

Free Blood Pressure Screenings Offered

NMCC's first year nursing students will be providing free blood pressure screenings on campus on **Tuesday, October 3**, and again on **Wednesday, October 11**, 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 very important skill.



Breakfast of Champions

Please note that due to scheduling conflicts, there has been a change in the format for the **Breakfast of Champions** on **Thursday, October 12**, from **7:30-9:00 a.m.** in the Edmunds Conference Center.

Instead of hearing candidates for Governor speak, participants are invited to come and learn more about the Tax Payer Bill of Rights (TABOR) referendum being voted on in November. Presenters from both sides of this controversial issue have been invited to come and share their views. There will also be an opportunity for questions from the audience.

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 and includes a light continental breakfast buffet, but reservations are required! To register, contact Karen in the development office at 768-2809 or kgonya@nmcc.edu by October 6.

Sunday, October 1:

Bible Talks, 3:00-5:00 pm, Christie Lecture Hall

Monday, October 2:

Phi Theta Kappa Meeting, 12:15-12:45 pm, Christie Lecture Hall

Healthy Living Class, 1:00-2:00 pm, Martin 212

TRiO Workshop: Learn Styles, 5:00-6:00 pm, Edmunds Conference Center

Tuesday, October 3:

Foundation Executive & Finance Committee Meeting, 7:30-9:30 am, Reed Commons Keegan Room

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

Hospice of Aroostook, 6:00-8:00 pm, Edmunds Conference Center

Open Gym, 9:00-11:00 pm

Wednesday, October 4:

Student Satisfaction Committee Meeting, 8:00-9:00 am, Learning Center

Task Force Curriculum Meeting, 11:30 am - 1:30 pm, Reed Commons Keegan Room

Advisory Committee Meeting, 4:30-6:30 pm, Reed Commons Keegan Room

TRiO Workshop: Financial Aid FAQ, 5:00-6:00 pm, Edmunds Conference Center

Movie Night, 9:00 pm, Edmunds Conference Center

Thursday, October 5:

Nursing Testing, 8:00-10:00 am, Media Center

ABG Meeting, 12:00-1:00 pm, Martin 213

TRiO Workshop: Credit Card Debt & Identity Theft, 12:00-1:00 pm, Reed Commons Keegan Room

Student BINGO, 6:00-9:00 pm, Christie Lecture Hall

Open Gym, 9:00-11:00 pm

Saturday, October 7:

Aroostook County Democratic Committee Meeting, 9:00 am - 1:00 pm, Christie Lecture Hall

What's Happening on Campus...

Weekly Menu

LUNCHTIME IN THE REED COMMONS

Monday

Black Bean Soup
Fried Chicken
American Chop Suey
French Fries
Baby Carrots
Lemon Bars
Ice Cream Sundaes

Tuesday

Tomato Beef Soup
Macaroni & Cheese
Hot Dogs
Tator Tots
Zucchini
Chocolate Chip Cookies
Sugar Cookies

Wednesday

Chicken Noodle Soup
Fish Burger
Chicken Pot Pie
French Fries
Corn
Brownies
Jello Parfaits

Thursday

Minestrone Soup
Ravioli w/Cheese
Chicken Burger
French Fries
Peas
Vanilla Pudding
Peanut Butter Cookies

Friday

Seafood Chowder
Chicken Salad Sand.
Fish 'n Chips
French Fries
Baby Carrots
Assorted Desserts

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

Faculty Member Recognized

Pam Crawford, co-advisor to the NMCC chapter of Alpha Beta Gamma, the national business honor society, was recognized at the 2006 ABG Leadership Conference with the GOOD SAMARITAN Award. The award was presented as a result of the chapter's support of Hurricane Katrina relief efforts in the south.

Last winter break Crawford, an instructor in the college's business technology department, and a team of eight ABG members assisted in house and yard clean-up for employees and friends of Mississippi Gulf Coast Community College in Perkinston, MS. She credits all members of ABG for their support of that activity, making each of them deserving of the award.



Above is instructor Pam Crawford and the students with whom she traveled to Mississippi last February in order to do volunteer work for victims of Hurricane Katrina. They are, front from left: Crawford, Christine Smith, Jackie White, Nikki Hallett, Diana Doody and Andrea Perkins; back, from left: Scott Carson, Jackie Winslow, Theresa Dow and Shawn Boucher.

Student Meetings...

- The **Student Senate** meets every Tuesday from 12:15-1:00 p.m. in the Christie lecture hall. All students are invited to come and have their opinions heard.
- **Alpha Beta Gamma** meets every Thursday from 12-1 p.m. in Martin Room 213.



BINGO Night

Students are invited to come join in the fun on Thursday, October 5, from 6-9 p.m. in the Christie Lecture Hall. Get to know some of your fellow students and have the chance to win some great prizes! This activity is sponsored by the NMCC Student Senate.

Book Signing

A book signing for NMCC instructor John Corrigan's new novel, *OUT OF BOUNDS*, will be held on Friday, October 6, from 5-6 p.m. at Pieces of Eight Bookstore. On Saturday, October 6, John will be at the Mark and Emily Turner Memorial Library, where he will hold a reading at 11 a.m. followed by a question and answer time and a book signing. This is a great chance to support our very own local author!

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 760-1184 or njmiller@nmcc.edu.

Newsletter Items...

Do you have items that you would like printed in the Weekly Bulletin? If so, please submit your information to the development office, by calling 768-2809, e-mailing info@nmcc.edu or stopping by the office on the third floor of the Martin Building. The weekly deadline is Thursday by 10:00 a.m.

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:

Learning Styles - Monday, Oct. 2

Discover the most effective way to study, take notes and write exams. **(5-6 pm, Edmunds Conference Center)**

Financial Aid FAQ - Wednesday, Oct. 4

Learn how to decipher your bill, apply for aid and find scholarship dollars. **(5-6 pm, Edmunds Conference Center)**

Credit Card Debt & Identity Theft - Thursday, Oct. 5

Learn what you need to know to protect yourself. **(12-1 pm, Reed Commons Keegan Room)**

Other topics coming up in October include: Test Anxiety, Alcohol & Gender, The ABCs of ZZZs, and How to Lose a Job in 10 Days. 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 2005-2006 academic year was \$233,689. It also receives in-kind support from Northern Maine Community College.