



# The Knightline

Olney Central College Students & Employees Monthly Newsletter

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## Foundation provides funding for microscopes

Olney Central College students have access to new high-quality microscopes purchased with funding from the OCC Foundation.

The new equipment will be used by OCC nursing and pre-nursing students as well as those enrolled in the General Biology I and II courses. The Foundation previously provided funds for 10 microscopes and the latest addition brings the total of new microscopes in the Life Sciences lab to 20.

“With microscopes for biology students, it’s really important that when they look through the microscope for the first time they have a good experience,” said Life Science Instructor Jim Burnett. “So many students come from high schools where they do not have modern or up-to-date equipment because it is so expensive. It isn’t a reflection on the high school — many just can’t afford them. It’s important



The OCC Foundation provided funding for 10 new microscopes for the college. Pictured, from left are OCC Foundation Members Misty Melton, Carrie Hallam, Deborah Mitchell, Kris Newton and Foundation President Bartley Zuber.

when students get here they get excited about microscopy and having a good experience is essential.”

The new microscopes are replacing equipment that has been used in OCC’s lab

for several years.

“We don’t want students struggling with the old equipment,” Burnett said. “These new microscopes produce sharp, clear images. With these, students will have a good

experience. This is a big positive for us, which the Foundation has made possible. We are so lucky to have the Foundation supporting the sciences at OCC. It makes a big difference for our students.”

## OCC to offer truck driving class for first time

Olney Central College will be offering its first truck driving class beginning in May.

The class will meet on Mondays, Wednesdays and every other Friday from 8 a.m. to 1 p.m. May 12 through July 3.

Students must log 50 hours behind-the-wheel training, so it is likely that there may be an occasion-

al Saturday driving time.

Instructor Tom Sarg said he works with the students to schedule driving times, which accommodate their schedules.

Students also must complete 75 hours of classroom instruction. Sarg said the first week of class will be spent preparing for the permit test. Students must obtain their permit

before they can begin their driving time.

This is a practical course in semi-truck tractor trailer operation designed to enable the student to satisfactorily start, move, road test, and diagnose the truck tractor combination. The student will successfully complete the State of Illinois written

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# Festival to feature jazz legend Jamey Aebersold

The Olney Central College Music Department will present the "OCC Jazz Festival" on Thursday, May 1, with performances beginning at 6 p.m. in the Dr. John D. Stull Performing Arts Center.

The performances will include area high school jazz bands, the Southeastern Illinois Honors Jazz Ensemble, the OCC Jazz Ensemble and headlining the event will be "Dynamo," coming from Nashville, Tenn. This up-and-coming band is comprised of students who met at Belmont University



**Jamey Aebersold**

in 2012, and includes OCC alumnus Ross McReynolds. They have just recorded their first album, and are playing

live shows in Nashville, and throughout the Midwest. The band has a unique sound that incorporates elements of funk, R&B, rock and jazz to create a new and exciting style for music lovers to enjoy.

Earlier in the afternoon, jazz legend Jamey Aebersold will be giving a jazz improvisation clinic at 12:30 p.m. in the Dr. John D. Stull Performing Arts Center. Aebersold was just awarded the 2014 A. B. Spellman NEA Jazz Masters Award for Jazz Advocacy in January of this year.

He is best known for his incredibly successful "Jazz Play-a-Long" series of books and CDs that teach jazz improvisation, as well as the Jamey Aebersold Summer Jazz Workshops that have taught thousands of people how to find their musical voice through jazz.

Admission to the Jamey Aebersold afternoon jazz improvisation clinic is free to area music educators and music students; \$5 to the general public.

Admission to the evening performances is \$5, and tickets will be available at the door.

# Music Department to present spring recital April 22

The Olney Central College Music Department will present its Spring Recital at 7:30 p.m. on Tuesday, April 22 in the Dr. John D. Stull Performing Arts Center.

The recital features vocal and instrumental students who are currently taking applied lessons at OCC.

Students will perform solos and duets in a wide variety of literature, rang-

ing from classical, jazz to folk, pop and Broadway including well-known favorites such as "Danny Boy" and "All I Ask of You" from "The Phantom of the Opera."

The recital is free and open to the public. All are encouraged to attend this charming event. Please come in support of our talented and hard-working students.

## *OCC Spring Fling set for April 17*

OCC's annual Spring Fling will be April 17 with activities being held in the Student Union, the Courtyard and the Dr. John D. Stull Performing Arts Center.

Events scheduled include:

- 11 a.m. — Ping Pong Tournament and Inflatables
- 11:30 a.m. — Talent Show/Open Mic in the Courtyard or the back of the Student Union, in the event of rain.
- Noon to 1 p.m. — Free lunch of hamburgers, chips and soda in the Courtyard
- 12:30 p.m. — Karaoke and games
- 2 p.m. — Free movie in the theatre

## OCC Music Department alumni invited to perform on Alumni Reunion Concert

The Olney Central College Music Department will feature OCC music alumni on its Spring Alumni Reunion Concert at 7:30 p.m. on April 11 in the Dr. John D. Stull Performing Arts Center. This event is part of the ongoing 50th Anniversary Celebration of Olney Central College.

Alumni will join the OCC Concert Band in performing John Philip Sousa's "Semper Fidelis." Former Band Director Steve Marrs will conduct the ensemble playing the OCC School Song. Alumni will join the OCC Concert Choir singing the Beatles' "Can't Buy Me Love," the number 1 hit on April 11th 50 years ago, as well as "Hallelujah" from the motion picture Shrek. The Jazz Ensemble will close out the

program, inviting alumni to join on "Birdland" and for a huge blues jam session with the song "Attitude Adjustment."

Alumni are invited to attend what promises to be a wonderful reunion event, which will include the performance and a reunion reception. Alumni are certainly encouraged, but not required to perform in order to attend this event. Approximately 45 alumni of the OCC Music Department have already agreed to attend from as far away as Dayton, Ohio and Springhill, Tenn.

Help is needed to spread the word. For more information, please contact Suzanne Downes at [downes@iecc.edu](mailto:downes@iecc.edu), or by calling 395-7777, ext. 2251.



## **Welding Program Open House set for April 25**

The OCC Welding and Cutting Program will host an open house on Friday, April 25.

Instructor Curtis Marshall said this is an opportunity for area residents to learn about the program and to watch various demonstrations.

Area high school students are invited to attend the open house from 11 a.m. to 2 p.m. The event will be open to the general public from 2 to 7 p.m. Prizes will be given away during both sessions.

The OCC Welding and Cutting Program is located just west of the OCC Automotive Building on West St. John Street. For more information, call 395-7777, ext. 2580.



## **Massage Therapy Donation**

**The OCC Massage Therapy Club presents a \$250 donation to the Clay County Shrine. Pictured, from left, are President Bryce Henry, Kent Henry, Massage Therapy Instructor Penny Campbell-Henry, Tyler Tarpley and massage therapy students Rebecca Lynk of Olney, Celia Butterfield of Olney, Laci Pethtel of Oblong, Gabrielle Bennett of Oblong, Traci McCaslin, of Chauncey, and Terra Byrley of Robinson. The club also presented a \$250 donation to One Hope United in Olney.**

## **Massage therapy can enhance individual's sleep quality**

Massage therapy has been shown to induce relaxation and calm, and it also can lead to a better night's sleep, according to OCC Massage Therapy Instructor Penny Campbell-Henry, a licensed massage therapist.

"Massage therapy leads to a feeling of relaxation and calm, and clients often report a sense of clarity and perspective. Not only does massage therapy feel good physically, but it also seems to hit a mental 'reset button,' leading to clearer thoughts and enhanced sleep," Henry said.

"Massage therapy can also manage two common sleep stealers: stress and pain. Massage therapy tackles stress on the physical level by easing muscle tightness and on the biochemical level by lowering levels of the stress hormone cortisol — prompting the release of endorphins, which make us feel good."

Henry said massage therapy also has been shown to mediate pain, which is very good news for people living with fibromyalgia and

osteoarthritis.

"The pain-lessening benefits of regular massage therapy lead to better sleep. Better sleep will ultimately give your body time to restore and heal," she said.

Swedish massage therapy is what comes to mind when most people think about massage, Henry said. One of the primary goals of Swedish massage is to relax the entire body, which is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. But Swedish massage is also exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins and improving circulation and flexibility while easing tension.

A study conducted by the National Center for Complementary and Alternative Medicine, and published in *The New York Times*, found that volunteers who received a 45-minute Swedish massage experienced significant decreases in levels of the stress

hormone cortisol, as well as arginine vasopressin, a hormone that can lead to increases in cortisol. Volunteers also had increases in the number of lymphocytes — white blood cells that are part of the immune system, and a boost in the immune cells that may help fight colds and the flu.

Henry noted Swedish massage techniques taught in the OCC Massage program, also include circular pressure applied by the hands and palms, firm kneading, percussion-like tapping, bending and stretching. Before and during a Swedish massage session, talking to the massage therapist will allow the massage to be customized.

To take relaxation a step further, Henry suggests enhancing your massage with Lavender Garden Aromatherapy to help reduce inflammation, calm the mind and promote restful sleep. Lavender Garden's foundation of patchouli, grapefruit, and sweet orange highlight two

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OCC Bookstore Clerk Donna Rude and Lead Custodian Carl Sager stand next to the display Rude created highlighting the college's recycling efforts since 1997. Sager has promoted and kept track of recycling at the college for the past 17 years.

## OCC's recycling efforts have kept 347.9 tons of waste from landfills

OCC Bookstore Clerk Donna Rude recently created a display which highlights the college's recycling efforts since their institution in 1997.

In the past 17 years, OCC has recycled 142.5 tons of paper, 3.4 tons of plastic and 2.8 tons of aluminum.

Recycling of these and other materials has kept 347.9 tons of waste from being disposed in landfills.

The figures were provided by Lead Custodian Carl Sager, who has been keeping track of OCC's recycling efforts since they began.

The college recently added new recycling bins to make it easier for students to dispose of mixed paper, plastic and aluminum cans.

These containers are located out-

side Student Services, the Anderson Library and near Stairwell 1 on both the first and second floors. Bins also are available in the third-floor hallway. Materials recycled at OCC are:

- Mixed paper, which includes, white paper, copier paper, notebook paper, envelopes, magazines, newspaper, glossy and colored paper, carbonless paper and books.

- Cardboard including corrugated and paperboard or flat (tissue, cereal and marker boxes)

- Aluminum cans
- Plastic including numbers 1, 2, 3, 4, 5, 6 and 7. Plastic items need to have the triangle with a number in it for the recycling vendors to take it.

- Batteries including D, C, AA, AAA and 9-volts.

## SNA members continue 'Be a Hero' Campaign

The OCC Student Nurses Association is continuing its "Be a Hero" Campaign during the month of April.

April is National Organ/Tissue Donor Month and the SNA is encouraging others to add their

names to the donor registry.

SNA will conclude the campaign on April 25 with a donor drive from 8 a.m. to noon in front of Student Services. For more information, contact wolkes@iecc.edu or any SNA member.

## Sports Schedule

### Baseball

- **April 3** – OCC at Shawnee, 3 p.m.
- **April 5** – OCC vs. Shawnee, noon at home
- **April 7** – OCC at Lindenwood, 1 p.m.
- **April 8** – OCC vs. Wabash Valley, 1 p.m. at home
- **April 10** – OCC vs. Southwestern Illinois, 3 p.m. at home
- **April 12** – OCC at Southwestern Illinois, noon
- **April 15** – OCC at Mid-Continent, 1 p.m.
- **April 16** – OCC at Danville, 3 p.m.
- **April 17** – OCC at Lincoln Trail, 3 p.m.
- **April 18** – OCC vs. Lincoln Trail, noon at home
- **April 21** – OCC vs. Lindenwood, 1 p.m. at home
- **April 22** – OCC at Vincennes, 5 p.m.
- **April 24** – OCC vs. Kaskaskia, 3 p.m. at home
- **April 26** – OCC at Kaskaskia, noon
- **April 29** – OCC vs. Vincennes, 3 p.m. at home

### Softball

- **April 3** – OCC vs. Lake Land, 2 & 4 p.m. at home
- **April 4** – OCC vs. John A. Logan, 2 & 4 p.m. at home
- **April 5** – OCC vs. Wabash Valley, noon & 2 p.m. at home
- **April 8** – OCC at Shawnee, 2 & 4 p.m.
- **April 9** – OCC at Parkland, 2 & 4 p.m.
- **April 10** – OCC at Lincoln Trail, 2 & 4 p.m.
- **April 12** – OCC vs. Kaskaskia, noon & 2 p.m. at home
- **April 14** – OCC at Southwestern Illinois, 2 & 4 p.m.
- **April 15** – OCC at Southeastern Illinois, 2 & 4 p.m.
- **April 17** – OCC at John A. Logan, 2 & 4 p.m.
- **April 18** – OCC vs. Southwestern Illinois, noon & 2 p.m. at home
- **April 21** – OCC at St. Louis Community, 2 & 4 p.m.

## Register now for summer, fall

Summer and fall registration is underway for currently enrolled students. New students can register beginning April 8.





## Plant Donation

OCC Life Science Instructor Jim Burnett presents a donation of California Poppies for the Richland County Girl Scouts to Brandy McKinney, of Citizens for a Greener Olney. Area Girl Scouts will be participating in an Earth Day community-wide cleanup project in Olney on Saturday, April 19. The girls will be taking soda bottles they collect that day and upcycling them to create self-watering containers for the poppies, which were grown in the OCC Greenhouse. Pictured, from left, are Brandy, Chloe, Dorothy and Madeline McKinney and Jim Burnett.

## Truck Driving

Continued from Page 1

and driving exams to the standards of the Secretary of State. This class will teach students Federal rules and regulations that govern interstate travel for trucks, and also the DOT log book.

The student will advance from class-entry skills to competent skills in areas such as night driving, defensive driving, and specific road hazards under a variety of load conditions. Successful students will receive an Illinois Class A Commercial Driver's License at the end of the course.

For more information, contact Sarg at 263-5186.

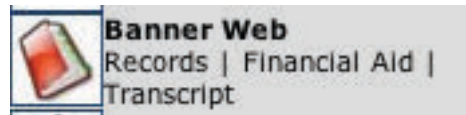
## Massage

Continued from Page 3

unique lavender oils. First, English true lavender is used to both reduce pain and inflammation, and act as a mild antidepressant and calming agent. Next, lavender helps support the respiratory system, aid in natural detoxification and promote restful sleep.

## ONLINE PAYMENT

**Step 1:** Log into your Entrata account with your username and password. Click on the Banner Web icon at the right-hand side of your screen.



**Step 2:** Click on Pay Tuition, Fees, and Other Charges Online — Credit Card to make your online Payment.

### Student Records

Account by Term  
Account Summary  
Account Summary by Term  
Degree Evaluation  
Final Grades by Term  
Holds on Your Account  
Payments - Pay Tuition, Fees, and Other Charges Online - Credit Card  
Payment History and Statement  
Select Tax Year  
Student Information  
Tax Notification  
Transcript Unofficial

RELEASE: 7.5

If you encounter problems with making your online payment, please contact the IECC Helpless at 618-395-5299 or toll-free 1-866-529-4322, ext. 4357.

## Upcoming visits

The following institutions will be visiting OCC. Tables will be located outside the Student Services Office.

- Eastern Illinois University will be here from 9:30 a.m. to 2 p.m. on Thursday, April 10.
- Franklin University will be here from 10 a.m. to 1 p.m. on Tuesday, April 8, Wednesday, April 23 and Thursday, May 1.
- Tosha Baker with Southern Illinois University at Carbondale will be at OCC from 10 a.m. to 1 p.m. on Thursday, April 10.
- Clarissa Casper, Admissions Counselor from the University of Illinois at Springfield, will be at OCC from 9 to 11 a.m. on Wednesday, April 23.

## Lost and found items

If you have lost an item, please check with the switchboard in the Student Services Office.

## Happy Birthday To:

### April

- 1 Dennis Conley
- 1 Larry Harbaugh
- 1 Jennifer Bourland
- 5 Carmen Jones
- 5 Jacy Ghost
- 6 Lindsey Buck
- 12 Larry Gangloff
- 15 Bev Mathews
- 18 Jim Tucker
- 19 Jennifer Balding
- 21 Tammy Fralicker
- 27 Theresa Marcotte - FCC

## Knightline Information

Please submit information for the May Knightline to Deanna Ratts by 5 p.m. on Thursday, April 24.

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