



Proposed complex a benefit to college, Colby

**By Dr. Lynn Kreider
Colby Community College
President**

I hope voters in Thomas County have had an opportunity to view the architectural drawings of the proposed Wellness/Activities Complex to be built on the corner of Franklin Avenue and College Drive. I am very enthused about this project and the positive impact it will bring to the college and the community of Colby.

My plan is to write a series of articles addressing questions and concerns about this project. It is extremely important that all voters have the correct information in order to make an informed decision. Perhaps the most often-asked



Kreider

question pertains to the impact on the Colby Community Building. Ryan Sturdy, director of the community building, did a great job of explaining our intent in an article in last Friday's Colby Free Press. The new Wellness/Activities Complex will enhance the use of the community building. It will allow the existing facility to be used for large events at all times during the year. In addition, with the construction of the new complex on the campus, the

community will be able to attract regional and state-wide events which will require the use of both facilities.

It will make Colby the "location of choice" in western Kansas for all manner of shows, athletic competitions and major events.

There is a need for more gyms in Colby to accommodate the increasing number of athletic teams requiring an indoor practice facility. During the school year, the gyms are scheduled

from very early in the morning until late into the evening with elementary, middle school, high school and college practice sessions.

The times are extremely limited for the recreation department to schedule use by the community. It is my understanding that some teams begin practice at 6-6:30 a.m. The new complex, which will include a 2,400 seat gymnasium and an additional practice gymnasium, will allevi-

ate the scheduling conflicts and allow the recreation department to sponsor more community competitions.

I look forward to answering questions about the new Complex. Question/answer sessions have been scheduled at several clubs and organizations in Colby, Rexford and Brewster.

If you would like to schedule a time for your group or would like to visit with me in person, please call 460-5401.

It's a shoe-in

Snow got you down? Tired of being indoors? Officials at Colby Community College have a suggestion that will get you outdoors while having some fun at the same time.

Barry Kaaz, director of economic development, announced the college will host an introduction to snowshoeing seminar 8 a.m.-noon, Saturday, Feb. 24, in the Student Union.

"Snowshoeing has become the fastest-growing winter sport in North America," said Kaaz. "According to a recent Outdoor Recreation Participation Study, the number of people who have tried snowshoeing increased by 300 percent from 1998-2004."

Instructors for the seminar are members of Renaissance Adventure Guides, LLC from Lakewood, Colo. Cost will be \$50 (includes snowshoes, poles and gaiters).

"Snowshoeing is one of the best cardiovascular workouts available," explained Kaaz. "At a moderate pace of 2.4 miles per hour, you'll burn 420 calories per hour on a snow-packed flat trail. Add fresh powder, some elevation gain and just a little speed and you'll be burning up to 774 calories per hour."

Interested participants will be offered a follow-up snowshoeing outing to the Rocky Mountain National Park. For more information or to register, contact Kaaz at 460-5429.



COLBY COMMUNITY COLLEGE

Colby Community College vet-tech students Shareena Turley (Scott City) and Rachel Horsch (Fort Scott) brushed and dried one of the dogs who attended the Pet Wash held in October. The vet-tech association has scheduled another Pet Wash fundraiser Saturday. Appointments can be made by calling Colleen Maison at 460-5462, 9 a.m. - noon Monday through Friday. Animals are given a general exam, bathed and groomed. Cost ranges from \$6 for a small dog to \$12 for an extra-large dog. Cat baths are \$9.

Oh boy — it's a Trojan cheerleader

The cheer squad at Colby Community College has a new look for 2007. For the first time in several years the squad includes a male yell leader.

Ivan Guel-Castro, a native of Chihuahua, Mexico, joined this year's squad after some prompting from his friends and other squad members.

"When I was in high school at after-school athletic practices, I watched the cheerleaders practice and thought it looked like fun," said Guel-Castro. "I watched the tryouts and just thought it was something I could do and also have a good time."

A graduate of Hugoton High School, Guel-Castro was looking for a place to continue his education and participate in track and field.

"I threw the shot put in high school," said Guel-Castro. "It was my goal to go to the state competition and I achieved that as a senior. Coach Becker talked to me about Colby Community College and I thought it would be a good fit for me."

In addition to his cheer squad duties, Guel-Castro does the shot put and hammer throw for Colby.

He is also considering competing in the pentathlon.

An engineering major at Colby, Guel-Castro says coming to the United States was a good choice for him.

"I was in a gang from a very young age in Mexico," said Guel-Castro.

"I was living with my grandmother in Chihuahua and was heading down the wrong path. My mom insisted I come to Hugoton and it turned out really well."

I didn't speak much English but made the transition and am really hoping to continue my schooling in the U.S. I think there's a good possibility I would not be alive if I had stayed in Chihuahua."

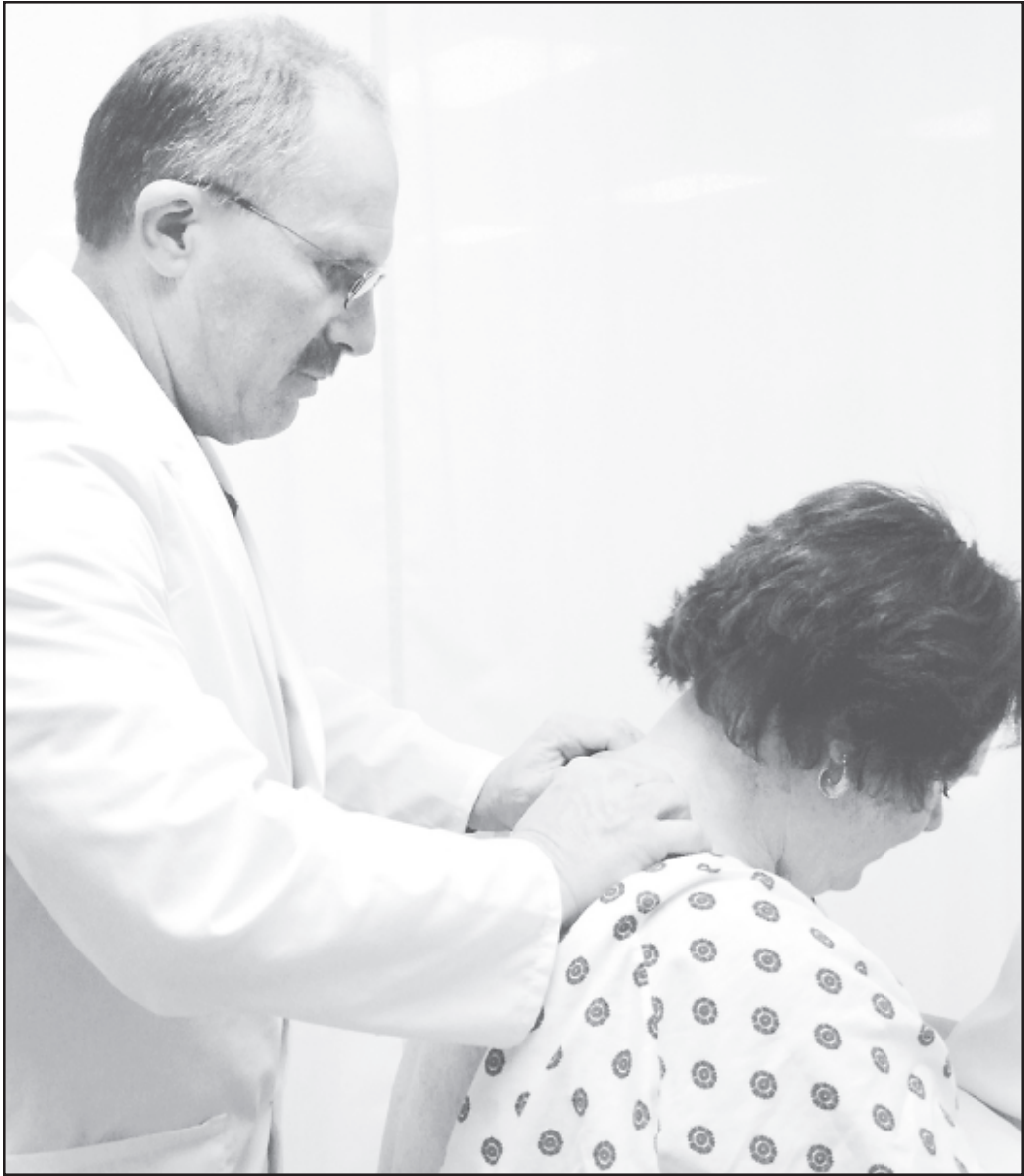
The Colby cheer squad, coached by Dena Huftles, attends all home athletic events. In addition to games, the squad practices two times a week.

"I'm the only guy," said Guel-Castro. "It's really fun and I like being a part of the squad."



Guel-Castro

Hits the spot



COLBY COMMUNITY COLLEGE

Physical Therapist Assistant (PTA) student Dennis Daise of works on Susan Belshe during the PTA student organization Massage Clinic Monday in the Health Sciences Building. Belshe is a nursing instructor at the college. The group has scheduled additional clinics 5-9 p.m. Feb. 12, and Tuesday, Feb. 20. Cost is \$12 for 30 minutes. Call Trudy Wildeman at 460-4797 to schedule an appointment.



COLBY COMMUNITY COLLEGE

Colby Community College counselor Diane Frazier congratulated financial aid assistant Patti Albers. Albers recently received her bachelors degree from Friends University and was honored at a reception hosted by the admissions department Friday.

College counselor recognized for her work with book

Diane Frazier, director of counseling at Colby Community College, has been recognized for her contribution to the seventh edition of "Your College Experience: Strategies for Success" edited by John Gardner, Jerome Jewler and Betsy Barefoot.

"As a student services professional and advocate for student success, I receive instructor's copies of several publications for new student orientation programs," explained Frazier. "About 18 months ago, the College Success Editorial Team at Thomson Wadsworth invited me to review and comment on a draft of chapters one and two from the book."

I recorded my remarks and suggestions and returned the draft. Of course, I used the opportunity to learn about new strategies to implement here at Colby."

Frazier, who has been at Colby since 1999, was acknowledged by the authors and the publisher for her contribution and review of the publication.

"An advance copy of the 2007 edition accompanied a thank you letter and an acknowledgment of my contribution," said Frazier. "I have great respect for the authors. I was fortunate to communicate with one of them regarding a national new student orientation revision for two-year colleges as part of the practicum for my doctorate. It was an honor to be invited and listed as a contributor for such a prestigious publication."

Frazier has worked for 20 years in student services. In addition to her duties as counselor, she is a grant writer, chief test administrator and Student Senate co-sponsor at Colby.

"I tell students that there are two important strategies to achieving success in college," said Frazier. "First, they must do an honest self-assessment. They must absolutely know and understand themselves. Time management is the other key to success—learning to set priorities and establish goals."

Frazier is currently working on her doctorate in education with a specialization in community college leadership from Walden University in Minneapolis, Minn.

"The focus is on positive social change in education," said Frazier. "My last research module and dissertation are in progress. My aspiration is to complete my doctorate and be a dean of student services."

Frazier's office is located in the Student Union. She can be reached at 460-5503.