



## First Year Center Newsletter

April 2016

Hello students! In this month's newsletter we are featuring exciting events coming up in April at BCTC. We hope you will join the First Year Center for a delicious end of the semester celebration as well as free yoga classes. Helpful workshops are being offered by many departments at BCTC during the month of April. As always, the First Year Center is here to support you during the end of the semester. Need help? Let us know! We want to help you succeed. Good luck on finals and enjoy the summer!

Sincerely,  
First Year Center Staff

**P.S. Don't forget to schedule classes for Summer and Fall!:)**

**ATTENTION!**  
**Free Yoga Classes @ BCTC**  
brought to you by The First Year Center and The Kula House.  
**Thursday April 14<sup>th</sup> at 3:00 pm**  
**Thursday April 28<sup>th</sup> at 3:00 pm**

Suzie Wheeler from Lexington's Kula House will be teaching two BEGINNER classes at BCTC in April. Class location TBD. Extra yoga mats will be available to students who do not bring their own. Please contact the First Year Center with any questions. (859)246-6702.

**Finals are stressful. Yoga can help!**

### The History of April Fools' Day

Have you ever wondered where and when April Fools' originated? On April 1st in 1700, English pranksters begin popularizing the annual tradition of April Fools' Day by playing practical jokes on each other. Historians have also linked April Fools' Day to ancient festivals such as Hilaria, which was celebrated in Rome at the end of March and involved people dressing up in disguises. There's also speculation that April Fools' Day was tied to the vernal equinox, or first day of spring in the Northern Hemisphere, when Mother Nature fooled people with changing, unpredictable weather. Still to this day millions of people in schools, workplaces, and homes spend the day trying to prank one another in hope for a good laugh.

*Kirsten Gibson, FYC Peer Mentor, Bluegrass Community and Technical College.*

**Doughnuts & Board Games**  
An end of the semester event brought to you by the First Year Center @ BCTC.  
Free doughnuts, coffee and juice.

**When:**  
Wednesday, April 27<sup>th</sup>  
9:00 am – Noon

**Where:**  
The First Year Center  
Cooper Campus – Oswald Bldg. 310

**Why:**  
Because Finals are stressful,  
and you deserve a doughnut.

APRIL 6-8 2016  
**Dialogue on RACE and EDUCATION in the 21<sup>st</sup> Century**

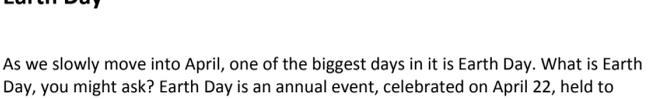
### MOSAIC Conference is free for BCTC students

The MOSAIC Conference at Berea College is free for all BCTC students and staff. This year's MOSAIC Conference focuses on creating a dialogue on race and education in the 21<sup>st</sup> century. Conference speakers include Bell Hooks, Peggy McIntosh, Tim Wise, Eduardo Bonilla-Silva and Saida Grundy with Black Lives Matter. This conference is a valuable experience for all students and will be of special interest to those majoring in education, psychology, social work and gender studies. Some professors are offering extra credit for conference attendance. If you are interested in missing class to attend the conference speak with your professors. Many BCTC professors are familiar with the MOSAIC. This conference is an excellent professional learning experience for all students. Don't miss out!

[Click here for more info and to register for the MOSAIC Conference.](#)

\*Be sure to register as a "Consortium Member".

*Megan Douthitt, FYC Administrative Assistant, Bluegrass Community and Technical College.*



### Earth Day

As we slowly move into April, one of the biggest days in it is Earth Day. What is Earth Day, you might ask? Earth Day is an annual event, celebrated on April 22, held to demonstrate support for environmental protection. It was first celebrated in 1970, and is now coordinated globally by the Earth Day Network, and celebrated in more than 192 countries each year. This is outstanding news, right? Yes, it's great that we have an official day set in the year to help the Earth become a better home for you and me to live. If you're wondering how you can help, here are six easy ways to keep the environment clean before, on, and after Earth Day:

- Change your light. If every household in the United State replaced one regular lightbulb with one of those new compact fluorescent bulbs, the pollution reduction would be equivalent to removing one million cars from the road.
- Hang dry. Get a clothesline or rack to dry your clothes by the air. Your wardrobe will maintain color and fit, and you'll save money. Your favorite t-shirt will last longer too.
- Wash in cold or warm. If all the households in the U.S. switched from hot-hot cycle to warm-cold, we could save the energy comparable to 100,000 barrels of oil a day. Only laundry when you have a full load.
- Use your cruise control. You paid for those extra buttons in your car, so put them to work! When using cruise control your vehicle could get up to 15% better mileage. Considering today's gasoline prices, this is a boon not only for the environment but your budget as well.
- Second-hand doesn't mean second best. Consider buying items from a second-hand store. Toys, bicycles, roller blades, and other age and size-specific items are quickly forgotten. Second hand stores often sell these items in excellent condition since they are used for such a short period of time, and will generally buy them back when you no longer need them.
- Recycle unwanted hangers. Wire hangers are generally made of steel, which is often not accepted by recycling programs. So what do you do with them? Most dry cleaners will accept them back to reuse or recycle. (Cue Joan Crawford.)

Visit [www.50waystohelp.com](http://www.50waystohelp.com) for more information on green living.

*Joslyn Dow, FYC Student Worker, Bluegrass Community & Technical College.*

### Volunteers Needed: Peace Meal Gardens and The Newtown Trail

Dr. Rebecca Glasscock is looking for assistance in the community gardens on Leestown and Newtown Campuses. Most of the volunteer dates will be on Fridays and Saturdays from 1:00 pm to 4:00 pm in the months of April and May. Be sure to wear clothes that can get dirty and bring plenty of drinking water. Volunteering not only builds your résumé but provides you experiences to write about on scholarship applications. In addition, Dr. Glasscock would like to extend an invitation to student's families including their children because playing in the dirt is fun! For exact dates, locations, and times, please email Dr. Rebecca Glasscock at [rebecca.glasscock@kctcs.edu](mailto:rebecca.glasscock@kctcs.edu).

*Paula Martinez-Benge, FYC Student Worker, Bluegrass Community and Technical College.*

### More Upcoming Events at BCTC

Date and Time	Location	Description
Monday, April 4 <sup>th</sup> 11:00am-12:00pm	Leestown Campus Manufacturing Building	<b>How to Get from Resume to... You're Hired!</b> Combines resume building and use of corresponding skills to implement into
Thursday, April 7 <sup>th</sup> 6:30pm-8:00pm	Cooper Campus Auditorium Room 230	<b>Tax Justice and Tuition: Taking Action with KFTC</b> Kentucky ranks 11th worse among states in per-student investments in higher ed. Come learn the connections to tuition
Monday, April 11 <sup>th</sup> 5:00pm-6:15pm	Cooper Campus Auditorium Room 230	<b>People, Production, and Paradox: Post-soviet Kazakhstan</b> Following the independence of the former Soviet republics, the creation of the Commonwealth of Independent States brought about many changes in borders, economics, and politics but what has been the impact on people of Kazakhstan? Olga Dyussengaliyeva-Reinholdt and her husband, Bryan Reinholdt will share their experiences.
Tuesday, April 12 <sup>th</sup> 1:00pm-2:00pm	Newtown Campus Classroom Building	<b>The Power of Networking</b> Build your confidence requesting and conducting informational meetings with people who have the advice, information,
Friday, April 15 <sup>th</sup> 11:00am-12:00pm	Leestown Campus Building C	<b>Student Panel</b> Come to a one hour panel where current BCTC students will share their experience about the college. This event is open to
Thursday, April 21 <sup>st</sup> 11:00am-12:00pm	Newtown Campus Classroom	<b>How to Use LinkedIn!</b> Access knowledge, insights and job opportunities through LinkedIn! Build and
Wednesday, April 27 <sup>th</sup> 11:00am-12:00pm	Cooper Campus in Academic Building room 219	<b>Interview Preparation: Planning Your Next Move to Success</b> The most simple interview questions can be the most difficult to answer. Discover effective, proven techniques to prepare you for tough job interviews.

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### The First Year Center

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