



ISSUE 4 · 22 JULY 2025

# UNDER WAY

Newsletter For Incoming Mariners of MMA

## PACKING SUGGESTIONS

As you prepare for your arrival to campus, you might be wondering about what items to bring with you. Here are some dos, don'ts, and suggestions to help get you going.

Once roommates are announced, talk to your roommate(s) about what shared items like a TV, mini- fridge, microwave, etc. might be brought and by whom. Having two of these items will take up valuable real estate in your room.

Consider leaving your winter apparel at home, for now. If you'll be going home for a long weekend in October, or for Thanksgiving Break, bring your winter clothes back with you then.

Do leave all four or eight-legged, slithering, and winged friends at home. Fish and Dust Bunnies are the only pets allowed in the res halls.

Don't bring items that pose a fire-safety risk, such as candles, incense, space heaters, toasters, etc. Also, leave at home air fryers, weapons (unless being stored in the armory at Campus Safety), air conditioners, and all Orbeeze & Nerf guns.

In Curtis, there are cleaning lockers stocked with brooms and dustpans, vacuum cleaners, and basic cleaning supplies, including paper towels, disinfecting cleaning sprays, and rubber gloves, for your use. If you want to bring some of your own cleaning supplies, great, or if you want to use what's provided, that's fine too.

Independent students can [check out this link](#) for additional suggestions on what to bring. Students in the Regiment of Midshipmen should review the [Regimental Packing List](#).

## This Issue:

[Packing Suggestions](#)

[Q&As](#)

[Campus Highlight:](#)  
[Dining Services](#)

[Castine Highlights:](#)  
[Banks](#)

[NSO #3 Highlights](#)

[Did You Know?](#)

[Upcoming Dates](#)

[Where's The Anchor?](#)

**MAINE MARITIME ACADEMY:  
WHERE A SMALL COMMUNITY  
FEELS LIKE A LARGE FAMILY**

## Q&As

Some of you have emailed Res Life with great questions over these past few weeks, and we figure others might also have the same question, so below we've compiled the questions you've asked and their answers.

Q: How will I find out who my roommate is?

A: By end of the day on Wednesday, July 23 your roommate information will be posted to your [MyStudentLife](#) portal.

Q: What happens if my roommate(s) and I have differences?

A: With any new relationship, there's going to be a learning period for both you and your roommate. Shortly after move-in, have a conversation with your roommate(s) about expectations for the room: cleanliness, your willingness to share items, having guests over, etc. When an issue arises, address it immediately, and don't just ignore it in hopes it will go away on its own. If you need help figuring out how to have that face-to-face conversation, connect with your RA and they can help you out. Sometimes we all need alone time, so if your roomie wants some time alone, or doesn't want to always go to the gym with you, respect that, and don't fret about it. And for the love of all roommate humanity, don't hit your snooze more than once in the mornings.

Q: How safe is the MMA campus?

A: Campus, and the town of Castine, are both historically safe places. But as is always the case, crime can happen anywhere and at any time. Here are a few steps we can all take to help protect ourselves. If walking at night, take your AirPods out and be aware of your surroundings. Rock out to the latest Sheeran, Eilish, Grande, or Urban song when you get to your destination. Save Campus Safety's number in your cell phone (207.326.2479). If you see something, say something.

The Clery Act is a federal protection law that aims to provide transparency around campus crime statistics and policies. You can view [MMA's Annual Clery Report](#) here.

Q: The start of my first semester has got me feeling overwhelmed. What can I do?

A: First, this is completely normal for many new students. Between academics, athletics, the Regiment, having a social life, and maybe a job, learning how to manage your time can help reduce stress and feeling overwhelmed. Sometimes a late-night study session is needed, but don't let it become the norm. Be sure you're getting enough sleep each night. If your academics are causing you some stress, reach out to your faculty member early on for assistance. Don't let being a student be all work and no play. Join a student club or organization, or make an attempt to go to campus events each week to give yourself time to unwind. MMA's Counseling Services is also a great resource, and we'll be highlighting that department in our next issue of Under Way.

Q: Can I have guests come and visit me?

A: Yes, as long as your roommate(s) is ok with it, your guest is 18 years or older, and they don't stay longer than 72 hours. For new Regimental students, you can have guests after the Regimental Induction Ceremony.

Q: What about parking on campus?

A: Due to limited parking on campus, first-year students are not able to have a vehicle on campus. If you believe you have circumstances that might necessitate having a vehicle on campus, contact Campus Safety ([campussafety@mma.edu](mailto:campussafety@mma.edu)), as that department is responsible for parking on campus.

If you have additional questions, drop us an email at [housing@mma.edu](mailto:housing@mma.edu)!





## CAMPUS HIGHLIGHT

DINING SERVICES at MMA is managed by Sodexo and its dedicated team of employees who work hard to keep us all full day in and day out. The Dining Services team is led by General Manager, Carmen Montes. Also, a part of the team is Krista Niezelski, MS, RDN, who is the campus dietitian and can work with you to ensure your dining needs are being met and that you have a safe dining experience.

The Main Dining Room (A.K.A. The Mess Deck) is an all-you-care-to-eat dining hall featuring the Comfort Entrée Station; Daily Grill; Brick Oven Pizza; Salad Bar; Deli Sandwiches; Soups and Desserts stations; and the Serrano station featuring build-your-own burritos, tacos, and bowls. The Mess Deck also features a Simple Zone station which is stocked with gluten-free, dairy-free, peanut & tree nut-free items.

The Mess Deck's hours of operation are:  
Monday-Thursday: 6AM-7PM | Friday: 6AM-6:30PM  
Saturday-Sunday: 8AM-6PM

For those times you might be hungry a little later in the evenings after the Mess Deck closes, the Waypoint is your go-to. The Waypoint is located below the Mess Deck in the Alford Student Center.

Students living on campus can choose from three meal plans:

21 Meal Plan: 21 meals/week

17 Meal Plan: 17 meals/week, \$75 Flex/semester

12 Meal Plan: 12 meals/week, \$300 Flex/semester

Flex dollars are like money on a debit card. You can use Flex dollars in the Mess Deck & WayPoint rather than paying cash for a cup of coffee, for example, or an energy drink on your way to class.

For students living off-campus who are interested in having a meal plan, there are a few [Voluntary Meal Plans](#) to choose from.

Additional questions? Check out [Dining Service's website](#).

## HOW TO CONTACT US

**Carmen Montes**

[carmen.montes@sodexo.com](mailto:carmen.montes@sodexo.com)

207.326.2461

**Krista Niezelski**

[krista.niezelski@sodexo.com](mailto:krista.niezelski@sodexo.com)

**General Email**

[diningservices@mma.edu](mailto:diningservices@mma.edu)

## CASTINE HIGHLIGHTS: BANKS

In Castine, there are three banks, all of which are within walking distance from campus.

Bangor Savings

Located On Battle Avenue

Camden National Bank

Located On Water Street

University Credit Union

Located In Alford Student Center On Campus.  
Video Teller & ATM Only.



## NSO #3 Highlights

On Saturday, July 12, we welcomed 62 incoming students to campus for our final New Student Orientation (NSO) of the summer. Despite our best efforts, and a few hopeful weather requests submitted to the universe, Mother Nature went 3 for 3 this summer, delivering less-than-ideal conditions for each NSO. While we had envisioned sunny skies, gentle breezes, and a few picturesque cumulus clouds drifting by, the reality was a bit more... atmospheric. Still, the overcast skies and dense fog out on the water didn't dampen the enthusiasm of our newest Mariners.

Staff on campus this summer are getting excited about the students' arrival in August, and we look forward to seeing how this incoming class will grow, contribute, and thrive in the months and years ahead.



## UPCOMING DATES

Roommate Notification: July 23 By 4PM

Log on to your [MyStudentLife](#) portal to find out who your roommate(s) is going to be.

Move In Time Slot: July 23 By 4PM

To help ease congestion on move-in days, you will be assigned a move-in time slot, which will be posted to your [MyStudentLife](#) portal. If you are assigned to two different move-in groups, you will want to arrive on campus on the earliest day. For example, if you're a member of the football team, which has an arrival date of Wednesday, August 13, and you will also be in the Regiment, which has an arrival date of Sunday, August 17, you will want to arrive on Wednesday when the football team reports.

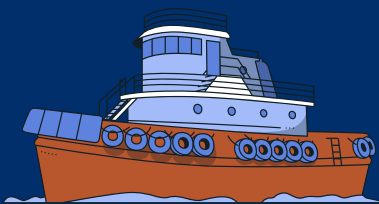
### FOR REGIMENTAL STUDENTS!!

If your family would like to join you for lunch on Sunday, August 17 after you get moved into the residence halls, they are able to [pre-pay for meals by using this link](#).



### Did You Know:

MMA's Tug, The Pentagoet, Can Hold 12,000 Gallons Of Fuel!?!?



### WHERE'S THE ANCHOR?

Hidden somewhere in this issue of UNDER WAY is a mini anchor, the logo of MMA Athletics.

If you spot it, email its location to Dan Gardner ([daniel.gardner@mma.edu](mailto:daniel.gardner@mma.edu)) by July 28 to be entered into a random drawing for a \$25 gift card to the Maine Maritime Academy Bookstore.

And no, it's not on the photo backdrops from NSO.

### Coming Up In The Next Issue:

- ON-CAMPUS EMPLOYMENT
- CAMPUS HIGHLIGHT:  
HEALTH & COUNSELING SERVICES
- CASTINE HIGHLIGHT:  
CASTINE FIRE & RESCUE