



**NORTHERN  
MAINE**  
COMMUNITY COLLEGE

*Toward Excellence*

September 23, 2013  
Issue #5

# Weekly Bulletin

## Cancer Walk Planned in Memory of Heidi Graham

Plans are moving forward for a Cancer Walk in memory of Heidi Graham at NMCC at noon on Tuesday, October 1. Walkers will gather at noon at the entrance to the Edmunds Building (the door facing the soccer field) for a walk that loops between NMCC and the airport.

If you plan to take part, please pick up a sponsor form in the library or the counseling office. All proceeds from the event will benefit Pink Aroostook.

If you aren't able to take part but want to support this worthy cause, donations may be dropped off in the NMCC library or mailed to the NMCC Health Center, 33 Edgemont Drive, Presque Isle, ME 04769.

For more information on the walk, contact Gail Roy at 768-2734 or Linda Mastro at 768-2803.

## Tie Dye a Shirt for the Walk

*If you want to tie dye a shirt for the Cancer Walk, there are two great opportunities this week:*

### Wednesday, September 25

#### Noon in the ASC

Laura will demo how to tie dye your shirt. Bring your own shirt (preferably white), and she will provide all the supplies.

### Thursday, September 26

#### 6:00 pm, Snow Hall Lounge

Res life staff is planning this chance to tie dye a shirt for the Cancer Walk. Just bring your own shirt, and everything else will be provided.

## Working on Wellness

Students and employees are encouraged to stop by the Christie lobby on Wednesday between 10:00 a.m. and 1:00 p.m. to take part in the Health Fair being held as part of NMCC's Working on Wellness initiative.

There will be a number of different tables highlighting various aspects of good health, including several free screenings.

### HEART HEALTH

#### The Aroostook Medical Center

- Cardiac Education
  - Free Cholesterol Screenings
- (First Come, First Served)*

### DIABETIC EDUCATION

#### Cary Medical Center

- Free Diabetic Screening
- Diabetes Information
- Plant-based Diet Information

## HEALTH FAIR

Tuesday, September 24  
10:00 AM to 1:00 PM

### HEALTHY LIVING

#### Healthy Aroostook

- Free Body Mass Index Reading
- Walking Logs
- Exercise Program, Free Pedometers

### HEALTHY EATING

#### Healthy Aroostook

- Healthy Food Choices
- Sign up for Free Crockpot & Recipe Book Giveaway

### BLOOD PRESSURE

#### NMCC EMS Students

- Free Blood Pressure Check

### WEIGHT WATCHERS

- Weight Watchers 360° Program

Come learn more as the campus community continues **Working on Wellness** together!



**FREE**

## BINGO NIGHT

All students are invited to come join the fun on  
Wednesday, September 25, starting at 6:00 p.m.  
in the Reed Dining Commons.

Get to know some of your fellow students  
and possibly win some great prizes!

Sponsored by the Student Senate

## ~ Welcome to Campus ~

Several new students are joining the NMCC campus community this week as a special Late Start Semester gets underway. By extending an opportunity for students to take a few classes in a more concentrated time frame, the College enabled students who missed the fall deadline to get started now, rather than wait for the

spring semester.

We encourage faculty, staff and current students to please keep an eye out for individuals looking a little confused and ask if they need help. Help them get to their classes as they navigate campus during this first week of their classes.

Welcome to campus!

## Lunch Menu

### MONDAY

Bistro Chicken Sandwich  
Cincinnati Chili  
Char Sui Pork  
Stir Fry Station  
Beef Vegetable Soup  
Chicken Noodle Soup  
White Rice  
Orange Spiced Carrots  
Vegetable Enchilada  
Cheddar Cauliflower Soup  
Turkey Cobb Wrap

### TUESDAY

Chicago-Style Hot Dog  
Buffalo Meatloaf  
Taco Beef Korean  
Stir Fry Station  
Two-Bean Chili w/Brown Rice  
Chicken Noodle Soup  
Creamy Garlic Mashed Potatoes  
Savory Rice Pilaf  
Lemon Sesame Green Beans  
Penne & Butternut Squash  
Casserole  
Spicy Veggie Barly & Bean Soup  
Grilled Vegetable Mini Wrap

### WEDNESDAY

Chicken & Swiss Sandwich  
Cheesy Lasagna  
Grilled Spicy Lemon Chicken  
Stir Fry Station  
Spiced Pumpkin Bacon Soup  
Chicken Noodle Soup  
Basmati Rice  
Carrots  
Moroccan Vegetable Stew  
Hearty Vegetable Soup  
Vegetable & Hummus Panini

### THURSDAY

Chicken Parm Sliders  
Salisbury Steak  
Korean BBQ Pork Skewer  
w/Slaw  
Stir Fry Station  
Turkey Kale  
Chicken Noodle Soup  
Mashed Potatoes  
Almond Raisin Jasmine Rice  
Eggplant Parmesan  
Butternut Squash Soup  
Grilled Vegetable Mini Wrap

### FRIDAY

Eggplant Marinara Panini  
Creole Fried Pollock  
Thai Chicken Lettuce Wraps  
Stir Fry Station  
New England Clam Chowder  
Chicken Noodle Soup  
Grilled Red Potatoes  
Lemon Broccoli  
Spicy Plum Tofu Sliders  
Six Onion Soup  
Chicken & Asian Slaw Sand.

#### AVAILABLE DAILY

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

## TRiO Workshop Offered

Come learn the value of working with those around you in this week's TRiO Workshop, **Interdependence Model - Saving Bradley**. The workshop will be held on Tuesday, September 24, from 5:00 - 6:00 p.m. in the Keegan Room.

*"People working together in a group can accomplish things which no individual acting alone could ever hope to bring about."*

~ Franklin Delano Roosevelt

Other upcoming sessions will include: Top Ten Stress Busters, Wisdoms vs Failures Toss, Test Success, Why Do I Miss Class, and Top Tens for Success. Stop by the counseling office to learn more.

## Soccer Game

The campus community is invited to come cheer on the Falcons in a home game against the Unity on Wednesday, September 25. The game gets underway at 7:00 p.m. on the NMCC soccer field.

## Zumba Underway

Zumba classes are taking place on Mondays and Wednesdays from 4:30-5:30 pm in the gym. This is free for all students and employees. Come whenever you can. Bring a friend or family member for only \$6/class.

## 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.

# Events

### MONDAY

**Director of Finance Candidate Reception**, 10:30 am - 12:00 pm, Library

**Director of Finance Candidate Reception**, 2:30 - 4:00 pm, Library

**Zumba**, 4:30 - 5:30 pm, Gym

### TUESDAY

**Working on Wellness Health Fair**, 10:00 am - 1:00 pm, Christie Lobby

**Student Senate Meeting**, 12:15 - 12:45 pm, CHR 201

**EMS Preceptor Training**, 5:00 - 6:00 pm, CHR 201

**TRiO Workshop - Interdependence Model - Saving Bradley**, 5:00 - 6:00 pm, Keegan Room

### WEDNESDAY

**Weight Watchers Meeting**, 12:00 - 1:00 pm, Keegan Room

**Tie Dye T-Shirts for Cancer Walk**, 12:00 pm, ASC

## Classic Film Series Continues

NMCC instructor Eric Pelkey, in association with his English and Ethics courses, will be hosting another Classic Film Series this semester. The first one will be held this week on Thursday, September 26, at 7:00 p.m. in the Edmunds Conference Center.

This week's film will be "Four Little Girls," a 1997 historical documentary about the September 1963 murder of four African-American girls in the 16th Street Baptist Church bombing in Birmingham, Alabama. It was directed by Spike Lee and nominated for an Academy Award for Best Documentary.

All members of the campus community are invited to attend. Admission is free.

## Library Night in Res Life

Gail Roy will be hosting a Library Night in the lounge of Andrews Hall on Monday, September 30, at 6:00 p.m. All students are invited to stop by and enjoy some refreshments, meet Gail, learn more about what the library has to offer, and sign up for some great door prizes.

## Swimming at the Indoor Pool...

NMCC students can swim for free at the Presque Isle indoor pool, located next to the Forum. Simply bring your student ID with you and be sure to sign in at the desk. To find out times when the pool is open to the public, you can call 764-2564.

*Courtesy of Student Senate*

## 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 768-2808, e-mailing 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.**

**Zumba**, 4:30 - 5:30 pm, Gym

**Home Soccer Game - Falcons vs. Unity**, 7:00 pm, Soccer Field

**BINGO**, 6:00 - 9:00 pm, Reed Commons

**Jewelry Making**, 9:00 pm, Snow Hall Meeting Room

### THURSDAY

**Director of Finance Candidate Reception**, 12:00 - 1:00 pm, Library

**Tie Dye T-Shirts for Cancer Walk**, 6:00 pm, Snow Hall Lounge

**Classic Film Series**, 7:00 pm, Edmunds Conference Center

### FRIDAY

**Department Chair Meeting**, 1:30 - 4:00 pm, Third Floor Conference Room