



Bistro Verde opens for
spring semester

Pages 4 and 5

College fails on promise

Lamp analysis finds information on sexual harassment help is wrong

SPRINGFIELD — An investigation by The Lamp found people experiencing sexual harassment at Lincoln Land may find it hard to get the help they need.

Lamp staff found most signs around campus lacked correct information on whom to contact. On the main campus, the two signs designated by LLCC Board of Trustees policy on Sexual Harassment did not have the correct information, and one was missing contact information. Furthermore, a survey of faculty and staff found only three out of 12 specifically mentioned the person who is vested with handling sexual harassment claims.

When asked prior to publication, officials in

student services acknowledged these issues existed and said they were already working on correcting them.

One in five women and one in 16 men are sexually assaulted while in college. Of these cases, only 10 percent of victims ever report what happened, according to the National Sexual Violence Resource Center. Difficulty knowing who one should contact is one reason students may be unlikely to report sexual harassment or assault.

Board policy 1.7, section XVIII (sic), says that on the main campus: “The current identities, office locations, and telephone numbers of the Equal Opportunity Compliance Officer/Co-

Title IX Coordinator, the Associate Vice President, Human Resources, and the Vice President, Student Services/Co-Title IX Coordinator shall be posted outside the Human Resources office, Room 1217, Menard Hall and the Student Life office, Lower Level, Menard Hall.”

Title IX is a federal civil right that prevents sexual discrimination in education.

The only sign outside Student Life was a general sign about sexual harassment, listing the name of the Lesley Frederick, vice president of student services and former co-Title IX coordinator. No other board-mandated people were listed on that sign.

The sign outside human resources listed out-

dated information. It listed the correct people, but it did not list new Title IX Coordinator Shelby Bedford, who was hired in that position in September 2017.

Bedford is now the sole Title IX coordinator, replacing Frederick and Nicole Ralph, director of employment and benefits for human resources. Ralph remains the Equal Opportunity Compliance Officer.

Throughout campus, there are several sexual harassment posters. At the publication deadline, most of the ones on the main campus still listed Frederick as the Title IX contact.

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Vergil Rhodes plays the flute with his band Footprint.

Photos by Niko Robledo/ Editor of Photography

Black Student Union holds Vendor day

By Niko Robledo
Editor of Photography

Posters, clothing and the smell of soul food filled the A. Lincoln Commons Wednesday afternoon for the African-American Food and Vendors Day.

The Black Student Union invited entrepreneurs, vendors and a couple musicians from central Illinois area to Set up shop and show Lincoln Land students a physical representation of African-American culture.

Vendor Nell Clay, Owner of Positive Creations, her table was lined with handmade bracelets, earrings and a book of her poetry. A book of her poetry titled, “Expressions of Love, Life, and Living.”

Clay reflects on the evolution of her business that she started over 25 years ago, “I started off by making bracelets, then earrings and then sets.”

The University of Spa & Cosmetology Arts brought multiple Barbers and Nail Technicians to show their skills off and to give students a great service without any of the cost.

Students were able to get a haircut and enjoy the live band five feet away. LLCC nursing student Kalli Sharp, 18, asked to have a pattern shaved into the back of her head.

Retired business law professor, Vergil Rhodes and his band Footprint, jammed-out some smooth jazz on stage for the vendor day. The 4 men showed off their skills and musical talent by improvising many of their songs. While his band mates stayed consistent on their instruments, Rhodes alternated improvisational lines on his flute and saxophone, proving he is making the most of his retirement.

Niko Robledo can be reached at lamp@llcc.edu.



Top: A candle, covered in photos of Michelle Obama, made by Garvey-Tubman Cultural arts and Research Center.

Bottom: Gutairist Jose Gobbo playing for Footprint.



Ex-Lamp adviser dies at 70

By Zach Aiello
Editor-in-Chief

Former Lamp adviser Paul Povse died Feb. 14, 2018, at the age of 70. Povse advised student journalists at Lincoln Land between 2012 and 2014, but he continued to mentor several student even after leaving Lincoln Land.

Povse was known among students as a passionate adviser who never shied away from showing students the way in writing and editing in the classroom and The Lamp office. His use of witty catchphrases and nicknames for staff members left lasting impressions.

“Paul genuinely cared about his students, and the work he was doing,” said Amber Berman, a former Student Life employee. “He invested such time and energy into the roles he served at LLCC, trusting in his students that it would pay off.”

A State Journal-Register journalist for 37 years, Povse left the newspaper in 2007. He began teaching as an adjunct at his alma mater Southern Illinois University at Carbondale before teaching as an adjunct at Lincoln Land and advising The Lamp.

Povse formed strong connections with Austin Miller, Lamp editor from 2013 to 2014.

Miller said Povse spent many times talking with him about local sports teams.

“With him being a Cardinals fan and me being a Yankees fan, we had plenty to jaw about,” Miller said. “I always tried to be a few minutes early for that class, just so we could talk sports for a bit.”

Miller also added: “At the end of the semester, he offered advice, to anyone who wanted it, about whether or not he thought they could be journalists. His note to me said

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

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Former student shares sexual harassment story

Learn about reporting harassment

EDITOR'S NOTE: To protect both the victim and accused, The Lamp is using the name "Jane" in the story.

**By Meredith Howard
Lamp Staff**

SPRINGFIELD — Jane began to feel increasingly uneasy when a male colleague at Lincoln Land Community College made sexual comments to her and other women in the office.

The 23-year-old former student worker recounted comments she saw as inappropriate in which a male contractual worker used double entendres about eating muffins and meatballs.

"I just didn't feel comfortable going into work anymore," Jane said.

Then, one day while Jane was working at her desk, the male coworker came into her space and took his shirt off, she said.

He didn't ask if it was OK or say anything to her, Jane said. He put another shirt on and left his other on Jane's printer. She said she felt extremely uncomfortable.

When Jane mentioned his behavior to some coworkers, they dismissed her concerns and thought his behavior was fine. Jane said she began to question whether she was overreacting.

The Lamp asked 40 Lincoln Land

students, 20 male and 20 female, if they had ever experienced a person trying to dismiss and normalize behavior that they saw as wrong. Thirteen of the women and nine of the men said that they had experienced this behavior.

Jane spoke to her academic adviser about the situation. Her adviser recommended she report the situation to Human Resources. With the promise of anonymity, Jane agreed to this, but she was hesitant because of the dismissal of her concerns by coworkers.

If a student experiences harassment or abuse, they should seek counseling. If it happens at Lincoln Land, students should report it to the college's Title IX coordinator, Shelby Bedford, who will work with students to assure their rights are protected.

Bedford can help you file a formal or informal complaint, as well as direct you to an appropriate counselor. An informal complaint may be made anonymously, but if the complaint is formal, the victim must be named in order to allow the accused to fully respond to the allegations. However, everything is kept confidential.

There is an option for online reporting at bit.ly/2nAOEnv.

Reports will be investigated as soon as possible, and the victim will be responded to upon making a complaint, Bedford said.

Depending on the severity of the violation, and if the accused is a faculty member or a student, the accused may be given a range of

sanctions, including a warning, being expelled or being terminated, Bedford said.

When filing a report, victims are allowed to express their desired outcome, allowing them to have input, Bedford said.

If a complaint involves a faculty member, Nicole Ralph is Lincoln Land's Equal Opportunity Compliance Officer and reports involving faculty go through her.

The Advising and Counseling Office offers counseling for students. Counseling can be very helpful throughout the healing process, and speaking with a counselor can help you to move past the ramifications of experiencing gaslighting. Getting an opinion from an appropriately trained third party can help you to realize that you aren't crazy and that you can and should trust your first instincts.

As for Jane, she said she previously worked outside at a local restaurant, and she quit because her employer forced her to work alone with a person who made increasingly sexual comments. That added to her concerns about reporting her experience at the college.

However, Jane was satisfied with the way Lincoln Land handled the situation. While Jane is no longer an LLCC employee or student, she said her reasons for leaving the school are unrelated to this situation.

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Importance of voting

Voting is more important than ever

**By Emma Shafer
Staff Writer**

Since our country was founded, voting has always been a controversial issue. Restrictive voting laws used to exist that limited the type of person who could vote; such as land ownership, gender, and race.

Now, in 2018, all of those requirements are gone. Anyone who is 18 and older is allowed to vote, regardless of any of the aforementioned prerequisites. However, only 56.9% of all eligible voters turned out for the 2016 Presidential Election, according to the US Elections Project.

That is abysmally low. That also means that only 27% of Americans elected Donald Trump as President. Whether you supported him or not, that number isn't enough to prove that he was the candidate that a majority of Americans supported.

Additionally, high voter turnout means that our government is much more representative of us as a people. When more people make their opinions known through their vote, it means that our officials are every bit more diverse and characteristic of every one of our citizens.

Young voter turnout is especially necessary in the times that we are living in. With college expenses rising throughout our country, young people need to get out and vote in order to voice our concerns with the unfair costs we have to juggle.

A complaint I often hear among young citizens is that the government doesn't listen to our concerns, and doesn't care about the issues affecting us. I refuse to believe that no one cares- but elected officials often focus on issues that are important to the people who vote them into office. When young people don't vote, there is no incentive or reason to implement policies that help our generation.

Whether one likes it or not, the potential policies that elected officials choose to implement will affect our lives for years to come. Voting ensures that your voice and opinions matter in those decisions.

A hot topic issue that arose after the election in 2000 and then again in 2016 is the electoral college system that elects America's president. According to CBS News in 2016, 54% of Americans believe that there should be an amendment to the Constitution that allows the popular vote to decide the presidency. Going forward, voting for candidates who support this change is the way to see the electoral college abolished quickly.

The only way to see change in our country that reflects your views is to elect someone who represents what you believe in. The Illinois Democratic and Republican general primary elections will take place on March 20, 2018, and the general election will take place on November 6, 2018. The website to register to vote is <https://ova.elections.il.gov>.

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Lamp seeks students to share stories

As of today we will have a locked, black, box in the library. You have the freedom to leave questions, requests for advice, stories, poems. It will be checked every Monday, Wednesday, and Friday, by staff from the Lamp. While we cannot print everything that is submitted, we will do what we can and look forward to seeing what you leave us!

Follow us on Instagram, Facebook, and Twitter @lampnewspaper!

Harassment

Continued from Page 1

One sign in the library has the correct contact person, Bedford. However, that sign was not there when first asked about by Lamp staff. Only after that inquiry were new signs provided to the library and hung on the bulletin board at the end of February, according to library staff.

The process to change signs takes time, and it began last semester, Bedford said.

"The posters have been distributed to all the departments and locations that Lincoln Land has," Bedford said.

The Lamp asked 12 faculty and staff to whom they would direct a student who reported sexual harassment. Answers included the police, counseling and student affairs, but only three specifically mentioned Bedford.

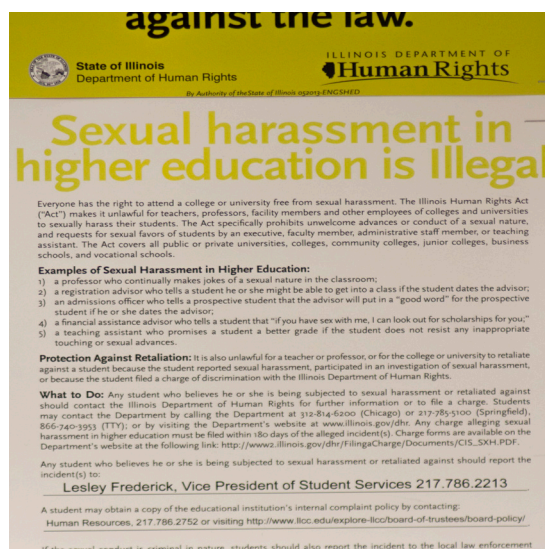
All of those venues would likely lead to Bedford, but all faculty and staff would be mandated reporters, required to inform Bedford regardless of whether or not the student sought further help.

When asked a follow-up question about Bedford as a proper reporting person, at least five said they had never heard of her.

LLCC board policy states students, faculty and administrators are expected to be knowledgeable about the college's policy on sexual assault and harassment.

"Shelby (Bedford) has done some training sessions with employees and will continue training and have more events in March," said Leslie Johnson, assistant vice president of student success. "She is also at the Sexual Assault and Violence Education task force events for students. We are interested in ideas on how to meet students."

Anyone wanting to make a confidential report can speak to counselors in Advising and Counseling. The two designated to maintain confidentiality are Claire Heffron-



An outdated poster with the wrong contact information to seek help due to sexual harassment. Located in a LLCC hallway.

McKinney, who can be reached at 786-2591, and Ryan Howland, who can be reached at 786-3676. Bedford can be reached in Menard 1145 or via phone at 786-4682.

"The problems this article identifies are problems we have identified ourselves, we are addressing it as quickly and thoroughly as possible," Bedford said. "We agree this information definitely needs to be out there."

Johnson said the process has been ongoing, and they have until May 30 to be in full compliance with state law. She assured Lamp staff that all incorrect information will be updated by then.

Kallie Cox can be reached at lamp@llcc.edu.

Students share plans for break

By Emily Smarjesse
Lamp Staff

SPRINGFIELD – With spring break right around the corner, students are preparing for their vacations while others are ready for a break from school work.

Maggie Jacobs an LLCC student, is walking in the St. Patrick's Day parade on March 17 in Springfield for students looking for a popular local event.

As much as she would love to go on a vacation, she said, "It is hard to take off work especially with having my own house and a dog."

Taking off work can be tough for

college students who have to pay bills.

But, spring break is a chance for students and faculty to take off work and go on a vacation. Whether that is a road trip to see family, or a plane across the states.

Shyanne Shymansky, a LLCC student said, "It is hard requesting off work." She gave her work a two week notice and was surprised they followed through with her request.

Shymansky, is flying out on Saturday the 10th to Scottsdale, Arizona to her aunt's house.

She plans on visiting with her aunt for a couple of days until they take a

road trip to Rocky Point, Mexico for the rest of her spring break.

Shymansky will spend her vacation mostly outdoors, hiking, horseback riding, swimming and laying out in the hot desert sun.

While she spends her time in Arizona, she has a tour set up with Arizona State in Tempe, Arizona. "My aunt is going to drop me off at the college and I am going to tour it by myself," said Shymansky.

Some students are spending their spring break looking at potential University's, those who are wanting to transfer to a four-year university after their time here at LLCC is

completed.

As for, Meredith Howard a LLCC student, is spending her spring break traveling across the states to tour a University.

Howard is touring Baylor University in Waco, TX.

She will be in Texas for four days and plans to make time to visit her friend who attends Baylor University and another friend who lives in Houston.

Jordyn Todd, a LLCC student, is driving south with two of her friends to Destin, Florida.

Over the course of four days, Jordyn said she plans to have a relaxing

vacation, spending every day at the beach.

She hopes to find a day where they can all go swim with dolphins.

"The trip is pricey but it is worth it because I am indeed of a beach," Jordyn said.

Maybe not all of the LLCC students have the chance to vacation this spring break, but for many, this is a much needed break in the semester! Enjoy the week off of classes, and try to relax by any means necessary.

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Tim Humphrey, dean of arts and humanities, talks with Andrew Kinsella, a 17-year-old high school senior.

Prospective students get a peek at what Lincoln Land has to offer

Dozens of students packed the A. Lincoln commons during one of LLCC's three annual Campus Visit Days on Feb. 19, providing information for prospective students who are just leaving high school or adults looking to further their education.

A multitude of representatives from each department of LLCC came to explain their area of academia to anyone interested. Arts & Humanities, Aviation, Culinary, Mathematics, Nursing are just some of the different majors and certification programs offered to prospective students.

Andrew Kinsella, from Taylorville high school, plans to attend classes at the main campus here in Springfield but also wants to take

advantage of her proximity to the Taylorville campus. She has her goal set to be a conservation officer and plans to do that with a Biology degree.

On the other side of the table, some students come to LLCC as a stepping off point in college to see what they are passionate about, all while earning college credits. Sam Kerr, a senior in high school says

"I don't really know what I want to do and I felt that it (LLCC) was a safe option."

Visitors are also able to pursue the student life that LLCC has to offer, clubs like the Feminist Activist Coalition and the Agriculture club were just a couple of the clubs talking with visitors. Campus Visit

Day also provides assistance for anyone who is trying to apply for classes, scholarships, or Federal Aid (FAFSA).

Lincoln Land holds a Campus Visit Day three times a year, starting in the fall and continuing through the spring and summer semesters.

Kyla Kruse, assistant director of public relations states: "We begin planning these events about a month after we wrap up the last one. It gives us time to reach out to traditional students but also non-traditional as well. Plus we also in our exhibit area we offer opportunities on learning about adult education and community education."

The next Campus Visit Day will be held during the summer semester.

What we talk about when we say love

By Avery Cook
Managing Editor

Love is such a weird topic as it is such broad topic that everyone has felt it in their life in one shape or another yet it is so personal that two people will not have the exact same experience.

That is what the evening of Feb. 17 entitled, "What We Talk About When We Say Love." was all about even though Valentine's day had past the month of love was not over.

Sponsored by The Department of Arts and Humanities and The English Studies Club and Feminist Coalition.

Participants got the chance to express their opinions and say what they thought of love whether it was

it was the story of pain, of pleasure, of contentment or longing.

These participants faced the unbelievable challenge of standing up in front of others and open themselves up to an audience that may or may not fully understand the meaning of what the speaker is trying to say.

The monologues and stories from that night seem to demand to be given thought by their listeners and made the audience consider their own ideas on love.

Libby Marks, audience member, shared her thoughts

"You could really tell that they put their own emotions into their writing and it takes guts to express those emotions"

The talented participants are as

followed:

Virginia Ferguson
Deborah Brothers
William Bradley
Ruth Souther
Teri Freesmeyer
Kallie Cox
Lucy Carley
Tim Crawford
Ted Morrissey
Brittney Fix
Larry Creviston
Izvangalina Silvermoon

I can only hope that this event is put on again next year and that perhaps more students will feel comfortable talking about love.

Avery Cook can be reached at lamp.llcc.edu

Chemistry Club hosts trivia night

By Avery Cook
Managing Editor

When the chemistry club first announced that they would be hosting a trivia night many here at the lamp assumed that it would be a night of all chemistry questions.

Thankfully we were wrong as it turns out that the chemistry trivia night had a variety of questions from Illinois facts, movies, Greek mythology and a whole host of other categories that go beyond chemistry for those who aren't science savvy.

Hosted by Jennifer and Michael Ramm trivia night was a chance for teachers and students to stretch their minds and compete against one another for a chance to win first, sec-

ond and third place and win prizes.

During one of the intermissions of the event the chemistry club put on a demonstration for the teams in the form of an experiment. For those of you who are familiar with the television show The Big Bang Theory you might be familiar with this experiment of mixing ordinary dish soap, hydrogen peroxide, and saturated potassium iodide to produce a large quantity of foam.

Along with the pizza and refreshments up for sale it all added up to a night of competitive fun for the participants with the money earned going back into the chemistry club.

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Povse

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that I could with continued persistence and studying, and that meant a lot to me."

Ryan Wilson, a former Lamp writer from 2013 to 2014 and editor from 2014 to 2015, explained Povse's teaching style: "He dedicated his time, his craft, and skill to making sure students were happy with their content and product. He would find a way to critique their paper but still able to make them smile and laugh at the same time."

Povse was passion about teaching, Wilson said.

"Paul not only helped you find your own voice," Wilson said. "But also (taught) confidence and how to make a student believe in them self."

Wilson's time on The Lamp staff was filled with many nights of laying out the paper with Povse. The two became close during their time working together. After Wilson transferred to the University of Illinois at Urbana-Champaign, the pair would meet up for the occasional sports talk.

"Whatever projects or stories we were working on, any idea I had, he would seem so excited about it, even when I didn't see the potential" said Jordan Minder, a former Lamp photographer and assistant editor from 2014 to 2015.

His openness and sense of care for people was visible among anyone who ran into him,

"Anytime I passed him in the hallway, he would stop and ask me how things were going, and even run a few ideas for the paper," Minder said.

Current Lamp adviser Tim McKenzie remembered meeting Povse at a



Former Lamp adviser Paul Povse with former Lamp student Ryan Wilson.

job fair while in school when Povse still worked for SJ-R.

"He encouraged me to apply for an internship with the SJ-R and its sister publication, the Peoria Journal Star. I wouldn't have known about the Peoria opportunity if not for him," McKenzie said. "Working at the Journal Star was one of the best learning experiences of my life as a reporter and writer, so I give him a lot of credit for being a key person in my professional development."

One of Povse's writing idols throughout his career was David Carr, a former New York Times journalist who passed away in 2015.

Ryan Wilson shared a profile about Carr on his Facebook page as a tribute to Povse: "I think Carr like Paul, was very human oriented, and they didn't let journalism override that they were human beings."

Povse is survived by his wife, Donna Povse; daughter, Nora Povse Lauer (Stuart); granddaughter, Evelyn Lauer; mother, Vivian Povse; sister, Arlene Beveridge; several brothers and sisters-in-law.



Two Chefs, Tyler Rowe-Owens, left, and Jayden Niehart from October loving what they do at Bistro Verde.

Niko Robledo/ Editor of Photography

Small taste of Bistro Verde

Burgers, baked goods, and more on what Lincoln Land's student run Bistro has to offer.

By: Emily Smarjesses
Lamp Staff

SPRINGFIELD -- Those walking into the Workforce Careers Center on a Tuesday afternoon, were bombarded by an appetizing smell.

Feb. 6 was the opening day of Bistro Verde at Lincoln Land Community College. It is a restaurant featuring freshly-made cuisine, prepared by the culinary arts and baking and pastry students, and managed by the students in the hospitality program.

Baking and pastry students hand make the soft bread served to patrons. Additionally, the menu has five appetizers, four soups and salads, five entrees and daily sweets to choose from.

The Bistro burger "reminds me of a Marriott burger," said Tess Peterson, an LLCC student who was trying the Bistro on its opening day.

The Bistro burger is \$10 and includes a side of choice. Also on the regular menu is a vegetable curry dish. This dish is only \$9 and topped with vegetables, rice and a spicy sauce.

Beyond the regular menu, the Bistro has specials each day. The kitchen provides choices for those who are vegetarian, vegan or having other diet restrictions.

"I had the Cajun pasta, and surprisingly, it was better than I expected," said Zach Weitzel, a baking and pastry student at LLCC. "The Bistro this semester is better than last semester."

Dewayne Painter, a Lincoln Land student has been at the college for a year and a half and is pursuing his career path in the culinary arts program.

"The Bistro is a great learning experience," Painter said. The students get to do the cook-



Niko Robledo/ Editor of Photography

Bistro Verde's door welcomes patrons to the student-run restaurant in the Workforce Careers Center.

ing, but it is guided by a professional chef.

Riley Camacho, a culinary arts student at LLCC, did not know what he wanted to do until one day his boss pulled him aside and asked him, "Would you like to try out cooking?"

He said he responded, "Yeah, that sounds fun."

Camacho said that since that day he has been

cooking and loving it.

Camacho balances four classes and work, but he is not currently working for Bistro. However, he is part of the Epicurean Club, hosted by LLCC, which raises money to go on trips such as to St. Louis or Chicago.

For anyone wanting to grab a bite to eat, it is highly recommended to make a reservation on

Tuesday or Thursday, that way they can head over to Bistro Verde just inside the entryway of the Workforce Careers Center. They don't do take out, so be sure to stop by. Food is served from 11 a.m. to 1 p.m.

Emily Smarjesses can be reached at lamp@llcc.edu.



Emily Smarjesse/The Lamp

A sign was set in front of Bistro Verde informing students and faculty of the opening day.



Niko Robledo/ Editor of Photography

The kitchen sits ready for student chefs and food preparation.



Niko Robledo/ Editor of Photography

The head chef, Jason Powl, writes a prep list for the next day.

Restaurant offers students experience

Restaurant offers hands on learning experience and knowledge to culinary students

By Shyanne Shymansky
Lamp Staff

Potential students are wooed by the facilities in the Workforce Careers Center.

"I knew the minute I toured the building this was where I belonged," said Katelyn Wittman, a culinary student for 2.5 years.

She said she became interested in the program when she found out there was a cheaper, closer option to attain her culinary degree.

For culinary and hospitality students, the restaurant in the Workforce Careers Center is a way to put the lessons they are learning into a real-world application. This spring, Bistro Verde -- a full-service, dine-in restaurant -- is completely student operated.

Students select the menu and divide into two groups to provide two differing menus, Wittman said:

"We create recipes that are in season. The choices are two soups, three salads, and three sand-



Niko Robledo/ Editor of Photography

Dining room at Bistro Verde.

wiches,"

The Bistro also has pastries, baked goods, smoothies, teas, and sodas.

"An average day for Bistro Verde is a four-hour class with a one-hour prep, a one-hour cleanup,

and then serve from 11 a.m. to 1 p.m.," Wittman said. "Typically, we serve faculty, students, and the public."

She said that she hopes to see it grow more for the public: "I would like to see more people

come into the program. It is a positive learning experience with an amazing work environment."

Brooke Gratton another culinary student said she has been attending LLCC since the fall 2015 and has a lot of knowledge because of her time in the program.

"If you're signed up for the class, participation is required to pass," Gratton said, but there are several students, two instructors and two LLCC workers who help out. One worker is a food runner, and the other is a prep and sanitation guru. It's really for students who want a certain degree in the program and need it for a requirement."

Something Gratton said she looks forward to is that students bring in new and fresh ideas for growth for fund raising and all around kitchen work. She also hopes that they keep an open mind to student opinions and ideas for the future.

"During your time as chef of the week you get to come up with

whatever it is you feel like would be a good seller in the Bistro," Gratton said. "I feel as if everyone chooses something that pairs with their personalities."

Students often pick themes when setting the menu, but that is not a requirement, Gratton said.

"We get paid by the experience of working in a real restaurant setting," Gratton said. "Bistro Verde is non-profit so any money that is made goes back into the program." Gratton said her favorite part about Bistro Verde is the freedom of being chef of the week and taking control of how the flow plays out and making executive decisions about specials and minor problems that may occur.

"It is definitely more than cooking. It's a drive to want to be in the culinary industry in any way shape or form," Gratton said. "If you're passionate about it, go for it."

Shyanne Shymansky can be reached

NHL has unusual season

By Noah Miers
Staff Writer

The 2017-2018 National Hockey League (NHL) season has been arguably the most interesting season in years. With the usual playoff contenders of the Chicago Blackhawks struggling to contend, teams towards the bottom rankings the previous year have emerged as playoff contenders.

The Nashville Predators have built off of their Stanley Cup run last year by leading the Central division with 87 points scored in 62 games. They are currently led by defense man PK Subban with 48 points, Filip Forsberg and Viktor Arvidsson, both with 42 points. The team really shined with their defense. Goaltending is led by Pekka Rinne, who's ranked fifth in save percentage with .929.

In third of the Central division, sitting at 79 points is the Minnesota Wild. The Wild is looking for a deep playoff run this year. Their main struggle all season has been keeping the puck out of their own net. The Wild are ranked ninth with most shots against and third worst shots per game in the NHL. Wild's offense has two scorers who is to finish with 30+ goals, followed by Eric Staal, 29 goals and Jason Zucker, 25 goals.

The St. Louis Blues has been caught up in a slump dropping eight-straight losses, but remain in the wild card hunt. With a 2017 acquisition, Blues acquired Brayden Schenn, who leads the Blues in points scored at 24. The Blues' franchise cornerstone player, Vladimir Tarasenko scored 24 goals and has 53 points on the season. The Blues costly problem is the goaltending. In the start of the season, Jake Allen only has a save percentage of .908 with only one shutout. Taking over the net for 27 games, Carter Hutton has a .938 save percentage which is ranked first in the league.

In an unusual situation, the Chicago Blackhawks sit at the bottom of the Central division. For the first time in 10 years, Blackhawks are expected to miss the playoffs. Their goaltender, Corey Crawford, was diagnosed with post-concussion symptoms before the new year against the Devils. And with no strong goaltender, the Blackhawks also struggled on offense. The Illinois native NHL team is ranked towards the bottom in goals for per game (2.81) and goals against per game (2.83). Set to miss the playoffs for the first time in a decade, standout rookie Alex DeBrincat is second in goals, 22, for the Blackhawks.

Coach Chad Jones discusses his passion for basketball

By Tess Peterson
Lamp Staff

Men's basketball Head Coach Chad Jones has been at Lincoln Land for a long time and we so lucky for it. According to lincolndlandloggers.com he has helped the team record its first ever back to back 20 wins seasons in 2004-2006, while also teaching physical education classes. I recently got a chance to interview the coach.

How did you get into basketball as a kid?

Chad Jones: When I was in third grade a traveling team in my hometown of Canton, Illinois was looking for coach for basketball team. My dad eventually took the position and ever since then I feel love with basketball and have playing ever since. My junior collegiate basketball career started when I was at Danville community col-



Jacob Fisher/The Lamp

Cole Greer, CJ Fleming and Brendan Hostettler return to the dugout on Feb. 25.

Loggers open season at .500

By Jacob Fisher
Sports Editor

To kick off a four-game series, the Lincoln Land Loggers found themselves fighting a three-run deficit that they overcame in the season opener.

The Loggers won Game 1 in the four-game series, 6-5, in a four-game opening weekend on Feb. 22-25 in Springfield. Lincoln Land also won Game 3, 10-7. The northern Illinois team would come back to win Game 2 at 10-7 and an error-ridden Game 4 at 8-5.

In Game 1, Kishwaukee took an early 3-0 lead off an RBI double in the first inning, and a two-run RBI double in the fourth.

Starting in the bottom sixth, Loggers found life off an RBI double from Rick Dour and an RBI single from Cole Greer. Staying a one-run game through 7, Dalton Fletcher would steal home and tie the game at 3 apiece.

With a tied game going into the eighth inning, the Loggers gave up a run. However, they answered Kishwaukee with several of their own runs. Andy Lopez brought in two on an RBI triple, followed by Jonathan Walder hitting a single to bring in Lopez. Lincoln Land held on to take the series opener, 6-5.

Game 2

After coming off a win, Loggers continued their momentum going into Game 2 against Kishwaukee. In the bottom of the first inning, Walder took a walk, getting a base runner on for the Loggers. With Walder on, Talon File hit a two-run home run to give Loggers the lead.

Loggers' lead continued to grow in the first with walks. With Chase Kuntzman hit by a pitch, Lopez was walked in to score. Then, Clay Bachman was walked to bring Fletcher across the plate to grow the lead to 4.

The Loggers continued to stay in control of Game 2 through seven innings. In the top of the eighth inning, Loggers gave up five runs



Shayne McNally throws a pitch in the Feb. 25 game against Kishwaukee College.

to Kishwaukee to tie the game. No runners were fortunate to reach for the Loggers in the bottom half of the eighth.

Going into the top of the ninth, Kishwaukee took the lead on a three-run RBI double. The Loggers were able to get two runners to reach in the bottom half, but failed to get any runners across the plate. Kishwaukee took Game 2, 10-7.

With the Loggers giving up five-run lead and losing the lead, Coach Riggle stated, "There is a shift of momentum from one dugout to the other."

Game 3

As the series between Kishwaukee and Lincoln Land is even at one apiece, Loggers look to take Game 3 and the series lead. The top of the first didn't go as plan for Lincoln Land, as they gave up three runs on two hits.

"Going into Game 3, we knew if we played well we would have a chance to win," Riggle said.

Going into the home half of the first, the Loggers gave their pitcher some help. File and Lopez got hits, sending a runner on base for Lincoln Land, followed by a walk from

Fletcher. John Plattner smashes a double to drive in two runners. Kuntzman would be the final Logger to get runs on the board with a single, getting two more runners across the plate.

Lincoln Land would give up the lead in the top of the third, as Kishwaukee drives in three runs to take a 6-4 lead. The Loggers would continue to trail by 2 until the bottom of the fifth. With men on, CJ Fleming hit a single to drive in Fletcher. To tie the game, Fleming came home to score on Johnny Steinwart's single.

To break a tie in the final inning, Kishwaukee would blast a homerun with one out. Loggers held the away team to that 1 run, and comes back to answer. Walder and File reaching on a single and Lopez hit by pitch to load the bases, Fletcher clears the bases on a 3-run RBI triple. Fletcher would soon later score on a balk. Lincoln Land takes Game 3 and the series lead, 10-7.

With a come-from-behind win, Riggle said, "I thought we played well in game 3."

Game 4

In Game 4, looking to take a series

win, Austin Chapman gave up two runs in the second inning. Loggers couldn't answer Kishwaukee and went scoreless through the home half. Chapman gave up a run on an error, and a sacrifice fly drives in the fourth run for Kishwaukee.

Loggers found life in the bottom third, and Fleming hit a single to drive in two and left Fletcher in scoring position. Brendan Hostettler would then drive Fletcher in on a sacrifice fly. Loggers were able to cut the deficit to only one run.

Kishwaukee would turn around and tack on four more runs and drive their lead to 8-3. Loggers could only get two runs across the plate in the sixth inning. With a lead-off walk and hit by pitch, Walder would drive in Rick Dour off a base hit. Fleming, who had a big game, drove in the final run for the Loggers, as Walder crossed the plate.

In a heavy error-based game, Loggers posted six errors in the loss. Kishwaukee took Game 4, 8-5 and even the series at two games apiece. The loss in Game 4 didn't upset the head coach, Riggle was happy to be back on the field.

Looking forward
Standout offensive players were Fleming who went 5-11 with four RBI and a .455 batting average and File who average .329, three RBIs and a homerun. On the mound, Rick Dour threw for six solid innings and kept Kishwaukee from getting an earned run.

Ben Johnson and Dominic Erlinger were standout players in the bullpen for the Loggers, as the two relief pitchers would get their first collegiate win in the series.

With a 2-2 start to the season, the Loggers are set to travel to Florida to participate in the Russ Matt Tournament starting March 3. Riggle said he hopes to see the loss in Game 4 help the team do better going to the Sunshine State.

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lege, then I played for the leathernecks at Western for two years.

What made you want to make the move to coaching?

CJ: Basketball has always been a great joy of my life, and coaching just seemed like the perfect fit. Before working at LLCC worked at Canton high school as an assistant coach and then I worked at Western for the same job.

How did you make the decision to work at LLCC?

CJ: My athletic director, John Spzia, from Danville told me about the open coaching position coaching job at LLCC.

What are some of your coaching techniques?

CJ: Lots of the techniques that LLCC uses are old school techniques, but we definitely keep up

with the fast pace of new ball techniques.

How do you go about scouting?

CJ: Technology has helped us a lot with YouTube videos of players and statistics. We also

look at what type of student our athlete will be. Also we are unique and look for more local players in central Illinois and the surrounding areas.

How do you manage your time between coaching, family life, and the classes you teach at LLCC?



CJ: My son Josh plays a lot of sports right now, but try to make to as many games I can by having early practice (for the LLCC basketball team). Also basketball is a family affair and my wife (Nicole Mann) is a very good basketball wife. It is also very nice to have most of my summer free to spend time with my family.

While in college at Jones earned a bachelor's in business and masters in sports management. You could also say he found his love for coaching while teaching at his two alma maters Canton High School and Western.

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Pictured on the right is LLCC student Erin Yan



Photos by Emily Smarjesse

Loggers celebrate the Chinese New Year

By Emily Smarjesse
Staff Writer

What does LAB stand for? LAB is the Loggers Activities Board which is a student-driven organization at Lincoln Land Community college. “The LAB helps organize and plan events that benefit the students in an educational way,” said Tristen Gilbert a LAB member and student at LLCC.

The LAB held an event on February 16 from 11 a.m. to 2 p.m. in the LLCC commons to recognize the importance of the day. China had their annual New Year celebration, similar to the New Year on January 1, celebrated by the U.S. and some other countries.

Crafts, free beverages and educational facts were provided by the LAB to the students of LLCC. Paper-cutting was one of the crafts used to decorate gates and windows symbolizing best wishes for people getting married. Another

craft students made was the Chinese knotting. The knot is made out of rope or cord and has its own symbolic meaning. Students could make their own Chinese couplets, used in some Chinese cultures, to hang wood on gates of homes warding off evil spirits.

The event was especially significant for Erin Yan, an international LLCC student from southern China. Erin Yan’s real name is Yan Yun and in the U.S. it is Yun Yan. Yan chose her American name, Erin because it has a familiar sound to her definite name.

Yan is holding her handmade couplet in the picture, reading in English, “All countless homes a new day dawns; old peach wood charms are replaced the new.”

Yan said, “The elderly put aside money for the children to give to them on New Year’s but once you are married, you do not receive money.” The LAB

used Yan’s way of celebrating the New Year by giving out red packets to the students that had a meaningful quote inside which symbolizes the packets of money given to the children.

The New Year is celebrated in various ways throughout China. The origin of Chinese New Year started many centuries ago with the fight against a mythical beast called “Year.” In some parts of China, the New Year is celebrated with a mascot beast representing “Year” in the Chinese New Year parade.

Terri Woelfel, a LAB member and a LLCC student enjoys learning about different cultures and is thankful to have met Yan through the LAB. Woelfel said “when Yan goes back to China for the summer, she will return with clothes from China for me and Tristen.”

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U.S. brings home gold at Winter Olympics

By Tess Peterson
Staff Writer

There were lots of firsts at the 2018 Olympic winter games in South Korea. One is America’s first gold medal, which was awarded to 17-year-old Red Gerard in snowboarding slope style. This year’s games also brought about new events for Gerard’s sport too. Four new Olympic events were added this year including big air snowboarding, big air freestyle skating, mixed doubles curling, and mass start speed skate races.

A different, but perhaps even more inspiring first would have to be the first openly gay athletes for the USA, Gus Kenworthy, (freestyle skiing) Adam Rippon, (figure skating) and the first black women to make the speed skating team, Erin Jackson, and Maame Biney. Other countries had firsts too, such as Pita Taufatofua, the first athlete from Tonga to compete in both the summer and winter Olympics.

Through these three weeks of determination and hard work, athletes and coaches from all around the world have inspired future winter Olympians and spectators alike. Their hard work, determination and endless hours of practice have brung people that they may not even know to tears when they broke a personal best or won those coveted medals that only so few in each sport get. So we should all take a moment and look back on some of the best moments from the 2018 Olympic winter games.

One of the most thrilling things to watch is the narrow close or best calls. NBC sports best calls and favorites were as followed. In Men’s Skeleton,

Yun Sungbin of South Korea won the gold and also set a new track record. The closest call would be the Men’s biathlon where it was quite literally a photo finish. Martin Fourcade won the gold for the French team in a very stretched out ski match, with Sweden bringing home the silver and Italy taking the bronze. Germany won a gold medal in bobsledding, but so did Canada, leaving underdogs such as Latvia with bronze and no silver. The last and my personal favorite close call were Jessie Diggins winning the gold for Team USA making some of her own U.S Olympic history.

In conclusion, we should try not to forget some of the older Olympians who have inspired many spectators and athletes in their sport. Lindsey Vonn and Shaun White who both went home with medals, Vonn took the bronze in the Olympic Downhill competition, and White won the gold in men’s halfpipe. That’s one, two, and three gold medals for White! We could not talk about Olympic snow without mentioning Nick Gaper, who won a silver in ski slope style. Expect to see him in Beijing in 2022! Finally, the Shib Sibs, Maia and Alex Shibutani, ice skated their hearts out to win two bronzes one for Team USA and one for themselves in the ice dance competition. But isn’t it so nice to have big stage events like these to celebrate the best of best in sport? I think yes because even though the Winter Olympics are only three weeks long, it such a beautiful thing to be united in cheering and happiness on the world’s stage.

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Protection and Prevention.

HIV/AIDS testing event raises awareness for safe sex

According to global statistics, 36.7 million people worldwide are currently living with HIV/AIDS. Many of these people are not even aware that they have HIV, the virus that causes AIDS, because its symptoms can take up to ten years to show.

On Feb. 7, National Black HIV/AIDS awareness day, the Black Student Union sponsored a testing and awareness day for HIV/AIDS with help from the Springfield Urban League in the Abraham Lincoln commons.

When asked what made them decide to organize the testing, Laurie Clemons of the BSU had this to say, "It creates an awareness, some people are not even aware that they have it." Vice president of the BSU Leah Frazier added: "We are doing this so people can be more aware of what they are doing, especially young people as they are more susceptible to STIs. We want to help them be educated."

According to the Springfield Urban League, while many cases of HIV are different depending on the individual, some of the most common signs of HIV are: fever, rashes, skin splotches, and flu like symptoms. These signs may not show for years and so many who have HIV/AIDS

Story by Kallie Cox
Lamp Staff

Photo Illustration by Niko Robledo
Editor of Photography

are living unaware.

The most common ways to contract HIV is from sexual contact, sharing needles (tattoos, drugs, ect.), and skin to skin contact. Skin to skin contact means a few different things here, it includes sharing razors and potentially cutting yourself on a razor that someone else had already cut themselves on, it also could be breast feeding where a mother who has AIDS passes that disease to their child.

You are more likely to contract HIV if you have unprotected sex, share sex toys, or if you share needles. When speaking to the Springfield Urban League, they said that the most susceptible demographics to AIDS are currently Hispanic and African men who have sex with other men.

The SUL advises that people undergo HIV/AIDS testing at least twice a year. If you cannot afford to regularly go to a doctor, many organizations will help you and can offer testing services. If you go

online and google free HIV testing services in Illinois, dozens of places pop up, including Planned Parenthood's Springfield Health center which offers STD and HIV testing that is free when financial need is demonstrated. To be tested with Planned Parenthood, simply go online to: <https://www.plannedparenthood.org/health-center/Illinois/Springfield/62702/springfield-health-center-3284-90430/std-testing-treatment> and book your appointment.

The easiest ways to prevent HIV are: Using a new latex condom every time you have sex, not having sex while impaired, not sharing sex toys, and by not using oil based lubricants.

In order to prevent more young people from obtaining HIV/AIDS, Sexual Education must reiterate how important safe sex is, how to have safe sex, and it must teach students about HIV. Don't be afraid to be tested regularly, as Alexis Morris, BSU sergeant at arms says: "People should never be afraid to be tested."

If you are diagnosed with AIDS, there is hope. New medication is being developed every day and you can live a normal life.

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