



The Pronghorn Pronk

LAMAR
COMMUNITY COLLEGE



April 1, 2011
Volume 1, Edition 7

*...Moving forward by
leaps and bounds*

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Campus calendar

- 4/3 - Softball vs. Dodge City, 1p
- 4/5 - Career Fair, 10 a - 3p, WC
- 4/6- FFA Career Development Events, 8a - 3p, WC
- Softball vs. OJC, 1 p
- Baseball vs. TSJC, 1p
- 4/7 - Taste of Traditions, 5:30p, WC
- Bowling Night, 9p, LamarLanes
- 4/9 - Baseball vs. McCook, 1p
- 4/10 - Baseball vs. McCook, 1p
- 4/12 - Open Gym, 8-10p, WC
- 4/14 - Bowling Night, 9p, LamarLanes
- 4/15 - Baseball vs. WNCC, 5p
- 4/16 - Baseball vs. WNCC, 1p
- 4/17 - Baseball vs. WNCC, 1p
- 4/19 - Chris Carter, 9p, BW 139
- 4/20 - Runnin' Lopes Booster Club Athletic Appreciation Dinner, 6p, WC
- 4/21 - Movie Night, Lamar Theatre
- 4/22 - HTM Spring Horse Show
- 4/24 - Softball vs. North Platte, 2p

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

Learning by Doing

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

This semester marks our inaugural historic preservation masonry crafting class. Under the leadership of master mason John Rayburn, the students are learning the intricacies associated with executing professional level preservation masonry intervention. The process follows a progression of investigation, assessment, recommendation for treatment, then execution of the agreed upon treatment that treats the historic building as the "client." After weeks of controlled lab practice, the class had the opportunity to get into the field and work on a historic bank building in Hartman, CO. In this sequence of photos, you can see how meticulous the craft skills are in restoring a historic character defining feature – a brick arch.



The "Client"

Photo by Mark Bagley



The Assessment

Photo by Mark Bagley



Recommended treatment - "restoration:" calculating and fabricating the arch form are L-R, Kim Fournier (student), John Rayburn (instructor)
Photo by Mark Bagley



Execution of recommended treatment: (L-R) John Rayburn (instructor), Kim Fournier and Casey Cross (students) Photo by Mark Bagley

600 Word Limit

LCC President John Marrin

The Lamar Community College Foundation has been an important part of the college for decades, and as a priority, provides scholarships for our students to attend Lamar. In researching the history of our foundation, I learned quite a bit that I didn't know. In 2004, an annual review had a written history that I will take the liberty of paraphrasing. No author was credited with the piece, but whoever it was, thanks.

In November 1973 local residents from Lamar, Springfield, Granada, Holly and Sheridan Lake formed a 501(c)3 non-profit organization called the Lamar Community College Development Corporation. This corporation was established to help Lamar Community College in its mission of serving residents in Southeastern Colorado. Through an aggressive campaign of door-to-door solicitations and support from the Lamar Jaycees, funds were quickly raised to provide scholarships to students. In a major project, they assisted in the

college's outreach services to Baca County. LCC was not able to purchase classrooms in Springfield due to legalities, yet the foundation was able to purchase on their behalf and lease back through the school systems including Springfield, Campo, Walsh, Pritchett and Vilas. 4.4 acres of land and three established buildings were purchased to be used for the Lamar Community College Area Vocational School in Baca County. This facility was sold in 1977 for a bit more than the purchase price.

In 1974 the first scholarships in the amount of \$300 were awarded to three students. Two annual events used to raise money were a Flea Market and the Elks Bingo Night. The Development Corporation also loaned about \$13,000 to the College to complete a payment for the initial construction of the Horse Training and Management indoor arena. In 1997, the corporation changed its name to the Lamar Community College Foundation to become more aligned to



meet the needs and share the vision of Lamar Community College. The founding members of the Foundation were Edgar Wells, Agnes Cruikshank, Miles Vana, JR., Clarence Woelk, Rev. James B. Wilson, Sybil DeLoach and Virginia Downing.

Today our members include Ian DeBono, Steve Sherlock, Norm Arends, Susan Bergquist, Ruthie Esgar, Cheryl Preisser, Lori Peterson-Payne, Martha Peery and our LCC Advisory Council Liaison Regina Jo Dorenkamp. The dedication to our organization is truly appreciated, especially when you consider the help they and our donors have given the students at LCC over time. For example, this current academic year we have three sophomores and nine freshmen attending under the foundation's Presidential Scholarship which pays for tuition and fees. They represent various communities in Colorado including Wiley, Fort Morgan, Kim, Lamar, Cheyenne Wells, Vilas, Keenes-

burg, Joes, McClave, Matheson and Elbert. Next year, we will have ten freshmen entering with the same scholarship while adding the communities of Las Animas and Deer Trail. Again the effort of our volunteers and donors to help the college and our students is amazing. We can't thank them enough.

The Lamar Community College Foundation Board has been brainstorming new or improved ways to raise money for this and other scholarships. We have discussed auctions, galas, construction campaigns, golf tournaments, and even the restoration of an historic site. All of these are great activities and will be successful I am sure, and each of them deserves more time to discuss than I have left here, expect to hear more about them. The discussion that really impressed me was with John Hartshorn (♣) our investment advisor. He introduced us to planned giving which is probably the next great step the foundation will take. As this initiative develops I will keep you informed.

Welcome to LCC



Lamar CC President John Marrin with LCC's newest employee, Don Yoxsimer. Don is the new business education faculty member.

Going Green: Recycle e-Waste

By Cheryl Sanchez

The LCC **Green Team** is hosting an e-waste recycling event. On Saturday, April 30, 2011 from 9am – 2pm, individuals, businesses, and / or non-profits are encouraged to bring their used, outdated electronic equipment to Lamar Community College Betz Technology Center Parking Lot. You will be charged the following for each e-waste item: \$5 for small items, \$10 for CPUs and \$15 for large monitors and TVs.

E-Waste is the term used to describe consumer and business electronic equipment that has reached the end of its useful life. E-waste includes such items as TVs, VCRs, DVD players, video cameras, telephones, and computer equipment.

Don't miss out on this opportunity to recycle electronics in a safe and environmentally friendly recycling event. Electronics contain toxic chemicals that fill up our landfills with unnecessary waste. You are protecting our future by taking part in an e-waste recycling event.

Remember as you Spring clean to check your closets and storage areas for recyclable electronics.

PTK Holds Spring Induction

Lamar Community College's Beta Eta Gamma chapter of Phi Theta Kappa honorably inducted 22 new students in its spring induction on Thursday, March 23rd. After a welcome from President John Marrin, Amy Thompson, LCC's coordinator of International Programs, mesmerized the inductees and a room full of guests and college staff with the value of an education. New inductees include (first row, left to right): Whitney Crown, LeAnne Blaeser, Hillary Dwyer, Ratna Malkan, Chanelle Sutphin, and Ashley Lawrence; (middle row, left to right) Jordan Kemp, Jennifer Arguello, Regina Montoya, Laci Pennington, Jacob Reed, Jory Vermillion, and Kaitlin Ybarra; (back row, left to right) Evan Malone, Erin O'Neill, Michael Niedens, Austin Adamson, and Julia Tidswell. Not pictured are Nereida Aguirre, Adam Grudt, Jacob Klauck, and Monica McFarlin. This is one of the largest groups ever to be inducted in the chapter.

Phi Theta Kappa is an international scholastic honor society to recognize and encourage scholarship among two-year college students. The Beta Eta Gamma Chapter of Phi Theta Kappa promotes academic excellence at LCC and is active on campus. To be eligible, students must have a 3.5 grade-point average or higher after completing 12 or more credit hours of college-level work, be currently enrolled at LCC, and pursuing an AA, AS, or AGS degree. Induction of new members occurs every fall and spring semester. Phi Theta Kappa students are eligible for more than \$37



million in transfer scholarships available at over 700 four-year colleges and universities. For more information on PTK at LCC, contact David Northrup at 335.1546 or Kelly Emick at 336.1532.

(☎) For a free lunch with Lamar Community College President John Marrin, who is LCC's investment officer?
Submit your answer to pronk@lamarcc.edu

How to Fry a Couch Potato

By Deborah Loper

If you have been faithfully working on your recipe this semester it's now time to add "progress" to your exercise plan. In order for you to progress toward your goals



you need to progressively overload your exercise sessions. You may do this is several ways; you can add another workout per week, move faster within your normal workout, lengthen the time of your

workout or change the type of exercise you have been doing. The general rule is not to increase by more than 10% at one time. Every four to six weeks you need to overload again until you reach your goal. Turn up the heat up this week!!! Get moving.

Ingredients: Motivation, Movement, Adherence, Incentive, Variety and Progression

LCC Hosts Girls in the Middle

The 3rd annual Girls in the Middle Conference was held on Saturday, March 5th on the Lamar Community College campus with 150 students attending. Designed for middle-school aged girls, Girls in the Middle is a day-long conference to promote careers in science, technology, engineering, and mathematics (STEM) by allowing them to learn and interact with women within these occupations, encouraging them to continue studying math, science and technology in high school and into college. The conference is also a great opportunity for young ladies to meet girls from other area schools who are their ages and can be peers as they explore and prepare for STEM careers. An 8th grader at Campo, Callie Heberd explained, "One of my friends told me how much fun she had, and I decided to come." This conference hosted attendees from Campo, Granada, Holly, Lamar, McClave, Holly, Pritchett, Trinidad, Vilas, and Wiley.

Give to Make an Investment

If you are "all business" and want to make sure that your money is used for the greatest gain, consider making an investment in Lamar Community College and its Foundation. With new dynamic new programs and strategic partnerships, the college has never been a better investment for the future. Your investment dollar could help build a trained workforce in Southeast Colorado or grow new programs for the future. Invest in LCC by giving to the Lamar Community College Foundation.

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

Alumni - keep informed by registering at lamarcc.edu/alumni.

Trio Goes to the Symphony

By Kett Winsor

As the spring semester is winding down, TRiO is proud to announce the latest of its dynamic cultural trips into the art and theater district in downtown Denver. On Friday, April 8th, TRiO will be sponsoring a trip to the Denver Symphony with guest conductor Juanjo Mena.



Juanjo Mena

Juanjo Mena (pronounced Juan-ho Men-A). The night will feature Mr. Mena conducting the Denver Symphony for two great impressionistic works which conjure dreamy images of the Andaluz (Spain) region.

The night's performance will include Turina's Danzas Fantasticas and Faalla's Nights in the Gardens of Spain.

Also the TRiO group will also be

treated to Mexican pianist Jorge Federico Osorio performing solo works of Granados and Albeniz and the night will conclude with Ravel's sensual ballet, Daphnis and Chloe.

The afternoon before the concert will be spent at the Downtown Denver Aquarium and at the 16th Street Mall where the Lamar CC TRiO students will be further exposed to the sights, sounds and excitement of the Denver Metro area.

If you would like to attend this amazing cultural activity that you will always remember, please visit with a LSS/TRiO counselor in Learning Support Services (Bowman Building) to reserve your seat. Only eight seats remaining!

LCC LSS, TRiO to Sponsor Transfer Trip to UCCS

On April 15, 2011 at 7:00 a.m. the LCC LSS (Learning Support Services) /TRiO team will depart for a transfer trip to the University of Colorado - Colorado Springs (UCCS) for a day filled with an exciting campus tour, lunch at "The Lodge" with the UCCS transfer counselor and insights into the academic and personal environments at the college. Berna Griego, LCC's transfer coordinator, expects a dynamic trip that will inform students considering transferring to UCCS of the challenges, benefits, and expectations of a successful transfer to a four year college and university. She also related that each four year college and university has very specific transfer rules and procedures and the more informed a transfer student can be (and the earlier that occurs), the better the transfer experience. Please contact Berna at 336.1536, email her at transfer@lamarcc.edu, or stop by her office in the Bowman Building, Room 152 to sign up for this exciting trip to Colorado Springs or to ask any questions you may have about the transfer process.

TRiO Awards \$17,908 in 28 Student Grants for Spring 2011!

By Kett Winsor

The following well-deserving TRiO students were identified to receive 2011 spring TRiO grants for the spring semester. Each TRiO award recipient was identified based on acceptable academic performance, their participation in TRiO events and the amount of unmet need based on their 2010-2011 Free Application for Federal Student Aid (FAFSA).

The standard award for this academic year was \$575.00, but eight students did receive considerably more. Kett Winsor, director of Learning Support Services and TRiO explained that it was a total team effort to identify the best candidates to receive these highly prestigious grants. Winsor related that each TRiO student faces his or her own academic and personal challenges that may hinder their ability to achieve their goals.

The TRiO services of academic advising, financial aid counseling, limited personal counseling, cultural activities and these grants are designed to attack those challenges and to minimize them at the earliest opportunity. Winsor also added that the TRiO grants go a long way to limit the student reliance on student loans that can potentially create hardships at a later date. The following 28 students received the 2011 TRiO grant: Jose Dominguez, Leonardo Dominguez, Jordon Eckert, Lauren Esquivel, Meagan Es-

quivel, Clarissa Garcia, Margret Hernandez, Viet Huynh, Cody Ingle, Christy Johnson, Krystal Kriemeyer, Samantha Lincoln, Daniel Lira, Arturo Maltos-Garcia, David Martines, Shone Matthew, Margret McDougal, Nancy Owens, Melissa Ramirez, Alisha Rose, Stephanie Russak, Martina Salcedo, Laura Salgado, Judith Schneider, Allen Tate, LaDonna VenMetre, Claudia Vazquez, Ron Waller for a total amount of \$17,908.00.

Lamar Community College's Learning Support Services and TRiO programs are designed to assist students with basic college requirements, provide opportunities for academic development, and encourage students towards successful completion of their postsecondary education. The goal is to increase college retention and graduation rates of its participants and facilitate transition from one level of higher education to the next. This is accomplished by providing services such as academic degree plan workshops, limited personal counseling, study skills, mentoring, and tutoring.

For further information about TRiO or other academic support functions please contact Kett Winsor at 336.1537 or learning.support@lamarcc.edu or contact any LSS/TRiO advisor in the Bowman Building.

LCC Campus Spotlight: FCS

By Andrew Westhoff

During meetings of the Fellowship of Christian Students, there are many different activities that can take place. Of course, we try to center most of the activities around Bible studies or relate them to books of the Bible. *TUESDAYS, 7:30 P, TRUSTEES 114*. But trust me, if you're not up to snuff with your Bible verses, you can still come! We're looking for anyone who is open to learning about Christianity, whether you're looking at changing religions, hearing the views of other Christian students from the college, reinforcing your faith, or just meeting new people who have a good time, no matter what they're

doing.

So when you come to a meeting, there may be a discussion on a Bible verse. Or a game of Twister. Or a discussion on future activities. Speaking of future activities, we have a few that we're planning. Sometime (we're not sure when yet) we will be going to Denver.... *TUESDAYS, 7:30, TRUSTEES 114*. Hold on, I'm getting an important message handed to me right now.....ah ha! We will be going to Denver on Sunday, April 17th. Our goal is to help serve the community in Denver by volunteering at a soup kitchen. We are also looking at prices for tickets to a Rockies game and the possibility of touring the campus of the Colorado Christian University

(CCU). *TUESDAYS, 7:30 P, TRUSTEES 114*. CCU is the alma mater of Mike Bowen, the leader of FCS. There has also been a general consensus to eat at Chipotle while in Denver, because they have a student discount; buy a burrito and get a free drink. You just can't beat a free drink!

FCS also put on the Halloween Dance and Party in the dorms. *TUESDAYS, 7:30, TRUSTEES 114*. We are looking at helping out with another dance this spring. We meet Tuesdays at 7:30 in Trustees, in the room by the vending machines. That's room 114. If you decide to come, make sure to ask to play the book game. You'll see.

International Offerings Enrich Community

Lamar Community College's Taste of Traditions sponsored by its Multicultural Club and International Programs Office is scheduled for 5:30 p.m. on April 7th at LCC's Wellness Center. This annual event is an opportunity to not only sample exotic foods and learn about cultures from around the world, but also to share what you know about your own culture. "We live in a very small world where everyone and everything is far closer connected than we can imagine. The Taste of Traditions is a tremendous opportunity to see some connections come alive without purchasing a plane ticket," commented Amy Thompson, coordinator of International Programs and Services. There are many returning and new event features.

Tickets are available now for \$15 each from the International Programs office at 719.336.1626. Multicultural Club students will also be going to local businesses in the next weeks to offer tickets for sale to community members.

Entertainment will be provided by our students from Hawaii as well as our Nigerian and Brazilian students giving presentations on their homelands.

The World Fashions Show remains a popular segment of the event. Students and community members

model ethnic fashions, mostly traditional, as they strut down the catwalk. We invite your participation by modeling your own outfits obtained on international travels or by loaning those items to be modeled by our students.

The international festival will present a collection of displays from around the world, including Mongolia, Kyrgyzstan, Nigeria, Brazil, Japan, and Kenya. If you have items that you would like to loan to the event to create a display, this would be a time to share what you have gained from your own international travels or visits from worldly friends.

Many people dream of seeing the world. The LCC's Taste of Traditions is an avenue to do this without having to get a passport and immunization shots.

International students often sacrifice a great deal to come to school in America. Families pool all of their resources to afford to send students in hopes of a better life, or many students are able to capitalize on their athletic abilities to receive an athletic scholarship. The funds raised through Taste of Traditions go to support LCC's international scholarships. There will also be a silent auction to raise additional funds. If you are interested in donating an



David and Aubrey Case model traditional Peruvian outfits, while their daughters, Myla (middle) and Savannah, wear Korean and Chinese costumes respectively during last year's LCC Taste of International Traditions event.

item or service certificate for the auction, please contact Thompson at 719.336.1626 or international@lamarcc.edu.

The International Office and Multicultural Club are active across campus and invite your participation in not only the Taste of Traditions but also through the Friendly Family Program where the college matches international students with local families. This experience is enriching for both the host family and student in that they can support and learn from one another.

The Office also maintains a list of

students and staff available to present on various countries, cultures and international topics, in example, Aigul Turdikulova, a Kyrgyz student can speak about her homeland, while Thompson is available to give insight into East Africa and Southeast Asia and related topics, from her past experiences.

If you can assist with door prizes, cultural displays, fashion show, and/or organizational displays, or have any questions regarding international programs and services, please contact Amy Thompson.



Lamar CC Sports

Runnin' Lopes Sports Update

By Craig Brooks
LCC Athletic Director

Baseball is playing well and currently has a 27-10 overall record and holds a 10-1 record in the region which puts them in first place. They are working hard to keep up their standings.

Softball recently returned from their Tucson trip 5-0 in which they played very well. They also recently split a two game series at Trinidad. Their current record is 15-20 and 4-6 in the region.

After Tucson we hope their consistency will continue.

Women's and Men's basketball has taken a short break as their seasons are over. Players are getting set for the off-season and coaches are busy cleaning up this year and hard at placing their sophomores at the four year schools while recruiting new freshman for next year.

Golf is set to kick off their spring season and will hit the course this week for their first matches and will continue to compete for the month of

April. Volleyball is currently in the off season and are working out with weights, drills and April will bring them some competition matches on the road. We are hopeful that we will have a new head coach for volleyball soon, interviews have been completed.

Rodeo recently competed in Fort Collins at the CSU Rodeo. Their season in the spring is short but have a couple of strong finishers and look good for this spring.

LCC students speak at Student Assembly



Group Photo--Back Row--Caitlin Schmidt, LeAnne Blaeser, Samantha Bump, Chris Haslam, Arden Dennis, Keith Kegerreis Front Row--2nd grade Tony Poteet, 1st grade Aaron Chairez, 3rd grade Gabriela Gomez, 4th grade Blake Wilson, Kindergarten Fatima Gomez, 5th grade Braden Grogan, 6th grade Audrey Poteet.

Lamar Community College student athletes, LeAnne Blaeser, Samantha Bump, Arden Dennis and Keith Kegerreis recently attended the Wiley School Good Citizen assembly and spoke to the elementary students about being good citizens. The student athletes were joined by LCC assistant softball coach Caitlin Schmidt and assistant men's basketball coach Chris Haslam.



Carter Coble



Tyler Schnauffer

LCC's Coble Schnauffer, Standouts for College Rodeo

The Lamar Community College Rodeo team began its spring season at Gillette College on March 18-20. Sophomore Tyler Schnauffer won first in Team Roping and moved into first place in the Central Rocky Mountain Region standings. Fellow sophomore Carter Coble finished second in Steer Wrestling and remained in first place in the region. "Tyler and Carter continued where they left off last fall and are sitting well for college finals qualification," commented Coach Fred Sherwood. "The team showed improvement, and we hope to earn more points this week in Torrington." The team recently competed in the Eastern Wyoming College Rodeo in Torrington.