

### Free Blood Pressure Screenings Offered

NMCC's first year nursing students will be providing free blood pressure screenings on campus on **Wednesday, September 26**, and again on **Wednesday, October 3**, from **8:00 a.m. to 12:00 noon**. Teams of students will be available in the commuter lounge by the bookstore, in the Christie lobby, and in the mezzanine above the lobby. A "traveling" team will also be available to come to offices or classrooms. To arrange for such a visit, please contact nursing instructor Mary Cornelio at ext. 2746.



This is an great opportunity for employees and students to not only find out how their blood pressure is, but also to support our student nurses as they practice this important skill.

### Breakfast of Champions

The Maine Women's Policy Center, NMCC, and the Houlton, Presque Isle and Caribou branches of AAUW are hosting the annual Breakfast of Champions on Thursday, October 11, from 7:30-9:00 a.m. in the Edmunds Conference Center. This year will feature a panel discussion and conversation on easing the work and family crunch.

Can we be responsible employees *and* good family members? What does it take to attend school, work, and care for our families, too? What happens to our job security, wage level, and career goals when a parent, child or other family member needs special care? How can flex-time, time off, and innovative policies promote family caregiving *and* a productive workplace?

Join us for a panel discussion and conversation about how to promote the well-being of our families, our businesses and our communities. **The event is free, but pre-registration is required.** A light breakfast is also included. To register, please contact Karen at 768-2809 or kgonya@nmcc.edu.

#### Monday, September 24:

*TRiO Workshop - Avoiding the "P" Word*, 12-1 pm, Christie Lecture Hall

*Self-Defense Workshop* 6:00-7:30 pm, Gym

#### Tuesday, September 25:

*Aroostook County EMA Meeting*, 11 am - 5 pm, Edmunds Conference Center

*Student Senate Meeting*, 12:15-12:45 pm, Christie Lecture Hall

*TRiO Workshop - Test Anxiety*, 5-6 pm, Christie Lecture Hall

*Maine Humanities Council Meeting*, 5:30-8:30 pm, Reed Commons Keegan Room

*Open Gym*, 7:00-9:00 pm

#### Wednesday, September 26:

*Free Blood Pressure Screenings*, 8 am - 12 pm, Christie lobby, Bookstore lounge & Nursing area (2nd floor of Christie Building)

*Donor Wall Meeting*, 12-1 pm, Reed Commons Keegan Room

*Movie Night*, 7pm, Edmunds Conference Center

#### Thursday, September 27:

*Open Gym*, 7:00-9:00 pm

#### Saturday, September 29:

*Fall & Winter Sports & Recreation Show*, 9 am - 8 pm, PI Forum

#### Sunday, September 30:

*Fall & Winter Sports & Recreation Show*, 10 am - 4 pm, PI Forum

Happenings on Campus...

### LUNCHTIME IN THE REED COMMONS

Weekly Menu

#### Monday SPECIALS

*Soup:* Broccoli & Cheese  
*Deli:* Turkey Club  
*Grill:* Buffalo Melt Down

#### LINE ENTREES

Fried Chicken  
Salisbury Steaks  
Mashed Potatoes  
French Fries  
Hot Vegetable  
Assorted Desserts

#### Tuesday SPECIALS

*Soup:* Beef Barley  
*Deli:* Ckn. Salad/Bacon  
*Grill:* Reuben

#### LINE ENTREES

Macaroni & Cheese  
Cajun Chicken  
Hot Dogs  
Rice  
French Fries  
Hot Vegetable  
Assorted Desserts

#### Wednesday SPECIALS

*Soup:* Chicken Noodle  
*Deli:* Buffalo Wrap  
*Grill:* Ragin' Cajun

#### LINE ENTREES

Chop Suey  
Manicotti  
Chicken Ceasar Wraps  
French Fries  
Hot Vegetable  
Assorted Desserts

#### Thursday SPECIALS

*Soup:* Minestrone  
*Deli:* Hummus Wrap  
*Grill:* Turkey/Bacon Melt

#### LINE ENTREES

Chicken Burger  
Italian Grinders  
Rice Pilaf  
Onion Rings  
French Fries  
Hot Vegetable  
Assorted Desserts

#### Friday SPECIALS

*Soup:* Clam Chowder  
*Deli:* Roast Beef  
*Grill:* Bacon Cheeseburger

#### LINE ENTREES

Sloppy Joes  
Chicken Nuggets  
Au Gratin Potatoes  
Chips  
French Fries  
Hot Vegetable  
Assorted Desserts

## TRiO Workshops to Help Students

The Counseling Office, through the TRiO Student Support Services Program, is offering a series of "Lunch & Learn" workshops for students. These are scheduled during the lunch or dinner hour for student convenience, and students are encouraged to eat their lunch or dinner during the sessions. Light refreshments will also be provided. This week's topics are:

### Avoiding the "P" Word - Monday, September 24

Learn exactly what "counts" as plagiarism and how to avoid it. (12-1 pm, Christie Lecture Hall)

### Test Anxiety - Tuesday, September 25

Learn pre-test, during-the-test and post-test strategies to overcome test anxiety. (5-6 pm, Christie Lecture Hall)

Other topics coming up in October include: *Filling in the Blanks*, *Alcohol & Gender*, and *EQ vs. IQ*. Look for details on dates and times in upcoming bulletins. Questions about any of the above workshops can be directed to the counseling office.

The NMCC TRiO/Student Support Services Program receives all of its funding through a grant from the U.S. Department of Education. The grant award for the 2006-2007 academic year was \$235,689. It also receives in-kind support from Northern Maine Community College.

*With dozens of unique and exciting vendors on board, we expect this to be a show that has something for everyone to enjoy.*

*We are going to have an "NMCC Community" booth available for use if any of you have a non-profit group or organization that you would like displayed. This is free of charge and is on a first come, first serve basis. With the exception of 10am-4pm on Saturday, the rest of the weekend is available. The booth could also be used for any campus organization or fund-raising group. If you are interested or need more information, please call Angela at 760-1188 or stop by the development office, located just off of the lobby.*

*Lastly, we are looking for volunteers to help at the Forum selling tickets and taking tickets at the door. We have all time slots open and appreciate any support that you can give to help us make this event successful!*

*Again, please contact Angela if you have any questions!*

## Thank You...

*Special thanks to all who helped to make the Constitution Day activities on campus come together:*

### Constitution Ceremony

...Dave Raymond for preparing and leading a discussion on the constitution; student Alysa Snow and Dave's son Isaac for performing the national anthem on the violin; veterans Joseph Gaston, Douglas Michaud and Peter Miesburger for serving as color guards for the ceremony; and all of the employees, students and community members who attended the event

### Reception

...Mark Strang and his food services staff for their great job in preparing red, white and blue refreshments for us to enjoy

### Constitution Jeopardy

...Ryan Sanders, Alysa Snow and Matt Turnbull for serving on our student team; Wendy Bradstreet, Johna Lovely, and Tammy Nelson for serving on our employee team; students Denise and Tasha Sock for serving as our scorekeepers; Shawn Lahey from the IT department for doing an incredible job creating an electronic scoreboard and adding lots of effects to really give us the "Jeopardy" experience; student activities coordinator Jessica Miller for researching the questions/answers and recruiting players; Jason Parent for serving as MC; and Dave Raymond for being the judge.



**Check out the newest Snowmobiles & ATV's and upcoming County winter events...**

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### Some of the many things to do at the show:

- See how fast the puck flies as you make a hockey goal. (courtesy of Maine Youth Hockey)
- Use a laser gun to try to hit a biathlon target. (courtesy of Maine Winter Sports Center)
- Check out the new GPS satellite technology that covers 2,200 miles of County snowmobile trails. (courtesy of Northern Maine Development Commission)
- Ride in a Humvee. (courtesy of Maine Military Authority)
- Take a Faux Finishing class. (courtesy of Spinney's Design Center)
- Check out a 35 foot snowmobile trail groomer & a 'special needs' sled. (courtesy of PI Snowmobile Club & Fort Kent Sno-Riders)
- Learn more about a wide range of health and safety topics. (courtesy of NMCC nursing and emergency medical services students)

**THIS WEEKEND**

**September 29-30, 2007  
The Forum - Presque Isle**

Saturday, 9:00 a.m. to 8:00 p.m.  
Sunday, 10:00 a.m. to 4:00 p.m.

**Tickets:**  
\$3 each  
\$1 for children under 12

