



Trustee devotes hours to community, college

Cindy Black believes Colby is one of the best communities in Kansas. She is a well-known advocate for the community who devotes countless hours to civic organizations including serving as a Board of Trustees member at Colby Community College.



Cindy Black

In addition to owning and operating her own business, Black recently completed her bachelor's degree from Friend's University. She is the recipient of a Kansas Community Leadership Initiative "Leader-Full" Community Award, which is awarded to individuals who exemplify servant leadership in their daily lives. Black was instrumental in the formation of the Thomas County Community Foundation and achieving the matching grant process offered by the Kansas Health Foundation. She has served as co-facilitator of the Leadership Thomas County Program for many years and was a member of the CCC Endowment Foundation Board of Directors. In addition, she has been a participant in KCLI Ambassadors for the Kansas Health Foundation since 1999.

Black recently completed Advanced Facilitation Training for Getting Results through Effective Teamwork sponsored by Contemporary Consulting of Richmond, Ind. Working with real situations, Black planned and executed appropriate facilitation processes and experiences.

"I was invited to attend because of my previous involvement with the Kansas Leadership Initiative that the Kansas Health Foundation provided," said Black. "The training began in 1999 and has continued since that time. It was a plan to make Kansas the best place to raise a child. Colby was one of 17 communities invited to participate in the program."

Mary Jo Clark and Pat Heiny, owners of Contemporary Consulting, organized the training workshop.

"Today teams from work departments to nonprofit boards to family groups are called on to work well together while accomplishing great results," said Clark. "Current facilitation practices require a willingness to

help groups solve problems through discussion while simultaneously developing the abilities of the participants to lead and carry out the devised solutions."

"The workshop was absolutely a worthwhile experience," explained Black. "It provided me with lifelong skills. It was a reminder of the skills we use everyday as well as it taught a new way of working through difficult situations. The workshop provided the necessary skills to ask the right questions when a group is in chaos. The skills are learned to enable participants to facilitate a group from chaos, to unity, to becoming a performing community."

Black offers a three-prong approach to facilitation: developing the skills and capacities of participants, creating a trusting and respectful team dynamic, and working toward innovative solutions.

"The workshop will assist in my role as a board member and community volunteer," said Black. "When the difficult questions need to be asked, it will give me the tools to do it in an unobtrusive manner. This will enable the board to process through decisions in a different manner making sure we look at all angles and ask the hard questions to ensure a solid decision. I will use these skills at work, home and with the Leadership Thomas County program. Leilani Thomas and I are the co-facilitators for that group."

Attending the workshop provided Black with an opportunity to talk with a diverse audience about Colby Community College.

"I shared information about the positive impact that CCC has on our community and in northwest Kansas. I was able to share the challenges/opportunities we have living in a rural community. Colby College is providing a strong education for our future leaders. For this reason, it is of utmost importance that CCC is the leader in education and continues to be involved in the community as well as in northwest Kansas."

The successful completion of the advanced training prepares Black to analyze groups and the root challenges they face as their team works together. Black will assist groups with identifying diverse learning needs, engaging the participants in interactive learning activities with the goal that the participants will become the problem solvers.



Monica Kane/CCC student

Colby Community College student Bret Spanel of Anselmo, Neb., in the steer wrestling competition held in Colby this weekend. Spanel finished seventh.

Collegiate rodeo breaks record for attendance, participants

Although Mother Nature created some challenges, the 11th annual Colby Community College Intercollegiate Rodeo Association (NIRA) rodeo held over the weekend broke attendance and participation records set in previous years.

Allen Russell, CCC rodeo coach, reported that this year's rodeo was a big success with just a few minor problems.

"Although we were up against Colby High School homecoming and wet weather on Friday night, we still had a record-breaking attendance," said Russell. "We had 450 individual contestants who competed in multiple events during the three days. Because the area south of the arena was so muddy, several of the contestants set up east and north of the fairgrounds. However, with just a few exceptions, everything went very well. There were only a few contestants who withdrew

because of the weather."

Twenty-seven CCC students competed in the rodeo with several placing in the finals on Sunday.

Ben Robinson, a freshman from Brule, Neb., was 4th overall in steer wrestling after finishing 5th in first-round competition.

Bret Spanel (Anselmo, Neb.) finished 7th in the steer wrestling. His brother Ira, who was a past member of the CCC Rodeo Team, is a student representative on the National Rodeo Board.

Austin Carter (Beloit) and Chance Remington (Palco) tied for 7th and 8th in team roping.

Lane Wood (Imperial, Neb.) also did well in steer wrestling with an 11th-place finish.

For the women, Shea Henderson (Alliance, Neb.) finished 12th in barrel racing.

Panhandle State University finished first in the men's team com-

petition. Rogers State University was second, followed by Southeastern Oklahoma State University in third.

For the women, Northwestern Oklahoma State University (NWOSU) finished first. Former CCC Rodeo Team member Brooke Inlow and her sister Jade are members of the NWOSU team.

The Fort Hays State University women were second with Oklahoma State University finishing third.

"This event would not be possible without the expertise and help of many volunteers including CCC faculty and staff members and numerous community members," said Russell. "This is a huge event to host in Colby and I believe it is a big boost for the area economy. I really appreciate all the support from everyone involved."



CCC dental hygiene instructor Bobette Maier helps a student during the clinic held in the Health Science Building on the CCC campus.

Dental hygienist students need patients for practice

In addition to two years of rigorous classroom instruction and weekly labs, students enrolled in the dental hygiene program at Colby Community College are required to complete many hours of clinical instruction to prepare them for the national board exam.

To comply with graduation requirements, patients are needed for the dental hygiene program. Participants will receive an oral cancer exam, cleaning, and x-rays for a \$20 discounted rate. The downside of this reduced price cleaning is that it may take several appointments to complete the process owing to the time required for instructors to check the students' work.

The dental hygiene clinic at CCC is open Tuesday and Wednesday from 8 a.m.-7 p.m. and Friday from 1-5 p.m. each week. To make an appointment with one of the student hygienists, call the clinic

located in the Health Science Building at (785) 460-5438.

The nationally-accredited CCC program is unique in its method of instruction. The classroom component of the work is delivered via interactive television equipment from Northcentral Technical College located in Wausau, Wis. Lectures are reinforced with labs and clinics on the Colby campus.

Accrediting restrictions limit the Colby program to 12 first- and 12 second-year students. This year the program has nine sophomores. Ten hygienists graduated from the program in May 2008. That group achieved a 100 percent pass rate on the national board examination.

Students enrolled in the dental hygienist program at Colby Community College will also host a Sealant/Fluoride Clinic on Thursday, Oct. 30.

Dental sealants are thin, plastic coatings painted on the chewing

surfaces of the back teeth. They are applied on as a liquid and quickly harden to form a shield over the tooth. Sealant placement is easy and painless.

Sealants, which can last up to 10 years, are suggested for children because the chewing surfaces of back teeth are rough and uneven. Food and bacteria become trapped in these hidden areas because toothbrush bristles cannot brush them away, and eventually the tooth can develop a cavity.

Dental experts suggest that children should get sealants on their permanent molars as soon as teeth come in--before decay attacks the tooth. Parents are encouraged to make an appointment for their children by calling 460-5438.

Program director for the CCC program is Becky Vollertsen. Instructors include Sheri Martin, Bobette Maier and Dana Foss. Dr. Jay Sekavec, DDS, serves as the supervising dentist for the program.

Physical therapists offer three evening massage clinics in October

Students in the Colby Community College Physical Therapist Assistant (PTA) Club will offer a series of evening massage clinics in October on the college campus.

The clinics, which are open to the general public, will be held from 5-9 p.m. with the final appointment beginning at 8:30, on Oct. 6, 9 and 16 in room No. 804 located in the Health Sciences Building.

Two options will be offered -- a 30-minute massage for \$12 or a one-hour massage for \$24. All previously-sold massage coupons will be honored.

The PTA Club promotes professionalism among physical therapist assistants, providing lifelong learning opportunities and helping students identify potential career

development possibilities. In addition to the massage clinics, the club assists with community health fairs, campus activities and Kansas Physical Therapy Association conferences.

Those interested in scheduling appointments should contact Trudy Wildeman at (785) 460-4797 weekdays between 8 a.m.-5 p.m. or email trudy.wildeman@colbycc.edu.

**Photos
and stories
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