



Pratt Community College
Monthly Newsletter

THE

The official newsletter of PCC

BEAVER

BUZZ

March 2021

Maximum Student Learning

Individual & Workforce
Development

High Quality Instruction
& Service

Community Enrichment

Call for upcoming newsletter content

If you have information, ideas for new content, fun facts, or PCC trivia, send them to Audra for inclusion in the next newsletter.

>>> audrar@prattcc.edu

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College Prep Day Spring 2021

hosted by
PRATT COMMUNITY COLLEGE

Pratt Community College College Prep Day is an opportunity for high school students to prepare for the next step in life - college. Students will be able to listen to presentations and participate in interactive activities to enhance their knowledge on FAFSA, scholarship applications, admission applications and requirements, and different degree options.

WHEN: Apr. 7, 2021 , 9 a.m. - 12:30 p.m.

WHERE: Pratt Community College Main Campus

WHO: High School Students

TO REGISTER VISIT

prattcc.edu/CollegePrepDay

Registration Closes April 2

PRATT 
Community College

Upcoming Dates

Mid-Term Week	Mar. 15-19
Board of Trustees Meeting	Mar. 15
St. Patrick's Day	Mar. 17
Enrollment Opens	Mar. 22

Thank you, Sponsors!

Student Life

Students learn how powerful the words “thank you” really are

During February, three individual students were given the opportunity to understand how a sponsorship impacts their community, school, and themselves as students. They learned how powerful the words “thank you” can be for a sponsor, and all the sources these sponsorships make available to students, athletics, the college, and each facility.

The students searched through campus, asking other fellows students for signatures on a PCC t-shirt or handmade poster as a thank you for everything sponsors do. Later, each student will present the “thank you” gifts to a sponsor of PCC.

Dalajah Long



“I didn’t know we had so many sponsors. I was really shocked when I saw the list I was like oh, oh that’s basically the whole city of Pratt. It made me more thankful and appreciative.”

Danielle Daugherty



“Something I’ve learned is if you put yourself out there more people are willing to like talk to you so if you approach them they’re actually willing to open up and hear what you have to say if you go to them and open up to them first.”

Marvin Francois



“It’s not hard to say thank you. We forget to say thank you to people that’s helped us in the past and you know, show that we’re grateful.”



Student Life Program

COOL OFF COVID



PCC Students Recognized for Minimizing the Spread of COVID-19

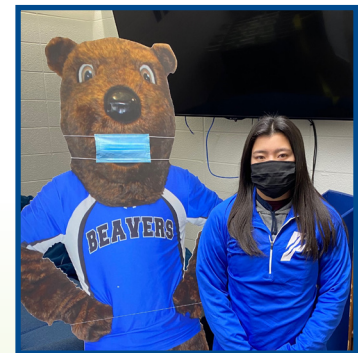
The following Pratt Community College students were recognized by the Student Life Program for their leadership and the Pratt Cool Off COVID 2021 community organization for minimizing the spread of COVID 19 on campus and in the community. These students set a positive example by consistently wearing face coverings and practicing preventive measures. The Cool Off COVID 2021 organization provided each student with Chamber Bucks and complementary masks. The Pratt Cool Off COVID 2021 community organization was part of the Kansas Leadership Center's Kansas Beats the Virus state-wide campaign which challenged community organizations to implement community action projects that would minimize the spread of COVID 19. Special thanks to Pratt CC students: Darius Wilkins (Crawford, FL), Faith Heitman (Wichita, KS), Zack McPhee (London, Ontario Canada), Brianna Aragon (Fort Worth, TX), David Hunter (Birmingham, AL), Boo "Yinghau" Zeller (Gilbert, AZ) and Dylan Brown (Ellis, KS).



Dylan Brown



Brianna Aragon



Boo "Yinghau" Zeller



David Hunter



Zach McPhee



Faith Heitman



Darius Wilkins

Phi Theta Kappa

HOSTS BLOOD DRIVE

**BLOOD
DRIVE**



Phi Theta Kappa Exceeds Goals for Annual Blood Drive

The Phi Theta Kappa Honor Society held its annual Blood Drive in partnership with the Red Cross February 3, 2021 at the Pratt Community Center.

PTK's goal was to collect 29 units of blood. A total of 36 units were collected, and 37 of the 38 possible time slots were filled.

A lot of extra helping hands came out to support the PTK Blood Drive from Phi Theta Kappa Honor Society, the PCC Women's Soccer team and PCC's Men's Basketball team.

Phi Theta Kappa sponsor Jason Ratcliffe was pleased with the turnout for volunteers and blood donation in an unpredictable year.

"The blood drive was a smashing success! We filled nearly all of our possible slots, gave a whole lot of blood, and had a surplus of volunteers. All of us at PTK would like to thank both those who gave blood, and those who volunteered to help with the drive. Your contribution helped save lives. In a time like this, it is crucial that we are all doing what we can to help others and keep everyone healthy. Thank you again for your support."



PHI THETA KAPPA
HONOR SOCIETY

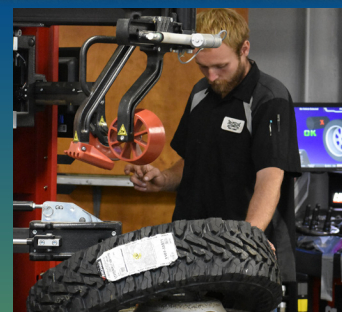
EXPERIENCE

Pratt Community College

Student Learning



Student Success



PRATT 
Community College
www.prattcc.edu

SCHEDULE YOUR VISIT

620-450-2217

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Maximum Student Learning. Individual & Workforce Development.
High Quality Instruction & Service. Community Enrichment.



#GOBEAVERNATION

MENTAL HEALTH MINUTE



To Sleep or Not to Sleep?

Did you know that we spend approximately one-third (1/3) of our lives asleep? That shows that sleep is essential; just as essential as eating, drinking water, and breathing are to our bodies. Sleeping allows us to recover not just from the physical weariness of the day, but also from the mental draining we endure each day.

Our overall health is strongly impacted by sleep – no matter how hard we try to convince ourselves that we can run for long periods of time on little to no sleep. Sleep disturbances are often a key sign that there is something distressing going on. In the mental health world, for example, these disturbances are often a symptom of anxiety or depression (among other mental health problems). Researchers and doctors have continued to provide growing evidence that suggests that poor sleep quality can also contribute to developing new psychiatric disorders and even the ability to cope with existing ones.

Just a few facts to demonstrate this point include:

- For an insomniac, they are 10 times more likely to suffer from depression and 17 times more likely to report anxiety than a “normal” sleeper. *Insomnia, which is more than simply the inability to sleep, but also the inability to stay asleep or get good quality sleep.*
- When comparing children, a four-year-old is at a higher risk of developing symptoms of a psychiatric disorder if they have serious sleep disorders than a “normal” peer.
- If someone has more than two types of sleep disorders, they are 2.6 times more likely to report suicidal attempts.

Data provided by The Better Sleep Council (2021).

Why do things like the above happen? Researchers are still unsure of the exact cause or correlation between sleep patterns and mental health; however, there is some proof in the impact that sleep disruption plays on our neurotransmitters and even

stress hormones. That impact can further lead to thinking impairments or the inability to regulate emotions - two of the most common symptoms in many mental disorders.

Now that we have had a very brief look into the connection, what are some ways we can, not only increase our overall mental (and physical) well-being, but our sleep habits as well?

First, go to bed when you are actually sleepy. Many people tend to ignore that signal from our brains because we are so used to being on the go all the time or we convince ourselves that just one more episode is okay. Which leads into another way to have better sleep...do not do anything when you have laid down but sleep. No computers, no phones, no TVs. Not only is the blue light from devices not good for our eyes, it also activates receptors in the brain to slow the release of melatonin -a key hormone in our sleep-wake cycle- which further elongates the time it takes to go to sleep.

If, after some time, you are unable to fall asleep, do not try to hard to do so. Try to remain in bed for at least 30 minutes before you decide to give up trying. Once you start feeling tired again, try again. And, lastly, keep your schedule regular. Routine has been shown to help our body rhythms, including the sleep-wake cycle. Going to bed at around the same time each night. Shutting off devices 30 minutes prior to going to bed. All of those routines we do not often think matter, can help let our bodies know we are getting relaxed and ready to lay down.

Other methods to help get relaxed after powering off those devices we all love so much:

- Stretching
- Meditation
- Relaxation breathing

If, after adjusting your routine and schedule, you still find that sleep is a big struggle, do not hesitate to speak to your physician or reach out to a mental health practitioner. Sleep can be a symptom of something underlying beyond the “our brains just won't shut off” excuse we often fall back on.

As always, please reach out if you need help or resources.



Amanda Wade
Licensed Professional Counselor

To schedule an appointment, email Amanda Wade
at amandaw@prattcc.edu or call 620-450-2263.

Students in the Automotive Technology and Welding programs at Pratt Community College just earned OSHA-10 Training Certificates.

Occupational Safety and Health Administration (OSHA) courses are designed to educate workers with workplace safety and health hazards common to the workplace. Training courses to earn this certificate include Electrical Safety, Materials Handling, Personal Protective Equipment, Bloodborne Pathogens, Machine Guarding and Emergency Action Plans. Instructor Daryl Lucas leads both programs, providing OSHA training for Automotive Technology and Welding students because it's an added bonus for students to walk out of the program with a safety certification they can use on their resumes, making them more employable.



2021 Spring Welding Class



2021 Spring Automotive Class

2021 Academic Olympics

The 2021 Academic Olympics were hosted virtually due to the pandemic.

Despite the pandemic, Pratt Community College still believed it important that we showcase and recognize students' talents, even though we could not be together physically.

Several new contests were added this year, including ceramics, mixed media, graphic design and vocal music solo and duet. Although new contests were added, there were also several that could not be offered.

Students placing within the top three places in each category were awarded a certificate for their achievement, as well as points toward their school's overall point total. The three high schools with the highest number of points and finishing in the top 3 places overall, were awarded a certificate.

The schools appreciated the effort by PCC to host this event, even if it had to be held virtually.

We had 225 entries from nine different schools.

Congratulations to all the winners!

Overall winners:

Pratt High School – 1st place

Norwich High School – 2nd place

Central Plains High School – 3rd place



GO BEAVER SPORTS



Beavers grab first conference win at Allen

IOLA, Kan.- Having lost five-consecutive games, the Beavers put an end the streak in convincing fashion, beating the Red Devils 78-51 on the latter's home turf.

Boo Zeller led Pratt in points, providing 12 points off of the bench, as she was 4-5 from three-point range. Jaylyn Taylor also provided a spark in her 20 minutes, scoring 11 points. Taylor also had four rebounds, four assists and a steal. Jayda Garrett and Jada Moss finished in double-figures for the Beavers, each managing 10 points. The pair also combined for 14 rebounds.



The Beavers may have only shot 37% as a team, but the Pratt women were especially efficient from long range, connecting on 13 of 30 three-point attempts (43%). While the rebounding margin was dead even at 40 a side, the Beavers were the cleaner offensive team, as Allen surrendered 22 turnovers to Pratt's 11.

A 23-9 first quarter Pratt lead was extended to 35-19 at the halftime break, but the Beavers weren't done yet. Coach Kenner's team dominated the third quarter, outscoring the the Red Devils 27-12 to enter the fourth quarter leading 62-31. The Beavers then coasted to the winning result.

Women's basketball returns on Saturday for the first leg of a home doubleheader against Cowley College, with tip-off scheduled for 5:30.

WBB grinds out win over Broncbusters



PRATT, Kan.- Trailing by five at the half, the Beavers took control in the game's final 20 minutes to close out a 62-60 win over Garden City.

Jordan Mathis managed a season-high 15 points on only 3-5 shooting, but lifted the Beavers from the free throw line where the sophomore was 9-13. Mathis was also credited with three rebounds and a steal. Jaylyn Taylor and Christy Wiebe also posted double-figures in points, scoring 11 and 10, respectively. Jada Moss continued to own the glass for Pratt, as she snatched a game-high 14 rebounds to go with her eight points.

The Beavers were much more efficient from the field compared to the previous eight games, as the Beavers were 21-46 (45.7%) in their shot attempts, up from the team's season average of 34%. In spite of losing the turnover and three-point margins, Pratt was +14 in the rebounding department, and as a team were 17-22 from the free-throw line.

The first quarter began disastrously for the Beavers, as Garden City began the game on a 17-0 run, as Pratt surrendered five quick turnovers before scoring a point. However, Coach Kenner's team buckled down and ended the quarter on a 14-0 run over the final three minutes. The Broncbusters maintained their lead throughout the second quarter to take a 35-28 lead into the the halftime break.

The Beavers' seven-point deficit was erased in the third quarter, as Pratt outscored Garden City 15-8 in the period. A Jayda Garrett jumper as the quarter expired leveled the score at 43 going into the final 10 minutes.

The fourth quarter saw each team have their moments, though the Beavers managed to retake 61-55 lead with two minutes left on the clock. Garden City went on a quick 5-0 run over the next minute to trim Pratt's lead to 61-60. Cassie Onwugbfor hit one of two free throws with 12 seconds left, leaving the door open for the Broncbusters. The Beavers were able to breathe

MBB settles unfinished business on the court



Beavers back in win column against Red Devils

IOLA, Kan.- In the same fashion as the women before them, the Beaver men halted a five-game losing streak after a 87-74 win on the road against Allen Community College.

As he tends to do, Malcolm Whitlow led Pratt in scoring with 28 points, as the Nebraska native was 7-15 from the field, including 2-4 from long range. Whitlow did most of his work at the free throw line, making 12 of his 14 tries. He also had a game-high eight assists, as well as three rebounds and two steals.

Tommy Thomas and Nasan Ayala each managed 11 points, while Cam Morris posted 10 points off of the bench. Harrison Eghan snatched a season-high 13 rebounds to go with seven points and four assists.

Pratt's offense shot 44% (32-72), a figure to build on as the Beavers have shot only 38% on the season. The Beavers also had a season-low nine turnovers compared to Allen's 15. With the help of Whitlow, Pratt's work from the free throw line was also a season best, as Coach Flynn's crew was 18-23 from the charity stripe.

A narrow 42-39 halftime lead was gradually extended throughout the half, as the Red Devils were never able to completely halt the Beavers momentum.



MBB sees late surge beat Garden City

PRATT, Kan.- A chippy, conference affair was exactly the boost the Beavers needed, as Pratt used a last-minute charge to beat the Broncbusters 83-76.

Malcolm Whitlow posted a team-high 22 points on 7-13 attempts, as he was also 7-8 from the free throw line. Whitlow also had six rebounds and five assists as the conductor of the Beaver offense. Tommy Thomas and Cam Morris also recorded double-figures in points, managing 17 and 10, respectively. Julian Eziukwu dominated the low block for the Beavers, grabbing 15 rebounds, six of which came on the offensive end of the floor.

Neither team was efficient from three-point range, but the Beavers outrebounded the Broncbusters 46-36, and were the better team near the rim, outscoring Garden City 44-24 in the paint.

The first-half opened with Garden City attaining a 22-14 lead after the first 11 minutes or so, though the Beavers went on a 14-6 run over the next six minutes to tie the game at 28-28. The first-half ended with Garden City leading 35-33. In a game that saw 16 lead changes and 11 tie scores, the second-half was a burden on nail-biters.

Both teams exchanged body blows to open the final 20 minutes of play, though Garden City changed the energy in the Beaver Dome upon seizing a 56-48 lead at the 11:30 mark. That lead extended to 61-49 with 10:50 left on the clock.

The Beavers persisted however, as Pratt used the next six minutes to go on a 20-6 run to lead 69-67 with just over five minutes remaining. Garden City countered back with a 7-2 run of its own to regain the lead at 74-71. Whitlow had other plans however, as consecutive buckets gave Pratt the 75-74 go-ahead with only three minutes left.

Pratt's aggressiveness at the rim paid dividends, as the Beavers final seven points came at the free-throw line, while the Broncbusters were unable to find a clutch shot down the stretch.



SPORTS CONTINUED..

Jean-Francois wins 60MH at Conference Championships

PITTSBURG, Kan.- The always-impressive track & field program at Pratt Community College saw one of its own claim a conference championship at the Region VI/KJCCC Indoor Championships this.

Marvin Jean-Francois, who posted a national-qualifying time of 8.03 seconds in the 60-meter hurdle preliminaries, placed first in the event's finals with a time of 8.17 seconds. Jean-Francois' time gives him a slot at the NJCAA Indoor Championships in Pittsburg on March 4-6.

Pratt's men's 4x400 relay team (Jean-Francois, Kashawn Baptiste, Jamaal Morris Jr., and Mark Emilien) also qualified for the national meet, placing fourth as a group with a time of 3:14.77.

Jamaal Morris Jr. was among the other individual high-placers in Pittsburg. Morris posted identical times in both the 60-meter dash prelims and subsequent final round, clocking in at 6.80 seconds. His time in the final round was good for a fifth place finish. Kashawn Baptiste did not post a qualifying time in the 60-meter dash preliminaries, but did so in the 200-meter dash. Baptiste eventually placed fifth in the 200-meter dash with a time of 21.69 seconds.

As it stands, Pratt will travel to Pittsburg with the following athletes to compete at the 2021 NJCAA Indoor National Championships:

Kashawn Baptiste (200-meter dash, 4x400 relay)
Mark Emilien (4x400 relay)
Marvin Jean-Francois (60-meter hurdles, 4x400 relay)
Zach McPhee (1000m, 3000m, Mile, 5000m)
Jamaal Morris Jr. (4x400 relay)



#DEFENDTHEDAM

Admission/Ticketing Policy (as of February 6, 2021)

INDOOR SPORTS

- A maximum of 350 fans will be allowed in Lesh Arena.
- All fans must enter through main doors of Benson Education Building
- Fans will be screened upon arrival with temperature checks. Anyone registering a temperature of 100.4 F or above will not be admitted into contest.
- Fans may purchase tickets in advance or at the gate. Prices are as follows: \$7 Adults, \$4 Students (K-12), \$4 Seniors (65 and older), PCC students, staff, and faculty with proper ID admitted free
- To purchase advance tickets, contact Rusty Laverentz, Assistant Athletic Director, at least 24 hours in advance. Please indicate number of tickets preferred in email. russell@prattcc.edu.
- Fans may sit with family members but are expected to social distance from other spectators.
- Rows designated as “no sitting” will be marked.
- Masks must be worn at all times.
- No food or drink allowed in Arena.
- Visiting fans will be allowed.

OUTDOOR SPORTS

- A maximum of 100 fans will be allowed at Stanion Field for baseball.
- A maximum of 50 fans will be allowed at Lemon Park for softball.
- A maximum of 150 fans will be allowed for soccer matches and track meets.
- Fans that sit in bleachers may sit with family members but are expected to social distance from other spectators.
- Rows designated as “no siting” will be marked.
- Masks must be worn at all times.
- Visiting fans will be allowed.
- Fans who attend soccer matches and track meets will be screened when they enter stadium. Fans who sit in bleachers at baseball and softball games will be screened. Any fan who registers a temperature of 100.4 F or above will not be admitted into contest.
- For soccer matches and track meets, advance tickets are available. Contact Rusty Laverentz, Assistant Athletic Director, at least 24 hours in advance. Indicate number of tickets desired in email. russell@prattcc.edu
- No food or drink allowed.

KJCCC guidelines and adjustments may take place beginning March 6.

Updated: March 3, 2021





Valentine's Day Show

Performing Arts

Encore performed two socially distant shows for family on Sunday, February 21

"Instead of the traditional dinner and show, two much smaller audiences were treated to music and laughs at The Front Porch in Pratt. Encore is the college's ambassador performance group and in a non-COVID year would travel all over the community and state performing. We have been sticking closer to home and entertaining smaller audiences while sharing our events on our YouTube channel, Pratt Community College Performing Arts."

- Misty Beck



For more information about PCC's Performing Arts, contact:
Program Instructor

Misty Beck | mistyb@prattcc.edu | 620-450-2209

PRATT COMMUNITY COLLEGE CELEBRATE DIVERSITY TEAM

Women's History Month



Every year March is designated Women's History Month by Presidential proclamation. The month is set aside to honor women's contributions in American history.

Did You Know? Women's History Month started as Women's History Week

Women's History Month began as a local celebration in Santa Rosa, California. The Education Task Force of the Sonoma County (California) Commission on the Status of Women planned and executed a "Women's History Week" celebration in 1978.

The organizers selected the week of March 8 to correspond with International Women's Day. The movement spread across the country as other communities initiated their own Women's History Week celebrations the following year.

In 1980, a consortium of women's groups and historians—led by the National Women's History Project (now the National Women's History Alliance)—successfully lobbied for national recognition. In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8th 1980 as National Women's History Week.

Subsequent Presidents continued to proclaim a National Women's History Week in March until 1987 when Congress passed Public Law 100-9, designating March as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month. Since 1995, each president has issued an annual proclamations designating the month of March as "Women's History Month."

The National Women's History Alliance selects and publishes the yearly theme. The theme for Women's History Month in 2021 captures the spirit of these challenging times. Since many of the women's suffrage centennial celebrations originally scheduled for 2020 were curtailed, the National Women's History Alliance is extending the annual theme for 2021 to "Valiant Women of the Vote: Refusing to Be Silenced."

Source Cited: Women's History Month. (n.d.). In National Women's History Museum.
<https://www.womenshistory.org/womens-history/womens-history-month>

JOIN US!

**CELEBRATE DIVERSITY TEAM
MEETS THE FIRST TUESDAY
OF THE MONTH
3PM | VIA ZOOM**

Contact Lisa Perez-Miller at
lisam@prattcc.edu for more information.