



LTC HELPS OBLONG HIGH SCHOOL STUDENTS LEARN ABOUT PROPER ETIQUETTE



LTC RECOGNIZES CRAWFORD COUNTY'S TOP HIGH SCHOOL ARTISTS



BANGOURA TO CONTINUE HER COLLEGE VOLLEYBALL CAREER

LINCOLN TRAIL COLLEGE

Network



LTC HELPS AREA STUDENTS LEARN ABOUT CAREER OPTIONS

Lincoln Trail College welcomed seventh graders and sophomores from Crawford and Lawrence Counties to the annual Twin Rivers-Lincoln Trail College Career Day event on March 4. The annual event helps the students plan for their futures by exploring different careers and hearing career advice.

When the students arrived, they gathered in the Zwermann Arts Center Theater where they heard from LTC Dean Brent Todd and Eastern Illinois University Director of Career Services Bobbi Kingery. They each gave students an overview of what to be thinking about when they choose a career path.

After that, the students attended breakout sessions on different career types. People working in those career areas gave a brief overview of their jobs and talked about the skills, education, and qualifications students will need if they want to be in those fields. They also talked about what they liked the most about their jobs and gave students some insight on what they can expect for starting wages.

The students were allowed to choose two different career paths for their breakout sessions. Topics included Agriculture, Business/Office, Education, Small Business, Fine Arts, Food/Hospitality, Industrial, Construction, Medical, Veterinarian, Science, Marketing, Social Services, Law, Legal, Cosmetology, Technology, Early Childhood, Military, and Mechanic.



UPCOMING APRIL EVENTS

- 1 **Phi Theta Kappa Cookie Sales**
10-1, Williams Hall Foyer
- Be Money Smart: Understanding Credit**
7 p.m., Student Union 207
- 2 **Be Money Smart: Identity Theft**
7 p.m., Student Union 207
- NWS Weather Spotter Class**
6 p.m., Statesmen Grill
- 8 **Phi Theta Kappa Cookie Sales**
10-1, Williams Hall Foyer
- 10 **COLLEGE CLOSED - Spring Holiday**
- 11 **Food Sanitation Class**
8 a.m., Williams Hall 116
- 14 **Senior Blitz Day**
- Nutrition Series: Eggs**
5:30 p.m., Library
- 15 **Phi Theta Kappa Cookie Sales**
10-1, Williams Hall Foyer
- 16 **LTC Foundation Concert Series Presents:
James Garner's Tribute to Johnny Cash**
7 p.m., Zwermann Arts Center Theater
- 17 **Service Recognition Banquet**
6 p.m., Quail Creek Country Club
- 11 **Chicken Basics**
6 p.m., Williams Hall 111
- 19 **Spring Youth Recitals**
1 p.m., Zwermann Arts Center Theater
- 20 **Chalk Couture**
6:30 p.m., Williams Hall 111
- 21 **Jazz Band Concert**
7 p.m., Zwermann Arts Center Theater
- Family Caregiver Series: Post-Surgery Care**
6:30 p.m., Student Union 207
- 22 **Phi Theta Kappa Cookie Sales**
10-1, Williams Hall Foyer
- 24 **Spring Choral and Handbell Concert**
7 p.m., Zwermann Arts Center Theater
- 25 **Babysitter Training Class**
9 a.m., Student Union 207
- 27 **Student Senate Trivia Night**
6:30 p.m., Statesmen Grill
- 29 **Phi Theta Kappa Cookie Sales**
10-1, Williams Hall Foyer



BRENT TODD TALKS TO STUDENTS ABOUT THE DIFFERENCE BETWEEN A JOB, A CAREER, AND A CALLING

Several Lincoln Trail College employees participated in the breakout sessions, including Chris Ellington, Reno Bemont, Les Lake, Jared Gullett, Chris Forde, Travis Matthews, Dennis York, and Justin Gephart.



TRAVIS MATTHEWS TELLS STUDENTS ABOUT THE OPPORTUNITIES AVAILABLE IN BROADBAND TELECOM

LINCOLN TRAIL COLLEGE CELEBRATES HIGH SCHOOL ARTISTS



CELEBRATE ART! AWARD WINNERS ALYSSA FIELDER, WISTERIA FEIGEL, AND MADDI PATTERSON (FRONT ROW, LEFT TO RIGHT) AND IAN ABENDROTH AND MADELINE KNECHT (BACK ROW, LEFT TO RIGHT)

Outstanding Artist Award for “Ollie Octopus.”

Hutsonville High School’s Ian Abendroth earned Outstanding Artist Awards for “Jessica, Shut Up I Swear” and “Oh, I’m Blocky.” Oblong High School’s Maddi Patterson earned Outstanding Artist Awards for “Penni” and “Aaahhhhh.” Alyssa Fielder of Oblong High School earned an Outstanding Artist Award for “Turtle” and Hutsonville High School’s Madeline Knecht earned an Outstanding Artist Award for “Bed Bug.”

The eight works of art will be on display in the LTC Library March 9 through April 24.

This year’s featured artist was Steve Meadows, the owner of S.D. Meadows Folk Art Gallery in Palestine. Meadows grew up in Willow Hill and is a graduate of Oblong High School. He studied Architectural Drafting before taking drawing and painting classes. His art was put on hold by the Vietnam War and when he returned, he used the G.I. Bill to finish his art education at Eastern Illinois University.

He began his art career carving wood folk art, which he sold at folk art shows across the country. One of his first big jobs was from the Valley Forge Show where he was asked to create 50 penguins a month for six months for the Museum of American Folk Art in New York City. He also created 15,000 fish decoys for Eddie Bauer. Bloomingdale’s Department Store in New York had him create 13 patriotic penguins for its Fourth of July window display. Meadows’ art has been featured on HGTV and he has a walking stick carving called “Uncle Sam” in the permanent folk-art collection at the Smithsonian Institute.

Meadows now creates pieces from things many people throw away. He showed the students his “junk art” and talked to them about his creative process. Meadows talked about how he has evolved as an artist over his career and encouraged students to continue exploring their creativity.



Lincoln Trail College recognized Crawford County’s young artists at this year’s annual Celebrate Art! Event on March 5. The annual event invites high school artists to submit their work for a competition and also brings the artists to the College to hear from a professional artist.

Crawford County high school students submitted 61 pieces of art for this year’s Celebrate Art! competition. The artwork was on display in the Library and was judged by Gregg Bonelli, Kelly Mullins, Brent Todd, and Winter Harmsen. They judged the work based on creativity, composition, and technique.

The judges chose eight standout pieces. Seven were awarded Outstanding Artist Awards and one was selected as Best of Show. This year’s Best of Show winner was Wisteria Feigel of Oblong High School for her piece “Warning.” She also earned an



LTC HELPS OBLONG HIGH SCHOOL STUDENTS LEARN PROPER ETIQUETTE

Lincoln Trail College helped Oblong High School students learn about proper etiquette at an etiquette luncheon on March 5.

Many of the students that attended the event are members of the Future Business Leaders of America club while others were from Sheryl Brummer's business classes.

The students were asked to dress in business attire for the luncheon. They were served a full-course meal and practiced professional etiquette principles. LTC Director of College Access Tona Ambrose led the luncheon, held in LTC's Statesmen Grill.

Ambrose taught the students things like the importance of proper greetings, how to sit, how to use the various utensils on the table, and how to properly eat. "There will be a day when these students will need these techniques," says Ambrose. "It may be for a formal dinner like a wedding reception or it may be for something work-related or a job interview. We wanted to make sure that the students would leave with an understanding of proper etiquette so that they can leave a positive impression."

After the luncheon, the students had the opportunity to tour the Lincoln Trail College campus. Ambrose also talked with the students about college and career options and also covered other helpful post-secondary topics.



THREE PLAYERS EARN POSTSEASON AWARDS



JAYLYNN BROWN

Three Lincoln Trail College basketball players earned postseason honors.

Women's basketball player Jaylynn Brown was named All-Conference by the Great Rivers Athletic Conference. She was also All-Region in Region 24. Brown led the Lady Statesmen by averaging 13.7 points per game. She shot 48.3 percent from the field and was a 40.2 percent three-point shooter. The sophomore averaged 6.8 rebounds per game and 3.4 assists per game.

"It was really good to see this for her," says coach Scott Sparks. "She worked really hard in the offseason and focused on improving her game and on being more of a leader. Last year she had some peaks and valleys on the court, but this year she really pushed herself to be a consistent player, to take care of the ball, to score when needed, and to get her teammates involved. What's great about JB is she's such a versatile player. She creates tough matchups because she's able to play four positions in our league."

and All-Region honors.

Combs averaged 12.4 points per game and 3.6 rebounds per game for the Statesmen. The sophomore shot 49.4 percent from the field, 41.4 percent from three-point range and was an 83.3 percent shooter at the free-throw line.

"One of Dante's biggest strengths is that he's a terrific scorer," says coach Luke Stuckey. "He's a great shooter and he brings a lot of athleticism to the floor. He really came on strong late in the season and really got better down the stretch."

Lillard started all but one game for the Statesmen in the 2019-2020 campaign. He averaged 10.8 points per game and seven rebounds per game.

"Lamar is a winning player," says Stuckey. "He's been a winner everywhere he's been.



LAMAR LILLARD

His stats may not look all that impressive, but he's a guy you can plug in where you need him. He's also an incredibly tough player and you can see that toughness through the fact he led the team in rebounds as a guard."

Both Sparks and Stuckey believe their players will be good additions to their next programs.



DANTE COMBS



APRIL ATHLETIC EVENTS

Baseball

| | | |
|----|------------------|-------|
| 2 | at Shawnee CC | 3:00 |
| 4 | Shawnee CC | 12:00 |
| 9 | Olney Central | 3:00 |
| 10 | at Olney Central | 12:00 |
| 13 | at Vincennes | 5:30 |
| 14 | Lake Land | 3:00 |
| 16 | at Rend Lake | 3:00 |
| 18 | Rend Lake | 12:00 |
| 21 | at Lake Land | 1:00 |
| 22 | Vincennes | 3:00 |
| 23 | Southeastern | 3:00 |
| 25 | at Southeastern | 12:00 |
| 30 | at Wabash Valley | 3:00 |

Golf

| | | |
|-------|----------------------------|-----|
| 3-4 | at Illinois College Invite | TBD |
| 11 | at Lewis & Clark Invite | TBD |
| 18-19 | at Rend Lake Invite | TBD |
| 25-26 | at Vincennes Open | TBD |

Softball

| | | |
|----|------------------|-------|
| 2 | Lake Land | 2:00 |
| 4 | at Rend Lake | 12:00 |
| 7 | Shawnee | 1:00 |
| 9 | Southeastern | 2:00 |
| 10 | at Olney Central | 2:00 |
| 14 | John A. Logan | 2:00 |
| 16 | Kaskaskia | 1:00 |
| 19 | Frontier CC | 12:00 |
| 21 | Rend Lake | 2:00 |
| 23 | Southwestern | 2:00 |
| 25 | at Frontier CC | 12:00 |
| 28 | at Wabash Valley | 2:00 |

BANGOURA TO CONTINUE VOLLEYBALL CAREER



Lincoln Trail College volleyball player Souadou Bangoura will continue her volleyball career at Lock Haven University in Pennsylvania.

“I really like the school,” says Bangoura. “It’s pretty nice and so is the team. They offered me a scholarship and I thought it was all a good fit for me.”

Bangoura played one year for the Lady Statesmen. She led the team with 258 kills and added 286.5 points for the Lady Statesmen.

LTC Coach Dana Goodwin says Bangoura will be a good addition to Lock Haven. “She had an awesome energy and spirit that she carried on the court. She really was quite the leader for the team. She’s an outstanding hitter and I think as long as she gets that shoulder under control, she’ll be a key hitter for them as well.”

Bangoura, who played as an outside hitter for LTC, says one of her goals at Lock Haven is to play all the way around the court. That’s a goal Goodwin thinks that Bangoura will work on her passing and with her determination and motivation, she should be able to achieve that goal.

In the classroom, Bangoura plans to study Communications. She says she would like to be a flight attendant after she graduates.



Lincoln Trail College students participate in Statesmen Escape as a part of Homecoming. It was a combination of an escape room and scavenger hunt.



Members of the Statesmen Singers, directed by Rebecca Carmack, perform a singing valentine for the Student Services office in Williams Hall.



Yvonne Newlin organized and directed an alumni pep band to celebrate the College's 50th Anniversary. They performed at LTC's Feb. 22 home games.



An Roy works with a student in her anatomy class using Play-Doh to map out areas of the brain.



Justin Gephart guides students from Cumberland High School on a tour through the Crisp Center. CHS brought 10 students to LTC to learn about the program.



The Guthrie Brothers perform in the Zwermann Arts Center Theater as a part of the LTC Foundation's Concert Series. The next concert is April 16 and features James Garner's Tribute to Johnny Cash.



Wisteria Feigel's Best of Show artwork, "Warning."



Instructor Les Lake works with Construction Technology students learning about electricity.



REG's Matt Schmidlin, a Palestine, Ill. native, talks with Process Technology students about the company and internship opportunities.



A student in An Roy's class studies samples under a microscope in preparation for an upcoming test.



Process Technology Instructor Michael Bachelor helps students in his class prepare for a test.



Process Technology Instructor Tina Lindley talks with her class as they use computer simulations to learn about the industry.

LTC PREPARES FOR SENIOR BLITZ DAY



Lincoln Trail College is getting ready for the College's second-annual Senior Blitz event. This year's event is scheduled for April 14 and will bring 250 high school seniors from around the area to LTC.

"We want to help prepare students for the next chapter in their lives," says LTC Director of College Access Tona Ambrose. "This event is designed to help make sure they have a good plan and are prepared so they have a clear path to success after high school."

This year's Senior Blitz will bring together students from six area high schools for a day-long event. Students will participate in team-building activities, engage in college student panels to discuss life after high school topics, and learn what it takes to be successful after graduation.

The students will also get a chance to learn more at a college fair featuring booths with LTC clubs and programs. "The college fair will give the students a chance to walk around and see what LTC has to offer, ask questions, and gather information," says Ambrose.

Senior Blitz will also offer the students a chance to have some fun while on campus. Some of the highlights include live music with a DJ and a brief comedy improv show featuring Lincoln Trail College students. The students that attend Senior Blitz will get a free T-shirt and some Lincoln Trail College gifts and prizes.

"This will be an awesome opportunity that no senior from the Class of 2020 will want to miss," says Ambrose.



Tickets are on sale now for Lincoln Trail College's production of *Matilda*. Tickets are \$12 for adults and \$6 for students and can be purchased by calling the Performing Arts Box Office at 618-544-8657, ext. 1433. P

Performances of *Matilda* are March 20 and 21 at 7 p.m. and March 22 at 2 p.m. The final performances are March 27 and 28 at 7 p.m.

LTC HOLDING HEALTH DAYS MARCH 17

Lincoln Trail College is offering a pair of events on March 17 that will help people understand local health options.

Health Careers Day is intended for prospective students interested in learning about careers in health. The students will get to learn about the different health programs available at Lincoln Trail College. They'll also have hands-on opportunities during the event, and they'll hear from students currently enrolled in those programs.

“We want students to know about their options at Lincoln Trail College,” says Coordinator of Marketing and Public Information Chris Forde. “Not only will the students get to hear about the programs from instructors, but they'll also get to hear about experiences from current students and they'll get to try their hands at some different activities. Hands-on education is very important at Lincoln Trail College and these students will get to experience the chance to learn in the same way that our students learn.”



Health Careers day runs from 9-2 on March 17. Students can register for the experience by visiting www.surveymonkey.com/r/LTCHealthCareersDay2020.



For the community, Health Awareness Day is a health fair that brings together many different health topics. Lincoln Trail College programs like Nursing, Certified Medical Assistant, and Community College Pathways to Medicine will have booths at the event. Several local health-related organizations will also be at Health Awareness Day to talk about their services. The event is free and open to the public and a door prize donated by Marathon will be available at Health Awareness Day.

In addition to the booths at Health Awareness Day, the American Red Cross will have a blood drive at the event from 10-2. Donors can visit

www.redcrossblood.org/give to register for a time to give blood and walk-ins will also be accepted.

Health Awareness Day runs from 9-1 on March 17.