

# Weekly Bulletin

## Author to Hold Reading and Book Signing at NMCC

An award-winning author and journalist, whose latest book tackles the Maine-New Brunswick border in a thought-provoking way, will introduce his work on Thursday, October 6, at 1:00 p.m. in the NMCC library.

Jacques Poitras will read from his new book, *Imaginary Line: Life on an unfinished border*, and lead a discussion on the topics covered in the publication, including how activity along the international border serves as a microcosm for relations between the U.S. and Canada. In addition, he will sign copies of the book, which will be available for sale.

The reading is free and open to the public. Refreshments will be served.

## Information Fair to Be Held in the Lobby

An Information Fair will be held in the Christie Lobby on Thursday, October 6, from 10:00 a.m. to 1:00 p.m. The intent of the event, according to organizers Gail Roy from the library and instructor Jen Graham, is for those who stop by to learn one new thing.

Topics will include:

- **Academic Success Center** - Mentoring Project & Skype
- **Health Center** - Student Health Insurance/How to Get Help & Negotiate the Plan
- **iPad Demo**
- **Information Literacy Tips**
- **Identity Theft**
- **Credit Reports**
- **Laptop Security Tips** - Theft Recovery Applications
- **Scholarship Online Scams**
- **Tips for Searching Online**
- **Financial Aid** - Viewing Your Financial Aid Award & Course/Fee Statement

- **Google Tips/Tricks**
- **Shopping Online** - Protecting Your Credit Information
- **Kids and Safety Online/Cyberbullying/Sexting**
- **What is QR** (Quick Response) **Code** and how do I get a QR Code Reader
- **Google Scholar**
- **Google Books**
- **Energy Info** (Recycling, Going Green, Lightbulbs, etc.)
- **Health Information Literacy** ([www.Medlineplus.gov](http://www.Medlineplus.gov))
- **ICE on Your Cell Phone**
- **Most Common APA/MLA Errors**

Students and employees are encouraged to stop by the Christie lobby on Thursday, anytime between 10:00 a.m. and 1:00 p.m. to learn more about any of the above topics. Remember, the goal is to learn at least one new thing that day!

## Nursing Students Take Part in TAMC Health Fair



NMCC nursing students Amber Bennick (foreground) and Emily Greaves talk to Health Fair goers about healthy eating habits and some of the health risks associated with excess body fat.



Nursing student Aaron Olmstead goes over some cardiac health information with an attendee.

Nursing students Rose-Mary Williams and Emily Cyr take blood pressures as part of their group's exhibit on the importance of knowing your numbers, such as blood pressure and cholesterol levels.



NMCC student Laurie Shackett discusses the importance of mammograms as an early detection of breast cancer.

## Lunch Menu

### Monday

BBQ Beef Brisket Sandwich  
Vegetable Chimichanga  
Paella Station  
Peas & Carrots  
Potato Wedges  
Buffalo Chicken Sandwich  
Bistro Chicken Sandwich  
Four Cheese Penne Casserole  
Oriental Beef Noodle Soup  
Boston Clam Chowder  
Cheddar & Cauliflower Soup

### Tuesday

Classic Chicken Parmesan  
Moroccan Vegetable &  
Couscous Stew  
Smokin BBQ  
Steamed Veggies  
Mashed Potatoes  
Buffalo Chicken Sandwich  
Bacon Bleu Burger  
Linguine with Beans &  
Roasted Red Peppers  
Chicken & Wild Rice Soup  
Boston Clam Chowder  
Butternut Squash Soup

### Wednesday

Chicken Andouille Gumbo  
Baked Potato, Chili  
Green Bean Amandine  
Couscous  
Buffalo Chicken Sandwich  
B T & Cheese on Texas Toast  
Rigatoni & Meatballs  
Casserole  
Swiss Crab Soup  
Boston Clam Chowder  
Cheesy Soup

### Thursday

Southwestern Jerk Chicken  
Vegetable Enchilada  
General Tso's Chicken  
Yellow Squash  
Egg Noodles  
Buffalo Chicken Sandwich  
Grilled Cheese & Tomato Sand.  
Extra Cheesy Lasagna  
Chunky Potato Chowder  
Boston Clam Chowder  
Black Bean Soup

### Friday

Fish & Chips  
Szechuan Tofu  
Corn  
Buffalo Chicken Sandwich  
BBQ Beef Quesadilla  
Sweet Sausage, Mushroom  
& Pasta Casserole  
Chunky Potato Chowder  
Boston Clam Chowder  
Black Bean Soup

#### AVAILABLE DAILY

Salad, pizza, hamburgers,  
garden burgers, hot dogs,  
chicken sandwiches, grilled  
cheese sandwiches, french  
fries and assorted desserts

## Mentoring Orientation

On October 15th the Academic Success Center will be holding an orientation for all approved mentors participating in the Mentoring Program. The advisory committee will be discussing the expectations of the exciting new program which include resources for mentors, as well as group and individual activities.

All students who are interested in taking part are encouraged to complete the instructor referral form. Pick up the form at the ASC, have it signed off by an instructor, and return it no later than Wednesday, October 5.

The orientation will be held in the ASC from 4:00 - 7:00 p.m. Refreshments and snacks will be provided for all those mentors who are approved.

For more details, contact Laura McPherson in the ASC at [lmcperson@nmcc.edu](mailto:lmcperson@nmcc.edu) or 768-2766. You may also contact Lori Googins, PTK advisor at [lgoogins@nmcc.edu](mailto:lgoogins@nmcc.edu).

## Classic Film Series Continues

NMCC instructor Eric Pelkey will be hosting another session of his Classic Film Series this Thursday, October 6, at 7:00 p.m. in the Edmunds Conference Center.

This week's film will be "Sunset Boulevard" from 1950, starring William Holden, Gloria Swanson and Erich von Stroheim. All members of the campus community are invited to attend. Admission is free.

## Newsletter Items...

Do you have items that you would like printed in the *Weekly Bulletin*? If so, submit your information to the development office by calling 768-2809, e-mailing [info@nmcc.edu](mailto:info@nmcc.edu) or stopping by the office, just off of the lobby of the Christie Building. **The deadline is Friday by 10 a.m.**

# Events

### MONDAY

**Financing Your Future**, 5:30 - 8:30 pm, Keegan Room  
**First Aid with CPR & AED**, 5:30 - 8:30 pm, CED Classroom

### TUESDAY

**CRMA Certification Course**, 8:30 am - 5:00 pm, CED Classrm.  
**Student Senate Meeting**, 12:00 - 1:00 pm, CHR 201

### WEDNESDAY

**New Employee Breakfast**, 7:15 - 9:00 am, Keegan Room  
**Sinawik Meeting with Instructors**, 8:00 - 9:00 am, Martin 3rd Floor Conference Room  
**Women, Work & Community**, 11:30 am - 3:00 pm, Keegan Rm  
**First Aid with CPR & AED**, 5:30 - 8:30 pm, CED Classroom  
**Leadership Maine**, 4:00 - 9:00 pm, Edmunds Conf. Center  
**TRiO Workshop - Money Matters**, 5:00 - 6:00 pm, Keegan Rm



## BINGO Night Held

Student Senate sponsored a BINGO Night last week. It was a great night, with 80 people taking part. Big winners for the night were:

**1st place - Billy Laplante**, winning a Sony iPod, AM/FM and CD sound system

**2nd place - Sebastian Viola & Ricardo Viola**, each winning a Canon Max 420 printer & fax machine

**3rd place - Albert Mauger III & Wendy Genthner**, both winning a Fujii camera

Special thanks to Dennis Albert for serving as caller and to Cindy Albert and Wendy Genthner for handing out the BINGO cards.

## Long Weekend

The College will be closed on Monday, October 10, for Columbus Day. Faculty and students also have Tuesday, October 11, off for an extended weekend. Enjoy the long weekend, everyone!

## Need New Steps?

Residential construction students are taking orders for outdoor steps. This is a great opportunity for interested persons to get a good deal on steps, while helping our students practice and hone their skills. For more information or to place an order, contact instructor Frank Pytlak at 768-2718 or stop by to see him in the residential construction lab.

### THURSDAY

**CRMA Certification Course**, 8:30 am - 5:00 pm, CED Classrm.  
**Information Fair**, 10:00 am - 1:00 pm, Christie Lobby  
**Jacques Poitras Book Signing**, 1:00 - 3:00 pm, Library  
**Basic MS Excel 2010**, 5:00 - 8:00 pm, CED Classroom  
**Movie Night**, 7:00 - 9:00 pm, Edmunds Conference Center

### FRIDAY

**LEAD Breakfast**, 7:00 - 10:00 am, Residential Const. Lab  
**Information Literacy Training**, 9:00 - 10:00 am, MRT 105  
**Medical Assisting Meeting**, 11:30 am - 12:30 pm, CHR 201