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December 2016

Mobile Vet Center comes to CCC



Christopher Muse, Mobile Outreach Coordinator and U.S. Army veteran, brings the Mobile Vet Center to the CCC Lone Tree campus several times a year.

Flagstaff, Ariz. - What do you do when veterans live in rural parts of the state and have a tough time getting to the services they need?

You bring the services to them.

The Mobile Vet Center visited the Coconino Community College Lone Tree Campus on Thursday, Dec. 8 as part of a cooperative effort between the College and the U.S. Dept. of Veteran Affairs.

"We let veterans know of various benefits that they are entitled to," said Christopher Muse, a Vet Center Outreach Coordinator.

The Vet Center helps veterans at CCC and across northern Arizona connect with health care, disability services and compensation, educational benefits, vocational rehabilitation, home loans and more. Services include: individual counseling, group counseling, sexual trauma



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counseling, bereavement counseling, marital and family counseling, alcohol counseling, benefits assistance and referral, employment counseling and referral, community education, referral to community agencies, and information regarding local and national veteran organizations and projects.

According to information from the Vet Center, the community-based program was established by Congress in 1979 as part of the VA to help veterans who were experiencing problems readjusting to civilian life. The purpose of the Vet Center is to help veterans navigate the complex VA system to get the services they need to readjust. Muse said there are now 300 Vet Centers across the United States, Guam, the Philippines, the U.S. Virgin Islands and Puerto Rico. Arizona has seven Vet Centers, with two outstations on the Navajo and Hopi reservations. There are 83 Mobile Vet Centers across the country.

The Mobile Vet Center that serves Flagstaff is based out of Prescott, Muse said. The recreational vehicle that houses the Mobile Vet Center also travels to Ash Fork, Seligman, Tuba City, Sedona, Page, Cottonwood and Clarkdale - anywhere in northern Arizona where veterans don't have access to complete services.

"We get to areas that don't have full Vet Centers," Muse said. "We can bring all the services to the veterans, rather than have them go to multiple locations."

While CCC serves about 200 veterans during a given school year, the Mobile Vet Center has "thousands" of contacts a year, Muse estimated.

"We focus anywhere there's going to be veterans," Muse added. In addition to stopping at CCC several times a year, the Mobile Vet Center also makes appearances at Northern Arizona University as well as events in northern Arizona, like parades and the annual Stand Down in Flagstaff. The Stand Down attracts hundreds of veterans each year that it is held.

To receive help, veterans need not have been deployed to a war zone. The Vet Center helps all veterans, Muse said.

"We want to let them know that no veteran is going to be left behind," Muse said.

For more information about the Vet Center, visit www.vetcenter.va.gov.

Student Success

Research on the other side of the world

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CCC student worker Brittney Hornsby will be embarking on a health-related research opportunity to New Zealand this summer.

Flagstaff, Ariz. - Coconino Community College student Brittney Hornsby has been to Canada and Mexico, but she never thought she'd be traveling half-way around the world for her college studies.

Hornsby was notified recently that she will be traveling to New Zealand in the summer of 2017 to conduct research as part of a training program offered through Northern Arizona University.

"It still hasn't hit me yet," Hornsby said. "It's sort of surreal. I feel so fortunate."

The program, Minority Health International Research Training (MHIRT), supported by the National Institute on Minority Health and Health Disparities, is a 10-week opportunity offered to qualified students at CCC, NAU and Diné College. MHIRT offers students international experiences in biomedical, health, ecological and social sciences to research health disparities among the world's indigenous populations.

"It's designed for undergraduate research aimed at minorities who are going into the healthcare field," said Hornsby, who is Navajo.

Hornsby, who has already graduated from CCC with an Associate of Arts Degree in General Studies, has applied to the nursing program at CCC, NAU, University of Arizona, University of Washington and University of Pittsburgh. She is taking classes at CCC and is employed at CCC as a part-time worker while awaiting word on which programs will accept her. She was encouraged to apply for the MHIRT program in the meantime.

The program offers research opportunities in different areas of the globe, and in the case of NAU, the choices included the Phillipines, New Zealand, Australia and Ghana.

"I chose New Zealand for clinical research, which would be good for a nursing student," Hornsby said. "I thought it would be beneficial to me prior to nursing school."

The program covers round-trip airfare to the international study site; room and board; tuition and fees up to \$2,000; college credit; health insurance

students.

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and laboratory supplies while abroad; and a monthly stipend for other living and travel expenses.

Hornsby said she wasn't sure how many students applied for the research opportunity, but she was one of 30 who were chosen to interview for a spot. Fifteen students were chosen for the summer 2017 program.

"To actually get an interview was exciting enough," Hornsby said. "But to get in was amazing. I'm still shocked."

Hornsby said she will be stationed in the city of Dunedin on the coast of the southern island of New Zealand. The research will focus on the indigenous people of New Zealand, called Māori, and the students will split their time between the University of Otago and the hospital.

Hornsby is from Flagstaff and her parents and her three younger sisters still live in the city. She is a first-generation college student, and while at CCC, she took advantage of the TRiO program. TRiO helps first-generation students achieve success in their college endeavors. Hornsby is also a CCC2NAU student, which allows for a seamless transition to a four-year university from community college. She also participated for two semesters in CCC's Bridges to Baccalaureate program, which offers research opportunities for Native American students.

The MHIRT training runs for 10 weeks beginning on June 1, 2017.

"It's going to be very exciting, but it's going to be very difficult as well," Hornsby said. "It my first time this far from family. It'll be a little scary, but I'm excited for the adventure."

CCC alum finds calling in education



CCC alum Melissa Klemp now works as the assistant coordinator for the Families & Communities Teaming for Students program in Flagstaff.

Flagstaff, Ariz. - Enriching children's lives became her calling.

Coconino Community College alum Melissa Klemp began attending the College because she wanted to achieve her goal of getting a degree and pursuing a career in education.

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Filling vital occupations - In

"It was a personal goal, and I wanted to show myself and my loved ones that I could get a college degree," Klemp said. "I come from a single-parent household and am the first in my family to graduate college."

Klemp started her college journey in 2002 with a major in criminal justice at CCC. After much consideration, she decided that pursuing a degree in education would better suit her. After completing her general studies at CCC as a CCC2NAU student, Klemp attended NAU and graduated in 2010 with a bachelor's degree in Learning Pedagogy, with an emphasis in Criminal Justice.

"While I was pursuing my Criminal Justice degree, my focus was on rehabilitation," Klemp said. "And that is what pushed me more toward education and enriching children's lives - so they do not end up in a correctional facility or in trouble as a juvenile or as an adult."

Currently, she is the assistant coordinator for the Families & Communities Teaming for Students (FACTS) program. The FACTS program is a public service organization that serves all 10 elementary schools in Flagstaff, including Leupp. The program works to help parents who are in need of scholarships to fund childcare. Among the institutions and programs that Klemp works with are the Department of Economic Security, NAU and CCC's Passages program. She travels to the 10 schools of the Flagstaff Unified School District, where she conducts inspections and helps out as needed.

Klemp has worked with the FACTS program for the past 10 years. She loves her job because it gives her the feeling of making a difference and giving back to the community.

There were many aspects about taking classes at CCC that Klemp enjoyed. The main draw of attending college at CCC was how affordable classes were and continue to be. All of the classes that she enrolled in were interesting and engaging, and her anthropology courses were especially intriguing, Klemp said. Other aspects of the college that she enjoyed were the varying demographics at CCC, the age range of students and teachers and the smaller class sizes.

"What really helped me were the smaller class sizes," Klemp said. "They gave students the opportunity to have more of a one on one experience with the teachers."

Klemp was able to achieve her goals in pursuing a career in higher education with the help from the CCC2NAU program. She said she is delighted to be a part of CCC family and to be able to work alongside them. She added that she is pleased and appreciative of the quality of the education she received from CCC and the path that paved her way to success.

Klemp wholeheartedly recommends CCC to people considering college.

"I would say that starting at a community college is definitely worth it, and it's never too late to pursue a career," she said.

-- Mark Hanson

Faculty Spotlight

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Teaching students all about the music



Part-time instructor Audra Slusher teaches music at CCC.

Flagstaff, Ariz. - She's been playing piano since the age of 5, but she prefers not to be on the stage.

"I get nervous," said Audra Slusher.

Slusher teaches Coconino Community College students about music. She is a part-time instructor who teaches Popular American Music, which is really American music history, she said. She just completed her third semester teaching for CCC.

Slusher received her bachelor's degree in Music from Northern Arizona University. She also has a political science degree, and she once worked for U.S. Senator John McCain, R-Ariz., which she said she didn't enjoy all that much.

"I love teaching, and I love the music theory," she said, adding that she loves the job so much, she's getting a master's degree in Music Theory from NAU in order to satisfy new requirements for faculty set by the Higher Learning Commission.

Ironically, what she loves most about teaching music is being in front of people.

"I also love getting away from my children for a while," she said, laughing.

Slusher said that when she got out of music school, she missed talking about music, and the students give her the opportunity not only to talk music, but also to look at earlier styles - like psalmody, spirituals and Civil War music.

"It's fun to bring to their attention, and then they laugh at me when I don't know all these current artists," Slusher said. "We all have our areas of ignorance. I think modern students have very little idea of music that's older than 10 or so years ago, and there's so much good stuff out there that they don't even know about. They've never heard it before. It's fun to expand their horizons about songs they didn't even know were out there."

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Filling vital
occupations - In
Coconino County,
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up:

As for playing music, she said, "I like the math behind it, especially when you look at the theory. I like a connection with the past, too."

When she plays something from the 1600s, she has a connection with the culture of the past, playing and hearing music just as people did back in the 1600s. She often plays in an improvisational way as an emotional outlet and to create and experiment with new sounds.

"I was talking to my students about how they find new music," Slusher said, adding that they find their music on YouTube, Spotify, or iTunes. For her, she opens a book of music and reads. She can hear the music in her head. The process, she said, is intellectual, and she finds new pieces that way.

She recalled that, as a music student, she spent loads of time looking at music and getting to know what it sounds like by reading the notes. She also became practiced at hearing music and being able to write it down, or reproducing it on an instrument.

"I always hear songs as solfege," which is the "do-ray-mi-fa-sol-la-ti-do" syllable reading of music.

Slusher said she doesn't really have the time to play as much as she'd like. But when she does have time, she likes playing Bach fugues.

She also teaches private piano lessons, likes to walk her dogs and sews.

Slusher is married with two young children and three older step-children. She has home schooled two of them into college, and she currently home schools a junior in high school and a second grader.

Around CCC

Scarves for Scholarships raises \$550



Stacy Fobar, Administrative Assistant Senior for Institutional Advancement, staffs a table selling hand-knitted scarves to support a scholarship that helps

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support a CCC student in the Nursing program.

Flagstaff, Ariz. - Vibrant yellows, blues, greens and reds filled the table, and the yarn offered the promise to push off winter's chill.

Hand-made scarves went on sale recently at Coconino Community College, and more than \$500 in proceeds will go toward helping a Nursing student get through some coursework.

Scarves for Scholarships was begun by Nursing faculty member Nina Webb before she retired in May 2015 from CCC after 11 years of service. The scholarship, which Webb helps fund, offers one student in the Nursing program \$500 to assist in covering the cost of education.

This year, that amount will be increased to more than \$1,000 with the help of the sale because Webb said she will continue her \$500 support of the scholarship.

"It made me so happy to see that the Scarves for Scholarships spirit is alive and well at CCC," Webb said. "Wow, I am so happy with such a great success."

Stacy Fobar, Administrative Assistant Senior for Institutional Advancement, spearheaded this year's holiday sale after several community members approached CCC Foundation staff to offer their services as knitters. Fobar organized a knitting circle that met weekly during November. Although she was not a knitter, she was inspired to learn how to knit and followed YouTube videos to practice the basics and then got expert advice from fellow knitters who participated in the circle.

In early December, Fobar staffed a table over a two-day period (one at the Fourth Street campus, the other at the Lone Tree campus) selling knitted and crocheted items donated by faculty, staff, students and volunteers. She was overjoyed when the two headbands that she donated sold on the first day. Nearly every item sold.

Fobar said the Foundation will be holding the fundraiser again next year, and that Foundation staff will be coordinating the effort in September or October. If people are interested in contributing knitted or crocheted items, they should contact the Foundation office.

The College is very appreciative of Nina Webb's commitment to Nursing at CCC. In a recent email, she reiterated her interest in helping to establish a CCC Nursing Students Alumni group. If you would like to get involved, please contact us at alumni@coconino.edu.

Sale supports CCC Clay Club

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Brian Harris, Marketing and Events Coordinator, checks out items at the annual Clay Club sale held at the beginning of December.

Flagstaff, Ariz. - Hard work and an abundance of wonderful art filled the commons of Coconino Community College in early December.

The CCC Clay Club sponsored a ceramics and clay sale from Tuesday, Dec. 6 to Thursday, Dec. 8 at the Lone Tree campus. The three-day event was in conjunction with the student art show that is held annually at the Lone Tree campus.

Each year, students display their handcrafted art completed over the semester for the public's viewing. The ceramics and clay artwork are sold in order to raise funds for the CCC Clay Club. Half of the proceeds go to the artist while the other portion goes to the entire club to fund trips, special guests and supplies.

"It is a really great way for the community to see the hard work put in each semester," said Nick Quayle, President of the CCC Clay Club. "The fundraiser showcases the high quality work of the students at CCC."

The fundraiser helped the club earn more than \$870 this year. The other \$870 went to the hardworking students that provided the various pieces of ceramic artistry.

The Clay Club sponsors and helps host other great events throughout the upcoming spring semester as well.

The CCC Clay Club's annual "Open Bowl" fundraiser occurs during the spring semester. Students create ceramic and clay bowls over a weekend for purchase by the public. Patrons and art lovers can attend to view the art and purchase a handcrafted bowl. The funder can then put ice cream or soup in their bowl with various fixings. All proceeds go to the club to fund events and supplies.

The CCC Clay Club is also one of the hosts of the spring semester sale in conjunction with the CCC Foundation's annual Palette to Palate Gala. This takes place Friday, April 28, 2017. During the event, patrons of the arts, community partners and attendees all contribute to raising essential funds

that assist CCC Fine Arts students with scholarships, equipment and travel.

-- Ben Molzhon

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Great tastes featured at 11th annual Holiday Cookie Contest



Jerry Bacon, left, Brittney Hornsby, center, and Sarah Southwick, right, all took home winning mittens from this year's Holiday Cookie Contest.

Flagstaff, Ariz. - Thanks to all of you who baked cookies and made goodies for our 11th annual CCC Holiday Cookie Contest last week!

Fun was had by all who attended and feasted on the widest array of yummy offerings we've ever had in our contest. There were several gluten-free entries this year that pleased the crowd, too.

Recipes of many of the great tastes featured can be had by contacting me at Sharri.Penland@coconino.edu. Thank you to everyone for making this contest such a roaring success. Happiest of holidays to everyone!



Lissa Gallegos took home the win for Most Original Recipe/Unique Flavor.

This years winners were:

Most Festive Cookies or Goodies

Winner: Sarah Southwick's Gingerbread Men
Runner-up: Stacie Velar's Holiday Spice Cookies

Best Homemade Chocolate Chip Cookies

Winner: Brittney Hornsby's Not Your Typical Chocolate-Chip Cookie

Runner-up: Tom Lehman's Peanut Butter Kisses

Most Original Recipe/Unique Flavor

Winner Lissa Gallegos' White Chocolate Cherry Shortbread Cookies

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Runner-up: Denise Folke's Honey Lemon Bars

Best 'Free' Recipe

Winner: Ann Wells' Rocky Road Fudge Cookies (gluten-free)
Runner-up: Tom Lehman's Gluten-Free Fudge

Best 'Healthy' Recipe

Winner: Jerry Bacon's Blueberry-Flax Quinoa Muffins (gluten-free)
Runner-up: Mary Talentinow's Salted Pistachio and Cauliflower Ice Cream (dairy-free)

-- Sharri Penland

To get those taste buds salivating, here is a sample of Jerry Bacon's winning recipe:

Blueberry-Flax Quinoa Muffins

1 cup cornmeal
1 1/2 cups flour
1/2 cup ground flax seed
1/2 cup chia seeds
1 1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1 1/2 cups cooked quinoa (black, red or white)
1 cup real maple syrup (organic)
3/4 cup almond milk
1 cup applesauce (sugar free) (two of the 4 oz. tubs)
1 tbsp. lemon juice, plus zest of one lemon
1/2 cup canola oil
1 cup blueberries (I use dried, but fresh or frozen work well, too.)
1 cup dried cranberries or tart cherries
1 cup chocolate chips (60 percent or higher)
1 cup pine nuts

1. Preheat oven to 375 degrees Fahrenheit, and lightly oil two mini-muffin pans (48 little cups)
2. In a medium bowl, mix thoroughly cornmeal, rice flour, flax, baking powder, baking soda, salt.
3. In separate bowl, whisk together cooked quinoa, maple syrup, almond milk, applesauce, lemon juice and zest, and oil and blueberries, cherries, pine nuts, chocolate chips. Stir to combine.
4. Add wet mixture to dry mixture and stir until combined. Spoon batter into oiled tins, and bake them for 15 to 20 minutes. Check after 15 minutes to see if edges are browning. Insert toothpick in center of one muffin to see if it comes out clean. If not clean, continue for additional five minutes.
5. Tip on wire rack to cool.
6. Enjoy!

Have a CCC news story or idea?

News and stories abound on the campuses of Coconino Community College.

- Stories of student success
- Stories of faculty and staff who make a difference
- Stories of innovative programs that foster learning
- The latest news and events going on at CCC

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News and story ideas are always welcome. Please contact Larry Hendricks, Public Relations Coordinator, at larry.hendricks@coconino.edu, or 928.226.4374.

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