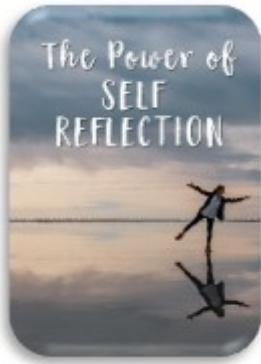


NCC Weekly Update: February 22, 2020



WHO DO YOU NEED TO BECOME?

Time for some self-reflection. If you want to achieve the goals you have set for yourself this year, who do you need to become? What changes do you need to make? When working on your goals, achieving them is simply icing on the cake. The real benefit is who you become in the process. Every next level in life will demand a different you.

Change isn't easy, but it is absolutely possible. Millions of people do it every day. Yes, there will have to be sacrifice. Yes, you may have to leave some people behind. Yes, you will have to give up some things/habits/routines you have convinced yourself you can't live without. But in the end, what would you rather endure: the *pain of discipline* or the *pain of regret*?

Your tomorrow is determined by what you do today. **DECIDE** what you want. **DECIDE** you are worth it. **DECIDE** you will not be denied. And start!!

"We are anxious to improve our circumstances, but unwilling to improve ourselves. We therefore remain bound." -- *James Allen*

Weekly Updates:

- On Monday, February 17, the **Spring Faculty In-Service** day was held. Topics covered throughout the day included Assessment, IT Security, and Teachers Teaching Money.
- Gretchen Bartelson and John Hartog attended the **ICCOG Oversight Meeting** in Ankeny on Wednesday, February 19.
- Local **SKILLS USA** contests were held on campus this week with **Diesel Technology** competing on Wednesday, February 19, and Thursday, February 20, and **Automotive & Light Duty Diesel** on Friday, February 21.
- The **Electrical Trades Advisory Committee** met on Friday, February 21, at Old 60 Steakhouse.
- The **NCC Thunder Sports Shooting** team has begun some pre-season training, and Coach Brian Lauck will host an interest meeting in Building A, Room 122, on Tuesday, February 25, at 4:30 p.m. If any

students are interested in learning more about our team, this is a great way to meet Brian and hear more about our practices, competitions, schedule, and team.

- Now in its 17th year, the **Sheldon Volunteer Income Tax Assistance (VITA) Site** is **officially** open at Northwest Iowa Community College (Room 220, Building B). Please take a moment to review the details included with the attached news release and flyer.
- The **Foundation Office** is excited to announce three **new scholarship opportunities** will be added to the *NCC Scholarship Opportunities Guide*. The *Den Hartog Industries Scholarship*, *Gary Stuva Memorial Scholarship*, and *Ned DeBoer Memorial Scholarship* are all currently available and have a deadline of March 2, 2020. Full details on each of these awards can be found online at <https://nwicc.edu/tuition-financial-aid/ncc-scholarships/scholarship-list/>.
- The **Alumni Office** is currently seeking nominations for the **2020 NCC Alumnus of the Year**. Do you know of an alum who has done outstanding work in his or her industry? Done exceptional volunteer work? Has contributed to NCC and student success? Received a prestigious award or obtained a notable achievement? If so, we encourage you to nominate this individual! Nominate a friend, a family member, a former student/advisee, or even yourself by visiting www.nwicc.edu/alumnus-of-the-year/. Nominations are due March 2. NCC employees are excluded from consideration.
- The **NCC Foundation** is now participating in the **Hy-Vee Giving Tag Program**, which is designed to make it easy for customers of Hy-Vee stores to contribute to their local community while supporting the environment. All you have to do is purchase a \$2.50 **Red My Heart Reusable Bag**, follow the instructions on the attached **Giving Tag**, and the **NCC Foundation** will receive a \$1 donation! This is a great way to support the environment and fundraise for our cause. If every faculty and staff member purchased just ONE bag and directed the \$1 donation to the NCC Foundation, we would receive a donation of approximately \$150. The more people who learn about the program, purchase the **Red My Heart Reusable Bag**, and use the attached **Giving Tag** to direct the donation to the **NCC Foundation**, the more money we will raise. To learn more about this program, please visit <https://hy-vee.bags4mycause.com/>.
- **Student Activities Update:**
 - On Wednesday evening, February 19, the students enjoyed a competitive **Water Pong Tournament!** A total of 10 teams participated in the double elimination tournament. The winners received Hy-Vee gift cards!
 - 1st Place: Austin Chase & Jaden Den Boer
 - 2nd Place: Cody Barth & John Capesius
 - Upcoming events
 - February 26 – Cupcakes for Jan/Feb Birthdays
 - March 11 – Bowling Night
 - March 18 – Blood Drive
 - March 28 – Fitness Event
- **LLRC Update:**

- This week the LLRC personal trainers worked with **Sheldon East Elementary** PE teacher Kyle Zankowski to produce “Orab Exercise” videos for their students. These videos will be used for a physical activity series for the students during their transition back to their classrooms after lunch.
 - This week the LLRC hosted the **Sheldon Police Department** to provide space for the fitness testing of Sheldon’s Chief of Police candidates.
 - This Saturday the LLRC hosts the **Kiwanis Basketball Tournament**; the LLRC has hosted this tournament annually since 2012.
- **Building D Construction Update:**
 - The **Open House & Ribbon Cutting** for the new Automotive lab will be held on Monday, February 24, from 4-7 p.m. with the a ribbon cutting at 5:30 p.m. (*See invitation in attachment.*)
- **Continuing Education Information**
 - On Monday, February 24, Ken Fry will be the instructor for the ***How do I Use My Digital Camera*** class at Centrum Foto Studio in Orange City. For more information and/or to register for this class, please click [here](#).
 - On Tuesday, February 25, Laurie Schroeder will be the instructor for the ***Breadmaking 101*** class at St. Joseph Parish School in Granville. For more information and/or to register for this class, please click [here](#).
 - On Wednesday, March 4, Ken Fry will be the instructor for ***How to Get Great Photos Every Time*** class at Centrum Foto Studio in Orange City. For more information and/or to register for this class, please click [here](#).
 - On Wednesday and Thursday, March 4 and 5, Larry Battaglia will be the instructor for ***Insurance*** continuing education classes at NCC. For more information and/or to register for these classes, please click [here](#).
- Never under estimate the power of a simple “thank you”! Whom do you need to thank? Please be sure to see the **Thunder Thank You** notes in the attachment.
 - This week’s attachment also contains a few **tasty recipes** from the **Tailgate Party** held on Friday, January 31. Thanks to those individuals who shared these with us!
 - Do you have a **piano** at home that’s in good condition but no longer gets played? Or, do you know someone who is looking to get rid of their piano that’s in quality condition? Jena is seeking to find a piano to put in one of the **residence halls** on campus. Many students have mentioned that they are pianists and find it very relaxing and stress relieving to play on a regular basis. If you have a piano that’s no longer gets used, but you would like to see it get used, please yet Jena know! Email her at jjschouten@nwick.edu. Thank you!
 - Due to Spring Break, there won’t be a **Weekly Update** for the Week of March 1-7, 2020.

Upcoming Events:

- February 24 Bldg D Automotive Open House & Ribbon Cutting (*See invitation in attachment.*)
- February 24 Board of Trustees Meeting

- February 27 Heavy Equipment Student Recognition Day
- February 28 Midterm Instructional Workday (*no classes*)
- March 2-6 Spring Break
- March 10 NCC Job Fair (Applied Tech)
- March 11 NCC Job Fair (ASBH)
- March 27 Summer Powerline Orientation

Happy Birthday!

- None in the week ahead.

In your service,

Alethea F. Stubbe, Ph.D.

President

Northwest Iowa Community College
712-324-5061/800-352-4907 Ext.166

aletheas@nwicc.edu



“Thank you.”



Mariah Oliver

- Mariah is a wonderful spokesperson for diversity and inclusion on campus. She’s thoughtful, considerate, and attentive in difficult moments! -Anonymous

Jena Schouten

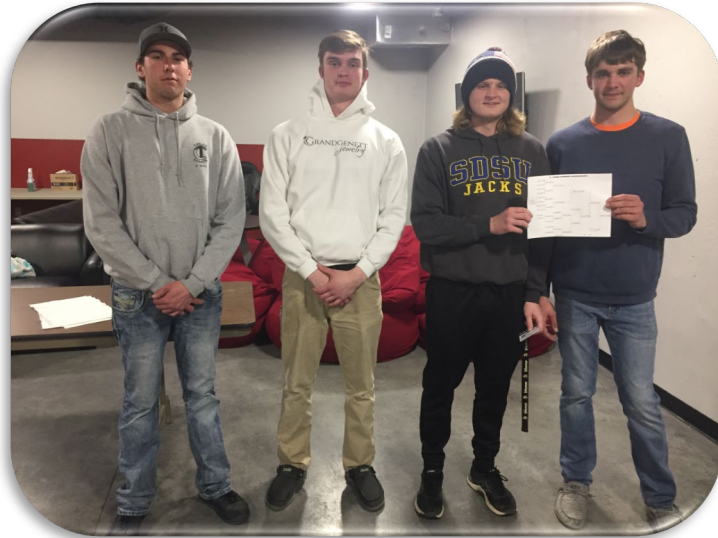
- The campus has been energized by Jena Schouten and her creative student activities! She has great ideas and listens to our students! -Anonymous

“Thank you.”



Megan Lovan

- Thank you for your extra help in registering (and rearranging) for the various MSHA classes coming up. You did great work - and fast!
-Sawyer Wieseler



Building D Automotive Lab Open House & Ribbon Cutting



Alumni & Community Members
please join us at an

OPEN HOUSE & RIBBON-CUTTING

Showcasing the
remodeled Building D
Automotive Labs

**Monday, February 24
4-7PM**

5:30PM Ribbon-Cutting
Tours Available

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IT'S TAX TIME

INCOME TAX PREPARATION OFFERED FREE AT NCC

Now in its 17th year, the Sheldon Volunteer Income Tax Assistance (VITA) Site is officially open at Northwest Iowa Community College (Building B—Room 220). The Volunteer Income Tax Assistance (VITA) Program at Northwest Iowa Community College offers FREE tax help to people who generally make \$56,000 or less, persons with disabilities, limited English-speaking taxpayers, and the elderly who need assistance in preparing and filing their 2019 tax returns. Our trained, IRS-certified volunteers will provide free basic income tax return preparation with electronic filing to qualified individuals.

NOTE: This year again, clients will be scheduled for an initial 15-minute INTAKE/interview appointment, which will then be followed up with a *separate* 15-minute final review/OUTTAKE appointment. The appointment schedule includes various time slots available on the following Mondays, Wednesdays, and Fridays throughout February and March and the first week in April. Instructors Sheila Drenkow and Janet Boone are serving as the VITA Site Coordinators.

FEBRUARY 2020 APPOINTMENT DATES/TIMES:

Monday, February 10, 2020 [1:00 P.M. – 8:00 P.M.]
Wednesday, February 12, 2020 [1:00 P.M. – 3:00 P.M.]
Friday, February 14, 2020 [10:00 A.M. – 11:30 A.M.]
Wednesday, February 19, 2020 [1:00 P.M. – 3:00 P.M.]
Friday, February 21, 2020 [10:00 A.M. – 11:30 A.M.]
Monday, February 24, 2020 [1:00 P.M. – 8:00 P.M.]
Wednesday, February 26, 2020 [1:00 P.M. – 3:00 P.M.]

MARCH 2020 APPOINTMENT DATES/TIMES:

Monday, March 9, 2020 [1:00 P.M. – 8:00 P.M.]
Wednesday, March 11, 2020 [1:00 P.M. – 3:00 P.M.]
Friday, March 13, 2020 [10:00 A.M. – 11:30 A.M.]
Monday, March 16, 2020 [1:00 P.M. – 8:00 P.M.]
Wednesday, March 18, 2020 [1:00 P.M. – 3:00 P.M.]
Friday, March 20, 2020 [10:00 A.M. – 11:30 A.M.]
Monday, March 23, 2020 [1:00 P.M. – 8:00 P.M.]
Wednesday, March 25, 2020 [1:00 P.M. – 3:00 P.M.]
Friday, March 27, 2020 [10:00 A.M. – 11:30 A.M.]
Monday, March 30, 2020 [1:00 P.M. – 8:00 P.M.]

APRIL 2020 APPOINTMENT DATES:

Wednesday, April 1, 2020 [1:00 P.M. – 3:00 P.M.]
Friday, April 3, 2020 -- OUTTAKE Appointments ONLY
[10:00 A.M. – 11:30 A.M.]

Make your appointment ASAP, as times fill up fast—the earlier the better! To schedule an appointment or for more information, please call 712-324-5061, EXT. 272. Leave a message with your name and telephone number. Keep in mind that our student volunteers will return phone calls only on Tuesday and Thursday mornings (as limited to their scheduled classes). Upon scheduling an appointment, a confirmation postcard along with a list of “What to Bring” will be mailed to you.

NOTE: Income tax appointments will NOT be scheduled during Spring Break (March 2–6). In addition to the Spring Break dates, NCC classes will not be in session on February 17 (Monday) nor on February 28 (Friday). In the event of inclement weather situations, tax appointments may need to be re-scheduled.

NCC sponsors this Sheldon Volunteer Income Tax Assistance Program in partnership with the Iowa Center for Economic Success. We look forward to serving our community throughout the upcoming tax season!



Happy “NCC” Anniversary



February

- 2-1-16 Leah Murphy
- 2-1-18 Judith Hilbelink
- 2-1-19 Godfrey Twinamatsiko
- 2-3-03 Twyla Vogel
- 2-8-16 Sonia Garza
- 2-10-98 MariBeth Schneider
- 2-12-18 Alex Sietstra
- 2-13-17 Julie Paulsen
- 2-19-18 Megan Lovan
- 2-27-17 Dan Cline
- 2-28-11 Pamela Lien



Thank you for your
“service” to NCC!

Important Dates to Remember



Spring 2020

**All-College Meeting date is TBD – will perhaps be held in virtual format.*

January 2 & 3	Faculty Instructional Work Days	-----
January 6	Spring Semester Classes Begin	-----
January 10	Your Future at Work Day	No classes
January 13	Spring Online Classes Begin	-----
February 17	In-Service Instructional Workday	No day classes, evening classes held
February 28	Midterm Instructional Workday	No classes
March 2-6	Spring Break	No classes
April 10 & 13	College Closed – Easter Holiday	No classes
April 17	8 th Grade Career Day	No classes
April 22	Graduation Prep 8:30/9:30/10:30 a.m.	Mandatory meeting for all spring graduates. Students are required to attend one of the three meetings.
May 3	Spring Online Classes End	-----
May 8	Spring Semester Ends	-----
May 8	Spring Commencement	-----



Juniors and Seniors...join us for

THUNDER FRIDAYS



2019-2020

- ~~October 25th~~
- ~~November 1st~~
- ~~November 8th~~
- ~~December 6th~~
- ~~January 24th~~
- ~~February 14th~~
- ~~March 13th~~
- ~~March 20th~~
- ~~April 3rd~~

▶ NORTHWEST IOWA COMMUNITY COLLEGE

Crockpot French Toast

INGREDIENTS

Cooking spray, for Crock-Pot

1 large brioche (or challah), preferably day-old
8 large eggs
2 c. half-and-half
1/3 c. granulated sugar
1 tsp. pure vanilla extract
1/2 tsp. ground cinnamon
1/4 tsp. kosher salt
small pinch nutmeg

Maple syrup & powdered sugar, for serving

DIRECTIONS

1. Lightly grease the inside of Crock-Pot with cooking spray. Slice brioche into thick slices then quarter each slice. Place bread in Crock-Pot.
2. In a large bowl, combine eggs, half-and-half, sugar, ½ teaspoon cinnamon, vanilla, salt and nutmeg and beat until well combined. Pour egg mixture over bread, folding bread gently to make sure each piece is coated.
3. Cook on low for 2 ½ to 3 hours, until the French toast is warm and cooked through.
4. Serve warm with maple syrup and powdered sugar.

<https://www.delish.com/cooking/recipe-ideas/recipes/a57370/crock-pot-french-toast-recipe/>

SAUSAGE & HASH BROWN BALLS

PREP TIME: 5 MINS COOK TIME: 20 MIN TOTAL TIME: 25 MINS

INGREDIENTS:

- 1 lb hot sausage, uncooked
- 8 oz cream cheese, softened
- 1-1/2 cups Bisquick
- 1-1/2 cups cheddar cheese, shredded
- 1/2 (30 to 32-oz) package frozen shredded hash brown potatoes (about 4 cups)

INSTRUCTIONS:

1. Preheat oven to 400F.
2. Mix all ingredients until well combined. (I use my KitchenAid mixer with the dough hook attachment) Roll into 1 1/2-inch balls. Bake for 20-25 minutes, or until brown.
3. Sausage balls may be frozen uncooked. If baking frozen, add a few minutes to the baking time.

<https://www.plainchicken.com/2014/12/sausage-hash-brown-balls-football-friday.html>

White Chicken Chili

Ingredients

1 lb. boneless skinless chicken breast
1 yellow onion
2 cloves garlic, minced
24 oz. chicken broth (low sodium)
2/ 15 oz. cans Great Northern Beans (drained & rinsed)
15 oz. whole kernel corn (drained)
2/ 4 oz. cans diced green chiles
1 tsp salt
1 tsp cumin
½ tsp black pepper
½ tsp chili powder
¾ tsp oregano
¼ tsp Cajun seasoning
Small handful of fresh cilantro (chopped)
4 oz. reduced fat cream cheese
¼ cup of half & half

Toppings (optional)

Sliced jalapenos
Sliced avocado
Sour Cream
Chopped fresh cilantro
Sliced scallions
Tortilla strips
Monterrey jack or Mexican cheese

Instructions

1. Add chicken breasts to bottom of slow cooker, top with salt, pepper, cumin, oregano, chili powder and Cajun seasoning.
2. Top with diced onion, minced garlic, beans, green chiles, corn, chicken broth and cilantro. Stir.
3. Cover and cook on LOW for 8 hours or on HIGH for 3-4 hours.
4. Remove chicken to large mixing bowl, shred and return to slow cooker.
5. Add cream cheese and half & half, stir, then cover and cook on HIGH for 15 minutes or until chili is creamy and slightly thickened.
6. Stir well and serve with desired toppings.

Crock Pot Lava Cake

Ingredients

- 1 package devil's food cake mix (regular size)
- 1-2/3 cups water
- 3 large eggs, room temperature
- 1/3 cup canola oil
- 2 cups cold 2% milk
- 1 package (3.9 ounces) instant chocolate pudding mix
- 2 cups (12 ounces) semisweet chocolate chips
- Whipped cream, optional

Directions

- In a large bowl, combine the cake mix, water, eggs and oil; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Transfer to a greased 4-qt. slow cooker.
- In another bowl, whisk milk and pudding mix for 2 minutes. Let stand until soft-set, about 2 minutes. Spoon over cake batter; sprinkle with chocolate chips. Cover and cook on high for 3-4 hours or until a toothpick inserted in cake portion comes out with moist crumbs. Serve warm.

Nutrition Facts

3/4 cup: 215 calories, 10g fat (4g saturated fat), 28mg cholesterol, 254mg sodium, 32g carbohydrate (22g sugars, 2g fiber), 3g protein.