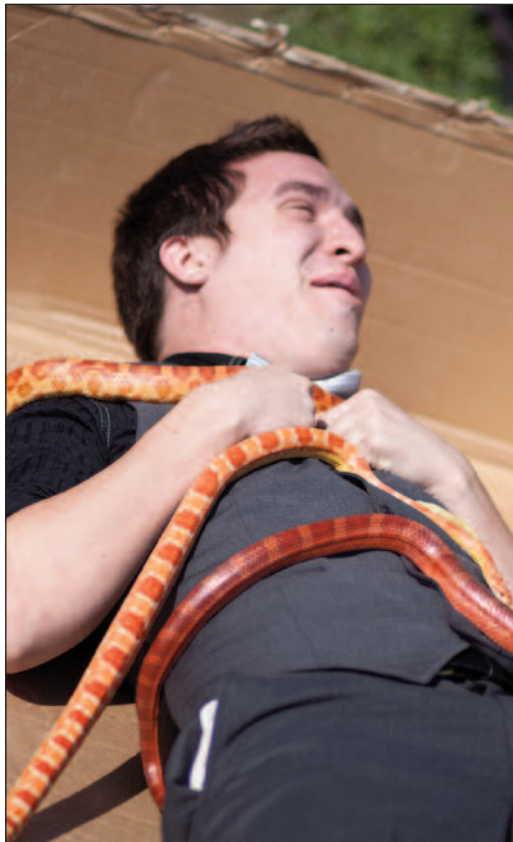


LTC NETWORK

NOVEMBER 2012

- 4 Time changes, move clocks back one hour
- 5 Testing & advising, 1-3 p.m., Williams Hall
Healthy Homes: Healthy Holidays, 6-8 p.m., cafeteria
- 6 Election Day
- 7 College Fair, 9-11 a.m., gym
- 9-10 "A Christmas Story," 7 p.m., theater
- 11 "A Christmas Story," 2 p.m., theater
- 12 College closed in observation of Veterans' Day
- 13 Foundation meeting, 5:30 p.m., Lincoln Room
- 16-17 "A Christmas Story," 7 p.m., theater
- 17 Men's basketball hosts Parkland, 6 p.m., gym
- 18 "A Christmas Story," 2 p.m., theater
- 20 Women's & men's basketball host Malcom X, 5:30 & 7:30 p.m., gym
IECC Board meeting, 7 p.m., cafeteria
- 22-23 College closed for Thanksgiving Break

Network is a joint project of Lincoln Trail College & Lincoln Trail College Foundation



COMMUNITY

LTC hosted National Student Day activities and its annual Community Night Oct. 4. During the day, students enjoyed team sports, Fear Factor (left) and Minute to Win It games. At night, the public was invited to a free spaghetti dinner, athletic team introductions, men's basketball scrimmage in the gym and, finally, an interactive stage show by hypnotist Steve Marino.

Equipment unveiled at open house

Members of the community received a glimpse of LTC's 14 new state-of-the-art welders and an opportunity to try out "virtual" welding during the LTC welding program's Oct. 5 open house.

Hosted at the Red McCoy Welding Center, the lunch hour reception introduced the college's partnership with Lincoln Electric, a global industry leader. As an advantage of partnering with this company, LTC and the community will benefit from increased training opportunities.

For more information on LTC's welding program, call 618-544-8657, ext. 1168.



LTC hosts trip to Covered Bridge Fest

Covered Bridge-goers who would like to forgo Parke County's Covered Bridge traffic experience have another option this year.

LTC will be taking a chartered bus to

the event on Oct. 17. The trip to Rockville will leave the LTC student parking lot at 7:30 a.m. and return to the college at 7 p.m.

Cost is \$35. To register, call Community Service at 618-544-8657, ext. 1130.



WORKING WOMEN

Lincoln Trail College honors its working women in an October Robinson Daily News advertisement.

- 24 **Women's & men's basketball host Illinois Central,** 4&6 p.m., gym
- 25 **Defensive Driving,** 6-10 p.m., Harry L. Crisp Educational Center 106
- 27 **Testing,** 4-6 p.m., WH
- 28 **Women's & men's basketball host John A. Logan,** 5:30 & 7:30 p.m., gym

Healthy Holidays Nov. 5

Mary Liz Wright of the University of Illinois Extension will present a Nov. 5 session on Healthy Holidays as part of LTC's Healthy Homes series.

This workshop, which will meet from 6 to 8 p.m. in the cafeteria, will cover the use of healthy cooking substitutions and alternatives that will lighten up your holiday meal without sacrificing flavor.

Admission is \$20 per person. To register, or for more information, call Community Service at (618) 544-8657, ext. 1130.

Kids get a chance to 'try' out event

Lincoln Trail College will offer area youth a taste of triathlons during its first Tri-Kids event Oct. 14.

The fitness event, open to youth ages 6 to 12, will feature swimming, biking and running on the LTC campus.

The first heat, for ages 6 to 8, will begin at 2 p.m. and will feature a 25-yard swim, 1-mile bike and 0.75 mile run.

The second heat, for ages 9-12, will begin at 3 p.m. and will feature a 75-yard swim, 3-mile bike and 1.5 mile run.



The purpose of the event is to promote healthy habits. Parents of younger participants are invited to swim and run with their child.

Entry fee is \$20. A discount will be given for additional children participating in the same family. Youth are invited to train for the swimming portion of the event during open swim times at the pool.

Visit www.iecc.edu/ltc/pool.html for the pool schedule.

To register, or for more information, call 618-544-8657, ext. 1135.

SCRIMMAGE

Lincoln Trail College's men's basketball team scrimmage during the Oct. 4 Community Night.



Athletic golf outing Oct. 13 at Quail Creek

The Lincoln Trail College Athletic Department will host a Golf Outing Fund-raiser Oct. 13 at Quail Creek Country Club.

The four-person team scramble will kick off with a 10 a.m. shotgun start. Entry fee is \$60 per team member. Proceeds will benefit Lincoln Trail College athletic scholarships.

Event sponsorships may also be purchased for \$100. Designate "LTC Golf Outing Sponsorship" in the memo section of the check.

All entries and fees may be mailed to: Kevin Bowers, Lincoln Trail College, 11220 State Hwy. 1, Robinson, IL 62454. For more information, call 618-544-8657, ext. 1208.

Intermediate crochet begins Oct. 11

Crochet enthusiasts can share their love of the hobby and learn some new techniques during Lincoln Trail College's Intermediate Crochet class beginning Oct. 11.

Instructor Emily Gullett will teach the non-credit workshop from 6 to 8 p.m. Thursdays Oct. 11 to Nov. 15 in Williams Hall 114. Students in the class will work on projects perfect for holiday gift giving. These include Christmas ornaments, hats, scarves, flowers and toys. A new project will be featured each night.

Cost is \$30 per person. Students will need to bring appropriate-size hooks and the yarn of their choice. To register, call Community Service at 618-544-8657, ext. 1130.