



# The Pronghorn Pronk

LAMAR  
COMMUNITY COLLEGE



November 1, 2010  
Volume 1, Edition 2

*...Moving forward by leaps and bounds*

## What's Inside

600 Word Limit	Page 2
Green Team	Page 2
How To Fry a Couch Potato	Page 2
Oh, The Places We'll Explore	Page 3
Multicultural Club	Page 4
Phi Theta Kappa Project	Page 4
Sports	Page 5

## Campus calendar

Nov. 1 - Pre-registration for Spring  
 Nov. 9 - Ping Pong Tournament  
 Nov. 10 - Transfer Fair  
 Nov. 17 - Trio Holiday Celebration  
 Nov. 18 - Movie Night  
 Nov. 19 - HTM Fall Show  
 Nov. 19 - 26 - Thanksgiving Break  
 Nov. 29 - Madden Tourney  
 Nov. 30 - Madden Tourney

## Registration Begins Nov 1

Pre-registration began at Lamar CC for the Spring semester on Monday, Nov. 1. Students can get registered Nov. 1-19. During the week of Nov. 1, names of registered students will be entered into a drawing for a \$500 tuition scholarship for fulltime students and \$250 scholarship for part-time students. Students need to contact their advisors to set up an appointment to get registered for the Spring semester.

## Program Spotlight: Historic Preservation

**By: Robert W.Ogle  
Dean, Career &  
Technical Education**

Each month I will spotlight one of our excellent Career and Technical Programs at Lamar Community College. During the last week of October, Mike Bowen, Title III Administrative Assistant and I travelled to Austin, Texas to participate in the National Preservation Conference. Mike did a fantastic job manning our

outreach booth in the exhibit hall while I had the privilege of speaking at two of the education sessions sponsored by the National Council for Preservation Education. One of my topics was "Careers in Historic Preservation" and the other discussed pedagogy in the twenty-first century. Many colleagues from around the country were impressed with our new program and were anxious to discuss new ways to col-



**Robert Ogle speaks at the National Preservation Conference in Austin, Texas.**

laborate and offer additional pathways for our students.

## LCC and UCCS Form 2+2 Partnership

Lamar Community College and the University of Colorado at Colorado Springs announced the beginning of a significant partnership between the two colleges during halftime of a scrimmage between the LCC and UCCS basketball teams Wednesday night. In the announcement, UCCS Vice Chancellor for Administration and Finance Brian Burnett and LCC President John Marrin revealed plans to create "2+2" degree options through the



two institutions that will be available on the LCC campus. The program will allow students to complete four-year bachelor's degrees without leaving Lamar. The program will begin immediately with a registered nurse to Bachelor of Science in Nursing and Bachelor of Science in Health Care Science allied health completion. The bachelor's degrees will coordinate with LCC's Associate Degree in Nursing and Associate of Science Course of

Study in Sports & Fitness Management. "Our partnership with UCCS will enhance our continued vision of offering the highest quality education in an environment of service excellence," explained LCC President John Marrin. "Students will be able to complete their bachelors' degrees without leaving our campus and while still having complete academic and student support services available to them." **Please see [www.lamarcc.edu](http://www.lamarcc.edu) to see the story in entirety.**

# 600 Word Limit

Lamar CC President John Marrin



We have been freely using the term continuous improvement over the last two years. I suppose the main reason is our type of accreditation, Academic Quality Improvement Program (AQIP). AQIP promotes the concept of continuous improvement through the use of metrics or measurement from a base, and the use of consistent and efficient processes. We just had a review team visit from the Higher Learning Commission, and the review went very well as indicated by our formal written report dated October 20, 2010. To see the entire report as well as other AQIP documents please look at our website, [www.lamarcc.edu](http://www.lamarcc.edu).

You might be surprised to know that this model of accreditation has a direct relationship to manufacturing processes used during World War II by the United States, and then by Japan under the direction of the United States after World War II. This statistical approach to manufacturing helped us produce war supplies in great numbers and then helped Japan move from a country of devastation to a world economic power. Dr. Edwards Deming is credited with the continuous improvement concept, which worked remarkably well in reality.

In developing his concepts, Deming used what he called a system of profound knowledge. Included were an appreciation of a system where one understood overall processes, knowledge of variation and the variation range, theory of knowledge where the limits of what can be known is understood, and knowledge of psychology where you understand human nature. Dr. Deming felt a deep understanding of these four areas would allow for a profound knowledge on your job and in your industry. At Lamar Community College, we are all striving for our own profound knowledge. In this world of expanding knowledge it seems at times a moving tar-

get, but our quest will no doubt benefit our students in many ways, including their own search for knowledge. He also listed fourteen points of management he felt would help increase productivity and efficiency. Some of the concepts derived from his work and used in business include being consistent with purpose, eliminate the need for end inspection by good production process, implement or increase training on the job, drive out fear so everyone works

effectively, break down barriers between departments, substitute workmanship for numeric goals, and allow workers to have pride in their workmanship. I think the important point of his management type is that efficiency, top production, and service excellence is best found at the point of production. Relating this to Lamar Community College, we then need to remember faculty best know the needs of students in the classroom, labs, and internships. Our physical plant staff best know how to get the most out of our HVACs systems efficiently, and how to maintain and improve our beautiful campus. Our College environment needs to capitalize and utilize this great knowledge.

Our latest report for our AQIP process is a reflection of what we learned during this process. At Lamar Community College, we listed five things we learned including educating everyone on campus about continuous improvement; absolutely everyone is interested in the process; have a single point of contact and facilitation; data is extremely important; and AQIP can align and be woven into our strategic planning process. The complete listing is again available on our website.

Personally I learned two things. First, we should not try to cram four years of work into one. Second and most important is how impressive and talented the people at our College and in our area are. These are good things to know as we stay on the journey of continuous improvement.

## Lamar CC Green Team

The Green Team is getting very excited as the year rolls along. We've discussed all sorts of awesome options for being even better stewards of our resources here on campus and we hope that you are doing things in your home as well. Some of the things we've been discussing include campus-wide composting, bottle recycling, e-cycling, and turning off computers and monitors. If you have thoughts or suggestions, please contact any Green Team member: Cheryl Sanchez, Amy Thompson, LeRoy Trusty, Phillip Cordova, Adrianna Tucker, Brian Harris, or Sean Lirley.

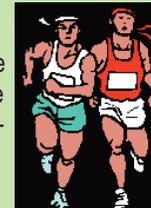
There is also a community garden starting in Lamar, not far from LCC's campus and we are excited to become involved in that endeavor, starting on November 1 with the donation of manure from the Equine Complex and physical labor in building the actual garden structure.

This month's Green Tip: If not every time, at least periodically let your grass clippings fall directly onto the lawn. This allows for ground protection and water conservation.

## How to Fry a Couch Potato

By Deb Loper

In last month's edition the first ingredient in the recipe is a cup of motivation. The second ingredient is movement. Moving doesn't have to be vigorous or painful. It's as simple as walking, biking, dancing or playing a racquet sport. Walk up the stairs instead of taking the elevator or the escalator. Park further away from your destination. Walk to the store instead of driving. Physical activity even at a moderate level for only 30 minutes a



day will make a significant difference in your health and your body weight. Moving and expending an extra 200 calories per day will result in one pound of fat lost in two weeks. That would be the equivalent of walking 10,000 steps per day or performing a more vigorous exercise like running or Nordic skiing for 20 minutes. This is not one pound loss on the scale, but one pound of fat tissue. And all it took was moving. Get started today!!

## Oh! The places we'll explore in sunny Southeast Colorado...

By Cheryl Sanchez

What?! "There is nothing to see or do in Southeast Colorado." What a shock these comments were to a proud native of Southeast Colorado. As I sat there thinking about the comment, I said to myself, "shame on you for not sharing the wonderful history and sites of your native community!" So here goes to the first of several articles about sunny southeast Colorado.

The Santa Fe Trail is a favorite exploration because of the rich heritage it provides. Young and old alike have studied and or heard about the trail. Along the Arkansas River, the great byway of yesterday is a byway for today. Once the byway was discovered, roads were created, a railroad was built, and then towns were staked; that is how towns like Lamar came to be. Southeast Colorado has a place in history, providing a wonderful gateway during the Westward movement in the 1800s. Many settlers moved from the eastern territories to the western frontier by the Santa Fe Trail. The trail provides an opportunity to really experience history.

For a half day exploration of the Santa Fe Trail, following the Prowers County Daughters of the American Revolution (DAR) markers will make for a wonderful experience. I would suggest allowing 3-4 hours depending on how much time you spend at each marker. If you follow these directions, you can trace the steps of the pioneers as they crossed through the region now known as southeast Colorado. You will find the first Marker as you enter Colorado from Kansas on Highway 50. As you enter the great state of Colorado, look to the north for a viewing of the first marker. From

there you will go 4 miles west to Holly. The second marker is now located in Holly on South Main near the Santa Fe Railroad Depot. The original site was Southwest of Holly but was later moved to the current location. On to the third marker between Holly and Granada, drive back to Highway 50 and go west to road 30.5. The marker is on the East side of the road. Drive back to Highway 50 going west to Granada for the fourth marker location. As you travel through Granada, watch for the junction of Highway 50/385, turn north, and go 2.6 miles. You will see the marker on the East side of the road. As you go back to Granada, turn west on Hwy. 50, go to road 19, then turn north continuing 1.9 miles. This marker is on East side of road against a fence. Continue North on road 19 to Colorado highway 196, go west 6 miles to road 13. The marker is located on the West side of road. Go west on 196, and at the highway 50 junction turn south. The last marker is on the East side of the road just north of the Arkansas River Bridge.

During the exploration I hope you enjoy the wildlife, marvel at the beautiful scenery, and imagine what it was like for the settlers in the 1820's and 30's traveling along the Santa Fe Trail. This exploration is just a small section of the Santa Fe Trail but it will provide something to do and a wonderful experience close to home. You might even catch a glimpse of an old wagon rut etched into the soil along the road or discover an artifact left behind. Don't forget your camera!

Once you have completed the Prowers County tour, you will want to plan an extended trip to other DAR markers in Baca, Bent, Las Animas, and Otero counties.

## New book features story by Kim Bright



My name is Kimberly Bright. I recently moved to Wiley, CO, since I was hired as Dean of Student Services at Lamar Community College. I am very proud to announce that a story I wrote has been published in a new book, *The Crocheted Prayer Shawl*

Companion, Volume 3, by Janet Bristow and Victoria A. Cole-Gale (The Taunton Press) released in September, 2010. My contribution is on page 128. You can find out more about the book and find my name in the index at [http://www.amazon.com/Crocheted-Prayer-Shawl-Companion-Celebrate/dp/1600852939/ref=sr\\_1\\_5?s=books&ie=UTF8&qid=1285602074&sr=1-5](http://www.amazon.com/Crocheted-Prayer-Shawl-Companion-Celebrate/dp/1600852939/ref=sr_1_5?s=books&ie=UTF8&qid=1285602074&sr=1-5)

Prayer shawls are wraps made by hand for those in need of comfort or to help commemorate special occasions. You can find out more information about shawls and shawl ministries at [www.shawlministry.com](http://www.shawlministry.com). I hope you consider writing a story about shawl ministries or a review of this new book.

## 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 LCC Foundation Office at [foundation@lamarcc.edu](mailto:foundation@lamarcc.edu) or 719.336.1511 for more information, to give, or to become involved in the work of the Foundation.

## THE TAXMAN COMETH

Most people would rather give to a charity than write a check for 2010 taxes...  
Make your tax-deductible donation to the Foundation today!

# College group freshens up campus

Earlier this fall, the Beta Eta Gamma chapter of Phi Theta Kappa at Lamar Community College donated time and materials to freshen up one of the flowerbeds on campus. As part of the goal of earning recognition from Phi Theta Kappa, known as "Five-Star Progress," chapters work to raise public awareness about Phi Theta Kappa on their campuses. Beta Eta Gamma's other projects have included food drives, picking up trash on campus and ongoing book drives to collect books to donate to needy students all around the world. Mark

Weis, President of the Beta Eta Gamma chapter, explained why the group chose this task as well: "PTK looked at this project as not only a beautification project but as a symbolic project... We planted the flowers because as a group we can cultivate the living objects and nurture them, and eventually they will return beauty to our campus and the surrounding area. It's symbolic to the students here at Lamar Community College: the faculty cultivates and nurtures our minds as students, so that we as graduates may contribute to the success of

our communities as educated men and women." Lamar CC's chapter is one of two chapters in Colorado to currently hold three-star status, and is working towards four-star recognition as well. Phi Theta Kappa is an international honor society for the two-year college. It recognizes academic achievement and promotes leadership, service and fellowship for outstanding two-year college students. Phi Theta Kappa also annually awards millions of dollars to members in transfer scholarships to four-year colleges and universities.



LCC Students Ashley Gutierrez, Mark Weis, Brenda Brown and Nate Baldwin (with some future Phi Theta Kappa members) work to prepare the bed for planting.

## Multicultural Club happenings

The Multicultural Club is busy this semester! Be sure to join in on the fun and come to our meetings, typically held the first and third Friday of every month at 1230 in the Library's STEM room. Everyone is welcome!

This is another full month of events that we hope you will enjoy, especially the events we have lined up for Multicultural Week, the second week of November. Friday 5th – 12:30pm: meeting in the STEM room

Monday 8th – 6-8pm: Reception for the International Art Exhibit at Shore Arts Center, program at 7pm including coffee-themed door prizes and Brazil presentation by LCC International Student, Laiza Silva

Tuesday 9th – 1:30pm: Slumdog Millionaire followed by panel discussion on poverty; 9pm: Slumdog Millionaire (no discussion) both in the Large Lecture Hall of Bowman Hall

Wednesday 10th – 6-7pm: Belly dance lessons by Isadora at Shore Arts Center; 7:45pm: Belly Dance performance by Isadora at Shore Arts Center – lessons and performance are \$10; performance only is \$7; Men and women are both invited to participate! Wear comfortable

clothes and come with a spirit willing to learn!

[http://www.izzydancer.com/My\\_Homepage\\_Files/Page17.html](http://www.izzydancer.com/My_Homepage_Files/Page17.html)

Thursday 11th – noon-1pm: Lunch-n-Learn in Buchanan Events Room on north end of Trustees Building. Bring your lunch and learn about various aspects of life in Kyrgyzstan, Central Asia from LCC International Student, Aigul Turdikulova as well as taste some national treats from her homeland.

Saturday 13th – 9am-4pm: Visit the LCC Multicultural Club booth at the 36th Annual Art, Craft, & Food Festival at the Wellness Center. There will be international treats to purchase as well as international crafts for kids of all ages to make and take.

Wednesday 17th – 9pm: Come enjoy the talents of the LCC campus students and staff at a Talent Show in the Large Lecture Hall of Bowman Hall. Entrants pay \$10 and there will be cash prizes! Admission is free.

Questions regarding any of the above can be directed to the Coordinator of International Programs, Amy Thompson at 336.1626 or [international@lamarcc.edu](mailto:international@lamarcc.edu).



Nate Baldwin, Mark Weis, Advisor Kelly Emick, Brenda Brown and Felicia McKitterick with the newly planted flowerbed. (not pictured Ashley Gutierrez)

## LCC Booster Club

The Lamar Community College Booster Club is now singing up new members and renewing members that were involved last year.

If you were a member last year, please fill out the form mailed to you and send it back to the Booster Club. Anyone wishing to sign up as a new member please contact Lamar Community College at 719.336.2248.

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](mailto:pronk@lamarcc.edu)



# Lamar CC Sports

## Men's Basketball upcoming schedule

Nov. 2 Air Force Prep 7:00 pm Lamar, CO  
 Nov. 9 Western Nebraska CC 7:30 pm Scotts-bluff, NE  
 Nov. 12 Mike Mitchell Westerner Classic (Southrn Sports Academy) 5:00 pm\* Snyder, TX  
 Nov. 13 Mike Mitchell Westerner Classic (Western Texas) 3:00 pm\* Snyder, TX  
 Nov. 19 Hampton Inn Classic (Colorado Christian JV) 3:00 pm La Junta, CO  
 Nov. 20 Hampton Inn Classic (North Platte) 3:00 pm La Junta, CO  
 Nov. 22 Dodge City CC 7:00 pm Dodge City, KS  
 Nov. 29 Colorado Christian University JV 7:00 pm Lakewood, CO  
 Nov. 30 Colorado Northwestern CC 8:00 pm Rangely, CO  
 Dec. 3 Lamar Classic Lamar, CO  
 Otero JC vs. Dodge City CC 3:30 pm



Pictured above: The Lamar CC men's basketball team. Front row (left to right): Sean Williams, Ron Waller, Cedric Scott, Keith Kegerreis, Davoun Hunter, Josh Turner and Arden Dennis. Back row (left to right): Head Coach Adam Schwartz, Tony Davis, Trey Beverly, Tidjane Diop, Bobby Wagner, James Holmes and Allen Tate.



Pictured above is the new softball field for Lamar Community College. The team will begin play in the spring.

## Women's Basketball upcoming schedule

11/3 Wed Colby CC Lamar, CO 6:00 P  
 11/9 Tues Garden City CC Lamar, CO 6:00 P  
 11/11 Thurs Pratt CC Lamar, CO 6:00 P  
 11/14 Sun @ University of the Southwest Hobbs, NM 2:00 P  
 11/15 Mon @ Lubbock Christian College Lubbock, TX 6:00 P (CST)  
 11/19 Fri @ Otero Classic vs. Colorado Northwestern La Junta, CO 1:00 P  
 11/20 Sat @ Otero Classic vs. Colorado Christian La Junta, CO 1:00 P  
 11/23 Tues @ Garden City CC Garden City, KS 6:00 P (CST)  
 11/29 Mon @ Colorado Christian University Denver, CO 5:00 P  
 11/30 Tues @ Colorado Northwestern College Rangely, CO 6:00 P  
 12/3-4 Fri-Sat Lamar Lady Lopes Classic Lamar, CO  
 12/3 Fri Seward County CC vs. Otero JC Lamar, CO 1:30 P