


Note Taking Workshop Offered for Students

Information presented in class often contains the central concepts of the course and is the material most likely to be included on exams. Yet, students often do not realize the importance of note taking and listening. To help, staff in the Academic Success Center will be offering a Note Taking Workshop. For students' convenience, the workshop will be offered three different times: Tuesday, September 30, at 10:00 a.m. and again at 2:00 p.m.; and Wednesday, October 1, at 11:00 a.m. Handouts will provide tips on how to recall more information from lectures through active listening and purposeful note taking. Suggestions will also be provided for how to use notes regularly to review. Students should stop by the Academic Success Center to sign up.



BINGO Night
Students are invited to come join the fun on Thursday, October 2, from 6:30-8:30 p.m. in the Christie Lecture Hall. Get to know some of your fellow students and possibly win some great prizes!

Sponsored by the Student Senate

Free Blood Pressure Screenings Offered

NMCC's first year nursing students will be providing free blood pressure screenings on campus on **Wednesday, October 1, from 8:15 - 11:45 a.m.** Teams of students will be available in the commuter lounge by the bookstore, in the Christie lobby, and in the mezzanine above the lobby. 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 skill.



Monday, September 29:

Indoor Soccer, 7 pm, Gym

Tuesday, September 30:

ECE Luncheon, 11:30 am - 12:30 pm, Keegan Room
Note Taking Workshop, 10 am & 2 pm, Academic Success Center

TRiO Workshop - Stress Management, 12 pm, Academic Success Center

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

PrISM, 1-2 pm, MRT 211

Open Gym (Basketball), 9-11 pm

Wednesday, October 1:

DEP Meeting, 9-10 am, Keegan Room

Note Taking Workshop, 11 am, ASC

Enrollment Task Force, 3-4 pm, Edmunds Conf. Ctr.

PrISM, 6-8 pm, CHR 108I

Movie Night, 9-11 pm, Edmunds Conf. Ctr.

Thursday, October 2:

MEA Workshop, 8am - 4pm, Edmunds Conf. Ctr.

DEP Meeting, 9-10 am, Keegan Room

PrISM, 1-2 pm, MRT 211

Radio Club, 6:30 - 8:30 pm, CHR 113

Student BINGO Night, 6:30 - 9:30 pm, Christie Lecture Hall

Open Gym (Dodgeball), 9-11 pm

Friday, October 3:

Basic American Foods, 8 am - 4 pm, Edmunds Conference Center

President's Council, 8:00 - 9:30 am, Keegan Room

CRMA Class, 8:00 am - 4:30 pm, MRT 212

Admissions Testing, 1 - 4 pm, MRT 105

What's Happening on Campus...

LUNCHTIME IN THE REED COMMONS

Weekly Menu

Monday SPECIALS

Soup: Tortellini
Deli: BLT
Grill: Honey Dijon Ckn.
LINE ENTREES
Chicken Alfredo
Shepherd's Pie
Linguine
French Fries
Hot Vegetable
Molasses Cookies

Tuesday SPECIALS

Soup: Chili
Deli: Hearty Beef
Grill: Milano
LINE ENTREES
Chili Dogs
Chili Frito
Turkey Sandwich
Chips
French Fries
Hot Vegetable
Oreo Delight

Wednesday SPECIALS

Soup: Beef Vegetable
Deli: Chicken Sandwich
Grill: Pastrami/Rye
LINE ENTREES
BBQ Pork Sandwich
Cheese Ziti
Meat Ziti
Chips
French Fries
Hot Vegetable
Blonde Brownies

Thursday SPECIALS

Soup: Tomato
Deli: Chicken Ceasar Wrap
Grill: Grilled Cheese
LINE ENTREES
Ham & Cheese Croissant
Chicken Noodle Casserole
Wild Rice
Chips
French Fries
Hot Vegetable
Tiramisu Cheesecake

Friday SPECIALS

Soup: Seafood Chowder
Deli: Salami Italian
Grill: Bacon Cheeseburger
LINE ENTREES
Baked Potato Bar
(Cheese, Bacon, Chili, Broc.)
Philly Steak
French Fries
Hot Vegetable
Pina Colada Cake

Menu is subject to change. Don't see what you like here? Check out our daily salad bar and pizza offerings.



Fall & Winter Expo a Hit... This year's event was a huge success, with many more vendors last year and more than double the number of attendees. Special thanks to the following who donated their time over the weekend to volunteer at the Expo: NMCC employees Cindy and Dennis Albert, Tim Crowley, Bill Egeler, Karen Gonya, Jan Greico, Betsy Harris, Larry LaPlante, Tammy Nelson, and Tom Richard; students Brittany Hewitt, Sheldon Lockhart, Candice Rivera, Shannon Smart, and Denise Sock; and Foundation board members Gary Cleaves, Lois Dickson, Ginny Joles, Melony LeShane, Roger Roy, Bruce and Connie Sandstrom, Vicki Smith and Jane Towle. Special kudos to NMCC's Jason Parent and Aimee Wilkins, who coordinated all the details of the event and spent their entire weekend there!! Special thanks to all of the campus community who showed their support by attending this event! We were pleased to see so many familiar faces there! Look for the complete story and more photos in the October monthly newsletter, coming soon.

Students Urged to Register to Vote

By casting a ballot, each one of us has a voice in deciding who will serve in office and what major issues will be covered in the governing of our state and nation!

For students who are new to the voting process, step one is becoming registered. Any Maine resident who would like to register to vote can do so in a variety of ways. Please stop by Betsy Harris' office (located in student services) before October 14 and complete a voter registration application, and be sure to bring your driver's license. Other ways to register include going to your town office, any motor vehicle branch office, most federal and state social service agencies or voter registration drives. You can even register on Election Day at your hometown office or city hall.

Campus residents may want to request an absentee ballot if driving home on Election Day is inconvenient for you. After you have registered to vote, you may request an absentee ballot application - call your town or city clerk for an application and assistance.

By voting, you are keeping Maine's democracy strong; and, if you don't vote, your voice will not be heard. Please register and vote.

TRiO Workshops

The TRiO office and Academic Success Center are offering a series of workshops throughout the semester to help students. This week's workshop is:

Tuesday, September 30 - Stress Management

12:00 noon in the Academic Success Center

Learn how to hold it all together when it feels like it's falling apart.

This workshop meets the TRiO/SSS scholarship criteria. Please feel free to bring your lunch with you.



Soccer News... The NMCC soccer team played a home game against Eastern Maine Community College on Thursday, September 25. The Falcons won with a final score of 3 to 1. Scoring for NMCC were Blake McCarthy, Luke Ireland and Craig Hamann. The team went on to defeat Southern Maine Community College, 2 to 0, in a home game on Sunday, September 28. The goals were scored by Michael Libby, assisted by Craig Hamann, and Luke Ireland with a penalty kick. The team travels to Bangor to play EMCC on October 1. Their next home game will be on Sunday, October 5, at noon against Unity College. The game will be played at the Presque Isle Middle School athletic field.

ECE Luncheon...

The Early Childhood Student Organization will hold their annual "Welcome" luncheon in the Reed Commons Keegan Room on Tuesday, September 30, at 11:30 a.m. All ECE students are welcome to join the officers for a shared meal time and to brainstorm plans for the organization's 2008-2009 academic year. Preliminary plans include the annual drive for the Aroostook Animal Shelter, support for the Ronald McDonald House of Bangor, and the continuation of the "In Their Hands" literacy initiative. Questions can be directed to instructor Heidi Broad-Smith.