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Teens land 'First Jobs' this summer



Teen participants of the First Jobs Summer Youth Employment Program received certificates during a ceremony at the Lone Tree Campus on July 27, 2016.

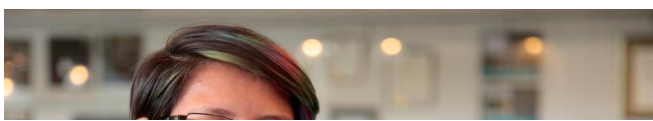
Flagstaff, Ariz. - High school sophomore Selena Shorty, 16, didn't spend her summer taking a break. She worked as an administrative assistant in Flagstaff for Goodwill Industries of Northern Arizona.

It was her first job.

"I was already looking into getting a job, but I didn't know where to start," Shorty said.

Her initial thought was to try for a job as a food server. Then, she came across information about a program available to teens to help them land that first job and gain valuable on-the-job experience for the future. It's called the First Jobs Summer Youth Employment Program, a joint venture between Goodwill Industries, Coconino Community College and local businesses.

Shorty and 19 other students received diplomas of completion of the First Jobs program during a ceremony at the CCC Lone Tree Campus on Wednesday, July 27, in front of a crowd of about 80 family, friends and supporters.



"It was the largest class this year," said John Cardani, instructor in charge of the First Jobs classroom component at CCC's Fourth Street Campus. "They were from all different high



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Selena Shorty, 16, shows off her certificate of completion of the First Jobs program.

said David Hirsch, President and CEO of Goodwill of Northern Arizona. The students receive paychecks out of the funding for the duration of the program.

According to information from Goodwill, the students earn \$8.05 an hour for a 20-hour workweek.

Twelve of the available jobs this summer were at Goodwill's stores in Flagstaff, and the remaining jobs were with partnering businesses in the community, Hirsch said. The partnering businesses were: Warner's Nursery, Little America Hotel, Jitter's Lunchbox, Second Chance Center for Animals, Satchmo's BBQ Soups & Cajun Restaurant and Kingdom Kids Preschool & Play Center. Several of the participating businesses, after the First Jobs program came to an end, hired their First Jobs teens to continue working for them.

The students in the program get a chance to learn about themselves, Hirsch added. They have an opportunity to get to know a bit more about possibilities for the future - including attending college.

Cardani said that during the classroom portion of the program, the students learn how to effectively communicate in the workplace, deal with conflict, dress properly, develop and review resumes, set goals, problem solve and balance work and college-level courses at the same time. The students also undergo "boot camps" with local employers to receive feedback on interviewing and resume-writing skills.

Hirsch and CCC President Colleen A. Smith, Ph.D., handed out the certificates to the teens and representatives from the participating businesses during the ceremony. Also during the ceremony, Hirsch and Dr. Smith presented four teens with crisp \$100 bills to recognize perfect attendance for the duration of the program.

Shorty said that her assignment in the program with Goodwill helped her to feel comfortable in customer service and to be able to articulate herself, and she plans on volunteering at Native Americans for Community Action to keep her skills honed until she finishes her high school studies through Primavera Online High School.

From there, Shorty said she's hopeful to go to college, but she will need financial assistance to do so. She is bilingual in English and Navajo and dreams of working internationally in the future. She's particularly fond of Okinawa, a small island off the coast of Japan. She loves the language.

When asked what she takes away from the program, Shorty said, "Where do I begin? I learned so many things. I've met a lot of great people."

For more information about the First Jobs program, visit <https://goodwillna.org/jobs/programs-and-services>

said Liz McGinlay, Vice President of Mission Advancement for Goodwill of Northern Arizona, said that the program is in its seventh year. The non-credit course is for local teens, ages 14-19, who are searching for that first job. The first year the program was offered, six teens signed up. This year, 22 signed up, and 20 completed the program.

First Jobs is funded with the help of Goodwill and the Arizona Community Foundation of Flagstaff,

Free Mountain Line bus passes available for CCC students, employees



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Graphic Design Specialist Sr. Trevor Welker stands at the Mountain Line bus stop on Lone Tree Road adjacent to the CCC Lone Tree Campus and shows off his new bus pass.

Flagstaff, Ariz. - Students and employees at Coconino Community College get free Mountain Line bus passes for the year.

The bus passes are part of a pilot project between CCC and the Northern Arizona Intergovernmental Public Transportation Authority (NAIPTA).

"CCC is excited to pilot free bus passes as a way to help our students succeed, provide a benefit to employees, and reduce the College's environmental impact," said Jami Van Ess, Vice President of Business and Administrative Services at CCC.

Kadie Radics, student and TRiO administrative assistant at CCC, said she got her bus pass to save money on gas, and it will be safer for her in the winter time because she's uncomfortable driving on icy and snowy roads.

"I work at the mall, and I also work here, so it'll be helpful," Radics said.

Forms will be available at Registration and the College Reception Area of CCC's Lone Tree Campus. Students and employees will fill out a form, sign to accept the terms and conditions and then proceed to Reception.

To get a bus pass, a student or employee must have a valid CCC ID card. A Business Office staff member will be stationed at the Student Reception area during peak enrollment periods beginning today, Aug. 15, 2016.

For more information about Mountain Line, routes and services, visit <http://mountainline.az.gov>

CCC District Governing Board wants to expand jobs programs

Flagstaff, Ariz. - The District Governing Board of Coconino Community College plans to ask voters if they choose to expand education and job training programs that could lead to better jobs for local high school graduates, workers and veterans transitioning to civilian life.

District Governing Board Chairwoman Patricia Garcia said, "We are constantly hearing that the key to improving our county's economy is improving our workforce. We have been listening to our community. They like what we are doing, but they want us to do more."

Local business and community leaders indicate they would like to see more skill-based training programs that prepare people for well-paying jobs in construction trades, manufacturing, automotive repair and other jobs that require specialized training beyond high school. Often, these are the same programs that veterans need to apply the skills they have learned in the military to transition to civilian jobs here in Coconino County.

District Governing Board Member Nat White said, "The College faculty and staff have been working hard to research the costs of such programs. We're also working with community partners to learn how to creatively offer these programs as affordably as possible. However, it will take additional money to create new career and technical programs and to expand current successful programs like the College's high-school-to-college and college-to-university transition programs. This is also about continuing and possibly expanding training for critical public safety positions that are always in demand, such as nurses, firefighters, EMTs, paramedics and law enforcement personnel."

Chairwoman Garcia said, "We've heard the needs and are developing solutions. That is why the Board voted unanimously this Wednesday to ask voters if they would support dedicating a portion of their property taxes to these programs. Taxpayers are currently paying \$2 a month for an average home in Coconino County to pay off the 1999 voter-approved bonds that helped build the College's main campus. The last payment for the

On the 1999 voter approved bonds that helped build the College's main campus. The last payment for the bonds will be in 2019."

The board is asking voters if they choose to pay approximately \$3 a month for an additional seven years, but for a different purpose. That is equal to an approximately \$1 increase per month for an average-value home in Coconino County.

In 1999, County voters approved 20-year bonds to build CCC's buildings. After passage, a dedicated property tax was added to Coconino County residents' property tax bills. In 2019, the bonds will be paid in full, and the College will have paid off its debt.

If approved by voters, the College will delay the new tax until 2019, after the bond payments end. The College does not plan to build any new buildings in the foreseeable future.

Instead of paying for buildings, the dollars would be used to create and improve effective, affordable job training programs, enhance instruction, expand high school to college programs, continue CCC to university transition programs, to enhance services throughout the county, and to provide lifelong learning programs.

The current property tax of \$2 per month on average to pay off the bonds has not changed since 1999 and equals approximately \$2 million per year from all Coconino County property taxpayers combined. The new amount, including the approximately \$1 increase per month for an average home value in Coconino County, equals approximately \$3 million per year from all Coconino County taxpayers combined.

Coconino Community College President Dr. Colleen Smith said, "The Governing Board wanted to keep the tax amount as low as possible, but to ask voters if they want us to provide additional affordable training and educational opportunities for Coconino County families and veterans. The goal is simple: provide access to more programs that lead to better paying jobs. Everyone in the county benefits from a safer community and a stronger economy, and the key to a stronger economy and a safer community is a well-trained, educated workforce."

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Alumni Success

Father-son team networked for success



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Stephen (left) and Scott Tobako computer network training at CCC and opened a business in Flagstaff. Click on image to view video.

Flagstaff, Ariz. - It was the time of Bill Gates and Steve Jobs hitting it big when Scott Tabako graduated from high school in Minnesota.

"I've always been interested in computers," Scott said.

But at the time, the market was flooded with computer people, so Scott did the sensible thing. He went into the automotive-repair field after high school. He moved to Flagstaff in 1997 with his family and continued to work in the automotive industry.

"I would look at some of my coworkers, getting older, getting ready to retire," Scott said. "I didn't want to be that guy 20 years from now."

So he started doing computer repair work on the side while taking classes at Coconino Community College. Eventually, in 2008, when his computer-repair work continued to grow, he opened his own business, Flagstaff Computer Guys LLC. His son, Stephen, who is planning on continuing computer and networking classes at CCC, came on board in 2011 after the sale of the hotel where he worked.

"It's paying the bills," Scott said, smiling.

The business started in Scott's Flagstaff home, but it has since grown to occupy space in a shopping center off King Street. The focus of the business has changed over the years. At first, Scott focused on "retail" work, or fixing computers, laptops and tablets. Since then, the focus has changed to a more business-to-business effort with networking devices and maintaining and troubleshooting business networks on monthly contracts.

Stephen enjoys the work, and said, "It's nice to be inside."

He added that he also enjoys the fact that there is no routine, that every day is different.

How is working with his father?

"It's better than working with a boss you don't really know," Stephen said, and his father smiled.

As to the kind of impact the coursework at CCC had on him to start his own computer business, Scott said, "I would say it was pivotal."

"Networking was always a mystery," Scott added. "The training I received at CCC helped me figure out how it worked and took away the mystery."

Scott took Cisco networking and Windows Server Administration coursework between 2005 and 2008. Stephen has finished one semester of CISCO networking coursework. Scott specifically credited CCC's CIS Instructor Bill Branch for making the coursework relevant.

"It was refreshing to sit down in Bill's class," Scott said. "He knows his stuff and could present it in an understandable way and was confident about it. If he didn't know the answer, he would get it for you."

Branch would talk about real-life, hands-on experiences and was thorough. The evening class times were also convenient to work around Scott's day job. Particularly important, though, Scott said, was that the coursework, unlike university tracks, was "targeted" for specifically what Scott and Stephen required.

As for the future, Scott said, "I think we're going to keep doing what we're doing."

He added that he and his son like the small-town atmosphere and the personal attention they can give to their clients. Network security is top of mind nowadays, and Tabako said he will be returning to CCC.

"All this stuff gets outdated," Scott said. "It's all changed. I need to go back and do it again."

When his CCC catalogue comes in the mail, he will be checking out the current computer information system listings to keep up to date in the marketplace. He added that he considers CCC to be a valuable resource to the county.

"It's nice to have this," Scott said.



CCC alum concocts business-success strategy to stay in city she loves

integrity she loves

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CCC alum Kerry Kurtz owns two businesses in Flagstaff after retooling her life in the wake of the recession. Click on image to view video.

Flagstaff, Ariz. - Kerry Kurtz moved to Flagstaff in the 1980s to attend Northern Arizona University. She received a degree in music education.

She fell in love with Flagstaff, but not the career.

"I wasn't cut out for it," Kurtz said, adding that during the summer break after student teaching, she drove a school bus. Not long after that, she took a job with a building contractor.

"It turned out I was really good at it," Kurtz said. "I had no experience at any of it."

So, she began working for a general contractor. By 1996, she ended up at the doorstep of Coconino Community College because her boss wanted her to do plumbing work - a prospect she dreaded. She took electrician classes at CCC instead and returned to her boss when she was done.

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"I said to him, 'I want to be your electrician,' and he said, 'Fair enough,'" Kurtz said, smiling.

Thus began a completely different career for Kurtz.

"I feel very strongly about the College," Kurtz said. "I was able to stay and make a living in a place I love."

Fifteen years later, she got laid off from her job during the recession. She said she remembered getting her CCC course catalog in the mail and saw business courses available and a variety of other services available through the Small Business Development Center attached to the College at the time.

"I lost my job, had a truck full of tools and had no business skills," she said.

She enrolled at CCC again and began with business classes and seminars and took full advantage of coaching help provided through the SBDC. She started her own business - Affordable Home Repairs, which is now in its fifth year.

"They helped me out right on the job," Kurtz said of the SBDC staff. "CCC saved my bacon because I knew nothing about running a business. I knew a skill but not how to run a business. They taught me how."

Affordable Home Repairs deals mainly with home improvement and remodeling. Among her clients is a Home Owners Association in Continental she began with many years before, but instead of working for a boss who held the contract, she holds the contract to provide the service.

She added that she goes back to CCC periodically to take classes that help her as a small-business owner. Most recently, she took a writing class in order to write better business proposals.

"I'm doing better in this town than a lot of my friends with degrees because I got the practical skills that I needed," Kurtz said.

In addition to her home-repair business, she also has started another business that focuses on a passion she has. It's called Zippity Doo Dog Agility, and the business helps dogs and their humans get better at the canine sport of agility, where dogs run through a variety of obstacles on a course with the help of a handler. Kurtz has been teaching dog agility for the last nine years, and she said she hopes to open an indoor facility in Flagstaff as she ages out of the other trade she acquired with the help of CCC.

"I owe everything to CCC for giving me the opportunity," Kurtz said. "I was able to reinvent myself as an adult and not be ridiculed for doing that."

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Student Success

Scholarship helps student's plan to give back to her community



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CCC student Ciara Scott received a Raymond Educational Foundation scholarship to attend classes.

Flagstaff, Ariz. - The word "education" comes up often in Ciara Scott's family. Her grandmothers, mother and aunts were all teachers.

When she graduated from Tuba City High School in 2014, Scott set her sights on college, and with the help of the Raymond Educational Foundation, she will be able to do so without having to worry about finances.

Scott was a recipient of one of the Raymond Educational Foundation scholarships to attend Coconino Community College. She made a presentation filled with "thank you's" on June 6 at the Elks Lodge during the Raymond Educational Foundation's annual meeting.

"I am feeling super grateful that I was one of the students awarded among many because I know how competitive scholarships can be and also how the costs of attending college are always on the rise," Scott said, adding that she plans to use the funds to pay for tuition, fees and books at CCC.

CCC President Colleen A. Smith, Ph.D., told the crowd of about 50 people that what the Raymond Educational Foundation does is far-reaching. CCC's students have stories that are varied. Some are young, some older, some come straight out of high school and some are returning to school.

"What you do reaches much farther than you could possibly know," Dr. Smith told the crowd. "Thank you for what you do for our students."

In her letter of interest when applying for scholarships, Scott stated, "I didn't think it was possible for me to ever become successful. All my life I was always told what to do and to stay in school, I knew that a college education would be important, but over and over, I was indecisive about what I wanted to study."

Scott enrolled at CCC with the help of her older sister Loreal, who graduated from Northern Arizona University with a master's degree in School Counseling. Scott's initial interest was in Early Childhood Education, but that interest evolved into health-related topics, which are topics of concern in the Tuba City community from where she hails.

Because she earned several college credits while still in high school as a Dual Enrollment student, Scott is slated to graduate from CCC with an associate's degree in General Studies in December 2016 and head to university after the holiday break.

"I would have to say that CCC was a major support to me through everything," Scott said, adding that she was offered a federal work-study position that helped with her transition to Flagstaff and the higher-education setting. She's also completed internships and volunteer positions in the health care field.

"I liked how inclusive CCC was," Scott said. "Everyone's just always willing to help each other out."

Scott's plans are to study Health Sciences with an emphasis on public health in order to go into a health-related career. She is a CCC2NAU student and will be attending NAU in the spring to study Public Health.

"The idea to go back home and help my native people with the degree I pursue is a goal of mine," Scott said.

She added, "I hope my legacy will inspire others to never give up."

Dr. R.O. Raymond founded the Flagstaff Education Foundation in 1952. A long-time supporter of residents in Coconino County, Dr. Raymond was known for generously helping with educational costs, providing free medical care and promoting health in the community. This two-year scholarship offers students \$1,650 per year, totaling \$3,300.

After Dr. Raymond's death, the Flagstaff Education Foundation became the Raymond Educational Foundation in his honor. Since 1963, the Raymond Education Foundation has given more than \$4 million to organizations such as Northern Arizona University, Flagstaff Unified School District, Flagstaff Family Food Center, National Hospice, and Coconino Community College.

Community's help brings student's dream

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CCC student Andrew Hatch received a scholarship from his local community to attend classes.

Flagstaff, Ariz. - The small community of Munds Park has taken the saying, "It takes a village to raise a child" to heart.

Coconino Community College first-year student Andrew Hatch received a scholarship from the Pinewood Property Owners Association to attend college.

"It's the first step to my dream," Andrew said. "I won't have to worry about money and I can work on academics. It makes the financial burden so much less."

The scholarship pays \$1,500 a semester for a year, and it can be renewed for a second year if Andrew maintains a 3.5 grade-point average. The potential \$6,000 means that Andrew could have his entire first two years of college covered.

"I'll just have books and a parking pass to pay for," Andrew said and smiled. "I'm definitely very fortunate."

The scholarship is community based. Only residents who are active in the Munds Park community can apply. Andrew said that he worked at the restaurant and volunteered as a trail steward for the trail systems in the community.

Although it's Andrew's first year as a college student, he won't be arriving empty handed. He took college courses while in high school through the CAVIAT program, and he already has earned 20 college credits.

"I think it's wonderful," said Andrew's mother, Sue. "We're really pleased. It just takes a huge burden from him worrying about it."

Sue said she, husband David and Andrew have lived in Munds Park for the last 10 years as owners of Pinewoodys Pizza & Grill, which they recently sold.

"So Andrew was pretty much raised in the community," she said, adding that as a result, he received a lot of benefit from being in the environment. The scholarship demonstrates how the community has put their support and faith in Andrew.

"I'm just really proud of him," Sue said. "He worked hard to keep his academics up, and it shows he's committed to the pursuit of education. That kind of support from the community, it means a lot to our family that he gets to pursue his goals and dreams."

While at CCC, Andrew said he's going to work toward an associate's degree in General Science. He's already been accepted into the CCC2NAU program and plans on transitioning to NAU after he's completed his two

years at CCC.

"I'm really interested in environmental sciences," Andrew said.

He added that he wants to get a feel for it while he's at CCC to see if he will like it. Engineering is also an interest for him.

Sue said that the Pinewood Property Owners Association has been supporting young people in the community to attend college for many years.

"In the years we've been in Munds Park and had the business, we've had several students work for us who were awarded this scholarship," Sue said. "A lot of us, if we didn't have that support, it would be a lot harder for us."

Sue also said that she enjoys seeing her son's developing interests.

"His world is opening up," she said.

When Andrew was invited to the PPOA's annual meeting to speak, he said it was important for him to show his appreciation.

"So I thanked the whole community and everybody in it," Andrew said. "I am grateful."

Around CCC

Community Garden gets boost from Warner's

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From left to right: CCC Community Garden volunteers Janan Scott, Purchasing Specialist; Donovan Wiedmann, Adult Education Transitions Specialist; Adam Williams, Instructional Technology Specialist; Mitch Driebe, Learning Support Program Coordinator; and Tina Lanuto, Functional Systems Analyst, pose with a donation from Warner's Nursery & Landscape Co.

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Flagstaff, Ariz. - The Wellness Committee garden project is blooming into a success.

Since March, the members have been beautifying the original garden behind the observatory on the Lone Tree Campus. The members have been coming in every Friday on days off to pull weeds, reshape the walls of rock garden beds and plant vegetation.

The overall project was started in order to create a more inviting public space for the CCC community.

The committee wants to embrace the CCC core value of sustainability and recycle materials as much as possible.

"The plan for the summer season is to finish pulling weeds and re-forming the already existing rock beds," Committee Member Janan Scott said. "We will also plant more as the season continues."

The Coconino Master Gardener's Association has already graciously awarded the project \$350.

Warner's Nursery and Landscape Co. also just recently donated a generous amount of plants to the project. Warner's donated various native grasses, sumac bushes, penstemon and coral bells, and the volunteers will be planting the remaining plants in the near future.

"We're incredibly grateful to Warner's Nursery for this generous donation," Scott said. "These plants will help flesh the garden space out and bring such beauty and visual interest. Warner's is a wonderful community partner, and we are so blessed that they have chosen to assist us with this project."

In order for more community involvement, the Wellness Committee is soliciting for other donations to the project from local nurseries, landscaping companies and other businesses in Flagstaff.

If the project becomes a success and funding continues to grow, the Wellness Committee would like to eventually add a seating area where classes can gather for different scenery as they learn and grow within the CCC community.

The committee would like to invite all employees, students, family and friends to help on the project. It is open to everyone who wants to help continue beautifying our wonderful campus.

-- Ben Molzhon

CCC represents during two First Friday events in downtown Flagstaff



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From left to right: CCC Peer Advisor Ty Begay stands behind Holocaust survivor Doris Martin and CCC President Colleen Smith during the August First Friday Artwalk in downtown Flagstaff.

Flagstaff, Ariz. - The First Friday Artwalk is a staple of the Flagstaff community and Coconino Community College is proud to be involved in the monthly celebration.

The August 2016 Artwalk was one to remember! CCC had a booth in Heritage Square in downtown Flagstaff, where Marketing and Events Coordinator Brian Harris and two Peer Advisors, Bailee Brown and Ty Begay had some great interactions with the community. One surprise visitor was Doris Martin, a Holocaust survivor, who joined CCC's entourage for the evening.

"It is such an amazing experience to interact with a Holocaust survivor," Harris said. "Her story is a vivid reminder of the past. The Flagstaff community is lucky that Doris can share her story with anyone who will listen."

Hundreds of people passed through the square and interacted with everyone at CCC's Booth. CCC was definitely a strong presence in the community that night.

Meanwhile, at the Coconino County Superior Courthouse, Special Initiatives Coordinator Shaun McKernan and Math Instructor Maxie Inigo tabled at one of the Coconino County's 125th Anniversary Celebration Events. Approximately 200 people visited the County Courthouse during the event.



CCC Special Initiatives Coordinator Shaun McKernan, left, and Math Instructor Maxie Inigo staff the CCC booth at the Coconino County Superior Courthouse.

-- Institutional Advancement

According to McKernan, "We had an amazing time with people who lived in Flagstaff, were visitors to Flagstaff, current CCC students, and future CCC students. Maxie and I had a great time meeting all of the people who came to our booth!"

One surprising thing about having a second booth was people would refer to the one in Heritage Square, telling McKernan and Inigo, "I was just at the college's other booth" and "It's so great to see CCC so involved in the community."

In another surprise for the evening, CCC President Colleen Smith came out for a visit and stopped by both booths. President Smith had a great time exploring the County Courthouse and interacting with numerous people in the community, all who were excited that she attended. After her visit with Inigo and McKernan, President Smith ventured downtown to Heritage Square, where she visited Harris, the Peer Advisors and Doris Martin.

According to Harris, "I am so glad President Smith came by to visit, it was perfect timing for her to meet Doris and the two had a wonderful interaction."

Harris and McKernan said they want to thank everyone who volunteered for the Artwalk and to thank everyone employed by the college who stopped by our booths for a visit!

Remember folks, at the First Friday Artwalk you will never know who you will get to meet. Two more Artwalks are left this season -- September 2 and October 7.

Join Our Mailing List!

DID YOU KNOW?

CCC serves about 7,500 learners annually.

CCC generates \$15.10 for each taxpayer dollar invested.

CCC has invested over \$12 million into Coconino County through educational grants, since 1991.

Economic Impact - \$167 million in annual economic growth.

More than \$10 million in financial aid and scholarships is distributed to CCC students.

When the college was founded in 1991, CCC served 1,000 learners. Today, the college serves 7,500 learners a year!

80% of students surveyed say CCC met their individually defined educational goals.

Filling vital occupations - In Coconino County, CCC graduates make up:

51% of the firefighters

43% of law enforcement officers

42% of registered nurses and paramedics



Flagstaff, Ariz. - Keep your core strong by doing these core exercises while at your desk:

The Desk Chair Swivel: Lucky enough to have a fun swivel chair? Use the twirl to your advantage with this oblique abs fix. Sitting upright and with the feet hovering over the floor, hold the edge of your desk with your fingers and thumb. Next, use the core to swivel the chair from side to side. Swish back and forth for 15 rounds.

The "Weeee" Desk Chair Wheel: Go ahead, play with your wheelie chair (everyone wants to!). While seated in a chair with wheels, position yourself at arm's length from a desk or table and grasp its edge with your hands. Next, engage the core, raise the feet slightly off the ground, and pull with your arms until the chair slowly rolls forward and your chest touches the desk's edge. Then roll back by pushing away, with the feet still raised. Repeat 20 times, or until you burn holes into the carpet.

The Fab Abs Squeeze: Another silent deskercise, this one can be covertly executed when walking down the

CCC tuition is less than one-third the cost of the average four-year state university.

The Fat Abs Squat: Another silent desk exercise, this one can be covertly executed when walking down the hall or seated during a call. Simply take a deep breath and tighten the abdominal muscles, bringing them in towards the spine as you exhale. Stay squeezed for 5-10 seconds and release. Repeat for 12-15 reps.

The "Crunch Time" Crunch: The deadlines are looming, as are hopes for a six-pack by summer. (And maybe a six-pack of Corona, too.) While most jobs don't condone in-office boozing, you can get the other six-pack with some seated isometric crunches. With both elbows on the thighs, try to curl the chest in towards the legs while resisting the movement with the arms. Hold for 10 seconds, release, and repeat times 10.

25th ANNIVERSARY WALKS

The CCC Wellness Committee would like to observe the College's 25th Anniversary by leading 25-minute walks on Mondays and Thursdays during the month of August. Our walking leaders will meet you in the Lone Tree Faculty Lounge area at 12:00 pm and will return at 12:25 p.m. There is no need to sign-up. Just show up on the days you want to walk.

Please join us! Attendance to this event counts toward your Wellness points by using the physical activity tracker.

***Note:** the new Wellness Portal is now available www.mywellsite.com/NAPEBT

-- Wellness Committee

CoCoConnections newsletter coming soon

Flagstaff, Ariz. - In the interest of improved communication among departments for news, cross training and cross knowledge, Human Resources and Institutional Advancement are moving forward with a more employee-based newsletter to be distributed on a four-week cycle in a two-week interim between CocoNotions distribution.

It'll be called CoCoConnections, which is a revival of a name used in the past.

The purpose of the new newsletter will be to fill a gap not covered by CocoNotions, which handles stories of student success, large events, faculty accomplishments and more. It will be a way for departments to communicate either their events or a project they are working on. The separate forums or committees could submit updates as well.

Some topics that will be covered include: Human resources notices, employee events, quarterly birthdays, fundraisers, volunteer opportunities, new hires, retirements, wellness information, tuition reimbursement information, orientations for students, policy and procedure notices, and much more. The thought is that it aggregates a variety of stand-alone emails that get sent out college-wide (and that may inadvertently get deleted) into one easy-to-read format - a one-stop shop for general college information, if you will.

Human Resources and Institutional Advancement will compile all the information and send it out. Entries can be submitted a week prior to sending out the information, with a maximum of 200 words per entry. Beginning in September, CoCoConnections will be distributed the second week of the month. CocoNotions will be distributed the fourth week.

Feedback you might have on launching this new newsletter would be appreciated. Feel free to email Larry Hendricks, Public Relations Coordinator, at larry.hendricks@coconino.edu.