



# The Pronghorn Pronk

LAMAR  
COMMUNITY COLLEGE



January 1, 2011  
Volume 1, Edition 4

*...Moving forward by  
leaps and bounds*

## What's Inside

|                              |        |
|------------------------------|--------|
| 600 Word Limit               | Page 2 |
| How To Fry a Couch Potato    | Page 2 |
| LCC Instructors Marathon     | Page 2 |
| Oh, The Places We'll Explore | Page 3 |
| LCC Rodeo Results            | Page 3 |

## Campus calendar

**Dec. 24 - Jan. 2 - Campus Closed**  
**Jan. 3 - LCC Reopens**  
**Jan. 10 - Faculty Return**  
**Jan. 13-15 - Spring Orientation**  
**Jan. 14 - Men's & Women's Basketball vs. Western NE CC**  
**Jan. 15 - Women's Basketball vs. Adams State College**  
**Jan. 17 - First Day of Spring Semester Courses**  
**Jan. 20 - LCC Movie Night**  
**Jan. 26 - Men's & Women's Basketball vs. Trinidad State JC**

## Spotlight on Career & Technical Education

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



### Health Information Technology

Our featured program this month is the new Health Information Technology ("Health IT") program. Funded by a grant from the Office of the National Coordinator, Department of Health and Human Services, Elizabeth Whitham (Business Faculty) and Marla Hicks (Allied Health Coordinator and Nursing Faculty), developed this program to offer students the opportunity to specialize in one or more of four areas: Health IT Design, Health IT Implementation Management, Health IT Implementation Support, and Health IT Technical Support.

munications, scheduling and other aspects of data management.

Trained professionals are needed to implement the industry conversion and then maintain systems and implement additional advancements. Health IT is revolutionizing healthcare.

Those already employed in healthcare or information technology related occupations as well as those interested in starting a new career are well suited candidates to enter this exciting new industry.

For more information about Health IT, please contact Kenneth Maestas at 719.336.1538 or Student Services at 719.336.1590.

These professional certificates range from 16.5 to 21 credits to complete. Scholarships and financial aid are available for qualified students.

According to Kenneth Maestas, the Director of the Program, "most healthcare providers will be required to go paperless by 2014." This includes patient records, com-

**Register for Spring Courses NOW! See [www.lamarcc.edu](http://www.lamarcc.edu) for details.**

## Ogle, Beardsley new group officers

Robert Ogle, Dean of Career and Technical Education and Bruce Beardsley, Entrepreneurship Program Director were elected to officer positions of the newly formed Lamar Partnership Inc. the main street revitalization organization for Lamar and surrounding communities.

Ogle will serve as President and Beardsley will serve as Treasurer.

They will also chair the Design and Organization committees respectively.



**Photo shows a few of LCC's Nursing students delivering the items to SENFP (left to right) Gail Voris and Kris Birchler, LCC Nursing students; Karla Work, SENFP; Saurabh Powar and Pauline Gregg, LCC Nursing students; and Suzette Hall, SENFP.**

## Nursing students assist families

Lamar Community College Nursing students recently organized a Christmas dinner food drive. The students collected provisions to create full meals for ten families in the community. While Kenny Maestas donated turkeys; Lamar Thriftway donated cranberry sauce, potatoes, and gravy; second level (RN) students provided yams and marshmallows; and first level (LPN) students gave green beans and stuffing. The Nursing students collaborated with Southeast Nurse Family Partnership (SENFP) to place the meals with families who could enjoy them this Christmas season.

# 600 Word Limit

By LCC President John Marrin

I was in St. Louis at my son's wedding two days before our faculty was back on campus last August, and the next thing I know is we are at the end of the semester. This fall semester just seemed to fly by yet we have accomplished a lot, so I thought I would share some of the notable events at Lamar Community College.

In speaking with a few colleagues it seems as if our Academic Quality Improvement Program (AQIP) review and accreditation tops the list. This continuous improvement method takes an entire campus to be truly successful, and does require a certain change in culture. The willingness of our faculty and staff to accomplish this has been outstanding. It is a wonderful way to measure and improve on our quality education and service excellence to our students.

You are reading one of the items mentioned as notable to LCC. The Pronghorn Pronk is becoming what

we hoped it would, a good way to communicate information to all our constituents. While I am thinking about it, remember to let us know if you want someone else to receive it.

Our strategic planning process on campus is on the list. Each of our educational programs and operational departments are in the initial stages of developing strategic plans. These plans will be instrumental in providing a formal structure for internal interaction and interrelations. The concept has been well received; Deb Loper and Bob Ogle have been asked to present this concept at the next annual meeting of the Higher Learning Commission in Chicago.

The ability for Lamar Community College to partner with the University of Colorado at Colorado Springs can be of great importance to our area for years to come. Our entire region will be able to share in these wonderful educational opportunities available on our cam-



pus. As a region we do have a low level of education attainment; this is one way to help.

We have made a concerted effort to focus on improving our functional areas.

One of the actions we took was to enlist the aid of Dennis Nitschke, a very skilled and experienced consultant to develop and engage a new marketing committee.

We were able to rewrite and retain our TRIO grant. This grant is designed to support the educational needs of 160 students on our campus. Kett Windsor heads up this grant and did the yeomen's work in writing it. The students in this program have a statistical better chance of retention and success than those without this support.

During these reduced budget times we have had to restructure our administration, but in a good way. The organizational structure we now have is very flat, with none of our employees being more than two positions away from my office.

Most of our administration, especially at the VP and Dean level, performs multiple functions such as institutional research, Title III, etc. For our future's sustainability Cheryl Sanchez and Sean Lirley have been working on an energy audit for our campus. In concert with Honeywell all of our energy use will be scrutinized and hopefully improved.

Other notable events or programs include: faculty driven assessment, outreach to our entire service area, our new educational programs and refreshing current programs, improvements in institutional research and use of dashboards, WPA welfare housing grant and a host of others. I know there are many more items that should be listed, including the hard work of our booster club and our foundation. It all reminds me how honored I am to be part of Lamar Community College.

## Instructors complete goal



Lamar Community College instructors Adrianna Tucker and Elizabeth Whitham fulfilled a year-long goal on October 31 when they ran in the Marine Corps Marathon in Washington, D.C. The 26.2 mile jog started near the Pentagon and finished at the Iwo Jima Memorial. This is the 35th annual Marine Corps Marathon; coincidentally, Whitham began running approximately 35 years ago. Since the women have started training, many local community members have encouraged them to keep going. One particularly encouraging person suggested that they dedicate their run to the LCC Foundation in an effort to increase awareness of the foundation's efforts and raise additional funds.

## How to Fry a Couch Potato

By Deborah Loper

American adults average a seven pound weight gain during the holiday season. So that you are not a member of that group, here are some exercise tips for after the holidays.

- Increase your daily workout by ten minutes. This will give you approximately 75 more calories to consume each day. (one inch cube of fudge = 84 calories)

- Increase the intensity of your workout (walk, run, swim faster). This could add another 100 calories that you expend per workout. (one ounce of peanut brittle = 119 calories)

- Add another day to your week of workouts. This could add 200-300 calories or more to your daily

caloric expenditure. (one slice pecan pie = 668, one slice pumpkin = 317)

- Walk, walk walk

- Take the family for a walk.

- Walk after a full meal to help the digestive process. Do not become a couch potato

- Park at the far end of the parking lot (carrying your packages all the way back burns calories and builds muscle too)

- Play with the kids and I don't mean video games, unless it's Wii
- Set your goal for 15,000 instead of 10,000 steps per day for awhile (approx. 100 calories)

It's time to renew those New Year's Resolutions that have long been forgotten. Next month we'll list ways to renew your motivation to exercise.

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

By Cheryl Sanchez

January is the beginning of new opportunities; last year is gone and this year is unknown. Why not make a 2011 resolution to take one exploration per month in Southeast Colorado. Let's start by exploring the John Martin Reservoir State Park located between Lamar and La Junta in Southeast Colorado!

If you're looking for something to do or need a little downtime, exploring the John Martin Reservoir State Park area is meant for you. The Park is located 20 miles west of Lamar on Highway 50; open daily from 5am to 10pm. At the town of Hasty, turn south on School Street and proceed approximately 2 miles. The Visitor Center is located on the right as the road curves to the east. The Visitor Center provides information from maps of the area to State Park rules and policies. Since John Martin is a State Park, visitors are required to display a current Colorado State Parks Pass on their auto windshield. You may purchase a daily park pass and a camping permit at

the Visitor Center.

In 1948 the concrete and earthen dam was completed on the Arkansas River to prevent flooding downstream. Through the efforts of John A. Martin, Congressman representing the third district of Southeastern Colorado, legislation was passed in 1939 to build a dam for public safety. The U.S. Army Corps of Engineers was assigned the Caddoa Project. The completion of the project was delayed until the late 40s due to WWII. In 1940 the project's name was changed from the Caddoa Project to John Martin Dam and Reservoir in honor of John A. Martin.

This area is another place in Southeast Colorado you can discover the past and enjoy the present. Off the beaten path and filled with exploring opportunities; you are sure to enjoy the visit. If you like the outdoors, this is the place for you. You may enjoy biking, birding, boating, camping (all year), fishing, hiking, horseback riding, four wheeling, picnicking, swimming, and wildlife viewing. What a menu to choose from while exploring the quiet wide open space.

The rich history of Native Americans and early settlers may be experienced while hiking the Red Shin Trail. The Red Shin Trail is named for a Cheyenne Warrior whose tribe lived near the town of Caddoa in the early 1800s. The 4.5 miles Red Shin Trail begins below the dam and takes you to the Santa Fe Historic Site on the north shore of the reservoir. The Santa Fe Trail ran through the area providing early settlers a pathway to the west. As you hike the trail look for wagon wheel ruts and Indian carvings, imagine how the area accommodated the Native Americans and early settlers. The area was a prime location for safety, food, and water.

The present day accommodations for recreation include everything from boating to fishing to picnicking.

The climate in Southeastern Colorado provides for summer and winter fishing. Enjoy a warm day on the shore of John Martin Reser-

voir with the sun on your face, your fishing pole in the water, and experience not a care in the world.

The park is a wonderful place to view as many as 400 species of birds. Of particular interest is the Bald Eagle. The area provides a winter retreat for many Bald Eagles.

The Bald Eagles roasting area is located below the dam; this area is protected to provide a safe haven for the Eagles. Please take special care not to disturb this nature area. I hope you enjoy this exploration which will provide you with something to do and a wonderful experience close to home. As you enjoy the quiet place, reflect on the Native Americans and early settler's legacy; enjoy nature and all its wonder. When you are ready for that little get away; pack a picnic, put on your hiking shoes, and make the trip. Don't forget your camera!

## LCC Rodeo Results

With the fall rodeo season complete, Lamar Community College sophomore Chase Reed finished in second place in Bull Riding for the Central Rocky Mountain Region. He also is currently third in the National Intercollegiate Rodeo Association standings. Carter Coble is first in Steer Wrestling, and Tyler Schnauer is second in Team Roping in the region. Coble and Schnauer stand at tenth and fifth nationally. "All three sophomores did well this fall, and the national rankings reflect their success compared to other regions," stated LCC Rodeo Coach Fred Sherwood. "Hopefully our good fortune will continue in the spring season."

The team will be back in action in March at the Gillette College Rodeo in Gillette, WY.



Chase Reed



Carter Coble



Tyler Schnauer

## 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!