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OPPORTUNITIES TO EXPLORE

LINCOLN TRAIL COLLEGE

Network



REC CENTER ANNOUNCES PLANS TO MOVE FORWARD ON CONSTRUCTION

The new Crawford County Recreation Center will be a reality at Lincoln Trail College. The Illinois Eastern Community Colleges Board of Trustees gave their approval for the project in May of 2018 and gave the greenlight to move forward on the project based on local fundraising at their May 2021 meeting. Now the facility can start moving forward in the pre-construction process.

“We’re very excited about this project,” says CCRC Board President Bill Sandiford. “The reason is because of the first two words in the name, Crawford County. This facility will allow all county residents the opportunity to share in a broad range of fitness activities 12 months of the year. The indoor walking track paired with the swimming pool will offer year-round exercise. The results from our earlier community interest survey pointed to our current lack of cold weather options as well as the need for a comprehensive facility that can, and will, be utilized by all of our residents.”

The recreation center will be built on the campus of Lincoln Trail College but operated independently from the college itself. It will offer a community atmosphere where people will be able to enjoy innovative fitness and recreation programs like yoga, spinning, dance, youth sports, adult sports leagues, Silver Sneakers, and healthy eating courses. It will also include a large space for free weights and strength equipment, a cycling studio, and cardio equipment such as bikes, treadmills, and rowers. There will be a child watch for members that they can use while they exercise

or take classes. It can also be used for summer camps and before and after school programming. The facility includes a multisport court for basketball, tennis, pickleball, and volleyball. Additionally, an indoor walking track will allow people to walk and jog year-round.

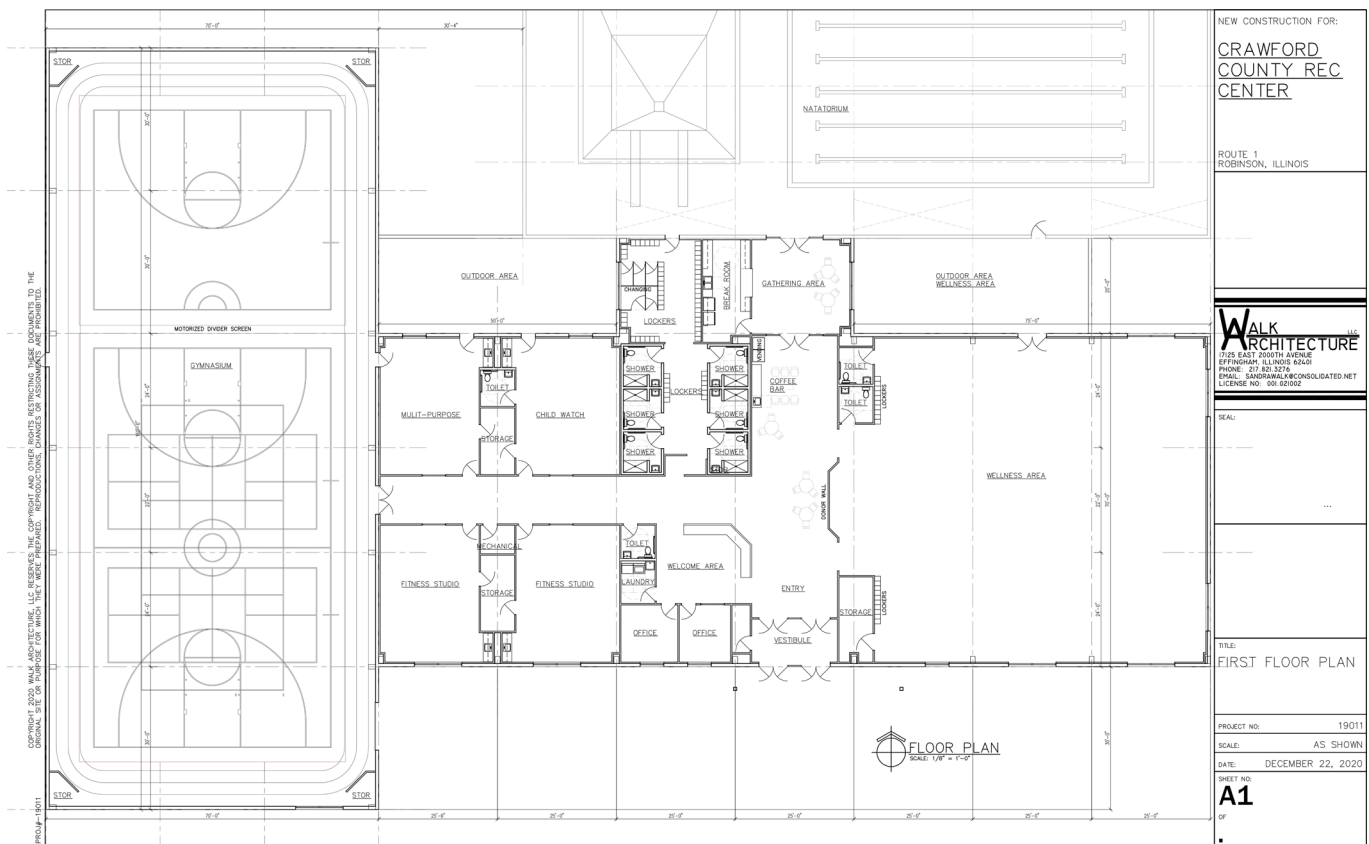
“This is going to be far more than a gym,” says Sandiford. “We plan to offer recreational programming for members of all ages. We want this to be something that fits the needs of members from children to senior citizens.”

In addition to the new facility, the CCRC will take over the operation of the indoor pool at the college. Bids are currently being solicited for renovations to the indoor pool which will include a water slide, an air-conditioned party room, two individual changing rooms with showers, and a large changing area for group classes. Renovations to the pool will take on more elements of an indoor water park, including a slide and a sauna. The pool will continue to offer popular programs like water aerobics and lap swims.

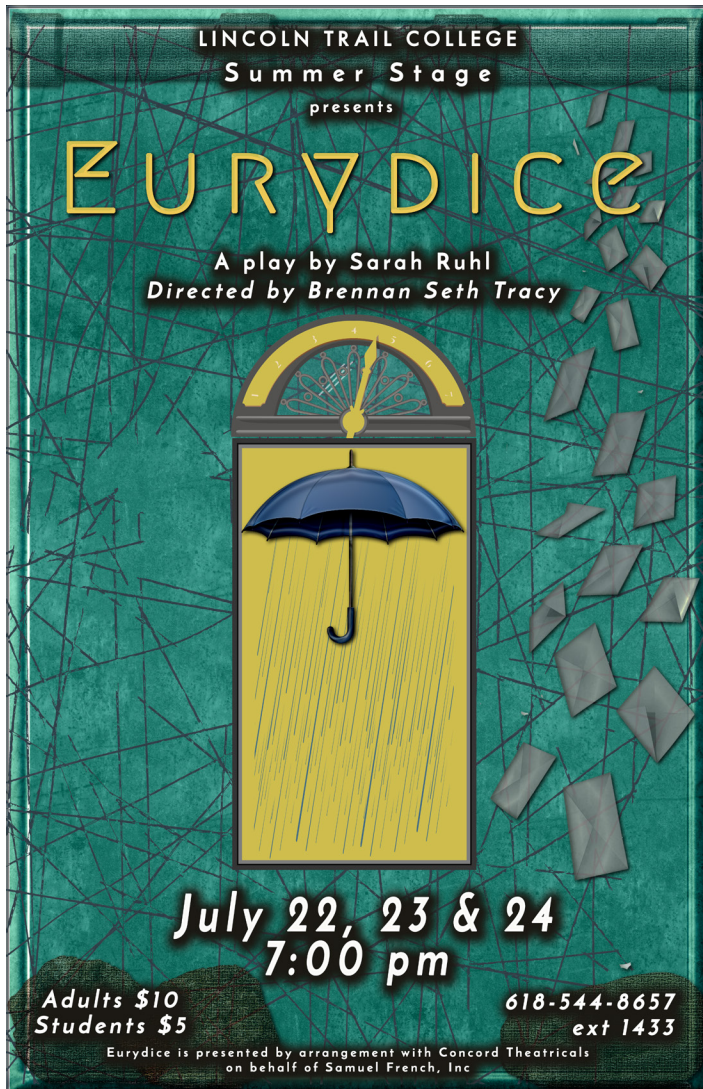
Sandiford believes that the CCRC will be good for all of Crawford County. “When we started thinking about this project, we wanted to do something that would enhance the quality of life for residents. We’ve also heard from businesses and industries that they’ve had trouble recruiting and retaining employees. We believe this facility will be a cornerstone for attraction and retention of both returning residents as well as a key piece in attracting new residents.”

The new facility will be built just east of where LTC’s indoor pool is located and will connect to the pool. Illinois Eastern Community Colleges will oversee the construction of the project. IECC is currently in the pre-construction process for the facility.

Work on the new Crawford County Recreation Center is expected to begin this fall and will take approximately 12-14 months to complete.



CAST ANNOUNCED FOR EURYDICE



Lincoln Trail College Summer Theatre Director Brennan Seth Tracy announced the cast for the College's production of *Eurydice* by Sarah Ruhl.

Eurydice reimagines the classic myth of Orpheus and Eurydice not through Orpheus's infamous pilgrimage to retrieve his bride, but through the eyes of its heroine. Dying too young on her wedding day, Eurydice must journey to the underworld, where she reunites with her father and struggles to remember her lost love. With contemporary characters and plot twists, the play is a fresh look at a timeless love story.

LTC theater veterans Rachel Carter and Ryan Mikeworth play the two main roles of Eurydice and Orpheus respectively while another veteran, Tom Moore, plays Eurydice's father. Lexi Branson plays the role of Lord of the Underworld, who orchestrates every other character's suffering.

The Stones serve as the Greek Chorus of the Underworld. Sarah Rynke is the Big Stone, Sabrina Malone is the Loud Stone, and Kinley Bradbury is the Little Stone.

Performances of *Eurydice* are July 22, 23, and 24 at 7 p.m. in the Zwermann Arts Center Theater. Tickets are \$10 for adults and \$5 for students and can be purchased at the LTC Performing Arts Box Office or online at <https://www.showtix4u.com/event-details/55089>.

THEATRE AWARDS AUG. 7

The Lincoln Trail College Theatre Department will have its bi-annual awards banquet on August 7 at 5:30 p.m. at the Stoney Ridge Event Center.

The theme of this year's event is Family Reunion and it is open to all members of the community. Among the awards handed out will be their lifetime achievement award.

Tickets are available for purchase online by scanning the QR code to the right.



LTC OFFERING FALL COMMUNITY ED CLASSES



Lincoln Trail College is planning a variety of different Community Education Classes throughout the Fall.

LTC's summer Community Education offerings wrap up with a Herb and Botanical Extractions and Infusions class that begins August 3. Instructor Nicole Martin will teach the class about flower and herb infusions that you can do yourself. Students will learn how to create their own lotions, salves, and oils. The class is on August 3, 10, and 17 from 6-8 p.m. each night.

The Fall Community Education classes begin the week of August 17 with a slate of martial arts classes. Karate for Kids has two sections. The first is offered Mondays from 6-7 p.m. through December 8 and the second is Mondays and Wednesdays from 7-9 p.m. through Dec. 8. Instructor Andy Bradbury introduces children to basic martial arts concepts in the class.

Bradbury also offers a Tae Kwon Do class for adults. It runs from 7-9 p.m. on Mondays and Wednesdays through Dec. 8. He covers the fundamental skills of Korean Karate, including blocking, punching, and kicking. Advanced students work on offensive and defensive skills and strategies.

Community members interested in arts and crafts have several options this fall. Jessica Parrent's Macrame for Beginners class teaches basic knots. It takes place on Thursday nights in September beginning Sept. 2.

Angie Compton will lead an oil pastel workshop in October. It takes place Oct. 5, 7, 12, and 14 from 6:30-8 p.m. each night.

There are four different Chalk Couture classes offered by Kim Tohill. Sept. 14's class will help students get started. On Oct. 12, students will work on fall décor. The class on November 2 focuses on a project good for Thanksgiving and the class on Nov. 23 revolves around Christmas decorations. Each class runs from 6-8 p.m.



A person works on a macrame project similar to what students will do in LTC's Macrame for Beginners class in September.

If you're interested in food and drinks, there are a pair of classes to help students get started. Basic Cake Decorating is led by Norvita Legg and covers how to level baked cakes and the basics of decorating and detailing cakes. It is offered on Wednesday nights from 6-7:30 in September beginning on the 8th.

Regenna Frost is offering barista training on Oct. 12 from 6-8 p.m. She'll cover the basics of how to create fancy coffees and drinks.

The Community Education Series will also offer some health-related topics. An Online Instructor for CNA's class



runs Oct. 4-Nov. 12. The Train the Trainer and Alzheimer's portions of the class are completed online and consist of readings, discussion postings, and assignments.

Students preparing to enter the Nursing program can prepare for the TEAS Test with several classes. Aaron White will help students prepare for the English and reading parts of the test on Oct. 6 and 13 from 5-9 p.m. Kim Schucker will help with the math section on Oct. 20 and 27 from 5-9 p.m. Students that want help with the science part of the test can work with Kristen Huffman on Oct. 9 from 8-5. Students can enroll in any combination of the classes.

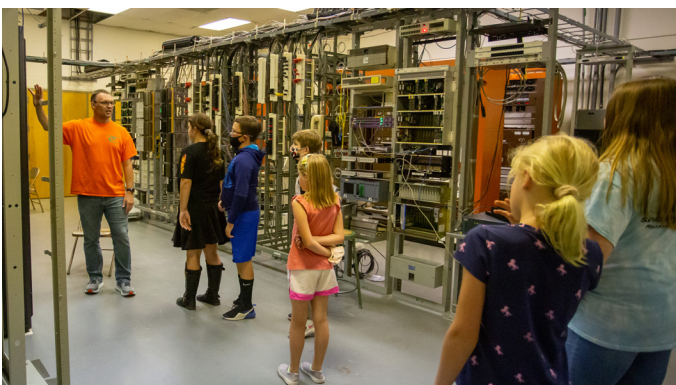
People that want to enroll in any of Lincoln Trail College's Community Education Classes can call 618-544-8657, ext. 1425 or stop by the LTC Library. Pre-registration payment is required for the classes.



LTC baseball player Cy Young of Seoul, South Korea teaches College for Kids students how to use chop sticks.



College for Kids students visited the Heath Museum in Robinson to learn about the history of the Heath Bar.



Travis Matthews talks to College for Kids students about LTC's Broadband Telecom program.



College for Kids students visited the Eagle Theater in Robinson to learn how the movie theater operates.

PRESIDENT'S CORNER



Thank you for welcoming me to LTC and Robinson; I am honored and excited. Over the years, I worked in several states and with numerous colleges, but LTC will surely be the highlight of my career because of its people and the supporting population. For me, students are #1! So LTC will emphasize individualized education to reach the intended goals of each student.

As a community college, we have an exciting future that will define which ones stay around for the next generation. In fact, 25% of colleges are expected to disappear over the next 10-15 years. Therefore, we must be deliberate about setting a solid foundation for the future. To me, a college has two primordial constituencies: **students and teachers**. Everyone else supports. Hence, decisions must be centered around what goes on in the classroom and designed around what research and best practices suggest is empirically effective. One approach termed Guided Pathways offers an extremely effective framework that has shown favorable results in large and small colleges. The essence of this approach is to tailor the education to the needs of students and individualize the solutions to each person's needs.

To remain attractive and effective, we may need to re-think our schedules, course offerings, instructional technologies, instructional modalities, etc. Moreover, like a business, it behooves us to use student feedback to optimize our practices. For that, I believe that it is essential to utilize the power of learning outcome assessment as the integral cog in the entire mechanism. This approach will allow us to individualize the learning and the wrap-around support services that each student deserves. Additionally, it creates a transparent and objective decision-making mechanism. Both of these consequences are considered as best practices by the Higher Learning Commission and are advocated for by eminent researchers.

Over the next couple of years, my efforts will likely mostly center on promoting the empowerment of faculty and staff. Thus, it will be critical to emphasize the professional development of everyone at the institution. This development should be cross-disciplinary to integrate student and educational services seamlessly and effectively. The result will be creating clearly mapped pathways for students and schedules that fit the life/work balance that stands as an obstacle in the way of many. We have to re-think how students are onboarded and retain so they achieve their set goals. Finally, we will measure what students learned and can achieve. This will translate into competencies that employers look for.

Given the unprecedented nature of Guided Pathways, we surely need to emphasize the empowerment of faculty and staff to achieve the intended goals. Work is needed to embed student learning outcomes into the curriculum and automated assessment methods. Using the outcome assessment will help us identify growth areas. Moreover, these data points will highlight needed curriculum adjustments or enhancements in the instructional methods. Although at the outset, it sounds daunting and pervasive, Guided Pathways is a logical set of steps that embody the most current best practices to serve better and more effectively. Moreover, the decision-making (especially financial) process becomes transparent and centered on what happens in the classroom.

LTC is a partner with the community, local businesses, organizations, and institutions. And we will continue to lead through innovative education and workforce development. LTC is where the future of education starts!

Dr. Zahi Atallah
President