



Welcome Breakfast

New and returning students stopped by the Christie lobby throughout the morning on Wednesday, August 26, to enjoy a free breakfast buffet sponsored by the NMCC Student Senate.

Student Workshops

The TRiO office is offering a series of workshops in the Academic Success Center throughout the semester to help students. The first of these workshops, **Study Strategies for Successful Students**, will be held on Thursday, September 3, from 12:00 - 1:00 p.m. Come and learn *how* to study, *what* to study and *where* to study. Develop a personal study plan that will help you earn the grades you want. For those who can't make the noon time, the session will be offered again on Wednesday, September 16, from 5:00-6:00 p.m.

Other sessions planned include Alcohol and the Sexes, Don't Forget! the Memory Workshop, Social Networking and the Job Search, and Surviving on a Shoestring.

Stop by the counseling office on the first floor of the Christie Building for more information.

Monday, August 31:

PC Help Desk, 12:00-2:00 pm, Edmunds Conf. Ctr.
Aroostook Youth Football Meeting, 7:00-8:00 pm, CHR 101

Tuesday, September 1:

Aroostook Municipal Association, 8:00 am - 12:00 pm, Edmunds Conference Center
Computer Training, 8:00 am - 12:00 pm, CED Classroom
PC Help Desk, 11:00 am - 3:00 pm, Edmunds Conference Center

Wednesday, September 2:

PC Help Desk, 11:00 am - 2:00 pm, Edmunds Conference Center
PrISM, 12:30-1:30 pm, MRT 211

Thursday, September 3:

Computer Training, 8:00 am - 12:00 pm, CED Classroom
PC Help Desk, 11:00 am - 3:00 pm, Edmunds Conference Center
Study Strategies for Successful Students, 12:00-1:00 pm, Academic Success Center

Friday, September 4:

PC Help Desk, 12:00-2:00 pm, Edmunds Conf. Ctr.

Monday, September 7:

LABOR DAY - COLLEGE IS CLOSED - Enjoy your long weekend!

What's Happening on Campus...

LUNCHTIME IN THE REED COMMONS

Monday

Soup: Double Ckn. Noodle
Turkey Rice
Tomato
Deli: Southwest Panini
Grill: Bacon Swiss Burger
Mediterranean Kitchen
Taco Pizza
Chicken Fajitas w/Veggies
Home & Away Station
BBQ Brisket
Black Beans & Rice
Seasoned Corn
Brussel Sprouts
Dessert Bar
Choc. BP Oat Bars
Sugar Cookies

Tuesday

Soup: Double Ckn. Noodle
Turkey Rice
Tomato
Deli: Southwest Panini
Grill: Buffalo Chicken Wrap
Mediterranean Kitchen
Mushroom Pizza
Pasta Primavera
Home & Away Station
Chicken Pot Pie
Herbed Noodles
Green Beans
Zucchini & Squash
Dessert Bar
Magic Bars
Chocolate Chip Cookies

Wednesday

Soup: Double Ckn. Noodle
Oriental Beef
Potato Leek
Deli: Ham & Cheese Panini
Grill: Philly Sausage Sand.
Mediterranean Kitchen
Greek Pizza
Stir Fry
Home & Away Station
Enchiladas
Smokin' Rice
Cauliflower
Herbed Zucchini
Dessert Bar
Choc. Chip PB Cookies
Bars & Cookies

Thursday

Soup: Double Ckn. Noodle
Minestrone
Cream of Mushroom
Deli: Thanksgiving Turkey
Panini
Grill: Ball Park Dogs
Mediterranean Kitchen
Sausage Pizza
Really Cheesy Mac & Cheese
Home & Away Station
Hot Turkey & Gravy Sand.
Mashed Potatoes
Peas / Spinach
Dessert Bar
Dbl. Chocolate Chip Cookies
Brownies

Friday

Soup: Double Ckn. Noodle
Beef & Barley
Lentil
Deli: Milano Wrap
Grill: BBQ Turkey Ched. Burger
Mediterranean Kitchen
BBQ Chicken Pizza
Veggie Fried Wrap
Home & Away Station
Havana Sandwich
Ranch Chips
Veggie Blend
Season Broccoli
Dessert Bar
Rice Krispie Squares
Oreo Brownies

Pizza, a salad bar, and items to order from the grill are also available daily.

Weekly Menu

Book Signing to be Held in Library

Local author Wendy Koenig will hold a book signing for her latest publication, *Lions in the Closet*, in the NMCC library on Wednesday, September 9, at 11:00 a.m.

“Every woman has a story to tell. Every woman has a hidden strength within herself. These poems are about women. Every woman,” said Koenig about *Lions in the Closet*, her second book of poetry to be published. Other books by Koenig include *Under Twin Suns*, *One to Lose*, and her first poetry book, *These Burning Stones*. She also co-authored *Breathe Vol. 1*.

Members of the NMCC campus and the local community are encouraged to attend the signing.

Photography Display...

Students and employees are encouraged to stop by the library and check out the photos on display throughout the month of September by local photographer Terry Kilcollins (wife of NMCC’s wind power technology instructor, Wayne Kilcollins). The collection captures the scenery and natural beauty of Maine. Stop by anytime during regular library hours.

Condolences...

Our condolences to Leah Buck (from continuing education) and Peter Goheen (from security) and their family on the loss of Leah’s father, Elwood ‘Teaser’ Buck, earlier this month.

Condolences as well to instructor Dan Boyd and his family on the recent loss of his mother, Leah Boyd.

Swimming at the Indoor Pool...

NMCC students can swim for free at the Presque Isle indoor pool, located next to the Forum. Simply bring your student ID with you and be sure to sign in at the desk. To find out times when the pool is open to the public, you can call 764-2564. *Courtesy of Student Senate*



Parking Permit Reminder...

Students and employees who do not have the appropriate parking permits on their vehicles are urged to stop by the business office to complete the necessary paperwork and get their permit. The permits are free, whereas tickets are not...so don’t delay!

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, just off of the lobby of the Christie Building. **The weekly deadline is Thursday by 10 a.m.**

Hours...

The following are the regular semester hours for several key areas of interest for students on campus:

| | | |
|--------------------------------|----------------|--------------------------|
| Library/Media Center | M-H | 7:30 am - 8:00 pm |
| | F | 7:30 am - 4:30 pm |
| | Sat/Sun | Closed |
| Bookstore | M-H | 7:30 am - 6:00 pm |
| | F | 7:30 am - 4:00 pm |
| Academic Success Center | M, T, W | 8:00 am - 9:00 pm |
| | H, F | 8:00 am - 4:00 pm |
| Business Office | M-F | 7:30 am - 4:30 pm |
| Student Services Office | M-F | 8:00 am - 5:00 pm |

Community News

◆ **Support your local American Red Cross** by purchasing your 2009-2010 Seasonal Caribou Performing Arts Center ticket today. Ten percent of each ticket sale will go towards local disaster relief. The savings are substantial with eight offerings during the fall and spring, including the Nutcracker Ballet. For more information or to reserve your ticket, call 493-4278. View the schedule line-up at www.rsu39.org.

◆ Are you living paycheck to paycheck or trying to dig out of debt? Do you want to get your spending under control and save for a more comfortable future? **“Financing Your Future: Managing Your Money to Meet Your Goals”** is a free workshop series being offered by Women, Work and Community in collaboration with Caribou Adult Education that can help you get on track. It runs on Wednesdays from 1:00 pm to 4:00 pm at the Caribou Learning Center on September 16 - October 8 (there will be no session on September 17). Pre-registration is required. For more information, or to register, call WWC at 764-0050.

◆ Starting September 15, Maine Centers for Women, Work, and Community will offer a free twelve-week course in business planning. If you are a new entrepreneur or business owner in the start-up stage, **New Ventures** will help you create a written business plan from start to finish with feedback from facilitators and fellow entrepreneurs. Topics include your customer, your competition, marketing, financial recordkeeping, cash flow projections, taxes, legal aspects, financing, and more. The class will meet on Tuesdays from 10:00 am – 3:00 pm at the Houlton Higher Education Center from September 15 - December 15. Men and women are welcome. Applications are due on Thursday, September 10, and individual interviews will be scheduled following the class orientation on Tuesday, September 15. To request an application and register for the class orientation or to get more information about the New Ventures training, contact Women, Work & Community at 764-0050.