



# HCCOP

## Spring 2015

### Hutchinson Community College's New President

Dr. Carter File replaces Dr. Ed Berger, who retired June 30, after 23 years as President of



Hutchinson Community. Prior to his hiring as President, Dr. Carter worked at Hutchinson Community College as Vice President of Finance and Operations, a position he held since 2005.

### New Fire Science Building

HCC's new Fire Science building has opened. The groundbreaking ceremony for the construction of the building was December 14, 2013. The building was built by AA Builders of Hutchinson, Kansas and completed in December, 2014. Equipment and supplies were moved from the old South Campus location near Yoder, Kansas over the winter break. Spring semester classes are being held in the new building. This building provides classroom and instructional space, as well as space for training exercises. A formal dedication is planned for April.



HCCOP raised scholarship funds selling 2014-2015 Blue Dragon Discount cards. Two students received HCCOP scholarships this year.

HCCOP members, Rose Fragoza, Secretarial Support and Traffic Director-Radio Kansas, and Pat Bryant, Faculty Secretary-English Department have retired. Willa Luetters, HCC Business Office Clerk, is retiring in April.

In December, after shopping and supper, members celebrated the season by taking the Holiday Light Trolley tour in McPherson.



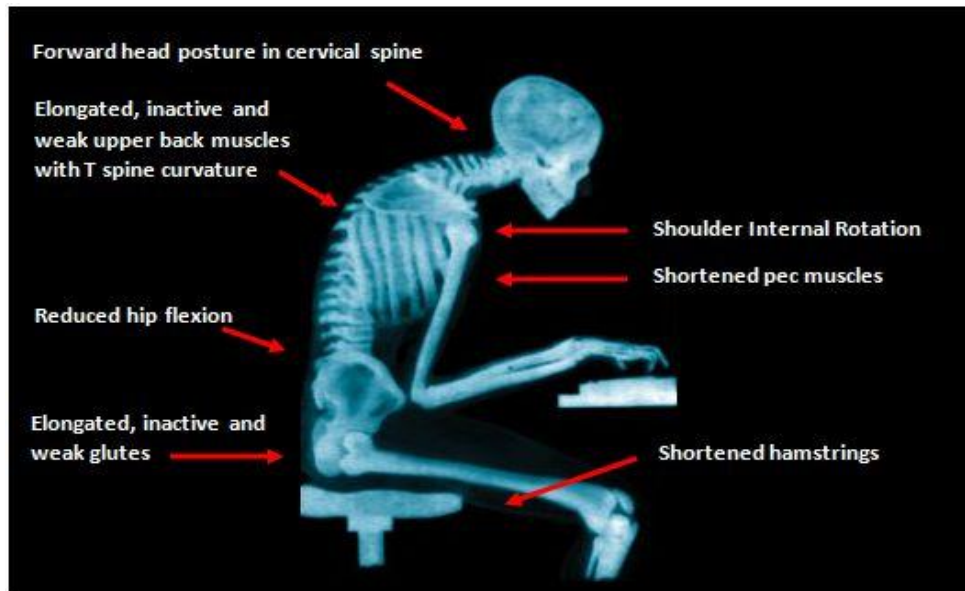
Photo - visitmcperson.com

HCCOP met on St. Patrick's Day for a baked potato bar dinner, program, and meeting.

Tricia Roots, Hutchinson YMCA Director of Health and Wellness, taught exercises that can be done in our offices.

See the chair exercises on the next page.

This is how you don't want to sit, here is why, and what happens over time:



Chair sit or hover: make sure the chair is not on rollers.



Lunges: Can use a chair for balance.



Chair dip: make sure that the chair is secure and will not roll away. Don't go past horizontal with your arms.



Piriformis stretch: hold 20-30 seconds 3-5 times