



# The Knightline

Olney Central College Students & Employees Monthly Newsletter

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## OCC to hold 50th Commencement May 9

### *Deborah Mitchell recipient of 2014 Alumni Award*

Olney Central College's 50th annual commencement exercises will begin at 7 p.m. on Friday, May 9 in the OCC Gymnasium. Friends and relatives of the graduates are invited to attend.

During the ceremony, the 2014 Alumni Award will be presented to Deborah Mitchell.

"It is really an honor," Mitchell said of receiving the award. "I am excited to have an opportunity to

represent Olney Central College in a new and different role than that of student, graduate and Foundation member. When I think about the past recipients, I'm proud to be among those who have been selected."

Mitchell completed her associate's degree with a business emphasis from OCC in 1990 and transferred to Eastern Illinois University where she received a bachelor's



**Deborah Mitchell**

degree in finance.

In 1992, she joined the Federal Deposit Insurance Corporation's Mt. Vernon

office as a bank examiner. She served as an asset examiner for three years before completing her test to become a commissioned examiner, a position she held for five years.

"It was a good opportunity to learn a lot about the banking industry," Mitchell said.

Mitchell returned to Olney in 2000 and has worked at TrustBank for 12 years. She currently serves as the institution's Executive Vice President and Chief Risk Officer.

Her duties include loan  
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**Kim Smithenry performs a demonstration for OCC nursing students. Smithenry is completing her MSN practicums at OCC.**

## Students perform MSN practicums at OCC and LTC

A new partnership is enabling two master's degree students to complete their required classroom and clinical teaching experiences under the direction of Illinois Eastern Community Colleges/Olney Central College Nursing faculty.

The IECC Board of Trustees approved agreements with Southern Illinois University at Edwardsville and Indiana State University in Terre Haute, Ind., which allowed ISU student Kim Smithenry and SIU student Pauletta Gullett to begin their practicums this spring. Smithenry, of rural Jasper County, is working with nursing instructor Holly Farley at OCC while Gullett, of Robinson, is paired with nursing instructor Brenda Grove at Lincoln Trail College.

**See Practicums, Page 6**

# Students honored at All-Illinois Academic Team Banquet

Olney Central College's recipients for the All-Illinois Academic Team were honored at a special banquet, which took place April 1 at the Crowne Plaza in Springfield. This year's recipients of the award are Rina Annisa and Brian Weaver. However, Weaver was unable to attend the banquet due to illness.

For their commitment to academic excellence, recipients were presented with a special certificate and medallion. A framed picture featuring both Annisa and Weaver was also presented to the college and can be viewed on the wall outside Room 102, where photographs of past OCC recipients also reside.

"This was my 10th time attending the All-Illinois Academic Team Banquet. It is always an enjoyable evening, and the accom-



**OCC student Rina Annisa was selected to the All-Illinois Academic Team. She was accompanied to the banquet by her friend, Naif Saad, an international student at OCC. Not pictured is Brian Weaver, who was the other OCC recipient.**

plishments of the members of the team never cease to amaze me," said Advisor Carmen Jones. "One of the students recognized at this

year's banquet overcame being the child of drug addicts and survived brain cancer. In addition to her studies, she works with

Easter Seals as a camp counselor and serves as a home-care aide for families with children dealing with cerebral palsy. It is examples such as these that make attending this banquet in Springfield each year rewarding. Our recipients, Rina and Brian, are talented students and active members of PTK, and I congratulate both of them for the selection onto the All-Illinois Academic Team."

Annisa and Weaver also were recognized for their academic team selection at the OCC Student Awards ceremony on April 14.

Each community college in the state is permitted to nominate two students to the All-Illinois Academic Team. At OCC, they are selected by Kelly Payne and Jones. The students must complete a lengthy

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## *'The '80s in Words and Music'*

David Denton's History 2102 Class presented "The History of the '80s in Words and Music" on April 25. The presentation included a contest for the best '80s dress. Winners were Kate Cochran, Caleb Cowin and Megan Brant. Judges were Instructor Shasta Bennett and Coordinator of Career Services Allan Alldredge. Pictured from left, are Cochran, Bennett, Denton, Cowin, Alldredge and Brant.

## Welding Club hosting raffle

The Olney Central College Welding Technology Program is hosting a raffle for a smoker built by the students.

Tickets are \$10 each or 100 for \$850 and may be purchased by calling Curtis Marshall at 618-240-4547. Tickets also will be available at the OCC Welding Shop. The drawing will be held on May 9.

The raffle will benefit the OCC Welding Technology Program, which will be donating 5 percent of the proceeds to the Olney Central College Foundation. The smoker includes a lifetime weld guarantee, under normal use.



## LSC offering Fast Track GED classes

OCC is offering GED Fast Track classes to help students complete their GEDs in just three weeks.

Learning Skills Center Director Donita Kaare said the intensive 15-day program is designed for students who have passed two or more subjects of the GED test or who have a 10th grade or higher reading level. Students will attend the classes from 8 a.m. to noon Monday through Friday beginning May 12. Both the classes and the textbooks are free.

Students who complete the classes will be eligible to take their remaining GED tests in June.



### *Welding Project*

Students in the OCC Welding and Cutting Program recently built six circus dumbbells, two farmers handles and one log curl for the Marathon Robinson Refinery. The items will be used in an upcoming strongman competition. Pictured are OCC students, from left, Madison Barker of Bridgeport, Gage McIntosh of Lawrenceville, Nick Kittle of Olney, Aaron Foerster of Olney, Shawn Donaldson of Newton, James Longbons of Olney, Devon Miller of Olney, Logan Murray of Clay City, Instructor Curtis Marshall, Kyle Degand of Newton, Alec Arnold of Olney, Brody Mann of Flora and Tevin Winters of Flora.

## Community Band annual concert May 8

The Olney Central College Community Band will present its 2014 concert at 7:30 p.m. on Thursday, May 8 in the Dr. John D. Stull Performing Arts Center. The theme of this year's concert is "To Boldly Go," with selections that honor the spirit of adventure, heroism and bravery.

This concert brings the year in

which Olney Central College celebrates its 50th Anniversary to a close, celebrating the heroism and bravery of the past, and looking adventurously into the future.

Selections will include music from the movie "The Great Escape," "Parade of the Tall Ships" by Jay Chattaway, and "Symphonic Suite from Star Trek" by Michael

Giacchino/Jay Bocook, among others. In addition, the President of Olney Central College, Rodney Raney, will read the Gettysburg Address along with a piece entitled "Lincoln at Gettysburg," addressing the challenges our nation faced during the time of the Civil War.

Admission is free and open to the public.

### *Spring Fling*

Olney Central College Instructor Nick Wright performs during OCC's annual Spring Fling on April 17. The Student Senate-sponsored event included a ping-pong tournament and inflatables, talent show, free lunch, karaoke and a movie.



## OCC offering free job skills seminar

Need help landing your big job? OCC Career Services is hosting a free job skills seminar from 9 to 11 a.m. May 12-16 in Room 204.

Students attending the workshop will receive assistance with resume and cover letter writing, interviewing skills training and other soft skills they need to obtain employment.

Students also will learn how to utilize the Internet, newspapers

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## Seminar

Continued from Page 3 and other media for job leads.

The workshop will even provide information on developing phone skills and how to dress for an interview.

Coordinator of Career Services Allan Alldredge also will be working one-on-one with the participants.

Students interested in participating can sign up during graduation practice or may do so by calling Alldredge at 395-7777, ext. 2019. Students also can register via email at [alldredgea@iecc.edu](mailto:alldredgea@iecc.edu).



## Alumni Concert

The OCC Music Department invited its alumni to participate in a special concert being held in conjunction with the college's 50th anniversary. More than 40 past students participated in the April 11 event, which also included performances by the OCC Concert Band, Jazz Band and Concert Choir. Former Director of Bands Steve Marrs directed current members and alumni in a performance of the OCC School Song. A reception followed the concert.

## Alumni

Continued from Page 1 review and audit functions as well as overseeing branch operations, compliance regulations and examinations.

"OCC gave me a great foundation in accounting and business," she said. "There are aspects from my time at OCC that I continue to use today such as communication skills, both written and verbal."

As an East Richland High School class valedictorian, Mitchell received a Presidential Scholarship from the Olney Central College Foundation.

"I chose OCC because I could receive an excellent education while being close to home," she said. "With a full scholarship, plus the savings of living at home, it allowed me to be financially as well as academically prepared for Eastern. I really felt it was a great value for a lower cost."

"There was no difference between my performance at Eastern and those who had attended their first two years there," she added. "I received a quality education and was just as successful as those who had attended Eastern all four years. I really feel like OCC provided me with the base I needed to do well."

In July 2003, Mitchell joined the OCC Foundation's Executive Board.

"I knew being involved in the college was something I wanted to do," she said. "I really wanted to give back."

Mitchell served as the organization's president from July 2007 to July 2013 and remains an active member.

"When I belong to an organization, I have a tendency to make sure I'm active and that leads to officer positions," she said. "That was definitely the case and even more so with the OCC Foundation. Because of my interest in the college, I was more than willing to be president."

The Foundation is a vital partner to the college and strives to enhance the quality of student life and academics at OCC.

"The Foundation's members are all volunteers," Mitchell said. "In everything they do and in all the fund-raisers they participate, members are giving of their own time and money."

Mitchell said receiving the alumni award will afford her a new platform for touting the college.

"This is a chance to let everyone know the college offers so many opportunities," she said. "It provides a base for students' college

years and careers. I want to take this opportunity to let as many people in the community as possible know we have a great thing here in the college and to help spread the word.

"Sometimes I think we look at local matters differently," she said, comparing it to the white squirrels. "It may be in our own backyard, and we tend to take it for granted. Visitors to the area remind me that the white squirrels are special and unique. We don't always think about how great it is to have a college when many communities don't."

"Olney, through its educational institutions, offers many opportunities to explore different careers from the arts to the technical and medical fields to agriculture," she said.

Mitchell is a member of the Board of Education at St. Joseph School and in June will join the Board of Directors for Big Brothers/Big Sisters of Richland County. She is also actively involved in the local 4-H and the St. Joseph Boosters.

Mitchell and her husband, Aaron, reside in Olney. They are the parents of two sons, Seth and Lance. Mitchell is the daughter of Dan and Mary Ann Kuenstler of Claremont.



# Students inducted into nursing honor society

The Illinois Eastern Community Colleges/Olney Central College Associate Degree Nursing Program's Nu Chapter of Alpha Delta Nu held its second annual induction ceremony on April 27 at Wabash Valley College.

Thirty-two students from Frontier Community, Lincoln Trail, Olney Central and Wabash Valley colleges were welcomed into the national honor society of nursing, which recognizes top associate degree nursing students. During the ceremony, students received a pin, a certificate and cords to wear at graduation.

To be considered for membership, students must have completed their first year of nursing, have attained a 3.0 overall GPA and earned a B or better in the core nursing courses. Students also must have demonstrated conduct on campus and in the clinical areas that reflects both integrity and



**OCC students inducted into the Alpha Delta Nu Honor Society of Nursing are front row, from left, Brooke Bower of Olney, Stacie Cowman of Claremont and Instructor Anne Hustad; and back row, Tiffany Nix of Olney, Wendy Vaughn of Louisville and Megan Steffen of Newton.**

professionalism.

To be awarded full membership, students must finish their third semester of nursing and complete a group capstone project, which focuses on either recruitment or educational activities.

Dr. Cynthia Maskey, a member of the Board of Directors of the National Organization for Associate Degree Nursing and the Dean of Health Professions at Lincoln Land Community College, gave the keynote address.

She presented the students with three challenges — always think of the patient as a member of your family, support your fellow nurses and other health care providers and continue your education.

During the ceremony, students from each college gave a short presentation detailing their capstone project.

Students at OCC attended career fairs and provided information about the program to prospective students.

They also created a mentoring project with the college's first-level nursing students.

FCC students promoted the TEAS Test and held an open house for the nursing program.

LTC students spoke with high school students about the nursing program and answered questions.

WVC students utilized high school bulletin boards to promote the nursing program.

## PTK

### Continued from Page 2

application process to even be considered for the honor. The banquet serves as the final recognition of their success.

"Selecting our college's recipients for this award is one of the most arduous tasks Carmen and I face as PTK advisors; with so many talented students to choose from, selecting just two sometimes feels impossible," Payne said. "Rina and Brian are excellent students and both have been active PTK members since joining the honor society. Brian has already transferred to EIU, so he's not able to be as active in member activities anymore; however, before leaving he was instrumental in setting up our PTK Facebook page and getting us more connected with our members. Rina currently serves as our chapter

president, planning and leading every club meeting and various club activities. Carmen and I are confident that both will continue to succeed in all that they do. We wish Rina and Brian the very best as they continue with their educational and career goals."

More than 1,600 community college students competed for recognition, scholarships and a coveted spot on the national team. Of those 1,600 hopefuls, a small handful, based on their academic achievements and community service and involvement, are selected to the All-USA Academic Gold, Silver and Bronze Teams.

However, whether one is selected to the national teams or not, all of the students recognized at the All-Illinois awards ceremony reflect a commitment to higher education and

how one person can truly make an impact on his or her community and on the world at large. The list of accomplishments already achieved by these students is both humbling and inspiring, and leads many to consider these special PTK Scholars as "first among equals."

Ultimately, the evening was a wonderful time to celebrate the accomplishments of these talented students and to spotlight the high caliber of education being delivered at community colleges around the state and the country overall. These individuals truly represent some of the best and brightest students higher education has to offer, and as they make their way to various colleges and universities around the country they are reminded to "never forget from whence they came: Illinois Community Colleges."

# Practicums

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## Continued from Page 1

“Both universities allow students to choose the faculty and program they want to work with as long as it meets the required standards,” said Tammy Fralicker, Associate Dean of Nursing and Allied Health. “I think it says a lot about our program that they chose to do their practicums here. I think it speaks highly of our faculty in general. We do have a strong program and students are aware of that. They want to work with our faculty members.”

“I heard good things about the IECC/OCC Nursing Program from relatives who have gone through it,” said Smithenry, who will finish her MSN in May. “I also had an opportunity to observe Holly in another class. I really liked her as an instructor and knew I wanted to do my student teaching with her.”

Each university has specific requirements the students must meet. During the semester, both students have observed the IECC/OCC nursing faculty and provided classroom instruction under the guidance of the faculty members.

In addition, Smithenry worked with students during their clinicals.

“Basically, Kim has to do everything a nursing instructor does to graduate,” said Farley, of Newton. “She is getting a good understanding of what an instructor does before she goes out into the job market.”

Smithenry is currently employed at St. Anthony’s Hospital in Effingham. It was while working there as a charge nurse that she realized she wanted to pursue a career as a nursing educator.

“I really liked working with the younger nurses on their skills,” she said. “I liked mentoring them and watching them grow into competent nurses providing quality care.”

Smithenry has enjoyed working with the OCC students as well.

“I like interacting with the students and showing them how to do new skills. I also like helping to build their self-confidence and critical thinking and judgment skills,” she said. “The students have been great. They have treated me like an

instructor and come to me with questions, which is nice.”

For Smithenry, the experience has provided her with valuable tools she can utilize as an instructor.

“I learned how the program is run,” she said. “They do team teaching here, and I really like that. I’ve enjoyed working with Holly as well as OCC instructor Cheryl Dill. I know I have learned a lot from them.”

To complete her requirements, Gullett had to develop a classroom presentation on congestive heart failure, which also had to meet the IECC/OCC Nursing Program’s modules and concepts. Grove, of Bridgeport, provided input and encouraged Gullett to address all learning styles. Gullett created a presentation that included not only Powerpoint, but also incorporated use of the simulator mannequin, giving students hands-on experience.

“We met in different sessions together to review the requirements and to ensure we met the objectives,” Grove said. “She really went beyond what she needed to.”

Gullett is appreciative of Grove’s assistance.

“Brenda has been excellent,” she said. “She had a lot of good ideas and was very helpful and encouraging. She and Tammy Fralicker have both been wonderful. I can’t say enough about the program and those two especially.”

Gullett has taught CNA classes for several years and currently oversees the Certified Medical Assistant, Electronic Medical Records and Pharmacy Technology programs at LTC.

“I love my job, but my ultimate goal is to be teaching at the RN level,” she said.

Gullett enjoyed interacting with the LTC students.

“Some of the students I had in my CNA class so I already knew about a third of them,” Gullett said.

“Watching their progression from CNA to LPN to RN has been fun. The students are very accepting of me doing things. They are an excellent group. They are very willing to work

and are very interactive.”

Gullett is grateful for the opportunity to complete her coursework at LTC.

“IECC has been wonderful to work with me,” she said. “Everyone in the nursing program has been so accepting of me as a student, making sure I could complete the experiences I needed and working around my schedule. They have been very accommodating. I think it is amazing they allow us to do this through the nursing program. If they didn’t, it would be very difficult for us to finish our education.”

The IECC/OCC Nursing Program is benefiting from the partnership too.

“We could see what other schools were requiring of their nursing students and the concepts they are covering,” Grove said. “It was a good opportunity to see that we are on the right track. I was excited to learn the things we really say are so important they are still visiting with the students at the more advanced level. Even though we are not teaching students at the level of a master’s degree program, the way we are teaching and getting students prepared is where it needs to be.

“I’ve really enjoyed the experience and I am interested in doing it again,” Grove said. “It was a wonderful opportunity for me and a really enjoyable task.”

Farley added, “It’s been fun. I liked getting to know Kim. It’s nice to have someone who has been working in a hospital and can bring a fresh perspective. She has brought ideas to us on what they are doing in the hospitals. It’s been a benefit to have her with us.”

With the current shortage of nursing educators, Fralicker said the IECC/OCC Nursing Program is excited to work with the universities and assist students in completing their master’s degrees.

“I have heard nothing but positives from both experiences,” she added. “The faculty are happy with the arrangements and the students are happy too. We hope we can work with more students in the future.”

# Take advantage of IECC summer tuition discount

Students taking summer classes at Olney Central College can get more than 50 percent off with Illinois Eastern Community Colleges' Summer Tuition Discount.

This special tuition rate of just \$35 per credit hour applies to online, face-to-face and hybrid classes for in-district residents. Eligible stu-

dents can take up to 12 credit hours at the discounted rate.

Some restrictions apply. Visit [www.iecc.edu/save](http://www.iecc.edu/save) for complete terms and conditions.

OCC is currently registering students for eight-week summer semester classes, which begin June 5. For more information or to enroll, call 395-7777.

## IMT Program accepting new students

OCC's Industrial Maintenance Technology Program is currently accepting new students for the fall semester.

The IMT courses are designed to prepare students for employment and advancement in today's technologically advanced industrial workplace. Portions of the curricu-

lum are online and include virtual lab simulators.

During the program, students study fluid power pneumatics and hydraulics, relay control, motor controls and heating, ventilation and air conditioning.

Contact the Student Services Office at 395-7777 to meet with an advisor.



## Massage Therapy

The OCC Massage Therapy Program recently teamed up with the Jasper County Health Department's WIC Office to provide massages for breastfeeding mothers participating in the WIC program. The WIC Office provides support services and a monthly support meeting for breastfeeding moms.



## Automotive Club Raffle

David Weiler, of Olney, was the winner of a 2013 Honda Metropolitan Scooter in the Olney Central College Automotive Club's raffle fundraiser. Weiler, left, is pictured with club member Dylan Schultz. William Tennyson, of Robinson, was the recipient of the \$250 second-place prize, and Tina Phelps, of Mt. Carmel, was the recipient of the \$150 third-place prize. Proceeds from the event will benefit the Automotive Club, which is comprised of students in the OCC Automotive Service Technology and Collision Repair programs.

## 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

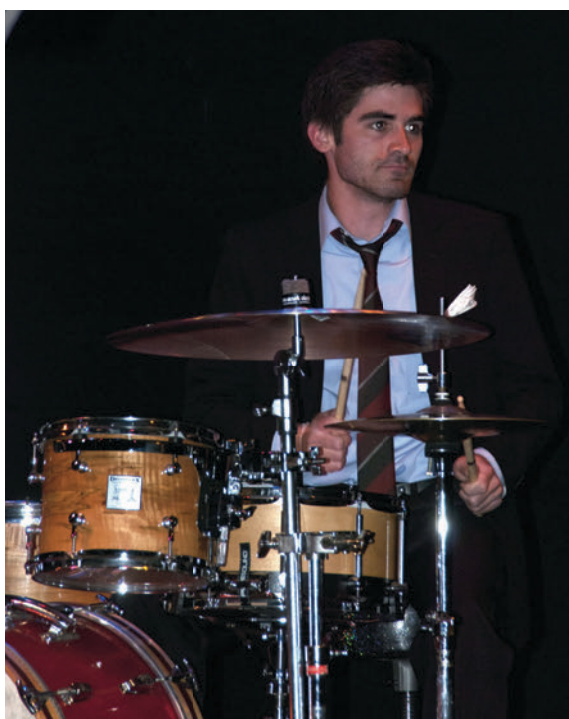
- Account by Term
- Account Summary
- Account Summary by Term
- Degree Evaluation
- Final Grades by Term
- Holdings on Your Account
- Payments - Pay Tuition, Fees, and Other Charges Online - Credit Card
- Payment History and Statement
- Select Tax Year
- Student Information
- Tax Notification
- Transcript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

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



# OCC Music Department hosts annual Jazz Festival



Above, OCC Director of Bands Suzanne Downes conducts the Southern Illinois Honors Jazz Ensemble during the Music Department's annual Jazz Festival on May 1. At left, OCC graduate Ross McReynolds performs with members of Dynamo during their set. The band, formed in Nashville, Tenn., in 2012, is known for incorporating special guest vocalists into its live shows in addition to the instrumental material. The group is constantly writing original material. The event also included a workshop with internationally-known saxophonist and authority on jazz education and improvisation Jamey Aebersold.

The OCC Music Department held its annual Jazz Festival on May 1.

The event featured the Newton Community High School Jazz Ensemble, the Lawrenceville, High School Jazz Band and the East Richland High School Jazz Band as well as the Southern Illinois Honors Jazz Ensemble, which includes students from East Richland, Lawrenceville Newton Community and Palestine high schools.

The evening concluded with performances by the OCC Jazz Ensemble and Dynamo, a Nashville band that includes OCC graduate and percussionist Ross McReynolds.

## Lost and found items

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

## Keep vehicles locked

Students utilizing the OCC parking lots are advised to keep their vehicles locked when unattended.

## Happy Birthday To:

### May

- |    |                     |
|----|---------------------|
| 5  | Tina Pierce         |
| 8  | Judith Hudson - WVC |
| 12 | Holly Farley        |
| 17 | Shasta Bennett      |
| 21 | Andrew Pittman      |
| 26 | Cheryl Dill         |

## West recognizing therapeutic benefits of massage

Touch is such a basic human response that it may not register as a legitimate form of therapy.

Eastern cultures have a long tradition of medicinal massage techniques, but the foundation of therapeutic touch in the West began just over a century and a half ago. It was in the 1850s, when physiologist and gymnastics instructor Pehr Henrik Ling developed Swedish massage.

Many modern massage therapists still practice Ling's form, but their skills likely include a wide range of advanced bodywork techniques such as trigger point, myofascial release or cranial-sacral therapy.

They may even be trained in mas-

sage traditions from Asia or other regions as well.

Previously viewed in the West as more of an indulgence than a viable therapy, massage has earned a new reputation in the medical community. According to Dr. Leena Guptha, chair of the National Certification Board for Therapeutic Massage and Bodywork, therapeutic touch now works alongside modern medicine.

"Massage therapists are being recruited into hospitals and medical centers," Guptha said. "There are massage therapists who are working with oncology patients, side by side with a team of complementary therapists."

## Knightline Information

Please submit information for the Summer Knightline to Deanna Ratts by 5 p.m. on Monday, June 9.

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*Our mission is to deliver exceptional education and services to improve the lives of our students and to strengthen our communities.*