Farmer’s Almanac Predicted a ‘Teeth-Chattering’ Cold Winter!

I think we can all say this was a tough Missouri winter, even with the outlook provided by the Farmer’s Almanac. They predicted that it would be the chilliest in the Midwest in mid-February and they were right! They also said we’d see above average snowfall with the majority of the precipitation coming in January and February with an Arctic cold front that would produce blustery and bitter winds, a sharp drop in temperature, and widespread snow showers. Spot on! (Find out all the details of predictions in the 2019 Farmers’ Almanac.)

When winter is in full swing, the days are shorter, darker, and colder—and some will experience the “winter blues.” You might be more tired than usual, less active, or unmotivated; and your level of productivity in the office may decline. What can you do about this?

- Get physical—make sure to include exercise in your daily routine
- Get some sunshine—on a sunny day, go outside! Bundle up and take a brief stroll.
- Eat well—comfort foods and sugary drinks will leave you sluggish
- Set goals—time to focus on new projects
- “Spring Clean”—since you are inside, this is a great time to clean out the closets, cabinets, etc. and donate items or even clean up those electronic files.

How to Deal With the “Winter Blues”
MACC hosts a fall fair at the Moberly Campus and a spring fair at the Columbia Campus. This is a great time for students to begin networking and gathering details for future endeavors.

⇒ college reps from a variety of campus locations throughout Missouri are here to discuss transfer options, application/enrollment procedures, deadline dates, and scholarship opportunities;

⇒ employers from a wide variety of industry are ready to discuss internships, job shadowing, sign on bonuses/tuition reimbursement opportunities, and future employment possibilities.

⇒ our very own MACC Staff is available to provide insight and detailed information on resources available for students

⇒ this semester, the Kirksville campus teamed up with the Columbia campus digital photography class to provide professional headshots and detailed information about LinkedIn; the Moberly campus brought career clothing from the career closet, for students to use in the photos as well as keep for other upcoming events and opportunities requiring professional dress

⇒ IMOs Pizza provided FREE pizza samples throughout the event

⇒ The Mexico Campus, Practical Nursing Students, provided a variety of educational booths as well as blood pressure screenings

The **COLLEGE, CAREER AND HEALTH FAIR** is a great event for students, community members and local high school students. It allows everyone to find out what super powers the exhibitors bring to the table. With plenty of networking, YOU can see what training and gadgets they offer to better prepare you for a future without a nemesis (laziness, poor time management, unprepared schoolwork, or any other college life troubles). As we gain great POWer through our educational experiences, we also gain great responsibilities! Take the time to attend one of our next fairs so you can visit with college admissions representatives to ZAP your unresolved future plans. You may also want to stop and check out what companies all around Mid-Missouri offer for employment benefits, salary, tuition reimbursement, sign on bonuses as well as internship and apprenticeship opportunities—BAM! And, this is also a great way to let our health care representatives transform your identity into a lifestyle that is super healthy and fit —
Are you interested in a part time job, an internship or even ready for that full time career opportunity? If you are, stop by the Career Center on the Moberly Campus and visit with Elaine Avery (C21) or Sonda Stuart (C02) about many opportunities that we have on file. We also have a free online job board with College Central Network. Sign up today! Receive notifications of job postings that meet your degree qualifications and skill set.

Check out College Central Network at www.collegecentral.com/macc

This web site sports half a million job postings geared for college students and new graduates and hundreds of articles to assist you with a successful job search. You can also post resumes and portfolios & search for internships.

2019 Marketing Internship with Chariton Valley

General work location will be Macon, Missouri with occasional trips to service area footprint

Student Requirements: Must be a student in a technical field that would qualify them for work in Chariton Valley Marketing Department. This will typically be Marketing, Business Admin, Graphic Design or related field.

Must attend a post-secondary school.

Must be a student in good standing with a B grade average or better.

Schedule: 40 hours per week, 10-12 weeks or as per agreement, Monday – Friday 8:00 am – 5:00 pm. Specific start and stop dates established on an individual basis.

Compensation: $12 an hour, taxes withheld, No Insurance, No benefits, No paid time-off, No compensation paid toward housing

Area of Internship: The internship is in Marketing & Communications, which has broad responsibility for delivery of all telecommunications messaging offered by Chariton Valley. Interns will be exposed to all aspects of the department, including:

Marketing: Ability to join and support the Chariton Valley Marketing department in all promotional activities, encompassing multiple delivery channels such as Social Media, Direct Mail & Web. Marketing departing is responsible for Design/Distributing/Maintaining all Company Collateral & Campaigns, and this position will be involved in all aspects to complete Marketing projects including distribution.

Communications: Assist in collecting quantitative and qualitative data from marketing campaigns to better assist the Sales & Marketing department. Intern will be able to participate in meetings.

Graphic Design: Will have the ability to work/learn directly with design team to assist in creation of content of marketing materials to ensure brand integrity is achieved and maintained in all facets of the Company.

Help & participate in marketing and public relations events for Chariton Valley.

Additional Responsibilities can include, depending on areas of expertise or growth:

- Maintenance of current social media, google analytics and other analytical reports necessary for the department to fully optimize its resources.
- Maintain and update Company Website, including Intranet.

Where to apply: If you are interested in a summer internship with Chariton Valley Marketing Department provide us with a copy of your resume and we will contact you for an interview. If you have questions our email address is r@charitonvalley.com and to learn more about Chariton Valley visit www.cvalley.net
New Traditions is a statewide network of resource centers and resource personnel. The goal of New Traditions is to help members of special populations enroll, enter, and complete career and technical programs. New Traditions is designed to assist people who are facing economic changes and need skills training. Its major purpose is to assist in planning careers that offer more job security, higher pay and employment success. Who is eligible for New Traditions? Individuals must meet qualifications to be in the New Traditions Program and complete an Intake form to be considered for any of the scholarship opportunities. Non-traditionals are individuals who are seeking employment in an occupation traditionally dominated by the opposite gender. Single-parents are individuals who are unmarried or legally separated from their spouse and are pregnant or have a minor child(ren) for which the parent has either sole or joint custody. Displaced Homemakers are individuals who are divorced, widowed, separated, or have a disabled spouse, and must prepare for paid employment. Individuals from Economically Disadvantaged Families including foster children. Girls and women 14-25 are female students seeking vocational skills to enable them to support themselves and their families. Individuals with disabilities and individuals with other barriers to educational achievement, including limited English proficiency. It is important to note that the committee selecting recipients also look at the number of hours the student is enrolled in as well as their GPA.

The Displaced Homemaker Fee Waiver is made possible by money allocated by the Department of Elementary and Secondary Education in Jefferson City; MACC receives a set amount of funds each year. Students must fill out a New Traditions Client Intake Form to see if they qualify. These funds have provided 3 scholarships this semester. In order to be eligible for this fee waiver, the recipients must:

- Declare a career/technical major and actively pursue an Associate of Applied Science Degree, a Certificate or Associate Degree Nursing at MACC
- Are single parents—divorced or widowed OR have a disabled spouse and their primary job has been homemaking for the past 3 years.
- Are unemployed or under-employed

This year’s recipients are: Raji Dhital, Occupational Therapy Assistant Program-Columbia Campus (not pictured); Brianna Tolbert, Medical Lab Technician Program-Mexico Campus and Peggy Sanchegraw, Early Childhood Education Program-Columbia Campus (not pictured).

Pictured left to right: Alese Thompson, MLT Program Coordinator/Instructor and Displaced Homemaker Fee Waiver Scholarship recipient, Brianna Tolbert.
MACC Institutional Scholarships

Pictured left to right: Kenneth Hill, Joelle Greenwood and Tianna Whitney.

MACC New Traditions Institutional Scholarships are funded by MACC. Two students received the institutional scholarships based on their recognition for the honor of our Regional Breaking Traditions Awards last February, 2018. The scholarship was renewable for two semesters. Kenneth Hill, Associate Degree Nursing and Joelle Greenwood, Engineering Design & Development-Architectural & Mechanical Design. Breaking Traditions is a scholarship provided to post-secondary students seeking a career in a field dominated by the opposite gender. The other recipient of the MACC Institutional Scholarship was Tianna Whitney, Associate Degree Nursing. Tianna was selected by a committee based on their applications submitted through the MACC Scholarship process.

Carolee Hazlet (left) Scholarship presented by Carolee to Mary Caves, Accelerated Associate Degree Nursing Program, Moberly Campus

Denise Redington, Accelerated Associate Degree Nursing Program, Kirksville Campus, recipient of Kimberlee Anne Enoch's Memorial Scholarship

Joshua Scott, Associate Degree Nursing Program, Moberly Campus, recipient of VFW Auxiliary 2654/Moberly Scholarship

Maranda White, Associate Degree Nursing Program, Moberly Campus, recipient of VFW Auxiliary 2654/Moberly Scholarship

Laquioia Warford, Early Childhood Education Program, Columbia Campus, recipient of Beta Sigma Phi Scholarship

Desaray Wilhite, AA Business Degree, Moberly Campus, recipient of Huntsville Business Women of MO Scholarship

Zachary McReynolds AA General Studies, Moberly Campus, Family & Community Education Scholarship

Christopher Wilson AA Social & Behavioral Sciences Degree, Moberly Campus, Family & Community Education Scholarship

Karyssa Giboney, Associate Degree Nursing, Moberly Campus, PM Minervini Memorial Scholarship

Rebeka Pyatt, Associate Degree Nursing, Moberly Campus, Ruth Lawrence Memorial Scholarship
Scholarships Presented/Not
Pictured: Darrell Stuart Memorial Scholarship presented by Amari O’Donnell to Shaelyn Pagliaro, AAS Business Office Administration Degree, Columbia Campus; Ruth Lawrence Memorial Scholarship presented by Rebecca Meyers to Christopher Howery, AA Social & Behavioral Sciences Degree Program, Moberly Campus; New Traditions Advisory Committee Scholarship presented by Betty Mayo to Amanda Jones, Accelerated Associate Degree Nursing Program, Mexico Campus; PEO KJ Chapter Scholarship presented by Barb Riley to Kaley Newsom, LPN Certificate Program, Mexico Campus.

THE TOTAL AMOUNT OF NEW TRADITIONS SCHOLARSHIPS PRESENTED FOR SPRING 2019 TOTALED $7,320!
A VERY BIG THANK YOU TO ALL THAT PROVIDE FUNDS FOR THE NEW TRADITIONS SCHOLARSHIP PROGRAM!