

Lizzie Roehrs' 'Hobbit'-inspired cake.



Lynn Whalen's 'The Nest' by Cynthia D'Aprix Sweeney.

Edible Book Festival

Photos by Isaac Warren



Lincoln Land's library celebrated National Library Week by inviting people to create edible representations of books.



Tammy Kuhn Schnell's 'If You Give a Pig a Pancake' by **Laura Numeroff.**

Leanne Roseberry's **'The** Invisible Man' by **Ralph** Ellison.





Barry Lamb's adaptation 'Children of the Corn(bread)' by Stephen King

8 April 18, 2016

LLCC alum adjusts to U of I

Lamp looks at student's transfer experience

Ryan Wilson, a former staff writer and the 2014-15 editor of Lincoln Land Community College's newspaper The Lamp, is nearing completion of his junior year at the University of Illinois at Urbana-Champaign. A broadcast journalism with a focus on sports major, Wilson graduated from Auburn High School in 2013 and earned his associate's degree in communication from LLCC in 2015. Here he discusses his transition from community college to a four-year institution, stories he has written or broadcast, journalism skills he has refined. And how his life has changed. Ryan talks about an improved diet and exercise regimen and all-round socialization that work in concert to make him stronger as he continues his studies. Ryan has a condition known as osteogenesis imperfecta (brittle bone) and uses a wheelchair to navigate the vast U of I campus.

The Lamp is running this conversation between Ryan Wilson and former Lamp adviser Paul Povse as a primer for students preparing to transfer to another university.

Our conversation with Ryan Wilson:

What is the single biggest challenge in transferring from Lincoln Land to Illinois?

Adjusting to being on my own, not being able to go home after class. My home is the dorm (Nugent Hall), but I liked that after awhile. I like that aspect of staying with friends 24 hours a day. If I have a question with homework, I can go to them. It's such a diverse crowd over here that they know something about (every class). I've met students from China, Japan, Korea, Austria.

How did you prepare for the rigors of U of I?

"I did occupational therapy the summer before I started at the U of I. There I learned to do tasks independently, without help from my parents or anybody, really. That made a big difference. I'm a lot stronger now. I couldn't get my coat on on my own . Now I can. I learned how to transfer in and out of my chair. Since I started at the U of I, I've changed how I do things, even after the OT (occupational therapy). I used to use a board to transfer to bed. Now I don't.

Any dietary changes?

When I started at the U of I, they had me document everything I ate. (Here, Ryan's mother, Diane Wilson chuckles) I had to do that for a few months. Finally they called me in and said, "OK, Ryan you eat way too much cheese and junk food and that's messing up your system." They introduced me to a dietitian. She looked at my log, and I did find some spots where I could make improvements like eating more vegetables and salads. She didn't say I should cut the junk food immediately, but slowly step away from (it). (She said) "For lunch, how about a bag of potato chips and an apple?" She's trying to touch on a little bit of every food category.

How do you compare classes from Auburn **High School to LLCC to Illinois?**

They all have great teachers. The U of I obviously has a lot more students, (more than) 40,000. You'd expect some classes to be huge. I've had friends with classes of 700 students. But some classes in the College of Media are smaller ... 50 to 20. At LLCC, you have 15 to 20 stu-

dents. You don't follow the same group around. At the U of I, I've had the same classmates for seven classes.

How do you connect with teachers?

It really depends on class size. If you have a huge class, it's harder to engage with the teacher one on one. That can be hard for some teachers. I try to make an effort to talk with them, set up a meeting to say, "How can I improve? I know we have graders, but you're the pro, I want your

Has your news writing improved?

I definitely learned that people read your stories and they care. I've gotten interesting feedback on my stories. I try to drill in my head to be accurate. If I'm not sure about something, I leave it out. I did one story last semester about how the sports teams travel. I went outside the U of I to get research. Research is important, and so is not being afraid to talk to people.



Ryan Wilson announces at a University of Illinois wheelchair basketball tournament. Wilson was the color analyst, while his friend Kaine, in the background, did the play by play.

Is there anything you wish you hadn't written?

There's always that. There'll be some little mistake I see I made in the paper. I try not to dwell on that. I try to learn from my mistakes. The Daily Illini (the student-run newspaper) told me I tend to be a perfectionist and that slows me down, that I try to make everything an awardwinning piece. I didn't win any awards this past semester, so something's not right.

How has learning to be a broadcast journalist been?

I've learned you need to be careful with what say on the air. You don't want to critique the team too much. The team can talk with you afterwards. Then maybe you won't be in that position the next time. I don't think I have written any stories I wish I could take back. (Ryan has done and will continue to do play-by-play and color for Illini wheelchair basketball, softball and baseball)

What is the best story you've done?

Traveling (how sports teams) get from event to event. Hardly anybody had thought of that. I was curious about how these smaller teams, golf, tennis and gymnastics, travel. In golf and tennis, they have a van that they can fit 15 passengers, and they drive it to the closer competition, not the ones in Florida. But they will drive to Wisconsin, Kentucky or Indiana. I did research and learned there is conflict and disagreement about whether it's safe for coaches to drive. Some people have thought, "Are they (coaches driving) too tired after a match?" "Are they falling asleep on the road?" In 2003 a coach driving a high school team got in a crash and people got hurt. I revealed some conflict. After that I've learned that (good) stories are all about conflict. I will chase a story on how bigger teams, basketball and football, travel. People have asked me to do it.

Who has been your most effective teacher at

I would say all my teachers have made a big impact on my skills. They all have gone above and beyond helping me. It comes down to the student not being afraid to engage with them, to show that you care and want to improve . On the broadcasting side, Lynn Holley (formerly of CNN) has made a huge difference in my skills. She talked to me about my delivery, what I could do better. She knew my delivery before I did. She said, "You succeed, we succeed and we make the university proud." That showed me she cared.

How do you establish a relationship with a professor in a large university setting?

It's not easy. You have to spend extra time. Obviously, you don't want to come out too aggressive and have them be annoyed with you. You want to say, "I want to go up and beyond what you've already taught me."

Doing well with any school this size is knowing your advantages and disadvantages and being realistic about yourself. You have to learn what you're good at and what you're not good at, how you can capitalize on everything you're good at.

I had this realization over spring break about what makes me stand out from everybody. I was looking around the living room and saw my chair. I've been sitting in it my whole life. That makes me unique. And that can make be better. My multi-media teacher (Charles "Stretch") Ledford) said, you're right. That can make your reporting better. I can get to areas able-bodied people cannot. I can do stories that maybe you guys can't. One aspect of journalism is learning more about yourself. If we don't know the subject, we try to submerge ourselves into it. I suggested stories on how students at the U of I get around every day because I am submerged in that.

Could Illinois better accommodate students with disabilities?

Well, every place could be better. For example, they have some elevators that have buttons that are really high. If so, I can't my make my arms really high. I couldn't move those buttons if I were alone in an emergency. I would be stuck.

Some elevator buttons are too high for my friends in wheelchairs and me to reach. Luckily, I have a reacher, but not everyone does. But, do they (the university) have the money and resources to do (fix) that?

How is social life in college?

In my dorm they play poker every Friday night. And I join in on that. They play to 10 or 11 p.m. In a video that went around, I was seen saying, "Playing poker in my jammies!" Now I didn't expect it to be posted on social media. I have to be more careful. I had a lot of Oreo chocolate shake before that. I really enjoy the extra-curriculur activities like announcing games. I enjoy talking to people every day.

What is your biggest surprise at Illinois?

Teachers care. People care. For me, it was nice to know there are other students in wheelchairs who've gone through the same transition. It's not easy to leave home and be out in the wild like that among 50,000 other people, to be in a community of around 30,000 people but I have this help in the dorm that makes a big difference. If I have a question, I can go to them (dorm mates) and get an honest answer.

How is your peer group intelligence level? There are a lot of smart people over there. A lot of people better than me. But that can make better. I look at them and ask, "Why is my work not like theirs?"

How is your new therapy and exercise regiment going?

I do physical therapy twice a week one hour each day on Tuesday and Thursday. They offer services to students with disabilities. I am doing arm exercises, leg exercises. I do more transferring, sit-ups. I do a punching bag. I throw balls around. I do pushing my chair. I push a manual chair around the building. I have immersed myself into every opportunity I can find, whether to improve my diet, my journalistic skills, my health in general. I am all in.

In my dorm there's a class for incoming students to adjust to being without their parents. It helped me a lot. But maybe not in the way it was intended to. I was ready to jump into a big school and live on my own. This helped me calm down and be more realistic, to not do anything too risky. I'd rather be late to class than get hurt.

How do you manage your time?

It's obviously a lot to tackle, things to think about each day, classes, homework, eating healthy, not doing anything too silly. You can't let the stress overwhelm you. You are above the stress. You have to come up with a specific time management program that works for you. I have an assignment notebook, a planner. I had one at LLCC. I have one at the U of I. I write down all I have to do that day, assignments, deadlines. I lost it recently and it kinda messed me up. (Ryan now includes his planning in his phone) But (he says) with the planner, I can see every day. Losing the planner caused me to miss some assignments. But it all worked out.

Tell us about the scholarship you received.

Ryan recently was awarded the John S. Fine Scholarship from the Division of Disability Resources and Educational Services. The award is given annually to students who "utilize programs and services of DRES and demonstrate academic excellence and are involved in activities." In receipt of the scholarship, Ryan will address the DRES awards program on April 22.

Tell us about your upcoming trip to Portland, Oregon.

It's for a sports media immersion class. It's an eight-week class that talks about sports media, companies that advertise with professional sports, like Nike, Under Armour. It's a lot of work. We'll go on a seven-day trip, and we're going to Nike and Under Armour headquarters. Every place we go, we pretty much document what we've learned. At the end of the trip, we have to produce a documentary on everything we've learned through the semester and how that ties into the group in which we're placed. My theme is "Millennials." I have to focus on millennials and tie them in with everything I have learned. About 24 of us are going. There was an application process.

They didn't want anybody going, just for the

Q&A on campus being smoke free

By Madison Mings Editor

SPRINGFIELD - Lincoln Land Community College became a smoke-free college on July 1, 2015.

Previously on LLCC's college campus, students were allowed to smoke outside buildings.. The ashtray stand to put your cigarettes out in was right by the bus stop area, and there was another bus stop-looking building called the "smoking hut."

There were a couple of ashtray bins everywhere, so people wouldn't litter, but some people still did.

The smokers had the freedom to just light a cigarette walking to their cars or any place outside as they pleased. But students and faculty who smoke aren't allowed to do that anymore, unless they are inside their

"I'm happy. I have asthma, and my parents smoke at home, so it's a better environment for me to be in here to have the college be smoke free," said student Cassandra Lazar.

I spoke to LLCC police officer Dave Mahan about the college being smoke free and asked him a few questions about the new rule.

The Lamp: What are the rules for the smoke-free campus?

Dave Mahan: "No products (of smoking) other than in your vehicle."

The Lamp: I heard you have to have both feet inside your car while smoking?

Dave Mahan: "Yes, inside the vehicle entirely."

The Lamp: How many tickets, warnings, and repeat offenses been

Dave Mahan: "Their are three shifts, so we don't have the statistical answer, but it is occasionally visitors, staff and student employ-

The Lamp: What is giving if you are caught breaking the smoke-free

Dave Mahan: "\$25 fine for first offense and double for the second offense, and students can (have their diplomas) withheld ... (for) not paying the fines and can't transfer or get

Commit to Quit!

LLCC Human Resources and Student Life offices, along with the front desks at other LLCC locations, have helpful information to assist smokers, in cooperation with the Illinois Department of Public Health and American Lung Association. Or, visit the Student Life page for a link to the Illinois Tobacco Quitline, with free resources for LLCC students and staff.

your certificate. Also, we can give citations to staff. That includes Ecigs. They are not allowed, and that applies everywhere."

Mahan noted that he used to work where there were a lot of smokers, so he would come home and smell of cigarettes not knowing of the odor since he'd been around the smell so much.

He said he sees no reason why people would need to get fined for smoking, since everyone has plenty of notice about the smoke-free campus.

The good outcome from a smoke free-campus is the cleanliness.

"The campus is much cleaner, without the trays. Also, the volunteers have been successful."

The Lamp: What is the purpose of having a smoke free campus?

Dave Mahan: "To improve the atmosphere, to be clean. People also don't know it's a state law, and this is for all LLCC campuses.

"It can also help people quit smoking, and a lot of people don't want to go over to the smoking area, and to quit smoking it can benefit others."

Madison Mings can be reached at lamp@llcc.edu.





New inductees



Photos by Tess Peterson

Phi Theta Kappa inducted 21 new members at an April 12 ceremony. Here are some photos of the inductees and, pictured at right, chapter president David Western speaking.

Inductees are Mitchell Davis, Evon Dionne, Hayley Driskell, Samuel Fanale, Dylan Gladson, Cameron Harmon, Katherine Hoppe, Christi Hustedt, Brittany Jordan, Samuel Kaufman, Melissa Lowder, Logan McHenry, Autumn Meyer, Emily Millburg, Elizabeth Mock, Lauren Ogden, Alex Portwood, Regina Suszko, Jeffrey Walker, Catherine Wittler and Brianna Yost.





Madison Mings/The Lamp

A sign informing visitors that the campus is smoke free can be seen on the bus stop. Before the smoke-free campus law went into effect on July 1, 2015, there was a cigarette butt container and people regularly smoking at this location.



on Campus and

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Student Life Office 217-786-2241 studentlife@llcc.edu

10 April 18, 2016 CAMPUS

225 staff provide for summer fun

Knights Action Park visited by 300,000 people each year

By Teresa BrummettOnline Editor

SPRINGFIELD – It would be hard for anyone living around Springfield not to know where and what Knights Action Park is. Unless you have a pool, a friend's pool or a muddy creek bed, then you probably visited Knights Action Park

"I love all the rides, but the Toilet Bowl is my favorite it's really fun," said Kellie, a 10-year-old who has enjoyed visiting the park.

Kellie's only complaint was the hot cement that burns her feet when waiting in line. But she said it's worth it and the lines move fast.

There probably weren't too many lines when the park opened in the 1940s as a golf driving range. Back then, the park sat on South Grand Avenue, where J.C. Penney and Shop N Save are located today.

It was started by the current owner's grandfather George Knight Sr.

In 1976, it moved to its current location on Springfield's south side, starting with mini-golf, a driving range, go-karts, trampolines, archery and batting cages.

Passers-by on Interstate 72 can overlook the huge hill with three bright colorful slides and all the other fun-packed activities Knights has

The visibility is a plus for the park, but it also

can leave it vulnerable to storm damage.

Current owner George Knight said a tornado came through and ripped apart sections of a slide. It had to have pieces sent to body shops all over Springfield, Knight said.

When it couldn't be fixed, Knight said he had to send a crew to South Carolina to retrieve the parts needed to complete the repairs. A group of dedicated high school workers put in 18- to 20-hour days and fixed the slide in 5 days.

"This place wouldn't function without the dedication of our staff," Knight said. "They truly are the future of our local community, and I'm proud to call them my friends"

The 72-acre park has to be maintained, and that's where the staff members come in.

By the first of November the park is put to

By the first of November the park is put to bed, but by early March, things start to wake up. With more than 300,000 visitors a year, Knight has to make sure everything runs smoothly so when Memorial Day weekend arrives, the water park is ready for business.

It takes 225 staff members to keep the entire park safe and clean for everyone throughout the season.

"It's a fairly cheap way for my girls to spend their summer having fun and getting time with their friends," said parent Karen Nation, who buys season passes for her daughters during the summer.

Knight said summer is fast approaching again and its time for Knights to begin its awakening process.

"What a great job I also get to work with my family, this is my back yard and we love to share it with the world," Knight said.

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Isaac Warren/The Lamp

Officials prepare to cut the ribbon March 22 to open LLCC's new bird banding station.

Bird watching site opens at college

By Isaac Warren Print editor

SPRINGFIELD – Lincoln Land officially opened March 22 its new bird watching station.

The idea to build a bird watching facility was made in 2012 and was pitched to the Board of Trustees. They approved the plan to upgrade the old bird watching station, which consisted of a green picnic table in the middle of a field.

The new facility will allow watchers to observe birds all throughout the year and stay sheltered from the sun and snow.

Lincoln Land is currently the only college to have an official station for bird watching. Other colleges have some sort of lean-to, or even a tent.

LLCC has been fortunate enough to receive donations.

The station was built in cooperation with the work force development students. While the students learned how to build a small building, the bird watchers got to slowly see their future being built. They were able to be a part of every part of the process.

'Small World' closing

The Trutter Center is preparing to close the "Small World - Near to Far" exhibit, which features 70 items for this special exhibit. The show opened in September.

Anyone wishing to visit should do so soon. The museum is open 10 a.m. to 4 p.m. Monday through Thursday.

The station will be used to study the migration patterns of Illinois birds.

So far, more than 100 birds have been caught and studied. An estimated 1,000 people have used the old bird watching station. Most of these people were current LLCC students however, some from other colleges or organizations have used the station, as well.

The bird watching station is located near the baseball fields, behind Cass Gymnasium.

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Sky Zone will get Springfield jumping

Teresa Brummett Online Editor

SPRINGFIELD – It's almost time to get jumping.

Sky Zone allows people of all ages to come and have fun inside. And this summer, children and adults alike will be able to jump around in a room filled with trampolines.

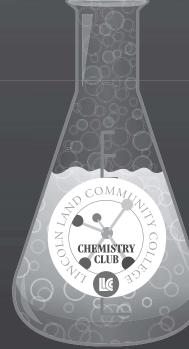
All the trampolines are connected by safety pads. So falling is not an option. And to make it even more fun, there are trampolines on the walls, too.

As each person enters, they are given a pair of Sky Zone's signature orange socks. These aren't just plain socks. They have a special rubber bottom for safety

The facility will also have a banquet rooms for birthday parties, groups or fundraising events.

And if you ever thought about jumping into a huge pit filled with 10,000 foam cubes, then you won't have to wonder anymore. You'll be able to do just that at Sky Zone.

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Driving student success

Trucking class gives hands-on training to find jobs

By Teresa Brummett Online Editor

 $SPRINGFIELD-Troy\ McCallister$ and Rich Ledbetter lost their jobs from the Bloomington-Normal Mitsubishi auto plant in November.

Both 48 years old, they had friends who completed Lincoln Land's truck driving course, and those friends ended up with good jobs and loved the course.

So, they decided to join the program that began in July 1998 when Bob Howard and Rich Burge began teaching. At the time, it was just two teachers, two trucks and two students.

After 18 years, the faculty-student ratio has jumped quite a bit. As of last semester, 2,719 students have completed the class, 800 of whom are military veterans.

Today, there are six trucks running at any time

Last year, 160 passed the class, and this year, they are looking at 168 successfully completing it.

The class is 7 credit hours, and students complete it in two weeks. Students log 400 to 500 miles behind the wheel during the class.

The goal is for students to find jobs when they leave. Many students will land jobs paying \$35,000 to \$50,000 a year, with medical benefits and retirement.

The instructors are very professional, McCallister and Ledbetter said. The hands-on approach is also very helpful.

They explain everything nice and clear so there's no question on what you should be doing at the time. It's so easy to pick up the information needed and then test, Ledbetter said. It's that simple. The instructors are

While the students were joking with one another, Bob Howard, who is the director of the program, said safety is a focus.

Students leave here being a professional and being safe times three, Howard said.

Of course, we try to make it fun because anyone who has been on a road trip knows how boring it can be to drive for long periods of

The driving instructors have different locations set that allow enough time for the students to each have a chance to drive. Students get to drive on some of the narrowest roads in

But they'll stop for lunch at certain destinations, making it more like a truck driver would have to do while on the road.

Not for everyone

But, this class isn't only about truck driving. Although it's a very important part of the class and they do have some classroom time also. This class is a teaching and learning life experiences as they go. A lot of our instructors even come in early and stay late even on the weekends. They even have offered to come in on a Sunday because testing was quickly approaching.

Howard said not all students who



Photos by Teresa Brummett/The Lamp

Father Roger Donohoo and son Sam Donohoo are completing Lincoln Land Community College's truck driving program and plan to drive together as a team after finishing the two-week program. BELOW: Instructor Rich Burge says he loves teaching new drivers. Bob Howard and Burge started the program 18 years ago with two teachers, two trucks and two students.



come and want to be a truck driver are right for that type of job. If a student has a significant other, he'll meet with both of them so that they both can assess if it is the right life for them.

But, in the end, if you pass everything, do as instructed and can communicate knowing that it's a possibility that the spouse may be gone for weeks at a time, then you're ready to be a truck driver.

The class has even had couples who were dating or married come through. That way they can be together and travel all around the

Father-son duo

But for father-son students Roger and Sam Donohoo, they are completing the course with the goal of becoming a driving team.

Son Sam Donohoo was busy practicing backing the rig into three different parking spots as Roger Donohoo explained how the pair has fun together.

Roger Donohoo said they can switch out to keep the truck on the road, while driving from coast to coast, Canada or wherever the jobs takes

Roger Donohoo owns a barbershop and rental stores, but he was ready for a change, and this was the perfect opportunity to do just that.

Roger Donohoo said his son was having trouble finding a job, so they spoke about truck driving and decided to enroll together.

It will be fun to be on the road with Sam, Roger Donohoo said, and he hopes the road will take them to visit his other son who is serving in the Air Force

Focus on students

Part of the stress of the class for instructors is that they squeeze the training into only two weeks' time. So, that means every two weeks, they have new students to train.

If they have a student who's not catching on as quickly as others, they hold him back, but it's usually only been three to five days difference.

The instructors focus on the positives, not the negatives, Howard said. The staff try to be coaches and encourage students, although it sometimes takes the patience of Job, he said. But that's expected with stressful situations.

With so many students going through the course, one might think that Howard and Burge wouldn't be able to remember each student, but Howard keeps photos of every student who has passed through his class since 1998.

Burge said these students are doing a fantastic job and it's a positive when he sees them moving forward. Several students who moved on will swing by to show the instructors their new trucks, Burge said. The instructors love that.

Everyone tries to stop and take the time to see the trucks that our past students are currently driving, Burge said. Because they're part of the reason why he and Howard are still teaching after 18 years.

Students end the class with permits for driving doubles, hazardous materials and basic delivery trucks. This makes it easier for the students to find jobs with such an open license where they can drive for basically any company out there.

While truck driving is dominated by men, about 10 percent of the students are women.

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