

Sheridan College

College and Community Magazine

Volume Two
2010-2011

A magazine for the Sheridan area and friends of Sheridan College.



Sheridan College to Build New Academic Center

On March 4, 2011, Wyoming Governor Matt Mead signed a supplemental budget bill appropriating \$7.5 million to Sheridan College as a state match to a pledge from Whitney Benefits, a Sheridan based educational foundation. Sheridan College will use these funds to construct a new Academic Center. We are grateful to our State Representatives and Senators for their strong advocacy on behalf of Sheridan College in securing the state money.

Similarly, since the very beginning of Sheridan College and continuing through the past six decades, Whitney Benefits has provided tens of millions of dollars to support our programs and our infrastructure. Their latest gift will ensure that our world-class academic programs have a state-of-the-art home far into the future.

To our community and to Whitney Benefits we wish to convey a heartfelt "Thank You."

Message from the President

Welcome to the latest edition of our Community and College magazine. Many great things are going on at Sheridan College these days, but these stories will introduce you to what is truly most important – our students (past & present), faculty and staff.



Dr. Paul Young

This publication catches us at a crucial time in the life of our institution. While we look back at a proud history of over 60 years of serving Sheridan County, we are also thinking ahead to what Sheridan College's role will need to be 10, 25 and 50 years from now. To be better prepared for this future we are opening new channels of communication and engaging the Sheridan community in robust conversations about its vision for the college. We are grateful for our community friends and partners and will continue to build on those relationships.

As we look into the future, we must be proactive in our planning and in our actions. For the fifth year in a row, we enrolled more students than the previous year. In the coming decade we will grow our enrollment to at least 2,500 students – an increase of nearly 50 percent. We are investing in our arts programs to better support Sheridan's cultural destination vision. We are committed to introducing innovation in health, natural science, agriculture and technical education to support our regional economy.

I would like to thank the Sheridan College Foundation for their contribution to this publication as well as their support and dedication to the vision and mission of the College. I hope you enjoy reading a few stories about the great things happening at Sheridan College. As always, if you have ideas or questions please call us at (307) 674-6446 or stop by our main campus or Main Street campus for a visit. We are here for you.

Sincerely,

Paul R. Young, Ph.D.

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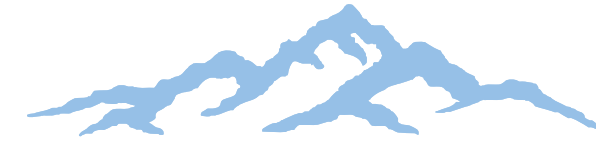
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Cover Photo, Sheridan College students from left to right:
Courtland Roy, Faith Hoffman, TJ Duncan and Amonie Meek



Ag Students Compete Internationally

Good land stewardship and improving rangelands are emphasized in Sheridan College's Natural Resources and Ranch Land Management classes. The critical issue of rangeland improvements was taken beyond the classroom by five agriculture students, who chose to compete at the International Society for Range Management conference in Billings, Montana this spring.

Tom Alderson (Ag Business), Ian Hamilton (Natural Resources and Ranch Land Management), Justin Jensen (Natural Resources and Ranch Land Management), Justin North (Animal Science), and Tyler Pickrel (Animal Science) placed 9th with their professional "topics poster," competing against 15 other colleges and universities. The poster, titled, "Reseeding efforts around water developments: Improving rangelands," described rangeland management practices throughout the world and how they might apply to Wyoming rangelands.

"These students worked exceptionally hard to research their topic," SC Director of Agriculture Keith Klement said. "They chose a topic that is beneficial to the greater Wyoming area and did a fantastic job."

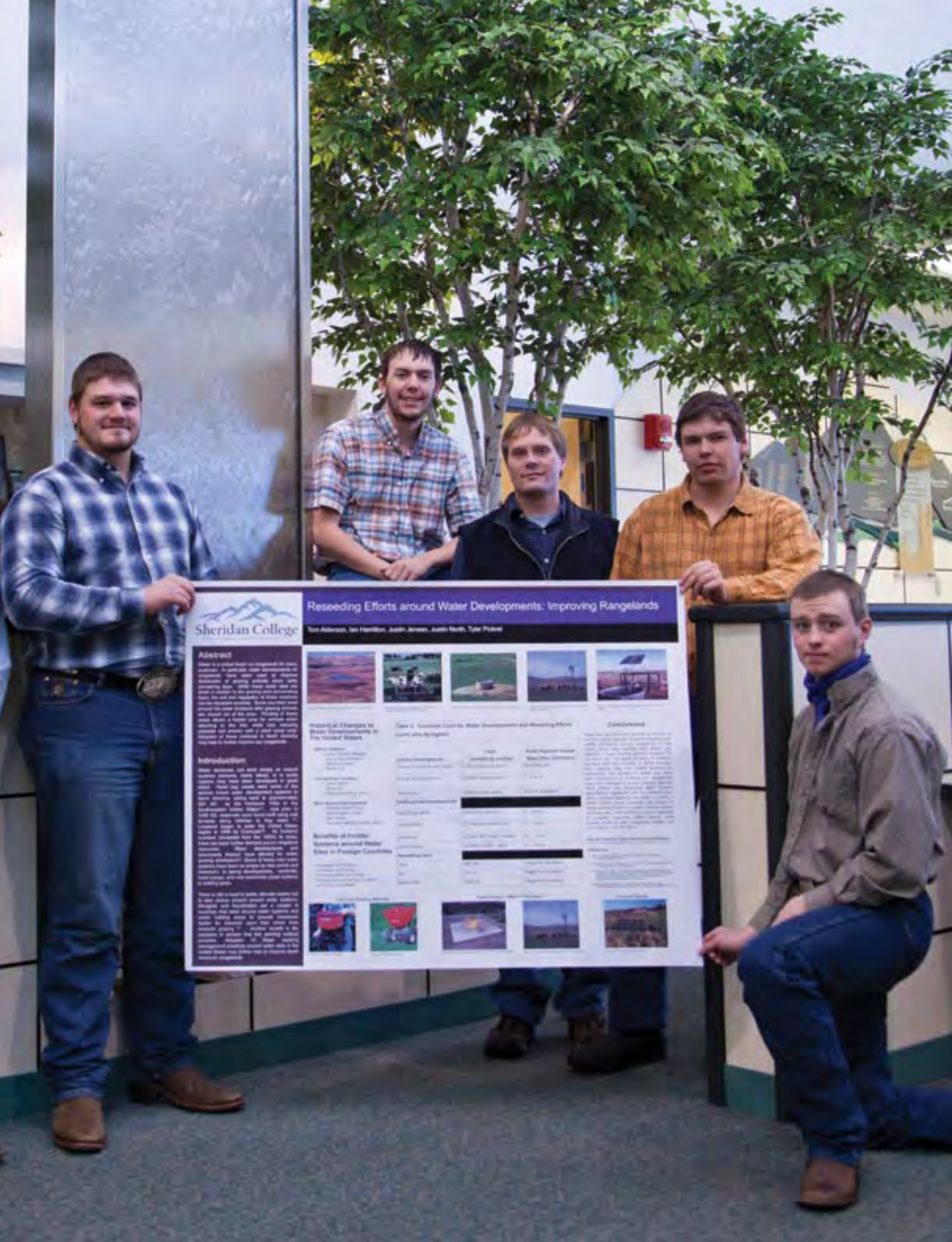
Though the students participated for many different reasons and have varying agriculture backgrounds and goals, all five students found the experience challenging, rewarding and fun.

Pickrel, a Wyoming native from Moorcroft, whose family runs a ranch operation for beef cattle, bucking horses and bucking bulls, is pursuing an animal science degree with the plan to return to the family ranch. It is important to him to be able to manage the rangeland to keep agriculture productive. As part of the research for the poster, he came to understand the history of water development and the progression of well types from artesian wells, electric wells, wind mills to even solar panels on their ranch and across the U.S.

Jensen, also a Wyoming native from the Billy Creek community south of Buffalo, started his education in a one room school house. He is now studying natural resource management because he wants to work with the land, animals and cattle, possibly in mining reclamation or in range management for the Forest Service or BLM. After growing up in a ranching family that managed more than 2200 acres, he is anxious to be a skilled land steward who helps protect natural resources.

All of the students appreciated the opportunity to connect with other Ag professionals and students from around the world.

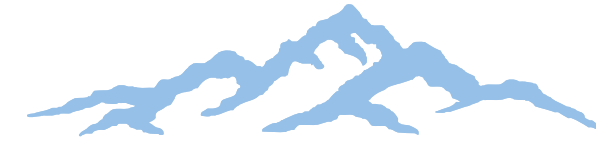
"The convention was a great chance to visit with producers and range managers who are involved in agriculture, as well as learn from other students," said Tyler Pickrel.



Pictured from left to right: Tyler Pickrel, Ian Hamilton, Justin Jensen, Tom Alderson and Justin North



Pictured from left to right: Elaine Hilman and Zane Hilman



The First Sheridan College Student

In 1948, Zane Hilman walked into a new local junior college and signed up for classes, making him the first student to officially register at what would later become Sheridan College.

Drafted into the Army after graduating from high school in 1945, Hilman returned to Sheridan after serving for a year-and-a-half in the military. With encouragement from his parents and help from the GI bill, he decided to pursue a college degree. While driving one day shortly after returning to Sheridan, he heard on the radio that registration was opening that very day at the local junior college. Hilman decided to take advantage of the opportunity to further his education.

Known as Northeast Agricultural Junior College at the time Hilman attended, the majority of classes took place at the high school. The classes were typically in the evenings or on weekends while high school was not in session. Various locations downtown also served as additional classroom space.

Not only did Hilman experience the first of Sheridan College's academics, but also the start-up of several clubs and activities, including the Rodeo Club, which is still in existence at Sheridan College.

"I believe it was my third year in college when we started the rodeo club," Hilman said. "There was a bunch of us that got together and started meeting out at Sage's arena. We had a three-horse trailer we pulled behind a car to get our horses out there. Altogether there were about 15 or 20 of us in the club at the time. I am proud to see the club is still around, 50 years later."

Sheridan College also has a special place in Hilman's heart as he met his wife, Elaine, during his third year of college. In June, they will celebrate their 60th wedding anniversary.

Graduating with an Associate of Arts Degree in Agriculture in 1951, Hilman said he appreciates what Sheridan College was and what it has become. Hilman said he would encourage local students to consider Sheridan College as they move toward high school graduation.

"The smart thing for students to do is stay right here for at least their first two years of college," Hilman said. "We have such a good school here; there is no need to spend extra money and have more debt when they graduate."



From the Stage to the Classroom

Jessika Mayes is not just a face in the crowd at Sheridan College. In fact, that's part of the reason Mayes, a first year nursing student from Houston, Texas, chose Sheridan College.

In Texas, she attended a high school with more than 700 students per class. At Sheridan College, she has 23 classmates in her nursing program classes.

"At Sheridan College I have the opportunity to get to know both my classmates and my instructors. That small-town feel and connection are important to me," said Mayes, whose mother grew up in the Clearmont area.

Nursing has become a perfect fit for Mayes, who said she enjoys the program even though it is quite rigorous.

"I have a passion for working with people," Mayes said. "The medical field is appealing because the opportunities are great."

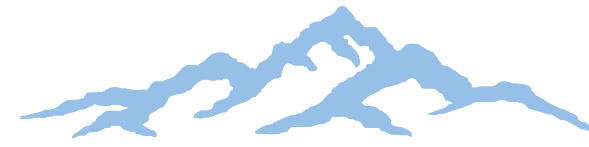


Though her studies keep her busy, Mayes is also active in intramural sports and is currently running for student body treasurer. Staying involved in activities has been important to Mayes during her college career. Last year Mayes played Titania in the Sheridan College No Frills Theater Production "A Midsummer Night's Dream...abridged."

"Every semester I try to take a 'fun' class. The rigor of the nursing curriculum is crazy and I try to always find time for something extra," Mayes said. "This semester I am taking private lessons on piano. Last semester it was voice lessons. This is just an outside interest, a passion."



*Pictured from left to right in front: Stephanie Michelena, Crissy Hunter (SC nursing faculty), Jackie Ocker, and Lauri Anderson
Pictured from left to right in back: Joe Coones, Kelli Moser, Toby Granger and Nancy Hooge (Sheridan Memorial Hospital)*



Simulation in Nursing Education

High-tech simulation in nursing education is coming to Sheridan this fall in the form of a nursing simulation center located at 245 Broadway. A generous gift from the Whitney Foundation provided the physical space for this new learning center. Major remodeling, funded with a Federal stimulus grant, resulted in creation of the new multi-use classroom space that will make it possible for the Sheridan College nursing program to expand the role simulation plays in its nursing curriculum.

Simulation is a teaching strategy aimed at providing experiential learning opportunities through the use of technology – in this case, high fidelity simulation mannequins that have lifelike qualities.



The Simulation Center is a joint effort of Sheridan College, Sheridan Memorial Hospital and the Veteran's Administration Medical Center. The center will provide an additional clinical site for nursing students from Sheridan and Gillette College as well as an orientation and training site for hospital employees.

"I'm excited about the center mainly because students will have the ability to learn in a safe environment. The act of doing carries more weight than reading or observing. During simulation, students are in the hot seat with no time for reading and observing ... they are doing," said Crissy Hunter, SC nursing faculty.

The new nursing lab mimics a hospital unit and features twelve computerized mannequins ranging from a laboring woman to a newborn to a geriatric patient. All of the "dummies" have a heartbeat, can speak, breathe, blink and more. They can simulate more than 50 common medical conditions such as acute pain, hemorrhage or a heart attack, giving students an opportunity to practice technical skills, decision

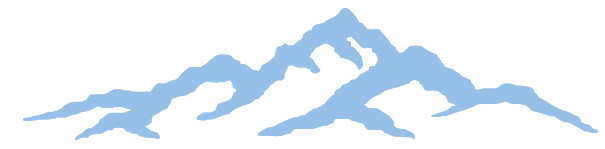
making, and critical thinking. Students can also practice situations that are rarely available for them to see in an actual clinical site so they can learn from their mistakes without causing harm to patients.



Simulation will never be a replacement for actual clinical experiences nor will it diminish the key roles of expert nursing faculty and skilled, experienced preceptors in the community. Incorporating high tech simulation in nursing education will supplement and enhance learning opportunities for students, hospital employees, and other health care professionals.



Pictured from left to right: Ardath Lunbeck and Diane Redman



Sheridan College Dean, Director Author Textbook

For a combined 45 years, Sheridan College’s Diane Redman and Ardath Lunbeck have been teaching bodywork, anatomy, physiology and kinesiology. Recently they put their expertise into words, creating a textbook that may soon be used in classrooms across the nation.

“Ergonomics: Body Mechanics and Self Care for Bodyworkers,” which is authored by Redman and Lunbeck, and published by Pearson Publishing, presents student-centered coverage of proper body mechanics and multiple self-care topics, including exercise, self-massage, relaxation techniques, and stress management, helping practitioners extend their careers and improve their health.



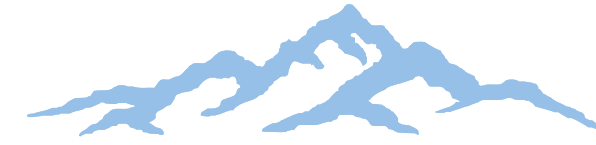
The book is now available on Amazon.com and locally at Sheridan Stationary. It will also be used in the classroom at Sheridan College this fall and is available at the SC Bookstore.

Redman, director of the Massage Therapy program at Sheridan College, and Lunbeck, Dean of Arts and Sciences and former anatomy and physiology instructor at Sheridan College, bring years of professional classroom experience to both Sheridan College and their recently released book. Concepts of the book can be adapted to almost any care-giving field including nursing, dental hygiene, and physical therapy.

“Our text really takes a comprehensive approach to the discipline,” Lunbeck said. “Poor body mechanics and equipment design, which are commonly addressed in ergonomics, are important in preventing injury in the workplace. However, many other factors enter into the equation, both in and outside the workplace, from basic posture to physical fitness, to stress management and esthetics of the work and home environments.”

The book’s engaging text helps students and practitioners in the field of bodywork develop good ergonomic habits by assessing their biomechanics and gaining an internal awareness of their posture and movement patterns. It combines hands-on techniques for kinesthetic learners, aesthetically pleasing photography for visual learners, and reviews of anatomy and kinesiology that link scientific principles with personal body mechanics and self-care.

“It was important to me, as an educator, scholar, and practitioner to do something that would give back to the profession that I love,” Redman said. “Good ergonomic practice contributes to the longevity of a practicing individual’s career.”



Returning Home

Cedric Koffi always imagined that he would return to Sheridan College. He didn't expect it to happen so quickly.

Koffi started as a first year student at Northern Wyoming Community College District in the fall of 2006. He came to Sheridan College as a student athlete from Paris, France and transferred in 2008 to South Carolina Upstate, where he graduated with a degree in Business Management. After graduation, he returned to Sheridan College in the fall of 2010 as the Coordinator of Residential Education and Intramural Programs.



Photo by Ryan Ragan

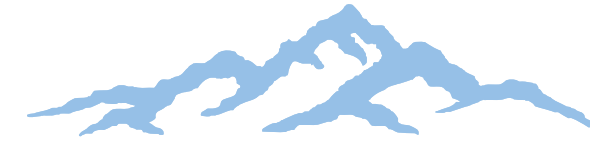
Becoming acquainted with and helping Sheridan College students enhance their out-of-classroom experience drives his enthusiasm and ability to put in long hours, Koffi said.

During his time as the Coordinator of Residential Education and Intramural Programs, Koffi has more than doubled the number of late night and intramural programs on campus.

Since he was once a Sheridan College student himself, Koffi has tapped into his own personal knowledge of the campus and the students. Throughout the entire programming process, Koffi involves students and has even created student employment positions to assist with the late night programs, getting them involved in the planning, implementation, and advertising of the programs and giving the students a sense of ownership of their campus. Koffi also co-facilitates the first year experience class, *Gateway to Success*.

"I enjoy time in the classroom. It gives me a different perspective of students and faculty. Getting to know the students on an individual basis helps me better understand the pressures the students face and provides an opportunity to get to know additional students that I might not normally meet during my day-to-day job," said Koffi. "It's a great reward to see the students enjoying their time".

Now at Sheridan College for more than a year, Koffi said he is pleased that NWCCD-Sheridan College is providing him with the opportunity to be introduced to the professional world and feels that with the knowledge he has gained, he will continue to improve his ability to manage and lead people.



Research Focuses on Snake Venom

Though James “Tom” Moulton and Nick Hudson are currently pursuing undergraduate degrees, they are also in the middle of a research project on rattlesnake venom that could someday treat cancer.

Moulton and Hudson, both Sheridan College students, are working to characterize a component of the venom from the Eastern Cottonmouth called L-amino acid oxidase (LAAO). This enzyme has been implicated in a process by which normal cells self-destruct and may have promise in treating cancers—where cells have lost the ability to self-destruct.

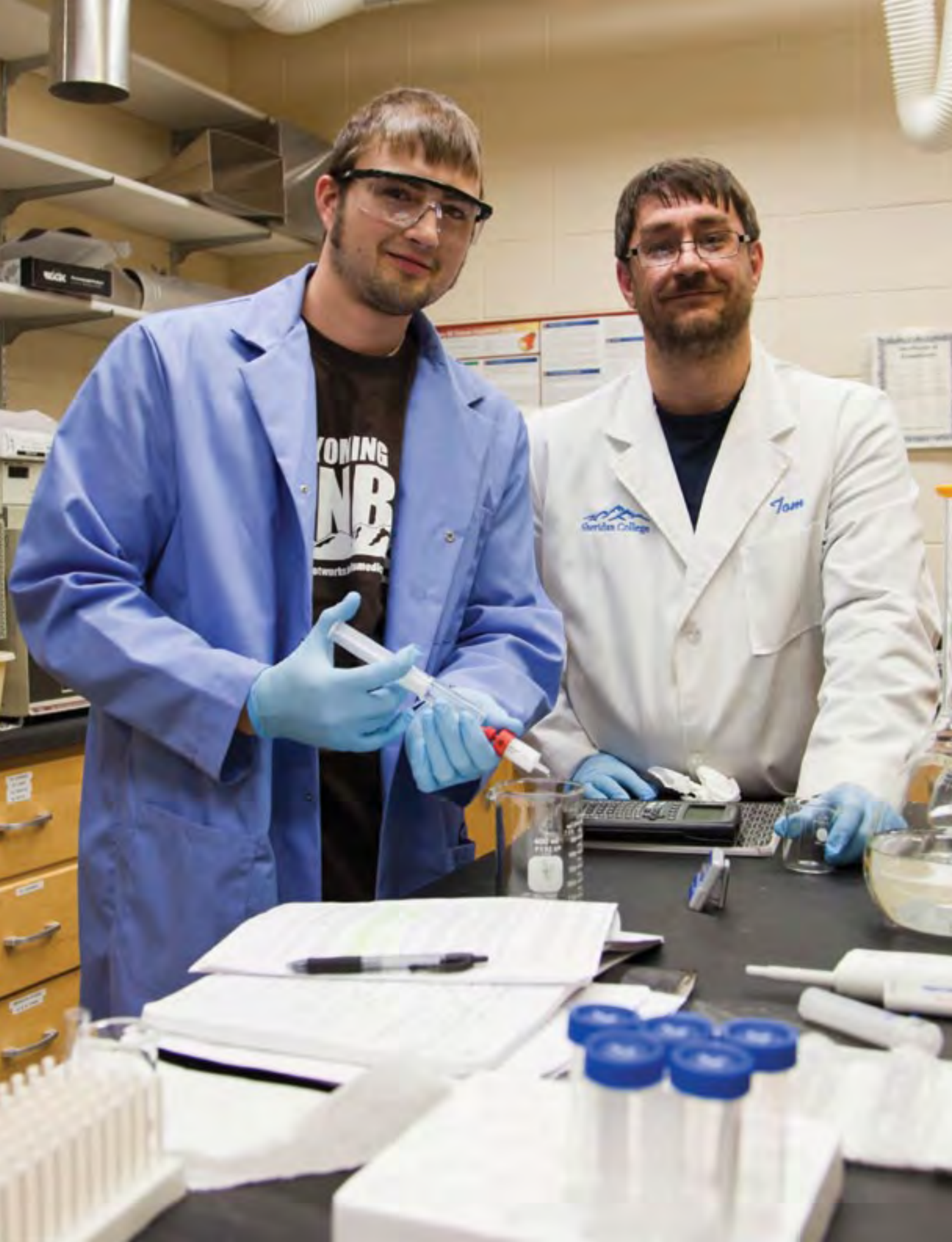
“I like being able to focus on one thing, working on a very specific topic...If I had my choice I’d be working on this 24/7,” Moulton said. Because of his involvement in undergraduate research at Sheridan College, Moulton was accepted into a summer internship program at North Dakota State University in the Department of Chemistry and Biochemistry. Following the internship, Moulton will transfer to the University of Wyoming to pursue a degree in molecular biology.

The project is a result of research on rattlesnake venoms that Sheridan College chemistry instructor Dr. Rob Milne conducted at the University of Northern Colorado under the direction of Dr. Stephen Mackessy. Moulton and Hudson are working under the direction of Milne.

“The thing I love is to watch my students grow—from being overwhelmed, at first, by going through a research paper, then being able to follow what’s being done in those papers, then getting to a place where they realize that they would have done something different than what they’ve read in the papers,” Milne said. “To see them develop that level of confidence is a great experience for me.”

The research Moulton and Hudson are completing is part of the Wyoming IDeA Networks for Biomedical Excellence (INBRE) Program. The INBRE Program is funded by the National Institutes for Health, National Center for Research Resources (NCRR). The purpose of the program is to engage undergraduate students in research and encourage more students to pursue science careers. Sheridan College has been an INBRE partner through the University of Wyoming since its inception in 2003.

“Doing research, I’ve gotten a much better understanding of the resources available in lab,” Hudson said.

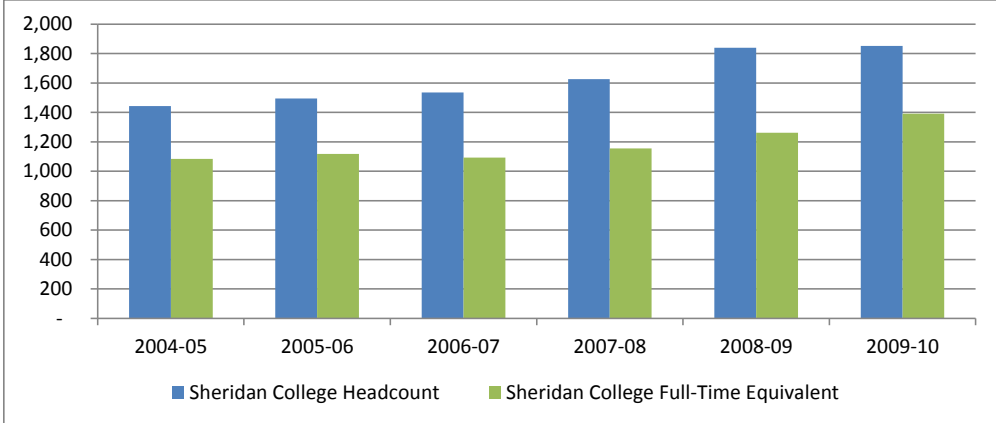


Pictured from left to right: Nick Hudson and James “Tom” Moulton



Look how we've grown...

Northern Wyoming Community College District
Sheridan College Enrollment



	Annualized	2004-05	2005-06	2006-07	2007-08	2008-09	2009-10
Sheridan College	Headcount	1,443	1,495	1,536	1,626	1,839	1,851
Sheridan College	Full-Time Equivalent	1,084	1,118	1,093	1,154	1,262	1,392

SC credit enrollment has grown nearly 30% over the past five years.
27% of area high school seniors attended Sheridan College after graduation last fall
58% of SC graduates remain in Wyoming after graduation

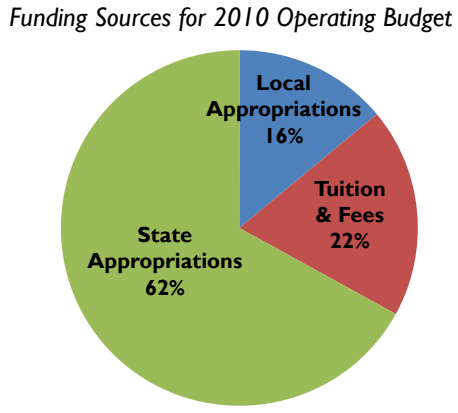
Student Characteristics
Fall 2010

- Average Age 26.5
- Average Student Load (*credit hours*)
 - Part-time 4.4
 - Full-time 15.2
- Gender 42% Male, 58% Female
- From Wyoming 84.4%
- From Sheridan County 58.7%
- On-Campus Living Capacity 400

Sheridan College offers 77 programs of study with 313 graduating students in the 2009-10 academic year.

Economic Impact of Sheridan College

- FY10 Operating Budget..... \$21,300,506
- Full-time Employees..... 269
- Part-time Employees 155



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Pictured from left to right: Nikita Wickham, Katy Siroky, Gabrielle Kelly, Reyna Acosta and Tajana Santiago



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