

Self-Defense Workshop to be Offered

Students and employees are invited to take part in a series of three self-defense workshops which will be taking place on three consecutive Mondays, September 10-24, in the Christie gym. The sessions will run from 6:00-7:30 p.m., and a one-time sign up fee of \$5 is required.

Teaching the self-defense workshops will be James "Chico" Hernandez, who has won three gold medals, two silver medals and two bronze medals at the Grand National AAU Wrestling Championships. He has competed in free-style, Greco-Roman and Sombo (Russian judo) wrestling.

Hernandez was inducted into the Maine Sports Hall of Fame in 2006, and is also a member of the University of Maine Athletic Hall of Fame, the Illinois Wrestlers Hall of Fame, and the Latin American World Wide Martial Arts Hall of Fame. He was also recently honored by the American Sombo Association for being a pioneer in the development of American Sombo. Hernandez has been featured on a box of "The Breakfast of Champions" Wheaties; he was welcomed into the Wheaties family in December 2001, beating out over 20,000 other champion athletes from all over the USA and its territories.

Anyone interested in registering for the self-defense workshop should contact student activities coordinator Jessica Miller at 760-1184 or jmiller@nmcc.edu.

Sponsored in part by the NMCC Student Senate, U.S. Cellular, NAPA Auto Parts, TD Banknorth, N.H. Bragg, County Federal Credit Union, Redlon & Johnson, and Advantage Gases and Tools

Soccer Game...

The NMCC Falcons have their first game of the season on Tuesday, September 11, at 6:30 p.m. in a home game against the University of Maine at Presque Isle. Please come and support your team!

Monday, September 3:

Holiday... College closed.

Tuesday, September 4:

Student Senate Meeting, 12:15-1:00 pm, Christie Lecture Hall

Open Gym, 7:00-9:00 pm

Sex Game Night, 7:00 pm, Andrews Hall

Wednesday, September 5:

Welcome Breakfast, 8:00-10:00 am, Christie lobby

Movie Night, 7pm, Edmunds Conference Center

Thursday, September 6:

Major Gifts Campaign Oversight Committee Meeting, 8:30-10:00 am, Martin Conference Room

Open Gym, 7:00-9:00 pm

Events on Campus...

Welcome Breakfast

The Student Senate is sponsoring a *Welcome Breakfast* for students on Wednesday, September 5. All students are invited to stop by the Christie lobby anytime between 8:00 - 10:00 a.m. and help themselves to goodies!



Auto Tech Club Raffle

Want a chance to win some cash? Senior automotive technology students are selling 50/50 tickets to help raise money for their trip to Detroit in April. To get your tickets, see any AT senior or AT instructor Dan Boyd. Don't know any AT seniors...keep an eye out, and at some point they will be selling tickets in both the Christie lobby and in the Reed Commons.

Tickets are one for \$1, five for \$3, or an armlength for \$5. The drawing will be held on November 20.

LUNCHTIME IN THE REED COMMONS

Monday SPECIALS

Soup: Tortellini

Deli: BLT

Grill: Honey Dijon Ckn.

LINE ENTREES

Turkey a la King

Sheppard's Pie

Egg Noodle

White Rice

French Fries

Hot Vegetable

Assorted Desserts

Tuesday SPECIALS

Soup: Chili

Deli: Roast Beef

Grill: Milano

LINE ENTREES

Chili Frito

Chili Dogs

Baja Chicken Sandwich

Chips

French Fries

Hot Vegetable

Assorted Desserts

Wednesday SPECIALS

Soup: Beef Vegetable

Deli: Chicken Salad

Grill: Pastrami

LINE ENTREES

BBQ Pork Sandwich

Cheese Ziti

Meat Ziti

Chips

French Fries

Hot Vegetable

Assorted Desserts

Thursday SPECIALS

Soup: Tomato

Deli: Veggie Feta Wrap

Grill: Grilled Cheese

LINE ENTREES

Ham & Cheese Croissants

Tuna Noodle Casserole

Chips

Wild Rice

French Fries

Hot Vegetable

Assorted Desserts

Friday SPECIALS

Soup: Seafood Chowder

Deli: Salami Italian

Grill: Philly Steak

LINE ENTREES

Baked Potato Bar (*Cheese,*

Bacon, Chili, Broccoli)

Philly Steak

French Fries

Hot Vegetable

Assorted Desserts

Weekly
Menu

Student Senate Meeting

Want to learn more about what the Student Senate does and how you can get involved? The student group will meet on Tuesday, September 4, from 12:15 - 1:00 p.m. in the Christie lecture hall. The Senate is always looking for more members, so stop by and check it out!

Movie Night

Students are invited to come to the Edmunds Conference Center every Wednesday night at 7:00 p.m. to watch a newly released movie. Refreshments are provided. **Free for all students!** For more information, contact Jessica Miller at 760-1184 or jmiller@nmcc.edu.

Open Gym...

All students are invited to take part in Open Gym on Tuesday and Thursday evenings, from 7:00-9:00 p.m., throughout the semester. Have fun with some of your classmates playing volleyball, basketball or dodgeball.

Want to play golf?

Anyone who is interested in joining this year's golf team should contact Dan Boyd. You can reach him via e-mail at dboyd@nmcc.edu or by phone at 768-2776.



Mark your calendars...

Monday, September 17, 2007 marks the 220th anniversary of the signing of the U.S. Constitution. Students, employees and community members are invited to take part in the following NMCC activities commemorating the event:

- A ceremony at 2:00 p.m. in the library will feature County Veterans of Foreign Wars color guard, performance of the national anthem by NMCC student Alysa Snow, and a presentation on the changing views of the Constitution through history by David Raymond, NMCC arts and sciences faculty member;
- A Community Constitution Day reception featuring red, white and blue refreshments in the lobby of the Edmunds Conference Center;
- A College Constitution Jeopardy contest at 3:00 p.m. in the Edmunds Conference Center, featuring trivia questions relating to the Constitution and pitting teams of students against teams of NMCC faculty and staff.
- The College library will also mark Constitution Day with an exhibit of books in the College collection that are listed as "banned books." The books that have been challenged on the national level by one group or another will be on display from September 10 through September 28.