



Weekly Bulletin

Student Activities

Free BBQ Dinner

Thursday, September 5

All students are invited to a free barbecue supper on Thursday, from 4:30 - 6:00 pm in the dining commons. Come enjoy some great food and music!

Sponsored by Student Senate

Employee/Alumni vs Student Softball Game

Thursday, September 5

Bring your glove and come join the fun! Warm-up begins at 6:00 pm in front of Andrews Hall. Free t-shirts will be provided to all players. If you don't want to play, come cheer on these teams as they face off in a friendly competition. The game gets underway at 6:30 pm under the lights on the soccer field.

Sponsored by Student Senate

Movies at Braden Theater

Saturday, September 7

NMCC students are invited to go to the Braden Theater on Main Street in Presque Isle. The group will meet at 6:30 PM at Andrews Hall. The cost is only \$2/person.

Sponsored by Res Life Staff

Golfing with Lynne

Sunday, September 8

Lynne Nelson-Manion invites students to join her for golf. The cost is only \$5 with free club rentals. The group will gather at 2:00 PM in front of Andrews Hall. Beginners welcome.

Sponsored by Res Life Staff

To learn more about events taking place, go to www.facebook.com/NMCCInTheLoop.

HOME COMING 2013

While the activities are scaled back a little this year due to construction, there's still fun to be had during this year's Homecoming. Students and employees are invited to join in the following:

THURSDAY, SEPTEMBER 5

4:30 - 6:00 p.m. Barbecue Dinner - Reed Commons

Sponsored by Student Senate

Enjoy a free BBQ dinner while you enjoy some great music.

6:00 - 6:30 p.m. Warm-up for Softball Game - Across from Andrews Hall

Students, employees & alumni are invited to join the teams.

6:30 p.m. Alumni/Employees vs. Student Softball Game - Soccer Field

Don't want to play? Come cheer for those who take to the field.

FRIDAY, SEPTEMBER 6

5:30 - 6:30 p.m. Alumni & Friends Reception - Library

6:30 - 8:30 p.m. Alumni & Friends Dinner & Awards - Edmunds Conf. Center

Alumni and their families, as well as employees and friends of the college, are invited to join us for dinner. Help us honor this year's Torchbearer Award recipient, Scott Carlins, and the 2013 NMCC Instructor of the Year, Dennis Albert. The cost is \$25 person; RSVP to 768-2809.

Health101 Provides Great Tips for Students

For those new to campus this year, let us introduce you to Student Health 101, an online magazine with up-to-date information students can use to improve their health, relationships and study habits. It offers articles on a variety of topics of interest.

The College contracts for this resource for students to help in their

overall wellness and well-being.

The September issue covers topics such as ways to kick-start your learning, beginner's guide to budgeting and more. Enter the September drawing for a chance to win \$1,000!

Check out Student Health101 at <http://readsh101.com/nmcc.html>.

STUDENT health101

september 2013
volume 9 issue 1

ENTER TO WIN
SEPTEMBER'S DRAWING FOR
\$1,000

what's inside:
 Bulletins
 UCookbook
 FitnessU
 Nutrition
 Money
 Balance
 Sleep
 Academics
 More Topics

fact or fiction?
 Cola is great for cleaning toilets.
 True or false?
 CLICK HERE

Lunch Menu

MONDAY

Spicy Chicken Chipotle Sand.
Sloppy Joe
Chicken & Tomato Balti
Stir Fry Station
Chicken Gumbo w/Brown Rice
Sweet Tomato Soup
Bombay Aloo
Seasoned Spinach
Tofu Pho
Apple & Acorn Squash Soup
Chipotle Orange Chicken Sand.

TUESDAY

Reuben Panini
Blackened Basa
Beef Tagine
Stir Fry Station
Beef Veggie Noodle Soup
Sweet Tomato Soup
Baked Macaroni & Cheese
Couscous
Garden Vegetables
Moroccan Vegetable Stew
Vegetable Curry/Jasmine Rice
Vegetable Soup w/Brown Rice
Turkey Pepper Jack Panini

WEDNESDAY

Tuna Melt
Cheeseburger Pie
Chicken Picatta
Stir Fry Station
Sauerkraut Kielbasa Soup
Sweet Tomato Soup
Scallion Mashed Potatoes
Seasoned Rice
Steamed Green Beans
Tempura Tofu Veggie Stir Fry
Lentil Vegetable Soup
Roast Beef, Bacon, Cheddar
Panini

THURSDAY

Basa Sliders with Slaw
Roasted Beef Eye Round
French Dip Au Jus
Lion's Head Meatballs
Stir Fry Station
Beef Mushroom Barley Soup
Sweet Tomato Soup
Steakhouse Potatoes
Butternut Squash Barley Pilaf
Curried Tomato Lentil Soup
Italian Sandwich

FRIDAY

BBQ Chicken & Cheddar Sand.
Chipotle BBQ Chicken
Adobo Pork & White Bean Chili
Stir Fry Station
Swiss Mock Crab Soup
Sweet Tomato Soup
Cilantro-Lime Rice
Spanish Rice
Zucchini & Tomatoes
Cheesy Bean & Rice Burrito
Cuban Black Bean Soup
SW Cheddar Jack Panini

AVAILABLE DAILY

Salad, pizza, hamburgers,
gardenburgers, hot dogs,
chicken sandwiches,
grilled cheese sandwiches,
french fries, chips and
assorted desserts

Student Senate Meeting

The NMCC Student Senate meets on Tuesdays from 12:15-12:45 pm in CHR 201. All students are welcome to attend.

Zumba to Get Underway

Zumba classes will be offered once again this semester on Mondays and Wednesdays from 4:30-5:30 pm in the gym, beginning on September 9. This is free for all students and employees. Come whenever you can. Bring a friend or family member for only \$6/class (or \$4/class if he/she purchases a card for 10 classes).

PI Historical Society Presentation

The campus community is invited to attend a presentation on Phineus Ellis, a local mover and shaker and the first TAMC administrator, being held by the Presque Isle Historical Society on Wednesday, September 4, from 5:30-6:30 pm in the Edmunds Conference Center. This event is free and open to the public.

Honored for service during the annual employee recognition luncheon were (standing, from left) Pam Buck and Gail Clark, five years; Dwight Clayton and Tammy Putnam, 15 years of service; Shannon Cook, Janice McDougal and Karen Gonya, 20 years of service. Sitting from left: Chuck Brown and Robert Collins, 25 years; and Dennis Albert, 35 years. Absent from photo: Glenn Taggett, five years; Tammy Nelson, 10 years; Barry Ingraham, 20 years; and Betsy Harris, 35 years.



Events

MONDAY

LABOR DAY - NO CLASSES; COLLEGE OFFICES CLOSED
Ping Pong Play Off, 7:00 pm, Andrews Hall Game Room

TUESDAY

WEDNESDAY

Weight Watchers Meeting, 12:00 - 1:00 pm, Keegan Room
Phineus Ellis Presentation, 5:30 - 6:30 pm, Edmunds Conference Center

THURSDAY

ACAP Training, 8:00 am - 3:00 pm, Edmunds Conf. Center
TRIO Presentation - Self-Esteem & Paper Plates, 12:00 - 1:00 pm, CHR 206
Alumni & Friends BBQ, 4:30 - 6:00 pm, Reed Commons
Aroostook Amateur Radio Association Meeting, 5:00 - 6:00 pm, Edmunds Conference Center
Students vs Alumni/Employees Softball Game, : Warm Up, 6:00 pm, Across from Andrews Hall
Game, 6:30 pm, Soccer Field

Hours to Note...

Most areas on campus are back to their normal hours for the semester this week (with the exception of the bookstore, which will remain open until 6:30 pm Monday-Thursday this week).

The following are regular hours for the semester for several key areas on campus:

Business Office	M-F	7:30 am - 4:30 pm
Student Services	M-F	8:00 am - 5:00 pm
Bookstore	M-H	7:30 am - 6:00 pm
	F	7:30 am - 4:30 pm
Library & Media Center	M-H	7:30 am - 8:00 pm
	F	7:30 am - 4:30 pm
	Sat.	12:00 pm - 4:00 pm
Academic Success Center	M & W	8:00 am - 8:00 pm
	T & H	8:00 am - 6:00 pm
	F	8:00 am - 4:00 pm
<i>Additional tutoring assistance is available in Snow Hall on Monday - Thursday from 6:00-8:00 pm.</i>		
Dinning Commons		
Breakfast	M-F	7:00 am - 9:30 am
Lunch	M-F	11:00 am - 1:00 pm
Dinner	M-F	4:30 pm - 6:00 pm
WEEKENDS		
Brunch	Sat/Sun	10:30 am - 1:00 pm
Dinner	Sat/Sun	4:30 pm - 6:00 pm

FRIDAY

NMCC Foundation Finance Meeting, 8:00 - 9:00 am, Third Floor Conference Room
Alumni & Friends Board Meeting, 5:00 - 5:30 pm, Hunt Multi-Media Classroom
Alumni & Friends Reception, 5:30 - 6:30 pm, Library
Alumni & Friends Annual Dinner, 6:30 - 8:30 pm, Edmunds Conference Center

SATURDAY

Movie at the Braden Theater, 6:30 pm, Depart from Andrews Hall

SUNDAY

Golfing with Lynne, 2:00 pm, Depart from Andrews Hall