

The Spotlight

Student Union Government Association



February 1, 2012

Volume 1, Issue 3

SUGA Updates

Welcome back to all the students and clubs dedicated to MCC—we are very proud to be part of this community college!

We look forward to welcoming new members in SUGA this semester. We have open seats and would love to see more individuals that are motivated to improve the campus and student life come join us.

We invite all MCC

students, clubs, and organizations to come to our meetings and make their voice heard—every Monday at 3 PM, alternating campuses.

For more information about SUGA, our meetings, or how to obtain an application to join this Student Leadership position please contact the Student Activities Office—the Center for Leadership and Engagement on either campus.

Lowell City Building, 4th floor, Room 407 or Bedford Campus Center, Room 200.

Upcoming Meetings

Start at 3 PM

Feb. 6—Lowell Federal Building Court Room

Feb. 13—Bedford Trustees House Galvani Room

Feb. 20—No Meeting

Feb. 27—Bedford Trustees House Galvani Room

Mar. 5—Lowell Federal Building Court Room

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Health & Wellness Month: MCC Student Health 101 Newsletter

It's the beginning of the new year and often that includes resolutions, changes in lifestyle and habits, and MCC is here to support the need for every individual to be more aware about their health!

Perhaps you've seen the MCC Student Health 101 Newsletter come through in your MCC email—this is an excellent way to stay updated and informed on the many fun and exciting ways to be healthy and stay healthy.

"Be passionate about the opportunities that are presented to you."

-Gabrielle Davis

To access the newsletter directly:

<http://readsh101.com/middlesex.html>

Get excited about student health—it's a worthwhile experience.

Club Highlighter: Women's Leadership Network

MCC **Women's Leadership Network** (WLN) is a newer club at Middlesex. It is a club that wants to encourage leadership development in our members, give them networking opportunities and examine women leaders locally and globally. Right now WLN is planning a panel discussion of

women leaders from Middlesex. This event, called "Middlesex Women Leading the Way", will take place in the Assembly Room in the Federal Building on Thursday, **March 8th** at 10:30 AM.

In the future club members plan to meet with local women leaders, network with

international women groups and attend Lowell's Women's Week Breakfast.

New members are always welcome. Contact Tara Kirby to get more info., next meeting time or to get on the e-mail list.

tkirby@mail.middlesex.edu

Fly Youth Mentor Program

The **Fly Youth Mentor Program** is really beginning to take off with some of the most fly students at Middlesex. Our efforts to unite high school seniors with college students is taking form. The program aims to engage young adults by providing support, resources,

and exposing them to life-changing activities and people. This will all result in a full-circle learning process—building lifelong positive relationships. We are proud to announce that our first training is taking place on **February 1st** and our kickoff event is on **February 6th**. If you



are interested in learning about the benefits mentoring can provide you then please contact Ryan Manita.

ryan.manita@gmail.com

"Smile, it makes you and others feel good." - Tara Kirby

Yoga At MCC—A Healthy Solution

Don't miss out on this amazing opportunity! Starting on Tuesday, **January 31st** MCC will be offering a weekly Yoga class to MCC employees and students in the Bedford Fitness Studio (NAG02). This class will be held every Tuesday from 4–5 p.m. for 6 weeks (until Spring Break), with another session to begin after the break.

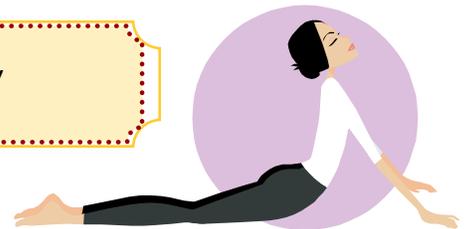
The Yoga instructor is a certified

staff from the Serenity Yoga Center in Bedford. Their classes are designed to help you increase flexibility, develop strength, improve balance (mentally and physically), learn to relax, and to relieve stress. Participants will be provided with all the necessary equipment and are provided to pay in advance for all six sessions.

The cost is \$30 for MCC

students. Registration and payments will be accepted on a first-come-first-served basis and each class has limited enrollment of 20 participants so don't let this opportunity pass you by. For more information about the Yoga class and how to register to join please contact Jonathan Crockett.

crockettj@middlesex.mass.edu



Club Service Opportunities

Alternative Spring Break 2012

Sponsored by the
Greater Lowell
Habitat for Humanity
Bedford, MA

Who:

Thirteen MCC students

No construction experience is required—must attend **all 3 days**

When:

March 13, 14, & 15, 2012

8:30 a.m. to 4 p.m.

(Tues., Wed., Thur.)

Participants are required to attend one group meeting:

1:30–2:30 p.m., **Feb. 27** Lowell City Building 5th floor 5D;

Feb. 28 Bedford Campus Center Room 217.

Applications are **due** by Friday, **Feb. 10, 2012.**

The Cor Unum Meal Center

The Cor Unum Meal Center relies on the assistance of volunteers to function. As a volunteer, you will not be an “extra helper” but rather a vital element of their ability to serve many in the Lawrence community. To learn more about volunteering contact:

Cor Unum Meal Center

118 South Broadway

Lawrence, MA 01843

978–688–8900

Email:

corunummealcenter@comcast.net



MCC Bake Sales

Feb. 8th Lowell City Lobby

Feb. 14th Bedford Main Street

MCC students are selling baked goods to help raise funds for their Alternative Spring Break New Orleans trip.

(Times are 9–1 on both campuses)

For More Information

Contact

Student Activities Office

Bedford—Campus Center Rm. 200

Lowell—City Bldg. Rm. 407

Sheri Denk

denks@middlesex.mass.edu

International Boost Self-Esteem Month

The month of February focuses on boosting self-esteem. Self-esteem is a term that describes an evaluation or appraisal of one's own worth. There are many ways to boost your self-esteem, however it must be understood that no one can give it to you—you are the only one with that power. One way to start overcoming a low self-esteem is to identify the

conditions that you find troubling or negative in your own life. Then, to find the connection between those conditions and your own thoughts and beliefs. Our self-talk, the thoughts and beliefs we have about ourselves, can either boost our self-esteem or hinder it. If you find that you are giving yourself negative or inaccurate messages—challenge these

thoughts. If it's not based on facts or logic then it might be best to replace those messages with a more positive and factual message. Think positive, be positive, act positive and do so for a significant length of time and you'll find that the actions that follow will have a greater positive outcome in your life and the life of others.

Student Union Government Association

Please Contact SUGA

Email us at:

studentgovernment@middlesex.mass.edu

Find us on Facebook

<http://www.facebook.com/MCCSUGA>

Tweet with us on Twitter: [MCCSUGA](#)



Do you want your voice to be heard? Be a student leader!

We have open seats available in Student Government.

One of the benefits of being involved in SUGA is obtaining and strengthening leadership skills. In addition, Student Government serves as a chance to meet new friends and network with a wide variety of people by working together to improve student life. Most importantly, by being involved in SUGA, you can make a positive impact on MCC and the surrounding community.

You can make a difference!

Written by Lowell Vice Chair Rebekah Dufrene

Dates to Remember

Monday:

New Life Discovery Club meets every Monday at 12:30 PM at the Lowell Pollard Building, Room 304.

MAPP meets every Monday at 1:30 PM at the Lowell City Building, Multicultural Center, Ground Floor.

Spectrum meets every Monday at 3 PM alternating campuses—locations as follows: Lowell City Building Room 105, Bedford House Room 109.

SUGA meets every Monday at 3 PM alternating campuses—locations as follows: Lowell Federal Building Court Room, Bedford Trustees House Galvani Room.

Tuesday:

Future Graphic Designers of America meets every Tuesday at 1PM at Bedford Campus, AR210.

Latinos Unidos meets every Tuesday at 1:30 PM at the Lowell City Building, Multicultural Center, Ground Floor.

Veteran's Club meets every Tuesday at 12 PM at the Lowell City Building, Veterans Resource Center, Room 117.

Wednesday:

Bedford Dance Club meets every Wednesday at 1PM at the Bedford Campus, North Academic, Building 6, Room G2.

Elite Fashion Club meets every Wednesday at 1:30 PM at the Bedford Campus, Henderson Hall, Room 308.

International Club meets every Wednesday at 1:30 PM at the Lowell City Building, Multicultural Center, Ground Floor.

STEM Club meets at 2:30 PM at Bedford Campus, Henderson Hall, Room 308

Thursday:

African Cultural Club meets every Thursday at 1:30 PM at the Lowell City Building, Multicultural Center, Ground Floor.

Lowell Dance Club meets every Thursday at 2:30 PM at the Lowell Campus Cafeteria.

Veteran's Club meets every Thursday at 12 PM at the Bedford Veteran's Resource Center.

MAC Middlesex Activities Crew meets every Thursday at 2:30 PM alternating campuses—locations as follows: Lowell Merrimack Building Student Lounge, Bedford Campus Center Room 216.

Important Dates:

Feb. 8th—Bake Sale at Lowell City Lobby for Alternative Spring Break New Orleans trip from 9 to 1 pm

Feb. 10—Habitat for Humanity Applications are due!

Feb. 14th—Bake Sale at Bedford Main Street for Alternative Spring Break New Orleans trip from 9 to 1 pm

Feb. 20th—No Classes, President's Day

Feb. 29th—Health & Wellness Expo located at both campuses in the cafeteria from 10–1

Make Note:

To be the Club Highlighter for next month, or submit photos, important dates, or any other relevant club information please contact the Lowell Secretary, Gabrielle Davis at gdavis@mail.middlesex.edu for more information. Do this by **Feb. 15th!**
