

# Comet Alumni Spotlight

## Courtney Grawey Arnett Class of 2000



### **Educational Background:**

I am an alumnus of both STS and PND. I attended Parkland College for my dental hygiene training and received my Bachelor's of Science in Dental Hygiene from the University of Missouri in Kansas City.

### **Recent Achievements:**

I have had the opportunity to work in a wide range of the scope of dental hygiene practice. I began my career in public health working in a dental sealant program throughout Peoria and Macon Counties. For the last 13 years I have worked at my current position right next door to my alma mater PND, at Donlan Sudholt Dental. While working there and during a 3 year hiatus from clinical hygiene I worked for 7 total years in education, teaching and training dental hygiene students at Illinois Central College. While I thought education was my ultimate career goal, I enjoy the clinical field more and the interactions I get with my patients daily. However, my time as an instructor helped me to appreciate the dedication and sacrifice teachers give daily for their students.

### **Family:**

My husband and I have been married for 14 years and have two children. Connor is almost 5 and is in the PreK program at STS and Teagan is almost 2 and will be following in his footsteps soon!

### **Favorite experience as a St. Thomas Comet:**

I have so many great memories from St. Thomas, but my favorite was doing the school plays. I was involved in school and community theater from the time I was eight until my most recent show in 2018, and the STS performances were definitely a highlight of my time in grade school.

### **St. Thomas teacher who made an impact on you:**

Mrs. Gilmore - She had the best smile and laugh and made learning fun! I remember when she told me at the end of fifth grade that she would have a big surprise for me the next year. I was thrilled when I found out she was going to be my teacher again for sixth grade.

Mrs. Seiver was a substitute teacher for a couple years and I'll never forget when she told me she couldn't wait to see me in the movies when I grew up. She knew how much I loved acting and that made me feel so special!

### **Piece of advice for current Comets:**

Enjoy your time as a kid - Make friends with everyone - Appreciate your teachers and your parents - Learn something new every day - Get involved in your school and community - Be true to yourself - Be honest - Love your neighbor - Be a good listener - Smile - And above all else brush your teeth twice a day for 2 minutes and MOST importantly FLOSS every single day! One of the best things you can do for your overall health is practice healthy oral hygiene habits!