

### Annual Students vs. Employees Softball Game

On September 21, participate in one of NM's most enjoyable annual events, or simply come by to root for your peers, whatever side they may be on!

Warm up begins at 5:30 pm in front of Andrews Hall. Anyone participating will get a free t-shirt. For more information, contact the Student Senate at 768-2757.



### NMCC to Host Constitution Day Activities

NMCC will be a local host site for a simultaneous nationwide celebration to commemorate the 219th anniversary of the signing of the U.S. Constitution. The event on Monday, September 18, at 2:00 p.m. in the NMCC library is open to the public and will mirror festivities at various venues around the country.

Constitution Day is an American federal holiday that recognizes the ratification of the U.S. Constitution on September 17, 1878. It will be observed on Monday, September 18, this year.

At NMCC, the celebration will be led by David Raymond, NMCC humanities instructor, who will recite the preamble that, just as the national reading, will be dedicated

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### Need Steps?

Are you looking to have a set of steps or stairs made? Want them made to your specification at only the cost of supplies?

Seniors in the residential construction program will be building steps and stairs in the upcoming weeks as part of their regular classwork. To help students with their training and to off-set the cost of supplies for the program, the students will be taking orders for steps/stairs.

Please contact instructor Guy Jackson at 768-2781 for more details or to place an order.

### Monday, September 11:

**Foundation Meeting**, 7:30-9:00 am, Reed Commons Keegan Room

**CRMA Recertification**, 8:00 am - 5:00 pm, Martin 212

**Evening Orientation Session**, 5:15-6:00 pm, Edmunds Conference Center

**Indoor Soccer**, 8:00pm, Gym

### Tuesday, September 12:

**PNCCT Training**, 8:00 am - 5:00 pm, Edmunds Conference Center

**Tech Prep Meeting**, 8:00 am - 2:00 pm, Reed Commons Keegan Room

**Behavior Training**, 8:00 am - 4:00 pm, Snow Hall Conference Room

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

**Exercise Class**, 1:00-2:00 pm, Christie Gym

**GPS Class**, 6:00-9:00 pm, Cont. Ed. Classroom

**Open Gym**, 9:00-11:00 pm

### Wednesday, September 13:

**PNCCT Training**, 8:00 am - 5:00 pm, Edmunds Conference Center

**Behavior Training**, 8:00 am - 4:00 pm, Snow Hall Conference Room

**Movie Night**, 9:00 pm, Edmunds Conference Center

### Thursday, September 14:

**PNCCT Training**, 8:00 am - 5:00 pm, Edmunds Conference Center

**ABG Meeting**, 12:00-1:00 pm, Christie Lecture Hall

**GPS Class**, 6:00-9:00 pm, Cont. Ed. Classroom

**Open Gym**, 9:00-11:00 pm

### Friday, September 8:

**PNCCT Training**, 8:00 am - 5:00 pm, Edmunds Conference Center

*What's Happening on Campus...*

### LUNCHTIME IN THE REED COMMONS

#### Monday

Mac./Hamburg Soup  
Fried Clams  
Meatball Grinders  
French Fries  
Mashed Potatoes  
Spinach  
Lemon Bars  
Ice Cream Sundaes

#### Tuesday

Chicken Veg. Soup  
Duke of Rib Sandwich  
Macaroni & Cheese  
Onion Rings  
Potato Chips  
Peas & Mushrooms  
Choc. Chip Cookies  
Cupcakes

#### Wednesday

French Onion Soup  
Reuben Sandwich  
Fettuccine Alfredo w/  
Grilled Chicken  
French Fries  
Italian Mixed Veggies  
Raspberry Squares  
Jello Parfaits

#### Thursday

Corn Chowder  
Chicken Nuggets  
Chili Dogs  
French Fries  
Au Gratin Potatoes  
Corn  
Carnival Cookies  
Ice Cream Sundaes

#### Friday

Clam Chowder  
Deli Bar  
Stuffed Shells  
French Fries  
Potato Chips  
Mixed Vegetables  
Hot Apple Crisp  
Ice Cream Sundaes

*Don't see what you want? Check out our salad and pizza bars available daily!*

*Weekly  
Menu*

# Toward Excellence

## Healthy Living Classes

Get out of that fast food slump! Learn to prepare healthy food by open discussions, recipe swaps and other useful information with nutrition instructor, Cara Miller. Classes will meet every Monday, 1:00-2:00 pm in Martin 212.

***This class is free for students.*** Any questions, contact Cara Miller at 551-4489.

## Exercise Classes

Exercise Classes are held in the gym every Tuesday at 1:00 pm. The class is ***free for students*** who want to improve flexibility, strength and cardio. Questions can be directed to Jessica Miller at [jmiller@nmcc.edu](mailto:jmiller@nmcc.edu) or 760-1184.

## Open Gym

If you are interested in volleyball, basketball or dodge ball, there is Open Gym every Tuesday and Thursday night from 9:00-11:00 pm. For more information, contact Jessica Miller at 760-1184 or [njmiller@nmcc.edu](mailto:njmiller@nmcc.edu). ***Free for all students!***

## Indoor Soccer



No need to get your athletic shoes dirty! Indoor Soccer will begin Monday, September 11, at 8:00 pm in the gym. All students are invited to come and participate!

## Movie Night

Students are invited to come to the Edmunds Conference Center every Wednesday night at 9:00 pm to watch a newly released movie. Each week there is a drawing for a free movie pass and once a month there is a drawing to win the DVD watched that night. Refreshments are provided. ***Free for all students!*** For more information, contact Jessica Miller at 760-1184 or [njmiller@nmcc.edu](mailto:njmiller@nmcc.edu).



## Coming Up...

### Breakfast of Champions

Campus members and the public are invited to the Breakfast of Champions on Thursday, October 12, from 7:30-9:00 am in the Edmunds Conference Center. Candidates for Governor have been invited to share the ways in which their visions for the future of Maine encompass the social, political, and economic needs of Maine women and girls. Candidates will answer questions on issues of concern to Maine women.

This annual event is held by the Maine Women's Policy Center and co-sponsored by NMCC and the Houlton, Caribou and Presque Isle chapters of American Association of University Women (AAUW).

***Admission is free, but reservations are required!*** To register, contact Karen in the development office at 768-2809 or [kgonya@nmcc.edu](mailto:kgonya@nmcc.edu).

## Bookstore Offerings

Coffee is now sold at the Bookstore! If that doesn't satisfy your caffeine needs, you'll find candy, soda and other goodies for sale as well. Or tone down your caffeine intake with decaf or a variety of teas, along with salads, sandwiches and healthy snacks. Let the Bookstore take care of your thirst and grumbling stomach!

## Thanks...

Becky Maynard, bookstore manager, would like to thank the following people for all their help during the first week of the semester with the bookstore rush: Karen Gonya, Lori Keith, Sally Burnell, Aimee Wilkins, Larry LaPlante and Bill Egeler.

## Constitution Day, from page 1

to and in honor of members of the U.S. military serving all around the world.

To recognize the contributions of Aroostook County residents serving in the armed forces, members of the Veteran's of Foreign Wars (VFW) will join in the celebration and present our nation's colors. The VFW will have a color guard present and is inviting all local members to attend the commemorative event.

As part of that tribute, Cathy Chapman, a college staff member who's significant other Dave Guerrette is an active duty Maine National Guardsmen serving in Kuwait, will read a "roll call of the 50 states". Chapman will read the first thirteen states in the order in which they ratified the Constitution and the remaining 37 in the order in which they were admitted to the Union.

The celebration will conclude with the ringing of a bell, which will coincide with the "Bells Across America" portion of the commemoration that honors the First Amendment's guarantees of freedom of speech and religion.

The College library will also mark Constitution Day with an exhibit of books and videos related to the Constitution. Approximately 35 publications and videos featuring how the Constitution came to be, how it has been amended and how it is being interpreted today will be on display in the library September 11 (Patriot Day) through September 18.

To engage and inform students about the Constitution, a campus-wide scavenger hunt will run in the days leading to September 18.

Participating students will receive a list of questions and have to search out either the location or person on campus where they can find the answer. The Constitution Day scavenger hunt is being developed by Jessica Miller, NMCC student activities coordinator.

All campus members, as well as the public, are invited and encouraged to take part in the above activities.



Librarian Peggy O'Kane displays some of the material available in the library regarding the constitution.