



**NORTHERN
MAINE**
COMMUNITY COLLEGE

Toward Excellence

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Issue #3

Weekly Bulletin

Homecoming Makes a Comeback

The College's new Alumni & Friends Organization hosted the first homecoming in more than two decades on campus last weekend, and it was a great success!

The weekend kicked off with an Open House on Friday, during which approximately 175 high school students toured campus. They were joined by some folks from the community and alumni who also took advantage of the opportunity to tour campus facilities and learn about what is happening at the College.

An alumni dinner that evening was a huge success, with approximately 100 in attendance. Four alums received special recognition during the evening, being named "shining stars."

Other activities over the weekend included having a float in the parade in Presque Isle on Saturday morning, an alumni vs. student soccer game Saturday afternoon, and the first NMCC soccer game of the season on Sunday afternoon.

A special thank you goes out to all of the folks who helped make this weekend a success. It took a lot of volunteers (students, employees and alumni) to make this happen! Whether you helped with one of the many tasks (decorating the float, touring student groups, setting up/breaking down for events), attended or took part in an event, or helped in one of many other ways...THANK YOU!

Disaster Preparedness Institute to be Offered

The American Red Cross will be holding a Disaster Preparedness Institute at NMCC on September 24 & 25. The training is being co-sponsored by NMCC and the Aroostook County Emergency Management Agency.

The training is designed for Red Cross volunteers; law enforcement, fire, emergency and safety officials; educators; healthcare providers; businesses; and any community member interested in becoming an American Red Cross Disaster Volunteer. The multi-disciplined training will focus on disaster preparedness to ensure our community's immediate response in times of emergency.

The two-day training session is free and includes a continental breakfast and lunch. Seating is limited and will be filled on a first received basis. All registrations must be received by September 17. Registration packets are available at the information window in the Christie lobby.

Nursing Student to Check Blood Pressures

First year nursing students will be providing free blood pressure checks for the campus community on Wednesday, September 15, from 8:15 to 11:45 a.m. They will offer the same service again on September 29 during the same hours. The students will have stations in the Christie lobby, in the mezzanine area above the lobby, and in the commuter lounge by the bookstore. They will also take requests for office calls if needed. Please take a few moments to get your BP checked, and give these students a valuable opportunity to practice their skills.

Annual Softball Game

The annual employee vs. student softball game has been rescheduled for Wednesday, September 22. Plan to join a team or to come by to root for your peers! Warm up begins at 5:30 pm in front of Andrews Hall. For more details, contact Student Senate advisor Dennis Albert at 768-2757.

Constitution Day Activities Planned on Campus

Campus and community members are invited to join in a celebration of Constitution Day on Friday, September 17, at NMCC, where a presentation by a well-known local attorney, voter registration drive and tasty culinary tribute to our nation's founding fathers are all planned.

The highlight of the day will feature a speech by local attorney Richard C. Engels of the law firm Bemis and Rossignol entitled "Toward a More Perfect Union - The Constitution an Ongoing Experiment in Limited Government." The presentation will be held in the Edmunds Library at 12:00 noon.

Red, white and blue themed refreshments will be served in the library for attendees at Engels' discussion of the Constitution. The patriotic

food fest on September 17 will also include a special lunchtime meal open to the public and served in the Reed Dining Commons at NMCC between 11:30 a.m. and 1:00 p.m.

Complete with Senate Bean Soup, made famous at the cafeteria in the U.S. Capitol building, "freedom" fries and apple pie, the Aramark Dining Service staff at NMCC is inviting the community to come to the campus for lunch. Cost for the meal will be \$6, payable at the door.

A final Constitution Day activity at NMCC will be a student-led voter registration drive held in the College library between 12:00 noon and 4:00 p.m. NMCC students Mariah LeMieux-Lupien of Presque Isle and Dusty Graham of Mapleton are organizing the drive.

Lunch Menu

Monday

Broccoli & Cheese Soup
Chesapeake Bay Corn Chowder
Floribbean Chicken Stew
Soy Sesame Chicken
Cheese Lasagna
Orange Spiced Carrots
Cheddar Mashed Potatoes
Corned Beef Special Sandwich
BBQ Bacon Swiss Mush. Brgr.
Sweet Potato Fries
Meatball Calzone
Buffalo Bistro Chicken Wrap
Dessert

Tuesday

Kielbasa, Cabbage & Pot. Soup
Tomato Rice Soup
Floribbean Chicken Stew
Stuffed Green Peppers
Baked Macaroni & Cheese
Spinach
Brown Rice
Boca Burger
BBQ Bacon Swiss Mush. Brgr.
Sweet Potato Fries
Hawaiian Thin Crust Pizza
Genoa Salami w/ Mozzarella
Dessert

Wednesday

Vegetable Chowder
Asian Beef & Ramen Soup
Floribbean Chicken Stew
French Dip
Eggplant Parmesean
Veggie Blend
Herbed Chips
State Fair Corn Dog
BBQ Bacon Swiss Mush. Brgr.
Sweet Potato Fries
Greek Pizza
Caesar Wrap
Dessert

Thursday

Chicken & Okra Gumbo Soup
Chicken Noodle Soup
Floribbean Chicken Stew
Mexican Beef Fajitas
Cavatappi, Ckn., Portobella
Vegetable Medley
Chipotle Rice
Philly Beef Steak & Cheese
BBQ Bacon Swiss Mush. Brgr.
Sweet Potato Fries
Chicken Parmesean Rolletto
Hummus & Toasted Pita
Dessert

Friday

Come join us for a
Patriotic Food Fest
11:30 am to 1:00 pm
in honor of
Constitution Day.

Menu items will include:
Senate Bean Soup
"Freedom" Fries
Apple Pie
and much more!

Homecoming



These students from Region 2 in Houlton were among the approximately 175 high school students who visited labs and toured campus on Friday, September 10, during the Open House which kicked off Homecoming weekend. The Region 2 group stayed for the BBQ lunch and pep rally in the dining commons, enjoying the music of the PI Middle School Jazz Band.



A photo exhibit by Larry Parks with a reception in the library drew a number of community members to campus.

Approximately 20 alums took to the field to play the current NMCC soccer team in a game on Saturday afternoon. The alumni team were the victors, with a score of 3 to 2.



Approximately 100 alumni, college employees and guests attended the alumni dinner on Friday night. Four alumni were honored during the evening as "Shining Stars." Among those taking part in the ceremony were, from left: Scott Carlin, president of the NMCC Alumni & Friends Organization; honorees Robert Clark, Ammie Toby, Nancy Putnam, and Robert Lilley; NMCC President Timothy Crowley; and Congressman Michael Michaud. The star awards presented were made by NMCC instructor Dennis Albert and his welding & metal fabrication students.



A large number of alumni, student and employee volunteers (and their families) rode on or walked alongside the NMCC float in the parade on Saturday morning. Volunteers handed out NMCC pencils and watermelon (courtesy of Star City, Mars Hill & Hillside IGAs) to the spectators. NMCC's float won first place for a civic entry!

Events

MONDAY

Customized OSHA Training, IRC Welding & Stainless Food Service, 8:00 am - 3:30 pm, CED Classroom

Payroll Workshop, 9:00 am - 4:00 pm, Library Study Rm.

EMS Software Training, 10:00 am - 12:00 pm, CED Conf. Rm.

Student Computer Help, 1:00 - 5:00 pm, CED Conf. Rm.

Heartsaver First Aid, CPR & AED, 6:00 - 9:00 pm, CHR 201

TUESDAY

Mobilize Maine, 11:30 am - 1:00 pm, Edmunds Conf. Ctr.

Student Computer Help, 8:00 am - 4:30 pm, CED Conf. Rm.

Payroll Workshop, 9:00 am - 4:00 pm, Library Study Rm.

Student Senate Meeting, 12:00 - 1:00 pm, CHR 201

TRIO Workshop, 12:00 - 1:00 pm, Keegan Room

Electricity II CED Class, 5:30 - 8:30 pm, CHR 113

WEDNESDAY

NECAP Workshop, 8:30 am - 12:00 pm, Edmunds Conf. Ctr.

Student Computer Help, 3:00 - 5:30 pm, CED Conf. Room

Stress Management TRIO Workshop, 5:00 - 6:00 pm, Edmunds Conference Center

Heartsaver First Aid, CPR & AED, 6:00 - 9:00 pm, CHR 201

THURSDAY

Student Computer Help, 8:00 am - 4:30 pm, CED Conf. Rm.

Probus, 10:00 - 11:30 am, Reed Commons Keegan Rm.

50th Anniversary Comm. Mtg., 12:00 - 2:00 pm, Keegan Rm.

Customized Computer Training, Huber Engineered Woods, 3:00 - 5:00 pm, MRT 210

FRIDAY

Student Computer Help, 9:00 am - 12:00 pm, CED Conf. Rm.

Constitution Day Presentation, 12:00 - 1:00 pm, Library

SATURDAY

Northern Maine Collaborative Diabetes CME, 8:00 am - 3:00 pm, Edmunds Conference Center

AFL Meeting, 9:00 - 10:00 am, CHR 101