

The Pronghorn Pronk

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Moving forward by leaps and bounds...



President John Marrin

Welcomes LCC's New Employees

(continued from page 2 of the October 2014 edition)



LAMAR
COMMUNITY
COLLEGE

Finding Satisfaction in Your Work

(Continued)

By: Curtis Turner

This is part three of a three-part article: the first part appeared in Volume 4 Issue 2, August 1, 2014 and second part appeared in the Volume 4 Issue 4, October 1, 2014 editions of the Pronghorn Pronk.

"Vocation is the place where our deep gladness meets the world's deep need." —Buechner



Christy Johnson, Co-Manager Bookstore



Michelle Crown, Co-Manager Bookstore
Business Office

In the two previous articles we addressed both sides of the above quote from Theologian Frederik Buechner. We talked about how you can find deep gladness in your work by making sure you are doing the work you are most suited for. In the second article we talked about the importance of believing your work meets a need. When you have chosen the right career for you and you realize how this meets a need you will find a lifelong vocation.

In the final piece to this discussion I want to expand a bit with some additional personal thoughts on work satisfaction that I have synthesized from the prior writings. Consider the following hierarchy of work satisfaction from a basic level to a pinnacle.

- Your work has to provide a sense of accomplishment.
- Your work should provide a sense of purpose.
- Your work could provide a sense of mission.

Everyone needs to feel accomplished in their career. In other words you need to be good at what you do and confident you provide a quality product. This will give you a sense of accomplishment. In the first article I listed questions that will assist you in figuring out where your skills, interests and passion might line up with a career. One key element buried in all of these is what you are naturally good at. If you have discovered what you are good at it is wise to stay in this track and receive the further training you need to become a professional. If you are good at what you do it is highly likely you will feel accomplished and have a sense of deep gladness.

The next bullet point talks about a sense of purpose. This is where meeting a need comes into play. When you are meeting a need your work goes beyond just a need for personal satisfaction. The question that aligns closely to this is what are you passionate about? True passion is aligned to a need. For instance I am personally passionate about education. It meets a need and I cannot contain the fact that I think everybody should receive a high quality education. Because of this I feel a sense of purpose each day when I go to work.

In the pinnacle of your career your work **could** provide a sense of mission. I believe a sense of mission comes when you know you are meeting a deep need and that fact is recognized by the receiving party. In some cases, it may not be recognized by the receiving party but it may be recognized and admired by some outside in-looking party. This doesn't have to happen in your work. Many people work so that they can go outside of career and vocation to fulfill their mission. This from what I have seen can be just as satisfying. However, if you can accomplish mission in your work, you have hit the target.

I hope you have found this information helpful. I take great satisfaction knowing that these words may help you make a very important decision. Even better if it affirms a decision you have already made and encourages you to continue on your path. Either way go forth and enjoy the journey.

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GET TO KNOW

Science Faculty

Dr. Andrew Saueracker, M.D.

*This is part one of a two-part interview
By: Susan Frankel & Brooke Hyle*

Where are you from?

Upstate New York, Watertown, very close to Lake Ontario where the wind blows off the lake. Lots of snow up there.

Was it big?

Watertown was 50,000 people. Then we moved to Newark, New Jersey, when I was six, and that was where I grew up, ten minutes from the George Washington Bridge. I purposefully made myself drive in downtown Manhattan. I figured if I could drive in Manhattan, I could drive anywhere. Sixteen years old with a permit, and unbeknownst to my parents, I took their sports car across the George Washington Bridge and drove around midtown Manhattan until I was comfortable with a stickshift.

Problem solved.

Yeah, it was a good experience. Then I decided to leave. I went to college in Virginia, so I was three states away.

How did Virginia compare to New Jersey?

I liked it. I was in a tourist town, Williamsburg, a very well-kept town, very picturesque. It was a good school, William and Mary College, named after the co-monarchs of England. The college was founded in 1693, when they ruled England.

It has to be one of the earliest American colleges.

It was the second one, after Harvard. Always second-best. But Thomas Jefferson went there.

How long did you attend there?

Four years; got my bachelor's in 1976, the year Carter ran against Ford. They had one of their three debates in Williamsburg, and I went to listen.

I married my wife, now, 12-13 years ago. I have grown sons from an earlier marriage, and one of them has a six-month-old daughter named Emma. I wish we were closer. We live in the same town as my other two granddaughters, but I would love to see Emma more.

Where did you go after Virginia?

Back to New Jersey to medical school. I was hoping to go to the University of Virginia medical school, which is in Charlottesville, a beautiful place. But I didn't get in, so I had to go to my backup school, which was in Newark. BIG difference from Charlottesville.

What year was that?

I graduated in 1980, and on our graduation day, Mount St. Helen's ash cloud was in the air. It would have been a bright sunny day, but it looked overcast because of the ash. You had to brush it off your gown, even though we were on the other side of the country.

Then what? Where did you do your residency?

I learned how to ski relatively late in life. I was in medical school, and the East Coast doesn't have the best conditions, the slopes are very icy. I said, "Boy, I would sure like to ski," so I made a trip to the Rocky Mountains. While we were still in medical school, my two roommates and I took a month off in the middle of winter and drove to Denver and skied all over the Front Range. Spent all our money and borrowed more. That was when I said, this is where I want to live. So after medical school I went and did my residency at the University of Colorado.

That had to be better than Newark.

Nobody stayed in Newark. Although, truthfully you get a good education in places like that. You get to do more in medical school and more as a resident because there's a huge volume of patients and not that many practitioners, so there's more work for lower-level people. You get to do more, and that's good.

You went into surgery...from the beginning?

Yes.

Why?

From the age of eight, I used to cut stuff up, including my dinner.

Were they worried about you?

No, I just enjoyed manipulating things. I am a hands-on person.

I always wanted to be a surgeon. Always. I wanted to be the guy who rides in and fixes the problem and rides out of town.

So you knew that was for you?

I pretended to be interested in other things, but I always went back to surgery. I had a girlfriend who wanted me to be a philosopher, but that didn't work out. I think about philosophy now, but at the time, to be debating stuff all the time....naah.

Has it always been medicine?

I always wanted to be a surgeon. Always. I wanted to be the guy who rides in and fixes the problem and rides out of town.

Very Lone Ranger.

Kind of. You come in and do your work, and then you move on to where they need you next. It's very different from family practice doctors, who manage patients with chronic conditions year after year after year. I couldn't do that. It's not in my DNA.

Was there a specific field of surgery you wanted to go into?

That was my great debate, because when I finished the program, I had two small children, and ...

What year was that?

1987, because I had two years in the military in public health in Gallup, NM, where my sons were born, so I like to say my sons are native Gallupians. That sounds brave. I worked on the Navaho reservation there.

Navaho Indians are very distinct. It's a closed group: 400,000 people on the reservation, and they stay there – some of them escape, but most of them stay there. They've been a stable population for a long time and are very distinctive-looking, with very dark hair and olive skin. Those two sons of mine were real novelties in Gallup. When they were born, they were put in nurseries – back then, babies were put in nurseries – and there was a nursery full of Navahos, very dark and distinctive-looking, plus two Caucasians, very pink, with no hair at all. At the nursery's glass wall were all the little Navahos who'd come to see their new brothers and sisters, and they also saw my two sons. They'd gather and take pictures and jump on their dads and say stuff in Navaho, and they named my first son Nah-tauc-aush ...or something like that, I can't pronounce Navaho. When I asked, "What does that mean?" they said it was the word for 'skinned rabbit.' They thought my son looked just like a

skinned rabbit.

That's an interesting way to come into the world: have everyone around you be a different race than you are.

Did they have any particular kinds of medical problems out on the reservation?

They have bubonic plague. They still do to this day.

Really?

Yup, it's in the rats there, and it gets transmitted that way.

We don't hear about that, do we?

Three times in my two years there I had to go on antibiotics, prophylactic antibiotics. I was exposed to plague patients right here in America. And you're right, it doesn't get much press, does it? But the CDC [Centers for Disease Control] knows ALL about it. There's an office in Colorado Springs, and the world expert on plague is in Colorado Springs, and goes down every year and monitors the situation. Kills a few rats to see if they have plague, that sort of thing. There are things on the reservation you don't see anywhere else, so it makes for a few good stories.

It's a matriarchal society, so Grandma makes all the decisions – it's kind of interesting to see. The town of Gallup is not on the reservation, it's ten miles away, and the road between is heavily trafficked. So Mom and Dad are driving the pickup truck, and bolted to the truckbed is a Barcalounger, and sitting in it is Grandma, in traditional Navaho attire, with her hair done up a certain way. And the kids are bouncing up and down in the back of the truck, and every once in a while they'll hit a bump, and out flies a little one, and they'll get brought in to the hospital and we'll have to fix them. It's just a very different culture.

The little kids speak good English, so they're the interpreters – Grandma can't speak English. And the kids all wore Atlanta Braves t-shirts, because back in the early 80's, they had CNN piped in, and they all had cable, so everyone watched the Atlanta Braves.

It's a huge reservation, the size of Connecticut.

Why were you stationed there?

I took a scholarship. I paid for my own first two years at CU, and then I decided to reduce my debt and take a public health scholarship that paid my tuition and living expenses. I was rich back then for a medical student. I was on the reservation for two years, and I did my internship in Denver, and then I had to pay the two years back, so it interrupted my five-year residency. I did my first year, and then I went to Gallup for two years. When I came back, they said "Good news: last year you got to do appendixes, and this year you get to do gallbladders." I said, "I've done 150 of them already!" So I wound up teaching *them*. The way the system works is that the residents a year ahead teach you. But I had already done five times as many gallbladders as the guy who was supposed to teach them to me.

What else did you get to do on the reservation?

"Good news: last year you got to do appendixes, and this year you get to do gallbladders." I said, "I've done 150 of them already!" So I wound up teaching *them*.

Skill Development Students Design and Construct a Pavilion



LCC with support from the City of Lamar, constructed a new picnic pavilion at the Roadside Park at the south end of the city. Students in the Renewable Energy Program who were enrolled in the Roof Framing and Roofing Materials and Methods courses started work on this project in the fall of 2013 to advance their skill set while contributing to the community. They designed the project using Google SketchUp, as the first step in the process. Then they ordered the materials, measured, cut, and assembled trusses and supporting pieces. Finally, the students laid shingles and painted the structure completing the pavilion project in October 2014. Next time you visit the college, look westward and you'll see the newly constructed pavilion in the Roadside Park. You might even consider having your own picnic at the new pavilion.



LCC Lady Lopes Softball Team News

By: *Craig G. Brooks*
Athletic Director / Head Women's Softball Coach



LCC women's softball will again participate in the city of Lamar fall clean up. The softball team has loyally helped with this project for the last 7 to 8 years. They volunteer for the fall, as well as, the spring City of Lamar clean up.

LCC women's softball team members will be volunteering to help with Share the Sprit Foundation *shoes for kids* program with cofounder, Karen Voepel, this Oct. 11th 2014.

LCC women's softball team will again place all the US flags on our veteran's graves for Veterans Day Nov. 11th. This has become an LCC softball tradition; we are on year 10 with this project.

LCC Women's 2014-2015 Softball Roster

Kathryn Webber	Mykayla Moody
Alyssa Parson	Brittany Driscoll
Nikole Hartman	Jaquelyn Wilson
Stevie Wadsworth	Danzille McFarland
Linsey Killen	Anna Douglas
Taylor Murphy	Taylor Worth
Jasmyn Dulen	Tiana Wirth
Kaitlyn Montano	Summer Judd
Abigail McDowell	Gabriella Diaz
Morgan Young	Kasey Bouck
Briana Medina-Martinez	Victoria Brooks
Baylee Patterson	Susan Sullivan
Haley Lorentz	Mackenzie Cooper
Kassidy Hendrick	Jessica Padilla

40th Annual Saturday, November 15, 2014
9 a.m. - 4 p.m.

Art, Craft & Food Festival

LCC Wellness Center Gymnasium

Free Admission

LCC: Land of Opportunity

By: Anne-Marie Crampton

If you didn't have the chance to attend any part of the LCC/LJC Old Cowboys Reunion held on October 3-5 or see our former students while they were in Lamar, you've missed an opportunity to recharge yourself as a part of the LCC family. As a small, lean college, I think it is easy for LCC to discount our ability to change lives. In talking with former students who'd been away 30-50 years, one word kept coming up during the weekend... "opportunity." For some, LCC and strong, passionate staff members like Red Heath and John Ketcham gave students an initial opportunity to learn and grow into who they are today. Other students needed a second or third chance to make a change in their lives... and they took it. We are **still** the *land of opportunity* for students today. Our passionate staff and faculty CARE about our students and their futures more than any large college could.



Last weekend, both the LCC Baseball and Softball teams hosted alumni games. And I felt the same appreciation at the Lopes vs. Alums baseball game that I did at the Old Cowboys Reunion: fun, friendship, and a great deal of gratitude to the College for the experiences they had (in and out of the classroom). Coincidentally, two '74 baseball alums showed up on campus last week to look around and voiced that same fondness for LCC. LCC gave them opportunities they wouldn't have had anywhere else... and often fostered long-term friendships that hold strong today.



This can translate to budding giving relationships between LCC and former students if we devote time, energy, and resources to it. While we can do a better job to welcome our alums back and include them in what is happening on campus now, please remember that – whatever happens – we are still the land of opportunity for our students.

Foundation News

Anne-Marie Crampton

Why Your Gift Matters

While we have made *considerable* progress in fundraising and reaching toward our goals of building a new dorm, increasing our scholarships, and creating new opportunities for program development, we have a considerable journey ahead of us to grow the College and bring sustainability to the LCC Foundation.

Last year was the Foundation's best year (calendar or fiscal) in its 40 year history in almost every category. That was achieved by investing in the Foundation with a full-time staff. More foundation activity engaged our Board of Directors, so they gave more of their time, energy, and personal funds to it. Becoming a certified Enterprise Zone project for capital construction and program development has really started momentum on investments in and large gifts to the Foundation. And two challenge grants – Kaiser Permanente and Davis Foundation brought in easily \$35,000 more in scholarships. Our successful golf tournaments and other activities have all improved the Foundation's visibility and credibility on and off campus.

With all of our progress, the Foundation still needs YOUR help. While gifts for scholarships, programs, and our dorm help us reach our goals, we cannot lose sight of the reality that the Foundation itself needs to become stronger. I believe that support needs to begin on campus and with our most connected community members – those already on our advisory councils, boards, business and community partners. We are at nearly 70% staff support, but what would 100% (in any form) say to potential contributors? How do we ask someone to give if we don't first contribute? Revenue from endowments and planned gifts will give us a solid base from which to stand in the future. But for now we are counting on our friends, those will directly benefit from a stronger college and foundation... *you*.

Anne-Marie Crampton | Director, Institutional Advancement | Lamar Community College | [Facebook](https://www.facebook.com/lamarcc) Betz #116 | [719.336.1520](tel:719.336.1520) | www.lamarcc.edu |

Give to our Life Changing College.

The New General Manager of Campus Dining and Food Services at Lamar Community College



I would like to introduce myself, and give you a little background into my experience.

My name is Victor Agena, and I am what some would consider a "lifer" in the food service industry. I began my career in 1985, while on break from Louisiana Tech University, at a small Italian restaurant in Louisiana. I loved working in the restaurants so much, I never went back to college until 1990, where I attended the Texas Culinary Academy in Austin, TX, in conjunction with the University of Texas Austin.

I graduated at the top of my class, and went back into the restaurants for several years, working at some of the finest establishments in New Orleans.

With the birth of my son, I sought a different career path within food service, working as a research and development chef for 1500 restaurants, based out of the corporate headquarters in Nashville, TN.

After the department was dissolved a few years later, I made the switch to health care, where I worked for several years as a clinical nutrition director.

Then, four years ago I was offered the opportunity to switch from health care to campus services. I jumped at the opportunity to come back to beautiful Colorado. Currently, I have been managing at Otero Junior College for those four years.

Another opportunity presented itself here at Lamar Community College, where I have assumed the role as General Manager in conjunction with our sister college Otero Junior College. I am excited to be here, and am already implementing changes that will raise our food quality and dining experience.

If you have any questions, comments, or ideas you would like to share about dining on campus, please drop by our office located in the Todd-Burch Hall, Kelley Union Dining Hall, or email me at Victor.Agena@sodexo.com.

Welcome and I look forward to meeting each of you!

Victor Agena

General Manager, Executive Chef

LCC Events Calendar November

The wealth of activities and events are too numerous to share in this space.

Please view our full calendar of events at <http://www.lamarcc.edu/calendar/>

LCC Sports: Rodeo, Softball, Baseball, and Volleyball

LCC Events: Online classes begin, ACT Testing

Local High School Sports and Activities at LCC

24–30 Thanksgiving Break—No Classes

December Preview

2nd—LCC Advisory Council 12:00—1:30 West Betz Conference Room

Week of 8th—13th—Final exams