



**The Community's College**  
**CCC&TI Students Help with Vaccination Efforts;**  
**Foundation Kicks Off 2021 Annual Fund Drive**

# Calendar

## March

18 Last date students can drop without academic penalty for 16w classes.

19 Financial Aid Check Disbursement 3

30 What's Next: Scholarship Secrets, Virtual Workshop, 12:15 p.m.

## April

1 What's Next: Transfer Experience, Virtual Workshop, 12:15 p.m.

5 Easter Monday Holiday, Institution Closed

6 No Curriculum Classes

7 Priority Registration Begins for Current Students

9 Registration for Summer Classes opens for all students.

16 Financial Aid Check Disbursement 4

For a full calendar of events and activities, including Cobra Athletics events, visit [www.cccti.edu](http://www.cccti.edu)

All information and events listed in this publication are subject to change according to institutional, local, state and national guidelines issued in response to the COVID-19 pandemic.

For the most up to date information and CCC&TI's current guidelines and protocols, visit [www.cccti.edu](http://www.cccti.edu)

# CCC&TI Students Help with Vaccination Efforts

The battle against COVID-19 received a boost this spring as Nursing and Medical Assisting students from Caldwell Community College and Technical Institute began volunteering to help the Caldwell County Health Department in administering vaccinations.

For the students, it's a valuable opportunity to gain hands-on experience while providing much needed help in the nationwide vaccination effort.

"The Health Sciences Department of CCC&TI is privileged to partner with the Caldwell County Health Department in administering COVID vaccines," CCC&TI Dean of Health Sciences Barbara Harris said. "Under the supervision of their faculty, this opportunity allows students to see first-hand how their newly acquired skills can make an impact in the community."

The students began helping in January, working side-by-side with Health Department workers to move people through the vaccination process.



### On the Cover:

CCC&TI Nursing Student Kaylin Brookshire administers a COVID 19 vaccine at the Caldwell County Health Department.

**Above right:** CCC&TI Nursing Student Aaron Stevens administers a vaccine.

**Below right:** Many other CCC&TI students are helping in the medical field in various ways during the pandemic. These CCC&TI Medical Assisting students, along with many others, helped with vaccination clinics at the Caldwell County Health Department. CCC&TI students Caylan Johnson (left) and Diana Saroop (right) will graduate from the program in May.



## Foundation of CCC&TI Kicks Off Annual Fund Drive Campaign

The Foundation of Caldwell Community College and Technical Institute held its first virtual Annual Fund Drive Campaign kickoff event on Tuesday, March 2 featuring community leaders and students. Over 50 board members, campaign volunteers, college faculty and administrators were in attendance.

The event starts fundraising efforts for the Foundation’s 2021 Annual Fund Drive. Despite restricted gatherings, the Foundation is mobilizing efforts to continue its traditional campaign encouraging online donations and help from nearly 50 volunteers to spread the message.

Peg Broyhill, Chair of the Foundation’s Board of Directors, offered opening remarks and welcomed those attending online. Broyhill announced that the theme for this year’s campaign is “CCC&TI: The Community’s College,” and that it will focus on ways that the college has positively impacted the community at large. The Foundation Board has set a goal of \$385,000 for this year’s effort. Priorities for the fund drive include scholarships, student aid, the Dream program and academic support.



In support of this year’s campaign, a video was created featuring several community leaders who each shared their thoughts on the impact the college has on the community. The video featured: President/CEO of Caldwell UNC Healthcare, Laura Easton; Superintendent of Watauga County Schools, Dr. Scott Elliott; Vice President of Human Resources, Bernhardt Furniture Co., William Howard, III; President/CEO, Boone Chamber of Commerce, David Jackson; and Manager, First Citizens Bank – Lenoir, Mark Transou.

Each leader shared their thoughts on the impact of the college in the community. “I love this year’s campaign theme, ‘The Community’s College’ because that’s exactly what it is and what it has been since the mid-60s,” said Howard. “I can’t think of a single entity more deserving of our financial support than the college and its Foundation because it truly can impact people’s lives and make a real difference in an individual’s life and their family’s life. What a wonderful way to give back to the community that we live in.”

Deborah Murray, Vice Chair of the Foundation and Executive Director of the Caldwell County Economic Development Commission, spoke to the group about the value of CCC&TI in the community and touched on all that the college was able to accomplish during the last year despite the challenges presented by the COVID-19 pandemic. Murray touched on stable enrollment numbers, resources and tools supplied by the college to area students during lockdown, the completion of the Paul H. Broyhill Center for Advanced Technologies and progress made on the new lineworker training facility. Murray also noted that CCC&TI health sciences faculty and students are currently volunteering in the community to help with COVID-19 vaccination efforts.

“All community colleges are not equal. The very best community college is one that meets the community’s needs for today and tomorrow and one that is supported by the community it serves,” said Murray. “I’m compelled to ask you to think of this campaign in a different way. Don’t treat it like any other year, just another fundraiser. When you think about what all this institution accomplished in the last year, it’s unbelievable. I hope you all will reciprocate with a generous and unrestricted gift for this year’s campaign.”

CCC&TI President Dr. Mark Poarch also shared comments with the group. “Our mission as a community college has never been more important than it has been over the last year,” said Poarch. “But we have weathered the storm and kept a laser focus on student success and serving the community. The community believes in us and is still counting on us.”

Those in attendance also saw a video featuring three CCC&TI students who received scholarships or assistance through the Foundation. Caylan Johnson, a Medical Assisting student at CCC&TI, lost her home and all of her belongings in a fire in January. The Foundation’s Emergency Assistance Fund was able to help Johnson replace her textbooks and supplies as well as the laptop that was destroyed in the fire so that she could continue her studies.

Students and scholarship recipients Meredythe Galliher and Jennifer De La Sancha were also featured in the video. “I think if the donors could actually see the students that they’re impacting, I think they would be moved to tears. CCC&TI has such a diverse student body. We have people that are single parents, people who are living alone who are just trying to build a better life for themselves,” said Galliher. “It’s amazing to see how relieved students are when they find out they’re getting that financial assistance.”

Broyhill introduced each of the team captains for this year’s campaign. They are Barbara Freiman, Guy Walters, Wayne Keller, Joan McGee, Deborah Murray, Dr. Mark Poarch, Mary Frances Sullivan, Peg Broyhill and Wade Wilmoth.

Foundation Executive Director Marla Christie recognized the faculty and staff members at CCC&TI, who kicked off their portion of the campaign in February. To date, the employee campaign has raised more than \$28,000 and employees are continuing their efforts.

CCC&TI students are also working to raise money for the campaign. The Student Government Association has raised \$1,400 thus far for the campaign through various efforts.

For more information on the Foundation of Caldwell Community College and Technical Institute, or to make a gift to the Annual Fund Drive, visit [www.ccti.edu/pledge](http://www.ccti.edu/pledge) or contact the Foundation Office at 828-726-2260.



**HISTORY WOMEN'S MONTH**

**POSTER CONTEST**

**March is Women's History Month!**  
**Celebrate Women and Win...**  
**Create an original art poster or flier celebrating your favorite historic or current woman!**

**Posters should include:**

- Picture or representation of the woman
- Biographical statement about the woman and her contributions to society
- Statement on why this woman is an inspiration

Submissions can be digital art, photography, drawing, painting, mixed media, etc. Pieces should be submitted digitally and photos of work will be accepted. Submissions will be displayed on bulletin boards on both the Caldwell and the Watauga Campuses.

Students will vote on their favorites in each of the following categories:  
**Best Overall • Most Creative • Most Original • Most Informative**  
**One winner will be chosen in each category and will receive a \$50 gift card! Submissions will be accepted March 1 - March 26. Voting will take place the week of March 29.**

**To enter: Scan the QR code at right, fill out the accompanying form and upload your art piece.**

**Sponsored by Sga!**



## **Watauga Culinary Students Partner with Church to Provide Community Meal**

Caldwell Community College and Technical Institute's Watauga Campus Culinary Arts students recently partnered with Boone United Methodist Church to provide a free meal for people in the community.

The students worked two days preparing and executing the meal. Students made garlic and sage studded pork loin, fresh spring mix salad with roasted pepper vinaigrette, roasted fresh broccoli florets and roasted fresh sweet potatoes.

Boone United Methodist Church hosts the Thursday evening meals each week to help feed and build relationships with those in need in the area. They partner with local restaurants or others in the food industry to feed 80 to 90 people each week. "The meal is a way to help our community during this time as many families are struggling during the pandemic," said Anna Welsh, the Meal Coordinator with Boone UMC. "Those that come to get meals each week are thankful for a warm and healthy meal. It's a great way to serve the community during these challenging times."

Watauga Campus Culinary Arts Instructor Chef Robert Back says that this type of activity is a great way for students to get hands-on experience while also learning the value of giving back to the community. "It is very important, especially in food service, to give back to the community where you work. This helps develop lasting relationships. Activities like these also show the students how a catered event would work. They learn not only the preparation and cooking of the product, but also the safety measures that must be followed when delivering the food off site," said Back. "Partnering with UMC allows us to help provide a great community event that supports those that are food insecure, not only with a hot meal, but also through the mentoring and fellowship that gathering around a meal facilitates."



**Above:**

Pictured are the Watauga Campus Culinary Arts students who helped prepare the community meal. Pictured from left to right are Hannah Hengst, Matthew Jones, Allie Beam, Charles Anderson, Maddison Stumpol, CCC&TI Culinary Instructor Chef Robert Back and Dr. Giovanni Llibre.

**Bottom:**

CCC&TI Culinary Arts Instructor Chef Robert Back, center, assists Culinary Students Hannah Hengst, left, and Charles Anderson, far right, as they prep a garlic and sage studded pork. In the background, student Maddison Stumpol preps fresh broccoli florets and carrots for the meal.



For more information on CCC&TI's Culinary Arts Program, call 828-297-3811 (Watauga), 828-726-2200 (Caldwell) or visit [www.cccti.edu](http://www.cccti.edu).

## CCC&TI Offering Community Cuisine Cooking Classes on Both Campuses.

### Watauga Campus Classes

Caldwell Community College and Technical Institute's Watauga Campus will be hosting a series of Community Cuisine cooking classes for adults beginning in March. The classes will be held in the culinary kitchen in building W-141 on CCC&TI's Watauga campus in Boone and cost \$50 each. Following are details regarding each class:

Friday, March 26, "Prep. Cook. Live." • 5 p.m. to 8 p.m.

Participants will learn basic knife handling and cutting skills while preparing chicken stir fry over steamed rice.

Friday, April 9, "Italian" • 5 p.m. to 8 p.m.

Participants will make homemade pasta, sauce and meatballs.

Friday, April 23, "Making a Holiday Meal" • 5 p.m. to 8 p.m.

Participants will make garlic rosemary pork loin, honey glazed sweet potatoes and roasted Brussel sprouts.

Friday, May 14, "Soups and Quick Breads" • 5 p.m. to 8 p.m.

Participants will prepare a broth soup and a cream soup as well as homemade cornbread

Friday, June 4, "Fresh Catch" • 5 p.m. to 8 p.m.

Participants will prepare poached salmon, rice pilaf and roasted asparagus.

Friday, June 18, "Garden Fresh" • 5 p.m. to 8 p.m.

Participants will prepare homemade salad dressings along with a pan seared chicken-topped salad.

**SGA PRESENTS:**

# ART CONTEST

**Enter the contest and your original art could be featured on one of two give-away items for all CCC&TI students!**

**To enter, go to**  
<https://forms.gle/qdphkAzmtgnmjcF7>  
**and upload your original art piece.**

**Art must be one color, a minimum of 6 inches wide, submitted as either a JPEG or BMP file that is at least 300 DPI.**

**Submission Deadline: March 26**

The poster features several hand-drawn illustrations: a burger, a bird, a tiger's head, a sloth, a car, a snake, and a swallow.

For those interested in taking all of these courses, CCC&TI is offering a special discounted rate of \$275 for students who sign up for all six one-day courses.

In addition to the evening courses, CCC&TI will also offer a special week-long "Mediterranean Diet Overview" course the week of May 24. The class will meet from 9 a.m. to 1 p.m. Monday through Friday on the Watauga Campus in Boone. NC Cooperative Extension Agent and registered dietitian and nutritionist, Margie Mansure will lead the classes. Participants will prepare a different lunch menu each day that meets the requirements of the Mediterranean diet. Sessions will also include opportunities for question and answer time with Mansure.

For all courses, participants will be able to enjoy their finished meals in the culinary kitchen at the end of the class, if time allows, or pack their dish to go to enjoy later. Participants will also receive recipe cards for all of the dishes prepared during the classes.

Space is limited for each class. Participants will be required to complete a health screening and temperature check prior to the start of each class and will also be required to wear a mask except when eating meals.

For more information or to register for any of these culinary offerings, call 828-297-3811 or visit [www.cccti.edu](http://www.cccti.edu).

### **Caldwell Campus Classes**

Caldwell Community College and Technical Institute’s Caldwell Campus will host a series of Community Cuisine cooking classes for adults beginning in April. The classes will be held in the culinary kitchen in K Building on the Caldwell Campus and cost \$60 each. Following are details regarding each class:

Saturday, April 3, “Easter Brunch” • 10 a.m. to 2 p.m.

Participants will get inside tips on egg cookery and will prepare Crab Cakes Benedict, smoked salmon with the perfect egg and shrimp and grits.

Saturday, April 17, “The Far East” • 10 a.m. to 2 p.m.

Participants will experience the flavors of Asia while exploring a variety of cuisines including Thai and Korean. Participants will prepare pad Thai, fried rice, Vietnamese spring rolls and Korean bulgogi.

Saturday, May 1, “Soups and Quick Breads” • 10 a.m. to 2 p.m.

Participants will learn the techniques for soup making and importance and building flavors while preparing farmer’s chowder, pasta e fagioli, chicken tortilla soup, corn bread and biscuits.

Saturday, May 15, “Italian” • 10 a.m. to 2 p.m.

Participants will prepare a variety of Italian dishes representing various regions including pesto with Focaccia bread, house made pasta with bolo-gnaise, veal marsala and rabbit ragu.

For those interested in taking all of the courses, CCC&TI is offering a special discounted rate of \$225 for those who sign up for all four one-day courses.

Participants will be able to enjoy their finished meals in the culinary kitchen at the end of the class, if time allows, or pack their dish to go to enjoy later. Participants will also receive recipe cards for the dishes prepared during the classes.

Space is limited for each class. Participants will be required to complete a health screening and temperature check prior to the start of each class and will also be required to wear a mask except when eating meals.

For more information or to register for any of these culinary offerings, call 828-726-2242 or visit [www.cccti.edu](http://www.cccti.edu).



**Come learn more about CCC&TI's**

**Biopharmaceutical  
Technology  
Program**

**Join us for one of these upcoming Virtual Information Sessions:  
Tuesday, March 23 @ 10:00am  
or Wednesday, April 28 @ 4:00pm.**

To RSVP and receive a link to one of the sessions, visit: <http://bit.ly/BiopharmaInformation>

## SOFTBALL:

Jada Wilson (Boone, NC) has been named NJCAA's Softball Div. II Pitcher of the Week for March 1-7. Jada went 3-0 on the mound last week, picking up a win against then 14th ranked Florence-Darlington Technical College on Friday, March 5 as well as two



wins against Cleveland Community College on Saturday, March 6.

For the week she allowed no runs or walks in 14.1 innings pitched while recording 11 strikeouts. For the season, Jada is 6-0 with a 0.62 ERA with 32 strikeouts in 34 innings pitched, to go along with one save and five complete games.



The Cobras started the season 7-0 before suffering their first loss against nationally ranked Florence-Darlington in game two of a double header on March 5.

## MEN'S BASKETBALL:

Jalen Crowder (6'3" Guard-Asheville, NC) was named the Region 10 Men's Basketball Div. 1 Player of the Week for Feb. 22-28. In two division games last week, Crowder averaged 29 points per game, going 13-for-24 from beyond the three-point line. In Friday's 86-81 loss at Cape Fear, Crowder had 25 points, seven rebounds, two assists, and two steals. In Saturday's 87-79 victory over previously unbeaten Brunswick, Crowder had 33 points, five rebounds, one assist, and one steal.



Crowder



Dixon

Demitri Dixon (6'0" Guard-Charlotte, NC) was named the Region 10 Men's Basketball Div. 1 Player of the Week for Feb. 15-21. In Caldwell's 83-77 win over USC-Salk on Saturday, Dixon had 16 points, 8 assists, 6 rebounds, and 3 steals. The Cobras will compete in the Region 10 Division I Tournament April 6-10. Games will be at the higher seed.

## BASEBALL:

Baseball earned their first series sweep of the 2021 season, winning three games vs. Region 10 Division I opponent USC-Lancaster on March 6-7. In game one of Saturday's double header, the Cobras scored four runs in the bottom of the 7th inning to earn a walk-off win by a score of 4-3. In Saturday's night cap, the Cobras overcame a two-run deficit to win 7-4. In Sunday's series finale, Patrick Usher hit a two-RBI homerun in the bottom of the 7th inning of a tied game to help lead the Cobras to a 6-4 victory. The Cobras begin Region 10 Division III play on March 20-21.



## WOMEN'S BASKETBALL:

The Cobras started the season 5-2, but lost six in a row before getting back on track with a 101-85 win over Fort Bragg on March 6. Kaitlin Brock led the Cobras with 23 points. The Cobras picked up their second road win of the season on March 9 with a come-from behind 75-73 win at Patrick Henry. The Cobras were led in scoring by Paola Martinez with 23 points. The Cobras will compete in the Region 10 Division I Tournament April 2-3 at Spartanburg Methodist College.



Brock



Matinez

To follow all the action and get the latest updates, follow CCC&TI Athletics on social media:

**#CobraNation • Facebook: Caldwell Cobra Athletics**

**Twitter: @CaldwellCobras • Instagram: caldwellcobras**

For more info and complete schedules, visit [www.ccti.edu/gocobras](http://www.ccti.edu/gocobras)



## GEER Funds Available for CCC&TI Job Training Courses

Scholarships are now available to cover the cost of short-term workforce training programs at Caldwell Community College and Technical Institute.

The Governor's Emergency Education Relief (GEER) Scholarship Program provides funds for eligible community college workforce continuing education students pursuing high-demand workforce training programs leading to a state- or industry-recognized credential. Scholarship awards vary depending on program selected.

To be eligible for the scholarship, a student must be a North Carolina resident and enrolling in a 96-hour or more continuing education course leading to industry credentials. This scholarship will pay for registration, fees and books/materials.

### GEER Scholarship eligible programs at CCC&TI include:

- BioWorks
- EMT
- Electrical Lineworker I and II
- Firefighter I and II
- Furniture Institute - Automated Cutting
- Furniture Institute - Industrial Sewing
- Furniture Institute - Upholstery
- HVAC (Intro, Intermediate and Advanced)
- Industrial Maintenance (Intro, Intermediate and Advanced)
- Machining (Intro, Intermediate and Advanced)
- Massage Therapy
- Mental Health Technician
- Mission Critical Operations I and II
- Nurse Aide
- Paramedic
- Phlebotomy
- Plumbing (Intro, Intermediate and Advanced)
- Red Hat
- Truck Driver Training
- VMware
- Welding



For more information or to apply, please call 828-726-2242 or visit [www.cccti.edu/GEER](http://www.cccti.edu/GEER).

## SGA Fundraiser: Make A Friend May

**Pre-order now through March 30.**

**Friends arrive in May with a custom t-shirt featuring CCC&TI student art!**

**CCC&TI Students:** Get one "friend" free. Scan the QR code and place your order. SGA will deliver the kits in May.

**CCC&TI Employees and students who want more than one "friend":**

Friends are \$15 each. Scan the QR code to place your order. **Available while supplies last. All proceeds go to Foundation Annual Fund Drive.**



**Choose from 10 adorable options!**

## IMPACT Institute Provides Free Training for Manufacturing Jobs

Caldwell Community College and Technical Institute is now accepting applications for the IMPACT (Industrial Manufacturing Pre-Apprenticeship Customized Training) Institute. The 4-week program provides the skills and certifications needed for an entry-level advanced manufacturing job, while making students eligible for scholarships to continue their education in one of several programs at CCC&TI.

The program, which is available to students at no cost, was developed in partnership with local employers due to the shortage of qualified advanced manufacturing workers.

“The goal of this program is to close the skills gap our local employers face when hiring new workers, and also creating a talent pipeline for high-demand, high-skill manufacturing jobs,” CCC&TI President Dr. Mark Poarch said. “We have worked with industry partners to identify the skills and certifications that lead to employment, and also to remove possible barriers to participation by providing scholarships.”

The IMPACT Institute meets on the Caldwell Campus in Hudson 9 a.m. to 4 p.m., Monday through Thursday, June 7 to July 1.

The IMPACT Institute provides full scholarships for tuition, books and supplies for students who qualify. Students who complete the 4-week IMPACT Institute course also will qualify for additional scholarships covering the cost of tuition, books and supplies for one of the following programs at CCC&TI: Industrial Maintenance, Industrial Systems - Machining, Industrial Systems - Mechatronics, Mechanical Engineering and Welding.

To qualify for the IMPACT Institute, students must be at least 18 years old and have earned a high school credential. The IMPACT Institute is funded by grants from Duke Energy and Piedmont Natural Gas.

To register for the course or for more information, please call 828-726-2242 or visit [www.cccti.edu/impact](http://www.cccti.edu/impact).

**Interested in learning more about CCC&TI's**

# Speech Language Pathology Assistant Program?



Learn more about this program and careers in the SLPA field at one of these upcoming

## Virtual Information Sessions

Thursday, March 25 @ 12 p.m.  
Monday, April 19 @ 12 p.m.  
Thursday, April 22 @ 12 p.m.

For more info or to RSVP visit [www.cccti.edu/SLPA](http://www.cccti.edu/SLPA)

# WHAT'S NEXT

CCC&TI SERIES

## Spring 2021 Virtual Workshop Series

**Scholarship Secrets • Tuesday, March 30 @ 12:15**  
Need more money for college? Learn what CCC&TI Foundation scholarships are available and how to apply. Open to all CCC&TI students.

**Transfer Experience • Thursday, April 1 @ 12:15**  
Join our panel of students as they discuss their experiences with transferring to a college or university.

Prizes will be given at each workshop.  
For more information and links to each session, visit <http://www.cccti.edu/Students/Workshops.asp>



## CCC&TI's Phi Theta Kappa Honor Society Earns Recognition

CCC&TI's chapter of Phi Theta Kappa International Honor Society (PTK), called the Alpha Lambda Pi Chapter, was recently named a 2021 REACH Chapter. Phi Theta Kappa's REACH Rewards program recognizes and rewards Phi Theta Kappa chapters that excel in membership development.

PTK works to promote the intellectual atmosphere of CCC&TI. Students can become eligible to join this exclusive honor society if they achieve and maintain at least a 3.5 grade-point-average in their college level courses.

For reaching the milestone, CCC&TI's PTK chapter will receive special recognition in the form of 3 Phi Theta Kappa graduation stoles that chapter leaders or members can wear during graduation celebrations.

In an announcement sent to CCC&TI President Dr. Mark Poarch and Chapter Advisor Melissa McCarraher, PTK President and CEO Lynn Tincher-Ladner, Ph.D expressed the importance of recognizing academic excellence, especially during the challenges of the last year. "Congratulations and thank you for your support in furthering Phi Theta Kappa's mission of providing recognition and opportunity to students on your campus. The dedication of both you and your chapter advisors to enhancing the college experience and the lives of students amid the numerous challenges 2020 presented is truly appreciated and more important than ever before."



Student officers speak during the 2018 CCC&TI Phi Theta Kappa induction ceremony held at the J.E. Broyhill Civic Center in Lenoir. CCC&TI's PTK Chapter recently earned recognition as a **2021 REACH Chapter** for excellence in membership development.

For more information on CCC&TI Phi Theta Kappa Honor Society, Contact Advisor Melissa McCarraher at 726-2368 or mmccarraher@cccti.edu.

## CCC&TI is Hiring!

CCC&TI has a number of full-time and part-time employment opportunities available now. For a complete list of openings and how to apply visit:

<https://www.governmentjobs.com/careers/cccti>



The Caldwell Chronicle is a publication of CCC&TI's Marketing & Communications Department, a division of Instructional Support Services.

Find us on the web at: [www.cccti.edu/chronicle](http://www.cccti.edu/chronicle)

Have news or information for the Chronicle?

Contact:  
Edward Terry, Public Information Officer, at 828.726.2202 or [eterry@cccti.edu](mailto:eterry@cccti.edu) or  
Amy Bowman, Media Director, at 828.726.2209 or [abowman@cccti.edu](mailto:abowman@cccti.edu).



CCC&TI is an equal opportunity educator and employer.

# All Relief April

Activities to help you *de*stress, stay *fo*ocused and learn more about the power of positivity!

## The Rice Experiment

Sign up for this activity and you'll receive the supplies to conduct your own "Rice Experiment" which demonstrates the power of words. Scan the QR code at right and fill out the form to sign up by March 31.



## Destress Wednesdays

Every Wednesday from March 31 to April 28 at 12 p.m. join us for 30 minute online sessions on topics to help you destress, focus on your goals and recharge to tackle your end-of-the-semester to-do list.

Scan the QR code at right to join the sessions:

- March 31- Rice Experiment Set-up
- April 7- Mindfulness
- April 14- Yoga
- April 21- Meditation
- April 28- Rice Experiment Finale

Students can access recordings of past sessions online at [www.cccti.edu/Students/Workshops](http://www.cccti.edu/Students/Workshops).



Sponsored by CCC&TI Student Activities and Counseling and Disability Services



## Student Spotlight: Rubi Escobar

We're so proud of Watauga Campus TRIO and Early Childhood Education student Rubi Escobar, who helped with a winter clothes drive on campus. The items will be donated to High Country Community Health, which will distribute them to migrant workers in need. Way to go, Rubi!