



# The Pronghorn Pronk

LAMAR  
COMMUNITY COLLEGE



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*...Moving forward by  
leaps and bounds*

## Main Street Steering Committee Recognized by Lamar City Council

Along with the other members of the Main Street Steering Committee, Lamar Community College employees Robert Ogle, Dean of CTE and Bruce Beardsley, Entrepreneurship Program Director, were recently recognized by the Lamar City Council for their efforts in assisting Lamar to become a recipient for "Downtown Revitalization, over 5,000 population," as noted in The Lamar Ledger (11/24).

The Governor presents this award to recognize "projects and people that reflect an attitude of perseverance and dedication to community revitalization in Colorado," stated the Ledger. The Steering Committee's efforts allowed Lamar to be accepted as a Colorado Main Street Community.



Photo Courtesy Lola Shrimplin | The Lamar Ledger

Pictured are Bob Ogle (Lamar Community College Dean of CTE), Melissa Dieterle, Pat Palmer, Lamar Mayor Roger Stagner, Rose Ann Yates, Bruce Beardsley (Lamar Community College Entrepreneurship Program Director), Shawna Hodge and Lamar City Council member Skip Ruedeman. Members not pictured are Carla Scranton and Joe Marble. Palmer and Dieterle are students in the LCC Historic Preservation Program.

## Lamar CC hosts Knowledge Bowl

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### Campus calendar

Dec. 2 - Hypnotist: 9 PM; Large Lecture Hall  
Dec. 7 - Student Appreciation Day  
Dec. 8 - 10 - Finals Week



The LCC Regional Knowledge Bowl was held on November 5. Area high schools, including Lamar, Wiley, McClave, Eads, Las Animas among others competed in the event. Pictured at left: Eads Team A with the third place trophy: Pictured at right: Las Animas Team A with the first place traveling trophy. Not pictured is second place McClave Team A.

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## LCC President John Marrin

Last month I discussed our accrediting method called Academic Quality Improvement Program (AQIP) and its relationship with earlier business management types such as Total Quality Management. That all sounds impressive, but what does it mean to Lamar Community College and our various stakeholders?

The week before our Thanksgiving break, a group representing Lamar Community College had a chance to answer this question. Seven people including myself spent three days further developing our AQIP skills. During these twelve-hour training days, I became more convinced this is a way to make our college more effective and efficient. As a college we decided to become an AQIP institution. Now we need to develop a high performance organization.

According to the Higher Learning Commission, there are certain principles that permeate colleges and universities that have achieved a systematic approach to continuous quality improvement. These principles are focus, involvement, leadership, learning, people, collaboration, agility, foresight, information and integrity. These principles are common to high per-

formance organizations.

The mission and vision need to focus on the needs of students and other stakeholders. Our mission is "we enrich lives through learning." And our vision is, "at Lamar Community College, we are committed to providing the highest quality education in an environment of service excellence." These two statements focus on fulfilling needs and providing quality education. A mission and vision like ours will provide a foundation for organizational and decision-making structures and communication.

At Lamar Community College, our faculty, staff and administration have broad-based involvement in systems, activities, and initiatives. Our employees need to understand how their work affects others, both inside and outside of our organization. They need to question how their work fulfills Lamar Community college's mission and vision.

Our leadership and leadership systems must support a culture of quality and consistency. Our future, as described by our vision and mission, must be clear and compelling. We need to make certain that our systems and processes are in alignment with



the mission and vision.

By developing a learning-centered environment we are able to develop fully our human capital. We always need to look for best practices in our industry and other industries, and utilize them to become as effective and efficient as possible.

Out of respect for people we need to design a systematic staff and faculty development program. People are our most valuable resource and deserve the opportunity to gain profound knowledge of their industry and job tasks through training, experience, and growth.

Collaboration is a key in achieving a common mission. So often, we have worked in isolation, and a shared focus and common mission were impossible. We need to remove those barriers that preclude true collaboration.

One of the good things about community colleges is our ability to transform ourselves, because we

have agility, flexibility, and responsiveness as attributes. We need to keep up with the pace of the world for the good of our students and stakeholders.

Foresight is one of the purposes of effective strategic planning. Meaningful change can only come from this type of quality planning, and it will allow for consistency in both good and difficult times.

Data-driven decisions from fact-based information gathering will provide us with the ability to assess current capacities and measure performance realistically.

Integrity is a value that defines us, and allows us to prove through actions that we are who we say we are.

So what does AQIP mean to our LCC and our stakeholders? It provides us a proven method of becoming a continuously improving and a high performance organization that meets our mission of enriching lives through learning.

## Finals week services

From the Desk of the Learning Support Services Director:

"You have worked hard all semester and now it is time to finish strong!" Finals are a stressful time of the academic year for Lamar Community College students, but thankfully there is a place on campus where you can find the academic expertise and assistance that is crucial to your



"strong finish" this semester.

On finals week starting Sunday, the evening of December 5th from 7 p.m. to 11 p.m. the Learning Support Services team will be expanding its tutoring services and academic services.

Extended hours for tutoring will also be available on Monday, December 6th and Tuesday, December 7th from 8:00 p.m. to 11:00 p.m.

The services will be at the Learning Support Services tutoring labs (BW 129 and 147) and in the Learning Resource Center library and healthy snacks and beverages will be provided free of charge.

## How to Fry a Couch Potato

By Deborah Loper

So far we have the first two ingredients for frying couch potatoes. First you need a cup of motivation, next you add movement. Choose your own motivation and movement. Next is adherence. That is your "stick-to-it-ness." Once you are motivated and moving, you need to stay with your program. Set easy goals. For example, I'll

walk 10,000 steps, five days per week; I'll bike to work once per week; or I'll do my weight training program three days per week. Don't get caught up in too many goals. Make it simple. You only need to accumulate 30 minutes of physical activity per day to experience health benefits. So what are you waiting for?! Get motivated and get moving!

## Going Green for The Holidays

The Holidays provide many opportunities to "go green" from using recycled materials for wrapping presents to recycling the old computers, cell phones, and gadgets being replaced by the newest and best to using LED Christmas lights.

TIPS: Save your old technology items for the LCC Green Team recycling event coming in spring 2011 or inquire at the retail store from which your new technology item was purchased to determine if the store has a recycling program; you may actually receive a discount.

LED lights use only 10-20 percent of the energy of traditional bulbs.

LCC Green Team

# OH! The places we will explore in sunny Southeast Colorado

By Cheryl Sanchez

This month I would like to take you to my favorite exploration site: Two Buttes State Wildlife Area. I am a native of Two Buttes and have spent many days as a child, teenager, and adult exploring the area. I never grow tired of the picturesque landscape where plains, canyons, and buttes combine to create topography of incredible variety.

Wind and water have played a large part in the history of Southeast Colorado. As settlers moved west and settled in areas located away from waterways, it was imperative to bring the water to them. Agriculture was then and is now the major economic base in Southeast Colorado. The citizens in Southeast Colorado have always been pioneers in capturing wind and water to better agriculture production.

On the way to the Two Buttes site, we will visit a few places along the way that illustrate wind erosion and wind development. This exploration will start 20 miles south of Lamar on Highway 287. There is a state rest area on the west side of the road. Pull into the parking area on top of Gobblers' Knob and enjoy the sites. Observe how the wind over time has transformed the rocks into unique shapes. Look to the south and you will see the Colorado Green Wind Farm. The wind turbines are the modern way of capturing wind and turning it into a source of power. (I would suggest using the facilities before trav-

eling on.) You will only travel a couple of miles to the Colorado Green Wind Farm entrance. As you turn right and go west you will be surrounded by the large wind turbines; on the north side of the road you can view several old windmills restored by the Emick family. The settlers captured the wind with these windmills to pump the precious resource of water. This is a place where you can step back in time and also look to the future.

Once you have taken in the sites and captured the experience with pictures, head south on Highway 287 to the Two Buttes State Wildlife Area. Turn east (left) onto the dirt road after posted highway sign on Highway 287. As you travel east, you will see a large structure with two cone shapes on top known as Two Buttes Mountain. According to stories I have heard and articles I have read, the mountain was formed due to some volcanic activity millions of years ago. This mountain provides many an adventure for the people of Two Buttes and surrounding areas. Hiking to the top takes around 30-40 minutes. You can see for miles from the top of the mountain. My sister, Priscilla, will tell you it can take less time getting down if you roll down; however, it may cost you a pair of jeans and cause you to get a few stitches in your knee.

As you travel 2 miles south, from the mountain to the Two Buttes Wildlife Area you will go from Prowers County

into Baca County. As you approach the area, drive over the earth filled concrete core dam built by men, horses, and mules in 1908-1910. The possibility of a dam on Two Buttes Creek to capture the water for irrigation was first discussed by early settlers in the late 1800s. The settler's dream came true; for many years the irrigation system worked and provided water for agriculture production. Today as you look to the west it is sad to see the reservoir has dried up.

Go back to the north end of the dam; drive below on the east side to experience another exploration. There will be trees and foliage along the narrow road as you drive to the bottom. At the bottom, to the south (right) you will see a pool of water named the "Black Hole." This spring fed body of water surrounded by limestone bluffs has quite a legacy. The stories are many but one I have heard often tells of a time when a crane fell into the bottomless pool of water and was never found. The bluffs have served as diving points to jump into the pool of water. I am not recommending this but the dare devil at heart might find it invigorating. What I would

recommend is to throw your fishing pole into the water and see if you can catch a large mouth bass, channel cat, bullhead, bluegill, or carp.

North of the Black Hole is a restroom; use at your own risk! The canyon area provides campground sites, hiking trails, and a variety of wildlife and waterfowl. If you walk to the top of the canyon's north ridge, you can explore the canal and tunnel built to carry water from the reservoir to the town of Two Buttes irrigating many acres in between. If you have an eye for arrow heads and/or Indian writings, they both can be found along the canyon walls.

I hope you enjoy this, my favorite exploration, which will provide you with something to do and a wonderful experience close to home. As you explore, reflect on the creative minds of early and current settlers as wind and water is captured to develop an agriculture system with economic opportunities. Don't forget your camera, drinking water, snacks, hiking shoes, fishing pole, and a full tank of gas!

## FCS Christmas Party



Lamar CC Fellowship of Christian Students held its Christmas Party Nov. 30. Pictured in front is Jake Myers; In Middle row; Danny Malpiede, Jorie Vermillion, Jessica Gutierrez, Ashley Gutierrez and Casandra Grahn. In Back; Kaili Wait and Andrew Westhoff.

## 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!



# Lamar CC Sports

## LCC Sports Update

The Lamar CC men's and women's basketball teams are off to good starts. The men post a record of 6-2 and the women sit at 6-3, so both teams are doing well. The men's and women's teams are on the road playing on the Western Slope today and will return to Lamar for the Lamar Classic which starts Friday, Dec. 3rd. Both teams will play as LCC hosts the tournament.

### Women's Basketball upcoming schedule

- 12/3-4 Lamar Lady Lopes Classic Lamar, CO
- 12/3 Colorado Christian vs. LCC Lamar, CO 5:30 P
- 12/4 Seward County CC vs. LCC Lamar, CO 5:30 P
- 12/6 @ Pratt CC Pratt, KS 6:00 P\*
- 12/11 @ Adams State College Alamosa, CO 1:00 P
- 1/14 Western Nebraska CC Lamar, CO 5:30 P
- 1/15 Adams State College Lamar, CO 3:00 P
- 1/17 @ Air Force Academy JV Colo Springs, CO 7:00 P
- 1/22 Brown Mackie College Lamar, CO 2:00 P
- 1/26 Trinidad State JC Lamar, CO 6:00 P
- 1/29 @ Otero JC La Junta, CO 6:00 P
- 2/1 @ Northeastern JC Sterling, CO 5:30 P
- 2/2 @ Western Nebraska CC Scottsbluff, NE 5:00 P\*
- 2/4 @ Hesston College Hesston, KS 7:00 P\*

### Men's Basketball upcoming schedule

- 12/3 Lamar Classic Lamar, CO
  - Otero JC vs. Dodge City CC 3:30 P
  - Lamar vs. New Mexico Military Institute 7:30 P
- 12/4 Lamar Classic Lamar, CO
  - Otero JC vs. New Mexico Military Institute 3:30 P
  - Lamar vs. Dodge City CC 7:30 P
- 12/6 Frank Phillips CC Lamar, CO 7:30 P
- 12/10 Adams State JV Lamar, CO 7:30 P
- 1/7 North Platte CC Cage Classic (North Platte)
  - \* North Platte, NE 7:30 P
- 1/8 North Platte CC Cage Classic (McCook)
  - North Platte, NE 1:30 P\*
- 1/11 Colorado Kings Lamar, CO 7:00 P
- 1/14 Western Nebraska CC Lamar, CO 7:30 P
- 1/18 Air Force Prep Colorado Springs, CO 7:00 P
- 1/21 Laramie County CC Lamar, CO 7:30 P
- 1/26 Trinidad State JC Lamar, CO 8:00 P
- 1/29 Otero JC La Junta, CO 7:00 P



2010-2011 Lamar CC Women's Basketball Team

## LCC athletes sign



Lamar Community College sophomores Brandon Ward-Headersee, Shane Zaruba, and Arturo Maltos-Garcia sign national letters of intent to play for the University of New Mexico Lobos baseball team in 2011-2012