

STUDENT NEWSLETTER



BlueRidge
COMMUNITY AND
TECHNICAL COLLEGE
MAY 2019



BLUE RIDGE CTC GENERAL INFORMATION

Mission Statement

Blue Ridge Community and Technical College is dedicated to providing a diverse student population with collaborative programs and support services to improve the quality of life and promote economic development in its service area. Its quality academic programs are learner-centered and focus on career entry, university transfer, developmental education, and workforce development.

Nondiscrimination Statement

Blue Ridge Community and Technical College provides opportunity to all prospective and current members of the student body, faculty, and staff on the basis of individual qualifications and merit without regard to race, color, sex, sexual preference, religion, age, national origin, sexual orientation, marital or parental status, familial status, veteran status, or disability. This advertisement is for informational purposes only. Printed and/or electronic documents produced by the College do not constitute a contract, expressed or implied, between an applicant or student.

Locations

Main Campus

13650 Apple Harvest Dr.
Martinsburg, WV 25403

Technology Center

5550 Winchester Ave.
Martinsburg, WV 25405

Morgan County Center

Located at the Pines Opportunity Center
109 War Memorial Dr.
Berkeley Springs, WV 25411

Contact Information

www.BlueRidgeCTC.edu
304.260.4380

Cover Photos:

SAGA Club Presentation

Karaoke Night

SGA Presidency Panel

Open House, April 2019





Congratulations to E-Learning's Latest Technology Giveaway Winner, Emily Crawford!

The E-Learning Department is happy to announce Emily Crawford as the winner.

Emily won a new Dell Inspiron laptop. Congratulations Emily!

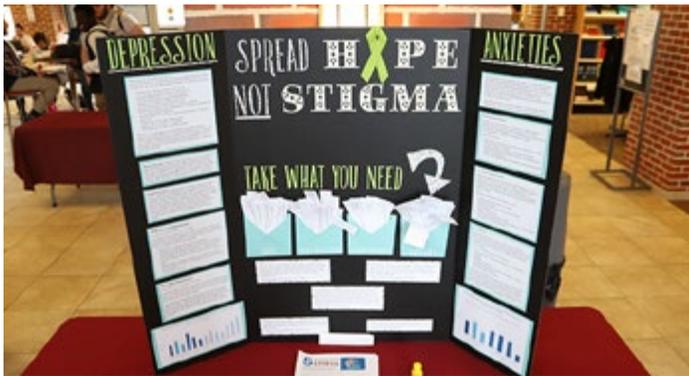
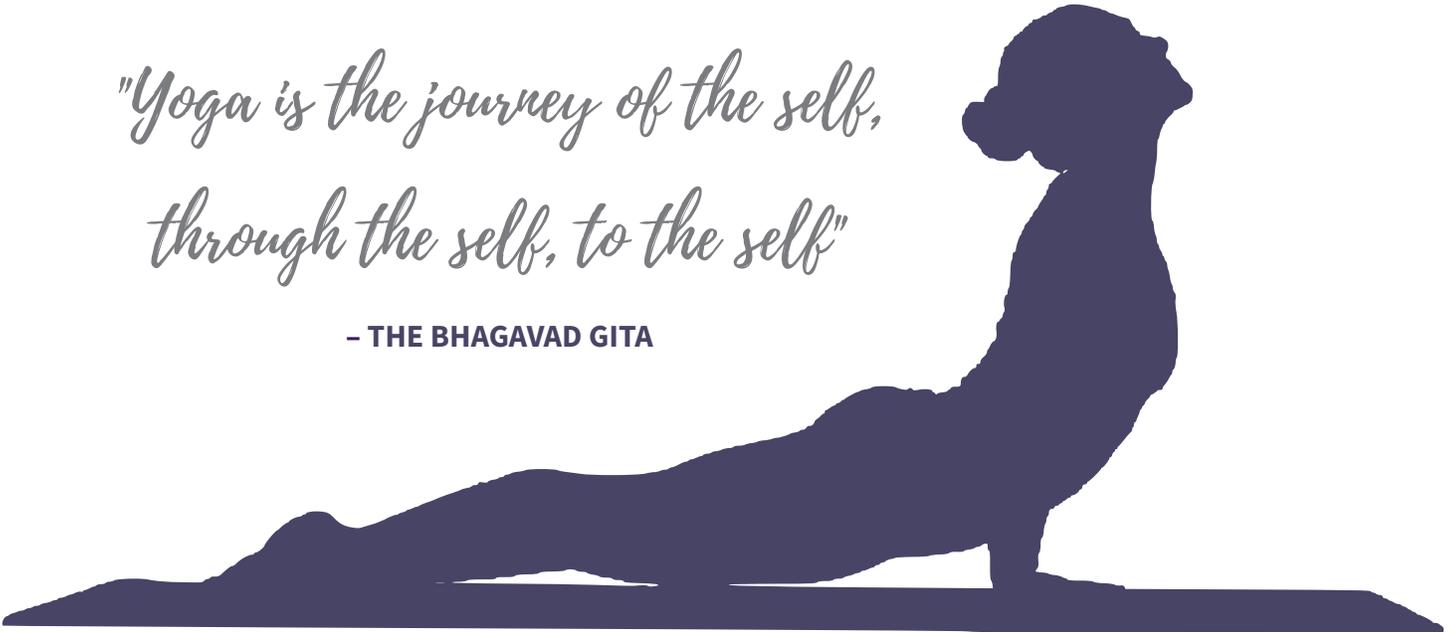
This semester, the E-Learning team hosted their seventh technology drawing giveaway in the lobby of the main campus. Technology giveaways are hosted at the start of each semester to celebrate the start of school. The spring semester giveaway attracted a large number of entrants for the drawing. Be sure to visit our table at the start of the fall semester to participate in our next E-Learning giveaway opportunity.

Contact eLearning at Blue Ridge CTC for more information:

Phone: 304.260.4380 ext. 2326 or Email: ellearn@blueridgectc.edu

*"Yoga is the journey of the self,
through the self, to the self"*

– THE BHAGAVAD GITA



A Mental Health Day was held on March 20, 2019 at the Main campus.

Students, faculty and staff interacted with Horse with Hearts and Bo the therapy dog. Two hundred stress balls and approximately 50 bottles of bubbles were given away. Siona Escoto hosted two workshops: Chair Yoga and Breathing and both were well received by participants. There was also a display board about mental health with a “take what you need” quote section. We hope to host another Mental Health Day in October in recognition of Mental Health Month.



If you have an idea of something you would like to see at this day of recognition, email Sara Gordon at sgordon@blueridgectc.edu.

TRUE COLORS

MAY 1, 2019

10am - 4pm

Main Campus

Discover your **True Colors** by creating a piece of art that is as unique as you!

Join us on the Main Campus front lawn to paint with **water guns** and tape.

Available While Supplies Last.



DIVERSITY AND
INCLUSION COMMITTEE

BlueRidge

COMMUNITY AND
TECHNICAL COLLEGE

RSVP TO PARTICIPATE:

WWW.BLUERIDGECTC.EDU/EVENTRSVP

For more information, contact Sara Gordon: sgordon@blueridgectc.edu
Main Campus: 13650 Apple Harvest Dr., Martinsburg, WV 25403

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Our third Lunch and Learn for the semester was held on March 14, 2019.

Guest Speaker Jacque Proctor, who is a Licensed Professional Counselor and Certified Clinical Trauma Professional led this workshop. Jacque, who is legally blind, spoke about her personal experience with having a guide dog by her side for the last 30 years. She walked participants through the history of guide dogs, the trainings both the dogs and their handlers receive as well as how to become a guide dog trainer. There were 10 people in attendance and each person raved about how informative this Lunch and Learn was. Below is a picture of Jacque and her current guide dog Cassidy.





APPALACHIAN CHEROKEE NATION TRIBE



May 2, 2019
5pm-7pm
Main Campus
Room 1101

Experience the rich culture of the local Appalachian Cherokee Nation Tribe! Join us for a presentation about traditional dress, music, heritage, and the importance of keeping the tribe's history alive.

To RSVP: www.blueridgectc.edu/eventrsvp
For more info: sgordon@blueridgectc.edu

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On March 26, 2019 a Karaoke session was held during lunch time in the café.

The six participants were made up of students, faculty and staff. Many of the songs performed were throw backs. One student sang Bohemian Rhapsody by Queen and he had the entire café area singing with him. This event was a great way to bring excitement into the school and to have some fun. We will be hosting a Lip Sync Battle in the fall since the Karaoke Session was such a hit. Below are a few pictures from this event.

“One student sang Bohemian Rhapsody by Queen and he had the entire café area singing with him.”



COMMUNITY RESOURCE FAIR

MAY 9, 2019
3PM-6PM



JOIN US AT BLUE RIDGE CTC TO LEARN
ABOUT **OVER 20 COMPANIES** PROVIDING
COMMUNITY RESOURCES IN OUR AREA!



FREE TRANSPORTATION AND FOOD DONATION!

EPTA will be providing FREE transportation to the event for Blue Ridge CTC students and community attendees. Attendees will also be offered a FREE bag of donated food to take home from the BRCTC Spring Food Drive.

FOR MORE INFORMATION, CONTACT SARA GORDON:
SGORDON@BLUERIDGECTC.EDU

Main Campus Location
13650 Apple Harvest Drive
Martinsburg, WV 25403

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REQUESTING OFFICIAL TRANSCRIPTS

Do You Know How to Request Official Transcripts?

Graduation is only one month away! You may be thinking to yourself, “I need to send my official transcripts to the school I am transferring to, but how do I do it?” The process is very simple and can be done online.



“Transcript Ordering, a service of the National Student Clearinghouse offers a fast, simple, and secure way to order copies of your transcript online.”

You will be guided through the easy, step-by-step process and will receive email updates on your order, which you can track online. Visit this service online at: www.studentclearinghouse.org

To access the transcript ordering website, click “Transcripts” on the Blue Ridge CTC main webpage (<http://www.blueridgectc.edu>). Our webpage includes the link to the National Student Clearinghouse as well as a list of instructions. Electronic transcript ordering allows you to send official transcripts as a PDF file, rather than

sending a physical copy through the mail. Schools or businesses will receive an electronic transcript within 24 hours of your request. If you would like your transcript to be sent electronically, be sure to include the correct email address for the recipient. After a request is processed, you cannot make changes to it.

Final grades for this semester are due on May 20th, and official transcripts will not be printed until May 24th. However, you can request a transcript before May 24th. When requesting through the Clearinghouse, be sure to select the option, “After Degree Is Awarded” when you are asked, “Which transcript do you want to send?” By selecting “After Degree is Awarded”, your transcript will not be sent electronically or printed until grades have been finalized. If you select the option, “Send Current Transcript”, you risk sending an official transcript that includes in-progress work without final grades.

You may also request transcripts by completing a paper Transcript Request form, which can be found at our Welcome Desk on Headquarters Campus. This is a manual process that can take 3-5 business days. If you need your transcript faster than 3-5 days, we do ask that you request them electronically. All requests, whether by paper form or online, require a \$10 fee.

If you choose to pick up your official transcript to deliver it to a school or business personally, be sure you do not open it. As soon as the envelope is opened, your official transcript instantly becomes unofficial.

For questions or concerns regarding transcripts, please contact Kourtney Pfeninger: transcripts@blueridgectc.edu 304-260-4380 x2116.

CULINARY RECIPES: GRILLED MIX VEGETABLES

Ingredients

- 2 teaspoons olive oil
- 2 teaspoons chopped fresh parsley
- 2 teaspoons chopped fresh oregano
- 2 teaspoons chopped fresh basil
- 1 teaspoon balsamic vinegar
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 2 cloves garlic, minced
- 3/8 red onion, cut into rings
- 6 spears fresh asparagus, trimmed
- 2 Portabella mushrooms, stems removed
- 3/8 (1 pound) eggplant, sliced into 1/4 inch rounds
- 3/8 red bell pepper, cut into wedges
- 3/8 yellow bell pepper, cut into wedges

Directions

In a large resealable plastic bag, mix the olive oil, parsley, oregano, basil, vinegar, kosher salt, pepper, and garlic. Place the onion, asparagus, mushrooms, eggplant, red bell pepper, and yellow bell pepper into the bag. Seal, and marinate 2 hours in the refrigerator, turning occasionally

Preheat the grill for high heat.

Lightly oil the grill grate. Grill the vegetables 6 minutes on each side, until tender.

2 Servings

Calories: 107

Total Fat: 4.9g

Cholesterol: 0mg

