

aims ALIVE

A NEWSLETTER OF AIMS COMMUNITY COLLEGE

Thought provoker:

*"Education is not the filling of a pail,
but the lighting of a fire."*

— William Butler Yeats

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Aims brings
Native American
Celebration
to Greeley
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Surgical Technology program earns prestigious national accreditation

Aims Surgical Technology program recently received national accreditation, making it the only public institution in Colorado to offer a surgical technology program sanctioned by the Commission on Accreditation of Allied Health Programs (CAAHEP).

"This is a very difficult accreditation to receive," said Dean Donna Souther. "This identifies us as a hallmark program, paramount to other programs."

CAAHEP is the largest programmatic/specialty accrediting agency in the health science field and accredits more than 2,000 educational programs across the United States and Canada.

"Through our surgical tech program, and all of our allied health programs, Aims is working very hard to develop and train the very best health care professionals to serve our community," said President Marsi Liddell. "We anticipate that our efforts will provide a stellar legacy for the college, as well."

Obtaining the CAAHEP accreditation requires an extensive self-study and a comprehensive on-site evaluation by a team of practicing surgical technologists, educators and representatives from the accreditation office. CAAHEP representatives evaluate curriculum content, clinical sites, classroom presentations, lesson plans and syllabi, as well as the credentials of faculty, staff and administration. Students are also interviewed individually and as

a class.

Aims Surgical Technology Instructor Mark Urso led the rigorous process of earning the accreditation.

"I can't say enough about Mark's hard work, pride and determination in making this happen," Souther said. "Basically he put this program together from scratch."

Generous donations from The Winograd Foundation, North Colorado Medical Center and Weld County Employment Services and Workforce Development Board made it possible for Aims to launch the Surgical Technology program in 2004. The first class of 10 surgical technologists graduated in Spring 2005.

"It was great to see that all of them got jobs within 10 weeks of graduation, and they're all working at local hospitals," Urso said.

One key to success in the program was finding clinical sites for the students who are required to put in many hours before graduating. Stiff competition among schools across the state make it difficult to secure enough clinical time for allied health students.

"Many of the local clinical sites seemed very skeptical at first, but Mark personally went out and pleaded his case for them to give our students a chance," Souther said. "Today, clinical sites are calling him, asking for students. He's been able to develop a stellar reputation for the program in one year. He's a consummate professional."

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Left: Aims first class of surgical technology graduates give Program Instructor Mark Urso a little support in return for all the help he gave them throughout the coursework. All 10 grads secured jobs right out of school, and all continue to work in the community.

Title III program brings “been there, done that” concept to the classroom

Jayna Dickens earned an A in Introduction to Statistics at Aims two years ago, but that doesn't keep her from returning to Randy Boan's same class three times a week. The UNC junior psychology major is employed as a Leader for the Title III funded Supplemental Instruction program. Students who have successfully completed a historically difficult course, are asked to lead student study sessions, bringing the “been there done that” concept to the classroom. SI leaders attend class, do the homework, conduct two study sessions a week and maintain one office hour per week.

“The biggest benefit of attending SI is that it teaches people how to be successful students,” Professor Boan said. “SI leaders aren't just showing students how to work through the problems, they're modeling how to succeed in any course.”

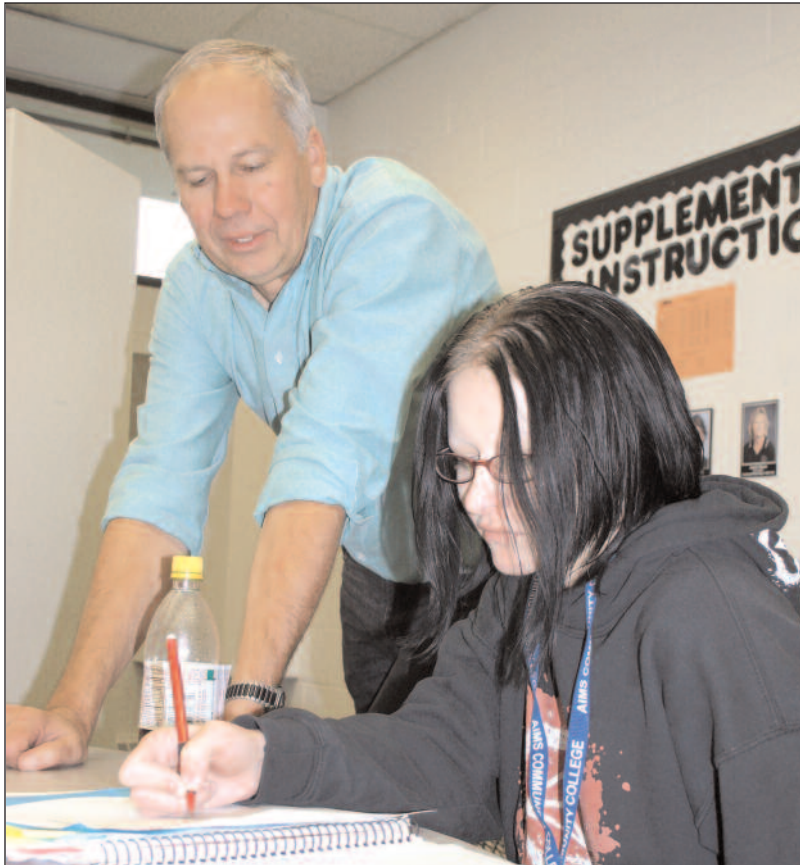
Dickens said she generally tutors the same several students at every session, but as the semester goes on, and the course work becomes more difficult, more students show up.

“Not to sound harsh, but there are some students who won't come to SI until they're totally lost,” she said. “It is their prerogative. It's up to them whether they want to make the effort to be successful or not.”

At Aims, the SI program is being utilized in Statistics, Anatomy/Physiology, Calculus, Algebra, World Geography and Economics courses.

Aims Student Retention Specialist and SI Supervisor Teresina Nowak said while the SI program is still in its infancy at Aims, early data show it can mean the difference between passing or failing a class for many students.

“Students who attended SI sessions for Randy's class last semester earned, on



Mathematics Professor Randy Boan reviews materials with Supplemental Instruction Student Leader Jayna Dickens. Through a Title III program, Dickens, an Aims alumnus and UNC junior, works part-time leading student study sessions for Boan's Introduction to Statistics classes.

average, more than one whole grade point higher than those students who didn't attend SI,” Nowak said. “That's significant.”

Aims' SI program is modeled after a program developed at the University of Missouri. Nowak said as the program continues to grow, she is working with SI leaders and instructors to tweak it to fit Aims students.

“Students at community colleges often have different schedules, responsibilities and priorities than at four-year universities, so we're working to make attending SI sessions as convenient and effective as possible,” Nowak said.

“Our motto at SI is: Tell me and I forget. Show me and I remember. Involve me and I understand,” she said. “It's not, 'give me the answers.'”

Jessica Salberg in enrolled in Boan's Introduction to Statistics course in her first semester at Aims.

She plans to pursue a degree in nursing, and she understands how critical mathematics can be.

Salberg said she tries to attend every one of Dicken's SI sessions, but usually can only fit one a week into her busy schedule.

“Math is really hard for me to understand,” she said. “I usually get good grades in it, but it's a lot of work for me to get those grades.”

Salberg said she is hoping for an A in the class and was heading in a positive direction with a solid B a few weeks before finals.

As for advice to her peers regarding attending Supplemental Instruction sessions. “Definitely, at least give it a try. What do you have to lose?”

“It's up to them whether they want to make the effort to be successful or not.”

-Jayna Dickens,
SI Leader

PARTY at Aims holds a new meaning for area ninth graders

Forget what first comes to mind when 100 high school students get together for a party.

This is a PARTY, where the focus is the Prevention of Alcohol Risk-related Trauma in Youth. Aims has been hosting these PARTYS for area high school students each Tuesday in cooperation with Weld County Drive Smart and the Weld County Health Department.

On one recent fall day, Platte Valley High School's class of 2009 visited Aims for the program.

In each session, the school district's local EMS, police and fire fighters volunteer to discuss the traumas they have witnessed due to alcohol and unsafe driving and how to avoid becoming a tragic statistic.

"We've had three students killed in Platte Valley in car wrecks in the past five years," said Janet Niederkorn, the school's health teacher. "We hope this experience changes their behavior, but it's usually only short-term, unfortunately. Hopefully they'll really pay attention over the next few years when they're in the most dangerous point of their lives in a car."

Afternoon sessions include an ER station where students



A Platte Valley student tries to walk a straight line wearing Fatal Vision goggles that simulate the effects of substance abuse.



Aims EMS students demonstrate to Platte Valley students what being strapped to a backboard is like.

learn what it's like to be a victim in an emergency response call. At another station, students don Fatal Vision Goggles that simulate the effects of substance abuse. Here they attempt to drive a remote-controlled car or walk a straight line.

Pre- and post-PARTY surveys show that the message might be sinking in.

The pre-assessment revealed only 52 percent of the ninth graders wear their seatbelts every time. After attending the PARTY 66 percent said they will always buckle-up.

"The biggest change we see is that they say they'll encourage their

friends to wear their seatbelts," said Marian Ruge, health educator with Weld County Health Department, "That's big for kids this age."

For Platte Valley's Class of 2009, the post-PARTY assessment showed a 60 percent increase in students who said they would use a little peer pressure from now on when it comes to buckling up.

EMS Instructor Kendra Havens coordinates the PARTY program for Aims. "If this saves just one kid's life, it means a world of difference to me," she said.

Safety Party now offered through Aims Continuing Education

No one likes to think about the possibility of being in a medical emergency situation, but in life it is prudent to expect the unexpected.

With that in mind, Aims Continuing Education Division has expanded its course offerings to bring a wide range of safety courses to people's homes.

The courses are designed much like the popular candle or Tupperware parties, but the pressure isn't to bring your wallet, it's to bring a desire to learn.

Each Aims Home Safety Party focuses on a specific age group or topic, including Infant Safety, Child Safety, Teen Safety and Safety for Seniors.

A \$20 fee per party guest is charged and you must have a minimum of six guests.

Aims instructors are available any time during the day or evening to meet your group's needs. Parties can be held in your home or your group's meeting place, wherever is most conven-

For more information on hosting a Home Safety Party or any other CPR programs including those sponsored by the American Heart Association, please contact the AHA Training Center Coordinator at Aims Community College, Kiera Hill (970) 339-6685 or kiera.hill@aims.edu.

Classes can be tailored to meet individual agency or group needs. More information can also be found at www.aims.edu/academics/ems/cpr.

ient for you.

Home Safety Parties take about two hours on average.

"This is a great opportunity for couples who have just brought home a new baby, or someone who finds themselves caring for an elderly parent," said Kiera Hill, Aims CPR Coordinator. "Our teen safety course can be a real eye-opener for some parents who might be a bit naive regarding what they're teenagers are actually doing on a Saturday night."

Additionally, Aims offers the American Heart Association's CPR Anytime for Family and Friends.

This box-set includes a mannequin and face shields along with a DVD that people can follow along with at home and learn CPR at their own pace.

Aims Continuing Education Division is also a sanctioned Training Center for the American Heart Association, offering a full-range of CPR classes in addition to rental materials and books.

Aims remembers late Thai prince with memorial tree

A memorial dedication was recently held at Aims Community College in honor of the late Kuhn Poom Mahidol, Prince of Thailand. The grandson of Thailand's King, Kuhn Poom died in last December's tsunami. He spent the first 16 years of his life in the United States, and spent four summers studying in Greeley. Kuhn Poom had stated that his dream was to return to Greeley in 2005 and study physical education at Aims.

Representatives from Aims and the University of Northern Colorado, including Thai students from both colleges, were on hand for the dedication.

UNC Provost Allen Huang, Ph.D. spoke of Kuhn Poom's short but meaningful life.

"Kuhn Poom left a great legacy that is transforming the education system in Thailand," Huang said. "Even though his life was so short, his impact was so great."

A tree in Aims Memorial Garden on the Greeley Campus was planted in honor of Kuhn Poom's memory and also as a commemoration of Princess Ubolratana Mahidol, Kuhn Poom's mother, and her support of Aims.

"May this tree live long to remind us of his life and the many people from Thailand who have touched our lives," said Aims' Board of Trustees Secretary Bernie Kinnick, Ph.D.

Additionally, former Aims employee Somphol "Pia" Dounglomchunt spoke on the beliefs of the Buddhist religion.

"The spirit remains. It finds a new body and a new life. So don't be afraid to face your own death," he said. "Remember this life is not permanent. Remember to show love and gratitude to

those who are alive."

Aims Memorial Garden is located just northwest of Ed Beaty Hall, on the east side of the tennis courts.



Photo by Robert Waltman

Somphol "Pia" Dounglomchunt shares concepts of Buddhism with a crowd of Aims and UNC folks who gathered to remember and honor the short but meaningful life of Thai Prince Khun Poom Mahidol. The Prince, who died in last year's tsunami, spent summers in Greeley and had hoped to one day study physical education at Aims.

Aims LULAC hosts 20th Annual Youth Conference

Aims League of United Latin American Citizens ended its first semester on a high note, co-hosting the 20th Annual LULAC Youth Conference held at the University of Northern Colorado in November. More than 40 youth councils from middle and high schools across the state attended the day-long event over the weekend.

"The Youth Conference is a great way to get young Latinos exposed to the campus setting," said Aims LULAC Advisor and Human Resources Assistant Director Damion Cordova. "It gets them in the mind frame at an early age where they're comfortable in a college setting."

LULAC's mission is to promote education, cultural pride and leadership, along with community service.

This year the Greeley LULAC Adult Council asked Aims Council to coordinate a talent show, a first for the Youth Conference. Aims LULAC President Agner Martinez said the experience was a great opportunity for the new group to take a leadership role. "We were in charge of marketing, advertising, and running the event," he said. By show time, the group had recruited 17 acts that varied from traditional Mexican folk dancing (Ballet Folklorico) to breakdancing, to (solo) vocal renditions of traditional Mexican songs. Trophies were awarded to the top three acts in each category.

"The show was a rousing success and the 100-plus attending kids and parents were excited to see their peers showcase their talents," Martinez said. "It was truly a great honor to have been a small part of such a great day in the lives of Latino kids."



Photo by Robert Waltman

Greeley LULAC Adult Council member Arthur LaCombe hands out prizes at the 20th Annual LULAC Youth Conference. Aims Community College served as a Gold Sponsor for the event where Aims LULAC Council made its debut.

Fire Sciences instructor brings new scholarships to Aims students

Three Aims students recently received \$400 scholarships from the 343 Foundation. Fire Science students Patrick Komiter, Thomas Chesher and Kathy Swaro received the scholarships.



Eric Dumonteil

"The Aims Foundation would like to recognize the efforts of Fire Science Instructor, Eric Dumonteil, for helping students achieve their goals," said Foundation Executive Director Susan Kirkpatrick. "Eric's work represents a model partnership between the Aims faculty and Aims Foundation."

Dumonteil is credited with soliciting the help of the 343 Foundation to start the partnership. Developed in 2001, the 343 Foundation is committed to the ideal, "That Others May Serve," by offering scholarships to qualified

students seeking careers as paramedics, police officers or firefighters. Dumonteil was able to obtain support for three top stu-



Darrel Schneider

dents from this outside organization.

The contribution from the 343 Foundation was enhanced with money from the Darrel Schneider endowment so that each student's award reached \$900. Darrel Schneider worked at Aims in the Fire Science Department. He set up classes at local fire departments, advised students and worked with fire chiefs. He was also a fire chief for a volunteer fire department near Milliken. Schneider died in March 1997 and his parents started an endowment in his memory of \$10,000 at that time. Other money

that came in was added to increase the endowment to \$11,365. Fire Science Scholarships are given each year in Schneider's memory from the interest on the endowment.

"Three cheers for Eric Dumonteil for making this partnership happen for the benefit of our students," Kirkpatrick said.

Generations of area firefighters train at Aims



Photo by Robert Waltman

Aims Fire Sciences Director Randy Souther names Kyle Einspahr (left) as this year's top Fire Sciences student. Kyle's father David Einspahr and grandfather Verne Einspahr, both Aims Fire Sciences alumni, proudly attended the ceremony.

Kyle Einspahr is keeping the family tradition alive, following his father and his grandfather through Aims Fire Academy. The youngest Einspahr earned his state Firefighter 1 certification this semester and was also named the program's top student.

"It's a pride that's hard to explain," said Kyle's grandfather Verne Einspahr, who started his firefighting career in 1955 as a volunteer for the Holyoke department before joining the Greeley Fire Department (now Union Colony) in 1958. In 1981 Verne retired from the department and came to work for Aims program. He's still at it. "Firefighting isn't for everyone. I'm very, very proud of Kyle and my son, David."

David Einspahr attended Aims Fire Academy in the late '80s and is currently a Lieutenant with Union Colony.

Aims VP emeritus receives honors from alma mater

Dwane Raile, Vice President Emeritus, School of Arts and Sciences of Aims Community College, was one of four recipients from Western New Mexico University to receive the Outstanding Distinguished Alumni Award presented at the football half-time homecoming ceremony on October 8, 2005 in



Dwane Raile

Silver City, New Mexico.

Dr. Raile was recognized for 35 years in education, his last 23 years being at Aims Community College from 1971-1993. Prior to coming to Aims, he was the senior high school principal in

Santa Fe, N.M., and also served as assistant high school principal and director of Gallup Community College. He began his career as a teacher and coach of baseball and football at Cobre High School located in Bayrad, N.M..

Images around Aims



Left and below center: Spotted Horse Native American Dance Group performed for Aims students and Monfort Elementary students at the College Center during Native American Celebration.



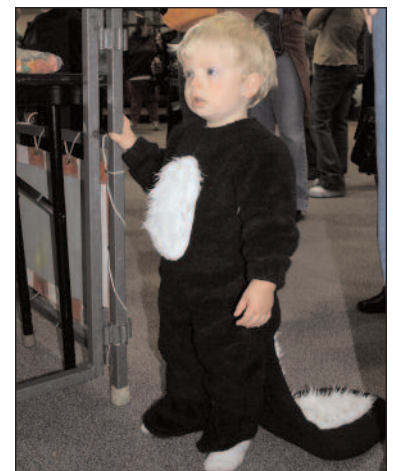
Above: Fire Sciences Instructor Eric Dumonteil demonstrates the force involved when an airbag detonates.

Photos by Robert Waltman and Amy Kegg

Below: EMS students react in a mock disaster drill held in Windsor.

Bottom left: Lily "Cinderella" Longan leads mom Karel, dad Dave and brother Leland to Aims Annual Halloween Carnival. Dave Longan is an IT support specialist with Aims.

Bottom row center and right: Children of Aims students enjoy all the games and excitement at the Annual Halloween Carnival.



Student's inspirational art chosen for Denver exhibit



"Walk My Path" by Eric Padilla

Aims multimedia design student Eric Padilla has been selected to show his work at an exhibit in Denver.

The show will be at the Zodiac Room, 1680 W. 92nd Ave., beginning Dec. 9.

Padilla, a self-proclaimed "ex-troublemaker kid," said he strives to create art that conveys a positive message to today's youth.

In his piece "Walk My Path," shown above, the tagging on the shoes represents his family, which includes his brother and his mother, who raised her two sons as a single mom.

"I want to let the kids know that they can use their talent to do something good," he said.

Aims' Mud, Metal and Silk artists featured at UCCC's Tointon Gallery

Aims Community College art instructors Tim Preston and Kim Snyder, along with long-time student Frank Kabot, invite the community to attend a multimedia exhibit entitled, "Mud, Metal and Silk."

The event features Preston's ceramic work, Snyder's fabric art and Kabot's metal-smithing.

It will be featured at the Tointon Gallery at Union Colony Civic Center in downtown Greeley starting Dec. 9, running through Jan. 8.

An artists' reception will be held on Dec. 13 from 5 to 7 p.m. and the community is invited to meet the local artists.



Ceramics by Tim Preston



Sterling bowls by Frank Kabot



Silk fabric dye by Kim Snyder

Troy's Training Tips: Antioxidant Rush



If you guessed that the top source of antioxidants in the average person's diet was a fruit or a vegetable you would be wrong. In fact, the No. 1 source of antioxidants is coffee. Coffee was found to be the biggest overall contributor of antioxidants in the average American's diet, with tea coming in at a distant second. Coffee, which contains a decent dose of antioxidants, placed first due to its prevalence in the American diet. It's more frequently consumed than many of the foods that

have higher antioxidant contents. While coffee has been shown to impart some health benefits, the unfortunate finding of this study is that Americans still aren't eating enough fruits and vegetables, which are better for your overall health due to their high content of vitamins, minerals and fiber.

The top 10 antioxidant sources in the average American diet:

- | | |
|----------------|--------------|
| 1. Coffee | 6. Red Wine |
| 2. Black Tea | 7. Beer |
| 3. Bananas | 8. Apples |
| 4. Dried Beans | 9. Tomatoes |
| 5. Corn | 10. Potatoes |

Quick Tips

Hit the weights. If you're lazy, it's not as bad as you think- just 10 minutes a day of lifting, three days a week, will help. Harvard research shows that 30 minutes of weight training per week has a greater reduction on waist size than almost any other variable.

Walk more. Try leaving for school or work 5-10 minutes earlier and park farther away from the building so you can get more steps into your daily routine. Remember, more steps walked means more calories burned and at the end of the year this adds up to more weight loss.

Eat peanuts. Nuts have a very high satiety power- meaning they make you feel fuller after eating than many other foods. And even though they're high in calories, those calories appear to be processed differently in the body. University of Michigan researchers found that men who added 500 calories' worth of peanuts a day to their diet gained no excess weight at all.

Troy Duvall is Aims Physical Education Coordinator. He can be reached at tduvall@aims.edu.

Upcoming Events

Monday	Tuesday	Wednesday	Thursday	Friday
December			1 Instrumental/Guitar Recital Ed Beaty Theater, 4 p.m., Free	2 Photos with Santa 6-8 p.m. CCTR \$3 per person or \$5 per family
5 Winter Student Concert 7 p.m., Ed Beaty Theater, Free	6 FINALS	7 Board of Trustees Meeting 4 p.m. CCTR Holiday Pottery Sale 9 a.m. to 7 p.m. CCTR FINALS	8 FINALS Poetry A Cappella 7 p.m. Foote Gallery Holiday Pottery Sale 9 a.m. to 7 p.m. CCTR	9 Photos with Santa Fort Lupton 6-8 p.m. Holiday Pottery Sale 9 a.m. to 7 p.m. CCTR FINALS
12	13 Mud, Metal and Silk Artist's reception, 5 to 7 p.m., Tointon Gallery, UCCC	14	15	16 ASA Holiday Tea 2 to 4 p.m., Ed Beaty Theater. Bring your favorite dessert to share.
19	20	21	22	23 Begin Holiday Break College Closed
26 Holiday Break College Closed	27 Holiday Break College Closed	28 Holiday Break College Closed	29 Holiday Break College Closed	30 Holiday Break College Closed

Poetry A Cappella

Dec. 8, 7 p.m. Foote Gallery/
Auditorium, Loveland

Aims Instructor Katherine West
presents original poetry and fiction
along with original work presented
choir-style by Aims students.

Mud, Metal and Silk

Dec. 9 through Jan. 8
Tointon Gallery, UCCC

Aims Art Instructors Tim Preston and Kim Snyder, along with
long-time student, Frank Kabot, invite the community to attend
this multimedia exhibit featuring Preston's ceramic work,
Kabot's metalsmithing and Snyder's fabric art.

Artists' reception, Dec. 13, 5 to 7 p.m.