



The Knightline

Olney Central College Students & Employees Monthly Newsletter

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Graduate's journey began at OCC

When Lynn Gray came to Olney Central College in 2005, she planned to earn her GED and complete an associate's degree. But, the Olney resident found the more she learned, the more she wanted to continue her studies.

Gray received not one, but two associate's degrees at OCC and then transferred to Indiana State University in Terre Haute, where she earned a bachelor's degree in criminology. She is currently pursuing both a master's degree in criminology at ISU and a master's of online teaching certificate through the University of Illinois in

Springfield.

"I thought I was just going for a two-year degree," Gray said. "I didn't expect to earn a bachelor's or a master's degree, but it has been an exciting ride. I never expected to go this far or accomplish what I have."

Gray was a senior when she had to leave high school due to serious family matters and was needed at home. Over the next 20 years, she held a variety of secretarial and managerial jobs and even worked at a radio station.

"I had been able to support myself, but I was at the point where I knew I



Lynn Gray

needed to update my education," Gray said. "My skills were limited and technology was changing. I

wanted to finish a degree, but I knew I had to get my GED first."

Gray said the prospect of returning to the classroom at age 44 was overwhelming.

"There is nothing more frightening than coming back to school and not knowing what to expect," she said. "I was scared that I was older and that I might not be able to do this, but I surprised myself. The atmosphere at OCC is so welcoming to non-traditional students like me.

"Everyone is so encouraging," she added. "They are

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OCC offers new Health Care Bridge Program

Olney Central College is introducing a new program designed to help individuals with low basic skills enter a health care certificate or degree program.

Learning Skills Center Director Donita Kaare said OCC and Frontier Community College began offering the new Health Care Bridge Program in March. The 10-week course focuses on contextualized instruction, career development and transition services.

To qualify, individuals must need to complete a GED or have reading skills that are between the sixth- and ninth-grade levels. Kaare said the free course addresses basic reading, math and language skills while using health care knowledge and vocabulary.

"During the classes, students will be learning the skills they need to pass the GED and at the same time they will be learning about health care," Kaare added. "It will provide them with better preparation for postsecondary education."

The goal is to put individuals on a career path to employment in high-demand, middle- and high-skilled jobs.

"We hope it also will motivate the students to stay in school and go on to postsecondary education or to get a job," Kaare said. "We're building a better student for health care programs and we're building a better employee for health care facilities. We can take a student who didn't have academic skills and get them prepared. This is something we can

do to improve their lives and chances for employment."

Illinois Eastern Community Colleges is one of four adult education providers in fiscal year 2013 selected by the state to participate in the pilot program. In preparation, IECC's bridge team has undergone training since July.

As a 2013 participant, next year the IECC team will mentor other colleges as they work to implement their own bridge programs.

Kaare said OCC and FCC chose to focus on health care for several reasons.

"We wanted to develop a bridge based on where the jobs are in this area and they are in health care," Kaare said. "Also, our students are

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Sports Schedule

Baseball

- **April 9** – OCC at Mid-Continent University, 1 p.m.
- **April 12** – OCC at Kaskaskia College, 3 p.m.
- **April 13** – OCC vs. Kaskaskia College, noon at home
- **April 15** – OCC at Rose-Hulman, 5 p.m.
- **April 17** – OCC at Vincennes University, 2 p.m.
- **April 19** – OCC vs. Lincoln Trail, 3 p.m. at home
- **April 20** – OCC at Lincoln Trail, noon
- **April 23** – OCC vs. Mid-Continent University, 1 p.m. at home
- **April 26** – OCC vs. Lake Land College, 3 p.m. at home
- **April 27** – OCC at Lake Land College, noon
- **April 30** – OCC at Danville Area Community College, 3 p.m.

Softball

- **April 9** – OCC vs. Shawnee, 2 p.m. at home
- **April 10** – OCC vs. Danville Area Community College, 2 p.m. at home
- **April 11** – OCC at Lincoln Trail, 2 p.m.
- **April 13** – OCC vs. Kaskaskia College, noon at home
- **April 16** – OCC at Southeastern Illinois, 2 p.m.
- **April 18** – OCC at John A. Logan College, 2 p.m.
- **April 20** – OCC vs. Southwestern Illinois, noon at home
- **April 22** – OCC at Millikin University, 4 p.m.



OCC's Student Advantage Network Club filled 101 bags with food provided by the Master's Hands Inc., of Olney, to ensure area students have adequate meals on the weekends. The bags were delivered to the East and West Richland schools for distribution to designated students.

SAN helps ensure students have meals on the weekends

Olney Central College's Student Advantage Network Club recently partnered with a local volunteer organization to ensure area students have adequate meals on the weekends.

SAN Academic Counselor Jennifer Stroughmatt said the OCC students filled 101 bags with food provided by the Master's Hands Inc., of Olney. The shelf-stable items included breakfast, lunch and dinner staples as well as two snacks.

SAN members delivered the bags to the East and West Richland schools for distribution to designated students.

Stroughmatt said the SAN Club participates in a variety of community service projects.

"The students enjoy helping others in

the community and are always looking for ways to give back," she said.

OCC's Student Advantage Network is a federally funded project, which helps participants stay in college, graduate and successfully transfer to a four-year college or university.

SAN offers a full range of services to students including academic assessment, personalized academic advisement, transfer assistance, scholarship assistance, tutoring, career counseling, peer mentoring, campus visits and cultural trips. It also assists students with orientation and adjustment to college life, development of effective study skills, personal development and career exploration.

Massage Therapy Club fund-raiser will feature The Blue Suede Crew

Enjoy an evening of music and help support the Olney Central College Massage Therapy Club with an upcoming fund-raiser featuring The Blue Suede Crew.

The concert will be held from 7 to 9:30 p.m. on Saturday, April 27 in the Dr. John D. Stull Performing Arts Center.

Doors will open at 6 p.m.

Tickets are \$15 in advance and \$20 at the door. They may be purchased at TrustBank in Olney or the OCC Massage Therapy Building, 108 E. Main St. In Newton, tickets are available at Sievers Produce Market. Golden seating is \$30. For more information, call 392-2430.



Talent Show

The OCC Student Senate held its first Talent Show on March 28. The event featured several acts. At top, the OCC Karate Class receives the first-place award. Bottom left, Student Senate Advisor Michael Conn presents the second-place award to Northern Exposure. Bottom right, Hannah Hohlbauch receives the third-place award from Conn.



Upcoming college visits

Representatives from the following colleges and universities will be visiting Olney Central College this month.

Information tables will be located outside the Student Services Office.

- MacMurray College will be at OCC from 10 a.m. to 2 p.m. on April 11.
- Benedictine University will be here from 1:30 to 4 p.m. on April 17.
- Franklin University will be at OCC from 9 a.m. to 1 p.m. on April 29.

Register now for summer and fall

Current and new students may now register for summer and fall semester classes at Olney Central College.

Three-week intersession classes begin on Monday, May 13 and eight-week summer semester classes

start on Wednesday, June 5.

Fall semester classes begin on Thursday, Aug. 15.

Summer and fall schedules may be obtained from the Student Services Office or visit the Illinois Eastern Community Colleges web site at www.iecc.edu/occ.

Welding and Cutting Open House May 3

The Olney Central College Welding and Cutting Program will host an open house on Friday, May 3.

Instructor Curtis Marshall said this is an opportunity for area residents to learn about the program and to view the new welding machines it acquired last fall.

Through its partnership with Lincoln Electric Co., the program added six V350 Pro Multi-Process Welders, five C300 Advanced Process Welders and one 225 Precision TIG Welder.

"Everyone is welcome to come check the program out," Marshall

said. "We have some top of the line welders and we want to make everyone aware of it."

Lincoln Electric also is providing a VRTEX 360 Virtual Reality Welder for the open house.

"It's a high-tech piece of equipment that anyone can come in and use," Marshall said. "It can be used to simulate either pipe or structural welding."

The program recently acquired a Torchmate plasma cutter, which also will be on display. Students can use the accompanying software to create various designs and then cut them

out at the plasma table.

"It's a great program and allows students to make decorative items and signs," Marshall said.

Area high school students are invited to attend the open house from 11 a.m. to 2 p.m. The event will be open to the general public from 2 to 7 p.m. Prizes will be given away during both sessions.

The OCC Welding and Cutting Program is located just west of the OCC Automotive Building on West St. John Street.

For more information, contact Marshall at 395-7777, ext. 2580.

OCC Spring Fling set for April 25

The OCC Student Senate will host its annual Spring Fling on Thursday, April 25.

A variety of activities are being planned from 9 a.m. to 4 p.m.

Watch for more details in the coming weeks.

SIU-C Transfer Day at OCC April 29

Southern Illinois University at Carbondale will host a Transfer Day from 11 a.m. to 1 p.m. on Monday, April 29 in the OCC Student Union.

Future transfer students will have the opportunity to apply for free and meet with representatives from a variety of student service departments. In addition, representatives from individual colleges will be available to discuss their academic programs.

On-site admissions and financial aid counseling will be available. Students wishing to participate should bring an official transcript from all colleges attended.

Transfer students are encouraged to apply one year prior to their intended transfer date.

For more information, contact Tosha Baker at 618-713-3828 or email tcalvin@siu.edu.

Graduate

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here to help you. No matter what I needed, there was always someone there to help. It is everyone, the instructors and the staff. Without the faculty and staff here, I probably wouldn't have gone as far as I have."

Gray completed her GED in December 2005 and enrolled in college classes the following spring. She graduated in May 2009 with both Administration of Justice and Crime Scene Technician associate's degrees.

After transferring to Indiana State, Gray continued to tutor both GED and college students at OCC. She also served as the OCC Learning Skills Center's Tutoring Coordinator and helped to establish the college's Tutoring Club. She continues to work with the club as its advisor.

Gray currently serves as an adjunct instructor for OCC's

Administration of Justice Program and teaches basic computer and math classes.

She also is a GED instructor at Frontier Community College in Fairfield.

"I really enjoy working with the students," Gray said. "It is a wonderful feeling helping them to succeed in reaching their goals. It is exciting to see them move on."

Gray especially enjoys teaching GED classes.

"I can share my story with the students and encourage them not just to earn a GED, but to continue on to college. I let them know that if I can do it, so can they."

Gray originally wanted to become a crime scene technician, but she changed her mind after working with the students.

"I discovered I have a real passion for teaching," she said. "It is some-

thing I never expected."

Gray plans to continue teaching in the area of criminology after completing her master's degree and is interested in developing online classes in the field.

"With online programs, people like me can complete their degrees without having to uproot themselves and their families," she said. "The online classes make a quality education more accessible."

Gray also would like to focus on the area of victimology. This specialized area of criminology focuses on victims and the efforts to make sure their rights are being met.

Gray said OCC made it possible to achieve her goals.

"OCC has been my home away from home," she said. "I received my education here and acquired employment. It is a great place to start your education."

Students compete in Southern Illinois Karate Championships

Seventeen students from the Olney Central College Karate Class attended the Southern Illinois Karate Championships in Dupu on March 9.

“The students all did an amazing job bringing home a grand total of 28 trophies and a total of seven medals,” said Sensei Charles Mick Jr. “A great time was had by all that attended and a special thanks to the parents that work hard sacrificing so much for the betterment of their children.”

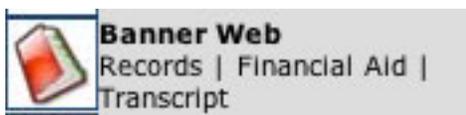
The OCC Karate Class is currently enrolling students for the Summer Semester classes, which start June 6. Please contact the OCC Student Services Office at 395-7777 or Mick at 843-9631 if you would like more information about these exciting classes.



Members of OCC’s Karate Class, who attended the Southern Illinois Karate Championships, are front row, from left, Nathan Jennette, Laynee Sanders, Morgan Dardeen, Thessa Piercefield, Kianna Sharp, Dakota Peirce, James McPherson, Johnathan McPherson and Kaden Sanders; and back row, Karen Guyer, Pat Allin, Christine Mick, Larry Piercefield, Trygve Butler, Tim Howe, Bethany Mendenhall and Sensei Charles Mick Jr.

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.

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- Account by Term
- Account Summary
- Account Summary by Term
- Degree Evaluation
- Final Grades by Term
- Holds 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

RELEASE: 7.5

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.

Health Care Bridge

Continued from Page 1

interested in health care. They can complete their CNA training and get a job with just one semester of education.”

In addition to improving their academic skills, Kaare said the program provides career assessment and exploration along with career planning. Participants will complete career inventories and even take field trips to area health care facilities.

“Many students are not aware of all the job possibilities that exist in health care,” Kaare said. “We want to expose them to as many as possible.”

The bridge program recently provided an orientation meeting for its initial students.

“We talked about their goals and plans,” Kaare said. “We discovered that many of them see the bridge program as a ladder. They want to complete their CNA training so they can get a job and support themselves while they train to become an LPN or even an RN.”

As part of the bridge program,

students also undergo a background check, fingerprinting, TB testing and CPR certification. All are required for those seeking health care degrees and certificates. The students are even introduced to HIPAA regulations.

Other services provided to bridge students include academic advising, tutoring and referrals to support services such as transportation and childcare. The LSC also assists students with enrolling in college, taking placement tests and applying for financial aid.

The health care bridge course meets for five hours on both Mondays and Wednesdays. As the program progresses, Kaare said the bridge team will evaluate the program and make changes as needed. Members are considering implementing a Manufacturing Bridge Program this fall.

For more information about the Health Care Bridge Program, contact Kaare or Melissa Sager at 395-7777 or send an e-mail to kaared@iecc.edu.

Having trouble sleeping? Massage Therapy can help

Sleep is an important aspect of health and well-being. Though there doesn't seem to be any magic number concerning the amount of sleep people require, getting too little is associated with a number of medical conditions, and can negatively impact a person's overall health.

According to the Centers for Disease Control, "Insufficient sleep is associated with a number of chronic diseases and conditions—such as diabetes, cardiovascular disease, obesity and depression—which threaten our nation's health. Notably, insufficient sleep is associated with the onset of these diseases and also poses important implications for their management and outcome."

Some recent research is helping shed light on how massage therapy can be used to help people who have difficulty sleeping.

One study of how massage therapy can benefit people with lower back pain and sleep disturbances found that the massage therapy group experienced less pain, depression, anxiety and sleep disturbance when compared to the group using only relaxation therapy. This study comprised 30 adults with low back pain with duration of at least six months. Randomly assigned to either massage therapy or relaxation therapy, each group had 30-minute sessions, twice a week for five weeks. On the first and last day of the

five-week study, participants completed questionnaires and were assessed for range of motion.

Along with the benefits for depression, anxiety and sleep disturbance, the massage therapy group also showed improved trunk and pain flexion performance. A 2010 study investigated the effects of massage therapy for sleep quality on patients who had coronary artery bypass graft surgery. The study evaluated whether massage therapy would be effective in improving sleep quality in patients.

The 40 participants of the study were randomly assigned to a control group or massage therapy group following discharge from the intensive care unit.

For three nights, the massage therapy group received massage while the control group did not. The patients were evaluated the following morning using a visual analogue scale for pain in the chest, back and shoulders, as well as fatigue and sleep.

Interestingly, pain in the chest, shoulders and back decreased significantly for both groups from day 1 to day 3. The participants in the massage therapy group, however, had fewer complaints of fatigue on day 1 and day 2, as well as reporting a more effective sleep during all three days.

You can experience the benefits of Massage Therapy for yourself by taking advantage of the OCC Massage Therapy Program's clinicals.

Knightline issues

Current and past issues of the Knightline newsletter may be downloaded by visiting the OCC website at www.iecc.edu/occ.

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.

Follow OCC on Facebook

Like OCC on Facebook to keep up with the latest happenings on campus. Find us on Facebook at facebook.com/olneycentralcollege.

Happy Birthday To:

April

- 1 Larry Harbaugh
- 2 Dennis Conley
- 2 Jennifer Bourland
- 5 Carmen Jones
- 5 Jacy Ghast
- 12 Larry Gangloff
- 15 Bev Mathews
- 18 Jim Tucker
- 19 Jennifer Balding
- 21 Tammy Fralicker
- 24 Jennifer Stroughmatt
- 27 Theresa Marcotte - FCC

Knightline Information

Please submit information for the May Knightline to Deanna Ratts by 5 p.m. on Wednesday, April 24.

OCC Foundation Golf Outing May 3

The OCC Foundation will host its 12th annual golf outing on Friday, May 3 at the Richland Country Club in Olney.

Lunch will be served at 11:30 a.m. and tee-off is set for 1 p.m. The event

includes 18 holes of golf in a scramble format. Entry fee is \$60 per person or \$240 for a team of four.

For more information, contact Kathy Slichenmyer at 395-7777, ext. 2003. The deadline to register is April 26.

Like OCC 50th Anniversary on Facebook

Olney Central College will celebrate its 50th anniversary during the 2013-2014 academic year.

Be sure to like OCC 50th Anniversary on Facebook to keep up with all of the upcoming events.

Like the page and share it with your friends to have your name entered into a drawing for a free OCC T-shirt.

You can find OCC 50th Anniversary on Facebook at facebook.com/occ50.

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