

**February**

4
Men's Basketball vs.
Moravian Prep, 7 p.m.; Home

5
Recovery Meeting, 12 p.m.;
E320

Wise-Up Workshop,
"Research: APA Formatting,"
12 p.m.; F-220

NSLS Speaker Broadcast,
Rudy Giuliani, 7 p.m.; J.E.
Broyhill Civic Center Room
206

6
Write On: College Level
Paper Writing, 12 p.m.;
Watauga Campus Room 100

7
Live at Birdland featuring The
Birdland Big Band, 7:30 p.m.;
J.E. Broyhill Civic Center

8
Go Figure: Using Calculators
Effectively, 11 a.m.; Watauga
Campus Room 118

9
Men's Basketball vs.
Davidson CC, 3 p.m.; Home

12
Recovery Meeting, 12 p.m.;
E320

Watauga TRIO Deli, 12 p.m.;
WC Student Lounge

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New Online Tutoring Service **P. 2**

Ashley Bolick Success Story **P. 3**

Southwest Chicken Wrap Recipe **P. 4**

Posey Receives NCCCFA Scholarship **P. 7**

CCC&TI announces Caldwell Cuisine Spring Schedule

Caldwell Community College and Technical Institute's Culinary Arts program has announced the dates and menus for its spring semester installment of Caldwell Cuisine.

Each of the five meals will be served at 6 p.m. at the J.E. Broyhill Civic Center in Lenoir and are priced at \$21 per person. The events are open to the public, but diners are required to purchase tickets prior to the event.

In addition to providing an opportunity for the community to enjoy the gourmet Caldwell Cuisine menus at a reasonable price, the events also provide CCC&TI's Culinary Arts students a chance to apply their classroom knowledge.

The spring schedule for Caldwell Cuisine includes:

Thursday, February 7 - Deep South

Appetizer: Stuffed Mushrooms, Boursin Tomatoes
Soup: Smoked Bacon Potato Corn Chowder
Salad: Chopped Salad
Entrées: Roast Pork Loin with Rosemary and Garlic served with mushroom demi glaze and Grilled Honey Balsamic Chicken Breast, with southern mashed potatoes and sautéed vegetable medley
Dessert: Cherry Crumble

Thursday, February 21 - Hawaiian Night

Appetizer: Lava Ham and Pineapple Kabob and Hawaiian Chicken Salad
Soup: Hawaiian Saimin Soup
Salad: Tropical Salad with Pineapple Vinaigrette
Entrées: Kalua Pig and Luau Teriyaki Beef with

marinated Steamed Cabbage and Roasted Pommes
Dessert: Haupia (Coconut and Chocolate Pie)

Thursday, March 7 - St Louis Missouri

Appetizer: Artichoke-Parmesan Crostini and Tomato Bruschetta
Soup: Wild Mushroom Soup
Salad: Mixed Green Salad
Entrées: Blackened Chicken Penne or Roasted Pork Tenderloin Slider with Onion Jam and Cranberry Sauce
Dessert: Key Lime Trifle

Thursday, March 28 - A Night Out in the City

Appetizer: Roasted Red Pepper Hummus and Black Bean Canapé
Soup: Potage Cré'cy (puree of carrot soup)
Salad: Iceburg wedge with Balsamic and Ranch dressing
Entrées: Parmesan Crusted Chicken with Lemon Sage Sauce and Braised Beef with Au Jus with Roasted Potato Medley and Pilaf Rice
Dessert: Chocolate Decadence

Space is limited, so early reservations are suggested. For tickets, visit www.ccti.edu/cuisine.

For more information on CCC&TI's Culinary Arts program or Caldwell Cuisine, contact Director Lynn Rollins at 726-2402.

See pages 4-5 for a recipe from
CCC&TI's Culinary Arts program!

13
Write Wise Wednesday
Workshops - NC Live:
Finding Scholarly Resources,
12 p.m.; F-218

14
Happy Valentine's Day!

Caldwell Campus Club Day,
10 a.m. to 1 p.m.; Student
Lounge

Caldwell Campus TRIO Deli,
12 p.m.; E-120

Chill: Stress Management,
12:10 p.m.; Watauga Campus
Room 112

15
Wise-Up Workshop: Meet
Moodle, 1 p.m.; Caldwell
Campus B-104 and Watauga
Campus Room 101

18
Speak Easy: Overcoming
Speech Anxiety, 2 p.m.;
Watauga Campus Room 100

19
SGA General Assembly
Meeting, 12 p.m.; Caldwell
Campus B-118 and Watauga
Campus Highway Room

Recovery Meeting, 12 p.m.;
E320

Wise-Up Workshop -
Research: MLA Formatting,
12 p.m.; F-220

20
Write-Wise Wednesday -
MLA Formatting: From In-text
Citations to Works Cited
Page, 12 p.m.; F-218

Men's Basketball vs.
Wytheville CC, 7 p.m.; Away

22
Spring Graduation Application
Deadline

25
Men's Basketball vs. Clinton
JC, 7 p.m.; Away

26
Recovery Meeting, 12 p.m.;
E-320

Wise-Up Workshop -
Research: NC Live, 12 p.m.;
F-220

Show Me The Money:
Financial Aid for College,
12:10 p.m.; Watauga Campus
Room 112

CCC&TI Offering New Online Tutoring Services

Caldwell Community College and Technical Institute is now offering a free online tutoring service for curriculum students. The tutoring is an extension of services offered by the college's Academic Support Center and comes at no charge to students.

The online service, offered through Smarthinking.com, is a live chat or email-based service where students can get help in a variety of subjects including math, reading, business, accounting, sciences, nursing, allied health and more. Ninety percent of tutors in these subjects have a Master's degree or higher in their field, offering students expert assistance with assignments.

College officials hope that the new service will make it easier and more convenient for students who wish to use tutoring services. "Through this new web-based service, we can now offer tutoring for distance learning students, and provide tutoring in more areas of study," said Camille Annas, Director of CCC&TI's Academic Support Centers. "This service will also be very convenient for our students. Some subjects have tutors available around the clock and most all the areas have hours beyond what we're able to offer in the Academic Support Center. So if students are up late, working on assignments, they still have access to a tutor who can help them with their assignments. It's a great addition to the services we already offer."

CCC&TI offers a number of free services to students through the Academic Support Center on both campuses. These services include free tutoring, Reading and English labs, placement test reviews, the Writing Center, workshops and various forms of counseling and advising. There is also an online Writing Center Lab that students can access through the Writing Center tab on Blackboard or through the college's website.

For more information or instructions on how to access CCC&TI's online tutoring service, visit www.ccccti.edu/asc or the Academic Support Center on either campus.



CCC&TI student Tyree Griffin takes advantage of online services in the Academic Support Center on the Caldwell Campus.

Congratulations to Fall 2012 Basic Law Enforcement Graduates



The Basic Law Enforcement Training Program at Caldwell Community College and Technical Institute recently hosted its graduation ceremony for the Fall Class of 2012 at the J.E. Broyhill Civic Center in Lenoir.

All eight of the BLET Cadet Graduates successfully passed their State Commission Exam.

The graduates, pictured at right from left to right, are: (front row) Amber McGuire, Aaron Pate, Tyler Sanders and Tyson Seitz. (back row) Adam Coffey, Mark Coffey, Chris Everhart and Jesus Jimenez.

The BLET program at CCC&TI is designed to provide essential skills required for entry-level employment in private, state, county or municipal law enforcement. For more information on the BLET program, call 828-726-2257.

From Community College to Community Success: Ashley Bolick

As a college student at Lenoir-Rhyne University, Ashley Bolick placed fourth in the nation in an impromptu speaking competition among college students. She went on to become the first person in her family to graduate from college with a four-year degree. Today, Bolick is employed with the North Carolina Department of Commerce, Division of Workforce Solutions, helping local job seekers overcome barriers to employment and find jobs during a time when such a service is in dire need.

If you ask Ashley Bolick how she managed to create such a success story for herself, she'll tell you it started in the 6th grade, when she received a Dream Program award to attend Caldwell Community College and Technical Institute.

Bolick, a Lenoir native, attended CCC&TI after attending South Caldwell High School and the Caldwell County Career Center Middle College. "The Dream Scholarship paid for my first two years of college. This was a wonderful benefit and made obtaining a college degree that much more attainable," said Bolick.

During her time as a student at CCC&TI, Bolick took a public speaking class, which sparked an interest in debate and competitive public speaking. "Classes and connections made while I attended CCC&TI prepared me not only for further educational opportunities at Lenoir-Rhyne, but helped me prepare for 'real life'" said Bolick. "One of my favorite classes at CCC&TI was public speaking. I would end up representing Lenoir-Rhyne and their Phi Beta Lambda chapter at two national speaking competitions, placing 4th in the nation among other college students in impromptu speaking."

Other opportunities that made an impression on Bolick during her time at CCC&TI included a study-abroad trip to Italy with other history and art students. "Without CCC&TI and specifically Professor Kathy Cloer, I may have never had the opportunity to travel outside of the United States," said Bolick.

Bolick says that these and other experiences at the community college helped ready her for her current position with the Division of Workforce Solutions and helped deepen her appreciation for the services CCC&TI provides for the community. "As the Reemployment Services Supervisor, I help job seekers identify employment barriers and encourage them to take action toward becoming more career ready. In many instances, programs at CCC&TI are the key for these individuals to get started toward a new career or to gain skills that make them more employable."

In short, Bolick's experience at CCC&TI convinced her that just about everyone could benefit from time at the community college. "CCC&TI was instrumental in preparing me for the 'real world,'" she said. "I believe all high school students should attend a community college before attending a 4-year university or college."



Caldwell Campus SGA Adds New Members



The Caldwell Campus Student Government Association recently added several new members to their ranks for the coming semester.

Pictured at left are the current members. (*Indicates newly appointed members.)

Front row from left to right are Dawn Donovan-President, Bhree Buff-Treasurer, Bounphat Phothichack-Senator, Karen Scronce-Vice President, Priscilla Horton*-Senator, Ashley Woods*-Senator, and Kim Roper-Advisor.

Back Row from left to right are Rodney Williams*-Senator, Joel Pitman-Parliamentarian, Mona Dula*-Secretary and Ashley Thomason*-Senator

CCC&TI Southwest Chicken Wrap

From CCC&TI's Culinary Arts Program

Ingredients:

- 4 boneless chicken breast
- 1 garlic bulb
- 1 red onion
- 1 bunch cilantro
- 4 oz olive oil
- 1 - 4 oz can smoked chipotle in adobo sauce
- 1 – 8 oz container of sour cream
- 1 Serrano pepper
- 1 - 4 oz achiote paste
- 1 red bell pepper or green bell pepper
- 1 pack of soft shell flour tortillas
- 8 oz Mexican cheese
- 1 medium tomato
- Salt and pepper to taste
- Mexican Cheese (optional)



Preparing the marinade:

- Take the achiote paste out of wrapper and put into medium bowl
- Take 4 oz Olive Oil and add to achiote paste and mix well
- Take ½ of cilantro and roll up the leaves and slice very thin, add to above
- Take the garlic bulb and tear off three (3) cloves, and place on cutting board and turn knife flat on its side and place knife on top of the garlic and mash down until it cracks open. The outer paper wrapper will fall off at this point. Dispose of paper. Chop garlic as fine as possible and add to same bowl.
- Dice your red onion and add ½ to bowl and set aside the other half for later. (To dice, first peel onion, cut in half, turn onion with flat side down and cut ½ inch strips vertical and then turn onion sideways and cut ½ inch strips again. This will result in a medium dice.)
- Mix all the above ingredients well and set aside

Preparing the Chicken:

Preheat oven to 350 degrees at this time.

- To pound the chicken, place one piece of chicken onto cutting board and cover plastic wrap. Take the meat hammer and gently start hammering on the fattest part of the breast and continue beating in a circular motion until the breast becomes the same thickness. (Caution: try not to beat on the thin side of the breast or over beat. This will make holes appear.)
- Remove plastic wrap and place the pounded breast into marinade
- Repeat steps one and two for the rest of chicken
- Make sure all chicken is covered well with marinade
- Let set for 15 minutes to absorb marinade

Preparing Salsa:

- Take the other half of red onion
- Take the other half of cilantro, roll up the leaves “chiffonade” and slice very thin and add to onions
- Dice the tomato and add to onions and cilantro
- Take the Serrano pepper and cut in ½ and remove seeds, dice finely
- Combine all ingredients above in small bowl and stir. This salsa will go across the southwestern wrap when complete.
- Cut red or green bell pepper in half and take out seeds. Cut into long thin Julian strips and sauté while chicken is finishing in the oven.

Cooking the Chicken:

- Sear the chicken using a non-stick pan
- Place skillet on stove eye, adding a tablespoon of olive oil, on medium high until pan almost begins to smoke
- Immediately place chicken in pan (do not crowd pan - can do in batches)
- After 30 seconds turn chicken, for additional 30 seconds. Do not overcook. Time this step.
- Remove from pan and place onto baking sheet
- Place into oven. Chicken will be completely cooked in 7 – 10 minutes. To be able to tell when chicken is done, you press down on chicken and it will feel like the center of your palm. Firm to the touch.
- Remove chicken from oven. Chicken will be a beautiful red color at this point.
- Let chicken rest for 5 minutes. (Let chicken rest means let the meat sit so that the juices can reconstitute back into the chicken. If you cut the chicken immediately when you remove it from oven, all the juices will run out and make the chicken dry).
- Slice chicken into ½ inch wide strips



Pepper Sauce:

• Take the sour cream put into small bowl. Next add 1 chipotle pepper from can, chop chipotle pepper as small as you can. Take one spoon of adobo sauce and mix with sour cream. (This condiment is to be spread onto your flour tortilla) * Also this is great as a dip for your chips

Plating the dish:

- Plate Flour tortilla in a plate
- Spread the pepper sauce onto the tortilla. Stay in from the edges a ½ inch
- Take 4 slices of chicken and place down center of tortilla
- Spread some of salsa down the center of tortilla on top of chicken
- Add red or green pepper strips
- Add cheese

Rolling the Tortilla:

- Fold tortilla in ½ inch on both sides towards the ingredients that were placed inside tortilla
- Fold over the opposite end over chicken, lay down and roll up
- Cut in half on a bias and place one down on plate and prop the other half on top at an angle
- Take some of the salsa and pour across the tortilla to down onto the plate. This will give a nice plating presentation along with a great complement to the wrap itself.



VISITORS FROM BRAZIL



Students from Impacta in Sao Paulo, Brazil visited CCC&TI the week of January 21. In addition to their English as a Second Language studies, the students were treated to a tour of campus, coffee and doughnuts with CCC&TI staff and students and some free time in the gym to play basketball. Students also enjoyed a tour of the J.E. Broyhill Civic Center, several delicious meals prepared by the JEBCC Catering Group, and trips to points of interest throughout the area, including a ski trip and several shopping expeditions.



J.E. Broyhill Civic Center Presents: Live at Birdland featuring the Birdland Big Band

Caldwell Community College and Technical Institute's J.E. Broyhill Civic Center will present Live at Birdland featuring the Birdland Big Band directed by Tommy Igoe on Thursday, Feb. 7 at 7:30 p.m.



Live at Birdland features The Birdland Big Band directed by Tommy Igoe in a setting designed to recreate the ambience and experience of a night at Birdland, the iconic Jazz landmark club in New York City.

This dynamic new ensemble, straight from the Jazz Mecca of New York City, provides an unforgettable musical event that goes beyond the traditional and sets the standard for the 21st-century jazz orchestra. World music is explored from every corner of the globe for audiences of all ages while infusing the best of American jazz with excitement and fun.

The show will be held on Thursday, Feb. 7 at 7:30 p.m. Tickets are \$24 for adults, \$15 for children and \$8 for CCC&TI students. For more information or for tickets, call the Civic Center Box Office at 828-726-2407 or visit www.broyhillcenter.com

JE Broyhill Civic Center Presents: Dinner and a Show featuring the Vienna Boys Choir

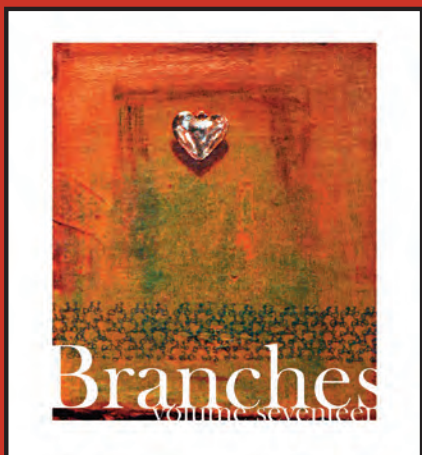
On Thursday, Feb. 28, the famous Vienna Boys Choir will take the stage at Caldwell Community College and Technical Institute's J.E. Broyhill Civic Center. The show begins at 7:30 p.m. Prior to the show the JEBCC Catering Group will offer a meal beginning at 6:15 p.m.

No group of child musicians has won more renown than the incomparable Wiener Sängerknaben, founded by Emperor Maximilian I in 1498. Six centuries later, the famed Vienna Boys Choir continues to delight music-lovers across the globe with their purity of tone, distinctive charm and a diverse, crowd pleasing repertoire that encompasses Austrian folk songs and waltzes, classical masterpieces, beloved pop songs, holiday favorites and medieval chant. Gifted musicians with voices of unforgettable beauty, they carry on the Vienna Boys Choir's illustrious tradition as the world's preeminent boys choir.

Tickets for the show are \$24 for adults, \$15 for children and \$12 for CCC&TI students.

The buffet meal prior to the show will include mixed green salad with assorted dressings, sauerbraten beef tips, buttered egg noodles, oven roasted cabbage and root vegetables, rolls with butter, linzer tarts with whipped cream. The meal will begin at 6:15 p.m. Price is \$12 for adults and \$6 for children 12 and under.

Tickets for both the Vienna Boys Choir and dinner are available through the Civic Center Box Office. For tickets or for more information visit www.broyhillcenter.com or call 828-726-2407.



Save the Dates!

2013 Branches Release Receptions

Caldwell Campus

Feb. 26

5:30 p.m.

Seila Gallery

Watauga Campus

March 5

5:30 p.m.

WOTF Room 106

CCC&TI Instructor Awarded Scholarship to Attend Great Teacher's Retreat

Caldwell Community College and Technical Institute English Instructor Nancy Posey has been awarded a scholarship from the North Carolina Community College Faculty Association to attend the 20th Annual North Carolina Great Teacher's Retreat Feb. 21-24, 2013 at the Kanuga Conference Center in Hendersonville, N.C. CCC&TI is the host college for this year's event.

Each year the North Carolina Community College Faculty Association provides scholarships for three community college instructors (one in each region) to attend the North Carolina Great Teachers Retreat. Posey was chosen as the recipient from the Western Region.

The North Carolina Great Teachers Retreat focuses on innovations and problems in teaching and has many counterparts around the world. Each participant in the retreat is asked to bring two brief papers for discussion: 1) an innovation in classroom teaching and 2) a specific problem encountered while teaching. Seminar staff then lead sessions centered on the special interests and problems of each group.

Posey, who has nearly 25 years experience teaching, has been at CCC&TI for 5 years and says that she is looking forward to the retreat. "I actually attended the NC Great Teacher Retreat a few years ago, and it was the single most useful 'staff development' activity in which I've ever participated," said Posey. "When I learned how few people applied for the scholarship, I decided to give it a try. Since each retreat is geared to the particular needs and strengths of the participants, instead of being based on the leaders' agenda, I knew this would be a great opportunity without being a repeat of the time before."



Although Posey, an Alabama native, came to teaching as a second career, she says it didn't take her long to realize that it was her calling. "I have an undergraduate degree in Accounting from Lipscomb University in Nashville, Tennessee. I worked in private industry, and then took some time off when my second child was born," she said. "I went back to school to teach English in 1986 at the University of North Alabama in my hometown. They had started what they called the 'fifth year program,' for people with degrees outside of education to get a master's degree and teacher certification. Once I started my student teaching, I knew I had landed where I belonged."

Posey says that the retreat will be a wonderful learning experience but that the conference will also offer some fun and entertainment as well. "Since I continue to use so much of what I learned from the other participants last time, I can't wait to see what I gain and what I can share this year," she said. "I'll admit, I also look forward to the late night games and music!"

CCC&TI congratulates Nancy Posey on receiving this North Carolina Community College Faculty Association scholarship.



Watauga Welcomes Students Back with Bagels and Coffee

By Jennifer Hampton

The Watauga Campus SGA hosted a "Welcome Back" event for students on Tuesday Jan. 15, 2013. The event took place in the main lobby from 9 until 11 am. The goal was to start the new semester off with a "bite" of motivation and cheer. SGA served a variety of bagels and amazing cream cheeses, catered by Mountain Bagels of Boone. There was also fresh coffee brewing all morning.

Foundation of CCC&TI Appoints New Board Members

Several new members recently joined the Foundation of Caldwell Community College and Technical Institute's Board of Directors.

Rick Coffey, President of McCreary Modern, is among the new members. Coffey is involved with several other organizations in the community including The Caldwell Memorial Hospital Board and Foundation Board, the Lenoir-Rhyne Business Council and the Caldwell County Smart Start Board. Coffey earned his Bachelor of Science degree in Industrial Engineering from North Carolina State University. He and wife, Tamara, have two children, daughter, Kirsten, and son, Corbin.

Karen R. Ford also joins the Foundation Board this year. Ford is a Certified Public Accountant and is a partner with Smith, Stevens & Ford, P.A. She earned Bachelor of Science and Bachelor of Arts degrees at Appalachian State University. She is a member of the American Institute of CPAs and the North Carolina Association of Certified Public Accountants.

Former furniture executive Joan Miller McGee is also joining the Foundation Board. McGee earned her Associate Degree at Caldwell Community College and Technical Institute and went on to earn her Bachelor's Degree at Lenoir-Rhyne University and her MBA at Wake Forest University. McGee is also a member of the Lenoir Service League and is a Robin's Nest Children's Advocacy Center Board Member. McGee is married to Dr. Timothy McGee.

Also joining the board is Shirley L. Orrell. Orrell is the retired Vice President of Human Resources with Shuford Mills, LLC. Orrell is involved with several other community organizations including the Caldwell Chamber of Commerce and The Robin's Nest Children's Advocacy Center. She is also a past chair of the Caldwell Workforce Development Board and a former member of the Caldwell Memorial Hospital Board and Foundation Board. Orrell is married to Charles Keith Orrell.

Carmela Tomlinson also joins the Foundation Board this year. Tomlinson is owner of Paragon Design Group. She attended Caldwell Community College and Technical Institute and went on to earn her Bachelor's Degree at Lenoir-Rhyne University. Tomlinson also serves as Vice-President of Public Relations for the Caldwell Chamber of Commerce and is a member of the Foothills Region Small Business Technology and Development Center Advisory Board. Tomlinson is mom to son Cole, 7.

For more information on the Foundation of CCC&TI, contact Executive Director Marla Christie at 828.726.2203.



Pictured above from left to right are the Foundation of CCC&TI's newest board members: Shirley Orrell, Karen Ford, Rick Coffey, Joan McGee and Carmela Tomlinson.

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

Have news or information for the Chronicle?

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