

A magazine that shares LCCC's success stories

LARAMIE COUNTY COMMUNITY COLLEGE

THE TALON



volume fourteen
Fall/Winter 2007



A Western experience

Alumnus cares for stallions
with Wyoming memories in mind

VOLUME **fourteen**

top stories

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**LARAMIE COUNTY
COMMUNITY COLLEGE**

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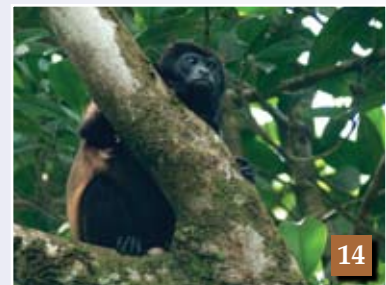
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on the cover

Laramie County Community College alumnus David McIlrath shares a moment with First Samurai, a thoroughbred racehorse, on Kentucky's Claiborne Farm in August. Photo by David Stephenson

Dear Friends of the College:



I just celebrated my first year as the President of Laramie County Community College, one of the finest community colleges in the nation. And what a wonderful year it has been! While I felt that the year passed by more quickly than I could ever have imagined, we accomplished a great deal. Consequently, I would like to inform you all of some of the accomplishments in sort of a report card.

Health Sciences Project —The Laramie County voters believed in us and our goal of constructing a Health Sciences Building. Many thanks to all of you. We know this will be a sacrifice but one that will benefit our families, community, county, state, and region for many years to come.

Capital Projects — Overall, the Legislature treated community colleges extremely well. I salute the legislators for their work and for their patience with the process. They responded positively to capital construction, salary, and endowment. During the session, the Governor signed SF 124, which included \$7.4 million for our Health Sciences project.

Matching the Spirit Campaign — Thanks to the Foundation and the community, we reached our goal of \$4.5 million. During the legislative session, Laramie County Community College requested an additional \$2 million to extend the campaign. The Legislature agreed, and we are continuing with renewed effort to match another \$2 million.

Salaries — The Legislature approved and the Governor signed the state's supplemental budget, which boosted salaries for faculty, staff, and administrators. This increase will allow us to be more competitive in the state, regional, and national markets for all employees at the College.

Full-Time Equivalency (FTE) — Once again, the College had an almost 4 percent increase in the number of FTE attending Laramie County Community College from last year. The Albany County campus saw a 13.5 percent increase; online programs experienced a 16 percent increase.

Technology —The Center for Digital Education and the American Association of Community Colleges (AACCC) named Laramie County Community College the No. 1 tech-savvy community college in the United States for colleges between 3,500 and 7,000 FTE. The technology on our campus is incredible and allows our faculty, staff, and student-learners to utilize cutting-edge technology.

Thank you for your continued support of Laramie County Community College. I would like to personally invite all of you to visit the campus and see the many changes and improvements. I think you will be delighted.

A handwritten signature in black ink that reads "Darrel L. Hammon". The signature is fluid and cursive, with the first name being the most prominent.

Darrel L. Hammon, Ph.D.
President



According to a 2007 survey conducted by the Center for Digital Education and the American Association of Community Colleges, LCCC ranked first in the nation among midsized community colleges for its Smart™ classrooms, online services for students, online course management systems, scheduled technology upgrades, and faculty and administrative technology to support online students.

Getting in on the green

Albany County Campus protects environment, serves as role model

The grass may turn brown and the skies gray during the winter months in Laramie, but if you take a trip to 1125 Boulder Drive, all you'll see is green.

Green technology, that is.

Thanks in part to a few forward-thinking minds and one eco-conscious grant, the Laramie County Community College Albany County Campus recently delved into the environmentally friendly world.

The grant, worth nearly \$1.2 million, came from the U.S. Department of Energy through the Wyoming Business Council State Energy Office. It funded many of the green features on the campus, which was built in 2006.

"Our mission is to promote renewable energy and energy efficiency," said Tom Fuller, state energy program manager for the Wyoming Business Council. "We wanted something here in Wyoming to set an example of that."

Green building, energy efficiency and renewable energy are becoming more prevalent in today's society. Cities and towns across Wyoming are getting in on the action, including Cheyenne, Laramie, Casper, Greybull, Jackson and Rawlins.

Big windows and slanted ceilings at the Albany County Campus allow more sunlight to enter the facility, which helps keep lights off during the daytime.

Besides helping protect the environment, saving money and serving as a role model, the new campus also will act as a teaching tool. The University of Wyoming is monitoring the facility to research how to build net zero buildings — those that produce as much energy as they consume — in cold climate. The UW Engineering Department also is partnering with LCCC to research the wind turbine that stands on campus. Data that is gathered from both projects could provide opportunities to improve and further develop green features.

The Albany County Campus received the 2005 Leading Edge Award from the Laramie Area Chamber of Commerce on Jan. 26. The award is given to a business or institution that demonstrates innovation in technology that improves or preserves the environment.

Green features of the Albany County Campus

Wind turbine

Goal: to supply the campus with electrical energy

- Produces 65 kilowatts of power when wind blows 33 mph
- Is operated and maintained via computers in Laramie and Cheyenne
- Distributes any excess power to the Rocky Mountain Power grid system for other customers' use

Light harvesting

Goal: to keep lights off in daytime, saving electricity

- Slanted ceiling pushes light into building
- Outside light shelves block glare, bounce light into building through top windows
- Light sensors turn lights on only if there's not enough sunlight inside
- Inside walls have windows to let light penetrate into hallways



Ground source heating and cooling system

Goal: to spend less energy heating and cooling the facility

- To heat: Instead of heating the outside winter air to room temperature, (i.e. 30° to 70° = 40° difference) this system uses water from an aquifer, which is always 47 degrees, as a starting point to heat the air (47° to 70° = 23° difference). This way, it takes much less energy to heat a building.

Pumps pull water from an aquifer that sits 150 feet below the ground surface. The water travels to a heat exchanger and warms to 70 degrees. The heat exchanger

then pumps water into each room's heating/cooling unit, which heats the air with the water and blows it out.

- To cool: Heating units will suck up warm air from the building to heat exchanger, which will cool the air, and then blow it back out.

Structural Insulated Panels

Goal: to better insulate the building

- Walls are super insulated with less/no dead space like with traditional I-beam framing methods
- Less on-site waste during the construction process ❖

Construction technology

The Albany County Campus not only *is* green, it *builds* green. Each year, students and instructors of the college's construction technology program — along with sub-contractors — build one green, energy-efficient home in Laramie that goes on sale to the public. The two homes currently on the market are located at 2360 Ames Court and 1659 Frontier Drive.

Since the program started in 2002, instructor Tim Nyquist has become more and more excited about the benefits of building green, energy-efficient homes.

"Now I'm addicted and won't go back," he said. "I have seen the light. It's my duty to teach the best in technology. I don't believe doing anything less would be good for the college."

The Construction Technologies 2006 home was featured in two national publications, numerous regional publications and was the Showcase Home for Homes Across America, an EPA-funded program.

Green features implemented in some or all of the homes

Insulated Concrete Forms (framing method)

- No mold, no termites, thermal mass won't allow heat to escape, airtight, won't allow elements to penetrate
- Reduced waste

Solar energy for heating water or providing electricity

Daylight harvesting and compact fluorescent lights

- A typical household incandescent light bulb uses 40 to 100 watts, while the energy-saving compact fluorescent lights use eight to 20 watts to yield the same light output.

Ground source heating/cooling system

- Longer lasting and lower maintenance than traditional homes

Q: What does "green" mean?

A: As the environmental impact of buildings becomes more apparent, a new field called green building is gaining momentum. Green or sustainable building is the practice of creating healthier and more resource-efficient models of construction,



The photovoltaic (solar electricity) system at 2360 Ames Court has a tracker that follows the sun from morning to night. It has a 25-year warranty and can withstand high winds and 60 mph, golf ball-sized hail.

renovation, operation, maintenance and demolition. Research shows that green building can provide great environmental, economic and social benefits.

Did you know?

Tax credits are available for many types of home improvements including adding insulation, replacement windows, and certain high efficiency heating and cooling equipment. Credits are also available for solar water heating and solar electricity systems. Visit www.energystar.gov and click on tax credits at the bottom of the page.

Want help making your home energy efficient?

Wyoming Home Performance with Energy Star — www.wyominghomeperformance.com

Learn more

- U.S. Green Building Council — www.usgbc.org
- Energy Star — www.energystar.gov

Friend of college remembered across the board

Martin “Pete” Petersen used to spend hours hammering out issues with his fellow trustees in the Laramie County Community College Board Room.

More than 20 years after his death, he is now a permanent fixture there.

This fall, the board room was named the Martin “Pete” and Opal Petersen Board Room for the man — and his wife — who helped establish the college almost 40 years ago.

“He helped get the college on a sound foundation,” said Pat Madigan, Petersen’s son-in-law. “He was a very fine gentleman. He did business on a handshake a lot of times.”

Petersen worked in the financial business all his life and was serving as the president of Cheyenne Federal Savings and Loan when he was elected to the board of trustees in 1968.

“Martin was the voice of reason and a fountain of knowledge on the board,” said Tom Bauman, also an original board member. “He loved people. He was honest, forthright and the one who would say, ‘Let’s think about this.’ He was a giant in the community who got things done quietly.



“I know that in savings and loan terms, the investment in the community 40 years ago has continued to return annual and daily dividends. It will be a great honor to have Opal and Martin Petersen remembered in the LCCC board room again.”

Pete and Opal were married 67 years before he passed away in 1995. They raised a daughter, a son and dozens of Shetland ponies after moving to Cheyenne in 1929. Opal stayed at home with the children except during World War II when she was called to help work on fighter planes at the modification center at the Cheyenne airport. “I was Rosie the Riveter,” she joked. She is a self-proclaimed hobbyist and still enjoys playing Rummikub and bridge — her favorite — a couple of days a week.

She recently contributed to the LCCC Foundation in her husband’s name.

“There was never a stranger to him. He knew everyone and he liked everyone,” she said. “He gave everyone the benefit of the doubt. Pete was partially responsible for the college being built. I wanted him to be remembered.” ❖



Opal Petersen, center, is joined by family and friends during the naming ceremony for the board room.

Jazz pianist brings international flavor

Tony Moreira sounds as if he's been playing piano his entire life. But although the Laramie County Community College music major from Brazil has been playing professionally since 1993, he did not start playing the piano until he turned 19.

"My mother would not let me play," Moreira said. "She said that the piano is something that women play. I played guitar instead until I was an adult."

Moreira is working toward a degree in jazz piano and performing with the LCCC Jazz Ensemble under music director Gary Hall. He also teaches jazz improvisation classes.

"Tony is a positive force to the rhythm section and entire jazz ensemble," Hall said. "He is a superb musician, and more importantly, a great person. It is a pleasure to watch and listen as he interacts with the other musicians of the ensemble."

Moreira has honed his talents through performing with and studying under musicians from Brazil, Italy and America. He also has composed advertising jingles, including some for McDonalds, Red Bull, Nissan and Mattel.

"The best part about music is that no one ever feels as if they have everything

mastered," said Hall, who said he knows there is always more to teach. "There are always areas to grow in and work on. Tony is working on improving his reading skills, especially reading at first sight."

Moreira hopes to complete his degree at the University of Wyoming, the University of Northern Colorado in Greeley or in Denver. He currently lives in Laramie with his wife and three children, Vitor, Heitor and Clara.

Music to your ears

Want to see him play? The LCCC jazz ensemble will perform next at the LCCC Holiday Gala concert on Friday, Dec. 7. For more information, call 307.778.1158 or visit www.lccc.wy.edu.

Studying music at LCCC

Many courses and ensembles are available to non-music majors. Students can study and experience music of virtually any style, from Western European art music to jazz or ethnic music.

A major in music prepares students for careers in performance, school or studio teaching, music business, and music theory and composition. The courses offered lead to an associate of arts degree and may be applied toward various bachelor's degree programs in music. ❖

LCCC student Tony Moreira also teaches jazz improvisation classes at the college.

College, UW want joint building in Cheyenne

Laramie County Community College and the University of Wyoming are teaming up to build a facility on LCCC's Cheyenne campus for advanced degree opportunities.

The Center for Higher Learning is included in the master plan for the campus. Though UW currently has a space on LCCC's main campus, university and college officials believe the area is not sufficient to meet future needs.

Foundation offices from both institutions will develop a joint fundraising strategy, and LCCC will go to the Legislature in 2008 to look for partial funding. Once funding is secured, a design assessment and construction plans potentially could begin in 2008.



Courtesy of CLIMB Wyoming

Nadra Williamson, CLIMB graduate, trains at the LCCC Integrated Systems Training Center last spring. She now works for Frontier Refinery.

Single moms get career boost from LCCC, state program

In May, seven single mothers who wanted better earning potential were given a chance to enter higher paying careers, thanks in part to a partnership between Laramie County Community College and CLIMB Wyoming, a statewide program that helps train and place single moms in more lucrative jobs.

The women completed extensive job training through LCCC's Integrated Systems Training Center, plus life skills training, counseling and job placement through CLIMB Wyoming. CLIMB runs programs throughout the year with LCCC and other training programs. To date, more than 800 single mothers across Wyoming have graduated from the CLIMB program and entered jobs in fields such as construction trades, extraction, health care and office work.

The Integrated Systems Training Center at LCCC provides hands-on training in electrical, electronic and mechanical systems. Students learn how to operate, troubleshoot and maintain high-tech equipment found in today's modern industry and businesses nationwide.



Smart Boards give instructors and students at Laramie County Community College a high-tech advantage.

College climbs tech ladder, grabs top spot in survey

This spring, Laramie County Community College was named the No. 1 tech-savvy community college in the nation for midsize community colleges.

The Center for Digital Education and the American Association of Community Colleges chose from nearly 200 community colleges that participated in the 2007 Digital Community Colleges survey. The survey examined how colleges are using technology to streamline operations and better serve students, faculty and staff.

Laramie County Community College also was ranked in the two previous Digital Community College surveys. The college was second in 2005 and tied for seventh in 2003.



Crews cranking on new health sciences building

The vision of a new health sciences building on campus is becoming a reality. Crews started construction in October and are scheduled to complete the facility in fall 2008 with classes to begin January 2009.

After the Legislature agreed to fund \$7.4 million of the project in May, the amount that taxpayers will be paying

has decreased. Though voters approved funding for \$14.3 million in November, they now will be funding half that amount to match the Legislature's contribution.

The new facility now includes three floors and will cover 37,520 square feet. It will accommodate several new programs, including physical therapy assistant, medical laboratory technician and medical office work. The college continues to work with the medical community about other potential and emerging health-care programs that are needed in the region.

Gearing up in Laramie



Student Charlee McNett looks through the new Albany County Campus bookstore in Laramie, which opened this spring. Open Monday through Friday, it offers textbooks for students, LCCC apparel, gift items and snack foods.

Student newspaper makes headlines with national awards

Wingspan, the student newspaper at Laramie County Community College, has done it again. And again. And again.

Since the year began, the paper, its staff members and adviser Rosalind Schliske have won numerous regional and national awards, including competitions against major four-year universities. The paper won the Columbia Scholastic Press Association's Silver Crown award in March, and staff members also captured four individual honors.

In April, *Wingspan* also was the only publication from a two-year institution to win awards in the regional Society of Professional Journalists' Mark of Excellence competition. Three staff members also took home awards in that competition.

In May, for the 17th consecutive year, *Wingspan* also took top honors in the American Scholastic Press Association national competition, earning first place in the community college category. ❖



Photo by David Stephenson

A Western experience

By Cassie Eliasson

Alumnus takes care of stallions with Wyoming memories in mind

Can a place, an idyllic lifestyle on the Western plains, change you?

Can it teach you about life's work?

Can it cause you heartache and then give you motivation to move on?

Just ask David McIlrath.

An Ohio native, McIlrath spent just three years in Cheyenne before graduating from Laramie County Community College in 1997. He now works as a stallion groom at Claiborne Farm in Kentucky, one of the nation's most prestigious horse farms.

"The education that I picked up was the best three years I ever took as far as learning about the whole industry and all the hands-on experience I got at that school," McIlrath recalled. "I still even tell people about it out here. The visitors and breeders and tourists all ask where I went to school. They say, 'Why'd you go all the way out to Wyoming when there are equine colleges all over the place out here?'"

His answer is simple.

"When we used to visit Wyoming, I always just felt that it was the real deal, you know? There are very good colleges out here, but I felt that Wyoming was the place. That was where it was lived, where people actually lived what they talked about and taught. I always said I wanted to end up being back there because that was the greatest couple of years of my life."

Life out West

It was good, old-fashioned rodeos that called McIlrath to Wyoming. After getting a bachelor's degree in history from Liberty University in Virginia and realizing teaching wasn't for him, he decided that horses were where his heart was.

"But rodeos in Ohio are what you can imagine: nothing really to write home about," McIlrath said. "Dad said, 'If you're wanting to do this, I'll more than support ya, but go somewhere you can do it and actually learn from the best.'"

Enter Laramie County Community College.

McIlrath had spent time in Wyoming on hunting trips with his dad. The Western lifestyle lured him to Cheyenne where he joined the equine studies program and college rodeo team. There, while learning bareback bronc riding and team roping, he met a fellow student who soon would become his best friend.

Rusty Rinderknecht knew a lot about rodeoing.

"He pretty much taught me everything I knew how to do," McIlrath said. "He really took me under his wing. He basically was the biggest role model I had out there."

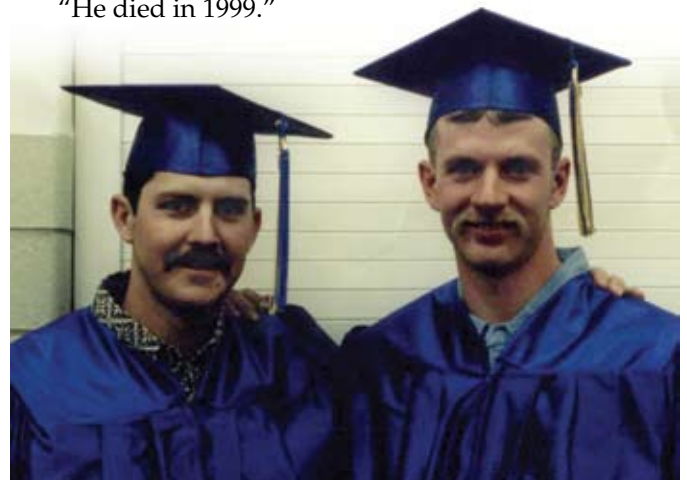
McIlrath's rodeo days were cut short after he got hung up under a horse at practice and shattered his ankle, but he and Rinderknecht remained close friends. Making plans for life after college, the pair decided they would head back to Ohio together to train horses for McIlrath's dad. After graduation, they would return to their home states for the summer to get everything in order and then meet up in Ohio.

A couple of months after graduation, McIlrath got the call.

Rinderknecht had been in a bad accident while breaking a colt. He was in a coma, and the prognosis wasn't good. McIlrath flew to the hospital several times to visit.

"We were young, out of college, ready to go," McIlrath remembered. "We had all these dreams together as far as working together, rodeoing together, and here he was lying in a hospital bed.

"He died in 1999."



Courtesy of David McIlrath
Rusty Rinderknecht, left, and David McIlrath graduated from Laramie County Community College in 1997.

Moving on

"After slowly accepting the fact that Rusty was no longer going to be with me, and I was going to have to do things on my own, I used it as motivation," McIlrath said.

"Really what got me going and motivated to go into the horse business was him, his wife and his family. He just kept the spark going, and I basically was trying to be like him this whole time. He was just so much motivation for me, and it kind of blossomed into a great career. I think about him every single day."

McIlrath spent the next 10 years successfully training team roping and calf roping horses on the family-run farm in Ohio. After his father sold the farm and moved to Centennial, Wyo., McIlrath and his wife decided to move to Kentucky. McIlrath got his job working with thoroughbred racehorses at Claiborne Farm in September 2006.

"That was a field that I hadn't been involved with. I had been working with quarter horses and paint horses, so it was going to be a new avenue. But from the experience I got out of college and just the past 10 to 12 years working with horses, I realized that a lot of the horse industries go hand in hand. It's also in its own way, entirely different."

On the farm

Claiborne Farm, located in Paris, Ky., is a long-standing breeding shed and boarding operation. Of the 11 horses that have become Triple Crown champions (winning the Kentucky Derby, Preakness and Belmont races), six were conceived at Claiborne Farm. Seattle Slew and Secretariat are two of the most well-known. Silver screen and best-seller star Seabiscuit also came from Claiborne.

"I knew I was getting involved with a very reputable place," McIlrath said, "a farm that was rich in tradition and history."

As a stallion groom, McIlrath is responsible for the daily care, turnout, cleaning and work involved with breeding. During the six-month breeding season, 13 stallions breed 100-120 mares apiece, for a total of 1,000 plus mares bred. Breeding fees range from \$5,000 to \$125,000 for each mare.

"It's very, very busy," McIlrath said. "We're very active, even when we're not in breeding season. It's a pretty great place to work."

McIlrath is specifically responsible for two stallions, War Front and First Samurai. War Front, called one of 2006's top sprinters, retired with nearly a half-million dollars in race winnings. His breeding fee is \$12,500. First Samurai retired due to an injury with

"Every day where I'm at now, down at Claiborne Farm, I think that none of it probably could have been possible without going out there to Cheyenne ..."



Above, David McIlrath works with Monarchos, the fastest Kentucky Derby winner since Secretariat. At right, halters and breeding bridles decorate the Claiborne Farm tack room.

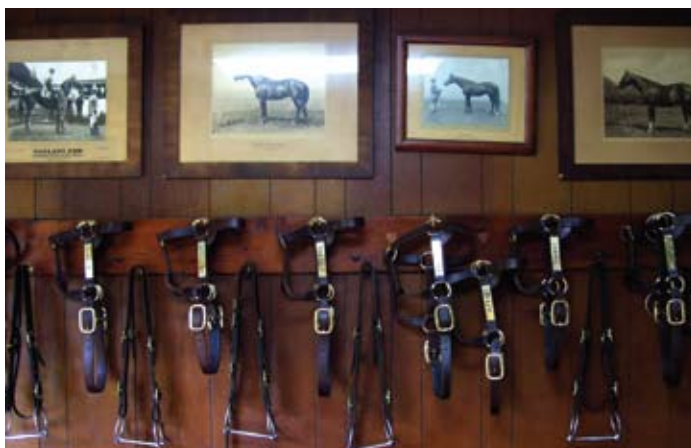
Courtesy of David McIlrath

\$915,000 in race winnings, an impressive feat for a 3-year-old. His breeding fee is \$40,000.

"It's an eye-opening experience as far as the wealth and value of the horses that I'm working with each day," he said. "But one really nice thing about this farm is that it's very traditional, and they let the horses be horses. Even though they're the lifeline of this farm and very well taken care of, they're treated just like any other horse."

Stallion grooms serve as tour guides and are the face of Claiborne to the world, said Charles Koch, Claiborne's assistant manager. McIlrath is a good communicator and has very good horse IQ, Koch said.

"We hired David because we were impressed with his resume," Koch said. "He's intelligent; he has very nice family; and he's quiet. Quiet people make good horse people. He had the experience with his education and training background. He's wonderful, and I hope he's here for a long, long time."



Lessons learned

Not only does McIlrath work at Claiborne Farm, he also lives there with his wife, Jenny, and three children. Baby Aubrey was born in October, daughter Lily is 5, and big brother Rusty was born in 1999, just after his namesake passed away.

"It's a picturesque place," McIlrath described. "My family is very involved with horses. Horses, to kids, are something so great, and I'm looking out my front porch and there's a hundred broodmares and babies. It's really a dream come true."

"Every day where I'm at now, down at Claiborne Farm, I think that none of it probably could have been possible without going out there to Cheyenne and going to school and meeting Rusty," he said. "The contacts that I made, they were real out there. I learned with some of the best people, the best teachers. Even though I'm down here in Lexington, Kentucky, working with thoroughbred race horses, it's really not a whole lot different than what I was doing in Wyoming."

"Something I'll never forget, that's for sure." ❖



Quick facts

www.claibornefarm.com

- Claiborne stallions and their offspring are responsible for numerous high-stakes victories, including 22 in the Kentucky Derby, 18 in the Preakness, 22 in the Belmont and 23 in the Breeder's Cup.
- Claiborne Farm stretches over 3,000 acres with more than 50 barns, 35 houses and 400 head of cattle.
- About 150 full-time employees work at Claiborne.
- The Hancock family started raising thoroughbreds in Virginia just after the Civil War. The second generation inherited land in Paris, Ky., in the early 20th century and also operated a horse farm there. By the mid-50s, the Virginia farm closed and Claiborne became the focus. The Hancocks still run the farm today.
- A cemetery for stallions and broodmares is incorporated on Claiborne Farm. Many famous stallions are buried there, including Secretariat, who died in 1989. "Every great mare and stallion have a final resting place in the Claiborne Cemetery," McIlrath said.

Athletic trainer on board full time

For the first time in its history, the athletic department at Laramie County Community College has a full-time athletic trainer on campus.

Gregg Boughton has worked with the Golden Eagles on a part-time basis for the past three seasons. His full-time position includes evaluating athletes' injuries, implementing rehabilitation programs and developing off-season strength and conditioning programs to help athletes maintain and improve their fitness as well as decrease injuries. He also teaches strength and conditioning classes and sports medicine classes for LCCC students.

"By hiring a full-time athletic trainer, LCCC administrators are showing a dedication to their athletes," athletic director and head men's basketball coach Jason Ficca said. "It shows that they are willing to invest in the future of Golden Eagles athletics."

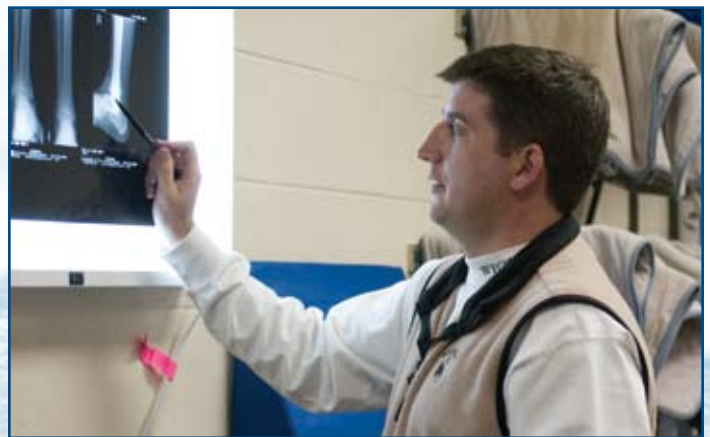
Boughton's full-time status means student-athletes will be able to use the new Sports Medicine Center in the Physical Education Building to work on their rehabilitation programs at their convenience, rather than during practice hours or prior to an athletic event.

"I'm excited to have the opportunity to work with the athletes and coaches full time," Boughton said. "LCCC really cares about its athletes and the athletic program."

Boughton received a bachelor's degree in exercise science from the University of Wyoming. He is currently enrolled in a master's degree program in athletic administration from California University of Pennsylvania. To receive his athletic training certification, he interned at Boise High School and Boise State University before passing the national exam. He is a member of the National Athletic Trainers Association as well as a certified member of National Strength and Conditioning Association.

Other athletic news

- Laramie County Community College hired Jason Ficca, the new athletic director and men's basketball coach in May. He and the coaches are developing a five-year plan for the athletic program.
- Ficca is considering adding new sports that could include women's basketball and men's baseball. "Once word gets out that we are exploring adding sports, we are expecting a lot of community input," Ficca said. "People just need to keep in mind that this is not something that will be happening right away, but gradually over the next five years and beyond."
- Coaches hope to develop the "student" aspect of student-athlete, by 1) recruiting athletes who understand the importance of academic performance, 2) possibly adding an athletic academic coordinator who would work hands-on with athletes and 3) expanding hours of academic support areas and instituting study hall for athletes.
- The athletic department is looking to improve current facilities and playing areas. "We're going to think big and propose new facilities that will bring us up to par with our competition and give us room for expansion of not only our athletic programs but also our physical education, recreation and intramural programs." ❖



Gregg Boughton, LCCC athletic trainer, reviews an X-ray of an athlete's ankle after a sprain.



Seeking higher ground

Sydney Martin, 9, works her way up the climbing wall in the Laramie County Community College gym in June. She was taking part in a rock climbing class through the college's Summer Educational Experiences for Kids (SEEK) program. For two weeks over the summer, the program sparked children's creativity through hands-on programs and activities in arts, sciences and physical activities. In all, more than 600 registrations were tallied. For more information, call 307.778.1236.

Travel with class

Learn something new and see the sights with college courses

One of the best things about living in Wyoming? A relaxed lifestyle in a relatively secluded setting. One of the worst things about living in Wyoming? A relaxed lifestyle in a relatively secluded setting.

Lucky for you, Laramie County Community College has lots of ways to invigorate your mind and get you moving in the coming months. No travel agent needed!

Disclaimer: Space is limited for most courses, and instructor approval is required for many. Some classes may be audited rather than taken for a grade. *Cost listed does not include regular LCCC tuition and fees, which run \$87 per credit hour for Wyoming residents attending part time. More details are available online in the LCCC catalog and semester schedules.

Yellowstone and Grand Teton national parks

- Course:** GEOL 1035, Geology of Yellowstone National Park, 3 credits
- When:** 7 days in May.
- Details:** Participants will study earth materials and processes, including rocks, minerals, streams, glacial history, geologic structures, earthquakes and plate tectonics. Moderate activity levels with daily hikes regardless of weather conditions.
- *Cost:** About \$200, which includes meals, cabin accommodations, transportation and park fees.
- Contact:** Trent Morrell at 307.778.1312 or tmorrell@lccc.wy.edu or Trina Riegel at 307.778.3210.

Colorado and Roaring Fork rivers near Newcastle, Colorado

- Course:** PEAC 2087, Rafting Adventures I, and PEAC 1000, Kayaking Adventure, 1 credit each
- When:** Friday-Sunday in June (rafting) and July (kayaking) plus two classroom/pool sessions prior to the trips.
- Details:** A beginning/intermediate-level courses teaching basic river running and sit-on-top kayaking.
- *Cost:** \$95 (rafting), \$120 (kayaking), which includes gear, transportation and equipment.
- Contact:** Sandy Brammeier at 307.778.1315 or sbrammei@lccc.wy.edu.

Vedauwoo, between Cheyenne and Laramie

- Course:** PEAC 1287, Rock Climbing, 1 credit
- When:** Eight Saturdays in the fall and/or spring. Mondays and Wednesdays in the summer. At least two sessions are held inside, then class moves outdoors, weather permitting.
- Details:** An introductory course that teaches climbers the basic fundamentals of rock climbing.
- *Cost:** \$25, which includes gear. Students normally carpool.
- Contact:** John Benson at 307.778.4832.

Costa Rica

- Course:** BIOL 2470, Field Methods in Biological Sciences, 3 credits
- When:** 11 days in August.
- Details:** Trip and class focus on ecological diversity of Costa Rican ecosystems. Participants tour the capital city, explore natural attractions such as parks, volcanoes, jungles and canals and view a variety of wildlife.
- *Cost:** About \$2,100, which includes airfare, hotels, three meals a day, trip insurance, bilingual guide and fees to special attractions.
- Contact:** Caroline Ross at 307.778.1392 or cross@lccc.wy.edu.



Wind River Mountains

near Lander or

Snowy Mountain Range near Laramie

- Course:** EQST 2650, Packing and Outfitting, 2 credits
When: 5 days in July. Class also meets twice a week for two weeks before the trip.
Details: Riders learn the principles of outfitting and packing, including hitches, knots, horse care, planning a pack trip and setting up camp. Participants must have their own horse and moderate horse skills.
***Cost:** None, though participants provide their own meals.
Contact: Travis Shoopman at 307.778.1253 or tshoopma@lccc.wy.edu.

Peru

- Course:** SPAN 2070, Intensive Spanish Abroad, 3 credits
When: Three weeks in May/June.
Details: Participants will learn or improve their Spanish while exploring the breathtaking sights of Peru and volunteering to help local communities.
***Cost:** About \$2,700, which includes air fare, three meals per day, lodging with a host family, all transportation costs and entrance fees to special attractions.
Contact: Juan Antonio Bernabeu at 307.778.1166 or jbernabe@lccc.wy.edu.

Centennial Pass in Snowy Mountain Range near Laramie

- Course:** PEAC 1000, Snowshoeing, and PEAC 1259, Beginning Cross Country Skiing, 1 credit each
When: Saturdays in February.
Details: Participants experience the serene beauty of the eco-friendly south side of Snowy Range while learning technical and safety aspects of snowshoeing and skiing. The first meeting is held in a classroom. Beginner to advanced levels are welcome.
***Cost:** \$5, which includes snowshoes and transportation. Skis not provided.
Contact: Warren Lemerich at 307.778.1138 or wlemerich@lccc.wy.edu.



Courtesy of Tracey Rosenlund

A buffalo causes a "wildlife jam" in Yellowstone National Park.

Heber City, Utah

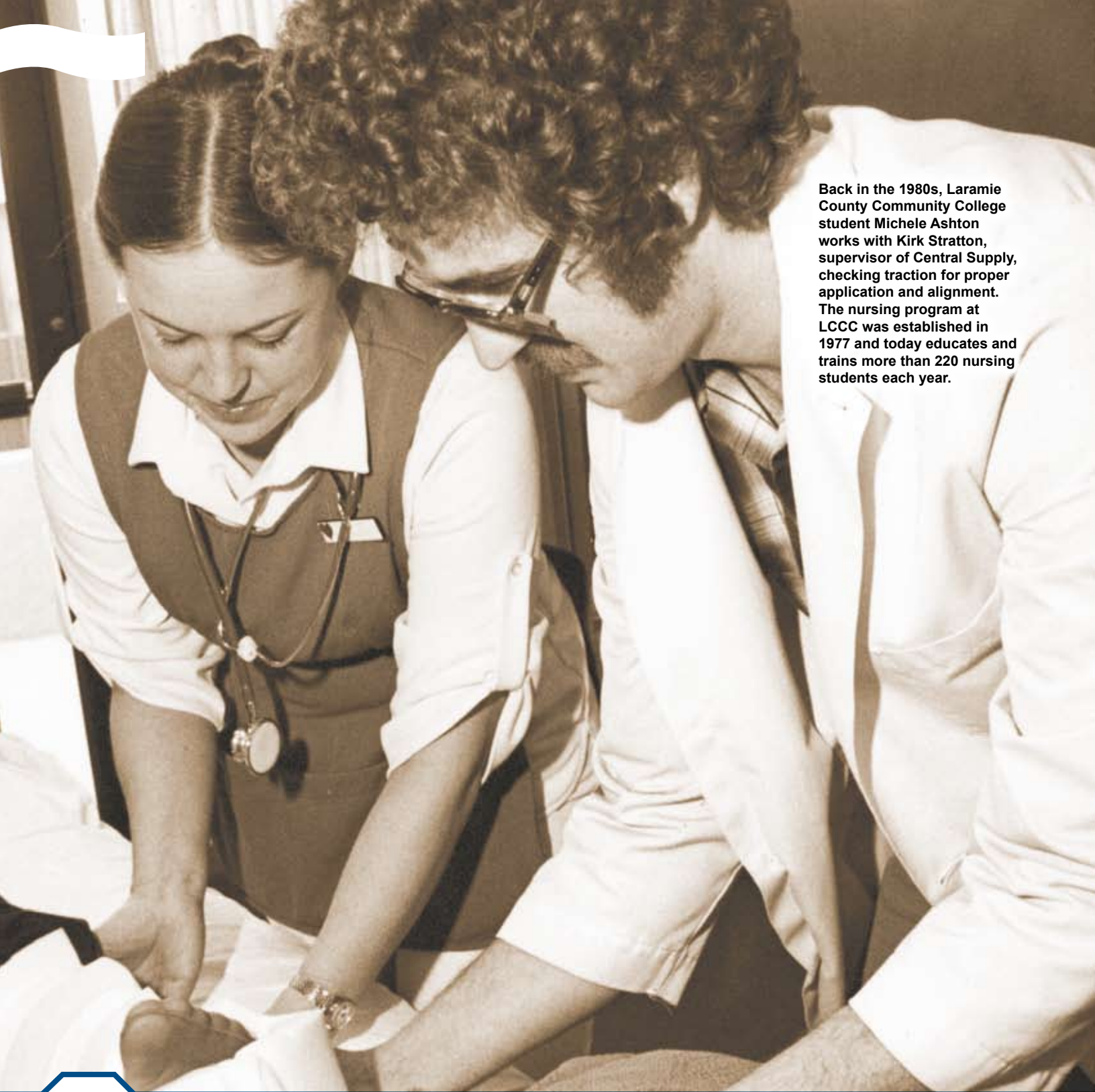
- Course:** PEAC 1015, Beginning Skin and Scuba Diving, 1 credit
When: Class offered in fall, spring and summer.
Details: Students learn the basics of scuba via home study and 16-18 hours of classroom and pool training. Students then may choose to obtain their open-water certification at The Crater, a geo-thermal hot spring filled with 90-degree mineral water.
***Cost:** \$135 includes diving fees. Students carpool to Utah and pay for their own lodging and meals.
Contact: Tom Scripture at 970.224.5844 or t_scripture@msn.com.

Vedauwoo, south of Crystal Reservoir

- Course:** PEAC 2086, Camping Adventures, 1 credit
When: Three days and two nights in August/September and May. Class also meets prior to the trip for planning purposes.
Details: This class helps students become knowledgeable and confident camping in the wilderness. Students organize the camping trip, which is located in a secluded, forested area, and is held regardless of weather conditions.
***Cost:** \$45, which includes camping equipment, meals and transportation.
Contact: Char Langaas at 307.778.1254 or clangaas@lccc.wy.edu. ❖

Courtesy of Caroline Ross

Kane Siegal flies 600 feet in the air on a zip line above the Santa Elena Clouded Rain Forest in Costa Rica.



Back in the 1980s, Laramie County Community College student Michele Ashton works with Kirk Stratton, supervisor of Central Supply, checking traction for proper application and alignment. The nursing program at LCCC was established in 1977 and today educates and trains more than 220 nursing students each year.

OLD SCHOOL

Share your picture!

Laramie County Community College will celebrate its 40th anniversary next year. That's nearly 40 years of memories just waiting to be shared. If you have a "vintage" picture involving the college, please contact Cassie Eliasson at 307.778.1308 or celiasso@lccc.wy.edu, and we'll consider using it in a future issue.



Allen Tanner is a student on the Albany County Campus in Laramie and a member of the Associated Student Government. He also is a full-time employee at the University of Wyoming and president of the staff senate there. Changing the course of his career, Tanner enrolled at LCCC to get a computing and networking degree. He hopes it will lead to a network administrator job at UW. He has been married for 32 years and has a 22-year-old daughter who is attending a community college in Florida.

Allen Tanner

“Laramie County Community College and the University of Wyoming have different niches. The key word in education these days is “niche” — find one and go for it. LCCC did. This campus fulfills a very large lack that Laramie had, even though we do have a four-year institution here. Night classes, being able to handle family responsibilities, single-parent families, being more affordable ... I don’t think Laramie could live as a community without something like this here. It’s needed.

“UW did not have the evening classes I wanted or even needed. LCCC was the best place to get what was lacking in the educational environment here in Laramie. Besides, I wanted to be a part of a new family that was growing and going places. At LCCC most people know you by name and that makes a person feel much more a part of the family.”



Math instructor Lisa Nordyke has been teaching at Laramie County Community College for the past 15 years, both part time and full time. She’s as familiar with the terms “radicals,” “quadratic equation” and “square root” as she is with putting in the time needed for her students to grasp a lesson.

Lisa and her husband, Kirk, have 16-year-old twins and an 11-year-old daughter. In her spare time, she likes to travel, read fiction books and watch movies.

Lisa Nordyke

“The typical teacher thing is, ‘It’s so great when the light bulb goes on for a student.’ I know that’s very trite, but it’s very true. I love that feeling of being able to help a student who hasn’t been able to get it before.

“I like math because it’s either right or it’s wrong. It’s not right to one person and wrong to somebody else. That’s kind of the way my brain works.

“I love the students at LCCC. They have a lot on their plate. They have families; they have jobs. We get a lot of students who have been out of school for a long time and have terrible math phobia. I think my teaching method plays to that type of mentality where they need a little extra help, and I’m willing to take it a little slower.”



Sandy Brammeier has been the assistant coordinator of physical education — and much more — at Laramie County Community College for 19 years. She also actively supports the college’s athletic teams, teaches courses as an adjunct instructor, volunteers at the Thunderbirds Air

Show each year, and contributes to United Way and an LCCC physical education scholarship. Outside of campus, she loves to play golf, ride her motorcycle, make jewelry and read.

Sandy Brammeier

“I used to drive by when the college was being built and thought it would be a cool place to work. I was thrilled to death to be able to get a job here. The atmosphere, the congeniality, the camaraderie, the people, this job in itself ... I think I’ve got the best job on campus.

“I’ve been active all my life. I was what you would call a girl jock. Because of my past involvement in physical activity and sports and my training as an educator, this job is a great fit for me.

“I’m fortunate that I can help others get involved in exercise, wellness and athletics. I’m always interested in helping people be healthier. I get a lot of satisfaction out of watching somebody learn and be successful doing something they enjoy.”



"My college is more...

than handing out tests and grades. It's about giving students a hands-on experience."

— Elizabeth LaBonty, equine instructor



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POSTAL CUSTOMER

Registration for spring courses begins Nov. 6.
Spring classes start Jan. 9 in Cheyenne and Jan. 14 in Laramie.

Main Campus (Cheyenne)	307.778.1357
Albany County Campus (Laramie)	307.721.5138
Eastern Laramie County Outreach Center (Pine Bluffs)	307.245.3595
F.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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