

The Martin Messenger

A monthly newsletter for Martin Community College

July 2017

MCC Prepares to Train Weitron Workforce!

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Martin Community College (MCC) was front and center at the Martin County Economic Development Commission's Partners in Progress luncheon on June 1. The event, held at the Moratoc Park community center, provided roughly 100 attendees with information about the new Weitron manufacturing facility coming to Martin County and how MCC will be working closely with plant officials to provide training for its work force.

Founded in 1992, Weitron, a minority owned business, and leading provider of refrigerants, has purchased the EDC's 53,000 square foot Quick Start building in Everetts, NC. This site was of particular interest to the company because of its great access to both road and rail transportation. It will be used to safely and efficiently package, store and ship refrigerants all over the United States. Weitron also serves a global market.

Deborah Dayton, the President of Weitron, attended the luncheon and provided the audience with an overview of the refrigeration industry and how her company fits in its landscape.

Dayton reminded the audience of the many uses for refrigerants; cars, homes, supermarkets, labs, computers, etc. and noted how Weitron supplies all of them. She also covered the evolution of refrigerants, from environmentally hazardous Freon and CFC's, to today's R1234yf, which

Weitron continued on page 2...



Dr. Kenneth A. Boham described MCC's role in regional economic development.



Weitron's CEO, Deborah Dayton, informed the audience about her company's product.



Photos by Deborah Griffin, Williamston Enterprise

Regional Customized Training Director, Lauren Dudley, spoke about the state's CIT program.

Soon-to-be home of Weitron, Inc. in Everetts, NC.



Weitron Cont. from page 1...

offers a 99.9 percent reduction in global warming as it relates to chemical coolants.

“By 2020,” added Dayton, “all U.S. cars will be required to use this new refrigerant. One hundred percent of Europe’s cars have already transitioned to it. Therefore, we expect the demand for this product to continue growing.”

“Our goal is to have the most state-of-the-art packaging line in the country, in this building,” stated Dayton. “We will be at the forefront of adopting this environmentally friendly refrigerant... and hope to provide its benefits to consumers all across the nation... while at the same time, protecting our planet.”

Dayton added, “We are a family owned business. All of our employees are like family. Therefore, I expect to very shortly, have 31 more children here in Martin County, and I look forward to working with them.”

MCC’s Interim President, Dr. Kenneth A. Boham also spoke to the audience, providing them with an update of the College’s current activities. He shared that the Trustees are working on a

master plan for MCC and are busy identifying and prioritizing projects that will strengthen both the college and the community.

Boham stated, “We are strongly considering building a fire training facility to better serve our local fire departments.”

He also noted numerous discussions between MCC and local leaders that are identifying new programs and services that will lead to expanded opportunities for Martin and Bertie Counties’ citizens, especially their high school students.

Among the issues under discussion are: MCC’s role in the Technical Career Center which the Martin County Schools (MCS) plans to open in the Telecenter in 2018; expansion of current or new MCC programs with neighboring colleges; upgrades to MCC’s technology to better serve its students and the addition of electronic signs to the main entrances of the MCC campus in both Williamston and Windsor.

Boham assured the crowd, “We are focusing on quality, academic programs, economic development and value added to the quality-of-life of everybody in our service area.”

“And,” Boham added, “I want to make a public, personal, commitment to you, that we stand ready at

MCC to do everything within our capability - we’ll even stretch beyond our capability - if we need to - but, we pledge to you everything we can do to make you successful.”

Boham closed his remarks by reminding the audience, “I would ask you, that when it comes to education and training, please think locally. Turn to MCC and encourage others to utilize MCC. We will be there and we will meet your training needs. Watch us reset and watch us for exciting changes on the horizon.”

Billy Barber, MCC’s Assistant to the President and Industry Liaison, joined forces with Lauren Dudley, Regional Customized Training Director for the NC Community College System, to provide a presentation on the state’s Customized Industry Training (CIT) program. Barber works with several local industries to provide specialized training. Currently, Barber is working with Ann’s House of Nuts, one of Martin County’s largest employers, to provide PLC (programmable logic controller) training at the plant in Robersonville.

MCC's Spring 2017 Honors List

Martin Community College (MCC) has released the names of students of its students on the President's and Dean's lists for the spring of 2017 semester. To make the President's List a student must have achieved a 4.0 gpa (grade point average) for the semester and have taken a minimum of 12 credit hours. Dean's List students must have achieved at least a 3.5 gpa for the semester and have taken a minimum of 12 credit hours.

Those on the President's List are:

Dinijazane Bazemore, Jackie Beasley, Miranda Boyd, Taylor Caudill, Patrice Clarke, Pamela Cline, Aisnick Corey, Lois Cullipher, Tammy Gedrimas, Freda Harden, Elisabeth Heath, Megan Hixson, George Holliday, Jeana Hollis, Angela Jernigan, Iesha Leigh, Conner Maxwell, Akeem Mills, Stephanie Moore, Marcy Raynor, Hollyanne Rogers, Margaret Rosario, Lanie Smith, Abigail Spencer, Matthew Swain, Nathan Weidner, Brandi Whitley and Kayla Wilder.

Those on the Dean's List are: Mary Angeles, Melvette Armond, Mark Baur, Tiniqua Beaufort, Reco Bey Pugh, Alexia Binns, Jasmine Bond, Brooke Buffaloe, Cody Burton, Jose Camargo, Mikeyla Cherry, Collin Close, Yudith Cota-Lopez, Kathy Cruz, Kianna Forbes, Gilbert Glover, Kazuo Goodwin, Thomas Hagen, Simon Harris, Debra Hill, Miranda Holloway, Towanda Jenkins, Tamika Lee, Steve O'Neal, Kaitlyn McNair, Tyler Mizell, Matthew Modlin, Nathaniel Pearson, Lauren Privott, Shaylia Rascoe, Mary Sawyer, Kayla Simpson, Kindsey Small, Armani Speller, Brittany Taylor, Erika Trejo, Toshika Watson, Ashley Williams, Kyshima Williams, Nichole Williams, Jessica Winstead, Aylonnah Woods, Anastasia Wrenn, Joshua Wynn and Samantha Yates.



Pictured above are MCC student Angela Duggins (right) and Bear Grass Mayor and MCC Foundation President, Charlotte Griffin (left). Griffin is congratulating Duggins on being named Martin County's Distinguished Woman of the Year during the Martin County Women's Council's annual recognition ceremony on June 12. *(photo contributed by Deborah Griffin, Williamston Enterprise reporter)*

MCC Student is Martin County's Distinguished Woman of the Year

Angela Duggins, an MCC Business Administration student, was selected by the Martin County Women's Council (MCWC) to receive the 2017 Distinguished Woman of the Year Award during a ceremony and banquet at the Roanoke Golf and Country Club on June 12.

MCWC's Chairwoman, Deborah Teel, presented Duggins with a plaque and told those in attendance that Duggins was selected for this year's award because she went above and beyond the call of duty when she and her husband took in a mother and her two youngest children after she losing everything to Hurricane Matthew.

Duggins, age 44, moved to Williamston from Portsmouth, VA and graduated from Williamston High School in 1995. She been attending MCC since the Spring Semester of 2014. Duggins worked at Quality Shoes in *(Duggins continued on page 5...)*

MCC's SBC Advisory Board Meets



The Martin Community College Small Business Center (SBC) Advisory Committee met on Wednesday, June 7th at 2:30 pm. The purpose of the SBC Advisory Committee is to act as advocates for and advisors to the Small Business Center and to make specific recommendations for consideration in planning SBC program activities. The 11 members in attendance represented Williamston, Windsor, Oak City, Parmele and Robersonville. Committee members reviewed a draft copy of the SBC Fall Seminar schedule that included several new seminars (Business & Health Insurance, Website Building, Community Resources and Entrepreneurship for Veterans). The committee discussed ways to market and increase outreach to existing and prospective business owners in Martin and Bertie Counties. Committee members also completed a survey to gather information regarding their knowledge and usage of the Small Business Center. Suggestions from the committee included offering lunch & learn sessions and enhance marketing efforts to increase awareness of services offered by the Small Business Center, including free one-on-one consulting/counseling, free ongoing seminars and a free resource center. Callie Northern-Herring (SBC Director) reviewed the process to register for seminars. Participants may pre-register online at www.ncsbc.net, or via phone by calling 252.789.0201. Walk-ins are welcome; however, participants are asked to call ahead to make sure space is still available for the seminar. MCC's Small Business Center is located on the Williamston Campus, Building 4, Office 1. The SBCN program is funded by the North Carolina General Assembly and administered through the North Carolina Community College System. Pictured above, starting in the bottom left corner and moving clockwise are committee members; Mary Anne Corey Crowe, Pastor Ray Tavenner, Janice Harrell, Sandra McCleary, Billy Barber (standing), Jalyn Brown, Jean Spruell-Boyd, Desiree Rodgers, Patricia Moore, Krista Wood, Calvin Bond and Jerry McCrary.

Submitted by MCC's SBC Director Callie Northern-Herring

Duggins Cont. from pg. 3...
downtown Williamston for 12 years but has recently accepted an administrative assistant position at Martin Enterprises.

Married to Randell Duggins, the couple has two daughters, ages 18 and 24, and are very active in their church, The Mission of Hope Seventh Day Adventist Church in Robersonville. In fact, it was through their church that the Duggins first met the distraught young mother of five.

After losing everything to flooding caused by Hurricane Matthew, the family moved in with their grandmother who resides in a nursing home in Williamston. But this provided them with only two weeks of respite from their plight.

Duggins' church, which ministers to the nursing home residents, learned of the family's situation and offered to help by putting them up in a hotel. They collected enough money to give them 2 months of shelter.

At this point, Duggins felt the spirit tugging at her, telling her to take this family into her home. Still, she remained uncertain about her feelings until her husband came forward and said, "We should invite this family to live with us." Duggins knew that God had confirmed what she was feeling and there was no stopping her after that.

The mother and two of her children moved in with the Duggins in February. Her other children had to return to their home county in order to remain in school.

According to Duggins, "We sought every resource we could to help this family, but there is no emergency housing or a homeless shelter in Martin County. These are things that I think we really need for our community."

Upon receiving the award Duggins stated, "I just want to give all of the glory to God. This work is His. ... I love God and I love serving my brothers and sisters. It is

hard for me to see someone struggling and not try to help."

She added, "We have to move away from what we are comfortable with. We have to give up more than we are normally willing to give up. We have to be willing to do God's will."

"This experience has taught me a lot about myself. I have more patience and humility and have learned how not to worry about things I can't control."

Also on hand at the event were Martin County's State Senator, Erica Smith-Ingram and Martin County Commissioner, Tommy Bowen.

The family is planning to move out of the Duggins' home in the near future, but due to losing everything they owned in the flood, they are still in great need of many things. If any individual or organization is interested in helping, call Angela Duggins at 252-508-5771 or Randell Duggins at 252-204-8305.

Need help?

Center for Family
Violence Prevention

24 Hour Crisis Line

(252)752-3811

TOLL FREE (800)537-2238

Greenville, NC



REAL Crisis Intervention, Inc. is a non-profit agency offering free 24/7 counseling and an extensive referral service. REAL provides: Counseling, Information & Referral, Sexual Assault Services, Advocacy, Suicide Intervention/Prevention, Pitt Resource Connection, Dial-A-Teen, Community Resource Connection and Outreach/Education. They are located at 1011 Anderson Street, in Greenville NC. You may contact REAL in the following ways; by phone at 252-758-4357, by email at realcrisis@embarqmail.com or on the web at www.realcrisis.org

MCC SGA Participates in Relay for Life



For the first time in recent memory, MCC's SGA students participated in Martin County's 2017 Relay for Life activities. MCC students sold T-shirts, bracelets, other items for the cause and supported a number of Relay for Life events like; Bingo Night on 2/16, Survivor's Night on 4/14, the Relay Rally on 4/25 and the actual rally on 4/29. The SGA also sponsored a Relay Rally on campus in the MCC Café on 4/25. Pictured above are MCC students line dancing with a number of other volunteers at the Relay for Life Rally, which was held in the Martin County Farmers Market building on 4/29. Relay For Life is a community based fundraising event of the American Cancer Society (ACS). Each year, more than 5,000 Relay For Life events take place in over 20 countries. Events are held in local communities, campus universities and in virtual worlds. The mission of Relay For Life is to raise funds to improve cancer survival, decrease the incidence of cancer, and improve the quality of life for cancer patients and their caretakers.

MCC provides Advanced Life Support Training to Plymouth EMT's



Six Paramedic Level Emergency Medical Technicians (EMT's) participated in an Advanced Cardiac Life support class conducted on the MCC campus on June 13. Each member of the team rotated through the cardiac management process.

McGhee is MCC's newest Student Success Specialist



Rose McGhee

MCC's newest Student Success Specialist is a familiar face, Willette "Rose" McGhee. Since 2001, McGhee has worked as a part-time instructor for both traditional and nontraditional students in MCC's Division of Continuing Education. Most recently, she was teaching at Bertie Correctional Institution (BCI) in Windsor. She now joins Michelle Griffin as part of the Student Services team working with new MCC students to encourage them to successfully complete their first year of college.

McGhee, a lifetime resident of Williamston, earned her Bachelor of Science degree from Mount Olive University and her Masters of Science degree from Walden University. She is currently working toward a doctorate in Educa-

tion - also at Walden.

While teaching at BCI, McGhee assisted in registering and enrolling students, evaluated student performance through conventional exams as well as other testing modalities, advised and counseled students relative to their educational and career goals and assessed and evaluated student retention and persistence. Each of these skills make McGhee a particularly good fit for MCC's Student Success Specialist's position.

McGhee's position is made possible with funding from MCC's Completion by Design Grant (CbD). MCC is one of five in a consortium of NC Community Colleges and one of nine US community colleges selected by the Bill and Melinda Gates Foundation to participate in the CbD initiative.

Completion by Design (CbD) has a simple, pioneering vision: working collaboratively can create integrated institutional policies, practices, processes and culture at institutional scale that both provide personalized student experiences and improve student performance and completion outcomes. This is the driving force behind McGhee's work.

McGhee's office is located in Building 4. She can be reached via email at rose.mcghee@martincc.edu.



Top 10 Work Force Skills for 2020

By Laura Ascione, Managing Editor, Content Services, @eSN_Laura
June 20th, 2017

Something to think about...

1. Sense making: The ability to determine the deeper meaning or significance of what is being expressed.
2. Social intelligence: The ability to connect to others in a deep and direct way, to sense and stimulate reactions and desired interactions.
3. Novel and adaptive thinking: Proficiency at thinking and coming up with solutions and responses beyond that which is rote or rule-based.
4. Cross cultural competency: The ability to operate in different cultural settings.
5. Computational thinking: The ability to translate vast amounts of data into abstract concepts and to understand data based reasoning.
6. New media literacy: The ability to critically assess and develop content that uses new media forms, and to leverage these media for persuasive communication.
7. Transdisciplinary: Literacy in and ability to understand concepts across multiple disciplines.
8. Design mindset: The ability to represent and develop tasks and work processes for desired outcomes.
9. Cognitive load management: The ability to discriminate and filter information for importance, and to understand how to maximize cognitive functions.
10. Virtual collaboration: The ability to work productively, drive engagement, and demonstrate presence as a member of a virtual team.

MCC Serves as CIT Training Site for Trillium

MCC partnered with Trillium Health Resources in June by serving as a training site for their Crisis Intervention Team (CIT) training. CIT training is a jail diversion and de-escalation model of training for law enforcement during which officers gain a better understanding of the needs of individuals with mental illness, substance use disorders or intellectual/developmental disabilities. The idea is to divert them to treatment through utilizing officer discretion during crisis calls.

A total of 17 students participated in the 40 hours of training over June 12, 13, 16, 21, and 22. The training included; tools to identify individuals who may have a mental illness, intellectual/development disability, or substance use disorder, de-escalation techniques, community resources, and methods for linking individuals with appropriate treatment.

Those participating in the training were the Williamston Police Department, Vidant Company Police, Windsor Police Department, Plymouth Police Department, City of Washington Police Department, Chowan County Sheriff's Office, Department of Public Safety – Probation and Parole, and the Pitt County Detention Center.

The training culminated with a graduation ceremony in the MCC Auditorium on June 22. During the ceremony, Sgt. Meggan Callahan and her family were recognized. Sgt. Callahan lost her life in the line of duty at Bertie Correctional Institute. The family has requested that donations in her memory be made to the National Alliance on Mental Illness (NAMI) Albemarle Region, a group that advocates for and contributes to CIT trainings across the Trillium catchment area.

During the graduation ceremony, Sgt. Jimmy Barmer (pictured above right) thanked Trillium for making the training possible. Barmer, A member of the Vidant Company Police Force, was especially pleased that so many of his officers were able to take advantage of the training and noted that he was planning to send more.

Also among the speakers was Kathleen Basile (pictured center right). She spoke to the audience about her youngest son who had struggled with bi-polar disease as a young adult. She noted that her son had been helped on more than one occasion by police officers with CIT training and that although he finally did succeed in committing suicide, her son's life had been prolonged by specially trained Crisis Intervention Officers. She praised the graduates for taking the time and having the compassion to complete the CIT program and assured them that it would have meaningful impact on their career in law enforcement.

Pictured bottom right are CIT students observing a mock encounter between an officer and a mentally agitated citizen. Each officer was graded on their interaction with the subject and given pointers.

Thanks to the central location of the MCC campus within the Trillium service area, future CIT training will be conducted here.



MCC Hosts NC A&T's Summer LEAD-IT Program



Shameka Watford works with students in one of MCC's Computer labs for NC A&T University's LEAD-IT program. They are designing computer games.

In June, MCC served as one of seven sites in North Eastern NC to host a LEAD-IT (Leadership, Empowerment, Apprenticeship, and Diversity in Information Technology) program sponsored by NC A&T University. This program was developed in response to a federal contract awarded to NC A&T through the U.S. Department of Labor. The five-year contract, with a value of \$7.5 million, commenced in late October 2016, and is designed to increase the numbers of underrepresented minorities and women in science, technology, engineering and mathematics (STEM) related fields.

The technology workshops provided by this program, introduced both Martin and Bertie County students to a variety of career options in technology. Approximately twelve students participated at MCC and received a variety of training in technology that included: web design, video game design, coding, networking, operating systems, Internet technologies and support basics and MS Office suite.

Students participating in both the Martin and Washington County programs culminated their training with a trip to the Research Triangle and to NC A&T University where they were given an introduction to mainframe computing as well as a tour of the university.

All students involved in the summer workshops

will become a part of an organization that will be known as the NENC LEAD-IT CHAMPIONS. A website will serve as a centralized location where all participants can connect to each other. They will be able to access and discuss educational and career opportunities in technology throughout the year. Websites that they have designed, and games they have developed can also be accessed on the NENC LEAD-IT Champions website.

Dr. Cameron Seay, who is NC A&T University's project director for the LEAD-IT program, targeted the counties in North Eastern NC because of the high concentration of low wealth counties. Through partnerships with each county's school districts, Community Colleges, and Workforce Development programs, Dr. Seay intends to address their lack of Internet access as well as technology training and apprenticeships in technology related fields.

Dr. Seay submits that "Every career opportunity and every economy in the nation is, or will be, technology driven within the lifetime of this generation. It is unfair for any child not to be prepared, and it is unfair to the citizens of the northeastern NC region not to become a part of the technology culture".

Initially, Dr. Seay reached out to Bunny Sanders, former mayor of the town of Roper, to assist him in coordinating this effort with the local school districts and Community Colleges.

Crystal Jennings, CEO of Bits and Pieces, a technology training, administration, and consulting firm, was contracted to administer the program. Martin, Beaufort, and Chowan Community Colleges were invited to partner in this effort. In addition, two churches, St. Johns Church of Christ in Beaufort County, and Shalom International Church in Chowan County were also invited to participate as community partners.



Pictured from left to right are Bunny Sanders, Crystal Jennings and Dr. Cameron Seay as they meet to discuss NC A&T University's LEAD-IT program.

Keeping up with Cash!



It's summer time and the living is easy for Cash, MCC's new foal. As is the case for most babies (foals in this case), Cash spends a lot of time sleeping, eating and growing. At birth he weighed in at roughly 70 pounds, today, just two and half months later, he is tipping the scales at 350 pounds. His baby fur is already being replaced with adult hair. MCC's Barn Manager and Equine Technology alumna, Mary Dalcourt, reports, "Cash is large for a such a young foal, but that is to be expected since his father (Big Sam) is such a large horse." So how do the MCC Equine students weigh Cash? They place a weight tape, which is calibrated in pounds rather than inches) around the broadest area of the foal's chest. The tape is pulled three times and an average of the three measurements is calculated for the horse's approximate weight. Although scales are more accurate the tape provides a much simpler weighing alternative. Dalcourt also reports that Ritzi, the Equine program's most recently inseminated mare, is still on the way to delivering her first foal next May!



More Campus Improvements



MCC's Maintenance Department has been extremely busy throughout June. Pictured above is Alan Wiggins maneuvering limbs and plant debris into a truck bed for hauling away. Approximately nine truck loads of material cut down between buildings 1 and 2 and buildings 3 and 4 were disposed of in mid-June. Pictured below right, inside horse barn A, are stacks of stall mats awaiting installation. Extensive work is also being done to one of the cosmetology labs and an electronics technology lab in building 1. Pictured below left is Wiggins removing an electrical panel from the old electronics lab in preparation of converting the space into a new BLET facility. The old BLET room will now be used for industrial technology classes.



BLET

Basic Law Enforcement Training

**Classes start
at MCC
July 18, 2017**

**Contact Wayland
Mitchell
252-789-0267
wmitchell@martincc.edu**

***SECU Scholarships may
be available for students
who qualify.***

Dr. Davis Fulmer is MCC's Interim Dean of Academics



Dr. Deryl Davis Fulmer, Ph.D.

MCC has contracted Dr. Deryl Davis Fulmer, Ph.D. to serve as the interim Dean of Academics until the current search and hiring process is complete. She will start on July 3. The position has been open since August 1 of 2016.

Dr. Davis Fulmer served as the Vice President of Academic Affairs at Halifax Community College in Weldon, NC from July 2013 until June 30, 2017. Prior to HCC, she served as Vice President for Instruction/Chief Academic Officer at Lakeshore Technical College in Cleveland, Wisconsin. She had been affiliated with the Wisconsin Technical College System since 1992 and held several administrative positions including Associate Vice President for Learner Success at Madison Area Technical College and Dean of Liberal Arts and Sci-

ences/Assistant Provost at Milwaukee Area Technical College. She was formally the Assistant Dean for Advising and Academic Services at the University of Wisconsin-Milwaukee and has taught as an adjunct professor at various colleges and universities since 1995.

Dr. Davis Fulmer has an extensive background in urban adult education, developing and managing diversity, affirmative action, leadership development, and student's first year experience. She has presented papers and workshops, both locally and nationally, on the nonparticipation of low-literate male workers in adult education programs, the first year experience, leadership and workforce diversity, and cross-cultural communications.

Dr. Davis Fulmer was named an American Council on Education Fellow for the class of 2005-2006, and spent her fellowship under the mentorship of Dr. James C. Renick, Chancellor of North Carolina A&T University, Greensboro, NC. Most recently, she successfully led Halifax Community College through its Fifth Year SACSCOC review and has developed several articulation agreements with colleges and universities in North Carolina and Virginia.

Dr. Davis Fulmer holds a B.A. degree in Psychology from the University of North Carolina-Chapel Hill, a M.S. degree in Cultural Foundations of Education and a Ph.D. in Urban Education from the University of Wisconsin-Milwaukee. She is married to Jerry Fulmer and together they have seven children who live across the U.S. and abroad.

Front Desk Smiles and Flowers make for great MCC Welcome



Alice Cotten (pictured above) is always smiling and welcoming people to MCC at the front desk, but in June, she was aided by several large and beautiful bouquets of flowers. Martha Williams brought in several bouquets from her daughter's wedding and Judy Jennette shared flowers she had used in altar arrangements at her church.

NA II Refresher Course concludes



Naomi Roberts (far left) is proud to report that her Nurse Aide II (NAII) Refresher Course successfully concluded on June 21. Ernestine Cole, Leona Taylor, Faith Watson and Qiana Wright were her students. These students are now eligible to submit applications for listing on the NAII Registry. This training was designed for NA II candidates whose certification has lapsed over the past 24 months.

According to Sue Gurley, MCC's Medical Programs Coordinator for the Division of Continuing Education, "Nurse Aides are in high demand. Nursing homes and long term care facilities are always looking for well trained NA's. Thus, MCC plays a vital role in training the workforce for these facilities."

Gurley adds, "Although this was only a refresher course, it is important to note that all of MCC's Health Care classes carry a recruitment component with them. Typically, when NA's do their clinical training, the facilities where they work get to see the student's work ethic and rapport with co-workers and patients. Clinical training is a great recruitment tool for the nursing facility as well as a calling card for the student."

Coming up in August are NAI, NAII, Phlebotomy, Pharmacy Technician and medical terminology classes. For more information, contact Sue Gurley at 252-789-0261.

Self Defense Tips for Purse/Wallet Snatchings

1. There is a proper way to carry a purse. Keep it close and in front of you. If it has a zipper, keep it zipped. If it has a snap, keep it snapped.
2. Do not leave a purse unattended. Do not leave it in a grocery cart. Think!
3. If someone tries to take your wallet, give it to them. Nothing in your purse or wallet is worth your life.
4. Throw your purse/wallet in the opposite direction and run. You may drop it under the car. What the attacker really wants is your wallet/purse. Chances are, he/she will go for the wallet/purse unless they intended to hurt you anyway.
5. If you meet an unreliable looking character, don't just pass them up. Nod your head, say something to let he or she know that you are aware of their presence. Avoid going in the same direction. Head toward a store, a building, someplace where there are other people are.
6. Don't flash money or credit cards around.



“The King and I” Foundation Trip was great fun!

The MCC Foundation sponsored its second day trip to the Durham Performing Arts Center to see a traveling Broadway production of Rodgers & Hammerstein’s, *THE KING AND I* on Saturday, June 10.

Those in attendance included: Jackie Dean, Sue Nicholson, Kathy Marden, Dorie Richter, Judy Jennette, Sue Gurley, Carol Wainwright and Pat Mansfield. They are pictured top right from left to right around the table and below at the show.

Prior to the show, the group enjoyed a delicious lunch and a modern art exhibit at The Counting House, located inside the 21c Museum and Hotel in downtown Durham. Opened in 2015, in the historic Hill building, this renovated bank now showcases both curated exhibitions and site-specific installations in more than 10,500 square feet of exhibition space. The Hill Building is a 17-story modernistic skyscraper built in 1935-1937, and was designed by the New York City architecture firm Shreve, Lamb & Harmon, best known for the design of the Empire State Building.

Set in 1860’s Bangkok, the *KING AND I*, told the story of the unconventional and tempestuous relationship that developed between the King of Siam and Anna Leonowens, a British schoolteacher whom the modernist King, in an imperialistic world, brought to Siam to teach his many wives and children. The show’s orchestra performed Rodgers & Hammerstein’s, classics “Getting To Know You,” “I Whistle a Happy Tune,” “Hello Young Lovers,” “Shall We Dance” and “Something Wonderful.” The impressive singing, acting and sets made it a memorable event for everyone in the filled-to-capacity theater and garnered the cast a rousing standing ovation at the end of the show.

Trip continued on page 15...



This American flag piece was just one of many art works on display in the c21 Museum and Hotel in Downtown Durham. The flag was made of small green plastic soldiers (see close up below) fused together and coated with thick paint.



Pictured in the front row (L to R) are Dorie Richter, Sue Nicholson, Kathy Marden and Jackie Dean. Those in the back row are Carol Wainwright, Pat Mansfield, Sue Gurley and Judy Jennette.

Trip continued from page 14...

DPAC's upcoming theater season includes the following shows: Circus 1903 (9/30/17), School of Rock (12/2/17), On Your Feet (1/6/18), Les Miserables (2/3/18), The Color Purple (4/7/18) and The Sound of Music (4/21/18). DPAC has also announced that the smash hit, Hamilton, will be included in its 2018-19 season. An informational packet with show descriptions and dates is available upon request.

The day trips are planned to provide a dutch lunch at a fun restaurant and orchestra seating for a 2 pm matinee performance on a Saturday. Generally, the group departs around 8:30 am and returns around 7 pm.

If you are interested in seeing any of these shows, please contact Judy Jennette at 252-789-0310 or via email at judy.jennette@martincc.edu.

MCC Foundation Awards Twelve Scholarships to High School Students



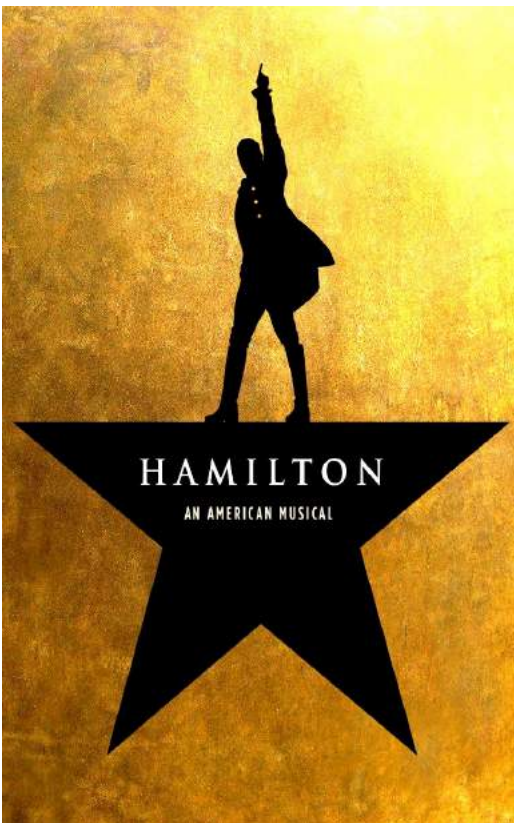
Pictured above is MCC Foundation President, Charlotte Griffin (center), awarding scholarships to Bertie High School Seniors Jaylen Mitchell (left) and Jonathan Powell (right) to attend MCC this fall.

MCC's Foundation Board President, Charlotte Griffin, was extremely busy in June. She traveled to several high schools in Martin and Bertie counties to present \$500 scholarships to graduates planning to attend MCC this fall.

The following students were awarded scholarships:

- Bear Grass Charter School – Ashley Snyder
- Bertie Early College High School – Vanessa Hernandez
- Bertie High School – Jaylen Mitchell and Jonathan Powell
- Bethel Assembly Christian Academy – Daniel Castello
- Northeast Regional School of Biotechnology and Agriscience – Mitch Moore
- Riverside High School – Robin Hines, Hannah Pippin and Hannah Silverthorne
- South Creek High School – Shanique Brown, Dakota Roberson, and Macy Ward

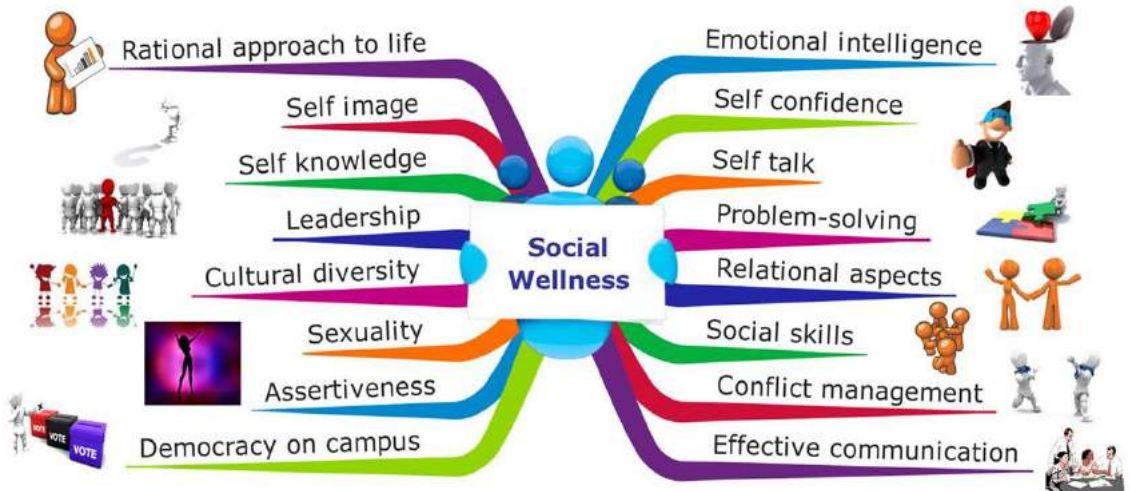
The MCC Foundation does an excellent job of providing funds for recruitment scholarships. The money is raised primarily through two annual fund raisers, a golf tournament in the spring and a rodeo in the fall.





Crystal R. Waters,

The Counselor's Corner



We hear daily about eating right and exercising, but health also involves our social connections and interactions. With more people living alone or separate from extended family and friends, it is critical that we are as diligent about our social well being as we are about our physical well being. The excitement is virtually palpable when summer comes around. It's a time to revel in the weather and rejoice.

With every summer comes my favorite month of July, which also happens to be Social Wellness Month. A perfect time to look into your social life outside of the office. Social Wellness Month is a great time to nurture and revive your social-self. At first, you may consider the topic of social wellness to be pointless to your overall well-being. However, finding social activities to participate in outside of work can greatly impact your productivity, morale, and happiness during the work day. Who knows? Maybe you might even learn something that can help you in the office.

Your social wellness is a surprisingly vital component to your health. Studies have shown that people with stronger social networks tend to live longer. This month reminds us that we need to reach out to others and build stronger social ties with family and friends. Started by the organization Words of Wellness, Social Wellness Month was created to raise awareness of the importance of one's interactions with others, their community and nature. This month encourages us to develop better communications with those around us including the ability to share our feelings and needs. It involves respecting yourself, others, and developing a solid social support system. Social wellness means fostering ourselves and nurturing our relationship with others to build healthy support systems. It's about making a genuine connection of both giving and receiving social support.

The concept of social wellness does not end with knowing the correct fork to use or how to set a proper table, though those are good things to know just in case. Social wellness means nurturing yourself and your relationships. It means giving and receiving social support ensuring that you have friends and other people, including family, to turn to in times of need or crisis to give you a broader focus and positive self-image. Social wellness includes public speaking, good manners, sending thank you notes, RSVP'ing on time and all of the things that show that you can effectively socialize in any and all situations. Social Wellness involves developing and building close bonds of friendship and intimacy, practicing empathy and effective listening, as well as caring for others and for the common good. Social Wellness takes planning and effort to carve out time for those meaningful activities as they may not happen naturally in today's hectic world.

We know that socially isolated people are more susceptible to illness and have a death rate that is two to three times higher than those who are not socially isolated. However, people who maintain their social network and **Cont. on pg. 17...**

Social Wellness from pg. 16... support systems do better under stress and are physically and mentally healthier. Social support enhances your quality of life and provides a buffer against adverse life events. Healthy relationships are a vital component of health.

Did you know that the health risks from being alone or isolated in one's life are comparable to the risks associated with cigarette smoking, blood pressure, and obesity? Research suggests that people who are alone and isolated are more prone to chronic diseases. A positive social network can encourage and support an individual to be the best person he or she can be. It makes them emotionally resilient and improves their self-confidence.

Research also shows that people who have a strong social network tend to live longer. I believe that one of the reasons that on-line social networking has taken off is because of our need to be connected. It is easy to admire the number of friends listed on your Facebook page, but true social wellness, also means that you carry out full conversations and not just reading status updates or posting the occasional 'LIKE'. I like to think of these on-line connections as appetizers that prepare the way for full and meaningful relationships. They should make it easier for us to pick up the phone or invite our friends to dinner.

Social wellness is that warm fuzzy feeling of overall happiness in mind, body, and spirit. This month offers an excellent opportunity to help yourself and others feel good about themselves and build stronger social ties to the ones that you love.

Please join me in celebrating July as Social Wellness Month and encourage yourself to work to become a better, healthier person. You never know who may be watching. You know what they say, you only have one chance to make a good first impression!

MCC Students go the Mat for Grades



The students in Dr. Janay Dennis' summer semester, Anatomy and Physiology class were given an interesting assignment in June. Dr. Dennis had the students pair up and identify four muscles in the lower body and four in the upper body. They were then tasked with developing a series of exercises that would work each of these muscles. The class invited everyone on campus to join them in room 14, on June 19 to "work muscles they never knew they had." The students came in workout attire and equipped with workout mats, rubber stretching bands, balls, steps and weights. Each team set up stations throughout the room. As participants came in for their workouts, the students explained what muscles they were focusing on and how the exercises would make these muscles stronger. The participants were certainly stretched to their limits as they made their way around the room. When asked if they had enjoyed working on this assignment, one student answered, "It was a lot harder than I thought it would be." However, it was obvious that the students made a real connection in regard to the relationship of the physiology and anatomy of the human body. Way to "stretch" your students Dr. Dennis!

MCC Alum Joins IT Staff



Gary Copeland

Gary Copeland, an MCC alumna and Martin County native, joined the MCC team in June. He accepted the position left vacant in the Information Technology (IT) Department after Elijah Freeman was promoted to the Director's position.

Copeland came to MCC from Pitt County Schools where he worked as a Local Area Network (LAN) Engineer. He has also worked for MCC and COA (College of the Albemarle) as an adjunct IT Instructor.

In addition to earning his AAS degree in Information Technology from MCC in 2010, Copeland also became a Cisco Certified Network Associate (CCNA) in 2011 and a Microsoft Certified Professional (MCP) in 2001.

Copeland, a Navy Veteran, brings a wealth of IT experience with him. He is adept at both Network and Server Administration

as well as Database Development and Administration. He also has extensive experience in IT Management and Supervision, having managed numerous people over several locations and overseeing multiple large scale projects.

IT Director, Elijah Freeman, states, "I am thrilled to have Gary joining our department. His vast experience and varied skill sets will make him a valuable addition to our college. I am so glad to have him on board."

In his spare time, Copeland enjoys camping with his family. They especially enjoy boogie boarding, kayaking and hiking. His daughter is a rising Senior in High School and his son is a Junior at NC State.



MCC's IT Department is hard at work installing the equipment and software needed to make online registration and class management available to our students. The format is called Self Service (similar to Web Advisor) and will take up to a year to make it fully operational. Once the server is installed, each department will be contacted about adding their data to the system. This will be a great addition to MCC's services!



MCC's Student Government Association (SGA) recently replaced the furnishings in the student lounge in building 4 . Plans are under way to build a basketball court on campus. Stay tuned for future developments! See page 19 for more SGA news.

AJ Tyson Retires... Again!

On June 28, AJ Tyson stepped down as the Interim Dean of MCC's Division of Continuing Education. Tyson had been serving in this position for more than 3 years. Prior to joining the MCC staff, he had retired from Roanoke Chowan Community College where he concluded his 30 year community college career - which also included several years at Pitt Community College. Several co-workers (pictured below) joined Tyson and his wife Lori (pictured right) at Rib Eyes Steak House on June 25 to say good bye and wish him well on his second retirement. **Congratulations AJ! Thanks for your years of service to MCC!**



MCC's SGA Board of Directors Meets and Makes Plans for 2017-18



Pictured left is MCC's Student Government Association (SGA) Board of Directors during their meeting on June 28. They met to make plans for the upcoming academic year. SGA Vice President, Byron Horton, has proposed that SGA host a softball tournament in the fall. MCC would have a team in this event. If you are interested in playing on the MCC team or volunteering to help, please contact an SGA officer. The SGA office is located in the student lounge in building 1.

MCC's Fall Registration is underway!

Classes start August 18!



**Medical
Assisting**

**Electronics, Computer and
Industrial Technology programs**

Martin Memos

July 3, 5 & 6 - MCC Library closes early (7 pm)

July 4 - MCC closed for National Holiday

July 5 - Last day to apply for graduation

July 6 - Last day to withdraw from Summer semester without receiving an "F"

July 17 - BLET Graduation, 6 pm, MCC Auditorium

July 18 - Next BLET class starts

July 19 - Health Care Completers Recognition Ceremony, 6 pm, MCC Auditorium