1983

Commuter Student Survival Handbook

University of Maine at Farmington

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COMMUTER
STUDENT
SURVIVAL
HANDBOOK

UNIVERSITY
OF MAINE
AT FARMINGTON
The COMMUTER SURVIVAL HANDBOOK is intended for the 700 students at the University of Maine at Farmington who live off campus. This group is widely diverse and ranges from students renting for the first time to students who represent our "older" population and have families of their own. It is not meant as the final word on UMF events and services but contains information on a broader scale - in other words, in these pages lies what UMF offers besides an education - and what the Farmington community can offer. It certainly doesn't have all the answers for you but we hope it will help you avoid some of the pitfalls other commuter students have encountered.

For their help, we have many people to thank - the Commuter Council, members of "The Snack Bar Groupies," any commuter we have been able to stop on the fly and ask, "What information would have helped you when you first came to UMF?" Other information must be credited to the UMF staff and other University of Maine publications.

For further information use your UMF catalog, go to your advisor, UMF office staff, faculty, and administration, and listen to words of wisdom from other commuters.

Sheila Atwood
Student Life Office
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**UMF - PAST AND PRESENT**

The University of Maine at Farmington is the oldest public institution of higher education in the State of Maine. It has a long tradition of providing educational programs to meet the needs of a wide variety of students from Maine and elsewhere, professionally and non-professionally oriented, dorm resident or commuter of any age.

The institution began in 1864 as a state normal school with the primary purpose of training teachers for the Maine school systems. Since then, UMF has progressed to become a vital part of a complex university system. The mission of the University includes providing many programs in teacher education and liberal arts, business and science, and fostering a real commitment to public service. In addition, UMF is fortunate to have a fine computer science component which offers students a chance to learn the "language" of the business world.

The UMF faculty presently consists of approximately 50 full-time professors. As a group, the faculty holds advanced degrees from more than seventy institutions of higher learning. More than one-half have earned doctoral degrees. UMF faculty provide encouragement and added direction whenever a student seeks special assistance. Many of our older UMF students consider faculty not only as teachers but also as peers because of mutual life experiences. Also, many of our faculty are active in community life.

With an enrollment of approximately 1600 full-time day students and a part-time enrollment of over 400, the University of Maine at Farmington is large enough to support breadth and diversity in its programs, yet small enough to offer many "comfortably-sized" classes and a chance to get to know professors and classmates. One third of the UMF student population is made up of older students who have the benefits of many and varied life experiences which are interesting and often an added plus to the classroom atmosphere. This mixture is enjoyed by both traditional and nontraditional students and enhances the learning experience. Approximately one-half of the UMF student population lives off campus and repre-
resents the UMf COMMUTER STUDENT POPULATION.

The University of Maine at Farmington today can offer you classes with expert instruction in a rural New England environment, low costs, a friendly campus, cultural entertainment suited to your tastes, and COMPANIONSHIP. You need never feel like an outsider at UMf.

ACADEMIC CALENDAR FOR 1983-1984

Fall Semester 1983:

Tuesday, September 6
Wednesday, September 7
Monday, October 10 - Columbus Day
Friday, November 11 - Veterans Day
Tuesday, November 22
Wednesday, November 23 through Thursday, November 27
Monday, November 28
Friday, December 16
Sunday, December 18
Monday, December 19 through Thursday, December 22

Spring Semester 1984:

Monday, January 23
Tuesday, January 24
Friday, February 17
Saturday, February 19 through Sunday, February 26
Monday, February 27
Friday, April 13
Saturday, April 14 through Sunday, April 22
Monday, April 23
Friday, May 11
Monday, May 14 through Friday, May 18
Saturday, May 19

Registration
Classes Begin
Holiday
Classes will be held
Last day of classes before Thanksgiving
Thanksgiving Recess
Classes Resume
Last Day of Classes
Graduation (if applicable)
Final Examination Period

Registration
Classes Begin
Last Day of Classes before Vacation Week
First Spring Vacation
Classes Resume
Last Day of Classes before Vacation Week
Second Spring Vacation
Classes Resume
Last Day of Classes
Final Examination Period
Graduation
And now for a little humor (or humaneness) from UMF commuter students:

IF I HAD ONLY KNOWN:
- that there are more politics at UMF than in Washington, D.C.,
- that it's easier to pass an exam if I study,
- that it's O.K. if I use the UMF Personal Counseling Service - and that I'm not any crazier than everyone else,
- that I could actually study (and absorb the information) although there are twenty students shouting, the TV is on, and I've been interrupted at least ten times,
- that I'm not a personal failure if I use a tutor,
- that the average classroom temperature varies from 45 to 50 degrees in the winter and 80 to 100 degrees in the summer (unless I dress accordingly then it gets colder or warmer - whichever I don't want it to do),
- that CLEP, SCAT, GPA, NSDL are not strange swear words (or at least not most of the time),
- that professors are human,
- that I'd have to spend 40 hours a week in the library (or lab, art studio, etc.),
- that if I decided to drop a course I had to tell someone other than my husband, wife, or roommate,
- that I'd actually find the Health Center (or gym, counseling, etc.)
- that I'd actually find out who runs this place.

ACADEMIC INFORMATION

Attending Classes:
You should, and we hope you will, attend all your classes. That's one of the first steps in learning. Also, many of the professors lower one's grades if a significant number of classes are missed. Classwork is important for in-class lectures and discussions. You learn not only from the professor but also from questions and comments from your classmates. Take notes - they really help when it comes to exam time.

COMMUTER TIP: If you're unsure whether your notetaking system is sufficient, ask the professor - he/she can help you get on the right track or assure you that you're doing it right.

If you show up for class and your instructor doesn't, you're permitted to leave without penalty after ten minutes - unless of course he/she has sent word that he or she will be a little late.

COMMUTER TIP: Top priority is attending your first class of the semester. At that time most professors discuss their class syllabus - that's what you'll be doing for the course and includes what he/she expects of you. That will include class attendance policy, discussion topics, explanation of the grading system for that class, and required readings and papers.

Missing Classes:
UMF states that all students are expected to attend classes but each instructor establishes his/her own attendance policy. If necessary, the Provost will issue administrative excuses for classes missed when students are officially representing the university. For other reasons, talk to your professor. You will find most of them are understanding if the reasons for absenteeism are legitimate. If you find you need the notes from the missed class - go to another classmate. It makes good sense to get to know some of your classmates. Classroom friendships can give you someone to talk to about the class, a person to exchange and compare notes.
with, someone to study with, and quite often a new friend.

COMMUTER TIP: Never miss a class if it's avoidable—because there will be days when it will be unavoidable.

Schedule Change Policies:
No change in your academic schedule is considered official until the Registrar (in Merrill Hall) has accepted the schedule change card. That means you must take the card (available in Merrill Hall) to the Registrar's Office in person. You can add, drop, withdraw from (a single course—to withdraw completely you go to the Counseling Center), audit, and repeat courses. Refer to the school calendar on page 2 for the time periods during which each must be done.

COMMUTER TIP: You may find out you've "bitten off" more than you can handle with classes, paperwork, travel, jobs, and family. Review your "load" vs. your available time before the drop-period is over. Don't wait until it's too late!

ADVISING:
One of the items to put on your agenda is to acquire an academic advisor (if you have not already done so). Your advisor's job is to assist you in developing a meaningful educational program. (Translate "meaningful" to getting signed up for courses you need to graduate, courses you need to fulfill your major, and courses as electives that may be of interest to you.) If you haven't declared a major, your advisor should be a member of that department. If you haven't, you can go to the Department Chairperson.

COMMUTER TIP: The secretary in each department is a good person to start with as they are available during business hours and can direct you to the proper faculty member. Following is a list of departments, secretaries, locations, and intercampus phone numbers:

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YOUR RESPONSIBILITIES WITH YOUR ADVISOR:
1. Schedule advising appointments during preregistration, after mid-term grades are issued, and at other than "normal" advising times.
2. Keep scheduled appointments.
3. Come to appointments prepared with information relevant to items to be discussed.
4. Know what courses you need to take in order to graduate. Check the UMF Catalog, advisor's handbook (on reserve at the library) and each semester's schedule of classes.

COMMUTER TIP: Changes in core and major requirements have been known to occur. Review these requirements on a semester basis with your advisor.

5. Use the Academic Program Personal Record in the Handbook Appendix to keep your own record of requirements and course work completed. Bring this record with you to each advising appointment.

6. Provide information about interests, goals, educational and career plans, areas...
in which assistance is needed.

7. See that necessary signatures are obtained for the various forms and deliver these forms to the proper offices. Your advisor is not your errand person.

COMMUTER TIP: Take a photocopy of all important papers before giving them to the proper department — keeping your own file could potentially eliminate the hassle of lost papers (it has been known to happen!).

8. Meet all deadlines.

WHO ELSE CAN HELP:

Advisors cannot be "all things to all people", but they can help you identify the functions of the many resource offices at UMF and refer you to appropriate personnel.

These offices include:

- Program of Basic Studies (PBS): academic tutoring, counseling and developmental coursework.
- Counseling Center: personal, educational and career counseling; testing service; educational/career resource library; staffed by professional counselors.
- Financial Aid: information on all forms of financial assistance available to students, including grants, scholarships, loans, and student employment.
- Health Services: staffed by a full-time physician and two registered nurses; provide consultation, first aid, temporary emergency care for students, immunization clinics.
- Career Planning and Placement: employment information (including summer); job search; employer interviews; resume and placement file service; job options; job changes.
- Registrar: student records, V.A. certification, registration, transcripts of credits.
- Student Life: student activities, clubs and organizations, residence life.
- Summer Session and Continuing Education: summer school courses and workshops, days and evenings, credit and non-credit.

STUDENT APPEAL PROCESS:

The purpose of the student appeal process is to provide students an opportunity for appeal of a faculty member, failure to abide by published course requirements or rules of the college relating to academic policy as published in the UMF Catalog. After checking the rules if you feel a faculty member is in the wrong, you can do something about it.

PROCEDURE: A student with a complaint against a faculty member for alleged failure to follow published course requirements or published academic policy may file a written complaint with the faculty member. A copy of this written complaint shall be submitted to the department chairperson or center director. If he or she does not receive written notification of a resolution of the issue within five academic days, the next step is a hearing at which you, the professor, and the department chairperson will attend. A written record will be resolved at this hearing. The student or faculty member, if dissatisfied with the resolution, can appeal to the Faculty Senate. The appeal must be in writing and must contain all previous written material concerning this matter. The Faculty Senate's decision regarding this matter shall be binding for all parties involved in the dispute.

It is to be understood that the Faculty Senate can make judgments only in disputes which involve the published policies regarding a particular course or the rules of the college relating to the academic policy as published in the Student Handbook and the University Catalog.

It is the intent of these procedures to guarantee fairness rather than to interfere with the perogative of the faculty to grade the substance of a student's course work. A grade can be changed only by the faculty member who assigned the grade.

HAVING TROUBLE WITH A CLASS?

Sometimes, no matter how hard you try, you still have trouble with a class. If you are, don't just sit there and take it. Go to:

- a classmate. Talk about what's giving you the trouble. Compare notes, study together.
- the professor. Sometimes saying "I'm lost and need some help" will get you just the help you need.
- your advisor. Don't just coast along until before you realize it, its too late and you flunk the course.
- get a tutor. They do help — whether you meet once a week or just want help with an upcoming test. They are available through the PBS office. (Merrill Hall)
- Counseling Center. Along with offering educational counseling, they also have some good films on taking notes, study skills, etc.
- check out the Sample Exam File at Mantor Library. At the desk they have on file some of the past tests given by UMF professors.
- find someone who has taken the course before - or has had the same professor before.
- Above all, don't just sit there and 'flounder' until it's too late. Help is available - but you have to look for it.

**STUDY AREAS, TIMES AND TIPS:**

**How much:** Everyone varies on this. The standard rule of thumb is that for every hour of class you should plan two hours of study. (Example: A 3 credit hour course = 3 hours of class and 6 hours of homework per week.) Plan for the two hours and then adjust your schedule accordingly depending on your own inner capabilities, etc.

Here's a few tips on how to study:

- Set aside study time at school and at home; library and lab work must be done on campus; reports can be done at home.
- Start assignments when you get them.
- Find the best way to study for you: some people need total quiet, some memorize best by reading aloud, some study best with a friend,...
- Learn about the library systems before your first library research project.
- Set an overview of the assignment or course by reading the syllabus or the textbook contents. Read the summary, then first and last paragraphs.
- Edit your notes as soon as possible after the class.
- Review continuously to avoid cramming for exams.
- Taking exams: if your head is "stuffed" with formulas, dates, and rules, write them down on scrap paper as soon as you are handed a copy of the test. Skin the test first. Begin with the questions you are sure you can answer. Don't be distracted by other students leaving - they may have given up altogether while you're still in there fighting.
- If you need help, get individual tutoring through PBS (top floor, Merrill Hall).

**COMMUTER TIP:** If you tape your lectures or use foreign language tapes, how about putting a portable tape recorder in your car; then you can listen to your tapes while riding between home and school.

Get into the habit of keeping some study materials on hand at all times, even if it's only a novel or some chemistry formulas written out on index cards. Small snatches of time may be perfect for studying grammar and vocabulary, or for solving routine math problems.

**WHERE TO STUDY:**

The ideal study area is a quiet, well-ventilated corner you can call your own. In reality you may find yourself snatching odd minutes to study wherever you are at that time.

**COMMUTER TIP:** For class papers, have a good dictionary and English handbook available - and use them. You'll also find that some professors want term papers typed. If you don't have a typewriter, line up a typist to help you. (Check announcements on the bulletin boards for typing services. Better yet, exchange services - one does the typing, in return the other helps by editing a paper, tutoring, etc.)

**TAKING A BREAK:** Give yourself a break every now and then - even it it's no more than mowing the lawn or doing the dishes. Also, sometimes one subject can serve as a break from another - poetry can be a respite from physics.

The rule of thumb is to take a ten minute break every two hours.

**WHERE TO STUDY ON THE UMF CAMPUS:**

- Commuter Study area
- Commuter Lounge
- a corner of the Snack Bar
- the library (many people prefer the Children's Literature Section)
- outside in nice weather
- any empty classroom or meeting room not in use
- top floor in Merrill Hall (there's a large hallway and little traffic)
TRANSPORTATION

Parking Your Vehicle on Campus:

As a commuter student, you must be aware of the UMF student Vehicle rules and regulations.

What you must do: Register your vehicle at the UMF Campus Police Office
Location: 7 South Street, (white house next to Student Center)
Hours Open: Hours posted (they vary at different times during the school year)
Telephone: 778-6565 or 778-3501, Ext. 325
What you'll need: driver's license and vehicle registration

When you have registered your vehicle you will receive a parking decal (to be displayed on your right rear bumper), a Rules & Regulations booklet, and the right to park your vehicle on campus in specified lots when school is in session.
See the map on the following page for a listing of commuter student parking areas.
COMMUTER TIP: Read the manual - then put it in your glove compartment for future reference.

What will happen if you break the rules: You may get a ticket and possibly lose your parking privileges at UMF. The tickets can be paid at the Campus Police Office or mailed through intercampus mail.
COMMUTER TIP: There is a discount on tickets if paid within ten days of issue. Following is the costs for illegal parking tickets:
$1.00 for first ticket if paid within 10 days.
$2.00 for second ticket if paid within 10 days.
$5.00 per ticket, after 10 days.

COMMUTER TIP: Read the manual - then put it in your glove compartment for future reference.

Also - assigned street parking on High, Academy and South Streets are posted.
Most commuter students will probably agree that one of the biggest disadvantages and expenses of living off campus is the coming and going. It consumes time, money, and energy, and can be an awful nuisance. Following are a few tips that may make it a little easier:

CARING FOR YOUR CAR:
To be more efficient in your driving habits and car maintenance and to help ease the cost of transportation:
- Eliminate unnecessary trips. Call first to assure that what you need or who you wish to see will be available.
- Observe the 55-mph speed limit. Cars get better gas mileage and you don't get a speeding ticket!
- Accelerate smoothly and moderately; drive at a steady pace.
- Don't let the engine idle for more than a minute.
- Check tire pressures.
- Warm engine correctly.
- Tune your car as needed. Keep engine filters clean. To save money, learn how to change the oil - or find someone to do it for you in exchange for another service you can offer (like typing a paper, etc.).

IN THE WINTER:
- Winterize your car by checking and/or adding the following: ignition, battery, lights, snow tires, cooling system, fuel system, exhaust system, antifreeze, proper grade of oil, heater, brakes, wipers, defroster, chains.
- Keep your gas tank as full as possible. This will lessen the amount of condensation in the tank and will eliminate the possibility of your running out of gas on one of Maine's beautiful but isolated secondary roads.
- Carry a winter storm kit including a blanket, matches, tissues, first aid supplies, tools, flashlight with extra batteries, sand, chains, shovel, scraper, battery booster cables, warm clothing, and some nonperishable food (dried fruit or granola bars are a good choice).

COMMUTER TIP: Add to this list things you might need if you decide to use the UMF hostel instead of traveling in bad weather: sleeping bag, towel, overnight bag, etc.

CARPOOLING
If you want to share a ride or find a ride, look in the following places:
- The ride boards outside the Area Activities Coordinators office, upper level of the Student Center. (One is for someone looking for a rider; the other is for people looking for rides.) The "ride" forms are available in the Area Activities Coordinator's office.
- Check all the bulletin boards in the Student Center. Start first with the Commuter Bulletin Board outside the Snack Bar, lower level.
- Post your own notices on all the bulletin boards.
- Ask all your friends, classmates, etc.
- Put an ad in Mainestream.
- Write an announcement for UMF (UMF's radio station), and give it to the deejay.
- Call WKTJ, the local radio station. Several times a week they read announcements for sale items, swap services, etc. Write your own announcement; listen for other announcements when they broadcast.
- Put an ad in the Franklin Journal, the Farmington newspaper.
HAVING CAR PROBLEMS?
- If you need a "boost", booster cables are available in the Game Room, Student Center, and the Campus Police Office, 7 South Street.
- If you're stuck in a snowbank or on an ice patch, sand is available in barrels in the parking lots and also at the Physical Plant Office (see campus map).
- If you still have a car problem, call a local garage.

COMMUTER TIP: For a few dollars, you can add towing coverage to your automobile insurance. It’s worth it if your car frequently has trouble starting.

LOCAL GARAGES:
French's Service Center - Wilton Road, Farmington (778-3757)
Bob Healy, 42 Broadway, Farmington (778-6367)
C.N. Brown Mobil, Main Street, Farmington (778-6046)
See additional listings in the Handbook Appendix - telephone directory.

BIKING:
If you are planning to use a bicycle for transportation:
1. Protect your bicycle:
   - Register and engrave your bike with your student identification number. Forms are available at the UMF Campus Police Office. They also have an engraving tool.
   - For yourself, maintain a record of description, serial number, and registration number.
   - Lock your bike with a heavy chain through both wheels. There is a bike rack outside the Student Center, upper level.
   - If your bike is stolen, notify the Campus Police immediately. Their telephone number is 778-6565, or Ext. 325.

2. Rules of the Road:
   - A copy of laws that bicycles and bicyclists are subject to is available at the Campus Police Office.

SHELTER NEEDS:
UMF HOSTEL:
If you’re stranded on the UMF campus and need overnight accommodations, there is a hostel available for commuter use.
Location: lower level (basement), Mallett Hall, UMF campus
Maximum length of stay: two consecutive nights
Cost: $2.50 per night plus a $5.00 key deposit refundable upon return of key.
That’s available: sleeping rooms, one for women and one for men; a common visiting/living room, bathrooms, shower. Bring your own linens (sleeping bag, towel, etc.)
Where to get further information or rental: Student Life Information Booth open 10:00 a.m. to 10:00 p.m.

APARTMENTS:
Where to look for apartments in the Farmington area:
1. Check the bulletin boards in the UMF Student Center.
   Start with the rental board in the Area Coordinators’ Office, upper level of the Student Center next to the radio station.
2. Check the community bulletin board areas at stores in Farmington. (Mickey’s Variety, Don’s AG, etc.)
3. Walk or drive through some of the streets close to the UMF Campus. Often you’ll see ‘For Rent’ signs for apartments.
4. Pick up a copy of the local paper, the Franklin Journal (printed on Tuesdays and Fridays).
5. Call the local real estate companies - for listings, see the Yellow Pages in the Rumford Area phone book (includes Farmington).
6. Many store buildings in the center of Farmington have apartments on the upper floors. Check with the stores. (i.e. Newberry’s Western Auto, Fiddleheads, etc.)
When to look:

Since many apartment leases end along with the end of the school semesters, look for apartments in June, July, and in November and December if you'd like several apartments to choose from.

BEFORE YOU SIGN THE LEASE

In many cases when you rent an apartment you will be required to sign a lease. This is a legal contract designed to protect you and the landlord/lady. Before you sign, know the answers to the following:

- Is the neighborhood suitable? (Although most areas in Farmington are O.K., there may be some that aren't quite as desirable.)
- If you're planning to walk to UMFF, is it close enough?
- Who is the owner? Who is the manager? (Who do you pay the rent to and who do you contact for repairs, etc.)
- Is there a yard? Can you use it?
- Is there mail delivery?
- Who removes the garbage and snow?
- How much is the rent? When is it due? To whom? When are the starting and terminating dates?
- Are utilities included in the rent? Is so, which ones? If not, what utilities (gas, oil, electricity, etc.) are necessary and approximately how much will they cost per month?
- Is there a water or sewer bill? If so, who pays them?
- Are laundry facilities available?
- Is the size appropriate?
- Are alterations such as decorations hung on the walls permissible?
- If furnished, are the furnishings comfortable and adequate?
- If you have a pet, are pets allowed?
- Can you have overnight guests? (More applicable if you are renting a room.)
- Are children allowed? Are there any restrictions on how many?
- Are there any noise restrictions?
- Will notice be given as to who may inspect the premises and when?
- Is there good ventilation? Are windows and shades in good working order?
- Is the plumbing in good repair? Are the bathroom and kitchen safe and sanitary?
- Are there enough electrical outlets in each room and are there enough lights?
- Is the apartment secured with good locks? If not, who buys them and pays for installation?
- Are there any signs of bugs or rodents?
- Is there enough closet and storage space?
- Is a security deposit required? How much? How will disposition of the deposit be handled at the end of occupancy?
- Who pays for changes over and above normal wear and tear?
- Who takes care of the lawn maintenance?
- Is there adequate hot water?
- Are there any restrictions pertaining to the use of appliances?
- Is subletting permitted? How long a notice is required before vacating the apartment?
- Where is the thermostat?

Also:

- Beware of lease clauses which place limits on the number of tenants who can live in your apartment. If there is a limitation, can you live with the restriction?
- Read your lease carefully before you sign.
- Do not rely on oral promises; if something is important to you, get it in writing.
- If you can, talk with a previous tenant about the building and the landlord. Be sure that all the utilities and appliances are in proper working order.
- For further information, get a copy of 'The Rights of Tenants in Maine' from Pine Tree Legal Assistance or the Student Life Information Booth.

IF YOU ARE REQUIRED TO GIVE A DAMAGE OR SECURITY DEPOSIT:

The security or damage deposit is insurance money for the landlord or landlady to guard against the tenant damaging the premises or leaving the premises without notifying the landlord or landlady. Before you move in, fill out the 'Checklist for Apartment Conditions' located in the Appendix of this handbook. Both the tenant and landlord/lady should sign and date the form. Each should retain a copy. Use it again when you move out. This will be your assurance that you won't get charged for damage you may not have done.
COMUTER TIP: The average security deposit in Farmington seems to be anywhere from $100 per person up to one month's rent.

UTILITIES

After renting your apartment, the next step is to get service for utilities. Following is a list of some you may need.

**Telephone:**
- New England Telephone
  152 Lisbon Street
  Lewiston, Me. 04240
  Tel.: 1-782-9911
  (no charge for call)

  **COMUTER TIP:** Order a 'calling card' at no cost from the telephone company. It can reduce your costs if you make long-distance calls from a phone other than your own.
  Telephone bills can be paid at Howard's Rexall in Farmington - within walking distance from UMF.

**Electricity:**
- Central Maine Power Co.
  36 Broadway
  Farmington, Me. 04938
  Tel.: 778-3531

**Bottled gas:**
- Moore B.D. Gas Service
  105 High Street
  Farmington, Me. 04938
  Tel.: 778-4755

- Lewiston Bottled Gas
  Front Street
  Farmington, Me. 04938
  Tel.: 778-2770

**Oil:**
- Berry Hill Apway
  Lower Main, Farmington
  Tel.: 778-6751

- Butler F.L., Fuel Oil
  Front St., Farmington
  Tel.: 778-4911

- Farmington Oil Co.
  76 Main St., Farmington
  Tel.: 778-3331

- Hannaford Oil Co.
  23 Front St., Farmington
  Tel.: 778-4581

These are just some of those listed in the telephone directory. Refer to it for complete listings.

**FURNITURE**

If the rooms in your apartment still echo after you've moved all of your belongings in, you may be in the market for some furniture. While new furniture is nice, used furniture may be better suited to your budget. Listed below are suggestions on where to look:

**Used Furniture:**
- The Bargain Shop
  Curve St., Wilton
  Tel.: 645-2034

- Tall Timber
  Route 2, Wilton
  Tel.: 645-4322

- Clyde Allen's Auction Barn
  Industry Rd., New Sharon
  Tel.: 778-2201

- The Resource Depot
  Tel.: 778-3501, Ext. 242
  UMF Campus (They may not have furniture but usually have upholstery material, etc.)

**ALSO:**
- The Phone Mart/WKTJ (listings of items for sale, etc.)
  1350 on AM dial
  3 times daily; weekdays: 8:50 a.m. (778-3400)
  11:50 a.m. 4:50 p.m.

- Classified ads in the local paper, the Franklin Journal

- Check the local flea market and yard sales - often listed in the Franklin Journal and notices on local community bulletin boards.
How to Budget:

Probably the most difficult part of this handbook to write is how one can budget expenses effectively. So, rather than telling you how much to spend (which varies from one person to another), I'll just cover the areas of cost to you (and most commuters) and then some do's and don'ts for managing money.

Expenses:

- Tuition (If you're getting financial aid keep in mind that the financial aid package is for the year, not per semester.)
- Books: I've heard the average cost of books for each course is around $20, but judging from personal experience I'd plan to spend closer to $30 per course.
  
  Commuter Tip: The list of textbooks for each course (and the prices) is usually posted in the foyer outside the Book Store, lower level, Student Center.
- Activity Fee: This automatically appears on your bill each semester. It is $25 per semester for any student carrying 12 or more credit hours, and adjusted accordingly if you carry less. (This lets you into most campus social events free.)
- Optional Health Insurance and Health Center fee: Both of these are optional, but worth the expense. The Health Insurance is $37-50 for the year; the Health Center fee is $15 per semester. See the Appendix for all use of Health Center services.
- Materials Fee: Some classes require lab fees, purchase of special materials, or rental of equipment. The costs can vary but are usually quite reasonable.
- Rent or Mortgage (Also for some, additional charges for utilities).
- Food: This should include enough money for you to get 3 square meals a day. Too often students neglect their health only to find out they catch cold and sickness that travels from student to student.
- School Supplies: Don't forget the cost of pens, pencils, notebooks, paper, etc.
- Gasoline and other car expenses.
- Incidents: an occasional snack for energy, a cup of coffee in the Snack Bar, personal grooming supplies, etc.
- Child care (For some)

See the Spending Plan Form for your use in planning a budget in the Appendix of this handbook.

Saving Money Creatively

How can you save money? That's the biggest question for many students. Following are a few tips:

- Can you buy used textbooks? Some are available at the UMF Book Store; also one of our student organizations sponsors a used book sale at the start of each semester. Look for signs in the Student Center.
- How about carpooling to save on travel expenses?
- Brownbagging several times a week can save you a few dollars.
- Scrap paper for notes, etc. is available for a very small fee at the Resource Depot in Franklin Hall.
- Instead of buying paperback books for pleasure, check the literature section in Mantor Library or the Farmington Public Library. (Located on High Street behind Merrill Hall.)
- Your Student Activity fee lets you in to most campus events free - a lot less expensive than going to the local movie theatre once a week.
- Instead of eating at a restaurant, try the UMF cafeteria - reasonable prices - and seconds! (See the food section for further information.)
- When grocery shopping, use discount coupons. Better yet, watch for the weeks when they give double coupon values.
- One person's "trash" is another person's "treasure" - look for items at yard sales, flea markets, used furniture and clothing stores, country auctions, etc.
- "Swap" services instead of paying for them (like typing a paper in return for changing the oil in your car).

Jobs

Following are a few locations to look for jobs:

- The UMF Placement Service - located at 7 South Street, right next to the Student Center.
- The 'Help Wanted' ads in the local paper, the Franklin Journal.
- Listen to the local radio station - WKTJ has a Job Mart several times a day.
- Check the listings with the Maine Job Bank - printed in the Franklin Journal.
- During the holidays, check with individual stores; they may need extra part-time help.
- If you have a service to offer, post notices on the local bulletin boards at UMF and with the local merchants.
- Be creative. Can you think of some type of service/job that no-one else does in the area? There are several books in Mantor Library filled with suggestions.
- If you're eligible for a work-study job, job descriptions are available at the Financial Aid Office, the Information Booth in the Student Center, Counseling and Placement Office, and Mantor Library.

Help Wanted

BODY AND SOUL - STAY HEALTHY

Remember those old rules about taking care of yourself so you'll stay healthy, wealthy (well, let's say solvent), and wise (you'll wise up if you get sick!). The rules still apply: eat 3 balanced meals a day, get plenty of sleep, take vitamins, and get some physical exercise. Following is information on what UMF offers to keep you healthy and information on one of our biggest problems - stress and how to control it.

STRESS -

School can be full of stressful moments and is often a contributor to stress. It is important to first recognize it and then do something about it. Here are a number of things to keep tensions within reasonable boundaries.

- See the UMF Health Center for a checkup.
- Talk it over with a close friend.
- Exercise regularly to let off steam and work out stress. (Check the Physical Education Department for groups, equipment, programs, etc.)
- A change of pace gives you a new outlook on old problems. (Sometimes a break from studying to catch a movie is 'mandatory'.)
- Be realistic and don't expect too much of yourself. (Older students are known for feeling that they have to do a little better, get a little higher grade, graduate early or with honors - keep in mind you will survive even if you don't and you are the only one setting the goal.) Just do the best you can.
- Avoid too many big changes at the same time.
- Plan your work to use time and energy more efficiently. (It is often recommended to take a break after studying several hours; it will make your study time more effective.)
- Sleep allows the body to restore itself. (Get enough of it!)
- Hobbies which you enjoy and which occupy your attention are good. (Sometimes an art course or photography course is enjoyable, fun, and you earn credits at the same time.)
- Learn to relax. (The library has many books and articles on this subject.) Also, plan time for yourself. It's okay if you take 10 minutes a day for a phone call to a friend, or just to sit and stare at the wall, or whatever will give you a mini-break.
- Make an appointment at the Counseling Center - they are qualified in helping you over the 'rough' spots.

See the Appendix for more information on the UMF Counseling Center and the UMF Health Center.
EXERCISE

There are many athletic and recreational opportunities at UMF. The listings below are a combination of course offerings, varsity sports, and intramural activities.

In addition, recreational gym hours are available at times when Physical Education classes, varsity sports or intramurals are not scheduled. Basketball, fitness room machines and free weights are available daily.

Aerobic Softball
Archery Ski Race
Basketball Bike Race
Canoeing Badminton
Field Hockey Recreation classes
Jogging Varsity Athletics
Modern Dance Intercollegiate Sports Events
Orienteering
Ski Conditioning
Soccer
Tennis
Volleyball
Isokinetics

For further information, check with the staff at Dearborn Gym, 35 High Street. They are open 7:00 a.m. to 9:00 p.m. Monday through Friday, and 1:00 - 4:30 p.m. Saturday and Sunday.

The Farmington Community also has recreational programs available. The YMCA and the Department of Parks and Recreation are just two of the places to start.

YMCA
Location: Farmington Community Building
Middle Street
Farmington, Maine 04938
Telephone: 778-9964

YMCA CONT.

Services: The West Central District YMCA offers leadership, fitness and recreational programs to youth and family. Following is a partial list of some of the activities offered. Please contact the YMCA for times, dates, and last minute additions and deletions.

Aerobic Fitness Classes
Recreational Volleyball
Ice Skating Programs
Rollerskating
Leader's School
CIT Program
Model Legislature
Overnight Camping
Girls Skiing
Community Fitness Program
State Y Leagues
Mountain Climbing
Youth Supports

Power Volleyball
Youth Exchange Program
Tennis Lessons
Y-On-Wheels
Swimming Trips
Older Girls Conference
Gra-Y Youth Groups
Special Club Trips
Gymnastics Team
P. E. P.
Teen Adventure Camp
Jr. Y-H Clubs
State YMCA Camp
Seacoast Trips
YMCA Sunday

Department of Parks and Recreation
Location: Farmington Community Building
Middle Street
Farmington, Maine 04938
Telephone: 778-3464

Director: Steve Shible

Services: Provides Farmington residents with recreational opportunities for their leisure time. Following is a partial listing – please contact the Recreation Department for current listings and activities.

Aerobic Dance
Baseball Skills Clinic
Swim Program - Clearwater
Volleyball
Cross Country Ski Lessons
Junior Olympic Track Program
Instructional Soccer League
Intramural Volleyball Program
Mens Basketball League
Non-League Volleyball
Pre-school Arts N/ Crafts

Rec Room Program
Summer Basketball Camp
Tennis Lessons
Wading Pool Swimming Instruction
Girl’s Softball League
Golf Instruction Program
Management of Hitchcock Field and Walton’s Mill Pond Park
Shuffleboard court at Community Center
Special Events – tournaments, puppet shows, etc.
FOOD - SUSTENANCE

WHAT'S AVAILABLE ON CAMPUS:

UMF CAFETERIA:

The UMF Cafeteria is located on the upper level of the Student Center and is open for continuous service 7:00 a.m. to 6:15 p.m. Monday through Thursday, and 7:00 a.m. to 6:00 p.m. on Friday. (Its also open on weekends and the hours (which sometimes change) can be obtained at the cafeteria entrance.) While the cafeteria service is a must for UMF dorm students, it is an option for commuting students. Following are meal plans and particulars for commuters:

Times for full meal service:

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday - Thursday</td>
<td>7:00 a.m. - 9:15 a.m.</td>
<td>11:00 a.m. - 2:15 p.m.</td>
<td>4:00 p.m. - 6:15 p.m.</td>
</tr>
<tr>
<td>Friday</td>
<td>7:00 a.m. - 9:15 a.m.</td>
<td>11:00 a.m. - 2:15 p.m.</td>
<td>4:00 p.m. - 6:00 p.m.</td>
</tr>
<tr>
<td>Saturday</td>
<td>8:30 a.m. - 10:00 a.m.</td>
<td>11:30 a.m. - 1:00 p.m.</td>
<td>4:30 p.m. - 6:00 p.m.</td>
</tr>
<tr>
<td>Sunday</td>
<td>8:30 a.m. - 10:00 a.m.</td>
<td>11:45 a.m. - 1:15 p.m.</td>
<td>4:30 p.m. - 6:00 p.m.</td>
</tr>
</tbody>
</table>

How to pay:

The "Pay as You Enter" Plan: You can pay for any separate meal at the cafeteria entrance. The menu for each meal is on the chalkboard to the left of the entrance. As of the date of printing the Handbook prices had not been set for meal service but going on last year's prices, they will be quite reasonable.

The "Coupon" Plan: Purchased at the cafeteria entrance. For $9.00, you receive $10 worth of tickets in a coupon book that can be used for any meal in the Snack Bar, Cafeteria, or Faculty Dining Room during the semester. There will be a minimum 3-book purchase. Just choose the meal and location and present the coupons. There will be no change issued on coupons. As for an example of how this works: Coffee costs 37¢. You pay for it with a 25¢ and a 10¢ coupon and 2¢ from your pocket.

You may be asking why you would use the cafeteria instead of the Snack Bar (more to come on that later). Following are some reasons:

- 2 to 4 main entrees at every meal
- Unlimited seconds at all meals
- Dieter's Delight entree at lunch Monday through Friday
- Vegetarian meals
- A complete self-service salad bar
- Fresh fruit, ice cream, deli cold meats and cheeses, etc.
- Festive Meals and Premium Entrees about once a week. The Festive Meals all have a theme and the dining room is decorated accordingly. Past Festive Meals have included Mexican, Italian, Chinese, etc. with food that corresponds with the theme. Premium entrees (which will cost a bit more) usually include steak, roast beef, swordfish, lobster, etc. Watch for these meal announcements in the weekly calendar. Copies are outside the Activities Office, upper level in the Student Center, and at the Student Information Booth, also on the upper level of the Student Center.

COMMUTER TIPS: For your first meal in the cafeteria, why not try lunch on one of your "hungry" days - or one of the Festive or Premium meals for dinner. If you hate the long lines, try the less busy time at dinner, after 5:00 p.m. Although food service ends at 6:15 p.m. you can stay in the cafeteria after that time eating, studying or socializing.

THE SNACK BAR:

The UMF Snack Bar is located on the ground floor of the Student Center and has traditionally served as an eating and gathering place for commuter students.

Hours Open:

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday - Thursday</td>
<td>7:00 a.m. to 11:00 p.m.</td>
</tr>
<tr>
<td>Friday</td>
<td>7:00 a.m. to 4:00 p.m.</td>
</tr>
<tr>
<td>Saturday &amp; Sunday</td>
<td>Closed</td>
</tr>
</tbody>
</table>

Selections include hot breakfasts and lunches, sandwiches, snacks, coffee, etc. There is a daily hot lunch special with selections and prices on the easel outside the Snack Bar entrance. The No-Smoking Section is to your left as you enter. There are two televisions for your use. Many commuter students' social hours center in the Snack Bar - grab a cup of coffee and join a friend.

COMMUTER TIPS: If you are trying to study in the Snack Bar while you eat - try a table against a wall (out of the flow of traffic) and near a window for better lighting. If you're brown bagging it, management is understanding if you buy a drink to accompany your lunch.
VENDING MACHINES: located throughout the UMF campus.

- Student Center: downstairs in the Game Room
- Learning Center: 1st floor in the "ell" hallway
- Merrill Hall: basement
- Gym: main floor, north entrance

SPECIAL SERVICES: Special occasion food (such as birthday cakes) can be ordered through the ARA Food Service (the people who run the cafeteria and the Snack Bar). If you're planning a party and have no time to cook, a list of selections, prices, and other particulars are available through the Game Room staff.

RESTAURANTS OFF CAMPUS:

Within Walking distance, for lunches and snacks:

- McDonald's - Intervale Road (a continuance of Main Street) just south of the school
- Newberry's Lunch Counter - Main Street, north of UMF in the middle of town
- Bakery - north of UMF on Broadway Street
- Farmington Drug Store Lunch Counter - on Broadway Street
- A Piece of Cake - north of UMF, Church Street
- The Shed - south of UMF, Intervale Road
- Arkay Pizza - Route 2 (South Main Street)

If you're driving:

- Burger King - south on Route 2 & $ (across from Mt. Blue Shopping Center)
- Yiannis - Mt. Blue Shopping Center
- The Colony - south on Routes 2 & 4
- The Wayside - south on Routes 2 & 4
- The Pioneer House - Route 2 (Farmington Falls Road)

Special Treat:

- Gifford's - home made ice cream treats; just south of the UMF campus on Intervale Road, open May through November.

COMMUTER TIP: Try one of the many public suppers held in the community. The prices are reasonable and the food is usually good. Look for notices in the Franklin Journal and on bulletin boards around the community.

GROCERY STORES:

Within Walking Distance:

- Don's AG - Main Street, Farmington
- Sampson's Warehouse Store - Main Street (near the Court House)

If you're driving:

- Price Cutter - Routes 2 & 4
- IGA - Mt. Blue Shopping Center

See the Appendix telephone directory for additional listings, and the map for street locations.

COMMUNICATION

Some of the comments we have heard in the past are 'Where are the public telephones?', 'Where can I get change?', 'How can my child reach me while I'm on campus?', etc. This section tells you where things are for your use.

Telephones:

A. Pay Telephones

Locations: Student Center - upper level near the restrooms
- lower level near the Snack Bar entrance
- Learning Center - 1st floor in the "ell"
- Manter Library - 1st floor, lobby entrance area
- Dearborn Gymnasium - main floor, north end
- Merrill Hall - basement

COMMUTER TIP: If you frequently make toll calls, get a free telephone credit card from your telephone company. You'll be able to charge the calls to your home phone instead of calling collect or using a handful of change.

B. Intercampus phones

Location: Student Center, upper level, outside the Student Activities Office

COMMUTER TIP: This phone can be used also for local calls off campus at no charge.

COMMUTER TIP: Call campus offices to set up appointments when needed - don't always expect to walk across campus and see the person at that time.
C. Reaching you by phone on campus

To leave a message: Call the Student Life Office (778-3501, Ext. 320). Your message will be put on the red Hot Message Board outside the Snack Bar.

For emergencies: Call the same number but state that it is an emergency and the message must reach you immediately. A Student Life staff member will deliver the message.

COMPUTER TIP: To assure that you can be found in an emergency, fill out a card at the Student Life Information Booth stating what rooms you are in at what times during the week. Help us to help you!

D. Newspapers

The Mainestream is the UMF newspaper that is printed every Thursday. Run by UMF students, it is the campus ‘voice’ and can tell you of weekly UMF happenings. Copies are available outside the Mainestream office (lower level, Student Center) and at the Information Booth (upper level, Student Center).

COMPUTER TIP: You can use the Mainestream for your own editorials and the Classified Section for advertising for rides, riders, roommates, etc.

If you have a tip that would help other commuter students, write it down and put it in the Suggestion Box in the Snack Bar. It will be picked up and included in the Commuter column in the Mainestream.

The printing deadline is Tuesday but is subject to change - if it remains the same, articles must be in by noon of that day.

Dailv newspapers: papers from all over the state are available for your reading at Mantor Library.

The Lewiston Daily Sun is available for sale at the Student Center. Look for the papers next to the Information Booth on the upper level. Other dailv newspapers are for sale at Don's AG and Mickey's Variety, both on Main Street in the center of Farmington.

E. Magazines

Many magazines are available for peripheral at Mantor Library. Magazines are for sale at Don's AG and Mickey's Variety, both on Main Street in Farmington.

F. Bulletin Boards

The Commuter Bulletin Board is located outside the Snack Bar and can be used for messages of commuter student interest. This bulletin board is controlled by the Commuter Council - look for their weekly meeting announcements.

The Hot Message Bulletin Board (the red one) is located outside the Snack Bar. Look here for messages that may have been called in for you or left by another student.

Other bulletin boards in the Student Center are for individual UMF clubs and community announcements. To find out what's happening try to spend a few minutes a week browsing through the posters, etc.

G. Radio Stations

WUMF (92FM) is the UMF radio station and does announcements of campus interest along with music programming. Also, above the radio station (upper level, Student Center) is a computerized news service that shows daily news bulletins.

WKTJ (1380 on your AM dial) is the Farmington area radio station. Listen to the JOB MART three times daily if you're looking for a job.

H. Suggestion Boxes - are a good way to communicate your suggestions, complaints, etc. Feel free to use them. One is in the Snack Bar, the cafeteria, and the Information Booth, all in the Student Center. Also, there is a suggestion box in Mallett Library (First Floor) and in Merrill Hall (First Floor).

I. Mail

You can buy envelopes and up to $1.00 worth of stamps from the UMF Bookstore.

The Farmington Post Office is within walking distance of the campus (Main Street, just north of Merrill Hall). Mail can be dropped off in the post office box at the corner of Main and South Street. Also, mail can be left at the Merrill Hall UMF post office.

EQUIPMENT AVAILABLE FOR YOUR USE:

PHOTOCOPIERS

On Campus: There is a photocopier for your use at Mantor Library, first floor. The cost is 10¢ per copy.

COMPUTER TIP: If the library photocopier is in use and you're desperate, both the Farmington Post Office and the Farmington Public Library have photocopiers.

COMPUTER TIP: There are also two duplicating machines, one in the Game Room (Student Center) and one in the Media Lab (Learning Center).
BILL CHANGE MACHINES:

Locations: "The Beach", upper level of the Student Center
Mantor Library, main floor near the Index File

COMMUTER TIP: Also, the Game Room will make change for you.

TYPEWRITERS:

Locations: Game Room, lower level of Student Center
Mantor Library, basement (four are available)
Media Center, ground floor of Learning Center

COMMUTER TIP: The Media Center also has a large-type typewriter which is
good to use for paper headings, etc.

COMMUTER TIP: There are usually signs on the community bulletin boards in
the Student Center advertising typists who are looking for
work. For those long and important reports that must be
typed and if you can't type - line up a typist ahead of time.

EQUIPMENT RENTAL

The following list includes the equipment that can be rented through
the Instructional Media Center (1st floor, Learning Center). There is no
fee for students who want to use it for educational purposes or in connection
with a club on campus. Also, nonprofit organizations (like the Boy Scouts,
etc.) can rent equipment free of charge. There is a small charge for other
groups - check with the Media Center for exact costs.

Projectors (16 mm, slide, overhead, opaque, filmstrip, viewer, etc.)
Screens and Carts
Video Equipment (available, but often on reserve for classes - so plan ahead)
Cords, adapters
Cassette tape recorder/players
Reel to reel tape recorders/players
Record Players
PA Systems
Microphone
Mikestands
Mixer
Headphones

Usually a 24-hour notice for rental is required (longer on video equipment)

COMMUTER TIP: How about renting a film through the library and the projector
through the Media Center - great for educational purposes - also
for "fun" things - like children's birthday parties. There will
be some cost involved - but not as much as taking a group to the
movies.

YOUR SOCIAL LIFE

All work and no play makes for a dull person - so plan a little time
in your schedule for some relaxation. The following information includes
activities to do on the UMF campus and in the community.

MAKING FRIENDS:

There is little that's more important in human existence than mutual
friendships. Our emotional and physical well-being are deeply affected by
how we relate to other people. For commuter students, making and keeping
friends becomes an important concern - without the benefit of structured
parties and programs that residence hall living offers, commuting students
must assume a great deal more responsibility for initiating relationships.
The realm of possible relationships is greater for commuting students because
their world is filled with people of all ages and walks of life rather than
limited to the traditional 18 to 22 year olds housed
in the residence halls. We are called upon
to share, to communicate, to feel, to
assume responsibilities; we learn to
assert, to compromise, to be flexible,
to change, to grow, and to be able to
give and to change and to share while
keeping your own individual identity.
Meeting people and developing rela-
tionships involves trusting, risking,
and a willingness to open up. Commuter
students face, more than ever before,
the challenge of needing to start
new friendships and assume respon-
sibility for meeting people. Be
open - be flexible - listen - make
friends of all ages - UMF offers
you that opportunity.
UMF ACTIVITIES FOR THE 83/84 ACADEMIC YEAR

Remember that $25 on your bill for a "Student Activity Fee"? Well, that fee allows you into most, if not all, UMF activities free. It also helps support all the various clubs on campus - so take advantage!

The following activities were set at the time of publication. They are subject to change; check the Activities Schedule that comes out weekly before making definite plans.

COSTS: UMF student - none
Other adult - $3.00
Children - $1.50
Senior citizen - $1.50

MOVIES: every Sunday night; check the schedule at the Information Booth for times and titles.

Sept. 8 Spotlight Concert Series and Program Board presents: Trent Arterberry
8:00p.m., Nordica

Sept. 10 Dance - sponsored by Program Board
Crossfire
9:00 - 11:00p.m.

Sept 14 Coffeehouse - sponsored by Program Board
Carter's & Winter's - entertainment
South Dining Hall
8:00 - 11:00p.m.

Sept. 16 Dance with catered bar
Group to be announced
9:00 - 1:00a.m.
sponsored by Program Board

Sept. 21 Coffeehouse
8:00 - 11:00p.m.
South Dining Hall

Sept. 30 - Oct. 2: Parent/Family Weekend

Sept. 30 Parent/Family Weekend
Las Vegas Night
8:00 - 11:00p.m.
North Dining Hall
sponsored by IDC (InterDorm Council)

Oct. 1 Parent/Family Weekend
8:00 - 12:00 midnight
Further information on Family Weekend to be announced

Oct. 5 Coffeehouse
8:00 - 11:00p.m.
South Dining Hall
sponsored by Program Board

Oct. 11 Spotlight Concert Series presents: "Ladies First"
8:00p.m., Nordica

Oct. 12 Coffeehouse
8:00 - 11:00p.m., South Dining Hall
sponsored by Program Board

Oct. 26 Open Mike Night - coffeehouse
8:00 - 11:00p.m., South Dining Hall
sponsored by Program Board & Phi Sigma Pi

Oct. 29 Dance
9:00 - 1:00a.m.; South Dining Hall
sponsored by Program Board

Nov. 2 Coffeehouse
8:00 - 11:00p.m.
South Dining Hall

Nov. 11 Dance with Catered Bar
9:00 - 1:00a.m.; South Dining Hall
Sponsored by Program Board

Nov. 16 Coffeehouse
8:00 - 11:00p.m., South Dining Hall
sponsored by Program Board

Nov. 20 Spotlight Concert Series
Children's Special
1:00p.m., Nordica

Nov. 30 Coffeehouse
8:00 - 11:00p.m., South Dining Hall
sponsored by Program Board

Dec. 3 Semi-Formal
9:00 - 1:00a.m.
sponsored by InterDorm Council

Feb. 13 Spotlight Concert Series presents:
Richard Pierce Milner - composer & pianist
8:00p.m., Nordica

March 18 Spotlight Concert Series presents:
Emmanuel Wind Quintet
3:00p.m., Nordica
UMF CLUBS AND ORGANIZATIONS

As a UMF student you may wish to get involved with one or more of the following clubs. Commuter students need representation in every facet of UMF to ensure that we are recognized and that our "special" needs are met. Of particular importance are the Commuter Council [whom actively works for changes to better the life of the commuter student], Student Senate (who make changes in policies that affect all students and set budgets for all student organizations), Intramural Board (who plan sports programs), Program Board (who decide what entertainment we receive for the Student Activity Fee), and WUMF and Mainstream (UMF communication).

THE COMMUTER COUNCIL - is a recognized UMF group comprised of UMF commuter students whose primary purpose is to represent commuter students and to provide them with a better aspects of community living. Since they don't receive intercampus mail, they need an information/communication system. They often can't attend activities because of travel limitations and, therefore, need activities at more convenient times. Between classes they need places to study, a place to get a nourishing and inexpensive lunch, social areas, R & R areas, and a place to sleep if stranded in bad weather or if they have car trouble. Commuter students need an organization that can offer services and activities previously offered only to dorm students.

What has the Commuter Council done in the past?
- formed a cohesive group recognized by administration and student alike
- received a budget from Student Senate and voiced concerns with this group
- improved communications by holding meetings, establishing a Computer Tips column in the school newspaper, done mailings, acquired a bulletin board for commuter use
- net with administration and arranged for the UMF Hostel, the Commuter Study Area, and more public telephones on campus
- additional features for this year include an updated and more complete Commuter Student Survival Handbook, orientation geared with commuter concerns, weekend phone service for incoming calls to UMF, and an Area Coordinator for commuter students.

What are their plans for the 83/84 academic year? To improve commuter student communications; they also plan to work on getting a "brownbag" lunch program, continue working for more social/cultural events for the nontraditional student. As always, they will be open to new commuter student concerns.

When you join the UMF Commuter Student Council, you'll have a place to meet people with similar concerns and interests, a place to voice your concerns as a nontraditional student and you'll become part of a group dedicated to the betterment of your life as a commuter.

To find out more about the Commuter Council, attend a meeting. Notices are posted on the Commuter Bulletin Board (outside the Snack Bar) and in the Mainstream, UMF's newspaper. Information will also be available at the Information Booth, upper level of the Student Center.

Student Senate - a representative group for the entire UMF student body. Their membership consists of commuters and on-campus students equaling 24 senators. The senate's primary responsibilities are the allocating and managing of the Student Activity Fee budget, maintaining open communications with the other University of Maine campuses and representing the student body on various university committees.

Intramural Board - organizes and administers the intramural sports programs at UMF. They have the philosophy of encouraging participation in any and all sport/recreational programs they offer (i.e. aerobic dance, basketball, volleyball, softball, and tennis).

Program Board - sponsors a large proportion of the programmed events that occur on the UMF campus. As a member of the Program Board one would help make decisions concerning which hands play for dances and concerts, which personalities will present lectures, what cultural activities will be presented, and what kinds of events should be included in Parent/Family Weekend, the Winter Carnival, etc.

WUMF - are the FCC call letters for UMF's 10 watt FM student radio station. WUMF presently follows a predominate progressive rock music programming format featuring new and upcoming artists.

Mainstream - UMF's community newspaper. Students with interests in journalism, photography, and technical layout and design participate in producing this weekly publication. It is the predominate means of communication and forum for the exchange of ideas on the UMF campus.

CEC - The Council for Exceptional Children - an active group dedicated to the welfare of exceptional children and youth. This organization volunteers their time to various social organizations and works hard raising funds for UNICEF and Muscular Dystrophy. It also coordinates various educational programs for the UMF community including Handicap Awareness Week and their annual education conference.

Chef - Community Health Education Forum - this organization is designed to give students who are interested in health education an opportunity to participate in and observe health education in the university and also the professional health community. This club sponsors health fairs, panel discussions about the field and job opportunities, and information on current health issues.

Dirigo - the title of UMF's yearbook as well as the name of the organization that produces the publication. The Dirigo staff is responsible for senior portraits, the lay-out of the book and all its photography.

Le Circle Francais - The French Club provides a forum for students to engage in French cultural activities.

Just - Justice Uniting Students Together - provides a close and caring
relationship for children of the community between the ages of five and twelve. Each student spends at least one hour per week with his or her little sister or brother. This organization also plans large activities to bring the children together.

Kappa Delta Pi — an honor society in education which honors outstanding juniors and seniors in education majors. This organization sponsors various workshops on education and is most noted for their annual focus on the Learning Conference.

Men's Volleyball Club — a club team that participates in and organizes tournaments around the state.

Inter-Dorm Council — all dorm council co-chairpersons join together to form the Inter-Dorm Council, or IDC. The major purpose is to provide educational and social programs for the UMF dorm students. This organization also works closely with Student Life and other campus offices to enhance the quality of life at UMF.

Dmeetz — an organization dedicated to facilitating and enhancing the awareness of Jewish customs at UMF.

Workers for Rehabilitation and Human Services — their purpose is to develop a link and good working relationship between professionals already in the field and students within this discipline. They reach their goals by providing lectures, seminars and workshops to the UMF and surrounding community.

Fencing Club — provides students with the opportunity to learn and cultivate the art/sport of fencing.

Geology Club — was established to provide a further outlet or exposure to the study of geology for those interested in the discipline. Organizing field trips and attending state-wide meetings and conferences are the most common functions of the club.

Hockey & Skating — supports a hockey team that participates in team competition with other colleges and universities (i.e. Bates, Thomas). Outdoor skating parties are also sponsored by this organization during the winter months.

Ski/Outing Club — assumes the responsibility of planning trips to a variety of recreational areas located throughout the beautiful Maine environment that surrounds UMF. Examples of some of these ventures include: a white-water rafting trip down the Kennebec River, skiing trips to Sugarbush, Sugarloaf, and Sunday River, and a backpacking outing to Mt. Katahdin.

Theatre UMF — provides the UMF community with theatrical productions throughout the academic year. These productions vary from well-known musicals with large casts to small scale student-written one-act plays. Ways to participate in Theatre UMF are varied — from acting to costume and set design.

Wind & String — this ensemble exists in order to provide an opportunity for musicians of wind and stringed instruments to create and perform music together. The ensemble presents several concerts of varied content during the academic year.

Speech & Hearing — exists for those students interested in working with people suffering from speech and hearing impairments. It is an academically and professionally oriented organization.

Antioch — a religious organization that meets weekly to discuss various problems and issues confronting the Christian faith. A large proportion of time is also devoted to the study of Biblical scriptures.

Inter-Varsity Christian Fellowship — IVCF provides an opportunity for Christians attending colleges and universities throughout the country to gather and share their faith. There is a chapter of IVCF at UMF which is visited and supported by a trained Inter-Varsity staff person twice monthly.

The Literary Guild — an organization whose primary purpose is to produce the Sandy River Review. The Sandy River Review is an annual publication that is made possible by literary contributions from the UMF community.

Information on these clubs is available at the Student Life Information Booth, Student Activities Office, and on the various clubs' bulletin boards located throughout the Student Center. Also, there is an Organizational Fair in October when all UMF clubs set up booths for the student population to gain information.

COMPUTER TIP: If you are interested in holding a position on one of these clubs but don't have enough free time to meet the club's requirements, find another commuter student who has the same interests and approach the club with the idea of the two of you sharing the same position and responsibilities.
## Farmington and the Area

For those of you who may be new to Farmington and the surrounding areas, the following information may be of interest to you.

### Farmington:

**History** - Farmington, which is located in the Sandy River Valley, was settled shortly after the Revolutionary War and was incorporated in 1794. Formerly known as Sandy River Lower Township, it became the Franklin County seat in 1838. Farmington is a Bicentennial town. There are many fine examples of early architecture that can be seen as you walk throughout the town.

**Population** - 6,730

**Size** - 56.6 square miles

**Government** - Consists of a town manager and a board of five selectmen who conduct the business of the Farmington community. Town meetings are open to all citizens. Check with the Farmington Town Office for further information.

### Franklin County Tidbits:

**History** - Franklin County, named for Benjamin Franklin, became a county in 1838.

**Population** - 26,100

**Area** - 1,789 square miles

**Climate** - Average temperatures: 23 degrees in winter, 54 degrees in spring, 65 degrees in summer, and 35 degrees in fall.

**Tidbits:**
- There are over 100 lakes and ponds in Franklin County
- 92% of Franklin County is forestland. 5% is wilderness acreage.
- Nine of Maine's twenty tallest peaks are located in Franklin County, some being part of the Appalachian Trail.
- Home of Chester Greenwood, inventor of the earmuff (Farmington)
- Producer of some of the world’s finest granite (North Jay - i.e. Grant’s Tomb)
- Home of Maine’s first governor (Kingfield)
- Home of the Stanley brothers - inventors of the steam engine (Kingfield)
- First and only solar powered waste treatment plant in the country (Wilton)
- only museum dedicated to an Opera Diva (Lillian Nordica - Farmington)
- Sugarloaf Mountain - only eastern skiing above the timber line with the East's longest season.

### Outdoor Recreation:

- Canoeing, Kayaking, White Water & Boating - Maine has canoeing waters suited for all; easygoing trips, fastmoving streams for a lively test of maneuvering, long runs for intermediates, and white waters for experts only. Throughout the year UMF staff and students compete in canoe races ranging from local to national levels.

- Hiking, Walking and Mountain Climbing - For the hiker and mountain climber half of Maine's 4,000'ers are located in this area. Sugarloaf, the Bigelow range, Tumbledown range, and Rangeley area provide both difficult and easy hiking. Farther to the north is Maine's famed Baxter State Park and Mt. Katahdin where UMF’s Dicing Club undertakes occasional excursions.

- Fishing: Lake, and River - bass, brook, brown and rainbow trout, togue, salmon, pickerel, white perch and smelts.

- Skiing - A highlight of the area just north of Farmington is the northern end of the Appalachian chain. Sugarloaf Mountain with its gondola and the East’s only snowfield skiing attracts many students. Other nearby ski areas include Sunday River and Saddleback. Cross-country ski touring is a new and popular sport with students. The area abounds with marked trails, or, for the adventuroues, miles of fields and old country roads. Snowshoeing and snowmobiling are equally available in the area. In addition, one of the state’s best small mountain ski area - Titcomb Ski Slope - is located in Farmington.

### Commuter Tip:

- The UMF Physical Education Department offers classes in skiing, ski touring, snowshoeing, canoeing, baitcasting, hiking and cycling.
COMMUTER TIP: The Game Room (Student Center) rents the following equipment to UMF students for minimal cost: tennis rackets and balls, tents, snowshoes, cross-country skis, and equipment for outside games (i.e. ring toss, etc.) More equipment may be available through the Physical Education Department - check with Dearborn Gymnasium.

FRANKLIN COUNTY AREA EVENTS

January: White, White World Winter Carnival - Carrabassett Valley Saddleback Winter Carnival - Rangeley, Sandy River Plantation

February: Boy Scout Jambooree at Saddleback Ski Area - Sandy River Plantation Ramble Cross-Country Ski Race - Rangeley

March: Rangeley Lakes Sled Dog Race - Rangeley

April: Easter Sunday Celebration - Saddleback Ski Area, Rangeley Easter Sunday Sunrise Service - Votter Hill

May: Memorial Day Parades - most larger towns Dead River Canoe Races - Eustis Annual Plants, Seedlings and Food Sales - Mt. Blue Garden Club - Farmington


September: Franklin County Agricultural Fair - Farmington Fall Foliage Days, Chicken Shoot - Rangeley

October: Fall Foliage Art Festival - Carrabassett Valley

November: Church Fairs - various towns Christmas Carol Programs - various churches and schools Craft Show - UNF, Farmington Santa Claus Parade, Chester Greenwood Day - Farmington

FRANKLIN COUNTY AREA EVENTS Cont.

Other Events by season:

Spring: White Water Canoe Racing - Kingfield and Carrabassett Valley World Heavyweight Championship Ski Races - Carrabassett Valley


Fall: Fall foliage drives, Routes 27, 16, and 4; game bird and big game hunting

Winter: Auto Ice Races - Wilton Snowmobile Safaris - Rangeley Ice Skating - various towns

For further information on exact times and locations, check your local paper (the Franklin Journal) or contact the Franklin County Development Office, Courthouse Building, Farmington. Telephone: 778-6602

OTHER POINTS OF INTEREST: HISTORICAL


Most of these places are open in the summer. Contact the Franklin County Development Office, Farmington (tel. 778-6602) for further details.
DAY CARE/BABYSITTERS FOR YOUR CHILDREN

Day Care: The Sweatt-Winter Community Day Care Program is located on the UMF campus. See the Appendix of this handbook for more information.

Babysitting:

Although there is no formal UMF babysitting service, there are several places one can go to find babysitter listings.

- Call the Sweatt-Winter Community Day Care Program. (778-3501, ext. 257). They have a list of students who work there and are willing to babysit.

- Check the listings for babysitters in the UMF Women's Resource Room. It is located on the first floor of Mallett Hall, UMF campus. See the Appendix listing for hours open, telephone, etc.

- Check for separate listings in the Mainstream or the Student Center bulletin boards.

COMMUTER TIP: The Commuter bulletin board (lower level of the Student Center, near the Snack Bar) is a good place to look first.

INEXPENSIVE FAMILY ENTERTAINMENT - SUGGESTIONS

For those of you with children and/or who may be new to the Farmington area and who may be looking for inexpensive entertainment, following is a partial list to get you started:
- Free weekend movies at UMF - watch for weekly listings in the Student Center
- See the community events listings on pages 43 and 44 in this Handbook
- Special craft workshops for children through the UMF Resource Depot
- Community sports and recreational activities - call the Farmington Recreation Dept., the YMCA, and the Economic Development Office in Farmington.
- Contact the Farmington Extension Office for 4-H, children's camps, etc.
- Special events through local schools - watch the Franklin Journal for listings.

- A picnic in Abbott Park (just south of the UMF buildings)
- The Farmington County Fair is held in the fall.
- There are books available for all ages and interests at Mantor Library; plan an afternoon of reading pleasure - they also have records and tapes
- If you have 'no-buy' will power and a car, try a country auction. Check the local paper for announcements.
- Treat the family to an ice cream cone at Gifford's - right around the corner from UMF and they are open May to November.
- The Art Gallery at UMF is free and hosts regional art exhibits
- Attend church and/or some of their events. A list of churches and service times are located in the appendix.
- If you have a car, visit the Walton's Mill Pond Park, Route 43, Temple Road in Farmington. It's a fifteen minute walk from UMF and offers canoeing, fishing, picnics, bird watching and a waterfall.

COMMUTER TIP: If you have a spouse and/or children and you are a UMF student, they may feel somewhat alienated from your new life. Invite
them to UMF for an afternoon and give them a tour of your "new 
home away from home".

WHAT YOU CAN DO ON A "FREE" LUNCH HOUR (OR ANY HOUR) AT UMF:

Occasionally you may find you have a free hour on campus. As you 
are a commuter and may not be able to go home during that time, following 
is a list of suggestions which may appeal to you:

- Grab a cup of coffee and join a table at the Snack Bar. You'll find 
it's easy to make friends at UMF. Also, most of the Snack Bar inhab­
   itants are commuter students just like you.
- Try the Game Room for a video game, pool, or pingpong.
- Take a sandwich and attend one of the noontime meetings
  - The Commuter Council meets midweek at noon. Check the Commuter Council 
    Bulletin Board for locations and times.
  - UMF Faculty Forum meets Thursdays at 12:30 - 1:30. Check public 
    bulletin boards for information. The speakers are usually UMF 
    professors speaking on their extracurricular or research interests.
  - The Women's Discussion Group meets Fridays, 12:00 - 1:00 p.m. and is 
    open to all women. Check with the Women's Resource Room, first floor 
    of Mallett Hall for more information. Discussions are on topics of 
    interest to women.
- Try the Beach (upper level, open area, Student Center) for occasional 
  plant sales, food sales, flea markets, etc.
- Visit the Women's Resource Room, first floor of Mallett Hall for items 
  of interest to women.
- Go to Mantor Library and read the newspaper or a magazine, listen to a 
  tape recording, or watch a videotape of a play.
- View the latest art exhibit at the UMF Art Gallery, located at the back 
  of the Admissions Building.
- Go for an hour's workout at Dearborn Gym, or go jogging.
- In nice weather, have a picnic (or just a quiet moment) in Abbott Park 
  located just south of the Learning Center.
UMF SERVICES / DEPARTMENTS

In this section are departments of UMF and services available to you. For lack of space we are not including academic departments. Please refer to the UMF Catalog for this information - it's available at the Admissions Office.

ART GALLERY
Location: Student Services Building, at rear of building
At the time of printing the handbook, the hours, telephone number, and list of exhibits were not available. Check with the Art Gallery or the Information Booth (Student Center) for more information.

UMF BOOKSTORE
Location: Lower level, Student Center
Telephone: 778-3501, Extension 312
Hours: Monday - Friday: 8:00 a.m. to 4:30 p.m.
Also, the Bookstore has some special hours open at night during the first part of the semester. Check with them for these hours.

What you can find at the Bookstore:
- necessary books and materials for your courses
- notebooks of all types and sizes, typing paper, spirit masters for duplicating, stationery, envelopes
- writing implements: pencils, pens, magic markers, drawing pencils, high lighters
- art supplies, prints for hanging, sketch pads, poster board
- UMF memorabilia: sports clothes, mugs, stationery, back packs, book bags
- gift items, address books, diaries, playing cards, greeting cards
- miscellaneous: film, batteries, cassettes, records, paperback novels, gift books, maps, panty hose, aspirin and other drug store supplies, snack food, etc.

COMMUTER TIP: When you're buying your textbooks you may wish to save money by buying used books. Ask for them at the counter. Also, at the end of the semester they buy used textbooks - watch for the announcements.

BUSINESS OFFICE
Location: Merrill Hall, First Floor
Telephone: 778-3501, Extensions 209 and 210
Hours: Monday - Friday, 7:30a.m. to 5:00p.m.
Services:
- sends out bills, accepts payment, handles any questions you have about your bill
- purchases of the Dirigo Yearbook and the Health Insurance.
- Work-study checks can be picked up here
Note: All bills must be paid in full no later than November 7 in the fall semester and April 7 in the spring semester.

COUNSELING:
Location: 7 South Street, next to the Student Center
Telephone: 778-3501, Extension 330
Hours: Monday - Friday, 8:00a.m. to 12:00 noon and 1:00p.m. to 5:00p.m.
The Career Library and placement files are also available 5 - 8:00p.m., Wednesday evenings

Services:
- provides counseling, whether it is personal counseling, career counseling, or educational counseling, can help to clarify your own attitudes and feelings, explore alternatives for action, and increase your capability to choose more wisely. All services of the Counseling Center are available to all students.

Cost: none

PERSONAL COUNSELING: While attending college, many students encounter personal concerns which may interfere with their academic, family, or social lives. Counseling provides an atmosphere in which you are free to discuss your concerns with qualified, knowledgable professionals. A few concerns you might want to discuss with a counselor could be personal emotional adjustments, finances, health, college work, and plans for the future. Information discussed during a counseling session is held in strict confidence by the counselor and released to others only with your knowledge and approval.

COMMUTER TIP: Stress is a common occurrence when trying to juggle school, travel, home, relationships, etc. If things get to be a "bit much", don't hesitate to use the services at the Counseling Center. It helps to talk about it!
Career Counseling: Career choices for many of you can be a long and complex decision-making process. Often a counselor can help you make a thorough self-appraisal of your interests, abilities, aptitudes and personality traits. If you have already chosen a career, the counselor can direct you in ways to achieve your goal and tell you about the current job market and educational trends.

In addition to interpreting test data as they relate to career choice, the counselor can help to identify community resources and select appropriate occupational literature for you to explore and evaluate during the decision-making process. After you have explored all areas, the counselor can help you synthesize the information, compare it to your interests, abilities and goals, and to utilize the information in making an appropriate career choice.

COMMUTER TIP: Use this service! They have weekly job listings, can tell you about the job market in Maine (and other areas), and can tell you about optional Independent Study that can give you practical experience in the field you are interested in.

Educational Counseling: You are assisted in relating your expressed feelings and ambitions to concerns about your educational plans and/or progress. Students who are indecisive about an academic major, who would like help in course requirements necessary for a degree, are considering graduate study or a specialized educational program requiring transfer to another institution may find a counselor helpful as they struggle with the decision-making process.

Groups: Each semester the Counseling Center offers opportunities for you to participate in a variety of groups; i.e., Personal Growth, Assertiveness, Career Exploration, Human Sexuality. Group interaction can be a means for moving toward greater self-understanding evolving plans of action and for testing new behavior.

COMMUTER TIP: If a self-help group you may be interested in is not listed in the semester activities, ask about the possibility of forming one.

Resource Library: The Resource Library at the Counseling Center contains general and specific information about occupations, career opportunity directories for the health field, social agencies, civil service areas, school systems, business and industry; graduate, undergraduate and technical training institution catalogues; study guides for the GRE, MAT, LSAT, MCAT, and CLEP Tests; filmstrips and/or audio tapes for self-help education in areas such as study skills, decision-making, coping strategies, identity and alcoholism.

Testing: Tests of general aptitude, vocational interests, problem identification, personality, study habits and aptitudes, and the Miller Analogies Test are administered and interpreted at a student's request. Self-help vocational interest tests and planning instruments are available as well as applications and general information for national programs; i.e., GRE, LSAT, CAT, CLEP, NTE, MAT.

FINANCIAL AID

Location: upstairs, Student Services Building, Main Street
Telephone: 778-3501, extension 405
Hours: Monday through Friday, 8:00 - 12 noon & 1:00 - 4:30

Services: determines financial need and while they cannot meet the entire need of all eligible applicants, it is their policy to utilize all available funds in filling the demonstrated need of all students who apply and are working toward their first undergraduate degree. Priority is given to students with the most demonstrated need who apply on time.
Financial Aid cont.

When to apply:

Freshman, Summer Work-Study and summer aid: March 15 preceding the academic period

All Others: May 1 preceding the academic period

Late applications will be processed as long as funds are available.

Types of Assistance: Grants and Scholarships

Employment - Work-Study

Vocational Rehabilitation Benefits

- Indian and Foreign Student Benefits

For a complete list of financial aid and information, contact the Financial Aid Office. Financial Aid counseling is available for any student upon request.

GAME ROOM

Location: lower level, Student Center

Hours: Monday - Thursday: 8:00 a.m. to 10:00 p.m.
Friday: 8:00 a.m. to 11:00 p.m.
Saturday: 12:30 p.m. to 11:00 p.m.
Sunday: 12:30 p.m. to 9:00 p.m.

Telephone: 778-3501, Extension 324

Services: In the Game Room are video games, a ping pong table, 2 pool tables, a lounge area with a television, and food vending machines. There is a typewriter and a duplicating machine for student use. Typing paper costs 1¢ per sheet. Organizations may charge but individuals must pay cash.

In the office area, you can get change, rent a locker, reserve a room and place "special" food orders (such as a birthday cake, etc.)

COMPUTER TIP: If you need to make a sign for a meeting announcement, the Game Room has paper, scissors, and magic markers available for your use.

If you need something notarized, a Notary Public is available during business hours at the Game Room.

DEARBORN GYMNASIUM

Location: 35 High Street, UMF campus

Hours Open: Monday - Friday: 7:00 a.m. to 9:00 p.m.
Saturday - Sunday: 1:00 p.m. to 4:30 p.m.

Telephone: 778-3501, Extension 440

Dearborn Gymnasium cont.

Programs/Services Available:

Recreational free-time activities

Intramurals

Varsity Athletics

Physical Education Classes

Recreation Classes

Intramural Program

Intercollegiate Sports Events (your student ID is your free pass)

Recreational Gym Hours are when Physical Education classes, varsity sports or intramurals are not scheduled.

Basketballs and fitness room machines, and free weights are available daily.

HEALTH CENTER

Location: Scott Hall, off the Main Lounge

Telephone: 778-3501, Extension 337

Hours: Weekdays: 8:00 a.m. to 6:00 p.m.
Weekends & Holidays: 10:00 a.m. to 6:00 p.m.

Cost: $15.00 per semester, billed through the Business Office. Also, certain tests and procedures are charged on a cost-of-materials basis. (Examples: tuberculosis skin test, pregnancy test, birth control pills.)

Services: The Health Center is staffed by experienced registered nurses and a full time M.D. on weekdays. They offer a wide range of outpatient services and can be used for all your common medical needs. You can buy birth control pills, have a pap smear done, get V.D. testing, a pregnancy test, check your blood pressure, have a throat culture done and pick up medications to help relieve symptoms of flu and colds. For x-ray and other major laboratory work, the Franklin Memorial Hospital is utilized as necessary.

INFORMATION BOOTH

Location: upper level, north end, Student Center

Hours: 9:00 a.m. to 11:00 p.m., 7 days a week

Telephone: 778-3501, extension 320. (When the switchboard is closed on weekends, the call rings direct into the Information Booth.)

Services: an information center that is informed of all UMF events and activities; you can pick up brochures, leave messages, and get your questions answered.

COMMUTER TIP: The Commuter Area Coordinator is available from 10:30 to 2:30 p.m. weekdays at the Information Booth. If you have questions/suggestions/problems, the coordinator is there to help you.
Mantor Library

Location: corner of South and High Streets (across from the Counseling Center)
Telephone: 778-3501, extension 346

Hours: During the academic year -
Monday through Thursday 8:00a.m. - 11:00p.m.
Friday 8:00a.m. - 10:00p.m.
Saturday 10:00a.m. - 5:00p.m.
Sunday 1:00p.m. - 11:00p.m.
There are often special extended hours during exams weeks. Check for exact times at the library.

Services: Mantor Library performs many functions in addition to loaning books. Following is a list of some of its other services and materials:
- The Computer Terminal Room is to the right of the entrance
- Maps of local, regional, national, and international interest
- Newspapers (daily) from all over the state plus the New York Times, the Boston Globe, The Christian Science Monitor, the Wall Street Journal, the Washington Post, and the Manchester Union Leader.

COMMUTER TIP: The classified sections of newspapers are a good place to look for jobs. Find out what the state has to offer for part-time employment or future full-time employment.

- Magazines ranging from Runner’s World to specialized scholarly journals
- Syllabi of courses and copies of some past exams are available at the Circulation Desk.

COMMUTER TIP: Having trouble - worried about an upcoming exam with a professor? Check the exam file. There may be some of his/her past exams there.

- Some videotapes of plays at the Circulation Desk
- Records and cassette tapes
- Microfilm, microfiche, film strips, video tapes
- Telephone books from around the state, and some out of state
- Federal and state government documents and brochures
- Study areas throughout the building
- Four typewriters for your use in the basement
- Photocopier on the main floor, cost - 10c per copy
- Reader-printer, copies of microfilm at 10c per copy
- Change machine (bill changer) - main floor
- College catalogues - complete collection on microfiche of U.S. and some foreign catalogues
- Curriculum materials including educational A-V materials, games, sample textbooks (third floor: Curriculum Center)

Mantor Library cont.

Staff are available to help a student who needs assistance in finding books, documents, etc. If the staff can’t locate the materials at UMF you may wish to use the inter-library loan system which allows the librarian to borrow the necessary materials from another library. A group tour of the library, with emphasis on how to use it as well as a detailed guide to its resources is available.

COMMUTER TIP: Students who may have been out of school for some time and not familiar with up-to-date library resources may find the guide to be a timesaver for future resource.

MEDIA CENTER

Location: First floor of the Learning Center
Telephone: 778-3501, extension 270 (Graphics Lab), extension 275, 276, 277 (equip.)

Hours: Monday - Friday - 8:00a.m. - 4:30p.m.

Services, Equipment Available:
- laminating (great for posters, wall prints, etc.)
- lettering equipment
- spiral binder
- spiral duplicator
- thermal transparency machine
- self-instructional pamphlets covering various graphics processes
- reproduction of slides, black and white prints, and overhead transparencies
- copies made of color or black and white slides, black and white prints, and overhead transparencies (with advance notice)
- duplication of non-copyrighted cassette and reel tapes
- slid projectors, cassette tape recorders, and film-strip projectors may be borrowed for instructional use (reservations must be made one day before equipment is needed)

COMMUTER TIP: The fees charged are only minimal fees for materials - therefore, it does represent a good buy. On production requests, allow several weeks for your request to be filled.

POLICE DEPARTMENT - UMF CAMPUS

Location: 7 South Street next to the Student Center
Telephone: 778-6565 or 778-3501, ext. 325
Police Dept. cont.

Services:
- competent and professional law enforcement assistance. All campus police officers are appointed as regular full time policemen and are special officers of the Town of Farmington.
- In the office, you can also pay traffic tickets, register your automobile or bike, and check their Lost and Found for lost or found items.
- They offer emergency assistance. If you need help in any type of emergency, they can help or point you in the right direction.

See the last page of this Handbook REQUESTING EMERGENCY ASSISTANCE".

RESOURCE DEPOT

Location: north side of Franklin Hall (separate entrance)
Telephone: 778-3501, extension 242
Hours: Monday through Friday 3:00 - 5:00 p.m.
       Wednesday 9:00 -11:00 a.m.
       Saturday 10:00 -12:00 noon

Services: The Resource Depot offers for sale at minimal cost materials donated by local households, businesses, and industries that can be used again creatively. A recent visit revealed yardgoods and vinyl for upholstering, wooden knobs, paper, patterns, yarn, buttons, etc. Workshops and educational programs are scheduled throughout the school year. Sample craft items and learning materials are on display.

If you have children, are into home redecorating, or are on a tight budget, a visit to the Resource Depot is a must!

STUDENT LIFE OFFICE

Location: Upper level, north end of the Student Center
Telephone: 778-3501, extension 310
Hours: Monday through Friday 8:30 a.m. to 4:30 p.m.
Director: Ann Fox

Services: Although Student Life handles many facets of on-campus living, they also offer services for the commuter student. This office is for all students, resident students, commuter students, nontraditional students.

Through this office you will find:
- Apartment listings
- Information Booth (see separate section for services and times)
- Organization mailboxes for all campus clubs

STUDENT LIFE OFFICE cont.
- Weekly calendar of events
- Information and rental of the Hostel at Mallett Hall
- Message Center for commuter students
- Student Directory
- Women's Resource Room in Mallett Hall
- Campus-wide programming

Commuters are invited to attend any programs in the residence halls. The themes and locations for the 83/84 academic year series are:

Scott North  Programs about "The Changing Roles of Women & Men"
Scott South
Mallett  Programs about the "College Experience"
Purinton
Dakin  Programs about "Health Education"
Lockwood
Stone

For more information about these programs, contact the Student Life Office or the Area/Activities Coordinator's Office, Student Center, Ext. 318.

- A Coordinator for commuter student concerns works for the Student Life Office. The job duties involve being an information/resource person, will coordinate speakers for commuter programs, and will stay informed of the Commuter Council concerns and activities. If you have questions, problems, or suggestions to better the life of commuter students, see:

  Name:  Sheila Atwood
  Hours: 10:30 a.m. to 2:30 p.m., Monday through Friday
  Location: Student Life Office

Also, the Student Life Office includes social/recreational/cultural activities. The people to see are:

  David Bodman, Activities Coordinator (social/recreational), Ext. 322
  Pam Kenny, Activities Coordinator (educational/cultural), Ext. 326

Both of these people are located in the Student Center, upper level.

WOMEN'S RESOURCE ROOM

Location: First floor, Mallett Hall

At the time of printing, the hours the Room will be open were not set. See the Student Life Office for details. The Center will contain information, listings, brochures, books, etc. of interest to women.

At the Center will be information about the UMF Women's Discussion Group
Women's Resource Room cont.

which meets every Friday noontime. The group is open to any women, whether a UMF student, staff or faculty member, or community member.

We also thought the following off-campus information might be of use to you:

FARMINGTON TOWN OFFICE

Location: 147 Lower Main Street, Farmington
Telephone: 778-6538
Hours: Monday through Friday, 8:00 a.m. to 5:00 p.m.
Services:
- Social Security representative available on Thursdays, 10:00 a.m. to 1:00 p.m.
- The Police Department is located in the Town Office building
- Voting registration
- Payment of parking tickets, taxes, and sewer bills
- Automobile registration
- Dog licenses

LANDFILL (Rubbish disposal)

Location: U.S. Route 2, the Falls Road, Farmington
Telephone: 778-3525
Hours: Tuesday - Friday 8:00 a.m. to 4:30 p.m. Saturday 7:30 a.m. to 3:00 p.m.

CUTLER MEMORIAL LIBRARY (Public Farmington Library)

Location: Academy Street, Farmington (near Merrill Hall)
Telephone: 778-4312
Hours: Tuesday and Wednesday 10:00 a.m. to 8:00 p.m.
Thursday, Friday & Saturday 10:00 a.m. to 5:00 p.m.

DRIVER'S LICENSE (Renewals & Photos)

Location: Village Corporation Building, High Street, Farmington
Telephone: 778-5405
Hours: First & Third Wednesday of each month 9:30 a.m. - 1:00 p.m. and 2:00 p.m. - 4:00 p.m.

COMMUNITY SERVICES AVAILABLE:

Tri-County Mental Health Services, Inc.
Address: 2 Middle Street
Farmington, Maine 04938
Tel.: 778-3556
783-9141 - emergency
Hours: 9:00 a.m. - 5:00 p.m.
Fee: Based on a sliding scale according to income and number of dependents.
Services Provided: Outpatient Services - provide help with personal, family, marital, and other life crisis situations.
Emergency Services - provide immediate intervention in dangerous or life threatening situations.
Alcohol & Drug Services - provide help with substance abuse problems
Community Support Services - provide long term follow-up and support for people with chronic mental illness
Consultation & Education Services - provide training and consultation to schools, industry, clergy, law enforcement agencies, and human service organizations.

Franklin County Community Action Council, Inc.
Address: Church Street
Wilton, Maine 04294
Tel.: 645-4831
Hours: Mon. - Fri. 8:00 a.m. to 4:30 p.m.
Fee: varies depending upon program
Services provided: Weatherization for the needy
Energy - information, consultation, workshops, etc.
Housing - for eligible residents of Franklin County
Headstart - designed to give income eligible children a "head start" on learning experiences before entering school.
Family Planning
WIC - provides basic nutritious foods to needy pregnant women, nursing mothers and children under five years of age
Day Care
Ceta - for people who are unemployed, underemployed, and who meet financial guidelines
Also, information about most if not all nonprofit help organizations.
<table>
<thead>
<tr>
<th>CHURCH NAME</th>
<th>ADDRESS</th>
<th>MINISTER</th>
<th>TIME</th>
<th>TELEPHONE</th>
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</thead>
<tbody>
<tr>
<td>Christian Science</td>
<td>Corner Perham &amp; High</td>
<td>Members of the Mother church in Boston</td>
<td>10:45 Service</td>
<td>778-3910</td>
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<td></td>
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<td>10:45 Sunday Sc.</td>
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<tr>
<td>Church of Jesus Christ of Latter Day Saints</td>
<td>Perham Hts., Farmington</td>
<td>Bishop Ellis</td>
<td>9:00 Sacrament</td>
<td>639-4972</td>
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<td>10:45 SS</td>
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<td>11:10 Relief Soc.</td>
<td>778-3744</td>
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<td>11:10 Priesthood</td>
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<tr>
<td>Church of the Nazarene</td>
<td>Farmington Falls</td>
<td>Rev. Daniel Joyce</td>
<td>10:00 SS</td>
<td>778-2210</td>
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<td></td>
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<td></td>
<td>11:00 Hmn. Worship</td>
<td>Meeting</td>
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<td>7:00 Wed. Prayer</td>
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<td>A bus from the church is available for student pickup and return. Please call minister for information.</td>
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<tr>
<td>First Congregational</td>
<td>Main St., Farmington</td>
<td>Rev. Richard Waddell</td>
<td>9:30 Worship</td>
<td>778-4438</td>
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<tr>
<td>Henderson Memorial</td>
<td>Farmington</td>
<td>Rev. Robert Gale</td>
<td>9:00 SS</td>
<td>778-2849</td>
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<tr>
<td>Baptist</td>
<td></td>
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<td>10:00 Worship</td>
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<td>7:00 Thurs.</td>
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<td>7:00 Tues.</td>
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<tr>
<td>Methodist Church</td>
<td>Main St., Farmington</td>
<td>Rev. Lloyd Leeman</td>
<td>9:15 Church Sch.</td>
<td>778-3921</td>
</tr>
<tr>
<td>Mt. Blue Assembly of God</td>
<td>Wilton Rd., Farmington</td>
<td>Rev. Delbert Pickens</td>
<td>9:45 SS</td>
<td>778-4249</td>
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<td>11:00 Hmn. Worship</td>
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<td></td>
<td>7:00 Sun. Eve. Worship</td>
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<tr>
<td>Mt. Blue Lutheran</td>
<td>Fairbanks U. Church</td>
<td>Pastor Daniel Knocks</td>
<td>11:30 SS</td>
<td>778-6594</td>
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<td>12:30 Worship</td>
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<tr>
<td>New Hope Baptist</td>
<td>W. Farmington Grange Hall</td>
<td>Pastor Brian Rebert</td>
<td>10:00 SS</td>
<td>778-4654</td>
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<td>11:00 Worship</td>
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<td></td>
<td>7:00 Worship</td>
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<tr>
<td>Presbyterian Fairbanks</td>
<td>Fairbanks Union Church</td>
<td>Rev. Scott Planting</td>
<td>9:00 AM Worship</td>
<td>778-4654</td>
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<td>10:00 SS</td>
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</tbody>
</table>
ACADEMIC PROGRAM PERSONAL RECORD

List of General Requirements:

List below your general core requirements needed to graduate. This information is available from your advisor - or check the UMF Catalog. When you have completed the required course place a check to the right of the course.

List of Major Requirements:

List below your major requirements needed for a degree. Place a check to the right of the course when you have completed it.
### CHECKLIST FOR APARTMENT CONDITIONS

Instructions: Complete this form in duplicate when moving in and moving out. Both the tenant and landlord/lady should sign and date it. Each should retain a copy.

<table>
<thead>
<tr>
<th>Item</th>
<th>Condition-In</th>
<th>Condition-Out</th>
<th>Charge</th>
<th>Additional Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Kitchen:</strong></td>
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<tr>
<td>Refrigerator</td>
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<td>Stove</td>
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<tr>
<td>Cabinets</td>
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<tr>
<td>Sink/Faucet</td>
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<tr>
<td>Lights</td>
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<tr>
<td>Walls/Ceiling</td>
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<tr>
<td>Floors/Carpet</td>
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<tr>
<td>Windows</td>
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<td><strong>Living Room:</strong></td>
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<td>Walls/Ceiling</td>
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<td>Floor/Carpet</td>
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<tr>
<td>Curtains</td>
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<tr>
<td>Windows</td>
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<tr>
<td>Light Fixtures</td>
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<tr>
<td><strong>Bathroom:</strong></td>
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<tr>
<td>Walls/Ceiling</td>
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<tr>
<td>Bathtub/Shower</td>
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<tr>
<td>Sink/Faucets</td>
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<tr>
<td>Toilet</td>
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<tr>
<td>Towel Racks</td>
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<tr>
<td>Floor/Carpet</td>
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<td>Windows</td>
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<tr>
<td>Light Fixtures</td>
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<tr>
<td><strong>Bedroom I:</strong></td>
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<tr>
<td>Walls/Ceiling</td>
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<td>Windows</td>
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<td>Floors/Carpet</td>
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<tr>
<td>Light Fixtures</td>
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<tr>
<td><strong>Bedroom II:</strong></td>
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<tr>
<td>Walls/Ceiling</td>
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<td>Floors/Carpet</td>
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<tr>
<td>Light Fixtures</td>
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<tr>
<td><strong>Other:</strong></td>
<td></td>
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</tbody>
</table>

Transfer Credits:
YOUR SPENDING PLAN - INCOME - EXPENSES AND SAVINGS (PER SEMESTER)

1. Income: List all resources you anticipate receiving for each semester. If possible, gauge when specific amounts will be available.

<table>
<thead>
<tr>
<th>Income</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Part-time job earnings</td>
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<tr>
<td>Financial aid</td>
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<tr>
<td>Other income</td>
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<tr>
<td><strong>Total</strong></td>
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</tr>
</tbody>
</table>

2. Expenses: Per Semester

<table>
<thead>
<tr>
<th>Expense</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuition</td>
<td></td>
</tr>
<tr>
<td>Fees</td>
<td></td>
</tr>
<tr>
<td>Books/Supplies</td>
<td></td>
</tr>
<tr>
<td>Living Accommodations</td>
<td></td>
</tr>
<tr>
<td>Rent/Mortgage</td>
<td></td>
</tr>
<tr>
<td>Electricity</td>
<td></td>
</tr>
<tr>
<td>Heat</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td></td>
</tr>
<tr>
<td>Telephone</td>
<td></td>
</tr>
<tr>
<td>Insurance/Clothing</td>
<td></td>
</tr>
<tr>
<td>New purchases</td>
<td></td>
</tr>
<tr>
<td>Cleaning</td>
<td></td>
</tr>
<tr>
<td>Barber/beauty shop</td>
<td></td>
</tr>
<tr>
<td>Religious donations</td>
<td></td>
</tr>
<tr>
<td>Debts</td>
<td></td>
</tr>
<tr>
<td>Car loan</td>
<td></td>
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<tr>
<td>Other loan</td>
<td></td>
</tr>
<tr>
<td>Charge accounts</td>
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</tr>
<tr>
<td>Entertainment</td>
<td></td>
</tr>
<tr>
<td>Entertainment cont.</td>
<td></td>
</tr>
<tr>
<td>Baby-sitter</td>
<td></td>
</tr>
<tr>
<td>Vacation</td>
<td></td>
</tr>
<tr>
<td>Newspapers/magazines</td>
<td></td>
</tr>
<tr>
<td>Gifts</td>
<td></td>
</tr>
<tr>
<td>Birthdays</td>
<td></td>
</tr>
<tr>
<td>Other occasions</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
</tr>
</tbody>
</table>

To LEAVE WITH YOUR FAMILY: CLASS SCHEDULE

<table>
<thead>
<tr>
<th>Day</th>
<th>Course</th>
<th>Time</th>
<th>Placement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
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<tr>
<td>Tuesday</td>
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<td>Wednesday</td>
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<td>Thursday</td>
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<tr>
<td>Friday</td>
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</tbody>
</table>

To reach your family member: Call 728-1501. Student Life will check your schedule and call the advisor's secretary where family contact can be found.
PARENTS' & BABYSITTER'S CHECKLIST

Use this checklist to remind you of important information to tell the sitter.

Children's Care Tips:
- What to feed the children?
- Explain special habits or nighttime routines, including bedtime.
- What television-viewing guidelines do you have for the kids?
- What games or books do the children like?
- Explain where pajamas, diapers, etc., are located.
- Advise sitter of any medication your children take.
- Specify what snacks sitter and children can eat; what's off-limits.

House Facts:
- Give a quick tour of the house.
- Point out the emergency phone numbers you have posted by the telephone.
- Explain how any special lights or equipment work.
- Show sitter how to operate stove, TV, stereo, etc.
- Have a note pad handy for sitter to record any phone messages.

Safety Pointers:
- Explain how door locks work and where spare keys are kept, just in case someone gets locked out of the house.
- Point out medicine cabinet and first-aid supplies.
- Explain smoke alarms if applicable.
- Leave a flashlight in an easy-to-reach place.

SPECIAL RULES FOR SITTER:
WHERE'S THE POWER AT UMF:

With any organization, it's a good idea to understand the power structure and know how to use it to your advantage. In dealing with power, keep in mind a couple of things:

- People in power don't like people with complaints to make "end runs" around the chain of command. Start with the person who is the problem (or who you think has the power to take care of the problem) and then, if necessary, work your way up to his or her supervisor and then to his or her supervisor, etc. as far as necessary.

- Tact and diplomacy go a long way - confrontation should be used only as a last resort.

- Most of the people at UMF are sincerely interested in helping you resolve your problem, so don't hesitate to talk it over with us. If necessary, formal grievance procedures are available but nine times out of ten, even the most serious complaints or problems can be resolved informally.

- If you have a specific complaint, question, or suggestion as a commuter, other options are available to you:
  - Student Life Office: Ann Fox, Director of Student Life
  - Sheila Atwood, Coordinator for Commuter Student Concerns

Commuter Council: The new officers will be elected in September. Information can be obtained from the Information Booth. Messages can be left in the Student Life Office.

Student Senate: Again, information can be obtained from the Information Booth and messages can be left at the Student Life Office.

The UMF power breakdown is shown on the following page.
which is divided into two terms between September and May: fall semester and spring semester. Summer session is an additional option not included as a part of the regular calendar.)

Academic Advisor: A member of the college or university administration whose responsibility it is to (1) help the student follow a particular course of study, (2) help the student choose courses, and (3) act as a sounding board for dealing with problems or issues relating to attendance in the institution.

Accreditation: Approval granted to a college by one or more professional accrediting associations if the college meets predetermined standard set up for such factors as academic program, faculty and administration, library facilities, physical plant, and extent and suitability of curriculum.

Baccalaureate or Bachelor's Degree: A degree received after satisfactorily completing a four-year, full-time course of study at a university or college.

Calendar: Although there are an infinite number of calendar arrangements in existence, the system used at UMF is the semester system (a calendar year which is divided into two terms between September and May: fall semester and spring semester. Summer session is an additional option not included as a part of the regular calendar.)

Carrel: A small alcove in the UMF buildings (i.e., library, Student Center) designed for individual research and study. Students using carrels, which are usually assigned upon request (but not in all cases), may keep books and other materials in them for a stipulated period of time.

Class Load: The number of units or classes a student takes during one term.

College Catalog: A booklet issued annually by a college giving information concerning such matters as requirements for admission, tuition and fees, degrees and awards, faculty roster, and courses of study. It is usually different and separate from a schedule of classes. The UMF Catalog is available from the Admissions Office. The class schedule is available through the Registrar's Office in Merrill Hall.

Degree: A title earned by a student after attending a college or university for several years and meeting its requirements.

Department: A small group of professors organized to offer teaching in a specific field such as history, sociology, or rehabilitation.

Fees: Sums of money which must be paid for such things as an application for admission, a student activity fee, registration, the use of laboratory or physical education equipment, and housing. Fees are usually assessed in addition to tuition charges.

Fieldwork: A learning situation in which a student learns by participating in actual work situations under the supervision of either professionals in that situation or an assigned faculty supervisor. Examples of fieldwork situations include student teaching, working in a social service agency. Fieldwork may be offered on a credit or a noncredit basis.
HOW TO REACH PEOPLE

This section will give you a hodgepodge of informational sources, telephone numbers, who's who, and in some instances, locations. If locations are not given, check the telephone number: if the first three numbers are "778", it's a Farmington location.

TELEPHONE RATES:

The rates given below are discounted times for long distance calls and are subject to change by the telephone company. All times given are EST time.

Lowest rates are: every day, 11:00 p.m. to 8:00 a.m.
Saturday, all day
Sunday, 8:00 a.m. to 5:00 p.m.

Next lowest: every day, 5:00 p.m. to 11:00 p.m.

For more information, consult your local telephone directory. Farmington is located in the Rumford Area Directory.

FARMINGTON EMERGENCY TELEPHONE NUMBERS

FIRE............. 778-2120
POLICE............ 778-6311
AMBULANCE........ 778-6365
POISON........ 1-800-442-6305

UNIVERSITY OF MAINE AT FARMINGTON........... 778-3501

TELEPHONE LISTINGS: OFF CAMPUS (All locations are in Farmington unless otherwise noted.)

ADULT EDUCATION
Cooperative Extension Service, PO Box 670, 78 Main Street.
Bureau of Forestry, RFD #2.
The Better Living Center, Pleasant Street.
Mount Blue High School.

ALCOHOLISM INFO & TREATMENT
Tri County Mental Health, 2 Middle Street.
Western Regional Council on Drug & Alcohol Abuse. 1-800-482-7517
Rural Health Associates, Wilton Road.

ANIMAL SERVICES
Franklin County Animal Shelter, Route 43.
Me. Society for the Prevention of Cruelty to Animals. 1-800-482-7447
Peter Dingley, Vet., Farmington Veterinary Clinic, 90 High St.
Robt. E. Patterson, Vet., Craig Hill, Route 43.

BANKS
Franklin Savings Bank, Main Street.
Merrill Bank N.A., Broadway Street.
Northeast Bank, Main Street.

BARBERS
Dick's Barber Shop, Broadway.
Turner's Tender Cut, Broadway.

BEAUTY SALONS
Claudia's Hair Fashions, 46 Main Street.
Gloria's Beauty Salon, 12 Broadway.
Morgan's Hair Styling, Water, West Farmington.

BOWLING
Meadow Lanes Bowling, East Wilton.

CHILDREN
Child Welfare-Day Care info.
Child Abuse/Neglect - emergency service.

CIVIL EMERGENCY PREPAREDNESS
Call.

CLEANERS
Laundromat Cleaners, Front Street.

CLUBS
American Legion, 38 High Street.
Elks Lodge, 2430 School Street.
### PHARMACIES
- Farmington Drug, 28 Broadway, 778-2737
- Howard’s Liggett Rexall, 70 Main Street, 778-2695
- LaVerdiere’s, Mt. Blue Shopping Center, 778-3342

### PHOTO FINISHING
- Fotomat Corporation, Mt. Blue Shopping Center, 778-4791

### PHOTOGRAPHERS
- Luce Studio, 158 South Main Street, 778-4920

### PIZZA
- Arkay Pizza, 152 Lower Main Street, 778-3944
- Farmington Pizza, Water Street, 778-2111
- The Shed, Lower Main Street, 778-8643
- Yianni’s, Mt. Blue Shopping Center, Wilton Road, 778-6556

### RESTAURANTS
- A Piece of Cake, 4 Church Street, 778-2724
- Burger King, 147 Lower Main Street, 778-9709
- Farmington Diner, Intervale Road, 778-4151
- Fiddleheads, 23 Pleasant Street, 778-9259
- Holley Farm, Holley Road, 778-4696
- Mario’s, 42 Main Street, 778-8794
- The Pioneer House, Falls Road, 778-4846
- New Sharon Motel & Restaurant, New Sharon, 778-6962

### RUNAWAYS
- National Runaway Switchboard (direct calls to parents), 1-800-621-4000
- Runaway Hot Line (Messages from runaways), 1-800-231-6946

### THEATRE
- Farmington State Theatre, Broadway, 778-4877

### SCHOOLS
- Adult Basic Education Program, 778-3460
- Sandy River School, 778-2396
- SAD #9:
  - W.G. Mallett School, 1 Quebec Street
  - Mt. Blue Jr. High, Middle Street, 778-3511
  - New Sharon Elementary, New Sharon, 778-3031
  - St. Joseph’s Kindergarten, Quebec Street, 778-4627
  - Wilton Central, Depot Street, 645-4433
  - Wilton Cushing, Wilton, 645-2442
  - Mt. Blue Senior High, Seamon Street, 778-3561
- University of Maine at Farmington, Farmington, 778-3501

### SERVICE STATIONS (gas & oil)
- Arthur’s Service Station, Allens Mills, 778-2412
- Bob’s Car-Go, Route 1, 778-9058
- C.N. Brown Mobil, Main Street, 778-6046
- Farmington Exxon, Intervale Road, 778-6079
- Farmington Shell, Lower Main Street, 778-2685
- Farmington Sunoco, U.S. Route 2, 778-9727
- French’s Service, Wilton Road, 778-3757
- Karkos Amoco Station, Lower Main Street, 778-2731
- Lake View Garage, Allens Mills, 778-4422

### SKIING EQUIPMENT
- Northern Lights Limited, Wilton Road, 778-6566

### TAX INFORMATION
- Elderly Householders tax and rent, 1-800-452-1924
- Internal Revenue, 1-800-452-8750
- State Income Tax, 1-800-452-1924
EMERGENCY CALLS
FOR AMBULANCE CALL 8-6365
FOR FIRE CALL 8-2120
FOR POLICE CALL 8-6311
OR 8-2680

Street Map of
FARMINGTON
& WEST FARMINGTON
MAINE
PROCEDURES FOR REPORTING CRIMES OR REQUESTING EMERGENCY ASSISTANCE

Any member of the campus community who is in need of police assistance or in need of emergency services may call the following numbers:

- **CAMPUS POLICE DEPARTMENT** ....... 778-6565 or 778-3501, X. 325
- **FRANKLIN COUNTY SHERIFF'S DEPT.** ....... 778-2680
- **FARMINGTON POLICE DEPARTMENT** ....... 778-6311
- **FARMINGTON FIRE DEPARTMENT** ....... 778-2120
- **AMBULANCE SERVICE** ....... 778-6365

When reporting a crime or requesting emergency assistance please remember to include the following information:

1. Give your name and address (you may remain anonymous)
2. Report your location at the time of the call
3. Report the location of the crime or emergency
4. Report the type of crime or emergency
5. Report as best you can, any information that you might know such as to the seriousness of the problem, any descriptions of persons involved or the direction of travel of a suspect.

Your Campus Police Department is structured to provide you with competent and professional law enforcement assistance and welcome the opportunity to serve you. All campus Police Officers are appointed as regular full time Policemen by the authority of the Board of Trustees of the University of Maine and are Special Officers of the Town of Farmington.

The Campus Police Department Office is located at 7 South Street, next to the Student Center.

**CAMPUS OFFICERS**

- Lieutenant Robert E. Harper, Jr.
- Officer Richard W. Constock
- Officer Bruce Vines