



The Pronghorn Prongk

LAMAR
COMMUNITY COLLEGE



March 1, 2011
Volume 1, Edition 6

*...Moving forward by
leaps and bounds*

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Campus calendar

- March 2** - LCC Baseball vs. Seward County; Merchants' Park; 1 and 3 p.m.
- March 3** - Movie Night; Lamar Theatre; TBD
- March 7-10** - Spring Fling
- March 10** - Bowling Night; Lamar Lanes; 9 p.m.
- March 17** - St. Patrick's Day
- March 20** - 1st Day of Spring
- March 14-20** - Spring Break
- March 22** - LCC Softball vs Adams State JV; Citizens' Field; 2 and 4 p.m.
- March 24** - Multicultural Club Movie Night; Large Lecture Hall; 9 p.m.
- March 26** - LCC Softball vs. WNCC; Citizens' Field; 1 and 3 p.m.
- March 31** - Caesar Chavez Day
- March 31** - Mission Improvable; Large Lecture Hall; 9 p.m.

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

Pierre Auger Update

On June 8, 2005, the Pierre Auger Collaboration named Southeast Colorado as the location for a northern hemisphere cosmic ray observatory. And in September of 2006, Lamar Community College was named "Education and Outreach Host Institute" for Auger North. Unfortunately in the fall of 2010 the Pierre Auger Collaboration received news that the Auger North project would not receive funding for a US project in the foreseeable future.

This has been an unfortunate

turn of events for Lamar Community College as we had hoped to have access to this type of pure scientific research for our students. There is a bright spot, however as some of the earmark research that has taken place for this project up to this point is still available. This funding will be used to construct a research and development array that will be a much smaller version of what was to come. This array will utilize advanced communication and research equipment that was

to be used on the larger project. This research will be used in the future to improve communications at the Pierre Auger South project.

Tanks to be used in the research and development array will began arriving the week of February 21st and will continue to arrive through the spring. In total there will be seven tanks placed about the area. These tanks will then be outfitted with the electronic equipment for research and communication sometime during the summer.



The first three Auger tanks have been deployed in the field thanks to the job of Warren Camp and his team.

600 Word Limit

LCC President John Marrin

Last week my wife and I attended the Lamar Community College men's and women's basketball games against Clarendon College. During the game, we noticed the noise level was high, and our fan numbers seemed to be up from even a year ago. It brought to mind that I needed to mention our college volunteers, starting with our Runnin' Lopes Booster Club, which met for the first time about three years ago. I'm pretty sure the reason for the high noise level and the increase in fan base can be attributed in part to our Booster Club.

When I came to Lamar Community College, I had already heard about the accomplishments of the Runnin' Lopes teams since I used to work for another Region IX college (♣). LCC had a winning reputation. The one thing LCC sports teams needed was a community booster club to promote and sponsor our teams. In many of the other

college towns, a strong booster club promotes the teams, helps with different types of funding and provides mentoring to student athletes. I met Lee Robinson in the LCC Fitness Center one morning. I did not realize it at the time but I had just met one of the founding booster club members and one of our best Lamar Community College supporters. He was already thinking about how to develop the club, the great value it would bring to the college, and how it would add to our student-athlete's experience.

As sometimes happens in a great cosmos we were discussing the same idea at the administrative level of the college. As it worked out, our Athletic Director Craig Brooks, Lee Robinson, and others chartered a very successful Lopes Booster Club.

The club has already initiated many great activities including a monthly hamburger feed where coaches and players have a



chance to talk to their fans about the latest sports item of interest. It is great to learn about the team strategies, new recruits, and future schedules. The most enjoyable part of the evening is listening to our student-athletes as they tell us about themselves, where they came from, and their dreams for the future. This is one of those moments I remember why I chose education as a career.

At the beginning of each fall semester, the club has a tailgate party to kick off the volleyball season. The members are currently planning the third annual Runnin' Lopes Athlete Appreciation Dinner to be held on April 21st in the Wellness Center. They also have provided survival packs to our athletes when they are traveling to a tournament, along with a very positive send-off from booster members. There are many more activities the club has been involved with, including fundraising for scholarships, but I think

the two important things the members do include building a friend-base for the college and mentoring and supporting the students. If you are at one of our games you will see our club members talking to students, advising them, and sharing what is good in life. Booster members have been there for our students especially during holidays and whenever there is an emotional need. We owe all our volunteers a great deal.

For some facts the current executive board includes Craig Brooks-President, Lee Robinson-Vice President, Rosemary Marrin-Secretary, Ken Anderson-Treasurer, Cheryl Sanchez-Director, Pat Palmer-Director, and Stan Brinkley-Director. Last year there were 31 members, and today there are 60 and still growing.

To join contact Craig Brooks at booster@lamarcc.edu or call 719-336-1674. Again thanks; you can't imagine how much you are appreciated.

OH! The places we will explore in sunny Southeast Colorado

By Cheryl Sanchez

This month I would like to take you to Camp Amache, a WW II Japanese Internment Camp near Granada. As a native of southeast Colorado, I grew up 50 miles away, but never visited the site until I was an adult. As I continue to share with you the places to explore in southeast Colorado, I am amazed at the diverse history of the area and the many exploration opportunities.

The Camp Amache site is located one mile west of Granada on Highway 50. Watch for the highway sign directing you to Camp Amache. Turn south and follow the dirt road to the site. The first stop on your journey will be the site kiosks. Before you continue, I would suggest reading the kiosks to give you guidance on the layout of the site. The kiosks display maps

showing the location of original building structures and gives directions for a self-guided tour of the site.

Camp Amache was named after a Cheyenne Indian chief's daughter, Amache Ochinee Prowers, wife of John Prowers. Prowers County is named after John Prowers. The camp was created in 1942 by Franklin D. Roosevelt as one of ten camps created following the Japanese attack on Pearl Harbor on December 7, 1941. The camp opened in August 1942, and had a maximum population of 7,300 persons over a three year period of time. (<http://pdfhost.focus.nps.gov/docs>) Camp Amache became a small city, being proclaimed as the tenth largest in Colorado in the early 40's.

The camp was built on a 10,500 acre site acquired from the American Crystal Sugar Company, as well as XY Ranch. Camp Amache's

population was made up of Japanese-American evacuees from Merced and Santa Anita Assembly Centers in California. (<http://pdfhost.focus.nps.gov/docs>)

On your exploration you will find the historic site located on the southeast Colorado prairie now covered by vegetation and small cacti. The site is a State and National Park and registered as a National Landmark. As you explore the area, you will discover all the buildings but one has been removed. After WW II ended in 1945, the buildings were auctioned off or hauled off prior to any preservation efforts. One of your adventures will be to locate all the cement foundations of the original building structures. Signs have been posted to show locations of schools, laundries, dining halls, clinics, and barracks. You can also visit the cemetery and the memorial dedi-

cated to the 31 Japanese-Americans from Camp Amache who fought and were killed in action during WWII.

Once you have completed the tour, I would suggest visiting the museum in Granada. It displays documents, pictures, and artifacts from Camp Amache. The museum is located at 105 East Goff.

I hope you enjoy this exploration which will provide you with something to do and a wonderful experience close to home. As you explore, reflect on the isolation of the area and the intent of an internment camp. "Both the surrounding area and the remains of the site are a strong reminder of the time of its occupancy and provide a vivid testament to the desolation of this camp." (<http://pdfhost.focus.nps.gov/docs/NHLS>)

Don't forget your camera, drinking water, snacks, walking shoes, and a full tank of gas!

LCC Conversation Day 2011

Lamar Community College held its fourth campus "Conversation Day" on January 28th at the LCC Wellness Center. Originally designed to be an introductory step for reaccreditation with The Higher Learning Commission of the North Central Association of Colleges and Secondary Schools, LCC's Conversation Day has evolved into an opportunity to further strategic planning efforts, communicate across departments, and introduce new initiatives. All LCC employees participate in Conversation Day activities. This year's Conversation Day focused on strengthening LCC's student retention efforts.

Once again, employees were fully engaged in the Day making it a success. Small group discussions on strengthening student retention yielded many strategies. The following were highlighted as major areas in which to focus.

- 1) Design incentives for students that would reduce costs of attending college. These incentives could be merit and/or persistence based.
- 2) Improve the quality of life for residential students by refurbishing and/or constructing a new Residence Hall.
- 3) Develop a central student planning center.

Along with other strategies developed at Conversation Day, these approaches will be considered during the FY 11-12 budgeting



Lamar Community College staff members Janet Gottschalk and Christy Johnson work with their team at this year's Conversay Day.

process. By providing all service area high school seniors the opportunity to qualify for a \$1,000 scholarship in 2011-2012, a tactic associated with the leading strategy is already being piloted. The Residence Hall strategy is a long-term approach that will require a strategic business plan. It will be created in conjunction with a technical energy audit being conducted this semester. And the student planning center will

require the development of a tactical plan, with the first phase being addressed next fall by integrating the plan into one of the AQIP action projects. The student planning center concept would include offering students enhanced learning support such as advising, career planning, and tutoring.

Conversation Day 2012 will be held on January 27, 2012.

How to Fry a Couch Potato

By Deborah Loper

Today's ingredient is variety. If you get bored doing the same exercise each day, try something new. Walk on MWF, swim one other day; bike two days and use the step machine two days or run and bike on alternate days. There is a physiological reason why you might wish to add variety to your work-



outs too. The muscles that you use to exercise are the ones that get fit, no others will. By using different muscles to exercise you make more of your muscles fit. Variety is not only the spice of life, but will add "spice" to your couch potato recipe. Think about it. How many steps have you walked today? My pedometer says 6312---I'd better get going.

(♣) What does this have to do with the movie, *Blue Chips*? Answer that question correctly and win a lunch with Lamar Community College President John Marrin. Submit your answer to pronk@lamarcc.edu

Oh, The Places You Have Gone

If you know a Lamar Junior College or LCC former student or graduate who has gone on to distinguish him or herself in her chosen occupation, community, or in other areas we encourage you to nominate the student for the 2011 **Alumnus of the Year Award**. The nominee must have attended the college for minimum of 24 credit hours or one year/two semesters. Our alumni are an integral part of our future and bring confirmation that LCC makes a difference in our students' lives, whatever their dreams might be or their lives might take them.

Nomination forms are available at www.lamarcc.edu/alumni. Submit nominations to Institutional Advancement/Marketing (Betz 116, 336.1520 or alumni@lamarcc.edu) by March 31, 2011.

Lamar Community College

TRiO Scholars



Pictured are LCC students who recently attended a transfer trip to CSU-Pueblo



What Does That Word "TRiO" Mean?

The TRiO Program at LCC is designed to help students build social networks, provide mentoring, facilitate successful transfer to four-year universities, and empower students to succeed in college and beyond.

The TRiO programs were created under Title IV of the Higher Education Act of 1965 to help low-income Americans enter college, graduate, and go on to participate more fully in the country's economic and social life. In addition to the college's Learning Support Services program, TRiO programs include Education Opportunity Centers, the Ronald E. McNair Post-Baccalaureate Achievement program, Talent Search, the TRiO Dissemination Partnership Program, Upward Bound, and Upward Bound Math-Science. More than 2,700 TRiO programs at more than 1,000 colleges, universities and community agencies serve 866,000 low-in-

come Americans, 22,000 special needs students, and 25,000 US veterans.

LCC Learning Support Services is designed to boost academic performance and ensure that participants complete degrees and transfer to four-year institutions. Students take part in a variety of programs and services, including educational planning sessions, workshops led by professional and peer tutoring, cultural and social events, and receive assistance with transfer planning. In fact, nationally, students enrolled in TRiO programs are more than twice as likely to remain in college as students from similar backgrounds who did not participate in the program. For more information about the TRiO program, contact Learning Support Services on the lower level of the Bowman Building or learning.support@lamarcc.edu.

2 x 4 =

On the surface, the above mathematical problem has an obvious answer of eight, but on February 18, 2011, 15 Lamar Community College students found out that another answer is SUCCESS.

These students had the opportunity to attend a Learning Support Services-sponsored transfer trip to Colorado State University-Pueblo. During this transfer trip each student learned how their LCC 2-year degree will seamlessly allow them to be admitted to CSU-Pueblo, a 4-year university, as a junior transfer student...that equals SUCCESS! Once the students arrived on the Pueblo campus, they were energetically met by a great friend of our college, Ron Dehn, CSU-Pueblo transfer coordinator for Southeast Colorado. He immediately took our students to a comprehensive fi-

nancial aid briefing where staff explained all aspects of the scholarship process, work-study requirements and the financial aid packages available to them.

Later, they went on a campus tour to all of the major academic departments, sports facilities and residence halls.

Lunch time was an exceptional experience as each student experienced the different food choices offered at the busy "Columbine Cafe." Ice cream (twists) was the most popular food choice!

After lunch, each student had the opportunity to meet with a faculty advisor in his or her academic/degree area, where they were briefed on the articulation agreements and degree plans associated with their educational goals.

At the end of the day, LCC students knew exactly where they

stood in relation to their transfer status and what steps they needed to SUCCESSFULLY complete their 4-year degrees.

This semester, Learning Support Services is planning other visits to other colleges throughout Southeast Colorado, so please contact Berna Griego, LCC transfer coordinator at 336.1536 or stop by at her office at Bowman 152 to sign up. Just remember: 2x4 does equal SUCCESS!

If others have told you that you could NOT... We'll show you that you CAN

From Kett Winsor, Director, Learning Support Services and TRiO Scholars

There's a special place at Lamar Community College that is the heart of the campus and is a place that you can use as a library, computer research center, a testing center, study hall, or just a place to come talk with

a friendly person.

It is also a place where you can go to receive high quality tutoring by caring, understanding tutors who really know their subjects. Heck, you can go in anytime and check your e-mail (with nobody looking over your shoulder) and check out the day's current events on the Internet or have a relaxing expe-

rience. Can you guess where this special place is? Well, it's the LCC Tutoring Labs located in the Bowman Building, Rooms 129 and 147. They are open over 60 hours a week with helpful staff to assist you. Just remember: "If others have told you that you could NOT, we'll show you that you CAN!"



Collegiate Farm Bureau Students Active at all Levels

Pictured top left: Sinton Dairy representative and students, Mary Ferraro, Kaili Wait, Brooke DeVore, Brent Neal, and Jorie Vermillion. Bottom photo: Adrianna Tucker, Jennifer Sherlock, Jorie Vermillion, Brooke DeVore, and Brent Neal

Students in the Collegiate Farm Bureau organization are learning first-hand what it means to take a stand on various issues related to the agriculture industry. Better yet, they are also learning how to defend that stance through open dialogue.

Students' first activity for the academic year was hosting a candidate forum in conjunction with Colorado Farm Bureau in Lamar. During this event students and the community were able to interact with congressional hopefuls. They have stayed equally involved with a Farm Safety Day at Stulp Farms and participation in the Prowers County Annual Farm Bureau Meeting. In November students attended the Colorado Farm Bureau Annual Conference, where they participated in workshops and forums and the Young Farmers and Ranchers Discussion Meet. The Discussion Meet challenges students to analyze agricultural problems and decide solutions that best meet the needs of the groups involved.

In late January, LCC students participated in the Colorado Young Farmer and Rancher workshops in Colorado Springs, and in early February, four students traveled to Orlando, Florida to take part in the American Farm Bureau Young Farmer and Rancher Conference for five days. Students have been afforded the opportunity to visit Chico Basin Ranch, Sinton Dairy, a citrus grove, magnolia farm, and a grass-fed beef and sheep operation.

LCC Collegiate Farm Bureau students have had a busy year so far on the state and national level and look forward to sharing what they have learned.

Students plan to stay involved this spring by lending a helping hand to the Lamar Community Garden. Collegiate Farm Bureau members believe in the future of agriculture and are doing their part to make a positive difference through leadership development, service to the community, and education.

LCC Green Team

Despite last month's temperature extremes the famous groundhog, "Punxsutawney Phil" assures us that spring is around the corner. With that in mind and the good faith that consistent temps are headed our way it is time to start planning your garden!

To help get you on track the LCC Green Team will be hosting Colorado State University Cooperative Extension Specialist Dr. Wilma Trujillo to present a composting workshop.

The workshop will be held March 31st on LCC's campus at 7 pm. Look and listen for more information to come re-

garding the composting workshop! We hope to see you there. In the meantime, here are some helpful composting tips you can take home, and a great web link.

Start a Compost Pile

1. Set a commercial or homemade composter on the ground in an easily accessible place. For a simple and inexpensive open bin, make a circle about 3 or 4 feet in diameter out of 3-to-4-foot-high welded wire or plastic garden fencing.
2. Add ingredients. Place a 4 inch layer of stemmy plants, sticks, or other coarse material

in the bottom of the bin. As they become available, add kitchen wastes, dead plants, grass clippings and chopped leaves to the bin. Add water as often as needed to keep the material moist but not soggy (like a wrung-out sponge).

3. Turning the pile is helpful but optional.
 4. The compost is ready to use when you can no longer recognize the original ingredients.
- Read more at: www.motherearthnews.com/Organic-Gardening/2006-10-01/Compost-Made-Easy.aspx?page=5#ixzz1FH4D2hhS.



Lamar CC Sports

Runnin' Lopes Sports Update

From the Desk of Craig Brooks

Both of our basketball teams have had good seasons. The women's team has a 500% better winning record than last year and will be attending the region tournament. They have played hard all year and have continued to improve to potentially peak at the tournament. With a record of 23-7, Men's basketball has won its regular season south sub-region and will attend the tournament as the # 1 seed. They are fun to watch and have come a long way. We wish both our teams good luck in their region tournaments.

The baseball, softball and golf teams have

started their spring seasons and should be highly competitive. Baseball is always solid and usually ends up in post-season play. They are currently 6-6, and are looking forward to a good season. The program hit another milestone when Coach Crampton earned his 700th career win (700-318) as the Lopes played Western Nebraska on February 28th. Softball has had some winter rust to shake off and sits at a 6-11 record but is on a winning streak. The team hopes to continue their improved ways. Golf will tee it up in early April, and with the warmer weather coming we are looking forward to seeing the four of them play.

Rodeo has a four rodeos this spring, and they are practicing hard to continue to be strong competitors. Unfortunately all the rodeo events this spring are on the road; we wish them the best.

Off season, the volleyball team is training with weights and holding open gym workouts. They have a four weekend spring season, starting in April. The college is currently screening applications for a new volleyball coach and hoped to have one on board by April. Thank you to all the coaches who have stepped up to assist our volleyball team in their workouts, weights and open gyms. Hang in there; a new coach is coming.



Pictured at left are members of the Runnin' Lopes softball team who spoke at the LCC Booster Club. From left to right is: Heather Detry, Samantha Bump, Ariana Neverdahl, and Kelsey Plowman.

Softball Home Schedule

March 22 - Adams State J.V.; 2 and 4 p.m.

March 26 - Western Nebraska CC; 1 and 3 p.m.

Pictured is the Lamar Community College baseball team. Photo courtesy John Contreras, The Lamar Ledger

LCC Baseball



Baseball Home Schedule

March 2 - Seward County CC; 1 and 3 p.m.

March 6 - Northeastern JC; 1 and 3 p.m.

March 8 - Frank Phillips JC; 1 and 3 p.m.