

EWC instructor wins prestigious award

For the Lancer Post - Eastern Wyoming College English and Spanish instructor John D. Nesbitt has been awarded the Spur Award by the Western Writers of America (WWA). Nesbitt received the award for Best Original



John Nesbitt, pictured, is the winner of the prestigious Spur Award, which honors writing about the American West, by the Western Writers of America. Courtesy Photo

Market Paperback for his book *Trouble in the Redstone*, which was released in 2008.

According to the WWA website, the Spur Awards are given annually for distinguished writing about the American West and are among the oldest and most prestigious in American literature. The awards were established in 1953.

Winners of the Spur Awards in previous years include Larry McMurtry for *Lonesome Dove* and Michael Blake for *Dances With Wolves*. Each year, judges pick one winner and two finalists in each category. In 2008, Nesbitt was a finalist for the award with his novel *Raven Springs*.

“This is a great honor for me,” said Nesbitt. “Winning a Spur Award is the dream of all members of Western Writers of America. This is a major event in my writing career.”

Winners were announced March 22 during the National Festival of the West. Winners and finalists will be honored June 16-20 at the WWA Convention in Oklahoma City.

On April 1, 2009, Nesbitt will release his 11th traditional western novel, *Stranger in*

Fall registration begins Monday for current EWC students

If you are a current EWC sophomore (with at least 30 transcribed credits) you may begin registering for Summer/Fall classes on LancerNet starting Monday, April 6th. All other students may begin registration on Wednesday, April 8th. Please contact Sue Schmidt (532-8207) or Aaron Bahmer (532-8207) if you have any questions. You may pick up copies of schedules in the Student Services Office or access it on the EWC website (www.ewc.wy.edu). Log on under “Current Students” → “Class Schedules” → “Search the Class Schedule” (Be sure to select the proper semester).

See your advisor for assistance in completing the registration form in its entirety, including the boxes at the bottom of the form. If you plan to graduate in the Fall of 2009, be sure to indicate it by checking the appropriate box. You will also need to complete an “Intent to Graduate” form which you may obtain from the Records Office.

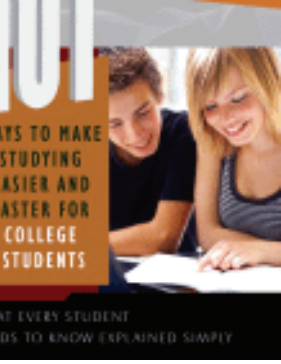
At right, EWC rodeo member Lane Lindsay receives his buckle from rodeo clown Justin Mello as the champion bull rider at EWC’s hosted rodeo competition this weekend at the Pavilion, Goshen County Fairgrounds. See story inside.



Face returns to EWC Friday night

By: P.J. Chavez
LP Staff Writer





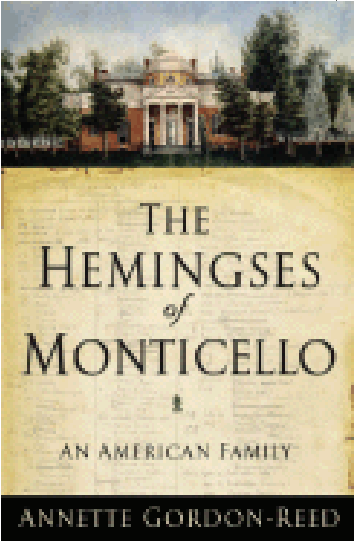
homework instead of getting it done? Susan Roubidoux in her book, **101 ways to make studying easier and faster for college students**, provides tips and tricks to help students improve their

study habits. Roubidoux insists that if students learn to study “quickly and efficiently” they can still have lots of fun in college. The book is divided into six parts for easy reading: how do I study everyday, how to prepare for a test, doing assignments, keeping up, handling online classes, and of course where to begin.

Tips in the book include using campus resources (writing lab, library, tutors), setting aside time to study and time with friends and ways read before class.

For more tips and tricks check it out in your WCC Library.

Part history, part genealogy and part biography **The Hemingses of Monticello** by Annette Gordon-Reed is the story of the Elizabeth Hemings and her descendants. This is a highly researched and detailed account of one side of Thomas Jefferson’s family and how they interacted with one of this country’s most influential men and the time in which they lived.



Why would you want to own a draft horse or mule? This book gives the answers why or why not as well as other information from how to find your ideal gentle giant to routine health care. Draft animals are being used today for



more than pulling that famous beer wagon or

Lancer Post?? Please contact a staff member to get your story told. See the staff box at right for staff names, then contact one of us.

Need a job?

The EWC Job Expo is set for Thursday April 16. Employers will be in EWC’s hallways. You may visit with them and are encouraged to turn in your resume. Don’t miss the opportunity to get a jump start on your future!

given a handful of raisins after each session. And after looking at the exercise posters they ate one-third more than they did after looking at “nonfitness” pictures—an average of 18 calories compared to 12. Similar results were found with a second test, which different students played a computer game involving either action words like “active” and “go” or neutral words like “pear” and “moon.” Those who heard action words ate more peanut M&M’s afterward than the neutral group.

Where and when these ads appear is also an important factor, says Dolores Albarracín, the study’s lead author and professor of psychology at the University of Illinois. “When the setting of advertising is more conducive to eating than exercise, people eat,” she told the *New York Times* last week. “If you just wallpaper everyplace with these kinds of posters, it may not do much good.”

Source: *Living Health.com*

An Apple a day . . .

Those who are chasing antioxidants should note that a just released USDA antioxidant database found that Red Delicious apples outranked hundreds of familiar foods and beverages in terms of antioxidant capacity per serving. (Alas açai, goji, and noni were among the newest wave of “superfruits” were not included in the USDA report.)



A small Red Delicious was the champion, with an antioxidant capacity of 6.3 micromole TE per serving. If not super, at least impressive.

Source: *Living Health.com*

The Lancer Post

The Eastern Wyoming College Publications Production Class and Journalism Club will publish the Lancer Post approximately twice monthly during the semester except during vacation and exam periods. We welcome guest articles!

Billy Butler

P.J. Chavez

Tyler Fitzwater

Frankie Frisbey

Stan Halstead

Winston Harris



EWC'S Vice President for Financial Affairs Ron Laher and his wife, Carol, are shown at the reception for Laher in the Student Center last week. The reception was well attended by EWC faculty, instructors and staff, as well as board members and folks from the community. Laher is leaving EWC March 31 to live closer to his family in Pennsylvania. EWC College Relations Photo

EWC initiates Honors program to begin this fall

**By Winston Harris
LP Staff Writer**

The recently introduced Honors program at Eastern Wyoming College led by Annie Hilton is an interdisciplinary program created for students looking to enhance their academic experience.

The program's objective is to help students develop critical thinking skills through smaller classes and cultural experiences such as field trips.

When asked about the new program, Hilton replied "Right now we are in the recruiting process, looking for applications from qualified students."

She also stated, "We didn't want to make the program too exclusive, so there are alternative requirements for students who don't meet the usual requirements."

The program will begin accepting students this fall. For more details on

Honors program, visit the Eastern Wyoming College home page on the school's website.

Resume development /Job Interview workshop scheduled April 7

**By Stan Halstead
LP Staff Writer**

To most people, the act of applying for a job seems to be a simple process. But often an application or resume can be improved to increase the likelihood of actually getting to the interview.

With the recessed economy and higher unemployment, competition for jobs is at an increased level. But how do you know exactly what to put on the paper? For many, this is a question needing answers.

Students planning to participate in the upcoming Job Expo on April 16 are especially encouraged to attend a resume development, letter of application and job interview workshop April 7th from 12:00 noon until 1:00pm in Room 271T. Covered in this workshop will be, what is a resume?; types of resumes; what to include in your resume; cover letters; and, the job interview.

The workshop, presented by Angie Babcock, EWC grant writer, will be sponsored by EWC's Adult Student Peer Counselors. Luncheon snacks will be provided for those who attend.

For more information contact Anne Gardetto at 532-8328 or Babcock at 532-8316.

every day. Our nation has been inspired to come together and meet the challenges facing our country and local communities by embracing renewed commitment to civic engagement.

There is unprecedented support for the community service movement, not just here in the United States, but around the globe.

Volunteers around the world are making a difference, particularly young volunteers. The Global Youth Service Day website has thousands of projects that are celebrating the contribution that young people can make to their communities.

There are lots of reasons to volunteer, including wanting to make a difference, meet new people, finding purpose, expanding your horizons, and trying something new.

When you choose to help others, you become a leader. Not only do you get to use your skills to help the specific needs of a community, you also get to strengthen and broaden your skills.

Collaborating with others and successfully implementing positive change are abilities you will use over and over again in your life. The possible scholarships and awards are an added bonus.

I invite you to be inspired by what you see other people are doing throughout the world and to take the first step to starting your own journey into civic engagement.

Several community service opportunities are available to you in our town at www.VolunteerWyoming.org. Sign up today as a volunteer.

Don't see a cause about which you are passionate? Contact me for more opportunities or start your own. There are so many ways you can help, like starting a club or project, spreading the word, volunteering your time, or raising money.

The service is FREE to use, and available to nonprofit, business, public or private agency. Log onto www.VolunteerWyoming.org and post your volunteer needs. Likewise, volunteers can create an account, post their skills, interests, and schedules, and search Volunteer Opportunities that meet their criteria. There is also a call center at 1-800 Volunteer.

To find out more information about a specific project, please call Pam at 307-262-5723 or email pam@servewyoming.org.

Volunteer Opportunity

The Chugwater Historical Society and Museum is looking for volunteers to help with unpacking and displaying their artifacts in the new home from mid-May to

Check out current

and past issues of

Are you or your club

bull riding event

For the Lancer Post— Eastern Wyoming College cowboy Lane Lindsay took bull riding honors in the college sponsored rodeo here last weekend. Lindsay was first after the first-go which helped advance him to the first overall honors.

Teammate Tyson Donovan placed fourth in the first-go and fourth overall in bull riding.

In team roping, Justin Smith and Cody Merritt placed fifth overall, while Jared Bybee was in first place after the first go.

Garet Groshans was sixth overall in middle bronc riding, and Billy McCall placed sixth overall in tie down.

In barrel racing, Josie Davison was first in the first-go. Shannon Vaughan was fourth overall in break away, while Kylee Moyer was second after the first-



Arunas Simanavicius takes a shot at a game played here earlier in the season. Photo by Tyler Fitzwater

by Winston Harris
LP Sports

After claiming the Region IX championship in stunning fashion last year, the Eastern Wyoming College Men's basketball team did a total 180 degree turn this year when they were eliminated from the Region IX tournament in the first round by the Plainsmen of Northeastern Junior College at their home court in Sterling, CO.

The Plainsmen were favored to win what they had done in the previous two meetings but the Lancers came out with something to prove.

After trading baskets with the Plainsmen, the Lancers took the lead and kept it for most of the first half, due to the outstanding play of sophomores Arunas Simanavicius and Leo Morris, who won to finish 4 of 6 from the field with 8 points.

The Lancers held the high powered offense of the Plainsmen to only 29 points and claimed a two point lead at the half.

The second half would see the Plainsmen coming out on fire from behind the arc which would be the difference maker as they built their lead to 14 points and never looked back.

The Plainsmen defeated the lancers 63-56 with Simanavicius finishing with 18 points and 12 rebounds, and freshman Lance Korell with 14 points and 10 rebounds.

Lamar Community College would go on to win the Region IX championship when they defeated North Platte Community College, 63-61.



EWC bull rider Lane Lindsay

EWC Calendar

Friday, April 3—Sunday, April 4

EWC Rodeo at CSU, Ft. Collins, CO

Monday, April 6—Wed., April 8

State Skills USA Conference

Friday, April 10

Good Friday—Eastern Break

Fitness Center closes at 1 p.m.

Saturday, April 11

Fitness Center Closed

Thursday, April 16

EWC Job Expo

Wyoming PBS to air “Don’t Fence Me In” Tonight

A 1916 advertisement for a Wyoming woman librarian says, "Must be able to get along with Western people, ride and drive, as well as pack a horse, follow a trail, shoot straight, run an automobile, and be able to rough it whenever necessary!" That spirit is still out there. Meet a group of today's Wyoming women and girls in the Equipoise Fund documentary, "Don't Fence Me In," tonight at 9 p.m. on Wyoming Public Television (cable chan. 6). The film features 13 Wyoming women and girls, as diverse as they are distinct. Produced by The Equipoise Fund, the film has been invited to be featured in the Environmental Film Festival in Washington D.C. For more information, visit www.equipoisefund.org.

Reminder: Order your cap and gown by 4 p.m. TODAY!! See Sue Schmidt in Student Services.

Good news around campus

EWC Civitas awards

