



The Pronghorn Pronk

LAMAR
COMMUNITY COLLEGE



May, 2012
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*...Moving forward by
leaps & bounds*

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Campus calendar

May 11-13 - 1 p.m. - The Runnin' Lopes baseball team will host Northeastern Junior College Friday 5/11 - 5/13 at 1:00 each day at Merchants' Park.

May 14 - 10:00 - LCC will hold its modified commencement on Monday, May 14 at the Wellness Center.

The Pronghorn Pronk is edited by Mike Bowen, Title III Grant Administrative Assistant.

Please contact Mike with any feedback, questions or ideas at pronk@lamarcc.edu

Title III Celebrates Earth Day

Renewable energy program specialist Glen Marciniak shows LCC student Taylor Wilson about a solar panel used for demonstration for the Earth Day celebration at LCC.

Marciniak also demonstrated the solar oven (shown behind) which was used to cook hot dogs and bake cookies.

The LCC Earth Day celebration was held on Wed., April 18 inside and outside the Betz Technology Center.



What's Exciting at Lamar CC

Title III - Renewable Energy Technologies Program: Fall 2012

Lamar Community College is moving forward with its Renewable Energy Technologies program.

The college is currently in the process of seeking State approval for an Associate of Applied Science degree. The proposed program will train students to become technicians. These skills can be directly applied to solar and wind energy manufacturing, installation, repair and maintenance.

What's exciting about this news? Look at the possibilities for a Renewable Energy Technician:

- Pay ranges from \$16.00 to \$40.00 an hour for candidates with an Associate degree.

- According to the US Department of Labor, it is one of the fastest growing fields.

What will students learn?

- Manufacturing, repair, installation and maintenance of photovoltaic systems, wind turbines, solar thermal systems and biofuel equipment.

Students will learn about design requirements, welding, installation guidelines, materials and resources, green buildings, safety issues, maintenance and trouble shooting.

What can students do with the degree?

- Wind Technology Research Analyst
- Solar Thermal Technician
- Wind Turbine Technician
- Solar PV Residential Installer
- Renewable Energy Wind Service Technician

Renewable Energy Technologies at Lamar CC...Anything is possible.

Fun Facts:

1. One wind turbine can produce enough electricity to power up to 300 homes.
2. Enough sunlight falls on the earth's surface every hour to meet world energy demand for an entire year.

LCC Hosts 2012 AgFest



Kiowa County Extension Agent Bruce Fickensher illustrates ground water drainage to interested students.



LCC Ag student Bo Karney shows students the amount of bacteria left on their hands after a thorough washing in LCC AgFest Microbes & Bacteria activity station.

Lamar Community College proudly hosted the 2012 AgFest in the Wellness Center on Monday, April 23 for over 150 students from school districts across Southeastern Colorado. The event was originally created by Colorado State University Extension Agents in Eastern Colorado in 2010 to educate elementary school students about agriculture and the science of food production, exposing them to scientific experiential learning and agricultural career opportunities. Today, AgFest engages upper elementary students and teachers in a learning experience that positively impacts knowledge and awareness of agriculture and sparks interest in agricultural occupations. This year's event included hands-on learning activities in:

- Bee keeping
- Dairy production
- Embryology
- Farm & tractor physics
- Global Positioning System (GPS)
- Ground Water
- Microbes & bacteria
- Plant Science
- Range ecology
- Ruminant digestion

The activities were designed to make challenging science concepts easy to understand. For instance, at the farm & tractor physics station, students experimented with pulleys and levers to learn about lifting loads and multiplying force. Students were also introduced to a cow's four-chambered stomach, good versus bad bacteria, hatching chicks, plant germination, and insect life cycles. LCC Ag student Bo Karney presented on microbes & bacteria on behalf of LCC.

Food production is the second largest revenue source in Colorado. Despite its prominence in state and local economies, children have become disconnected from how farmland is related to production agriculture. Schools are a likely forum for teaching young students about agriculture and the science behind food production. However, science lessons rarely focus on agriculture. AgFest provides standards-based science lessons that also engage students in hands-on learning.

For more information regarding AgFest at LCC, contact Agriculture Instructor Danielle Wollert at 719.336.1628 or ag@lamarcc.edu.

PTK Inducts 25 New Members

Lamar Community College's Beta Eta Gamma chapter of the Phi Theta Kappa honorary recognized 25 new members during the spring induction ceremony held last week. This is one of the largest groups ever to be inducted in the chapter. New inductees in attendance included: Jerica Talcott, Laura Rueda, Sami Hourieh, Monica Gaitonde, Shealynn McCracken, Michelle Larkin Bellomy, Hardik Patel, Ramsye Thornton, Chad Surprise, and Nissi Hallman. Not pictured are Megan Ausbun, Sarah Bradley, Laurel Carlock, Casey Christensen, Sydney Crist, Vincenzo Fresquez, Bryan Gonzales, Austin Kaasch, Margaret McDougal, Karina Price, Mitch Robinson, Tony Schicktanz, Alexis Shaffer, Tianne Woodward, and Alexandra Wurst.

After a welcome from LCC Vice President of Academic & Student Services Cheryl Sanchez, LCC English professor Dr. David Frankel was the guest speaker. Frankel gave convincing proof of how the search for academic excellence can positively affect

other areas of one's life as he shared some of his life experiences.

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 after completing 12 or more credit hours of college-level work, be currently enrolled, and pursuing an AA, AS, AGS or AAS degree. Eligibility for students seeking Associate of Applied Science degrees was added this academic year. Induction of new members occurs every fall and spring semester. LCC's PTK chapter officers include Jorie Vermillion, president; Taylor Wilson, vice president; and Jennifer Arguello, secretary.

For more information on PTK at LCC, contact David Northrup at 335.1546 or Kelly Emick at 336.1532.



Photo: Spring 2012 Lamar Community College inductees in attendance included (front left to right): Jerica Talcott, Laura Rueda, Sami Hourieh, Monica Gaitonde, Shealynn McCracken; (back left to right) Michelle Larkin Bellomy, Hardik Patel, Ramsye Thornton, Chad Surprise, Nissi Hallman. Chapter advisors David Northrup and Kelly Emick flank the group.

Maintaining Good Health When Working Extended Hours

by Deanna Siemsen

Due to our summer extended at Lamar Community College, many of us will become sluggish and not as productive if we do not make an attempt to get into some good habits now. Keep in mind it takes approximately 30 days to form a good habit therefore NOW is a wonderful time to get started! Fellow colleagues, I encourage you to review and implement into your schedule the following seven tips on how to stay healthy as you put in ten-hour work days. You may find a number of these strategies very appealing...after all, who doesn't want to get a good night's sleep?

* Get a good night's sleep. Aim for around eight hours. Put aside all thoughts of work and other stresses if possible. One way to accomplish this is to try reading a book before going to bed, thus taking the mind off your worries.

* Eat a good breakfast. You will need the energy to get through a stressful and long day, so you must not skip this meal. Good breakfast ideas include hard-boiled eggs, whole grain breads, or yogurt. Allot an extra 20 minutes to eat.

* Make a list. A list forces you to write down the items that need attention for the work day ahead. Place the most important tasks at the top. This list will keep you on

track and focused at work. For example, if you need to call students right away, that should be at the top of the list.

* Take breaks every few hours. With long work hours, you need to get away from the work area every now and then. You can take a short walk for 10 to 15 minutes and get some fresh air.

* Eat lunch. Again, food is important because it provides much-needed energy. The lunch can be anything from a soup and salad to a grilled chicken sandwich on whole grain-bread. Try not to eat junk food like chips and chocolate.

* Look at a picture of a loved one. Place pictures of loved ones on your desk or around the office. Or, carry a picture of someone close and pull it out every now and then. A picture can be motivating and may remind you why you're working so hard.

* Set a personal work goal. This can be something simple, such as obtaining a certain number of student contacts for the month. This can keep you focused and motivated. Once you have reached your goal, reward yourself.

Welcome to LCC



LCC President John Marrin welcomes new Wellness Center Coordinator Sabino "Larry" Mata.

*Always a Part
of Us...*

Reconnect with LCC as we prepare to celebrate our 75th year of being a part of our students' and communities' lives.

*Life
Changing
College*

If you are a former student or staff member, please register at www.lamarcc.edu/alumni or call 719.336.1511 to be a part of upcoming activities.



Lamar CC Runnin' Lopes

HTM Spring Horse Show

LCC Rodeo



LCC President John Marrin draws the name for the winner of the Wrangler National Finals Rodeo tickets while Rodeo Coach Fred Sherwood looks on. This year the rodeo team held a drawing for the tickets. The winner was Tiana Yocam.

UW Rodeo Results

Pictured are the winners of the HTM Spring Horse Show, held on April 20 (standing, left to right):

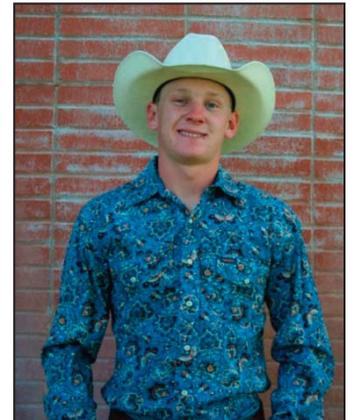
Madi Lange, Paullina, IA (Female Student of the Year, Handmade Spurs)
Jade Deguair, Kealakekua, HI (Female Show Champion and recipient of Jack Rydberg Memorial Scholarship, \$500 each)
Matt Fredericks, Emmett, ID (Male Student of the Year, Handmade spurs)
Rebecca Popovich, Leadville, CO (EBM Student of the Year, \$500 scholarship)
Jamie Thomas, Philadelphia, MI (EBM Show Champion, Buckle)
Faith Thomas, Acampo, CA (Second Place at Show (Female), Handmade breast collar, donated by Jason Kravig's dad and brothers)

Front Row

Luke Baumann, Lakewood, CO (Second Place at the Show (Male), Handmade breast collar donated by Jason Kravig's dad and brother)
Ty Hansen, Smithfield, UT (HTM Most Improved, Buckle and \$500 Scholarship)
Kevin Parker, Capitan, NM (Male Show Champion, Buckle and \$500 Scholarship)



Carter Coble



Conner Hanley

Lamar Community College Rodeo athlete Carter Coble finished third in Steer Wrestling at the University of Wyoming college Rodeo. Teammates Conner Hanley and Mackenzie Scott were eighth in Tie-down and Breakaway Roping respectfully as LCC's spring 2012 season ended.