

Mitchell Columns

The Newsletter of Mitchell Community College

Wednesday, March 10, 2010

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500 West Broad Street • Statesville, NC 28677-5264

704.878.3200 • www.mitchellcc.edu/columns

Submit articles by every Tuesday at 9 a.m. to printgraph@mitchellcc.edu

MCC Band Concert

The spring concert of the Mitchell Community College Band, directed by Pam Helms, will be on Monday, March 22, at 7:30 p.m. in Shearer Hall. The concert is free and open to the public. —Submitted by Vicki Holland (03.10.10)

St. Patrick's Day Concert

Mitchell Community College and The Iredell Arts Council present a St. Patrick's Day Concert on Friday, March 19, at 7:30 p.m. in Shearer Hall. The event will feature the Statesville Traditional Irish Session and St. Joseph's School for Irish Dance. This event is free and open to the public. Donations will be accepted at the door. This program received support from the North Carolina Arts Council, an agency funded by the State of North Carolina, and the National Endowment for the Arts. —Submitted by Vicki Holland (03.10.10)

MCC Rocket Team

The Mitchell Community College Rocket Team, this year named Mitchell Aerospace and Engineering, recently presented their NASA University Student Launch Initiative (USLI) project at the Mooresville Rotary and Fourth Creek Rotary (Wednesday morning) meetings. The team presented the results from last year's competition, introduced this year's rocket concept and presented up-to-date results of this year's project. The team also recently completed two video conferences with NASA, fulfilling requirements of the Preliminary Design Review and Critical Design Review. The NASA USLI project requires the team to design and fly a rocket with a scientific payload to an altitude of one mile. Mitchell Aerospace and Engineering is comprised of calculus-based physics students and those with rocketry-related experience. The team



will travel to Marshall Space Flight Center in Huntsville, Alabama, in April to compete in this rocket competition. For more information and to stay current on the team's progress, see their website: www.mitchellcc.edu/faculty/dknight/mae/main.html —Submitted by Doug Knight (03.10.10)

ICATS Service

Starting Monday, March 15, the ICATS vans will arrive and depart from the Student Services Center on the Main Campus. This includes the ICATS Mooresville shuttle as well as normal ICATS services. —Submitted by David Heinmiller (03.03.10)

SGA Applications Available

Interested in being a part of the Student Government Association? Applications are available now! Come by and talk with Tammie Goodwin in the Student Activities Office (2nd floor of the Montgomery Student Union) or call her at 704.978.5426 with questions or to get applications. —Submitted by Tammie Goodwin (03.03.10)

Awards Convocation

Mitchell Community College's annual Awards Convocation is scheduled for Thursday, April 8, at 11 a.m. in Shearer Hall. In order to prepare for this event, we need to receive the nomination form for each award given by Wednesday, March 17. It is very important that a printed copy of the nomination form be submitted by this date. If your division or club wishes to give an award, please complete the nomination

Continued on page 2

Edward Tweedy

March 10

7 p.m.

Shearer Hall

Jill Channing and Carrie Hart

March 16

12:20 p.m.

Rotary Auditorium

Loraine and Harry Watt

March 16

7 p.m.

Mooresville Center, Room 122

March Madness Chili Cook-Off

March 18

12:20 to 2 p.m.

Old Gym



Exercise at Work

You think you don't have time to exercise? Research shows that frequent short bouts of exercise have cumulative effects, and a bunch of fitness bursts confer almost the same health and weight-loss benefits as one longer session. Here are some innovative ways you can fit many minutes of exercise into your day—a few at a time!

- **Stand and Deliver.** You'll feel less tired and your brain will work better if you stand as much as possible while you work or study. Take "standing breaks" at least every hour and work standing up, if possible, for 5-10 minutes. You'll burn 25% more calories. Don't lean over your desk, though—find tasks that let you stay upright, like returning phone calls, reading or jotting notes using a clipboard. If you pace as you work, you'll burn almost four times as many calories as sitting.
- **Pump Rubber.** Keep stretchy latex resistance bands that work your muscles as though they're lifting weights at work. Step on the bands and do five minutes of shrugs, squats, upright rows and lateral raises. These will wind you up better than caffeine.
- **Skip a Step.** Surely you already take the stairs, not the elevator. Pump up the intensity by taking the stairs two at a time.
- **Ab Alert.** Do isometric abdominal intervals anytime, anywhere you stand or sit. Contract your abs six times slowly (6-second rep), then six times quickly (2-second rep), then six times super-slowly (10-second rep), and repeat.

"25 Ways To Exercise When You Barely Have a Minute" by Joan Price—Submitted by the MCC Wellness Committee (03.10.10)

Full-Time Employee Birthdays

March 11 through 17

Ron Davis15th
Marcella James17th
Patricia Redding17th

Interested in updating your faculty/staff profile text and/or photo? If so, please e-mail printgraph@mitchellcc.edu.

form that was sent by e-mail and return it to Bonnie McCurry, either through campus mail or drop it by Bonnie's office (SSC-209). Please call 704.878.3281 if you have any questions. —Submitted by Bonnie McCurry (03.03.10)

Parent's Night Out

The Mitchell Community College Early Childhood Association is holding a Parent's Night Out on March 26 to raise money for the Iredell County Partnership for Young Children's "Books for Babies" campaign. The event will be held at the Partnership at 625 North Main Street, Mooresville. All potty-trained children through age 12 are welcome! Prices are \$10 for first child, and \$5 for each additional family member. Age based activities, a light snack, and lots of fun! RSVP to Donna Dezern at 704.878.4367. Sponsored by Mitchell Community College Early Childhood Association. —Submitted by Dede Dunst (02.24.10)

"Roots & Wings" Birdhouse Gala

The "Roots & Wings" Birdhouse Gala will be held at the Statesville Civic Center on March 26, from 6 to 9 p.m. Come enjoy awesome food, live music and the opportunity to bid on a variety of beautiful birdhouses created by local artists, including Mitchell students. Tickets to the gala are on sale now! Contact Nikkole Davis (ndavis@mitchellcc.edu) for more information or to purchase a ticket. You can also read more about this event, and see some examples of these artistic birdhouses on our Facebook page at <http://www.facebook.com/habitat-iredell>. —Submitted by Nikkole Davis (02.24.10)

Did You Know?

TIPS FROM THE WEBMASTER

Want to find out more about the plans for the MCC websites? Does your department or group want to get more from the enhanced websites? Visit this week's **Tips from the Webmaster** at www.mitchellcc.edu/columns to learn more! —Submitted by David Ross (03.03.10)



March Madness Chili Cook-Off

The College Council is hosting a chili cook-off on March 18, from 12:20 to 2 p.m. in the Old Gym on the Main Campus. All part-time and full-time faculty and staff are invited to participate. You can enter your own recipe, or come and try others' as you watch the opening of March Madness basketball while sporting the colors of your favorite school! If you would like to enter your chili in the cook-off, please send an e-mail to dbreuer@mitchellcc.edu with your name and your chili's name. (There will be an award for both best chili and best table decorations.) Registration forms must be submitted by March 1! —Submitted by Daniel Breuer (02.24.10)

Submit Articles for Mitchell Columns

The deadline to submit articles for *Mitchell Columns* is every Tuesday at 9 a.m. Please send all articles to printgraph@mitchellcc.edu. Articles must be submitted electronically and be in article format.



From the President's Desk

Good news has been hard to come by these past months, so it's a real treat to report that Statesville-Mooresville has been named the

#1 micropolitan areas by *Site Selection Magazine*. This ranking is based on new business and industry locating in our area during the past year. What is doubly pleasing is that we have been ranked #1 out of 576 such areas in the United States. Industries and businesses continue to find Iredell County a good place to locate and that means—at least in the future—more jobs available. New economic development generally goes where there is proven success in securing



land, facilities, and a trained and willing workforce. We are fortunate that Iredell County, by any objective measure—even in this challenging economy—is a good place to be and to do business. Ron Starner, the general manager of *Site Selection Magazine*, stated that "Statesville-Mooresville is winning and the actual project numbers prove that." The rankings are based on the size of projects, their costs, and the number of jobs they will create. If the economy will just begin to get some traction, our area is positioned for good things to happen. As many of you know, Mitchell Community College plays a significant roll in recruiting and nurturing local business and industry. Our New and Expanding Industry program under the leadership of Betty Scipione is recognized as one of the most effective in the state. Our folks are right there on the ground when a new industry comes to town to see if they want to expand their business here. We also share a position with Greater Statesville Economic Development Commission to work with our existing business and industry. John Marek is the key person in this position. Mike Tucker, of our staff, provides service in our Small Business Center which encourages the development and growth of entrepreneurs. The really good news is that the partnership between the College, the Economic Development programs in both Mooresville and Statesville, as well as our city and county governments have earned our area the #1 spot in *Site Selection Magazine* for the past SEVEN years!