

## Coach Dietz surpasses 500 wins

Volleyball team ranked nationally under his leadership

By Ryan Wilson  
Editor

SPRINGFIELD — It was Aug. 27, 1996, at Oblong, Ill., about 40 miles east of Effingham, and Lincoln Land Community College's volleyball coach, Jim Dietz, was "scared snot-less." This event was a match between

the St. Anthony High School Bulldogs and the Oblong High School Panthers. St. Anthony High School is a 156-year-old Catholic school in Effingham, Ill.

This was Dietz's first head-coaching job, and on this day in 1996, it was his first match.

"It (winning 500-plus matches) makes me feel old," said Dietz, 46, who has been a head coach for 18 years, the last nine at Lincoln Land. "I still remember a lot of wins (and) a lot of losses, also. It didn't feel different than the others."

Dietz won his 500th game on Oct.

18, when Lincoln Land beat Lewis and Clark Community College, 3-0, in the Loggers' second match of the MWAC Tournament.

"What it did was give me an excuse to think about the players I've had an opportunity to coach," he said.

Lincoln Land's volleyball team finished 25-18 this season. It lost to Parkland College, then the top-ranked team in the nation, 1-3, in the second round of the Region 24 Tournament.

"It's hard to sum it (this season) all up with a glib word or phrase,

Dietz, continued on Page 7



Lamp photo  
Volleyball Coach Jim Dietz talks to players during the Sept. 10 match against Lincoln College.



## Native Pride Dancers

Photos by Jordan Minder/The Lamp

This performance brought together modern and traditional Native American dance styles in a high-energy show in the A.Lincoln Commons on Nov. 17. Students and faculty also got a chance to dance.

## It's not a bad word

Club encourages open mind to feminism

By Jordan Minder  
Assistant Editor

SPRINGFIELD — Do you believe women and men should be equal before the law and valued equally in the eyes of society? Do you believe violence and repression against women worldwide needs to end? Do you believe women and men should support each other's decisions and cultural differences and stand together for a stronger community?

If you answered yes to even one of these questions, then you are a feminist.

"I hate that people still think that feminism is a bad word," said Dr. Deborah Brothers, the adviser of the Lincoln Land Community College's Feminist Activist Club (FAC). The club has a specific interest in working on grass-roots school and community projects and productions that raise awareness and help promote equality and equal opportunity for all. It also helps raise funds for organizations that focus on education, training and awareness of such ideas.

"To be pro-woman doesn't mean that you're anti-man. You can be a male and still be a feminist. It's just working for social justice issues to help attain equality," Brothers said.

FAC was started about 10 years ago with a group of students in Brother's women's studies class. They had heard that Brothers was in a similar group when she was in college, so they all decided to form a group under the same name.

After a few meetings, they decided to start an organized club.

Feminism, continued on Page 3

## Board looks to aid Benedictine students

By Ryan Wilson  
Editor

SPRINGFIELD — Helping Benedictine University students will be a priority for Lincoln Land Community College.

The Board of Trustees held a special board meeting at 3 p.m. Oct. 30, to

discuss how it can aid Benedictine students in transferring to LLCC next year.

Benedictine is cutting its traditional undergraduate program after this school year. The abrupt decision forces many students to go elsewhere for a degree.

Benedictine will allow students to transfer to its other campuses in Lisle

or Mesa, Arizona, while the Springfield campus focuses on nontraditional degrees and graduate programs.

On Nov. 12, Benedictine announced it would allow juniors and seniors to finish their degrees at the Springfield campus after the Illinois Board of Higher Education contacted the college about not seeking the

board's approval before making the change.

"We appreciate that these students have made a commitment to our community by choosing to attend college in Springfield," said LLCC Trustee Jeff Fulgenzi. "We wish to

Benedictine, continued on Page 3

This newspaper is dedicated to the students, faculty and staff of Lincoln Land Community College.

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# Diabetes can affect anyone

By **Madison Mings**  
Staff Writer

During Thanksgiving 2012, I noticed I wasn't feeling like myself. I was always tired, thirsty and losing a lot of weight.

Sounds like the flu. Right?

That is what I thought until Dec. 12, 2012. My mom decided to take me to the emergency room at Memorial Medical Center.

I was given a life-changing diagnosis.

I was told my blood sugar was 369, and that I had diabetic ketoacidosis, which is life threatening. It occurs when the cells in the body are unable to get the sugar (glucose) that is needed for energy because there is not enough insulin.

I have family members with Type 2 diabetes, but I didn't know what having Type 1 would mean for me.

I was scared hearing all of this, and I know my mom was, too.

The doctors at Memorial told my mom and me that I would have to be transferred to St. John's Hospital, since I was a minor. That hospital was also better equipped to treat my condition.

I remember being hooked up to machines that would monitor my heart rate, pulse, blood oxygen level and an IV of saline solution, because I was severely dehydrated. I remember eyes staring down on me as the paramedics loaded me into the ambulance for the short trip up the



street.

I could see the worry on my mom's face, and I was also terrified and worried.

I was wheeled up to the intensive care unit, where there was a team of doctors and nurses waiting for me to arrive.

The doctors were asking all kinds of questions. My mom had to answer them, because I was so drained by this point that I could barely hold my head up.

The nurses tried several times to place another IV in my arm, but my veins had shrunk from dehydration. It took a long time, and it was very painful. I ended up with one in the bend of my arm and one in my hand, which hurt the most.

I was receiving insulin in the IV along with potassium and more saline solution. I hoped this was all a nightmare, and I would just wake up.

The next morning my mom was in the chair next to me, after I managed to get a few hours of sleep. The endocrinologist came in to see me and explain my condition and what

treatment I would have to start.

Dr. Rebecca Green would now be my endocrinologist, also known as my diabetes doctor.

I learned that Type 1 diabetes is when one's pancreas has stopped producing insulin. There is currently no other treatment than taking insulin injections and counting carbohydrates.

I have always just eaten whatever I wanted. But now I have to count the carbs in the servings of everything I want to eat.

I now face a lifetime of injections. There are insulin pumps available, but I don't like the idea of having a little machine hooked up to me and worrying about bumping into something. To be perfectly honest, I also don't like how they look.

I also have to visit the diabetes doctor every three months to have my A1C checked. An A1C test tells the doctor how you have been managing your diabetes over the previous three months.

A number less than seven is considered good and well controlled. Anything higher is not a good sign, and your diabetes is not being controlled. My numbers have been all over the place, and the doctors adjust the amount of insulin I take. They then recheck and possibly readjust.

It is a daily struggle for me, but I take it very seriously, because you can die from this. I have way too many things I want to do in life. There are awful side effects, if you

## Symptoms

Remember, a family history is not required to have diabetes. See a doctor if you experience these symptoms:

- Being very thirsty
- Urinating a lot
- Losing weight without trying
- Being hungrier than usual (sometimes)
- Blurry eyesight

don't control your diabetes, and I do not want to be one of those people. I am ready and willing to get a new pancreas when that option is available.

I think in our society we need more education about the warning signs of pre-diabetes in our society, so no one has to go through what I did. The symptoms are similar to other illnesses, such as the flu. But with diabetes, it is best to go the doctor as soon as you notice any symptoms.

Even if diabetes does not run in your family, be aware you could be the first one to get it. So please educate yourself.

*Madison Mings can be reached at lamp@llcc.edu or 217-786-2311.*

# Nil8 delivers exuberant show

By **Michael Sauer**  
Staff Writer

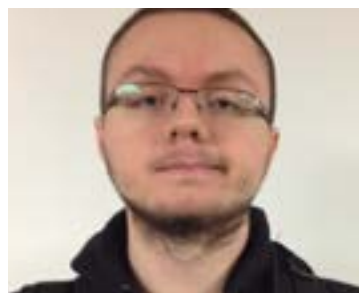
SPRINGFIELD — The Nil8's Hobgoblin Spookadelic was held at a place you would not want to miss.

Held on Halloween night at Donnie's Homespun, located in Downtown Springfield, this event was as wild as it was fun. Multiple events were held here, and I saw all except the last.

It started around 7:30 p.m. with no children present, even though they were welcome.

When I first arrived, the atmosphere was pretty tame, with only a few folks scattered here and there, but this didn't last long. Soon, dozens of people dressed as "cereal" killers to zombies, to creepy clowns flooded the building. It was a hilarious site to see.

After a few minutes of standing around, the first act, a band named



King Worm, took the stage and immediately filled the room with angst-ridden music. While their sound equipment was low end, the lead vocalist's energy during the performance was noteworthy. He constantly jumped and rolled around on the floor.

King Worm was onstage for about 30 minutes before the next act, a local comedian who was dressed in a Ghostbusters uniform.

To be blunt, his humor was hit-and-miss, but at the very least, he was a

good sport about the criticisms he received.

After he was done, Evan Mitchell, the host of the event, played on his ukulele/drum/megaphone contraption for about 20 minutes. He was pretty great overall, but I still question how he put that device together.

Next up, a locally known band named Bad Banshee started their lineup of songs. While the female vocalist's voice was hard to hear over the band's loud instruments, the band did put on a good show, since they had better sound quality. I wish that she would have raised her voice more often, however.

After they were done performing, The Misfits, a cover band of the famous Misfits, came on stage. As a personal fan of the Misfits, I found this to be my favorite event.

I was completely caught by surprise, as they sounded exactly like The Misfits, from their vocalist

sounding like Glen Danzing to the signature guitar riffs that they managed to pull off with great skill.

At the end of the night came the main event, which was Nil8, of course. It came along soon after the Misfits left, and man, did it do an excellent job.

Nil8 was overflowing with enthusiasm for the crowd, and the lead singer managed to do everything in two separate costumes throughout the night.

The last band performed for an amazing hour and a half straight before the last event took place, which was a costume contest.

Unfortunately, I wasn't able to stay for that, as I was pretty exhausted at that point. Being completely honest, this entire experience was exciting — one I would recommend. It should (hopefully) come around next year.

*Michael Sauer can be reached at lamp@llcc.edu or 217-786-2311.*

## Correction

A front-page story ("French Club plans first international trip") in the Oct. 29, 2014, issue of The Lamp mistakenly connected Lincoln Land Community College and the French Club with a trip being planned to Quebec City, Canada, on March 9 to 12.

The trip is being planned independently, and it is not a college-sponsored or club-sponsored trip.

Members of the French Club are helping organize it, but they are not planning it as an official club activity.

Students and staff at Lincoln Land

are invited to participate in the trip. For more information, contact Valerie Jungjohann at valerie.jungjohann@llcc.edu.

Also, Valerie Jungjohann's title was misidentified. She is an Adjunct Professor of French at Lincoln Land.

## Accuracy

The Lamp strives for accuracy. If you find an error, please let us know. You can reach us at lamp@llcc.edu or 217-786.2311.

## Play brings in social media

SPRINGFIELD — The latest Lincoln Land theater production will go beyond the stage.

Former LLCC student August Roy, now at UIS, is using social media to give the audience a unique look at the behind the scenes process of the production, "Shadows of Edgar Allen Poe."

Roy's efforts have included photo documentation, interviews and constant posts to the new LLCC Theatre Blog llcctheatre.blogspot.com and on Facebook at facebook.com/LLCCTheatre.

"The effort has been extraordinary. We have reached out to and connected in a way that really seems to have piqued the interest of the community," said Mark Hardiman, professor of theatre.

The play will be performed at 8 p.m. Friday and Saturday, Dec. 5 and 6, and at 2 p.m. on Sunday, Dec. 7, at Hoogland Center for the Arts.

General admission is \$18, seniors at \$16 and \$10 for students with an ID.

# Tips can create confusion

By Rhonda Leonard  
Staff Writer

SPRINGFIELD — Knowing when to tip, whom to tip and just how much can be confusing.

There's even an app that can be downloaded on your smart phone that will calculate tips.

Now what do you get if you mix in different personalities, opinions and individual habits of people? A tip, hopefully!

Based on a survey of 10 people, asking eight tipping questions, most saw tipping as a behavior learned from their parents. Two people declined to answer any survey questions.

Only two respondents said they did not think it was a learned behavior.

"I will tip someone I have a long rapport with, such as my hair styl-

ist," said Rebecca Hagerman. "I give tips, regardless, just because I know service workers depend on that income. If someone goes above and beyond, I'll give more depending on the amount of the charges and the work they did."

Tips supplement a low base salary, and the survey indicates people think about that when leaving a tip. The majority tips between 15 percent and 20 percent.

"I think someone who delivers quality service deserves to get a good tip, especially if they are in an industry where they rely on tips as part of their income," said Michelle McLaughlin.

A server, bartender or other service employees who've worked for their tips understand the importance of quality service for quality pay.

Two of the eight participants held a job where their tips far out-

weighed their earned wages. In both cases, the tips were more important than the low base salary.

Their tipping reasons range from attentiveness and pleasantness of the staff to the quality and timeliness of their service. Only one person believes that tipping is expected.

"I would rather move to a system with a fair wage base and tip for exceptional service rather than feel pressured into tipping, because I know their wages depend on it," said Amanda Graham.

So the next time you're waited on by a server, bartender, or salon professional will you think differently about leaving them a decent tip? After all, we are all humans.

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## Feminism

Continued from Page 1

"The Feminist Activist Coalition is an energetic group of women and men who stand for more than just gender equality, but equality for all," said group member Maraina Egan. "We seek to better ourselves and our community through exploration of creativity, individuality, strength and self-empowerment."

They have sponsored events such as "Vagina Monologues," Women's Film Festival and Take Back the Night. It also supported different marches, rallies and speakers.

Brothers said this year's "Vagina Monologues" will have alumni, unlike previous years.

"As members of the FAC, one of

our major goals is to spread the word about feminism and feminists. Who are we and what exactly are we advocating for," Egan said. "Feminist' is actually a pretty general term. There are many different degrees of feminism ranging from mild to radical; views and beliefs fluctuate in that spectrum as well.

"I want everyone to know that the FAC is not just a club for women. If anyone is interested in joining the FAC, please come to one of our meetings.

"We meet the first and third Wednesday of every month in the commons at LLCC at 4 p.m. If you are interested in becoming a member, please email me at [MarianaElise89@gmail.com](mailto:MarianaElise89@gmail.com)."

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## Benedictine

Continued from Page 1

honor their commitment through our resolution to provide them with in-district tuition rates, and, more importantly, to ease the fears they face in the wake of this unexpected transition."

Many students may not be from the district or out-of-state, but the college will extend the in-district rate to any Benedictine student affected by the closure, said college spokeswoman Lynn Whalen.

"This is an opportunity to absorb students," said Justin Reichart, the chairman of Lincoln Land's board.

LLCC's President Dr. Charlotte Warren said the college will evaluate freshman- and sophomore-level classes from Benedictine to see what is transferable to LLCC. LLCC currently offers no classes above the

sophomore level.

Warren said Lincoln Land may add new adjunct professors in this process.

LLCC formed a Response Team Monday, Oct. 27, to help Benedictine students transfer to Lincoln Land. The team consists of academic, financial aid and student success advisers.

"The Lincoln Land Community College Board of Trustees supports the ongoing efforts of our administration to assist Benedictine students who are looking for a new educational home," Fulgenzi

It will be at a Transfer Fair from 10 a.m. to 2 p.m. and 3 to 7 p.m. on Tuesday, Nov. 11 at Benedictine.

"No' is not the answer (for this process)," Warren said. "(The answer is) how do we make it work."

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# Classroom among surplus items sold

By Ryan Wilson  
Editor

SPRINGFIELD — Lincoln Land Community College recently sold an entire classroom in its surplus auction on Oct. 18.

The modular classroom sold for \$1,500, while the college made a net profit of \$21,731.75 from the event.

That money will go into the LLCC's general fund for general operating expenses.

Lincoln Land also sold several chairs, ambulances, lawn mowers,

extra chairs, tables and cabinets.

But many may have noticed that the large saltwater tank near the elevator on the second floor of Sangamon Hall disappeared. It was also sold in the auction for \$100. Its removal left a white outline of the structure in its place.

Bill Bade, dean of math and sciences, said the tank was in "idle" the last couple of years. He said it stopped working, after it started leaking and corroding.

"It was very hard to maintain, due to excessive algae growth

and experienced frequent periods where ... nearly all the critters ... stocked inside (the tank) suddenly died off," Bade said.

Some of the more interesting items and prices sold were:

- Two trucks for \$7,100 each
- 1991 ambulance for \$1,050
- 1996 ambulance for \$1,700
- Pingpong table for \$65

To see a complete list of sale items, visit [www.thelamponline.com/auction](http://www.thelamponline.com/auction).

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Lamp staff photos

A trumpeter performs at the end of Lincoln Land Community College's Veterans Day ceremony in the A. Lincoln Commons on Nov. 11.

# Day to honor veterans

Students and staff pause to recognize the service of military servicemen and servicewomen

By Benjamin Johnson  
Staff Writer

SPRINGFIELD — On Nov. 11, a group of students and staff at Lincoln Land Community College came together in the A. Lincoln Commons to honor those who served our country.

Lincoln Land hosted its 19th annual Veterans Day ceremony with Lincoln Land board member and state Rep. Wayne Rosenthal was present as master of ceremonies.

Rosenthal served as brigadier general in the Illinois Air National Guard.

"I want to honor all veterans ... (including) students and staff who have served ...," began Rosenthal. "And the reason that we have the freedoms we have today is because of our veterans, and it's important that we recognize them."

Veterans Day is a day reserved for reflection on the servicemen and servicewomen who help protect our great country. This year happened to be the 100th year since the

start of World War I in 1914.

Veterans Day began on Nov. 11, 1918, when the treaty officially ending the war was signed.

"Veterans Day, aside from being a free meal or a day off, is a reflection of the pride the American people have in their service men and women," said Michael Lindstrom, a former LLCC graduate now stationed at Fort Bragg in North Carolina.

Beginning at noon, attendees of Lincoln Land's Veterans Day were treated to cookies and refreshments. The "Star Spangled Banner" played quietly in the background while a steady stream of visitors trickled in awaiting the ceremony.

At 12:30, the American Legion Family Color Guard 32 presented the colors to begin the ceremony and LLCC staff member Doris Williams sang the national anthem. It was followed by a brief moment of silence.

Chelsea Vance, a full-time LLCC student from Virden, is the president of LLCC's veteran club and a former Marine Corps corporal. She talked about her experience in the military, which she said she joined to have a prosperous and bright future.

"[Veteran's Day] is a day of appreciation, thankfulness and pride," Vance started off.

She mentioned how her time in the military service helped her decide on the correct career path.

Following Rosenthal and Vance's words, the ceremony ended with "Taps."

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A wreath rests in front of a lecturn and next to the American flag. The wreath was presented as part of the Veterans Day ceremony.



The U.S. flag hangs in the A. Lincoln Commons where the Veterans Day event was held to honor those who served in the military.

# Heroes fill up desks at LLCC

*"Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected and handed on for them to do the same, or one day, we will spend our sunset years telling our children and our children's children what it was once like in the United States where men were free."*

— Ronald Reagan



By Ryan Mazrim  
Staff Writer

When you sit down at your desk on your first day of the semester, do you take a look around and notice the other students filling into the classroom? Do you often make quick judgments (not always negative, but unfounded nonetheless) about that person's life without truly knowing

the individual?

Would you believe me if I told you that you may be sitting next to a hero?

We have a wave of veterans who are finding themselves into the classrooms.

Some are coming to school to chase a dream, while others use it as a form of income. Or they may be seeking a higher education simply because its free.

Whatever the case, they have earned it. Some are returning with scars you can see and others that you can't.

Other times, these students may not have served themselves, but wear a gold star on their lapel. The gold star pin is worn by surviving members of the immediate family of a fallen service member who died in combat operations.

Some may wear a next of kin pin on their lapel, which identifies the immediate family of a service member who died outside of combat operations.

Many of you may be related to or know someone who is currently serving in active or reserve components of our military.

Our military is a large and diverse collection of some of our greatest and most under-appreciated citizens.

This month we celebrate Veterans

Day, but instead of a day, I challenge you to be appreciative of a veteran every day, and not limit it to the 11th of November.

This isn't a larger than life task. It's going out and voting for the better care of our wounded veterans; having better job programs for our returning, honorably discharged service members; ensuring that the oath they took for their country is being held up by Uncle Sam on the back end, when the government threatens to balance the debt on the shoulders of veterans through education and compensated benefits.

We have a responsibility as a society to welcome home our troops with open arms. Not to be admonished, have their rights stripped away or labeled as "damaged goods."

These warriors are our neighbors, our brothers, our sisters, our mothers and fathers, cousins and children.

With an almost constant threat of war, terror strikes by both foreign and domestic terrorists, it would behoove us as a nation to never turn our backs on those that grant us the blanket of protection we sleep so peacefully under.

You may not agree with the politics behind it, but to ensure our future, the warriors of tomorrow will always look at how the warriors of today are treated.

*Ryan Mazrim served as an Infantry Rifleman with Attack Company 1-68th Combined Arms Battalion, 3rd Brigade, 4th Infantry Division out of Fort Carson, Colorado. Medically retired after injuries sustained in support of Operation Iraqi Freedom 2007, 2008 and 2009 in Adhamiyah, Iraq. He can be reached at lamp@llcc.edu or 217-786-2311.*

# Veterans receive whirlwind thank you

By Shannon Connolly  
Staff Writer

SPRINGFIELD — The Land of Lincoln Honor Flight gave a 81 veterans a whirlwind thank you on Oct. 28.

The Honor Flight, also known as "One More Tour With Honor," takes veterans on an all-expenses paid trip to Washington, D.C., for one day.

The group is putting into action the saying, "Freedom is not free, thank a veteran."

The Land of Lincoln Honor Flight started in 2009 to ensure that all World War II veterans would visit the World War II Memorial in Washington. It has taken 30 flights to date, with a total of 2,266 veterans.

It has extended its invitation to veterans of later wars, as the number of living World War II veterans has decreased.

In 2012, Korean War veterans were invited. In 2013, Vietnam War veterans were invited.

The most recent flight had nine World War II, 66 Korean War-era and six Vietnam War-era veterans aboard from the Air Force, Army, Marine Corps, Navy and Merchant Marines.

It was a full day with a trip to the World War II Memorial, Korean War Memorial, Vietnam Veterans Memorial and Lincoln Memorial. They also went to the Air and Space Museum, U.S. Marine Corps Memorial, U.S. Air Force Memorial, Arlington National Cemetery and drove by the Pentagon.

Paul Elliott, a U.S. army veteran who was accompanied by his son Logan Elliott, went on the most recent trip. Paul Elliott served in the Army from 1958 to 1960. He served in Germany, while living with a German and an American family. He said his son was born there.

Paul Elliott said his favorite stop on the Oct. 28 trip was the World War II monument.

"I had been there (the World War II monument) before," he said. But this time, he said, he was able to talk to other veterans, making it a memorable stop.

Paul Elliott said he liked going with his son.

Frank Connolly, who was accompanied by his son Scott Connolly, was another member on the trip. Scott



Submitted photo

**A group of 81 veterans from the Springfield area salutes the camera in front of the World War II War Memorial in Washington, D.C., on Oct. 28. The Land of Lincoln Honor Flight took its 30th group of veterans for an all-expenses, one-day trip to the nation's capital, as a way to thank them for their service.**

Connolly went as guardian for his father. A guardian is a volunteer who assists veterans making it possible to make the trip.

Frank Connolly served in the U.S. Air Force from 1955 to 1958 in the Korean War era. He served in Germany and Alabama.

Frank Connolly said his favorite stops on the trip were the Lincoln Memorial and WWII Memorial, which, he said, was "just so beautiful."

Scott Connolly said his favorite part was the World War II Memorial and being able to go with his father.

Paul and Frank Connolly agree they

absolutely loved the welcome home. Paul Connolly said he was "overwhelmed" and very "emotional."

One thing that surprised Paul about coming home was how many young children there were to welcome him and the other veterans.

Joan Bortolon, the Honor Flight team president, said she enjoys meeting the veterans and "hearing their stories, remembering that our veterans were only 17 or 18 years old and facing unimaginable circumstances."

She also likes seeing their anticipation before the flight.

"We are a 501(c)3 charitable

organization," Bortolon said. "We are entirely staffed by volunteers and keep our administrative costs at 5 percent."

She is appreciative that the flight is possible.

"All of our funds come from donations of grateful citizens. We are very thankful for the generosity of our donors."

She said the veterans should not have to pay, because they have paid enough, and it is time to pay them back.

"They are people of such strength and humility," Bortolon said. "They

are all heroes,"

Frank Connolly said that the volunteers were very helpful. He said that every time he turned around, they had something for him.

"Everyone who is eligible should go," Frank Connolly said.

"We can accommodate any type of physical disability, the need for oxygen, etcetera," Bortolon said.

Next year's flight will be in April.

For more information go to [www.landoflincolnhonorflight.org](http://www.landoflincolnhonorflight.org).

*Shannon Connolly can be reached at lamp@llcc.edu or 217-786-2311.*



Traylor's oil painting titled 'Andre II.'



Traylor's oil painting titled 'Al.'



Traylor's oil painting titled 'Andre.'



Trish Duknoski and Suzanne Traylor's works are displayed in the James S. Murray Gallery. In the foreground is Duknoski's 'Theater Mask Cookie Jar.'

## Amor Discendi

Trish Duknoski and Suzanne Traylor shared their love of learning with a show in the James S. Murray Gallery called "Amor Discendi: Love of Learning."

The nontraditional Lincoln Land students' work was on display through Nov. 20.



Duknoski was introduced to clay art through an adult education class in 2000 and began working with pottery in 2006. The mother of two and grandmother of five is now teaching adults through the LLCC Community Education program while continuing to take classes at Lincoln Land. Traylor began taking painting classes at Lincoln Land after retiring from the state of Illinois in 2004.

She paints family, friends, pets and other interesting faces in her work, but she enjoys taking classes at Lincoln Land because she enjoys the exchange of ideas among artists in the classroom.



A variety of Duknoski's stoneware whistles are seen on display just outside the Murray Gallery. Below are three oil paintings by Traylor, titled, from left to right, 'Joe,' 'Shannon' and 'Gwyn.'



## Dietz, Continued from Page 1

especially when you don't quite reach your goal," said Dietz, who has 294 wins at Lincoln Land.

### Finding inspiration

Dietz says he tries to emulate some of his coaching philosophies after his former colleague: Jim Stone.

Stone previously coached the Ohio State's women's volleyball team for 26 years. He is currently the assistant coach for Michigan State University's women's volleyball team.

Dietz was an assistant coach on Stone's Ohio State team from 1992 to 1994. The Buckeyes were Big 10 champions and Final Four competitors in Dietz's last year at the school.

Dietz said he liked Stone's techniques for teaching passing and defense.

"I liked how he (Jim Stone) coached, so I've modeled a lot of things (after him), after he built the Ohio State program: professionalism, not yelling at players," he said. "Those three years were instrumental in my coaching philosophy."

### Devising plans

Laura Payne, who played on Lincoln Land's volleyball team in 2009 and 2010, said she enjoyed playing under Dietz.

"He knew that mistakes would happen, but was always more focused on how to fix those mistakes ... other than screaming and yelling," she said. "He was known for coming up with some off-the-wall plans that always some how worked."

Payne said Dietz commonly calls two consecutive time outs in a match.

"The other team has normally already made it back out on the court and is completely confused, when he does it (call two straight time outs)," she said. "The normal response from the other coach is, 'Can he do that?' In turn, our team would start laughing, relax and go back out (on the court) and play well."

"Dietz knows when they (his players) got too stressed and tense."

### Knowing the game

Dietz, a former freshman composition teacher at Iowa State University, is also known for paying close attention to players' stats in a game.

"Now that I have coached with him for a few years, I have seen how he goes about coaching: stats, stats and more stats!" says Payne, who is in her second year as an assistant coach of the Loggers' volleyball team.

"You wouldn't believe the numbers this guy can crunch and remember. So many times everyone notices the hitter that hits the ball the hardest, or passer that has the coolest dive across the floor. But I think he (Dietz) wins because he follows the numbers."

Stone gave Dietz a copy of "Moneyball: The Art of Winning an Unfair Game" by Michael Lewis. The book is about the Oakland Athletics' general manager Billy Beane, and his success from studying baseball stats.

"His (Stone's) ability as a coach is under-rated. I think he's the best technical instructor for passing in the U.S. today," Dietz said, adding that Russ Rose, the current women's volleyball coach at Penn State University, would agree.

Rose has coached at Penn State for 36 years. His team faced Dietz's teams at Ohio State, Iowa State University and the University of Illinois.

Two years before Dietz was an assistant coach at Ohio State, he worked with the University of Illinois' women's volleyball in 1990.

He worked with Iowa State's team a year later.

Surprisingly, Dietz was new to the game, when he started at the U of I.

### Learning the sport

Dietz went to his first volleyball game in 1989 when Iowa was at the University of Illinois at Urbana-Champaign.

"It (attending the game) was a cheap date, and I hate the Hawkeyes," said Dietz, who has a master's degree in history from the U of I and another degree in English/composition from Iowa State.

But even with little prior knowledge of the sport, Dietz said he enjoyed the crowd, pep band and 50-cent tickets.

"Then (I) kept going to matches, and I learned the rules through osmosis — trial and error."

The next year, he worked with the team. He left that job after one year to teach at Iowa State and work with the school's volleyball team.

He left ISU after one year to coach under Stone for the next three years. Dietz then left that job in 1994 to take his first head-coaching job at St. Anthony where he coached from 1996 to 2003.

In 2004, he went to Allen Community College to coach its volleyball team. Dietz, who wrote a book called "The Human Side of Coaching," which talks about coaches' relationships with players and parents, was hired 10 days into the preseason after the school's previous volleyball coach "got mad" at the athletic director and left the team. Dietz said the coach then erased all the team's recruiting info on the school's computers.

"After leaving the kids in a lurch, we got them back on track by the end of September. (The players were) buying into what we were doing," Dietz said.

However, the Allen Community College's previous coach was not finished with the team.

"He came to a match, watched them (the players) play and started contacting them, telling them what he would've done. (Then) boom — a long losing streak."

Dietz heard about an opening to coach at Lincoln Land in 2005. He said he knew of the job before LLCC's athletic director, Ron Riggle.

"The AD was stunned I knew the coach was resigning before he did — since they were married this is a reasonable reaction — and was impressed," Dietz said.

Riggle is married to Angie Riggle, who coached Lincoln Land's volleyball team before Dietz.

Dietz said he later got the job at LLCC in which he made about \$5,000 in his first season in 2006.

"Coach Dietz does an exceptional job with the volleyball team," Ron Riggle said. "He has turned our volleyball program into a national ranked and well known program. Jim is an asset to the athletic department."

### Rewriting history

Dietz's first match as a Logger was a 2-0 win over St. Louis Community College-Florissant Valley. The Loggers went 30-20 that season.

Dietz has helped Lincoln Land's volleyball team have eight consecutive seasons with more than 30 wins and getting ranked as one of the top-20 teams in the nation for his first eight seasons.

"I could swear it was just yesterday that I was scared snot-less in my first year, as a high school coach," Dietz said. "Then I blinked, and here I am with 500 wins and next year set to pick up number 300 at LLCC."

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Lamp staff photos

Andrew Weaver takes a shot in the Nov. 4 game against Hannibal-LaGrange. The Loggers won

# Men's basketball at 3-2

## Vs. Elgin at Chicago (Oct. 31)

The Lincoln Land Men's Basketball team kicked off their season Oct. 31 in Chicago against Elgin Community College Spartans. The Loggers eventually fell to the Spartans 49-42 in the first game in the Truman College Classic.

Lincoln Land shot only 28 percent from the field (17-61) and 17 percent (4/24) from three, while committing 16 turnovers. Freshman Eddie Longmeyer led the Loggers with 13 and also pulled down a team high 9 boards. Chaltin of Elgin had a game-high with 22 points.

## Vs. Harry S. Truman College at Chicago (Nov. 1)

Lincoln Land played their second game of the Truman College Classic against the host Truman College Falcons and came away with a 61-36 victory.

Sophomore Loggers Derek Smith and Corey Evak led the way with

9 points. Evak also pulled down a game high 7 rebounds. Turnovers still caused problems for the Loggers who lost possession 19 times.

## Vs. Hannibal-LaGrange College Mo. (Nov. 4)

Lincoln Land Community College came out victorious over Hannibal LaGrange's junior varsity team, 62-42.

The Loggers were led by Dino Mehmodovic with scored 15 points and .6 rebounds. Teammate Eddie Longmeyer had 13 points.

## Vs. Southeastern Illinois College at Harrisburg, (Nov. 8)

The Lincoln Land Loggers took a long trip down to Harrisburg to take on NJCAA Division 1 Southeastern Illinois Falcons and came away with a huge team win, 62-52.

The Loggers had the three highest scorers in the game led by sophomore Payton Dugan who had 15

points. Sophomore Corey Evak and freshman Eddie Longmeyer had 14 points. All nine Loggers who played scored. Evak also pulled down a team high 5 boards.

"As a team, this was a big win for us," said LLCC coach Chad Jones.

## Vs. North Central Missouri College at Trenton, Mo. (Nov. 15)

The Lincoln Land Loggers traveled to Trenton, Mo. and fell to the Pirates of North Central Missouri College, 68-60.

Lincoln Land shot a season best 52 percent and made a season high nine threes. Lincoln Land also had an impressive 22 assists on a total of 24 made baskets.

Lincoln Land had three players in double figures. Sophomore Michael Cameron who put in a season high 15 points. Freshman Andrew Weaver had 12 and fellow Freshman Eddie Longmeyer had 11. The Pirates Tyrell Thirkield led all scorers with 21.

# Women's basketball at 3-4

## Vs. St. Louis Community College at Lincoln, (Oct. 31)

The Lady Loggers opened up the 2014-15 season at the Lincoln Classic, losing to St. Louis Community College 50-62.

The Lady Loggers battled back after trailing at one point in the game 46-29.

The Loggers were out rebounded 54-27 as well as only shooting 31 percent from the field.

## Moraine Valley Community College at Lincoln, (Nov. 1)

The Loggers got their first win of the season by defeating Moraine Valley 60-49.

The Loggers took a first half lead of 31-23 and fought off a run by Moraine Valley to secure the victory. The well fought game changed leads seven times as the determined Loggers held on and pushed the lead to 11 points at the end.

Lincoln Land won the battle of

the boards 51-41 which was a goal the team had today.

## Vs. Lake Land Community College (Nov. 4)

The Lincoln Land women's basketball team opened up Region 24 play against Lake Land, losing the low scoring match 51-37.

The Loggers who were down by 11 points at one time battled back to be tied 17 all at half-time.

"Defensively we did a nice job throughout the night but we struggled to score consistently," Coach Gary Albert said.

## Vs. Southeastern Illinois College at Harrisburg, (Nov. 8)

The Lady Loggers traveled to Division 1 Southeastern Ill College and came away with a 71-68 victory.

LLCC held a 42-28 halftime lead. Southeastern picked up the defensive intensity the second half, but the Loggers were able to withstand the run.

## Vs. John A. Logan College at Carterville (Nov. 14)

The Loggers lost 93-49 to Division I John A Logan on Nov. 14.

Cold shooting plagued the Loggers as they shot only 29.5 percent from the field and 57 percent from the free throw line.

## Vs. Kennedy-King College at Carterville (Nov. 15)

The Lincoln Land team fell 58-80 to Division 1 Kennedy-King. The Loggers were only down 35-41 at the half but were unable to keep up with the Generals in the second half.

Putting together two good halves has been tough for the Loggers this season.

## Vs. Millikin University at Decatur (Nov. 18)

Eloise Sneddon hit a 3-point basket with 10 seconds left in the game to propel Lincoln Land to a 55-52 victory over Millikin University JV.



Submitted photos

First-time skydiver Samantha Ward free-falls while connected to instructor Ryan Enzo at Skydive Chicago in Ottawa, Ill. The 120-mph fall lasts only a few seconds, and Ward said she was yelling the whole time.

# Free-falling fun

By Tyler Cameron  
Staff Writer

OTTAWA — You're 13,000 feet up in the air, your knees and head are outside of the plane, and the only thing connecting you to safety is a couple of straps.

Then it's, "Three. Two. One. Arch!" And that's it. You're out of the plane and free-falling at 120 mph.

"It's like a roller coaster once you open the parachute, but like a million times

better," said Samantha Ward, a first-time skydiver. "I've never done anything like this before."

This is the experience that awaits you at Skydive Chicago. It is located in Ottawa, Ill., just more than two hours north of Springfield.

For any adrenaline junkie or person who wishes fall through the clouds, skydiving is right for you. First-time skydivers get to

experience the rush and learn some of the skills necessary, by going tandem skydiving. This is when you are harnessed to the front of an experienced skydiver who is wearing a parachute.

One of the employees at Skydive Chicago, Craig Reed, goes up at least once a day to help someone skydive.

As much fun as it is, skydiving is also inherently dangerous.

This is made clear to any potential skydivers via waivers they must sign and training videos shown beforehand. Reed makes sure that each experience is as safe and fun as possible.

"We're going to go over the whole procedure at least five times before we jump out of the plane," Reed said. "We'll do it on the ground several times, and then review it in the plane before we jump."

Ward was almost speechless after her skydive.

"The free-fall is the best part, easily," she said. "I couldn't think at all. I was just yelling the whole time."

"I went for the first time when I was 26, but I've wanted to go since I was 5," Reed said, reflecting on his first time skydiving.

"I find every excuse to go up there, I always volunteer to do a tandem jump with someone."

Some people, though, would never go skydiving. Some may try it once, but not again. Others, like Ryan Enzo, have made it an essential part of their life.

"I'm heading down to Hawaii to teach skydiving down there," he said. "I can't wait. Every time I go on a vacation, I go skydiving."

"Some people buy postcards, I jump out of a plane. I've done it over the Rocky Mountains, a desert,

**'Its like a roller coaster once you open the parachute, but like a million times better.'**

**Samantha Ward, first-time jumper**



now I'm going to Hawaii."

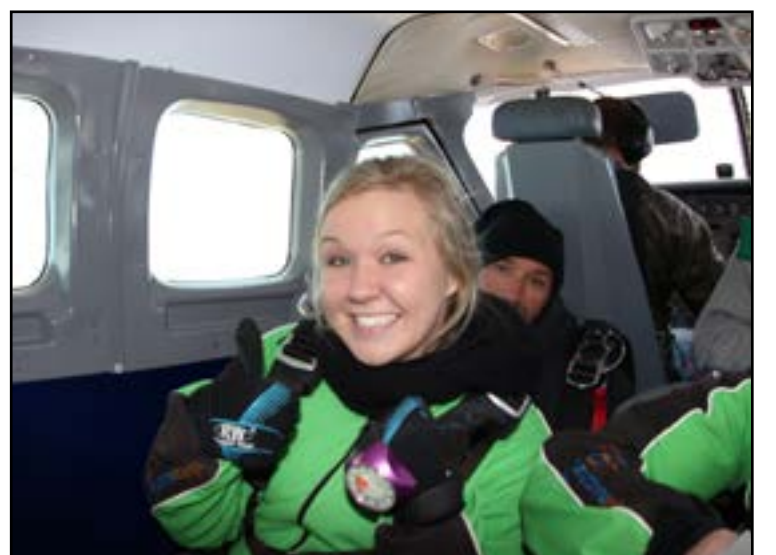
If you want an adrenaline rush or a more exciting weekend, head up to Skydive Chicago,

It offers free camping for anyone skydivers. It also has activities and a tiki bar for any of its guests older than 21.

The summer is the busiest season, with some people waiting several hours to jump. But, as Ward said, "It's definitely worth it! I can't wait to come back."

Even though some people wait hours to skydive in the summer, "It's definitely worth it!" said Ward. "I can't wait to come back."

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Ward and Enzo ride in the airplane as they prepare to skydive.