

Weekly Bulletin

Children's Books Sought

NMCC students and employees are once again partnering with ACAP to brighten and enrich the lives of area children by collecting and handing out children's books during the Holiday Light Parade.

During last year's book drive, NMCC and ACAP volunteers collected and distributed 6,000 books to youth along the parade in downtown Presque Isle. The campus is once again planning to accept book donations in advance of the parade and is hoping for help from the community.

The continued collaboration with ACAP will make donating books more convenient for community members throughout the region by offering more drop-off locations. Those with new or used children's books to donate may drop them off at the information window in the main lobby of the Christie building at the College, 33 Edgemont Drive, Presque Isle; ACAP Main Office, 771 Main Street, Presque Isle; ACAP Park Street Center, 44 Park Street, Presque Isle; ACAP Employment & Training, 91 Military Street, Houlton; ACAP Fort Kent Child Care Center, 40 Alfalfa Avenue; ACAP Caribou Child Care Center, Bowles Road, Caribou; or Box of Books, 678 Fort Fairfield Road, Caribou.

The book collection effort will continue through November, and the books will be distributed at this year's parade on December 3.

For more information, or to arrange for a pick-up of a larger quantity of books, contact the NMCC development office at 768-2809.

NMCC Houses One of Four Weatherization Training Centers in Maine

NMCC's alternative energy center is now home to the state's newest Weatherization Training Center. The facility, made possible through a \$220,000 grant from the Maine State Housing Authority, is one of only four in the state. NMCC held an Open House showcasing the center on October 27, Maine Weatherization Day.

The Weatherization Training Center includes a pressure house that demonstrates a full range of pressure diagnostic measures under a wide variety of situations. The mini-home, located inside the lab area of the facility on Skyway Street, is designed to help students learn techniques for insulating and air sealing.

To simulate real-world conditions the house is equipped with space allocated as a living room, bedroom, bathroom and a combustion air zone. It features a heating system, a vented space heater, water heater, bath fan, kitchen range hood and a dryer.

Controlled electronically and using a smoke machine, the unit is run by a touch screen panel and has a variety of built-in scenarios to help students visually understand the effects of pressure and the flow of energy in a home.

In addition to the pressure house, other equipment provided through the



grant, and now housed at the center, include a blower door, which serves as an important diagnostic tool to measure air leakage in a structure; infrared cameras, which are used to identify areas of heat loss; and a smart board so instructors can record key concepts for students to review at a later time. The lab was also equipped with a manometer, carbon monoxide detector and combustion gas leak detector.

The new equipment will greatly enhance NMCC's curriculum and allow for expansion of program offerings to the community. In addition to serving NMCC students, the facility will be made available for courses coordinated through the College's continuing education division for energy auditors and weatherization technicians, homebuilders and remodelers, and homeowners.

RISK ASSESSMENT AND WELLNESS EDUCATION

Do you know how to reduce stress? Do you get enough exercise? Are you at risk? What is your blood pressure? Do you know your body fat percentage?

Medical assisting students are performing risk assessment and wellness education from **11:00 a.m. to 1:00 p.m.** on the following Mondays:

October 31
November 28

November 14
December 12

Stop by their lab on the second floor of the Edmunds Building. Take the stairs or elevator by the library, the lab is the first door on the left when entering Continuing Education.

Lunch Menu

Monday

Beef & Cheddar Chimichanga
Eggplant Parmesan
Penne, Marinara Sauce
Yellow Summer Squash
Reuben Panini
B T & Cheese on Texas Toast
Italian Subs
Sauerkraut Kielbassa Soup
Corn Chowder
Floribbean Chicken Stew

Tuesday

BBQ Pork Sandwich
Spinach Quiche
Burrito Station
California Blend Veggies
Mediterranean Couscous
Philly Cheese Steak
B T & Cheese on Texas Toast
Milano Wrap
Chicken & Wild Rice Soup
Split Pea Soup
Floribbean Chicken Stew

Wednesday

Crispy Breaded Pork Cutlet
Black Bean Stuffed Peppers
Overstuffed Potato
Corn
White Rice
Sausage & Pepper Ciabatta
B T & Cheese on Texas Toast
Vegetable Linguine
Manhattan Clam Chowder
Spicy Vegetable Barley Soup
Floribbean Chicken Stew

Thursday

Chicken, Hunan
Vegetable Enchilada
Taco Salads
Broccoli
Fresh Mashed Potatoes
Grilled Cheese & Tomato Sand.
B T & Cheese on Texas Toast
Rotini Marinara
Jerk Chicken Soup
Cream of Broccoli Soup
Floribbean Chicken Stew

Friday

Fried Pollock, Creole Sauce
Farfalle w/Broccoli & Ricotta
Meatloaf and Corn Mash
Peas
Grilled Red Potatoes
Pollock Fishwhich
B T & Cheese on Texas Toast
Pesto Bowties
Mexican Chili Soup
Cream of Mushroom Soup
Floribbean Chicken Stew

AVAILABLE DAILY

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

Guessing Contest Winners...

Congratulations to Tonya Wiggins and Ridge Klonicke for winning the Halloween Guessing Contest sponsored by the Student Senate.

For Jar #1, Tonya guessed 176, which was the exact amount in the jar. For Jar #2, Rich guessed 822, and the actual amount was 852. Each won a \$50 gift card to Walmart.

What's Happening in Residential Construction??

Rumors are that the residential construction students have a deal with Santa Claus. Details are emerging. When asked why guard dogs and security personnel are stationed around the Mailman Building, instructor Frank Pytlak had no comment. More to come...

Community Notes

Retirement Planning

Do you wonder how you will be able to afford to retire? Have you started planning for retirement? Whether or not you have started saving for your retirement, you will want to attend this one-session workshop to help you take the next step, or even the first step. Understand the pieces involved in financing retirement, how to put the puzzle together, and develop a plan to secure your retirement. Join Women, Work and Community on November 7 from 5:30 - 8:00 pm in NMCC's Reed Commons for a free retirement planning workshop. Pre-registration is required. Call 764-0050 or email senechal@maine.edu to register or for more information.

Events

MONDAY

Jenzabar Consultant, 8:00 am - 4:30 pm, CED Classroom
President's Cabinet, 10:00 - 11:30 am, Martin 3rd Floor Conference Room
SNA Raffle, 12:00 - 2:00 pm, Christie Lobby

TUESDAY

Jenzabar Consultant, 8:00 am - 4:30 pm, CED Classroom
EMS Protocol, 8:00 am - 4:00 pm, Edmunds Conf. Ctr.
Student Senate Meeting, 12:00 - 1:00 pm, CHR 201
Soccer Board Officials Meeting, 6:00 - 8:30 pm, Edmunds Conference Center

WEDNESDAY

Jenzabar Consultant, 8:00 am - 4:30 pm, CED Classroom
Community Paramedicine Advisory Mtg., 11:00 am - 1:00 pm, Edmunds Conference Center



Service Project Sunday

On the afternoon of Sunday, October 23, NMCC students helped the Nordic Heritage Sport Club with their Fall Clean Up. The students helped clear brush and weeds from the entry stairs, ramp and other areas, as well as helped store flag poles used for the Biathlon World Cup last winter. The NHSC was extremely grateful for the help and extended an open invitation to the campus not only to come use their state of the art facilities and trails (right now is walking, running, and mountain biking (rentals available) season), but also to join them for a Halloween 5K, pot luck supper and bonfire next Sunday the 30th. Details are available via the Campus Life tab calendar on your MyNMCC portal. Students attending the Clean Up were, from left: Jacob King, Jessica Tyler, David Rugg, and Simon Tutlis; organized by Elizabeth Pelkey (not pictured).

Donations Sought

With the economy the way it is, the Sister Mary O'Donnell Homeless Shelter is serving more people than ever and is in great need of supplies. Personal toiletry items are particularly needed, but a list of all needed items is available in the library. Donations can be dropped off in the library.

Skating at the Forum...

Students who present their NMCC student ID card at the door can skate for free at the indoor rink at the Forum. Call the Forum for times at 764-0491.

Courtesy of Student Senate

Maine National Guard, 1:00 - 5:00 pm, Martin 3rd Floor Conference Room

Credit Yourself Class, 2:00 - 4:30 pm, Keegan Room

THURSDAY

Jenzabar Consultant, 8:00 am - 4:30 pm, CED Classroom
Event Planning Meeting, 10:00 am - 12:00 pm, Keegan Room
RPAG, 1:00 - 5:00 pm, Martin 3rd Floor Conference Room
Foundation Annual Dinner, 6:30 pm, Edmunds Conference Ctr.

FRIDAY

Jenzabar Consultant, 8:00 am - 4:30 pm, CED Classroom
Equal Opportunity Committee, 11:00 am - 12:00 pm, Martin 3rd Floor Conference Room
Medical Assisting Meeting, 11:30 am - 12:30 pm, CHR 201