



**NORTHERN  
MAINE**  
COMMUNITY COLLEGE

*Toward Excellence*

September 30, 2013  
Issue #6

# 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.

## Congratulations

**B • I • N • G • O**

### Winners

On Wednesday, September 25, the Student Senate sponsored a BINGO night in the Reed Dining Commons. Congratulations to the following winners:

Cody Wilcox ~ Nikon Camera

Emma Walker ~ DVD Home Theater System

LeAnna Kimball ~ Coleman Camp stove

## Working on Wellness

The Christie Building lobby at Northern Maine Community College was transformed on Tuesday (9/24) into a bustling health fair as part of the College's new initiative called Working on Wellness (WOW!). Students, faculty and staff benefited from several stations that highlighted information from healthy eating to smoking cessation.

NMCC brought together a number of health care providers in one place to offer an array of services and promotional items all to help focus attention on the importance of taking responsibility for your health. This is one more activity leading up to the opening of the new Rodney Smith Wellness Center planned for the spring of next year.

Cary Medical Center participated in the event by offering information on nutrition and heart disease and mixed up delicious smoothies for those who stopped by. The Aroostook Medical Center offered free cholesterol readings; Healthy Aroostook gave away pedometers, samples of easy-to-cook chili, and free crockpot cookbooks. Blood pressure readings were offered by NMCC students from the EMS program.

"It's great to see these community services rally together and work along-

## HEALTH FAIR A great success!

side our students who will soon join them in the healthcare industry," said fair organizer Linda Mastro, NMCC director of health services. "But more importantly, the information given to students and staff will demonstrate how we can better control risk factors such as high blood pressure, poor diet and lack of exercise."

NMCC began the WOW! program in the spring by offering the Weight Watchers program every Wednesday to students and staff for half price. Zumba exercise classes are also open free of charge to NMCC students and staff at the campus. The goal of WOW!, in conjunction with the new wellness center, is to graduate students who are not only well prepared academically for their chosen field but also physically able to do the work.



Becky Maynard receives a sample of healthy Turkey Chili from Amy Bouchard, of Healthy Aroostook.

A Novel  
**The Orphan**



Gordon Hammond

## BOOK SIGNING and READING

*THE ORPHAN*, A novel by Gordon Hammond

All students and faculty are invited to come join us on  
Wednesday, October 9, From a 12:00 p.m. - 1:30p.m..  
in the Edmunds Library.

## Lunch Menu

### MONDAY

Grilled Herb Chicken Sandwich  
Spicy Chicken Chipotle Sandwich  
Grilled Cheese Sandwich  
Slice Grilled Chicken  
Broccoli  
Diced Fresh Tomatoes  
Sauteed Mushrooms  
Sliced Grilled Chicken  
Chicken and Tomato Balti  
Apple & Acorn Squash Soup

### TUESDAY

Reuben Panini  
Blackened Basa  
Beef Tagine  
Stir Fry Station  
Baked Macaroni & Cheese  
Couscous  
Sweet Tomato Soup  
Carrots  
Beef Vegetable Noodle Soup  
Vegetable Curry w/ Jasmine Rice

### 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,  
garden burgers, hot dogs,  
chicken sandwiches,  
grilled cheese sandwiches,  
french fries, chips and  
assorted desserts

## TRiO Workshop Offered

Don't miss the opportunity to increase your awareness of your stressors, and discover new strategies to reduce stress at this week's TRiO Workshop, **Top Ten Stress Busters**. The workshop will be held on Thursday, October 3, from 12:00 - 1:00 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: Wisdoms vs Failures Toss, Test Success, Why Do I Miss Class, and Top Tens for Success. Stop by the counseling office to learn more.

## You Are Invited

Presque Isle Historical Society, Turner Memorial Library, Presque Isle Middle School and Northern Maine Community College invite you to join us for the Kick-Off Event for a grant from Maine Historical Society and Maine Humanities Council designed for the community to learn more about the impact of the Civil War on Presque Isle. Join us in the Edmunds Conf. Room on Monday, October 7, 2013, 6:00-7:00 p.m..

## 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, along with a copy of your fall class schedule 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*

## Raffle

Up for raffle are four-2lb. Lobsters and four-14oz Rib Eye Steaks. Proceeds to benefit the Frank Labbe Scholarship Fund. Purchase your tickets in the cafeteria or from any cafeteria employee. Tickets are \$2 each or three for \$5.

# Events

### MONDAY

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

### TUESDAY

**Ice Cream Sundaes for Lunch!**, Reed Commons  
**Student Senate Meeting**, 12:15 - 12:45 pm, CHR 201  
**EMS Preceptor Training**, 5:00 - 6:00 pm, CHR 201  
**CANCER WALK**, 12:00 pm,

### WEDNESDAY

**Weight Watchers Meeting**, 12:00 - 1:00 pm, Keegan Room  
**Zumba**, 4:30 - 5:30 pm, Gym  
**Home Soccer Game - Falcons vs. Unity**, 7:00 pm, Soccer Field

## 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, October 4, at 12:00 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.

## Soccer Game

The campus community is invited to come cheer on the Falcons in a home game against SMCC on Saturday, October 5. The game gets underway at 3:00 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.

## 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 Wednesday by 10 a.m.**

### THURSDAY

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

### TRiO Workshop - Top Ten Stress Busters,

12:00 - 1:00 pm, Keegan Room

### FRIDAY

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