



**NORTHERN  
MAINE  
COMMUNITY COLLEGE**

*Toward Excellence*

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# Weekly Bulletin

## Expo Draws Thousands



A new attendance record for the Fall and Winter Expo was realized this past weekend as more than 4,100 community members from across The County and western New Brunswick attended the show sponsored by the Northern Maine Community College Foundation and WAGM-TV at the Forum in Presque Isle. Organizers and participants alike are calling the event a huge success. Among those enjoying the show were Betty Kent-Conant (faculty emeritus) and Nancy Gagnon (from the admissions office), who were checking out the Bobcat on display by Roger's Sports Center... although they were in need of a chauffeur! Look for lots more photos from the Expo, along with details on the winners of the more than \$15,000 in prizes awarded at the show, in the upcoming quarterly *Toward Excellence* newsletter. For those students and employees who volunteered at or attended the Expo, thanks so much for your support!

## One Book One College Program

Members of the campus community are invited to join in the first **One Book One College** program at NMCC. The first book in this series will be *Here If You Need Me* by Maine author Kate Braestrup. Copies of the book are available in the library, so that you can read it before the group discussion on Friday, November 19, at noon in the library.

Braestrup is the chaplain for the Maine Warden Service and the author of the memoir *Here If You Need Me* and the novel *Onion*. Her most recently published book, *Marriage and Other Acts of Charity (A Memoir)*, is now available for purchase. She has written for the *New York Times Magazine*, *Boston Globe Sunday Magazine*, *O, Mademoiselle*, *More, Ms.*, and *Law and Order*.

For more information on this first program, to suggest a book for a future program, or to be a facilitator at a discussion, contact Gail Roy at [groy@nmcc.edu](mailto:groy@nmcc.edu) or 768-2734.



## Continuing Education News

A Pediatric First Aid/CPR course will be offered by the college's continuing education division in October. Participants can choose between a day long class in Houlton on Saturday, October 9, or a class offered over two evenings, October 25 & 27, in Presque Isle. This course covers first aid basics, medical emergencies, injury emergencies and environmental emergencies.

Other non-credit courses being offered this month include: Transitioning from Windows XP to Windows 7 on October 9; Digital Photography on October 16; Transitioning to Office 2007 on October 18 & 20; Bracelet Design on October 23; Hands-on: Facebook 101 on October 23; and Introduction to Publisher 2007 on October 27.

For more details on these and the many other upcoming courses available through the division, including a wide option of on-line courses, pick up a copy of the Continuing Education Fall course schedule, or look for it on-line by clicking on the continuing education link on the college's website ([www.nmcc.edu](http://www.nmcc.edu)).

## Columbus Day Break

Just a reminder that the College will be closed on Monday, October 11, for the Columbus Day holiday. Students and faculty also have Tuesday, October 12, off for an extended long weekend, although College offices will be open that day.

Have a safe and happy long weekend, everyone!

*(Please note that the next edition of the Weekly Bulletin will be out on Monday, October 18.)*

## 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

Beef Barley Soup  
New England Clam Chowder  
Floribbean Chicken Stew  
Zesty Beef Stroganoff  
Deep Fried Ravioli  
Acorn Squash  
Mashed Sweet Potatoes  
Fishwich with Lettuce  
BBQ Bacon Swiss Mush. Brgr.  
Sweet Potato Fries  
WW Spinach, Feta & Ham Pizza  
Apple Tuna Salad Sandwich  
Dessert

## Congratulations...

Congratulations to NMCC liberal studies student Michelle Fundalewicz for winning the refrigerator that was being raffled off by Coca-Cola in the bookstore!

## Student Senate Meetings

All students are invited to attend Student Senate meetings, held weekly on Tuesday at noon in Christie 201. Come and have your opinion heard.

## Flu Shots

Employees and other adult (18+) family members included on their Anthem health insurance plan are eligible to receive their flu vaccination on campus on Thursday, October 14. The shots will be offered beginning at 9:00 a.m. in the Edmunds Conference Center.

To reserve your vaccination, call Nikki at ex. 1196.

## Events

### TUESDAY

**Little Feathers**, 10:00 - 11:00 am, Gym  
**Student Senate Meeting**, 12:00 - 1:00 pm, CHR 201  
**TRIO Workshop - Street Drugs**, 5:00 - 6:00 pm, Edmunds Conf. Center  
**Aroostook Football League**, 5:30 - 7:30 pm, Athletic Field  
**Electricity II CED Class**, 5:30 - 8:30 pm, CHR 113

### WEDNESDAY

**Safety Committee**, 9:00 - 10:00 am, Martin Third Floor Conference Room

### THURSDAY

**VA Voc Rehab Meeting**, 8:00 am - 1:00 pm, Library Study Rm.



Approximately 40 students took part in the BINGO Night sponsored by Student Senate on September 30. Lots of fun was had by all, and some great prizes were won. Special thanks to instructor Guy Jackson for once again being the caller at this annual activity.

## BINGO NIGHT



## Health Fair Booth Winners



Teams of senior nursing and medical assisting students held their annual Community Health Fair at the Fall & Winter Expo on Saturday, October 2. In all, 35 students presented 13 different educational displays over a wide range of topics. The Aroostook Medical Center awarded the team of nursing students with the "best booth" (as judged by a panel from the hospital) with a check for \$400. Participating in the presentation were, from left: Lynn Turnbull, vice president of nursing services at TAMC; Sylvia Getman, TAMC's new president & CEO; winning nursing students Lindsey Mason and Christina Schmidt; Kim Esquibel, chair of the NMCC nursing & allied health department; and senior nursing instructors Paula Flora and Eileen McDougal. Absent from the photo is student Kim Jandreau, part of the winning team. The group's display was on ways to beat the winter blues. In addition to the information the team provided, they also offered free healthy snacks, a hands-on activity with the game Twister, and snow cones.

**Aroostook Football League**, 5:30 - 7:30 pm, Athletic Field  
**AARA Meeting**, 6:30 - 8:00 pm, Electronics Classroom

### FRIDAY

**BLS for Healthcare Providers**, 1:00 - 7:00 pm, CHR 201  
**Employee Recognition Lunch**, 11:30 am - 1:00 pm, Edmunds Conference Center  
**Behavioral Intervention Team**, 10:00 - 11:00 am, Martin Third Floor Conference Room

### SATURDAY

**Transitioning from Windows XP to Windows 7**, 9:00 am - 12:00 pm, CED Classroom