



The Pronghorn Pronk

LAMAR
COMMUNITY COLLEGE



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...Moving forward by leaps and bounds

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Campus calendar

Oct 1 -3 - LCC Rodeo
 Oct 7 - Bowling Night
 Oct 8 - Comedian Sean Carlin 9 pm
 Oct 12 - Ping Pong Tourney
 Oct 21 - Movie Night at Lamar Theatre
 Oct 28 - Bowling Night
 Oct 31 - Scary Movie Night (TBA)

So what is a pronk, anyway?

Pronking is a form of stotting, which is leaping high in the air by lifting all four feet in the air simultaneously. This is common with animals such as a kangaroo or an antelope.

In relating this to LCC, we too are 'pronking.' LCC is "moving forward by leaps and bounds."

The Pronghorn Pronk is edited by Mike Bowen, Title III Grant Admin Assistant. Please contact Mike with any feedback, questions or ideas at pronk@lamarcc.edu

New Career Offerings at LCC

By: Robert W. Ogle
 Dean
 Career & Technical Education

I am proud to contribute to the inaugural edition of the "Pronghorn Pronk." Each month, I will highlight information about our outstanding students, faculty, and staff that strive every day to connect the head, hand, and heart in our collective learning and service to our communities. It is an exciting time for the career and technical division at LCC. This fall we launched three new programs:

The Construction Technologies program began offering courses in Historic Preservation, Carpentry, and Welding. The new students are excited about the opportunity to learn the skills that will lead to rewarding careers in their chosen emphases. The welding program is anchored by Doug Cash and Tony Montano who represent over 70 years of industry experience. Joe Backes is a master cabinet maker who is passing his craft on to the students interested in fine woodworking. Stop by the newly renovated shop and experience the magic of hands-on learning. To learn more about the Construction Technologies program and how to get involved, contact me anytime at 719.336.1526 or robert.ogle@lamarcc.edu. The new Barber Certificate pro-



Lamar Community College welding student Eric Holcomb works in the welding shop on campus.

gram is designed to prepare students to successfully complete the barber licensing exam. It features the newest techniques and hands-on experience needed, as well as the business skills and management preparation to launch a successful career in the barbering industry. For more information on this program, contact Charlotte Tallman, Director of our Cosmetology and Barber programs at 719.336.1549 or charlotte.tallman@lamarcc.edu.

Our third new program offers several certificates in Health Information Technology and prepares students to work with technology

in meaningful ways to provide optimal patient-centered care. The health care industry is one of the fastest growing segments of the U.S. economy. Graduates of this program will find many opportunities for rewarding employment. Elizabeth Whitham from our Business & IT department and Marla Hicks from LCC's Nursing and Allied Health department will jointly oversee the new program. You can contact Elizabeth at 719.336.1582 or elizabeth.whitham@lamarcc.edu or Marla at 719.336.6642, marla.hicks@lamarcc.edu. There is still time to enroll this fall in this program.

600 Word Limit

By Lamar Community College President
John Marrin

Welcome to the first edition of the "Pronghorn Pronk." Trivia hint: Pronk is the gait exhibited by American Pronghorn. We hope you find this newsletter informative in an enjoyable and educational way. I appreciate Mike Bowen taking the reins of production for Title III, with the support of all on campus. We want you to know Lamar CC in a way we haven't been able to share before, and in a format that is available to you at your convenience.

My first experience with this type of newsletter was in Leadville where we produced "From the Mouth of the Marmot." Candy Chant at CMC started this fine document, and then Mollie Sorenson took over. I still look forward to receiving my electronic copy every month just to catch up with old friends and see new projects. So thanks to my friends Candy and Mollie for giving us a great model. By the way, if you don't know a marmot is a large, brownish rodent of the squirrel family that lives in the ground. We do have the yellow-bellied variety in the central mountains of Colorado.

I haven't decided fully what my monthly column will provide to the reader. We always have major projects we seem to be working on, either because of a multiple list of external agency needs or because we decided to self-inflect another initiative. Sometimes it is a combination of the two, i.e.: since we have to develop an accreditation plan we may as well do it as a strategic plan. The fun is in deciding how to complete these types of projects: so they make sense, do some good, and comply with a regulatory agency. To the point, some of my columns will include a discussion of these projects, and then the impact to Lamar CC



as a whole.

I just mentioned the good people at Lamar CC. When one talks about the environment of an institution you are really talking about the environment the good people create. If we are providing service excellence and the highest quality education it is because of that culture and environment. We have seventy-three full-time employees and sixty-one part-time employees working toward our mission of enriching lives through learning. We also have slots for seventy nine work study students who help with our role and mission for a few hours each week. Because of their great importance, there will be some discussions about the people here; the staff, faculty and students and how they provide direction and implement our strategies.

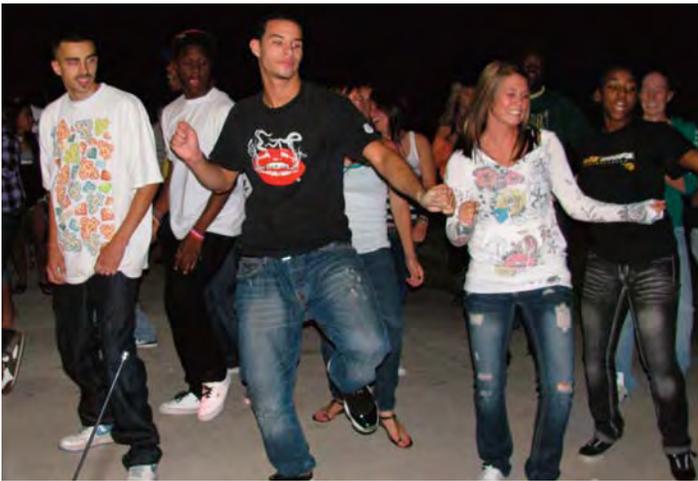
The federal, state and local budgets are a continuing topic of discussion as we continue in this time of recession and its consequences. To be honest much of my time as president at Lamar CC has been working with budget data and budget decisions. Early on, we decided as a college that we were going to exit this era of budget constraint stronger. I certainly need to tell you how we are accomplishing that, so this column should serve that purpose.

We hope you find this newsletter informative in a way that you have the chance to know the college in an in-depth manner. We do want your feedback. Just respond to Mike on his feedback email address and let us know what you think, and what you want to know. We will try our best to accommodate you. Let Mike know if the distribution of this publication needs to include your friends or family. Thanks!

Campus Cleanup



Lamar CC students including members of the women's basketball team and Phi Theta Kappa students assisted with campus cleanup.



One of the first events of the year was a dance under the stars where about 100 students from on and off-campus enjoyed music spun by a DJ and prizes of laundry supplies and quarters; sponsored by the Multicultural Club

Multicultural Club

The Multicultural Club is a club organized and led by students sponsored by International Programs Coordinator, Amy Thompson, with assistance from other faculty and staff of Lamar CC. The objective of this organization is to provide a common ground of understanding of various ethnic origins at LCC. This club has been very involved in student life and student functions on the campus already this year. They have hosted a movie-on-the-lawn twice so far and plan to host a movie every fourth Thursday of the month. The MC has recently elected officers and has also partnered up with Otero Junior College in taking trips to explore different cultures.

Upcoming Events:

- October 2 – Yard sale
- October 3 – World Communion Sunday at Lamar Methodist Church
- October 9- Frisbee Golf Tournament
- October 28 – Scary Movie-on-the-Lawn
- Nov 6-13 – Multi-cultural Week

Go Green

The newly formed Green Team is strategizing ways LCC can become green friendly. The purpose of the Green Team is to promote environmental stewardship awareness through education and changing habits. We would encourage ideas from you; you may contact cheryl.sanchez@lamarcc.edu with your great ideas. TIP: Unplug your electronic items when not in use! Cell phone charger that stays plugged in, DVD player that waits for the occasional playing, and the TV that sits on standby all night are prime examples of how going green saves you money – if you unplug them.

Welcome to LCC



Chip Coulter
Chip is the new Biology Instructor



Brenda Brown
Brenda is the new Coordinator of Recruiting



Jenna Johnson
Jenna is the new Wellness Center Coordinator.

How to Fry a Couch Potato

By Deb Loper

Today marks the beginning of a new column. Throughout the semester I will present ways to get you off the couch and start that exercise recipe.

The first ingredient is motivation. Decide what motivates you or in most cases what you think might motivate you to exercise. Insert your personal motivation into the following motto: (Your motivation); one step at a time. Does your motivation include feeling good, looking good, getting fit, being healthy? See how easily your motivation fits in with your new motto!! Or how about "Age gracefully, one step at a time;" "be able to keep up with my grandkids, one step at a time?" Pick your motivation and take one step at a time.

My suggestion for your first step

is walking. The latest exercise motivation is called 10,000 steps. People across the country are attaching pedometers to their waist bands and heading off to work. The pedometer keeps track of the number of steps they take during the day. If at the end of the day they are short 10,000 steps, they head out the door for more. Depending on your stride length, 10,000 steps equates to approximately four miles. Pedometers cost anywhere from \$9.00 up to \$50.00 depending on the functions you want. If you just want to count steps you can pick one up at a sporting good department or off the web for less than \$10.00. Start walking- one step at a time. It's early in the day, I've got 8,427 steps to go. I'd better keep moving, one step at a time. Keep fit and well, Deborah Loper.

Give to the Future

There are a multitude of reasons why people give... They give to make a difference. They give to leave a legacy. They make an investment. Or they would rather give than be taxed. But in the end, they give to the future of Lamar Community College, its students, and communities. Join us in giving today for our future.

Contact the Foundation Office at foundation@lamarcc.edu or 719.336.1511 for more information, to give, or to become involved in the work of the Foundation.

Join the fun

LCCF ANTELOPE CLASSIC GOLF TOURNAMENT

Saturday, October 9

Reserve your team today! 719.336.1520



Lamar CC Sports

LCC Rodeo kicks off

Lamar CC Volleyball spikes competition

The LCC Volleyball team is off to a great start this season with 14-9 record as of Tuesday, September, 28. With a group of 13 new faces this year, Coach Heiser is confident this is the best team LCC Volleyball has ever had. "We worked really hard to bring in talented, experienced athletes this year and I am very pleased with the result of our hard work in the off season. There are still a few kinks that need to be worked out, as all teams probably have at this point in the season, but once we improve in a couple areas, I am confident we will do great things." Of the 13 new faces comes athletes from all over the world including Colorado, New Mexico, Arizona, Hawaii and Brazil. Coach Heiser feels that the Lopes have become "deeper in every position and have more players that can play in multiple areas." This gives them a lot of options for different line ups which Coach Heiser believes is a key to their early success. Along with the 13 experienced freshmen, the Lopes have returned three key players from last year's successful team. Right side Schuyler Thompson out of Phoenix, AZ, libero Michelle Lambayan out of Aiea, HI, and right side/defensive specialist Abbie Krane out of Evergreen, CO were a huge part in why LCC Volleyball had the most wins in school history last year with a 20 win season and a third place finish at the region IX tournament. The sophomores however, don't plan on settling for third place. They are aiming for a national tournament appearance and with the leadership of the sophomores along with a great coaching staff, this is a very attainable goal. Another new face to the program is assistant coach Liz Narkon from Honolulu, HI. Coach Narkon, alongside Coach Heiser, played at Western New Mexico University and was an All-American outside hitter. As well as a successful playing career, Coach Liz has held the reigns of a successful volleyball program at Silver City High School where she took over a program that had never made it out of conference play and contended at the New Mexico State Championships.

It seems as though all of the cards are in line for the LCC Volleyball program to have a breakout year. If you haven't made it out to watch the team play in the past, this is the year to do it! For the team schedule, please visit http://www.lamarcc.edu/athletics/volleyball/volleyball_schedule.html



The Lamar Community College Antelope Stampede Rodeo kicks off Oct 1-3 at the Sand and Sage Fair Grounds. Times are 6 p.m. Friday, 2 p.m. Saturday and 12 p.m. Sunday. Adult tickets are \$6, students 12 and up are \$4 and admission for children 11 years and under is free. For tickets, please contact Fred Sherwood at 719-336-1670, any LCC rodeo team member or tickets may be purchased at the gate before any performance.

LCC sports update

LCC athletics are up in student numbers across the board. All of our sports have recruited well during this last year and 2010/2011 is looking to be a good year for sports and athletics. With Rodeo coming back under the athletics umbrella we now have seven sports: Volleyball, Softball, Baseball, Women's basketball, Golf, Men's basketball and Rodeo. Our Volleyball team is off to one of the best starts ever and is about a quarter of the way through its season. Golf, Baseball and Softball all are playing their exhibition seasons this fall and will kick off their regular seasons in the spring. Men's and Women's basketball will kick it into high gear with regular practices soon and both teams will open their seasons in early November. Rodeo is hard at it competing in events and will host its big Rodeo the first weekend in Oct. here in Lamar.

