



The Pronghorn Pronk

LAMAR
COMMUNITY COLLEGE



February 1, 2011
Volume 1, Edition 5

*...Moving forward by
leaps and bounds*

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Campus calendar

- Feb. 2** - Groundhog Day
- Feb. 3** - Movie Night
- Feb. 5** - LCC Softball vs. Garden City CC 12 p.m.
- Feb. 6** - Super Bowl Party
- Feb. 8** - Open Gym - Wellness Center
- Feb. 12** - Women's Basketball vs. Northeastern JC at 6 p.m. - Wellness Center
- Feb. 12** - Men's Basketball vs. Northeastern JC at 8 p.m. - Wellness Center
- Feb. 14** - Women's Basketball vs. Colorado Christian Univ. at 6 p.m. - Wellness Center
- Feb. 14** - Men's Basketball vs. Colorado Christian Univ. at 8 p.m. - Wellness Center
- Feb. 17** - Movie Night
- Feb. 21** - President's Day

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

Gaines comes on board as new Title III Activity Director

Lamar Community College welcomes Kelli Gaines as the new Title III Activity Director. Gaines began work with LCC in mid-January. As the Title III Activity Director she will be responsible for keeping track of the day-to-day tasks for project implementation. Her office is located in the lower level of the Administration Building.

"I am excited for the opportunities that are presented by working at LCC," commented Gaines.

Kelli brings a wealth of knowledge and experience to the job, as she worked recently at Southeastern Land and Environment as Director of Environmental Health and has served on several local community boards. She has also holds a Masters in Science in Organizational Leadership from CSU Global as well several credentials in Environmental Health. At Southeastern Land and Environment she and a team of individuals were responsible for code enforcement and compliance and community outreach and education on many environmental health programs. Currently, she serves on the City of Lamar Parks and Recreation Board



LCC's newest employee, Kelli Gaines, with LCC President John Marrin.

and is the Southeast Representative for the Colorado Environmental Health Association.

She explained that, "I desire to help improve our communities, and LCC is a significant source of empowerment for individuals and future partnerships within our communities."

Gaines commented that, "my role in Title III will influence opportunities for our students and therefore within our communities.

Knowledge is the link to empowerment and LCC's mission to "enrich lives through learning" is something that I can support through my efforts in Title III."

Title III is a federally-funded grant that has given LCC an opportunity to begin new programs in STEM (Science Technology, Engineering, and Mathematics) and Construction Technology, as well as a third program to begin this fall.

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John Marrin
Lamar CC President

We started our Spring Semester January 17th, and again we seem to be moving along at the speed of light. Only two weeks into the semester, and we are already actively preparing for our next academic year. We are looking three years ahead preparing our schedule of classes. This will better serve our students' planning needs.

Spring is a busy time; many of our industry workshops are held in March or April, and our traditional commencement is in early May. One thing I need to remember is to cherish the special moments, especially those that involve student success. None of us should ever feel too busy to have fulfillment from our work and the people we serve.

I thought this would be a good time to share some of the spring plans we have at the college. Many of them involve continuing to focus on enrollments, especially

marketing and recruitment. Most of the initiatives are those things that we should be doing anyway; getting good information and advice from our constituents and doing something about it by meeting our area needs.

One of my sources of information happens to be the County Commissioners in our District. I have been meeting with our Commissioners from Baca, Cheyenne, Kiowa, and Prowers Counties consistently. These elected officials have given me valuable information and feedback from their respective counties. I am starting to see common issues, that I believe we will be able to work on together, especially in the areas of education and training. This will improve economies and quality of life.

Our Strategic Marketing Committee has recommended certain actions that they feel will positively impact our enrollments. One action that has been approved is the creation of men's and women's soccer



programs. While the men's club will begin this fall, the women's club will start soon after. We have looked at doing this before, but the push from the committee allowed us to make it a priority. We are starting soccer as club sports due to the reduced cost of startup while providing the same playing opportunities for student-athletes.

In addition to soccer, our Men's Basketball coaches have decided to start a JV program beginning next fall. This will be a great way to provide playing action to more athletes, and to improve and a "grow our own basketball program." These three programs will provide 35 new slots for student-athletes at Lamar Community College.

Knowing that our area has the lowest level of education attainment, we need to do something about the problem. This same committee also recommended that we provide a \$1,000.00 scholarship to attend Lamar Community Col-

lege for each of our in-district graduating seniors. Not only will this help our enrollments, but it will also help our own children in-district. This initiative should have a much greater value than the cost entailed if done passionately and for the right reason, to improve our quality of life in the area through education. Our marketing and recruiting staff should be getting this out to our high schools in the next few weeks.

I am certain we will complete many more activities than I listed here. But again, we need to cherish the special moments. To me the spring semester means one of my favorite days is coming, graduation. What a wonderful way to honor those students who chose to learn with us and chose to be successful. This year's commencement is May 7th at 10 AM in our Wellness Center; please join us to honor our students and cherish their special moment.

OH! The places we will explore in sunny Southeast Colorado

Cheryl Sanchez

As the winter darkness and cold take a toll on ones mental wellness, why not take "a walk in the park?" This exploration in very close to home and will provide you outdoor exercise, sun, and a bit of history. The site of our exploration is Willow Creek Park in Lamar.

Willow Creek Park is located at the south end of Lamar. Travel south on HWY 287 (Main Street); turn east on E. Parkway drive and follow into the park. The Park is Lamar's first park and Colorado's first Civil Works Administration project. The park was planned and started in 1933 and was completed under the Works Progress

Administration (WPA) in 1938 (www.secoloradoheritage.com).

One of the first structures to catch your eye will be the "Pike's Observation Tower" located at the very south end of the Park. The tower was named after Zebulon Pike, a Lieutenant in the U.S. Army. In 1807, Pike led an expedition to explore the headwaters of the Arkansas River traveling from St. Louis to the Rocky Mountains. It is said Pike first sighted the blue peak to the west now known as Pike's Peak while camping close to Willow Creek in Lamar. Enjoy the climb to the top of the tower and see for yourself the blue mountain to the west called Pike's Peak.

Following the park's small winding road to the North from Pike's Tower, you can explore the various other hand-crafted stone structures in the park. These structures are the Boy Scout Kiva, caretaker's cottage, outdoor fireplace, small bridge, gates, and walls.

The WPA projects were important, because they provided work for many unskilled laborers. The result of the work in the late 30's has provided many citizens with a wonderful outdoor recreation site. This site provides fun and outdoor recreation for all ages.

You will find picnic areas, Frisbee

golf, a hiking trail, children playgrounds, tennis court, swimming pool, and restrooms in the 28 acre park. These activities and the history of the park provide an opportunity to explore the past and enjoy the present.

I hope you enjoy "a walk in the park" which will provide you with something to do and a wonderful experience close to home. As you explore, reflect on explorers like Zebulon Pike who forged a trail for the westward movement. Enjoy your walk with a clear mind and open eyes allowing you to explore history and nature's wonders; flowers, trees, birds, and wildlife. Don't forget your camera, a picnic, and a clear mind.

LCC Lunch-n-Learn

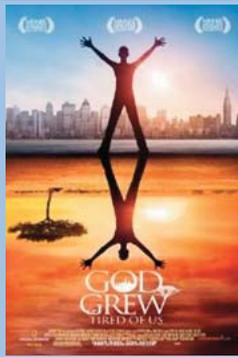
A small but enthusiastic group of students and staff attended the first Lunch-n-Learn in 2011. Despite small technical issues and a delayed start, the patient group of students and staff enjoyed watching the 2006 documentary entitled *God Grew Tired of Us: The Story of Lost Boys of Sudan*.

Tracy Linder, adjunct faculty, set the stage by prefacing the video and outlining why "LCC Reads" decided this thought-provoking video would expand our global perspective. The award winning National Geographic documentary followed the life stories of a few memorable "Lost Boys of Sudan." The hardships and perseverance of these enterprising young men were moving and touched students and staff alike.

Following the video, a panel discussion was held, focusing on Individual Empowerment for

Change. Faculty member Becky Young introduced a distinguished panel. The panel consisted of Anthony LaTour, Director of Special Projects at Prowers County Department of Social Services; Amy Jaime, LCC Director of Adult Transition Services; Pastor Ramon Robledo and Dr. Liwiwa Robledo of United Methodist Church. Anthony and Amy were selected because of their experience working with economically disadvantaged persons. Pastor Robledo and his wife, Dr. Robledo, were selected because of their experiences acclimating to the United States and with missionary work.

The discussion focused on the themes from the film with panel members and students sharing



their own experiences of being new in a foreign country and culture.

Books chosen by LCC Reads are an "all-campus read." It is an opportunity for teachers to use literature to amplify some aspect of their courses and to share influential writing with their students at the same time. By using the same book across campus, we hope to emphasize the belief that education is neither segmented nor compartmentalized; it is (or should be) integrated. We want our students to gain a sense of the unity in the college experience, and how the learning they do in each classroom should continually flow to the knowledge they gain in another classroom, in every semester, until their pro-

grams of study are complete. LCC Reads strives to help facilitate ties with our communities, as well as increased and continued learning and world awareness, which is one of our educational outcomes.

This spring semester we selected Ishmael Beah's, *A Long Way Gone: Memoirs of a Boy Soldier*. Ishmael was captured and forced to be a child soldier during Sierra Leone's recent diamond wars in West Africa.

The next scheduled event is Thursday, February 24, at 10:30 a.m. with the showing of *Amistad*, a major motion picture about a slave ship mutiny and its legal battle for freedom upon reaching the US, followed by a Lunch-n-Learn panel discussion on Human Trafficking. Amy Thompson, International Coordinator, leads and plans the events this term.

How to Fry a Couch Potato

By Deborah Loper

Now that you have your first three ingredients; motivation, movement, and adherence, it's time to add our next component to our recipe. Let talk incentive. What will keep you adhering to your program? Here are a few ideas

- Decide on an item you'd like to use as a reward. If you meet your goals you get a prize. It could be a new outfit, CD, or fancy dinner. Whatever the cost, divide it into the number of days you've set aside for your goals and figure out how much money you'll have to put away each time you meet your goal. The more often you meet your goals, the sooner you get your reward.



- You can also reward yourself with time. Time to read, listen or play music, spend time with friends, or simply time for yourself

- You could put X amount of dollars into a jar. Each time you meet your goal you take some out.

- Find something that works for you. You have to be willing to do without if you don't meet your goal

Get going!! How many steps have you walked so far? Get moving, stay active even if it's a walk around the block. Stay with it and give yourself a pat on the back for your success.

Give to Leave a Part of You

Of all the reasons to give, education can be the most fulfilling. A few dollars can change a life - and generations after. Your gift can outlast any lifetime when given to a college. Millions learn in buildings named after benefactors, fund their educations with scholarships, and learn from endowed faculty. Leave a legacy that will give a million more benefits for the residents of Southeast Colorado. Give to the Lamar Community College Foundation.

Contact the LCC Foundation Office at 719.336.1511 or foundation@lamarcc.edu for more information.



Lamar CC Sports

Spring Sports set to start



Pictured is the Lamar Community College softball team. They will begin their spring season February 5 at home vs. Garden City Community College in a three game series with games at 12 noon, 2 and 4 p.m.

Softball Schedule

Feb. 5 - vs. Garden City CC in Lamar (3) 12 p.m.
Feb. 15 - vs. Trinidad State JC in Lamar (2) 12 p.m.
Feb. 18 - vs. Frank Phillips College in Lamar (2) 1 p.m.
Feb. 19 - vs. Frank Phillips College in Lamar (2) 11 a.m.
Feb. 22 - vs. Luna CC in Lamar (2) 2 p.m.
Feb. 23 - vs. Luna CC in Lamar (2) 11 a.m.
Feb. 26 - vs. McCook CC in Lamar (2) 12 p.m.
Feb. 27 - vs. Seward CC in Lamar (2) 12 p.m.

Baseball Schedule

Feb. 4 at Yavapai JC (2) Prescott, AZ
Feb. 5 at Yavapai JC (2) Prescott, AZ
Feb. 12 at Iowa Western CC (2) Garden City, KS 1 p.m.
Feb. 15 at Colby CC (1) Colby, KS 12 p.m.
Feb. 17 at Garden City CC (1) in Lamar, CO 1 p.m.
Feb. 19 University of Colorado Club (2) in Lamar 1 p.m.
Feb. 20 University of Colorado Club (2) Lamar, CO 1 p.m.
Feb. 23 at Garden City CC (1) Garden City, KS 1 p.m.
Feb. 24 Colby CC (1) Lamar, CO 1 p.m.

For more information about
Lamar CC Athletics
please visit the website at
<http://www.lamarcc.edu/athletics/index.html>