

• AG-CEPTIONALLY •

Strong



2019 CONFERENCE

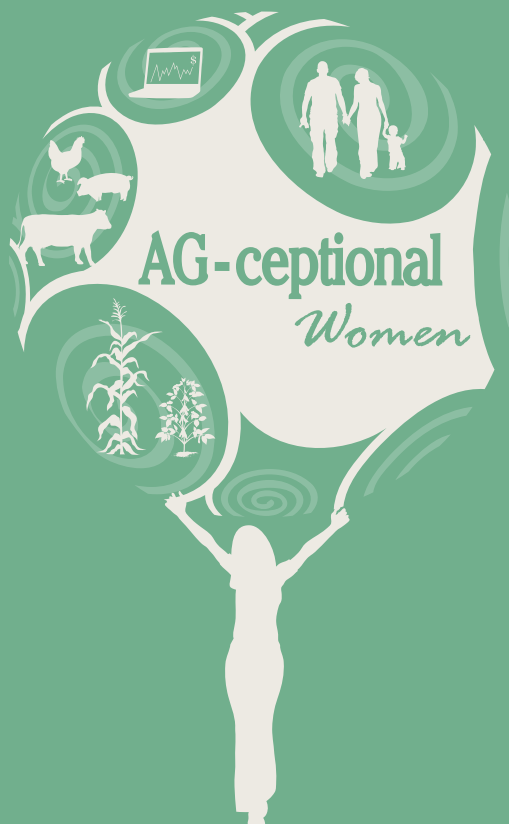
AG-ceptional
Women

NORTHEAST COMMUNITY COLLEGE

Welcome!

We are so pleased you chose to attend the eleventh annual conference! Women in agriculture make such a difference in the world! It's been a year full of ups and downs, and we've been reminded what it means to be Nebraska Strong. This conference highlights the accomplishments of AG-ceptionally strong women, and seeks to inspire newfound strength for all. We gather strength from others, we hold each other up, and together we find our way. Thank you for all you do—you make a difference and we appreciate you. Enjoy this day! Corinne Morris – Conference Director

MAKE A DIFFERENCE, TOUCH A HEART,
ENCOURAGE A MIND, INSPIRE A SOUL –
FOR YOU ARE AG-CEPTIONAL!



A woman in Agriculture can take the lead
Whatever the challenge, whatever the need
She'll rise to meet demands of the day
in her own unique phenomenal way
She's much more than just exceptional
Yes, She is what we call Ag-ceptional.

A story to tell, a lesson to learn.
AG-ceptional women are taking their turn.
The seeds they plant grow tall and strong.
They've been ignored for far too long.
Let's give credit where credit is due.
Ag-ceptional women are making it through.

They make it through good times, they make it through tough.
They make sure there's more than enough.
They work, they give, they laugh, they love.
They stand tall when push comes to shove.
Let's give credit where credit is due,
Ag-ceptional women are tried and true.

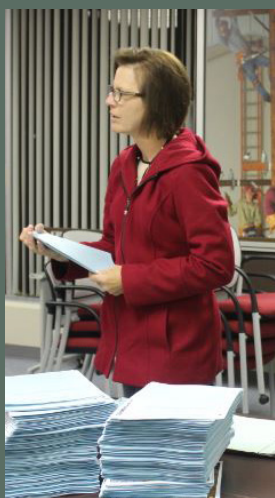
The barn, the field, and tractor too.
Office, industry, business or school.
The garden, garage, yard, or home.
Where ever they are, let it be known.
The difference they make is felt, it's real.
We cannot act like it's no big deal.

They make it through good times, they make it through tough.
They make sure there's more than enough.
They work, they give, they laugh, they love.
They stand tall when push comes to shove.
Let's give credit where credit is due,
Ag-ceptional women are tried and true.

- **By Corinne Morris,**
Conference Director

Northeast
community college

AG-CEPTIONALLY *Strong* 2019 CONFERENCE



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Gus' Story



GUS GUSTAFSON
*Motivational Speaker,
Entrepreneur, Author*

Gus Gustafson says he was raised in 'Gus' utopia'! His life had been perfect! He had great parents, great siblings and a great future. He was the biggest, fastest and strongest in his athletic family at his age. He had dreams of being the next Nebraska Husker I back and then on to the NFL! That was his dream. That was his passion as a boy.

Then came a tragedy that Gus had to deal with! He suffered a horrible farm accident at the age of 9. The question was "How would he respond?" Would he live through the experience? Would he bounce back? Would he be able to walk again? Would he be able to play ball again?

His love for life, his passion for people and his determination to make a difference are evident. When you hear Gus share his heart warming, challenging story of his life, you will feel invigorated and challenged.

Gus has had the privilege and honor of starting three companies, buying a company and turning it around, and he has spent the last 20 years traveling around North America sharing his passion for people and life!

Gus will challenge you to enjoy your journey of life and to "Turn your Setback into Comebacks."

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AG-CEPTIONALLY *Strong* 2019 CONFERENCE

8:00 - 8:30 AM

CHECK IN

Lifelong Learning Center

8:00 – 9:00 AM

**EXHIBITS, NETWORKING
& BREAKFAST**

Breakfast compliments of Central Valley AG

9:00 – 10:45 AM

OPENING SESSION

Welcome & Opening Comments

**Video Presentation - AG-ceptional
Woman of the Year**

Sponsored by Farm Credit Services of America

KEYNOTE:

Gus' Story - Gus Gustafson

*Keynote sponsored with the help of
Nebraska Corn Board*

11:00 - 11:50 AM

RED WORKSHOP SESSION

12:00 – 1:30PM

**LUNCH, ENTERTAINMENT &
NETWORKING**

*AG-ceptionally strong - sometimes the
smartest thing you can do is seek help*

1:35 – 2:25 PM

WHITE WORKSHOP SESSION

2:35 – 3:25 PM

BLUE WORKSHOP SESSION

3:25 – 3:50 PM

AFTERNOON BREAK

*Afternoon snack compliments of Senior
Lifestyle Advantage Magazine*

3:50– 5:00 PM

CLOSING SESSION

Wrap up of conference

CLOSING SPEAKER:

Nevers Give Up - Zenneth Nevers

*Keynote sponsored with the help of Nebraska
Pork Producers Association*

*Ag-Ceptionally Strong - Sometimes The
Smartest Thing You Can Do Is Seek Help*

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SESSION SCHEDULE

Room	Red Workshops » 11:00 - 11:50	White Workshops » 1:45 - 2:25	Blue Workshops » 2:35 - 3:25
Lifelong Learning Center Suite A	Taking the First Step <i>Casey Knake</i>	AG and Water Nexus <i>Tracy Kruse</i>	Mom to Mom, Farmer to Consumer <i>Paula Peterson, Crystal Klug and Karol Swan</i>
Lifelong Learning Center Suite B	It's Ok to Not Be Ok <i>Ann Koopman</i>	Nutrition Tips to Consider as We Age <i>Amy Ries</i>	Healthy Winter with Herbs <i>Rachel Liester</i>
Lifelong Learning Center Suite C	The Power of Color and Style Analysis <i>Tina Myers</i>	The Power of Color and Style Analysis <i>Tina Myers</i>	Technology Impacting the Beef Industry <i>Clay Mead</i>
Lifelong Learning Center Suite D	Farmland Ecology: Enhancing Odd Areas and Old Tree Lines for Wildlife <i>Erin Kucera</i>	What's It Costing You to Produce? <i>Glennis McClure</i>	Let's Get Shady! <i>Tee Bush</i>
Lifelong Learning Center Main Room (Suites G, J, F, I)	Chronobiology – It's Not Just What You Eat, It's When You Eat <i>Dr. Keith Vrbicky</i>	Our Stress and Communicating with Those Who Are Stressing <i>Susan Harris-Broomfield</i>	Ask the News Broadcaster <i>Susan Littlefield</i>
Lifelong Learning Center Suite K	Increase Productivity by Effectively Using the Most Important Piece of Equipment on the Farm, YOU <i>Linda Emanuel</i>	Using Your Multi Cooker for Healthy Food Fast <i>Hannah Guenther</i>	Using Your Multi Cooker for Healthy Food Fast <i>Hannah Guenther</i>
Lifelong Learning Center Suite L	2019 Income Tax Overview <i>Nancy Brozek</i>	2019 Income Tax Overview <i>Nancy Brozek</i>	Opioid Epidemic <i>Kay Eierman</i>
Lifelong Learning Center Conference Room 193	There's A New Chick in Town! <i>Willow Holoubek and Emily Skillett</i>	Hemp: Crop of the Future <i>Andrew Bish, Jacob Bish and Bill Achord</i>	Aging Gracefully Through Exercise <i>Tina Collison</i>
Lifelong Learning Center Conference Room 155	Try Your Hand at A Long Arm Quilting Machine <i>Justin Webb</i>	Try Your Hand at A Long Arm Quilting Machine <i>Justin Webb</i>	Try Your Hand at A Long Arm Quilting Machine <i>Justin Webb</i>
Lifelong Learning Center Conference Room 1108B		Ag-Ceptional Apps in Ag – See What That Smart Phone of Yours Can Be Used For <i>Lonny Mitchell</i>	Variable Rate Irrigation: Possibly the Best Money You Can Spend <i>Lonny Mitchell</i>



Nevers Give Up

Pull down your lap bars and keep your head, arms and legs inside at all times as this Motivational Speaker/Stand-up Comedian takes you for a ride on the roller coaster of his life. During this awe-inspiring joyride you'll laugh, you'll

cry, and be invigorated as Zenneth teaches you how to be happy regardless of circumstances by training/rewiring your brain! So hold onto your hats as this surefire talk goes from breezy to vivacious in the blink of an eye!

ZENNETH NEVERS

Comedian, Philanthropist, Producer, Motivational Speaker

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EXPORTS

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RED WORKSHOP SESSION

TAKING THE FIRST STEP

Casey Knake, Heritage Financial Services

- Identify where you're at today.
- Evaluate impact of life events.
- Create succession plan to address wishes.

IT'S OK TO NOT BE OK

Ann Koopman, Regional Prevention Coordinator, Region 4 Behavioral Health System

- Warning signs of suicide.
- How to ask "the question".
- Resources for referrals.

THE POWER OF COLOR AND STYLE ANALYSIS

Tina Myers, Personal Color and Style Consultant, House of Colour

- Color wheel history and theory.
- Style, clothing personalities and archetypes.
- #savetimeandmoneyknowyourwow.

FARMLAND ECOLOGY: ENHANCING ODD AREAS AND OLD TREE LINES FOR WILDLIFE

Erin Kucera, Biology Instructor, Northeast Community College

- Identifying what is and what is not good wildlife habitat.
- Methods for revamping or enhancing areas to increase wildlife populations.
- Identifying possible programs to assist land owners with the cost of improving the wildlife habitat on their properties.

CHRONOBIOLOGY - IT'S NOT JUST WHAT YOU EAT, IT'S WHEN YOU EAT

Dr. Keith Vrbicky, MD, FACOG, Midwest OB/GYN, Midwest Health Partners, PC

- Learn about the emerging science of Chronobiology and how the day-night cycle affects us as human beings.
- Learn the different types of rhythms - seasonal, biological and circadian - and how they affect the health and well-being of humans, plants and animals.
- Learn how our biological clocks work and why knowing what disrupts them is clinically valuable. Consequences that can occur include weight gain, insulin resistance (diabetes), poor sleep quality, hormone disruption, accelerated aging, and more.

INCREASE PRODUCTIVITY BY EFFECTIVELY USING THE MOST IMPORTANT PIECE OF EQUIPMENT ON THE FARM, YOU

Linda Emanuel, R.N., AgriSafe

- Identify work site hazards and potential musculoskeletal injuries.
- Identify wellness initiatives aimed at reducing risks related to musculoskeletal injuries.
- Locate three current evidence-based resources in the field of agricultural health and safety that address ergonomic safety.
- Utilize the individual AgHRA to look at current exposures and preventive methods for daily farm tasks.

2019 INCOME TAX OVERVIEW

Nancy Brozek, CPA/PFS

- Highlights of the 20% QBI deduction.
- Review of tax form changes.
- Changes for the 2019 tax year.

ON THE FARM: THERE'S A NEW CHICK IN TOWN, PREMIUM POULTRY, AND EMILY

Willow Holoubek, Grow Engagement Manager, Lincoln Premium Poultry and Emily Skillett, Lincoln Premium Poultry

- History of the broiler industry.
- Learning about Birds 101.
- What the broiler industry means to Nebraska and its farmers.

COME AND GO, TRY YOUR HAND AT A LONG ARM QUILTING MACHINE

Justin Webb, A to Z Vac N Sew

- A long arm quilting machine will be setup for you to try.
- Ask questions about quilting machines.



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WOMAN OF THE YEAR



SHANA BEATTIE

AG-ceptional Woman of the Year 2018

Shana Beattie was born and raised in north central Florida where her family is still involved in agriculture. Her father was a rancher who raised cattle and was also in the livestock hauling business. She and her four siblings grew up in a rural area and were actively involved in 4-H and FFA. Beattie was involved in meats judging in high school and was recognized at state and national competitions and was a member of the University of Florida's Intercollegiate Meats Judging Team. Florida is where she received her Bachelor of Science majoring in Animal Science. While in college she met her future husband, Bart Beattie, who was attending the University of Nebraska-Lincoln at the time. They met while both working during a summer internship in North Carolina. "I still bleed orange and blue which has been interesting living in Nebraska for twenty-three years. I'm true to my roots, but I have raised a bunch of little 'Cornhuskers,' so I've done my part. However, I still root for orange and blue on Saturdays."

Bart and Shana Beattie operate Beattie Family Farms, along with Bart's parents Jeff and Nanette Beattie. It is a diversified operation that includes a crop rotation of corn, soybeans, and alfalfa. They also partner in a 10,000 head sow farm which is their source for weaned pigs to fill the family's wean-to-finish swine barns. Additionally, they own a commercial cow/calf ranching operation near Sumner in central Nebraska. The Beatties employ 15 people.

"I'm the fifth generation to be on this family farm and I'm very proud of that. I have a lot of pride in the heritage that my grandfathers started years ago," Bart Beattie said. "We've had the opportunity to be here for over twenty years and it's just been a great opportunity to get to grow our operation with Shana, who has been very involved from the beginning."

Shana Beattie's primary role in the operation presently involves inventory management of both swine and beef as well as managing office personnel. Previously, she has worked with cattle and assisted during harvest driving grain carts, in addition to other jobs. She's a member of the board of directors of the Nebraska Pork Producers Association where she serves as the Vice President for the state association.

The Beatties have four children, Mckenzie is the oldest and a sophomore at UNL majoring in Agriculture Business, Mattison is a sophomore in High School, Bart Jr. is an eighth grader, and Preston is a sixth grader, all at SEM Schools. All of the children are actively involved in the farm when not busy in their variety of activities. Bart and Shana spend most of their time off the farm

at volleyball, football, and basketball games. Additionally, the family is actively involved in raising and exhibiting show cattle at local, state and national shows.

Serving in a leadership position for Pork Producers and being named the AGceptional Women of the Year has really allowed me to appreciate agriculture in Nebraska. In this state we are blessed with so many resources that make growing food and feed such a sense of accomplishment and gives farmers purpose.

However, in my nearly 25 years living and farming in Nebraska I can honestly say that 2019 was the most historic with weather and trade challenges. For many farmers and ranchers, it was catastrophic, while for others it was challenging and an inconvenience. I pray that going forward, 2019 will be a year we will tell our grandkids about and never have to live through again. The resiliency and compassion that Nebraskans expressed during these trying times truly showed who we are and what we will fight for. Agriculture will always have it's weather, trade, and market challenges, but as Nebraska Farmers each and every day we will be thankful for our land and resources God has provided, thus making us a world leader in growing the best protein, feed and fiber. I could not be more thrilled to be part of this opportunity with the women in Nebraska Agriculture.

NOMINATIONS NOW BEING ACCEPTED FOR THE

**2020 AG-CEPTIONAL
WOMAN OF THE YEAR**

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AG AND WATER NEXUS

Tracy Kruse, Associate Vice President of Development and External Affairs, Northeast Community College

- Learn about new developments in Northeast Community College's Agriculture programs.
- Planned new facilities to replace the old college farm, veterinary technology and large animal handling facilities.

NUTRITION TIPS TO CONSIDER AS WE AGE

Amy Ries, Health & Physical Education Instructor, Northeast Community College

- Nutrients to focus on.
- Journaling/planning meals and snacks.
- Weight management, lifestyle, and food safety.

THE POWER OF COLOR AND STYLE ANALYSIS

Tina Myers, Personal Color and Style Consultant, House of Colour

- Color wheel history and theory.
- Style, clothing personalities and archetypes.
- #savetimeandmoneyknowyourwow.

WHAT'S IT COSTING YOU?

Glennis McClure, Nebraska Extension Educator, Farm & Ranch Mgmt. Analytics

- An overview of what belongs in ag enterprise budgets, both cash and economic basis.
- A look at the University of Nebraska crop and livestock budgets, including template you can use or modify.
- Preview of the new UNL Ag Budget Calculator program (under development).

OUR STRESS AND COMMUNICATING WITH THOSE WHO ARE STRESSING

Susan Harris-Broomfield, Nebraska Extension Educator, Rural Health, Wellness and Safety

- Identifying signs of stress in yourself and others.
- Learn helpful techniques for coping with and responding to stress.
- Discover resources available to Nebraskans.

USING YOUR MULTI COOKER FOR HEALTHY FOOD FAST

Hannah Guenther, Nebraska Extension Educator

- Discuss the major functions of the multi cooker.
- Review proper food safety practices.
- Participants will have a chance to watch and sample a recipe made with a multi cooker.

2019 INCOME TAX OVERVIEW

Nancy Brozek, CPA/PFS

- Highlights of the 20% QBI deduction.
- Review of tax form changes.
- Changes for the 2019 tax year.

HEMP: CROP OF THE FUTURE

Andrew Bish, COO, Bish Enterprises, & founder of Hemp Harvest Works

Jacob Bish, Lead Agonomy Consultant, Bish Enterprises/Hemp Harvest Works

Gill Achord, President, Nebraska Hemp Association

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- Processing grain, fiber & CBD hemp.
- The future of hemp in America.

COME AND GO, TRY YOUR HAND AT A LONG ARM QUILTING MACHINE

Justin Webb, A to Z Vac N Sew

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- Ask questions about quilting machines.

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Lonny Mitchell, Precision Agriculture Trainer, Northeast Community College

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MOM TO MOM, FARMER TO CONSUMER

*Paula Peterson, CommonGround Volunteer
Crystal Klug, CommonGround Volunteer
Karol Swan, CommonGround Volunteer*

- Will discuss questions they receive from other moms and consumers.
- What volunteers are doing to clear up misinformation.

HEALTHY WINTER WITH HERBS

*Rachel Liester, Herbalist, Educator,
Master Naturalist*

- Tips for general winter health.
- Natural remedies for winter health problems.
- Recipes.

TECHNOLOGY IMPACTING THE BEEF INDUSTRY

*Clay Mead, Great Plains Regional Manager, Allflex
Livestock Intelligence*

- Animal disease traceability.
- Beef monitoring.

LET'S GET SHADY!

*Tee Bush, Agricultural Instructor, Northeast
Community College*

- Talk about those shady areas of your home landscape and the problems you encounter.
- Provide some creative solutions for shade-tolerant perennial (and annual) plant material.
- Discuss long-term care of shade-tolerant perennials.

BETWEEN THE AIRWAVES

*Susan Littlefield, Farm Broadcaster for
the Rural Radio Network*

- Grab your beverage & let's chat about what's news to you. I like my interviews to feel like we are sitting at the kitchen table.
- Ever wonder what goes into a story?
- Telling ag's story while still "sitting on the fence."

USING YOUR MULTI COOKER FOR HEALTHY FOOD FAST

Hannah Guenther, Nebraska Extension Educator

- Discuss the major functions of the multi cooker.
- Review proper food safety practices.
- Participants will have a chance to watch and sample a recipe made with a multi cooker.

OPIOID EPIDEMIC

*Kay Eirman, Elkhorn Logan Valley
Public Health Department*

- Dangers of opioid abuse.
- How ELVPHD works to prevent opioid abuse.
- Nebraska's efforts to pass opioid restrictions.

AGING GRACEFULLY THROUGH EXERCISE

*Tina Collison, Group Fitness Director,
Norfolk Family YMCA*

- Exercise for Strength.
- Exercise for Flexibility.
- Exercise for heart health.

COME AND GO, TRY YOUR HAND AT A LONG ARM QUILTING MACHINE

Justin Webb, A to Z Vac N Sew

- A long arm quilting machine will be setup for you to try.
- Ask questions about quilting machines.

VARIABLE RATE IRRIGATION: POSSIBLY THE BEST MONEY YOU CAN SPEND

*Lonny Mitchell, Precision Agriculture Trainer,
Northeast Community College*

- Preserve resources by reducing the total applied water.
- Increase yield potential by watering the acres that need them the most.
- Increase plant health in areas that tend to get wet feet.
- Useful apps for Android or iOS that help in the field and the office.



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to Nebraska's corn farmers.

95%

of the world's population
lives outside the U.S.

TOP 5

export markets for U.S. corn

MEXICO
JAPAN
COLOMBIA
SOUTH KOREA
PERU

Exports account for

38%

of annual farm cash receipts

1 IN 3

bushels of U.S. corn is exported in some form

Red meat exports add

45¢ PER
BUSHEL

to the price of corn

The U.S. exports ethanol to

77
countries

Nebraska
Corn



KATHY NEIDIG
Award of Merit Winner

During the 2018 10th annual conference Kathy Neidig was presented the Award of Merit for her significant contributions to the AG-ceptional conference and to agriculture in general. Kathy has worked behind the scenes since the first brainstorming session of the conference and as the Ag-ceptional administrative assistant, she coordinated every detail of the conference from 2010 through 2017. Corinne Morris, dean of Agriculture Math and Science at Northeast

Community College credited Neidig's knowledge and networking skills as key in making the conference one of the most popular events in Northeast Nebraska. Morris said, Kathy truly understands every side of agriculture from production to politics. Her connections and ability to bring people together for a cause are quite impressive. She is humble and hard working. She never draws attention to herself but works tirelessly to make things turn out right.

In 2017, Neidig left the part-time administrative assistant position to pursue a full-time career opportunity. She has stayed on as a committee member and is still instrumental in making the conference a success. Kathy said the AG-ceptional Women's Conference serves as a valuable resource to women. "Every day I witness women influencing the agriculture industry. This conference celebrates their achievements and helps them to continue making a positive impact in an industry that I am proud to be a part of."

Away from the conference, Neidig and her family are heavily involved in the ag industry. She and her husband, Van, and their three sons raise Red Angus and Red Simmental cattle, as co-owners/operators in Lakeside

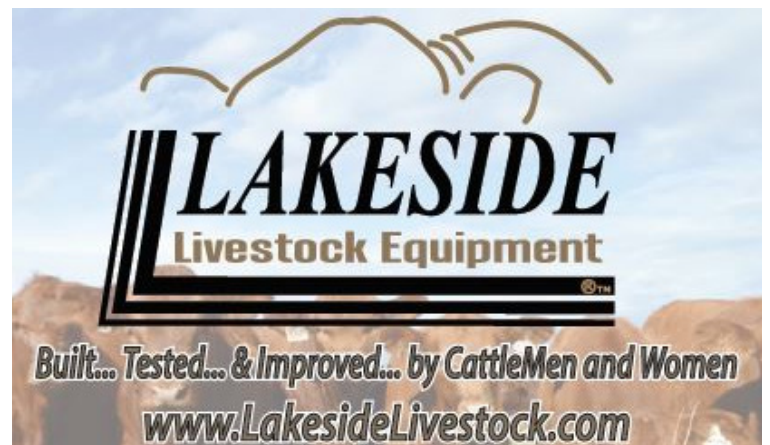
Livestock Equipment Company and Rock Bottom Industries.

She is also a member of the Nebraska Farm Bureau, American Simmental Association, Red Angus Association of America, the State Breed Association, National Cattlemen's Beef Association, the Nebraska Cattlemen's and the Norfolk FFA Alumni Association. She also has over 20 years as a 4-H leader and continues to be involved as a superintendent.

The success of any project always relies on people behind the scenes, doing the work. "Kathy is a marvel," Morris said. "She works harder than anyone I know. She can problem solve her way through any challenge. She has worked behind the scenes on the AG-ceptional Women's conference and made each year better than the last. Her behind the scenes work at county fairs, State fairs, 4-H, FFA, political campaigns, and many other initiatives has made such a difference for agriculture, it cannot be measured. In fact, she has made a difference in so many lives with so many different types of activities, influencing the success of people of all ages in agriculture, business, politics and the community at large.



dairygood.org





Investing in a Sustainable Future

Northeast Community College

Agriculture & Water Center of Excellence

Have you heard about Nexus?

Nexus is the capital campaign for new ag facilities at Northeast Community College to replace the 100-year-old repurposed dairy barn currently used for animal science and veterinary technology classes and farm and livestock operations.

The Acklie Charitable Foundation has pledged \$5 million toward the \$23 million needed for the initial construction during Phase 1. Financial support is being sought from Northeast employees, state livestock organizations, area banks, cooperatives, foundations, agribusinesses, and individuals.

The College has saved resources for this project and will invest \$10 million, but additional contributions are needed to guarantee groundbreaking in the Spring of 2020.

Phase 1 of the plan includes a new veterinary technology building and farm site with a large animal handling facility and a farm operations building.



Veterinary Technology Building



Farm Operations Building

*Help us invest in the industry that provides us
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For more information on the project or to donate online, please visit the website agwaternexus.com

If you are interested in a tour of the current facilities or would like the project presented to a group or organization please contact, Susan Risinger Green | susang@northeast.edu | (402) 844-7657.

Northeast

community college

GRADUATE SUCCESS:

99%

99% of 2018 Northeast graduates are employed or continuing their education.

STUDENT POPULATION:

2,977

Full-Time (equivalent)

AVERAGE CLASS SIZE:

11

STUDENT TO FACULTY RATIO:

17/1

52/11

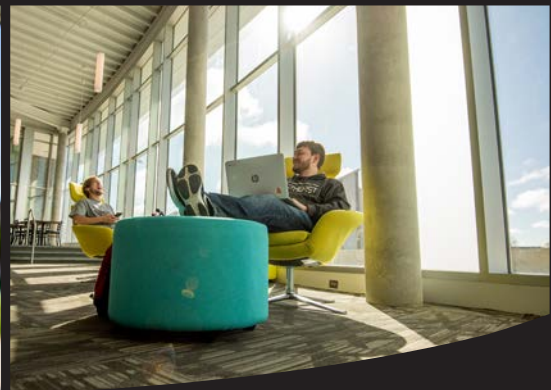
52 organizations and 11 intramural competitions to be a part of.

Men's and women's rodeo are Northeast's 9th and 10th intercollegiate athletic programs. Other programs include: baseball, softball, golf, volleyball, as well as men's and women's basketball, and men's and women's soccer.



NATIONALLY RANKED.

In 2017 the Aspen Institute selected Northeast Community College as one of the **TOP TEN COMMUNITY COLLEGES IN THE NATION** based on graduation/transfer rate, employment rate and employer satisfaction with Northeast graduates.



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Past AG-ceptional Woman of the Year winners

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FRIDAY, NOVEMBER 20, 2020

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