. By simply communicating with your student and giving the same respect you're asking for in return, the transition home can be made almost painless.

We wish you all the very best for a wonderful Thanksgiving and holiday season.

### TLC at TC Program

Thomas College offers a program called TLC at TC as one of the services for resident students. If your student tells you they are not feeling well, you can access a form on our website at: <http://www.thomas.edu/inside/student-resources/student-forms/student-housing/tlc-at-tc/> to request a care package to be brought to your student.

The form will request some basic information and ask why you believe your student needs some TLC. The package, delivered within 24 hours of your request by a member of our professional Residential Life staff, typically contains chicken soup and ginger ale and always includes a check-in with some TLC!

This, obviously, is a service to supplement any medical care needed. If your student needs immediate care or is experiencing a medical emergency, they should contact the Thomas College Health Center, their Resident Assistant or Area Coordinator, or Public Safety.



### Residential Life Professional Staff

**Hannah Gladstone** - Dean of Students/Director of Residential Life: (207)859-1243, gladstoneh@thomas.edu

**Johnathan Atkinson** - Residential Director for Hinman and GPH: (207)859-1109, atkinsonj@thomas.edu

**Miranda Piscopo** - Residential Director for Villages, Bartlett and Townhouses: (207)859-1305, piscopom@thomas.edu

## 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 21-23 (Wed-Fri) - Thanksgiving Vacation (Residence Halls close at 7:00pm on Tuesday, November 20, and reopen at noon on Sunday, November 25.)

December 17-January 4 (Residence Halls close 24 hrs. after last final or by 7:00pm on Friday, December 14 - whichever comes first - and reopen at noon on January 6, 2019.)

More info about break housing can be found in our Student Handbook on our website at <https://www.thomas.edu/TC/Student-Handbook.pdf>



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

The start of the semester is always an exciting time on campus with the start of classes, connecting with old friends or making new ones, seeing what has changed since the students were last here and joining or rejoining the Thomas Family. The Dining Services Team was incredibly busy all summer preparing for the arrival of students. We are very excited to share the following fantastic enhancements that we began this semester as well as a host of resources regarding everything dining related on campus.



- **New dining Plans!** Based on student feedback all meal plans have been updated and now have more board bucks for added flexibility.
- **Revised Dining Hours:** We now offer continuous dining from 11:15am-7:00pm. Students can expect the normal dining experience from 11:15am-1:30pm and from 1:30

pm-4:45pm we will offer a light menu with select stations open to meet student needs.

- **More Variety:** New enhancements include our new build your own noodle bowl at the International station on Monday, Wednesday and Friday at lunch & Tuesday and Thursday at dinner. We also update the salad bar at each meal and feature at the deli area antipasto and fruit and yogurt bars and our biggie sandwich offering on certain days of the week. New soups are featured at each meal and on weekends we have added one soup and a hot cereal for brunch.

- **Revised Dog Pound** The Dog Pound now offers a custom sandwich concept. Students can choose from one of our signature sandwiches or pick their own items to create an awesome sandwich their way, whether cold heated in the turbo chef oven or cooked on our new Panini press.

**Another new perk** is our weekly \$1.25 menu option with fun offerings like chicken fries and pretzel bites.

- **Jeanie's Café** also has plenty of discounts and special offers! Students need to remember their frequency card.
- **More fun in Dining:** We have a couple of special surprises in store for each semester and encourage students to watch for details.
- **More Local:** The Dining program remains focused on sourcing as much as possible locally. Most of the menu is made up of products sourced in the state and it continues to grow each week. We hosted our local vendor fair on October 1 with lots of samples from select suppliers.

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

### Some of our Local Suppliers

Fresh Pastured  
Ground Beef,  
Potatoes &  
Cheese



New Gloucester, Maine

MAINECOURSE



Pickles & Sauerkraut



North Waldoboro, Maine



Caribou, Maine

The Dining Center  
Welcomes Back  
Gifford's



Skowhegan, Maine



Old  
Fashioned  
REAL  
Buttermilk

Old Orchard Beach, Maine

## 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 2018 for a yearbook, they will receive the book in fall 2019 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.



Students and staff canoeing at Camp Caribou during Orientation 2018

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](mailto:stuaff@thomas.edu) if you have any questions.

## Lisa Desautels-Poliquin - Vice President for Student Affairs

### Campus Security/Public Safety at Thomas College

As a family member of a Thomas College student, you don't want to have to think about what your student will do if he or she has an emergency or needs assistance when living away from home or commuting to campus. At Thomas, we take pride in being a small campus where there's a strong focus on community. Public Safety officers do more than conduct building checks and monitor parking.

The Office of Public Safety can be a great resource to you and your student in a time of need. After hours, or times when the Health Center is closed, students who need medical assistance can contact an officer and get a ride to the local ER or outpatient facility. If you're concerned about the health or well-being of your student or are having trouble contacting him/her, you can contact an officer 24/7 who can conduct a welfare check or attempt to get a message to your student on your behalf. If your student is concerned about walking alone on campus, officers are available to escort him/her to their residence hall, vehicle or other campus destination. Students also have access to our Emergency Blue Lights located outdoors around campus. In the event of an emergency, your student can activate a blue light which notifies Public Safety and an officer will respond.

Other services that Thomas College Public Safety provide to help promote a safe campus include personal safety presentations, basic self-defense classes, and first aid/CPR certifications to groups of students or residence hall floors. Please remind your student to make sure they have the phone number for Public Safety programmed into their cellphone: 207-859-1399.



Right (Left to Right): Officer Mike Hill and Sergeant Paul Heath

## Student Life—Michael Sales, Coordinator of Student Life

### Spann Commons Gets a New Fresh Look!

Over the summer months, the Spann Student Commons was updated to give the building more of a Thomas feel. Updates started around the building with 25 wall portraits of students at various campus activities or candid shots of students hanging out on campus. Many different campus traditions and events are represented in these photos, such as Summer Sendoff, theater and dance performances, bingo, Leadership Dessert, intramurals, Deep Freeze Week, recreation events, RA programming, and my personal favorite (so much so that it is displayed right outside

my office!)—petting zoo with goats! The pictures add something to the Commons that we all enjoy about Thomas: the personal nature of our campus community.

At the start of the academic year, many of the students featured were showing their friends that they “made the wall!” In the Dog Pound area, we added a banner hanging device that announces major theme weeks and welcomes students, faculty and staff, and visitors to the building. The banner space is available to student clubs and groups for displays and larger advertisements. In the Recreation Room there is a display of the last five Orientation shirts showcasing the theme for each year. We’ve also added two decals to the wall in that space—one of the Terrier logo and one of our Terrier Athletics paw print logo. Also, in the lower area we’ve added two felt banners—one celebrating our 125<sup>th</sup> anniversary year and the other with our Terrier Athletics logo. The Fireplace Room proudly displays each of our active athletic teams and clubs—each receiving a brick on the wall with a sign indicating their group. In the center of the Commons, we now have a display case for the Thomas College Performing Arts consisting of the Thomas Players (theater), the Dance Team, and our Music Club. These improvements to the Commons were funded in part by Student Senate and Student Life based on student feedback. The Commons is now more cozy than ever—the perfect place to relax, play a game of pool or ping pong, watch the game or a favorite show, grab a quick bite to eat, play a board game, chat with friends, or study for an upcoming exam.

## PERFORMING ARTS

Members of the Dance Team had their first performance of the year during Homecoming and Family Weekend in October. The dancers showcased the new things they have been learning and the audience got a sneak peak at the routines they have been working on. The auditorium was nearly full with families, alumni, faculty and staff. The routines were choreographed by their Instructor and student teachers and included tap, jazz, hip hop and contemporary styles.



### Fall 2018 Dance Team

**Top Left to Right:** Sophia Littlefield '21, Emma Dimock '19, Danielle Berard '20, Hannah McGlashing '21, Tiffany White '20, Kaley Coburn '22, Andii Fowlie '22, Arynne Barns '20, Abby Nelson '21

**Middle Left to Right:** Kayleigh Clinch '19, Natalie Corrigan '19, Sophia Calandriello '21, Katrina Kennedy '21

**Front Left to Right:** Elise Holly '20, Felicia Hinckley '19, Sam Murphy '18



**Top and Left:** Cast for *You're a Good Man, Charlie Brown* performed during 2018 Homecoming and Family Weekend

# Homecoming and Family Weekend 2018



Families and friends enjoying the activities during Homecoming and Family Weekend 2018

