### VERVERSON FROM THE VALLEY VOLUME 19 - ISSUE 04 MAGAZINE

u Are Not Forgotten

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DIESEL DAY
COLLEGE & CAREER FAIR
ACTIVE ACTIVE MINDS

• AND MORE!

NOVEMBER 2024

### "Somewhere inside of all of us is the power to change the world."

**ROALD DAHL** 

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As we settle into sweater weather and shorter days, there's a unique energy in the air. The end of election season means less noise and more time to refocus on what matters to us individually and as a community. We're turning the page on the fall semester and looking ahead to winding things down before winter break. These last few weeks bring the hustle of wrapping up assignments, cheering on our winter sports teams as they kick off their seasons, and for many, finding time to regroup.

Fall and winter are beautiful seasons, but they can also be busy and a bit stressful. So, remember to take a breather when you need it—whether it's enjoying a warm drink, going for a walk, or just slowing down to stay connected with friends and family. Mental health is just as important as academics, sports, or anything else on our plates. Let's make sure we're showing up for ourselves and each other, one small step at a time.

Here's to enjoying the season, wrapping up the semester strong, and taking care of ourselves along the way.

Quianna M.

# **DIESEL DAY 2024**

On October 16th, Wabash Valley College hosted Diesel Day, giving high school students a firsthand look at Diesel Equipment Technology. The event included an orientation, hands-on training sessions, and opportunities to learn from industry professionals in agriculture, heavy truck, and construction fields.

Students observed specialized equipment, asked questions, and explored career options with experts. Lunch, provided by the WVC Diesel Club, allowed students to connect with current diesel students and faculty. Diesel Day offered an informative, hands-on experience, showcasing the high-demand diesel technology field.

For more on the WVC Diesel Equipment Technology program, visit iecc.edu/wvc/diesel. 🌢

























### IECC COLLEGE AND CAREER FAIR RECAP

Wabash Valley College recently hosted the IECC College and Career Fair, offering a valuable opportunity for high school and college students to explore future paths. With over 55 colleges and employers present, students could connect directly with representatives to learn more about degree programs, career paths, and internships. The event provided students with a firsthand look at a variety of fields and schools, helping them take the next steps toward achieving their educational and career goals. This fair was a great resource for students eager to start planning their futures!



# **ALUMNI SPOTLIGHT**

#### Introducing Kate Broster



Wabash Valley College (WVC) alumna Kate Broster has built a remarkable career as a flight nurse with Air Evac Lifeteam 150 in Olney, IL. Her journey began at WVC, where she earned her Associate's Degree in Nursing while balancing the demands of a full academic schedule and a position on the WVC volleyball team. Reflecting on her college days, Kate shared how those years taught her the value of hard work, discipline, and balance—skills that have shaped her path in healthcare.

While at WVC, Kate realized the importance of dedicating herself to her studies and her sport. "Practices, weights, games, and a full schedule required me to find a balance that I wasn't initially

prepared for," she recalled. But this challenge helped her develop resilience and time management, preparing her for the demands of her nursing career. Her dedication paid off: Kate was hired at her clinical site immediately after graduation, a huge stepping stone toward her goal of becoming a flight nurse.

Today, Kate is passionate about her role and the impact it has on patients in critical need. She credits WVC as her "jump start" and a foundation for her success in the healthcare field.

To current students, Kate encourages pushing limits and staying involved: "Get involved, ask for help, and take advantage of WVC's supportive environment. It's where you'll discover what you're truly capable of."



# **ACTIVE ACTIVE MINDS**

The Active Minds Club has been active this fall! With a number of activities ranging from yoga in the amphitheater to movie nights, as part of Stress Less Week, to Active Minds club meetings; the value of mental health has been present on campus. Active Minds strives to increase awareness of issues surrounding mental health and provides a forum and open environment for all students to speak up about mental health. It is affiliated with Active Minds, the national 501 © 3 nonprofit organization. To ease the stress of midterms, students were able to enjoy ice cream with their favorite toppings at Midterm Meltdown.



### HALLOWEEN AT WVC



### SWAPPING SEASONS: FALL FADES, WINTER PLAYS

As fall sports wrap up, Wabash Valley College shifts to winter activities, welcoming Men and Women's basketball.

### Grab a copy of the basketball posters at the game (while supplies last)!



### For Schedules, visit wvcwarriorathletics.com

OZAZES SCHEDULE NOMENS BASKETBALL BED HOLD HOME OAME

### WARRIOR HIGHLIGHTS: SAVING SEATS

Wabash Valley College (WVC) was honored to invite the community to the rededication ceremony of the POW/MIA Chair of Honor, a tribute to American military service members who were prisoners of war or went missing in action. The event will took place on November 8, 2024, at 1:00 PM, outdoors on the WVC campus, southeast of Main Hall.

The ceremony was hosted by Rolling Thunder, a national organization dedicated to remembering and supporting POWs and MIAs. The rededication was initiated by Levi Johnson, Director of the International Student Program at WVC, who noticed that the current chair had become "worse for wear" and felt it was time to restore and re-honor this important symbol. Johnson's commitment, along with the efforts of Rolling Thunder and the WVC community, underscores the deep respect for those who served and sacrificed for our country. The rededication ceremony provided an opportunity for the community to reflect on the bravery and commitment of our nation's POW/MIA service members. All members of the community we welcomed to join us in paying tribute and ensuring that these heroes are never forgotten.







# **UPCOMING EVENTS**

#### November 14, 2024

• Trivia Night

#### November 22, 2024

 Last Day to Withdraw from Courses

#### November 28-29, 2024

 Campus Closed -Thanksgiving Break

#### December 6, 2024

• Last Day of Classes

#### December 9-12, 2024

• Final Exams

#### December 13, 2024

• Last day of Semester

#### December 19, 2024 -January 1, 2025

 Campus Closed - Winter Break



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