



LINCOLN TRAIL COLLEGE *Network*

JANUARY 2017

UPCOMING FEBRUARY EVENTS

- 1 **Real World Experience**
8-12, Theater/Gym
- 3 **Accuplacer Testing**
8 a.m., Williams Hall 117
- 5 **Super Bowl Viewing Party**
5 p.m., Cafeteria
- 6 **Children's Art Exhibition**
4:30-6:30 p.m., Library
- 7 **Accuplacer Testing**
8 a.m., Williams Hall 117
- 8 **Phi Theta Kappa Cookie Sales**
10-1, Williams Hall Foyer
- 9 **OHSA Training**
8 a.m., Zwermann Arts Center Theater
- Crawford County University Women**
7 p.m., Library
- 10 **Accuplacer Testing**
8 a.m., Williams Hall 117
- 11 **Pearson VUE Testing**
9 a.m., Williams Hall 117/118
- 14 **OHSA Training**
8 a.m., Zwermann Arts Center Theater
- Accuplacer Testing**
8 a.m., Williams Hall 117
- 16 **Safety Council Meeting**
12 p.m., Lincoln Room
- 20 **COLLEGE CLOSED - Presidents' Day**
- 22 **Phi Theta Kappa Cookie Sales**
10-1, Williams Hall Foyer
- 23 **LTC Foundation Concert Series Presents:
Who's Bad: The Ultimate Michael Jackson
Experience**
7 p.m., Zwermann Arts Center Theater
- 25 **Pearson VUE Testing**
9 a.m., Williams Hall 117/118
- Performing Arts Scholarship Audition Day**
9 a.m., Zwermann Arts Center Theater
- 26 **Oscars Viewing Party**
6 p.m., Cafeteria

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

STUDENT ATHLETES COMBINE FOR 3.13 GPA

Lincoln Trail College student-athletes continued to show a commitment to academics by combining for a 3.13 GPA in the Fall 2016 Semester.

"I'm very proud of what they accomplished," said Athletic Director Kevin Bowers. "Our student-athletes work hard in their sports and they work just as hard in the classroom."

The softball team finished with a team GPA of 3.53. The baseball team carried a GPA of 3.23 and the volleyball team had a 3.07 GPA. The women's basketball team had a team GPA of 2.95 followed by the golf team with a 2.85 GPA and the men's basketball team had a 2.78 GPA.

"There are a lot of people that help make sure our students and student-athletes succeed in the classroom," said Bowers. "Our coaches push their athletes in the classroom and we have exceptional faculty. Rena Gower and the Learning Skills Center is also an instrumental factor in the success of our athletes."

This is the sixth consecutive semester where the athletic department has had a cumulative GPA over 3.0.



2016 ATHLETICS FALL REPORT CARD

SOFTBALL	3.53
BASEBALL	3.23
VOLLEYBALL	3.07
WOMEN'S BASKETBALL	2.95
GOLF	2.85
MEN'S BASKETBALL	2.78
ATHLETICS OVERALL	3.13

FACULTY/STAFF STUDY STRATEGIC PLAN



Lincoln Trail College faculty and staff came together to make contributions to the new strategic plan during the college's spring workshop on Jan. 5.

President Gower started the workshop by presenting a framework for a new strategic plan for the Lincoln Trail College. The plan is grounded on four essential goals: 1) Deliver Exceptional Education, 2) Foster Excellence in Faculty & Staff, 3) Cultivate and Steward Resources for Strategic Growth, and 4) Impact our Local Communities.

The faculty and staff are working collaboratively with the administration in identifying priorities and initiatives that will allow these goals to be realized.

“This is an essential task for the college” said Gower. “When you come right down to it, there are really only three choice colleges across Illinois can make right now: they can give up altogether, they can continue the status quo and manage the decline, or they can aggressively invest in themselves and their institutions to create strategic – not multilateral - growth. Only the third option is acceptable for Lincoln Trail.”



“There are three inconvenient truths we must acknowledge as we move forward,” said Gower. “We are beginning the transition from a state supported to a state regulated institution. This change will require us to act, think and conduct ourselves differently. We will have to invest in the best things, not just good things. We will not be able to be all things to all people, but we will be the best there is at what we do.”



The faculty and staff also spent time reviewing “The Statesmen Blueprint” which identifies the key competencies and characteristics every graduate of Lincoln Trail should possess. “This is how we will define success” said Gower. “When our graduates leave our campus they will be proud to be a Statesmen. We will do our best to develop young men and women of high character and capacity.”

Gower says he plans to take the notes of the group sessions in the workshop and bring them to the Executive Committee to help develop a draft of the plan that will be shared at an upcoming faculty-staff meeting.

BROADBAND TELECOM PROGRAM RECEIVES DONATED PICKUP

The Lincoln Trail College Broadband Telecom program received a donated pickup truck from Respond Service Company (Montrose Mutual Telephone Company) of Dieterich, Ill. in December.

Program Lead Instructor Jesse Allen says the truck will be used in a couple of ways. He plans to use the truck as a service truck to get students used to working from them. Allen says they'll also use the truck when they do off campus projects.

Allen says donations from corporate partners are very important for the Broadband Telecom program. "With the state's lack of funding, it is always important to keep in contact with companies in the industry to seek donations. This is the second donation from Montrose Mutual Telephone Company in the last couple of years."



Prior to coming to LTC, Allen worked for the Montrose Mutual Telephone company. He says he worked with General Manager Pat Tays to secure the donation.

The truck was delivered to Lincoln Trail College by Justin Gephart and Evan Simple. Simple is a graduate of LTC's Broadband Telecom program.

STUDENTS DONATE TO HUMANE SOCIETY

Students in Dr. Ann Wolven's classes in the Fall Semester donated nearly 300 items to the Crawford County Humane Society.

The students collected the items before finals and they were donated on Dec. 13. Students were able to choose which items they wanted to bring to support the dogs and cats at the Crawford County Humane Society.



Rolls of paper towels	77
Bottles of liquid hand soap	69
Cans of Purina Cat/Kitten Chow	45
Towels	22
Bottles of Pinesol	13
64 oz. Bottles of Laundry Detergent	13
Bottles of Bleach Tablets	12
Blankets	11
Bottles of liquid dish soap	10
Pillowcases	7
10+ lb. bag of Purina Cat/Kitten Chow	2
Large Bottles of Hand Sanitizer	2
Bath Mats	2
5 lb bag of Purina Cat/Kitten Chow	1
5 lb bag of bedding pellets	1
Large Dog Kennel	1
Dog Leash & Collar	1
Pooper Scooper	1
Total Items	290

LTC DEVELOPING WELLNESS CERTIFICATE

Achieve your health & wellness goals at LINCOLN TRAIL COLLEGE

We will be offering a new Wellness Certificate beginning in the Fall of 2017 to help you achieve your fitness goals.

Explore

Human Nutrition
Yoga I, Yoga II, Yoga III
Aerobics & Aqua Aerobics
Aging Across the Lifespan

Physical Fitness & Wellness
Circuit Fitness Training
Swimming for Fitness

Let the **Trail** be your path to success!



Lincoln Trail College is working on developing a new Wellness Certificate that will help members of the community achieve their wellness goals.

“It is no secret that obesity rates in the United States, particularly in Southern and Midwestern states, have increased dramatically in recent years,” said LTC President Dr. Ryan Gower. “Our new certificate program will seek to educate people about the importance of developing healthy eating and exercise habits while simultaneously allowing them to participate in several activity-based courses.”

The certificate is still in development, but it is expected to cover courses and activities such as Human Nutrition, Physical Fitness and Wellness, Aging Across the Lifespan, Yoga, Circuit Fitness Training, Aerobics, Aqua Aerobics, and Swimming for Fitness.

“This is just one more way that Lincoln Trail College is with our community on the Trail to success,” said Gower.

FREE WELLNESS SERIES RETURNS TO LIBRARY

Lincoln Trail College will once again partner with the University of Illinois Extension to put on a free wellness series in the spring.

The series begins January 12 with a program called “Healthy Eating for Busy Families: Using a Slow Cooker.” U of I Extension Educator May Liz Wright will give tips on using a slow cooker and share recipes. Participants will also get food safety tips and the chance to taste test some easy slow cooker dishes. The Jan. 12 program runs from 5-6 p.m. at the Library.

In February, you can get a comfort food makeover. Foods like macaroni and cheese, mashed potatoes, noodles, pie, and cake can be loaded with fat and calories. Wright will teach participants how they can makeover their favorite comfort foods so they are healthier. The program is February 2 from 5-6 p.m. at the Library.

Wright will focus on diabetes in March’s program, “Living Well with Diabetes.” The program will go over how insulin and glucose interact in your body, the different types of diabetes and will delve into the tests doctors use to diagnose and treat diabetes. It will also talk about the emotions that diabetes bring, help you set short term goals and taste test some diabetes friendly recipes. The program is March 1 from 5-6 p.m. at the Library.

The final program takes place April 6 from 5-6 p.m. at the Library and will teach people how to create meals with just a handful of ingredients. The Five Ingredient Fix program will cover what ingredients lend themselves to simple preparation. Participants will get to practice writing a menu with a short grocery list and also sample recipes.

AUDITIONS FOR *THE MUSIC MAN***AUDITIONS**Meredith Willson's
**THE
MUSIC
MAN****JANUARY 23 & 24 6 P.M.**

Auditions for the upcoming production of Meredith Willson's *The Music Man*, will be held Monday and Tuesday, January 23 and 24 at 6 p.m. in the LTC Theater located in the Zwermann Arts Center at Lincoln Trail College. Actors need only attend one audition session. Wednesday, January 25 is reserved for callbacks, if necessary. The first read-through with the entire cast is January 26. Please bring your list of conflicts and scheduling preferences at the time of your

audition. The rehearsal schedule will be discussed at the first read-through.

The Music Man tells the story of con man Harold Hill, who poses as a boys' band organizer and leader and sells band instruments and uniforms to the naive Iowa townsfolk, promising to train the members of the new band. But Harold is no musician and plans to skip town without giving any music lessons. Prim librarian and piano teacher Marian sees through him, but when Harold helps her younger brother overcome his lisp and social awkwardness, Marian begins to fall in love, and Harold risks being caught to win her.

In 1957, the show became a hit on Broadway, winning five Tony Awards, including Best Musical, and running for 1,375 performances. The show's success led to revivals, including a long-running 2000 Broadway revival, a popular 1962 film adaptation and a 2003 television remake.

The ensemble cast includes roles for men and women high school and older, with a limited number of roles for school-age children. Auditioners should choose a cutting for their preferred role. However, they may be asked to read other characters and may be considered for other roles.

Auditions materials are available in the Performing Arts Office, and online. Performances of *The Music Man* will be March 24, 25, 31 and April 1, 2016 at 7 pm. There will be matinee performances March 26 and April 2 at 2 p.m.

For more information, call the office at 544-8657, extension 1433.





FEBRUARY SPORTS CALENDAR

Men's Basketball

1	at Southwestern	7:30
4	Lake Land	7:30
8	at Shawnee	7:30
11	at Southeastern	7:30
15	Kaskaskia	7:30
18	at Rend Lake	3:00
22	Vincennes	7:30
25	at John A. Logan	7:00
28	Lewis & Clark	7:30

Women's Basketball

1	at Southwestern	5:30
4	Lake Land	5:30
8	at Shawnee	5:30
11	at Southeastern	5:30
15	Kaskaskia	5:30
18	at Rend Lake	1:00
22	Vincennes	5:30
25	at John A. Logan	5:00
28	MacMurray	5:30

Baseball

10	Arkansas Baptist	11:00
	MS Delta (@ Millington, TN)	1:30
11	Dyersburg State	12:30
	Three Rivers (@ Emerson, GA)	3:00
17	at Georgia Highlands	6:00
18	at Georgia Highland	1:00

Softball

11	at Jackson State	TBA
12	at Jackson State	TBA
17	at Tiger Fest (at Booneville, MS)	TBA
18	at Tiger Fest	TBA
19	Snead State (at Boaz, AL)	2:00

Follow the Statesmen at ltcathletics.com

BASEBALL JERSEYS AVAILABLE



Former players along with supporters of the Lincoln Trail College baseball team are being given the unique opportunity to purchase game-used Statesmen baseball jerseys.

“We want our players and fans to be able to support the team in a unique way,” said Baseball Coach Kevin Bowers.



Lincoln Trail College is selling three different kinds of jerseys. One is black and the front has Trail in script lettering. There are green jerseys with the word Trail in block lettering on the front and the third jersey is white with a green logo on the front.



LTC is replacing the uniforms after years of use. Bowers says some of the uniforms are more than 15 years old. The proceeds of the game-worn jerseys will help with the purchase of the new uniforms that will debut in the spring.

The game-worn jerseys are available on a first come, first serve basis. One jersey costs \$100, two jerseys cost \$175 and three jerseys cost \$250. The jerseys are available by contacting Bowers.



Current Statesmen baseball players model the new Rawlings jerseys the team will begin using in 2017