



**NORTHERN  
MAINE**  
COMMUNITY COLLEGE

# Toward Excellence

## WEEKLY BULLETIN

October 6, 2006

Issue #6

### "Envision the Future" Work to Begin on Campus this Month

"Envision the Future," an initiative launched by the NMCCS Board of Trustees and President John Fitzsimmons, will engage the NMCC community in an inclusive dialogue designed to lead to a broad consensus of what the college will look like in the years ahead.

Guided by President Tim Crowley and the NMCC Strategic Planning Committee, the college is charged with producing a document on the future of the institution that, when brought together with similar reports from other campuses, will form a basis of dialogue among the System's leadership on how the NMCCS is positioning itself to meet Maine's needs both regionally and on a statewide level.

To begin local efforts, the campus community will engage in a SWOT (Strengths, Weaknesses, Opportunities and Threats) analysis in the coming weeks. Several sessions have been scheduled, with the goal of involving as many individuals on campus as possible. The sessions will be interactive and invite faculty, staff and community friends to share their thoughts under each category.

In the very near future, faculty and staff will be contacted with the date and time of the session they will be asked to participate in. The schedule was developed incorporating teaching and office coverage considerations; however, individuals with scheduling conflicts may elect to attend an alternate session. For more information, contact Jason Parent in the Development Office at 768-2808.

### 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 call 760-1184 or e-mail njmiller@nmcc.edu.

#### Monday, October 9:

**Columbus Day** - NMCC administrative offices will be closed today - all regularly scheduled Monday courses will be held

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

#### Tuesday, October 10:

**Maine Driver Education Association Meeting**, 12:00 noon, Edmunds Conference Center

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

**TRiO Workshop: Test Anxiety**, 5:00-6:00 pm, Edmunds Conference Center

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

#### Wednesday, October 11:

**VALIC Meet & Greet**, 8:00-11:30 am, Edmunds Conference Center

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

**NMCC/UMPI Senior Managers Meeting**, 12:00 noon- 2:00 pm, Edmunds Conference Center

**Safety Committee Meeting**, 2:30 pm, Learning Center Conference Room

**TRiO Workshop: Alcohol & Gender**, 5:00-6:00 pm, Edmunds Conference Center

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

#### Thursday, October 12:

**Breakfast of Champions**, 7:30-9:00 am, Edmunds Conference Center - Presenters from both sides of the controversial TABOR referendum issue will share information and answer questions. The annual event is coordinated 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). For more information, contact Karen in the development office at 768-2809.

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

*What's Happening on Campus...*

*Weekly Menu*

### LUNCHTIME IN THE REED COMMONS

#### Monday

Vegetable Beef Soup  
Tortellini  
Chef Choice Sandwich  
Garlic Bread  
French Fries  
Mixed Vegetables  
Ice Cream Sundaes

#### Tuesday

Chicken Noodle Soup  
Pork Riblet Sandwich  
Corn Dogs  
Au Gratin Potatoes  
Zucchini  
Apple Crisp  
Sugar Cookies

#### Wednesday

Corn Chowder  
Teriyaki Chicken Sandwich  
Fish Sandwich  
Savory Rice  
French Fries  
Mixed Vegetables  
Assorted Pies

#### Thursday

Minestrone Soup  
BBQ Beef Sandwich  
Egg Salad Sandwich  
French Fries  
Green Beans  
Strawberry Short  
Cake

#### Friday

Seafood Chowder  
Herb Baked Fish  
Chicken Sandwich  
Oven Baked Potatoes  
Vegetable Blend  
Ice Cream Sundaes  
Chefs Choice Dessert

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

## Student Nurses Learn by Doing

NMCC's first year nursing students provided free blood pressure screenings on campus Tuesday, October 3, and will do so 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 a 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.



Above (center) is nursing instructor Mary Cornelio overseeing first-year student Destin Larrabe as she takes instructor John Price's blood pressure. The hands-on learning experience will be repeated on campus October 11.

## Notary Public Course

A day-long course for individuals interested in becoming a Notary Public will be offered by the Continuing Education Division on Friday, October 20, between 8:00 a.m. and 4:00 p.m. in the Continuing Ed conference room. The class is designed to assist individuals in applying for a Notary Public commission in Maine. Discussion will include history, enabling legislation, powers and duties, qualifications, and procedures of a Notary Public, including performing civil wedding ceremonies. Cost for the class is \$49. An additional fee of \$50, payable to the state, must be submitted along with the exam and application that will be completed toward the end of the session.

## Faculty and Staff News...

*Heidi Broad-Smith, early childhood education instructor,* recently welcomed Sarah Adams, education specialist from the Aroostook Medical Center to speak with 19 of her students about car seat safety. Adams conducts car seat training sessions regularly and administers a program that offers child car seats free of charge to qualifying families. She told the students that a recent survey conducted by the U.S. Highway Committee shows 96 percent of parents believed that they were using their child's car seat correctly, but when assessed only 90 percent actually were. Maine has one of the toughest laws regarding car seats in the nation. Statistics of traffic related deaths of children birth to five years indicate that the laws have significantly lowered such on-road fatalities.

## 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.

## Upcoming TRiO Workshops

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. Upcoming topics are:

### Test Anxiety - Tuesday, Oct. 10

Learn pre-test, during-the-test and post-test strategies to overcome test anxiety. **(5-6 pm, Edmunds Conference Center)**

### Alcohol and Gender - Wednesday, Oct. 11

Sort out the fact from fiction when it comes to alcohol and the sexes. **(5-6 pm, Edmunds Conference Center)**

### Test Anxiety - Monday, Oct. 16

Learn pre-test, during-the-test and post-test strategies to overcome test anxiety. **(12-1 pm, Reed Commons Keegan Room)**

Questions about any of the above workshops can be directed to the counseling office.

## 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](mailto: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.