

VOLUME fifteen

The Talon is published twice a year by the Public Relations Office at Laramie County Community College, Cheyenne, Wyoming. See it online at www.lccc.wy.edu.

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Laramie County Community College

Dear Friends of the College:

What a wonderful year we are having! Please let me highlight a few of the "happenings" on campus.

The new Health Science Building is on its way — up and out of the ground. We broke ground in October and expect to finish in November or December and be ready to accept students in January 2009.

Laramie County Community College continues to grow and develop. Enrollment is up again this year. We will be starting a new

Wind Energy Program in the fall, which will offer two certificate programs and an Associate of Science degree. We decided since we can do nothing about the wind, we will take advantage of it. The Wind Energy Program will be a wonderful addition to our campus offerings.

One of our focuses this year has been to transition to a different accreditation process through the Academic Quality Improvement Program (AQIP). The entire campus has been involved in developing "action projects" that will be completed and assessed. The purpose of AQIP is to involve the campus community in improving our academic quality.

Along with AQIP, we have also embarked on a strategic planning process by reviewing Vision 2020 to see where there are gaps. We are excited about this process because we also will review our mission statement and involve the community in order to capture an enhanced picture of where we all need to go. We encourage you to participate in the upcoming surveys and community focus groups.

The Legislature has wrapped up. As many of you have read, there will be a Community College Taskforce that will "review and evaluate" community colleges as to student capacity; academic and workforce needs; capital construction, including funding; cost-effective ways to manage community colleges; governance; a potential state community college system; and a seamless educational system between K-12 to postsecondary education.

For the first time in 40 years, the College trustees met with the University of Wyoming trustees to discuss current and future partnerships. The boards discussed having a stronger University presence in Cheyenne and on our campus. In essence, the boards voted to develop a center for higher education building where area residents can earn a G.E.D. through a Ph.D. President Buchanan and I have already met and will be visiting with our area's residents to determine which programs would be most appropriate. We will develop a plan by summer in order to begin the legislative process.

Overall, we are having a great time! Laramie County Community College is a phenomenal institution with phenomenal people doing phenomenal things. We thank you for your support of and commitment to the College, and we hope that you will continue being a part of our growth and progress.

Darrel L. Hammon, Ph.D.

President



on the cover

Cheyenne resident Al Cassidy took classes at Laramie County Community College when it first opened. Photo by Matthew Idler



Campus steps up safety in aftermath of shootings

New technology protecting students, staff, visitors

It takes just seconds for a vibrant college campus to turn into a center of chaos and tragedy. Since the 32 shooting deaths at Virginia Tech on April 16, 2007, colleges around the nation have been working to better protect their own campuses.

The remote campus at Laramie County Community College is no exception.

"We have to be prepared," said Ron Bailey, Campus Safety and Security manager. "It could happen here."

Recent school killings — the latest being Northern Illinois University in February — have demonstrated the vulnerability of all schools, especially college campuses because of their open access, Bailey said.

Steven Healy, the president of the International Association of Campus Law Enforcement Administrators, has stated that campuses require a layered approach to security, starting with highly trained campus safety and security officers, appropriate security technology, and crime prevention through environmental design, according to a report in Campus Safety Magazine. Mass emergency notification systems such as phones, text messaging and e-mail also are extremely important, he said.

In the aftermath of Virginia Tech, Laramie County Community College has enhanced its layers of safety and security. Most recent has been the addition of text alerts for students and employees in the event of a campus emergency or closure due to bad weather. The college also has increased manpower for the Campus Safety and Security department.

Campus Safety and Security works around the clock 365 days a year to monitor public safety, enforce campus regulations, campus traffic and parking rules, and provide CPR, emergency first aid and limited emergency vehicle assistance. While unable to make arrests, campus officers work with the Laramie County Sheriff's Department regarding any criminal activity that may occur on campus.

"We have a tremendous working relationship with the Laramie County Sheriff's Department," Bailey said. "It's something that has been cultivated through time. We're here to help each other."

Tragedies like Virginia Tech's have forced everyone to be more cautious about personal safety. Anyone who visits, studies or works at LCCC should feel safe, Bailey said, but they also have a responsibility to be aware of potentially dangerous situations.

"I don't want people to be afraid to come here," Bailey said. "But the threat is never going to go away. There's always something going on, on a campus someplace in the United States. It's everyone's job to be watchful and report suspicious activity."

Even — and especially — at Laramie County Community College. ❖





"Just because we practice something doesn't mean we should have a fear of it. We have to be prepared. The only way to be prepared is to practice, to know what to do in case of emergency," says Ron Bailey, Campus Safety and Security Manager, shown at right with security officer Doug Cover. The LCCC Crisis team plans to eventually have a full-scale training exercise with fire department, sheriff's, city/county SWAT, and LCCC students and employees.

Safety and security features at LCCC

- > Text alerts for students and employees
- Emergency call boxes
- Emergency procedures flip chart in every office (911 protocol, fire, bomb threats, intruders, hazardous materials, etc.)
- Crisis Communications plan
- Security escorts for anyone walking to their vehicles or across campus (as requested)
- Surveillance cameras in buildings
- Landscaping cleared in certain areas to lessen risk of someone using those areas to hide
- ➤ Security officers working 24/7
- Campus Safety and Security committee

Proposed safety and security features

- Increased lighting in parking lots
- Universal "card lock" system for classrooms and access doors
- More surveillance cameras
- More security officers
- ➤ Loudspeakers or public address system both inside and outdoors

Deadliest school killings in U.S. history

- 1) May 18, 1927, Bath Consolidated School in Bath Township, Mich. A series of bombings, set off by a school board member, killed 45 people, most of whom were children 7-12 years old.
- 2) April 16, 2007, Virginia Tech in Blacksburg, Va. The perpetrator killed 32 people in two separate attacks before committing suicide.
- 3) August 1, 1966, University of Texas in Austin. A college student killed 14 people before being shot by police.
- 4) April 20, 1999, Columbine High School, Jefferson County, Colo. Two teenage students shot and killed 12 students and a teacher before committing suicide.

Cheyenne residents give plenty of themselves for the sake of education

Imagine this: Laramie County Community College faculty members attend a conference unveiling cutting-edge research. They share this information with their colleagues, and it is integrated into the college's education curriculum. Hundreds of future educators learn new teaching strategies, and thousands of young minds are opened — thousands of lives are changed.

This type of long-term, far-reaching impact is one reason that Cheyenne residents Jan and W.M. Stalcup Jr. chose the LCCC education department as the recipient of a \$50,000 gift earlier this year. Matched by the state, the Jan and W.M. Stalcup Jr. Dedication to Education Fund will provide the department with thousands of dollars each year for academic advancement.

The fund is intended to allow the education department to pursue opportunities that ordinarily aren't covered in its budget. The money may be used to purchase new tools, computer technology, state-of-the-art equipment or innovative curricula to promote creative teaching. The Stalcups are especially interested in continuing education for teachers and the development of partnerships between the college and the school districts. They also would like to see LCCC continue to bring nationally recognized speakers to Cheyenne.

The Stalcups have appreciated the opportunity to serve the community since moving to Cheyenne from south Florida in 1992. W.M. immediately became involved at LCCC when the college helped him train 250 new workers at SafeCard Services, Inc.

"They did such a good job training those employees, I wanted to find a way to give back," he said. W.M. also served on the Foundation Board from 1993-2006 and was president in 2004 and 2005. "I'll always be involved with LCCC in one way or another."

Jan also wasted no time in finding ways to serve.

"That was the neat thing about getting to move here: What we found is that in Cheyenne, people just welcomed us with open arms to do whatever we wanted to do," she said. "That was so different from Florida. We didn't have the opportunity there to be involved. But here, if you want to make a difference, you can."

Their involvement continues today as she and W.M. served as co-chairs for the recently completed Children's Garden fundraising campaign.



Jan and W.M. Stalcup promote education at LCCC and in the community.

If their goal is to model community involvement, the Stalcups are succeeding. They recently were named the 2008 Lifetime Heritage Award Recipients by the LCCC Foundation, and their commitment to the community also has been recognized by their family — especially their grown sons Cody and Gabe. Jan recalled a message left by Gabe on their answering machine one morning: "Where could both of you be at 7:30 in the morning?" Gabe laughed, "Oh, yeah, you must be out changing the world."

More than a camp, it's an academy

Academy is usually defined as a school above the elementary level.

The usual doesn't apply here, but the skill level does as soccer students from around the region participate in Laramie County Community College's soccer academies.

Jim Gardner, academy director and head coach of the Golden Eagles women's soccer team, said the programs offered are more than camps; they're better described as an academy.

"We like to think of it more as a learning and school atmosphere, where we work on very specific technical parts of the game rather than a camp where many times general topics and tactics are taught."

The LCCC Golden Eagles soccer programs have proven to be very successful. The men's team has claimed the Region IX title the past three years, and the women's squad has made three consecutive appearances at the national tournament. The programs aim to share their tools of success with young players through the winter and summer academies.

Gardner said the goals of the camps are to build a base of quality soccer players in Cheyenne and the region.

"It lets us provide a service to Cheyenne and a way to help bring more people to the college," Gardner said. "In the long run we hope that it will eventually provide players with the opportunity to play here at LCCC, or any other college that they are talented enough to play at."

Both the winter and summer academies focus on teaching specific soccer skills that most teams and coaches don't have time to work on, Gardner commented. They concentrate on agility, specific ball work, heading, passing and receiving. While developing the skills to create a fundamentally sound soccer player is the goal, Gardner said the academies don't forget about a key ingredient for success – playing the game and having fun!

"I think we sell the fun part of playing as often as possible." ��



Academy director Jim Gardner instructs a student on effective passing during the Winter Academy this past February.

Academy info

- Open to boys and girls ages 11-18
- 1:8 coach to player ratio, max of 1:15
- Winter academy averages 40 to 50 players
- Summer academy averages 80 to 90 players
- Current Golden Eagle women's soccer players Megan Erickson and Kendall Clement were academy participants

The Summer SoccerAcademy will be held June 6-10. Details and registration can be found online at www.lccc.wy.edu. Click on "Athletics."



Thunderbirds aerial acrobatics fly high over Cheyenne campus

In what has become one of the most anticipated events on campus, the U.S. Air Force Thunderbirds Air Show will return on July 23.

For the 10th year running, LCCC will serve as the main viewing area for the performance, which is presented by the F.E. Warren Air Force Base. The show has been held in Cheyenne in conjunction with the Cheyenne Frontier Days celebration for 55 years.

Nearly 12,000 people flocked to campus last year to view the aerial acrobatics and take part in the activities and live music. More than 200 people, many of them LCCC employees, volunteered their time to make the day go smoothly. More details on this year's performance will be available on the college's website at www.lccc.wy.edu.



Renewable energy efforts draw attention to both campuses

In January, Laramie County Community College was named the Energy Innovator of the Year by showing leadership and innovation in Wyoming regarding renewable energy.

Presented by the Renewable Energy Coalition of Wyoming, the award lauded LCCC's new 100-foot wind turbine and energy-efficient construction practices on the Albany County Campus, and a new wind technician program that will begin this fall on the Cheyenne campus.

"Any one of these shows commitment to our ideals, but the combination truly indicates an ongoing dedication to making our world better by reducing your footprint and helping others do the same," said Ed Werner, executive director of the Wyoming Wind Working Group.

The college's renewable energy efforts are not only meant to preserve the environment but also to serve as a role model for other institutions and act as a teaching tool for area students.

New program helps veterans with school



Veterans in Laramie County are getting an educational boost thanks to a \$1.25 million grant awarded to Laramie County Community College last fall.

The grant has allowed the college to start a Veterans Upward Bound program, which will prepare 120 local veterans each year for higher education. A federally funded TRiO program, Veterans Upward Bound helps veterans who are low-income and/or first-generation college students. The grant will provide \$250,000 a year for five years — pending Congressional allocation of funds each year.

"The idea behind the program at the national level is that veterans should be provided with as much educational assistance as possible so they are not wasting their GI educational benefits for remedial courses," said Sher Warren, director of the college's TRiO programs.

Laramie County Community College is the only higher education institution in Wyoming to offer the program. Only 44 Veterans Upward Bound projects are funded across the nation.

Grant boosts women's program

Laramie County Community College was awarded a \$10,000 grant from the Wyoming Women's Foundation to help fund a program that prepares women to be economically self-sufficient.

The college's Transitional Services Program provides financial, educational and career advising services specifically to students who meet income and other eligibility criteria and who are enrolled in certificate or degree programs. The program serves approximately 100 women a year, many of whom are single parents. It supports and trains students to obtain high-skill, high-wage or high-demand occupations.

The grant, awarded in December, will provide direct student support including financial literacy training, child care, transportation and other necessary support for women enrolled in the Transitional Services Program at LCCC.



Albany County Campus and online classes grow rapidly

Boosting the enrollment growth at Laramie County Community College are both online students and those taking classes at Albany County Campus in Laramie.

In the past five years, online numbers have surged 276 percent, and Albany County Campus growth has reached 105 percent. In the past year alone, online numbers have increased by 18 percent while the Laramie campus expanded by 25 percent.

"We're having growing pains, but the growth is fantastic," said Lynn Stalnaker, dean of the Albany County Campus.

And what's one of the most visible signs of a busy campus? A full parking lot.

"When I first started here about a year ago, there were plenty of parking places," Stalnaker said. "Now there are days when you can't find a place to park."

In all, the annual enrollment in LCCC credit classes was 5,573 for the 2006-2007 academic year.



New programs in works for health sciences building

Doing its part to alleviate shortages of health care workers, Laramie County Community College is adding a new program to its academic lineup and reinstating another. A physical therapist assistant program is on track to begin in January 2009, and this fall, the sonography program is scheduled to restart.

Graduates of both programs, which combine academic study with supervised clinical experience, receive an Associate of Applied Science degree and are eligible to take the national licensing and registry exams.

Additional programs, including pharmacy technician and medical laboratory technician, are in the planning stages and slated for occupancy in the new building. The college's current health-related programs include nursing, surgical technology, radiography and dental hygiene.

The health sciences building is on track and scheduled to open for classes in January 2009. ❖



In an era of leisure suits, station wagons and social unrest, Laramie County Community College was born and beckoned its first students to join the new institution.

The year was 1968, and one of those first students was Cheyenne resident Al Cassidy.

In the 40 years that have transpired since the college first opened its doors, new buildings have peppered the campus; enrollment has swelled; programs have been added.

And Cassidy finally received his degree.

"When LCCC first opened, I didn't think it was going to make much of a college," Cassidy said, "and they were probably thinking I wasn't going to make much of myself, either."

But time tells a different story — one of growth, success and ultimately, a degree for one of the first students at Laramie County Community College.









1969

A lot of people know what they want to do with their lives. After graduating from Cheyenne's St. Mary's High School in 1969, Cassidy knew more about what he didn't want to do.

"I didn't want to get called up," he said. The Vietnam War was raging, and the anti-war movement was gaining strength, due in part to large draft quotas.

News of a college forming in Cheyenne caught Cassidy's attention, and he enrolled to try to skirt the draft. Because buildings on the LCCC campus were under construction, his first classes were held off campus.

"What is this?" Cassidy remembered thinking when he realized his classes would be held in the basement of First Methodist Church. "It didn't look like a college."

Cassidy admitted he didn't take college very seriously, and his grades showed it. He wasn't terribly invested in his education, which made it that much easier to leave behind.









19708 & 808

With men still being heavily drafted for the war, Cassidy knew he wouldn't be able to avoid it because of his poor GPA. So after one semester at LCCC, he entered the Navy and served in the nuclear submarine service. After six years he finished his military duties and returned to Cheyenne. Over the next few years, he began working in the heating and air conditioning trade, got married and started his family. He now has three grown children, Joe, Teri and Michelle.

Though entering the military wasn't his first choice, it did afford him a nice benefit after he completed his enlistment: The GI Bill. Looking into a mechanical engineering degree, Cassidy decided to give LCCC — and himself — another try.

He took classes from 1980-1984 while working in the heating and air conditioning industry. This time around he was more focused on his education and his grades shot up. In 1986 he was invited to buy into an HVAC business. Cassidy accepted the invitation and turned his attention toward his work.



Simply Bootiful!

ARAMIE COUNTY COMMUNITY COLLEGE

What's this all "aboot"? While this story has nothing to do with Canadian accents, it does have everything to do with boots. Big boots. Big, painted cowboy boots ... with spurs!

Laramie County Community
College is proud to welcome its
newest piece of art, an 8-by-8foot, 150 pound, fiberglass boot.
Painted by artist Ross Lampshire,
the boot's art was based on
sketches by LCCC public relations
graphic designer and illustrator Greg
Flores. The boot is a tribute to the
college's mascot, the Golden Eagles.

"Ross' interpretation of my work really made it an outstanding piece of art," Flores said. "Having been an employee of LCCC for only a few short years, I was honored to be the designer chosen for this project."

The Cheyenne Depot Museum publishes a map of all the boots around Cheyenne,

and LCCC will be added to the next printing.

The boot may serve as a bit of a recruiting tool or at least create more community awareness of the campus, said Gordon Horton, the president of the Cheyenne Depot Museum Foundation. Boot enthusiasts will come right to the front door of the campus and then will have the opportunity to explore the rest of the college.

The Golden Eagle boot was unveiled on Feb. 22 and will be set up outside the Administration Building entrance.

Laramie County Community College can't have just one boot; it needs a pair. The college has purchased another boot that will join the campus scenery at its unveiling during LCCC's 40th Anniversary celebration on Sept. 6.

More aboot the boots

- They started as a fundraiser for the Cheyenne Depot Museum called "These Boots Are Made for Talking."
- Cheyenne has about 18 boots total.
 The number occasionally changes as some are sold or moved.
- The boots originally were going to be ponies.
- They have been sold across the nation.
- Texas has a similar boot project, but its boots are 6 feet tall and have no spurs.
- A location map with all the boots can be picked up at the Cheyenne Depot.



RUNNING JUGGLING BALANCING

Running from class to class. **Juggling** homework. **Balancing** your personal life with school.

With all this physical activity, one might think it was easy to stay fit while going to college. Truth is, it takes a little more effort to be healthy. Fortunately, Laramie County Community College offers plenty of ways to feel good from head to toe.

Want some help getting your body and mind in shape? The Health Education Office is a great place to start. A member of the American College Health Association, the office provides personal health counseling, resource materials, referrals to local health providers, and assistance in seeking financial resources for health-related issues. It also initiates activities and awareness for all aspects of health and wellness such as drugs and alcohol, AIDS and sexual assault.

"I think we're such a drug-happy, quick-fix society that we don't think about prevention and education because we always think there's going to be something right behind us that will fix it if we get in a bad spot," said Amy Perea, health education coordinator. "We know how to protect ourselves from most things. We know how to stay healthy for the most part."

So whether you're fighting the freshman 15 or simply fighting with your freshman, LCCC has the tools to keep your head, your heart — and every other body part — healthy and happy. ❖

Physical fitness

Laramie County Community College offers dozens of credit and non-credit classes to get you moving. Check out swing dancing, snowshoeing, pilates or spinning. Want more independence? The physical education facility features a climbing wall, two-lane track, racquetball courts, mat room, weight room, swimming pool, aerobic center, training room and basketball gym. The facility also accommodates tennis, volleyball, indoor soccer, archery and other sports. Call 307.778.1315 for information.

Sophomore Bret Barnes balanced his life and stayed fit while playing basketball at LCCC. His achievements on and off the court earned him NJCAA Academic All-American honors. Bret will graduate this spring with an Associate of Science degree in pre-pharmacy and has been accepted into the pharmacy school at the University of Wyoming.

Counseling services The LCCC Counseling and Advising Center offers advising and psychological counseling services. Services are free to currently enrolled students and include individual, couples, group and career counseling. Call 307.778.1214 for more information. Stop smoking/chewing resources As more and more towns and businesses turn smokefree, lighting up becomes more of a hassle (not to mention the health risks). The Health Education Office collaborates with Through with Chew and Tobacco Cessation of Laramie County to help you kick the habit. Call 307.432.1631 for more information. **Walking** Get your body moving and take a deep breath. In bad weather, take advantage of the indoor walkways that connect most of the buildings on campus. Sheltered from the wind and snow, you can make your way to 10,000 daily steps. And if it's nice out, take advantage of the city's Greenway that runs right through campus. **Healthy relationship resources** The Health Education Office plans plenty of activities for Healthy Relationships Week each semester. The office partners with local groups such as the Sexual Assault Nurse **Healthy dining options** Examiners and victims services to Hungry? The Filling Station has lots of yummy snacks and meals that provide awareness and counseling are good for you. Try the yogurt and granola cups, fresh veggies, or for unhealthy relationships as well a garden or chef's salad. Or have the cooks make you a fresh, grilled as highlight what makes a positive, deli sandwich. Be sure to get whole wheat and hold the mayo. healthy relationship. Call 307.432.1631 Call 307.778.1318 for more information. for more information.





Preston Cox is a sophomore at Laramie County Community College. He began earning credit toward his associate degree in Internet Technologies, Web Design in the spring of 2003 as a senior in high school. He is a member of Phi Theta Kappa, an executive officer for LCCC's Associated

Student Government and a member of the men's soccer team. He will graduate this spring and looks to transfer to the University of Central Florida and earn his bachelor's in electrical engineering.

Maryellen Tast, the program manager in business training, has been working at Laramie County Community College for five years. Originally from Philadelphia, Maryellen came to Wyoming with her husband, Keith, "kicking her heels," but has been here for 20 years and has fallen in love

with Cheyenne. She enjoys writing in her free time as well as hiking, cross-country skiing, snowshoeing and riding horses at her cabin with her husband and 7-year-old daughter, Jenna Victoria.



The day Carol Kabeiseman started working at Laramie County Community College was the day Elvis died. In the years that have passed since 1977, Kabeiseman has worn different hats with LCCC, most recent being director of the nursing program. Having helped

thousands of students become nurses, she will retire in May. Her plans include traveling with her husband, Earl, volunteering more in the community, gardening, reading and cooking.

Preston Cox

"There are a lot of good things about LCCC. Probably the best things are the smaller class settings so you get better instruction and at the same time there are still opportunities to get involved in actual college life. There are a lot of things to do on a campus this size, which is quite surprising.

"I've been able to go through a bunch of courses and find out who I really am and what I want to do. To go play soccer at another school is pretty much my big goal right now and to pursue a degree in electrical engineering or something with robotics.

"I wish I would have been more involved when I first started at LCCC, but I'm satisfied with where I am now, so there's not much I would change."

Maryellen Tast

"What we try to do is really take a look at all of the training issues that are out there and divide it into two key issues: making the leaders within the organization more successful at their jobs and making the employees more successful at their jobs through basic skills training and technical training.

"It's rewarding when you look at someone in the eye and they say, 'I got it; I know what it takes to succeed. I can make a difference, and I can grow, develop and change, and be successful.'

"What I love most about LCCC are the people here on campus and in my job, which allows an opportunity to connect a lot with the people in our community. We have some incredible leaders within our community that just inspire me every day with the things that they do and incredible leaders on this campus that inspire me every day with the things that they do."

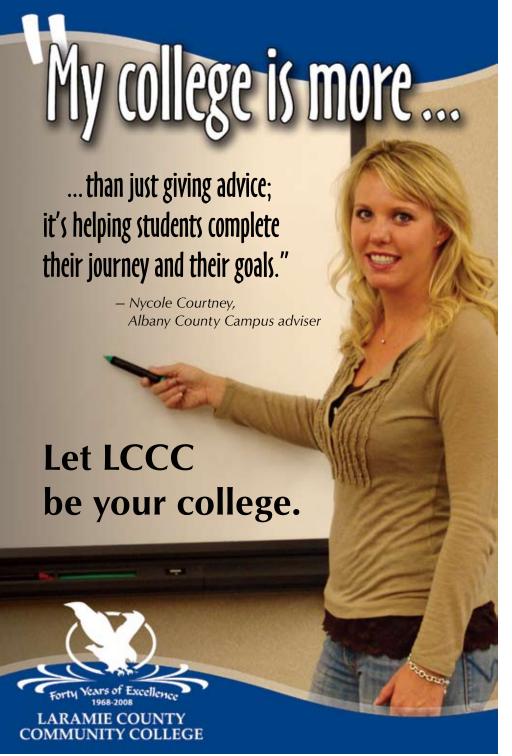
Carol Kabeiseman

"The nursing program has just grown tremendously. I think the best part of teaching in this program is pinning and the graduation afterward. These people walk across that stage and you see their families — little kids, fathers, mothers and sometimes grandparents — and you know they'll have a better life now because they have a rewarding profession and can earn more.

"That's why I've stayed with it so long. It's something about those people being successful. I visit the hospital and see a lot of the nurses and nurse managers that have gone through this program. They're doing well. And I look at them and think, 'I remember when you sat and cried in my office because you couldn't pass a math test.'

"It's sad to leave because I've worked here so many years. It's going to be different not to be a part of the nursing program or a part of the college. I think very highly of this college. I think it's given so many more people the chance to succeed."





Registration for summer and fall courses is currently available. Summer classes start June 9 in Cheyenne and Laramie. Fall classes start August 26 in Cheyenne and August 27 in Laramie.

Main Campus (Cheyenne)307.778.1357Albany County Campus (Laramie)307.721.5138Eastern Laramie County Outreach Center (Pine Bluffs)307.245.3595F.E. Warren Air Force Base Outreach Center (Cheyenne)307.773.2113

Save time!

You can register online at www.lccc.wy.edu.



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