



Northwest Iowa
Community College

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NEWS RELEASE

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NORTHWEST IOWA COMMUNITY COLLEGE HELD GRAND OPENING CELEBRATION FOR NORTHWEST IOWA LIFELONG LEARNING & RECREATION CENTER

Northwest Iowa Community College held grand opening celebration festivities for the new Northwest Iowa Lifelong Learning & Recreation Center (LLRC) the week of August 29 – September 1st. NCC has partnered with the City of Sheldon, Sanford Sheldon Medical Center and many other friends and supporters to make this outstanding facility a reality. With the construction of this new facility NCC's faculty, staff and administration hope to serve and meet the wellness needs of residents of Northwest Iowa.

Over one thousand people attended the many activities that took place during the week-long celebration. There were free classes that covered topics that included everything from nutrition, zumba, and kettlebells. There was also a morning dedicated to senior citizen wellness issues and the Lyon County Pork Produces grilled pork burgers for a free community supper.

Monday, August 29th, Student Day. There were student tours of the LLRC and the kick-off of the Student Wellness Challenge sponsored by the Student Government Association (SGA). During the day NCC held *Thunder Games* for NCC's student population. That afternoon over 60 students, staff, faculty, alumni and members of the community participated in a Co-ed Volleyball Tournament.

Tuesday, August 30th, Community Day. The day offered free classes to over two hundred members of the community by Continuing Education Group Fitness Instructors. Classes that were offered included: Pilates, Zumba and Strength Training.

Wednesday, August 31st, Community Day. There were community tours, and a Senior Citizen morning attended by over one hundred and fifty people including breakfast, education sessions, and bingo. Some of the educational sessions that were specifically developed for seniors were: Healthy Choices for 55 and Above, Strength Education, and Balance Education. That night over five hundred people came for the grand opening supper, games, tours and prizes.

Thursday, Sept. 1st, Bring A Friend Day. Over fifty people participated in educational sessions and exercise classes. Some of the educational sessions offered were: Foods to Promote Weight Loss, Super Foods to Fight Disease, and Active at Any Age. There were also free classes offered to community members by Continuing Ed Group Fitness Instructors: Circuit Training Class, Yoga, and Kettlebells.

Friday, September 2nd, Presidential Welcome and Ribbon Cutting Day. Over two hundred people came to welcome Dr. Alethea Stubbe as NCC's ninth President followed by ribbon cutting ceremonies for the new Northwest Iowa Lifelong Learning & Recreation Center.

Dr. Stubbe succeeds Dr. William Giddings who retired May 13. Stubbe is the first female to hold the position and was Vice President of Education and Learning Services at NCC, a position she held since 2007. Prior to that, she was Vice President of Finance & Administrative Services from 2003 to 2007 and Administrative Secretarial Program Instructor from 1991 to 2003 at Northwest Iowa Community College. Stubbe holds an undergraduate degree in Accounting/Business Economics/Secondary Education from Northwestern College in Orange City, a master's degree in Business Administration from University of South Dakota in Vermillion, and a doctorate in Educational Leadership from Iowa State University in Ames.

Van Kekerix, "The Board is honored to have Dr. Stubbe as the next President of Northwest Iowa Community College. She has demonstrated her leadership skills in her different positions at NCC and her experience in leading the business office as well as the Chief Academic Officer serves her well for the President's position."

Greta M. Giese, Coordinator of the Lifelong Learning and Recreation Center, commented, "It is our pleasure to offer a safe, clean, and friendly environment for our students and community members to gather and focus on the pursuits of lifelong learning, recreation, and wellness. The grand opening celebration week was a great time for people to try new things and see if they like them. The LLRC will be a source of wellness and recreation information, and we look forward to serving you in the future for all of your fitness and recreation needs."

For more information about the current classes that are being offered or becoming a member of the LLRC you can go to www.nwicc.edu and click on Recreation Center. Or, you can call 712-324-2493.