

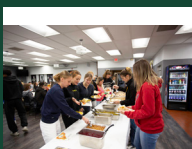
# NETWORK



DECEMBER 2023



## HIGHLIGHTS



*LTC hosts IECC International Thanksgiving Dinner*



*LTC reaches more than 600 high school students with fall recruiting events*



*Broadway performer coming to LTC to conduct monologue masterclass*

## REC CENTER OPENING DECEMBER 18

A grassroots effort that started nearly seven years ago will come to fruition in December when the Crawford County Recreation Center opens to the public. The new 25,000-square-foot facility is located on the campus of Lincoln Trail College and is designed to enhance the quality of life for Crawford County residents.

That was the impetus for the project when a group of local leaders got together. They decided to move forward with the recreation center at LTC as a way to impact the physical and social health of all residents of Crawford County.

Dan McDonald serves as the executive director of the CCRC. "I'm incredibly excited to see this facility open to the public. This is going to be a great addition to the county and something that residents of all ages will be able to enjoy."

The CCRC is designed to offer a variety of activities to suit virtually every interest and fitness level. "The CCRC believes that a healthy lifestyle goes beyond counting calories or running on a treadmill," says McDonald. "As a



Spin bikes fill one of the CCRC's three fitness studio.

member, you will have an opportunity to set and achieve fitness goals, form relationships, have fun, and make memories that will last a lifetime.

The CCRC features a well-equipped weight room, cutting-edge cardiovascular equipment, three fitness studios, an indoor aquatic center, and a full indoor gym and walking track. Additional amenities include a child watch center and a fully equipped locker room featuring individual wet and dry changing rooms.

McDonald says the CCRC is going to have a vibrant fitness community with classes such as yoga, spinning, water aerobics, and

Pilates led by experienced and certified instructors. The gym features a dedicated walking track, four pickleball courts, one-and-a-half basketball courts, and a volleyball court.

The aquatic center is one of the things the CCRC offers that no other similar facility in Crawford County has. McDonald says there are devoted lap swimmers and water aerobics enthusiasts and the CCRC will continue to serve those communities. He says another key area of interest is the aquatic center's party room.

Another unique amenity is the child-watch center. McDonald says parents with kids ages six months to seven years old will be able to bring their child to the center for up to two hours while they are using the CCRC. "This is a great option for parents who want to be able to work out or enjoy one of our classes but may not have another childcare option immediately available. Our trained staff will watch their children while they use the CCRC."

The Crawford County Recreation Center will offer monthly and annual membership rates. There are membership types for students, individuals, families, and seniors ages 65 and up. There is a pool pass and a pickleball pass available for people who plan to only use that part of the CCRC. The facility is opening to the public on December 18.

## UPCOMING JANUARY EVENTS

- 2** College Reopens
- 3** Crawford County Teachers Institute
- 4** Faculty Workshop
- 8** Spring Semester Classes Begin
- 15** COLLEGE CLOSED - Martin Luther King, Jr. Day
- 20** Statesmen Day  
11:30 a.m., Williams Hall
- 25** Ace the Monologue in Six Easy Steps!  
6 p.m., DeMent Auditorium



The gymnasium in the CCRC is surrounded by an indoor walking track and features multipurpose sport courts.

## LTC HOSTS IECC INTERNATIONAL THANKSGIVING MEAL



Students from 22 different countries came to Lincoln Trail College on November 17 for IECC's Annual Thanksgiving Meal. International students from each campus are invited to participate in the event and they were joined by several American students, including some from the TRIO Student Support Services program.

Student Trustee Guadalupe Amicone opened the event with an icebreaker game. Dean of Students and International Students Director Cassandra Goldman asked students to stand when their country was represented, Lincoln Trail College President and Vice Chancellor of Institutional Outreach Tona Ambrose welcomed all of the students to campus and then Wabash Valley College President and Vice Chancellor of Student Affairs Matt Fowler gave an inspirational message before the meal.

The meal at the Statesmen Grill featured a traditional Thanksgiving feast. After the meal, students learned about the TRIO program from Wain Davis and had the chance to socialize and play games in LTC's Student Lounge.

This year's International Thanksgiving Meal also fell on International Students Day. The annual day recognizes the contributions of international students to education.



International students bond over an intense game of Foosball in LTC's Student Lounge

## **600+ HIGH SCHOOLERS REACHED THROUGH LTC EVENTS THIS FALL**



Lincoln Trail College had contact with more than 600 high school students during a series of events this Fall. The College staged a half-dozen different events targeting area high school students.

One of the last events was Future Statesmen Day on November 17. It brought 316 high school freshmen and sophomores to the campus to begin learning about the opportunities at LTC.

"We wanted to plan a fun day for the students," says IECC Director of Enrollment Management Andrea Loll. "We didn't want to have a day where they were brought here, talked at for a few hours, and then went back to their schools. We wanted to incorporate that information in fun and interactive events."

When students arrived, they were offered snacks, photo opportunities, and fun games. After President and Vice Chancellor Tona Ambrose welcomed them to campus, they played a fun trivia game that helped introduce them to different LTC programs and information about the college. Students did get a chance to hear from LTC's advisors and about dual credit opportunities. As a way to familiarize themselves with the campus, they played a game that married Bingo with a scavenger hunt.

Future Statesmen Day was one of three November events staged by the College. Statesmen Day on November 18 gave prospective students and community members the chance to learn about LTC, enjoy lunch together, and watch LTC's basketball games that afternoon.

LTC partnered with Crawford Memorial Hospital for the Health Career Expo on November 8. IECC health programs were represented at the event along with a variety of hospital departments to help students learn about what careers exist in healthcare and how you can get your education to begin those careers.

"We wanted this event to be very interactive," says Loll. "When we planned this, we told everyone to add interactive components to their booths because we know that students like hands-on experiences."

LTC is not done with on-campus events. The College is planning another Statesmen Day event for January 20. Once again, LTC will work with Twin Rivers for a Career Day event on March 7, and Young Women Lead returns to LTC on March 8. LTC will offer a day geared toward high school juniors on April 19.

## **NURSING STUDENTS HOST EVENT TO FOCUS ON MENTAL HEALTH**



Members of the Alpha Delta Nu Nursing Honor Society put a focus on mental health for their fellow nursing students. They put on a special event on November 13 where students in the nursing program could visit a variety of stations and learn about mental health topics and study tips.

“Mental health is huge,” says Level II Nursing Student Jen Cox. “Everybody everywhere focuses on mental health and nursing is no exception. We are the next generation of nursing students to be LPNs and RNs. We’re helping them become better with their mental health and to become the future nurses of America.”

Level II student Tayllor Hall says they wanted to leverage their own experiences in the program to help current Level I students. “We wanted to come up with a way to help them with studying and just be the best they can be.”

That message was not lost on Level I student Lawana Dorsey. “It did help me learn how to study and find new ways to organize. When I go home, I can put what I learned today into effect for my next test and improve.”

Nolan Hillard is also a Level I student who entered the nursing program after earning a bachelor's degree. He says one of the things that spoke to him during the event was attitude. “The mental health part of it is really just what your attitude is towards the program. What you want to put into it is what you’re going to get out of it. As long as you believe that you can do it, then you can do it.”

Cox says the goal of the day was for students to realize that they’re not alone and there are resources available to help them be prepared to succeed in the nursing program.

**WATCH NOW** ▶



**SCAN ME**

## LTC WELCOMES IN BROADWAY PERFORMER FOR MONOLOGUE MASTERCLASS



The Arts at Lincoln Trail College is offering a masterclass for active participants in the theater from high school age and up. Ace the Monologue in Six Easy Steps participants will work with actor, director, choreographer, and author Julio Agustin.

The masterclass will include a physical warmup, a vocal warmup, an improv game, a written analysis, and a monologue workshop. Before the workshop, participants will be asked to memorize a short monologue. Some participants will have the chance to perform their monologue in front of the class and receive feedback from other participants as well as Augustin. Due to limited time, not everyone will get to perform their monologue in front of everyone, but all will participate in the warmups and feedback portions of the class.

The masterclass takes place on January 25 from 6-8 p.m. at DeMent Auditorium at Lincoln Trail College. There is no cost for the event, but there is a limit of 30 participants. Participants are encouraged to wear comfortable clothing they can easily move around in.

Augustin is a Broadway Legacy Robe winner who performed in the original Broadway companies of six shows, including Fosse and Chicago, and

appeared in the movies Center Stage and The Producers. He was nominated for an Audelco Award for his work as the director of Sweet Charity. Augustin works as an acting coach and has released a book, *The Professional Actor's Handbook: From Casting Call to Curtain Call*.

People interested in taking the masterclass can contact LTC Theater Director Taylor Dahlberg at [dahlbergt@iecc.edu](mailto:dahlbergt@iecc.edu). Registration for the class opens on January 4. Dahlberg says that by registering for the class, you are agreeing to participate in all of the activities.





## JANUARY ATHLETIC EVENTS

### Men's Basketball

10	at John A. Logan College	7:00
13	at Wabash Valley College	3:00
17	Kaskaskia College	7:00
20	Rend Lake College	3:00
24	at Vincennes University	6:00
27	Lake Land College	7:30
31	at Shawnee Community College	7:00

### Women's Basketball

10	at John A. Logan College	5:00
13	at Wabash Valley College	1:00
20	Rend Lake College	1:00
24	at Vincennes University	4:00
31	at Shawnee Community College	5:00

## LTC OFFERING IMPROV CLASS



Lincoln Trail College is excited to offer a unique opportunity for individuals with a flair for the dramatic. The College will be hosting a six-week Improv Class, offering students the chance to hone their acting and improvisational skills in a fun and supportive environment.

The class is designed for participants to explore the fun and exciting world of improvisational theater through a series of engaging games and exercises. Whether you're a seasoned performer or someone looking to break out of your comfort zone, this class promises to foster creativity, boost confidence, and enhance spontaneous thinking.

The class, led by Chris Forde of S'more Improv, will run on Thursdays from 6-8 PM from January 4 to February 8. The final class on February 8 will be a showcase

event, allowing students to put their newfound skills to the test in a live performance setting.

The improv class is open to individuals 18-years-old and up of all skill levels. No prior acting or comedy experience is required. The cost of the class is \$25, and students can register by calling 618-544-8657, ext. 1425.

## BASIC KNITTING COMING TO LTC IN JANUARY



Lincoln Trail College is pleased to announce a new and exciting opportunity for community members to embark on a creative journey with a Beginning Knitting class. This hands-on course is designed for individuals eager to explore the world of knitting and develop essential skills while crafting beautiful projects.

Participants in this four-week program will be guided through the basics of knitting, creating a solid foundation for their future of knitting. The course is scheduled on Tuesdays and Thursdays, from January 9 to February 1. It runs from 6-8 p.m. and is led by Betty Engel.

As part of the learning experience, students will have the opportunity

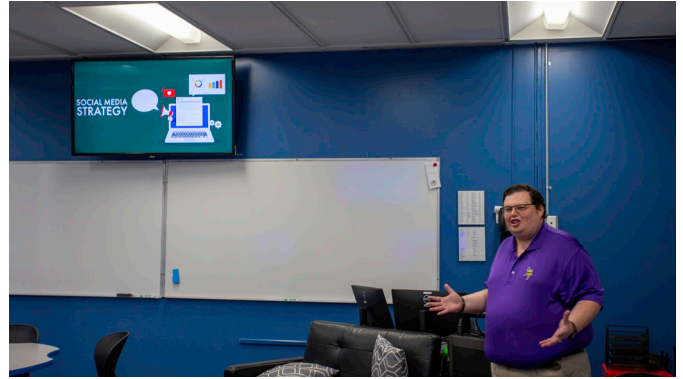
to apply their newfound skills immediately. The first project is to create a practical and aesthetically pleasing dishcloth. This initial hands-on project is tailored to help the participants practice essential techniques while producing a functional item for everyday use.

Space is limited and students are encouraged to register early for the class. Students can register by calling 618-544-8657, ext. 1425. The cost of the course is \$55.

# LTC IN PICTURES



Michael Emmerich presents Dr. Michael Patilla with flowers after Patilla directed his final LTC Jazz Band concert at the College.



Chris Forde speaks Arnie Mayhall's Principles of Marketing class about social media marketing.



LTC students light up their phones while grooving to the music during Student Senate's Pancake and Karaoke Night.



Gabiella Chagas (singing in microphone) and Guadalupe Amicone (enjoying Nutella) perform during Student Senate's Pancake and Karaoke Night.



A group of students pose for a picture during LTC's Future Statesmen Day.



Students start searching for ways to earn a Bingo during LTC's Future Statesmen Day.



Two students get instructions on how to take a 360 photo during LTC Statesmen Day.



Dr. Alani Frederick and Kyrach Buchanan talk with students about opportunities in IECC's Nursing Program at the Health Career Expo.