



Tyler Buske/The Lamp

Cambria Admire, an education major, studies math in the library. The college is changing how students are placed in math and English courses.

Workshop educates about consent

By Rosanna Cravens
Lamp staff

Inside the Old City Mall in busy downtown Springfield, the bleak corridor is artificially quiet. When the double glass doors close, a shout outside is muted and the blare of a horn abruptly ends.

Upstairs, tattered carpet lines the hall. Doors on the left bear signs stating progress is being made within. To the right are colorful waiting rooms with, by all appearances, second-hand furniture.

The work in this part of the building is not glamorous. Social service work rarely is. Though the job being done here at Prairie Center Against Sexual Assault can take the dedicated employees down dark paths, these men and women give life to the dusty, old building and light the way for the survivors they guide.

April is Sexual Assault Awareness and Prevention Month, and Clare Frachey educates students and arms them with the definition of consent.

Consent was defined as giving permission verbally and actively. A person sleeping, drugged or coerced cannot give consent.

One in five women in the U.S. have been sexually assaulted. One in three have globally. These drastic numbers reflect what Frachey and others call a “rape culture,” meaning an environment in which rape is normalized and pervasive.

This is the first year LLCC has held such a workshop. Jacob Deters, student engagement coordinator, and Shelby Bedford, compliance and prevention coordinator, teamed up to add the workshop to their Dine and Develop series.

Placement, continued on Page 3 Consent, continued on Page 3

College to use GPA

LLCC will make Accuplacer optional for new students

By Meredith Howard
Lamp staff

Lincoln Land will make the Accuplacer placement exam optional and use high school GPA for course placement instead. This change will affect students who enter the school in the fall 2019 and later.

“What national studies have shown, and that our own data seems to back

up, is that it’s (the Accuplacer) just a really horrible way to place students into courses. It’s just not very accurate. High school GPA is much more accurate,” said Vern Lindquist, vice president of academic services.

“This is not something people did intentionally. When these tests came out, college administrators thought this is going to be a way that they

can correct for what they perceived as being the inconsistencies between high schools.”

Some saw one high school giving higher grades for lower quality work.

Regardless of what high school a new student attended, their high school GPA will be the new standard measure of assessment, Lindquist said.

“Some high schools have a reputation of giving out A’s like candy. Even though that is a problem in the case that some high schools have easier grading than others, what the national data shows is that it doesn’t really matter as much as we thought,” Lindquist said.

Placement, continued on Page 3

Kari Grafton trains service dogs for self, others

By Olivia Hoots
Lamp staff

Imagine having anxiety and being in a public place where something happens that reminds you of a time in your life you would rather not remember. Then, your service dog guides you to a comfortable seat, puts you in a sitting position and performs specific tasks, such as putting its paws on you and licking your face and hands in order to help you cope.

This is what Kari Grafton’s service dog Pepper Potts has done for her. Grafton is Lincoln Land Community College’s Research and Analytics Associate.

Grafton once worked at a store that was robbed at gunpoint twice.

“It had gotten to the point where I couldn’t go out on my own,” Grafton said.

Grafton had other dogs before but never a service dog. She had trouble getting a service dog because “getting a fully-trained service dog is very expensive” she said. Instead, Grafton decided train a dog for herself. Grafton interviewed breeders, talked to a vet and accomplished training a dog herself.

“Pepper gave me my life back,” she said. “She is the reason I fell in love with training dogs.”

Pepper’s “primary tasks are to watch for PTSD

or anxiety attacks,” said Grafton.

Not only has Grafton trained Pepper, but she has also trained three others. Gannon is another dog Grafton has trained. Gannon specializes in human remains detection, nosework and open-barn hunts. In terms of human detection work, Grafton said, “If something comes up in my area, they can call me out to go work on a search.”

Grafton’s third dog was a “service dog for a girl with autism,” she said. Grafton got the dog at a shelter. Grafton focuses her training “psychiatric work and scent work.”

“I am on my fourth one,” Grafton said, “I am still pretty new at training.”

That dog, named Zelda, is 8 months old and being trained for psychiatric and retrieval tasks.

“There’s a lot that goes into it,” said Grafton. Grafton gets the dogs at about 8 weeks old, and Grafton will “start training pretty much immediately,” she said.

Grafton teaches the dogs commands for going to other rooms. If you tell the dogs a specific room they will go to that room, she said.

Service dog, continued on Page 3



Olivia Hoots/The Lamp

Kari Grafton and her service dog, Pepper.

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

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Editor bids farewell to Lamp

By Meredith Howard
Editor-in-Chief

I am sad to say this is the last issue of The Lamp that I will help produce.

I have learned a lot during this past year. When I first started writing for The Lamp, I was a business major.

After writing my first three articles, I knew I wanted to be a reporter. I changed my major to journalism, and I began to explore my writing in a completely different way than I had before. I used to think of writing as the 3-hour process it took me to get an A on an English essay, but I have since come to realize the amazing tool that writing

can be, and that it can make tangible change within communities.

And The Lamp has done more for me than just improving my writing skills. I have also become more confident through having to approach strangers on a regular basis and ask them seemingly strange questions, like if I can take a picture of them studying. (I'm talking about your writing class, Tim.)

I have become more involved with Lincoln Land as a whole by taking photos and asking students if they like free food every time Dan Herbst came to provide the student body with walking tacos or some form of waffle.

I've attended events I otherwise wouldn't have gotten to, and I got to attend three Illinois Community College Journalism Association conferences with some of the coolest people I've met at LLCC. I even got to listen to a lecture from Glenn Kramon, a former assistant editor at The New York Times!

Another thing I've learned from The Lamp that I can't forget is definitely how to stay sane during late production days. (Voters guide, anyone?)

I've had the opportunity to learn from some awesome people, and I will definitely be reading thelamponline.

com while I continue my journalism education at Baylor University.

I will be interning at the Illinois Times this summer, then I will head to Texas in August to earn my bachelor's degree in Journalism & New Media with a minor in political science.

I will dearly miss my time here, and I thought it only fit to end my tenure at The Lamp with a quote from the infamous Brenda Protz.

"You can take the girl out of The Lamp, but you can't take The Lamp out of the girl."

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Opinion: Students need more options

LLCC should accept credit from out of state

By Emma Shafer
Lamp staff

I spent this semester in Cape Town, South Africa seeing amazing things, meeting new people and working an internship with a social enterprise.

I sought out an internship abroad after I learned that I would be able to finish my Associate of Arts in a year and a half instead of two years, with only one credit to spare.

It seemed incredibly easy when I asked my adviser if I was able to receive work credit through LLCC, like I had done previously for an internship worked in Springfield. He signed the form almost immediately and seemed excited for the opportunity I had.



Submitted photo

Emma Shafer poses on Table Mountain in Cape Town.

nity I had.

However, three weeks before I was set to leave, I was informed that I would not be able to earn credit for my internship because it was not only out of the country but also the state. LLCC only offers work credit for jobs that are worked in the state of Illinois. In my opinion, that's put-

ting each student that enters through the doors of Lincoln Land at an immediate disservice.

I was lucky enough to have the opportunity to go to South Africa, and also lucky that I have an internship that I can work back in Springfield after my trip that fulfills the credit requirement I need. Other students

may not be in a similar position and would not be able to work a job out of state or country if it meant not getting college credit.

According to the Atlantic magazine, seven out of every 10 students work while enrolled in college. This means summer jobs and internships as well. If a student finds a dream internship/job that's out of state, it's ridiculous for LLCC to deny them credits that they would need in order to take the position.

Previous work experience is preached to be incredibly important when entering the full-time job market, and Lincoln Land denying that in any way to students seems to be the antithesis of career training that the school stresses that it provides. Moving forward, I believe that Lincoln Land should provide work credit for out of state positions alongside in state.

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Lamp wins awards at statewide conference

Lincoln Land Community College's student newspaper, The Lamp, won 19 awards, including six first places, at the Illinois Community College Journalism Association Spring conference, and the student paper's editor won the first scholarship ever awarded by the journalism organization.

"Six first-place awards is amazing. We had an awesome year. This is the most awards we have won in the five years I have been advising the newspaper," said Tim McKenzie, adviser of The Lamp and professor of journalism and humanities. "We had an incredible group of students who spent lots of time encouraging one another and doing great journalism."

The awards were presented for the best work during 2018 at the spring conference held April 12, 2019, at Grizzly Jack's Grand Bear Resort in Utica, Illinois.

Meredith Howard, who is editor-in-chief of The Lamp, was awarded a \$500 scholarship.

This was the inaugural scholarship, McKenzie said. Each member school of the statewide association could nominate a student with a personal essay, adviser recommendation and portfolio of their work. A group of professional journalists reviewed and selected the winner.

"Meredith is a deserving winner," McKenzie said. "She sets a high standard for future recipients of the scholarships. She has grown a lot as a journalist, and I'm certain she will continue to grow as a writer and editor."

Howard has been taking classes at Lincoln Land for three years. She is a homeschooled high school student



Lamp photo

Lamp staff hold up 19 awards won at the Illinois Community College Journalism Association conference on April 12, 2019, in Utica, Illinois. Front: Tess Peterson; Regina Ivy, assistant editor; and Rosanna Cravens. Back: Tyler Buske, assistant editor; Tim McKenzie, adviser, Ryan Scott; Sage Gass; and Meredith Howard, editor-in-chief.

who takes classes at the college. She plans to attend Baylor University in Waco, Texas, next year and major in journalism.

As for the awards, three staff members, Kallie Cox, Meredith Howard and Zach Aiello, won first place for news story of the year. The three wrote articles on one topic, all of them were on issues related to the #MeToo movement.

Cox won two additional first-place awards for a single news story and for a staff editorial.

Emily Smarjesse also won a first-place award for feature writing about a student at LLCC who is continuing to pursue a degree while waiting on

a kidney transplant.

The judges wrote in comments: "This is a powerful story with compelling details and effective use of multiple sources. Well done!"

Another first-place finish went to Noah Branson in sports feature writing for an article about student athletes choosing community colleges.

Former co-editor and editor of photography, Niko Robledo won five awards, including first place for page design.

"This bright, colorful page draws the reader's eye with big art and clean typography. Some of the most difficult pages to design are those with boring art," the judge commented. "... The

designer did a great job making a full-page package out of that art."

Robledo also won third-place and honorable-mention awards for feature photos. He also won honorable-mention awards for front page design and feature writing.

Emma Shafer won two second-place awards for news column and staff editorial. Avery Cook won second place for headline writing.

In addition to a shared first-place award, Aiello took home second place for reporter of the year, a prize given for the community college journalist who produces the best portfolio of work. He also won second place for a single news story. Aiello graduated in 2018 and was the editor-in-chief for 2017-18 school year.

Tyler Buske, assistant editor for The Lamp, won third place for page design.

Howard is the current editor-in-chief of The Lamp. In addition to the shared first-place award, she also earned an honorable mention for sports column.

The staff took home second place in the Mike Foster General Excellence Award and an honorable mention for its website.

"It's always great to win a general excellence recognition and a staff award for the website," McKenzie said. "Those are awards that are only possible because you have an entire staff contributing, and we have had an amazing staff, doing some awesome work as a team."

Additionally, McKenzie was elected as a vice president of the Illinois Community College Journalism Association.

Lincoln Land students take summer classes

By Sage Gass
Lamp staff

When the humid heat of Illinois summer sets in, most students get a break from school -- but not all of them.

Summer classes at Lincoln Land start in June, and registration is already open.

For some people, summer is the only time that school is a possibility.

"I save up almost all year so I can take a few classes at a time during the summer," Hannah Mae said. "I had to move out at 18, and I can't afford loans so I save up so I can pay out of pocket. It's really convenient for me because the shortened semesters and online classes make it so that I can manage my own time but

get through my classes quicker."

In 2018, the total enrollment for online classes was 9,009.

Summer classes often offer students the opportunity to make themselves a financial cushion for when they transfer to a four-year university.

"I took a lot of my gen eds through LLCC before I started at my freshman year at my university. Because I knocked out a lot of those classes, I cut the cost a lot because I didn't have to spend as long there," said Kaitlyn Sutker who is currently attending veterinary school in Michigan.

These summer classes offer opportunities to students like Sutker, but they also can help

some students get a more personalized education.

"I was taking statistics at the time, and I was worried that because of the short semester it would be harder on my grade. But my teacher actually made sure we were following along, and I did a lot better than I normally would have because of how small the class size was," said Emaleigh Berry who is graduating from the University of Illinois at Springfield in the fall of 2019.

"The class sizes themselves benefited me more than anything."

Summer semesters also offer a chance for students to take classes that they wouldn't normally attend during their regular semester:

classes just for enjoyment.

"I took a psych class I really enjoyed during the fall, but the teacher wasn't offering anything else until the summer that worked with my schedule," said Maria Naumovich.

"I just wanted to take something of hers again so I decided to enroll in her summer course."

Registration is now open through WebAdvisor for summer 2019 courses. Students can also meet with their adviser to schedule an appointment to discuss whether summer classes are the right option for them.

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Placement

Continued from Page 1

Lindquist provided The Lamp with a copy of a PowerPoint presentation that cited some of the "national data" that administrators have been referring to make placement decisions.

This data showed, among other things, a 36 percent increase in placement to college-level English courses from "historical placement" to high school GPA, and a 25 percent increase for math.

However, high school GPA might not be the best indicator of success for high school freshmen and sophomores.

"We're going to try to use whatever measure we think is going to be the most accurate. But it may be the case, that your GPA you know two years in (to high school) is not going to be a very accurate measure of how well you're going to do. In which case, maybe we'll pull the plug on it," Lindquist said.

"For students that are taking courses in dual-credit in their high schools though, I think we have to assume that their high schools understand their abilities pretty well and they're not going to want to put those students into classes that they're not going to be successful in."



Tyler Buske/The Lamp

Aiden Meyer, biology major, studies math in the A. Lincoln Commons on April 23.

Students will still be able to use the Accuplacer and ACT as previously

if they do not wish to be placed according to their high school GPA.

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Consent

Continued from Page 1

"LLCC's Compliance and Prevention office has been great in providing educational opportunities like this for our students and (the) Student Life office is proud to support these efforts," Deters said.

The workshop delves into unexpected realms, such as the 'man box'—the image men have been raised to uphold. The toxic idea that men should not cry, should not express themselves and doing either makes them less of a man—the 'man box' is a mold into which men have been shoved by society.

"Being vulnerable is one of the strongest things you can be," Frachey said.

"I think our students had the wonderful opportunity to learn that prevention of sexual assault starts with all of us understanding consent and respecting every person," Deters said. "I would love to see this continue as well as other topics around consent, preventing sexual violence and bystander intervention."

Frachey poses the question, "When we don't know what consent is, how do we know rape?"

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Service dog

Continued from Page 1

Grafton also said she teaches her dogs bite inhibition.

"I teach mine how much is OK," she said.

Grafton gives the dogs a good "ouch" sound, so the dog knows when their bite is too hurtful. Grafton said that the dogs must "know how much is too much" but still need to bite in order to defend themselves. Grafton mentioned that her dogs Pepper and Gannon don't do it but she had one dog that would grab her by the hand with its mouth and lead her.

Grafton also likes to train her dogs by playing a bunch of little games with them with scents. Grafton puts different scents on Q-tips in containers and hides them for her to find. Grafton begins with lots of a scent and then works smaller with the amount of scent she puts on the Q-tip.

"Once they learn how to find a scent," Grafton continued. "Each subsequent scent is easier and easier."

The dogs begin the Q-tip training inside, but as they advance to detection work, it can be outside.

It "could be anywhere," said Grafton, and we "have a number of places that we practice."

One place Grafton likes to take her

dogs is to a junk yard where they can work on searching through vehicles. There is also a 30-foot pile of rubble where the dogs can look for scent, she detailed.

Another important detail about training service dogs that Grafton emphasizes is that "if it's pouring rain outside or you have a broken leg, you train the dog, no stopping."

The only time Grafton does not train is during recovery after the dogs have been spayed or neutered.

"There is a lot that people don't think about" Grafton said. Some of the things she mentioned were if the dog must go to bathroom or there is hot pavement.

Also, Grafton wants people to know that when someone has a service dog, the owners have to remember that they are now about a foot wider and a foot or two longer, so it is harder to maneuver through large crowds.

Grafton likes to participate in dog sports. She said that it is good for bonding and learning. It also consists of different training styles and helps to show how dogs learn, Grafton said.

Someone who Grafton has trained with and learned from is Susan Duke, a wildlife grant administrator for the Department of Natural Resources.

Duke has trained DSD, Disaster Search Dogs.

"Being an animal lover, I had trained horses and some dogs," she said, "I decided to try training a DSD.

Duke said she "also got into breeding search caliber dogs" after finding out how difficult it is to find the perfect dog.

"I breed German Shepherds as Cadence Shepherds" Duke continued. "The next litter of high-powered dynamos is due the first week of June 2019."

Duke also mentioned that most of the dogs she has bred are public service dogs that have seen work as search dogs or as police canines.

"One of my pups was chosen as AKC Ambassador to U.S. Congress one year," Duke said.

Duke said she has "trained with the National Association of Search and Rescue (NASAR) and eventually attained the highest certification level.

"Service dogs change lives for the better. Regardless of their job," Duke said. "The tasks they perform enable humans to live a better life. They are the great equalizer."

Duke has greatly influenced Grafton, who wants people to know her story and understand the purposes for service dogs, as well as the hard work that goes into training them.

One Lincoln Land student who has a service dog said, "They help their owners who need them, and they're not just pets. They're more than pets."

Lincoln Land Community College allows service animals on campus. Students who own service dogs are encouraged to identify with Acces-

sibility Services to see that the dog as a service animal is required and to see "what work or task the dog has been trained to perform," said Kim Eddings, the LLCC Accessibility Services coordinator.

LLCC Accessibility Specialist Kim Alexander said that "students utilize service animals for a variety of different reasons and purposes to support them in daily living."

Service dogs are a big part of so many people's lives no matter where you are. However, people who do not own service dogs do not always understand their purpose or know how to behave around them.

"I wish that they would teach us more about why people have service dogs and their etiquette," said Sage Gass, a Lincoln Land student.

Grafton hopes to change this common outlook. Grafton has brought her dogs to Lincoln Lands Welcome Week and set up tables as well as demonstrated scent work. She plans to bring them back to Welcome Week this coming fall, as well.

"I go to schools and talk about what they do" Grafton said. "I give some demonstrations, stuff like that."

Grafton also wants people to know the etiquette and shares that on her website trainingsuperdogs.com. The website says, "The public should not touch, make noises at, or call at the dog" among other things because it can be distracting to the dog when the

dog is trying to perform its duties.

Service dogs are a big part of their owners' lives. They have a greater purpose than regular dogs because they're doing a job every day. They help Grafton when she is in need, and Pepper needs to be with her when she is in public or at work.

Grafton always brings her dog to the college. Her job at Lincoln Land requires her to take the data the college has on itself and find data from other colleges and study it.

"Most of what I do is for reporting on decision making," she said.

"Pepper is always a participant in IR meetings, and she always puts smiles on our faces," said Cody Cox, LLCC statistician and co-worker of Grafton. "Kari is a very hard worker, and she is a good member of our team."

Grafton has not allowed one part of her life to keep her from functioning just like everyone else. Pepper has allowed her to have job at Lincoln Land, and she has used her experience to motivate her to train other service dogs.

"Pepper literally gave me my life back," Grafton said. "Before I got her, I had gotten to the point where I couldn't leave the house by myself except for work. Since getting Pepper, I have been able to live normally again, just with a dog as my sidekick."

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Tess Peterson/The Lamp

Zac Harness and Asher Selvaggio participate in a sword fight.

'I am Jeanne' at LLCC

LLCC's Theatre Department will present "I am Jeanne" at 8 p.m. May 2 to 5.

The performances will be

staged in the lower level of Sangamon Hall South.

The ensemble cast created the play about infamous female pirate Jeanne de Clis-

son through a collaborative effort of the cast and crew.

Tickets are \$10 and may be purchased at www.cutl-assartists.com.



Riely York shows off her strength in a scene.



Shannon Anderson fixes the lights for rehearsal.



Photos by Regina Ivy/The Lamp

Campus turns 'Awareness into Action' for Sexual Assault Awareness Month, Student Life provides snacks and crafts for students on campus.



Regina Ivy/The Lamp

Eric Wheeler participates in Sexual Assault Awareness Month activities.

Around campus



Meredith Howard/The Lamp

A woman waits for food in the A.Lincoln Commons.

Club provides opportunities for students

PTK members achieve through scholarships

By Sam Lipp
Lamp staff

Lincoln Land has many different organizations and clubs that students can join on campus, but none may be as prestigious as Phi Theta Kappa, also known as PTK. "PTK was a great way to get involved at LLCC," said Catherine Whittler, a former member who graduated in 2017. "I had the opportunity to travel and work on multiple projects that helped me develop leadership and project management skills that went beyond the classroom and make plenty of new friends along the way."

Whittler joined PTK her first year at LLCC and loved the environment it created for her and the opportunities it allowed for her.

"I love PTK because it pushes community college students to achieve both academically and professionally," Whittler said. "I did

not expect an opportunity like this when I first started at Lincoln Land and I would encourage anyone who wonders if joining is worth it to just do it and get involved in something bigger."

PTK is an honor society for students who are enrolled in two-year colleges throughout the world that recognizes academic achievement.

The organization has chapters in the British Virgin Islands, Canada, Germany, the Marshall Islands, Micronesia, Peru and Palau.

PTK offers many different opportunities for students attending colleges such as transfer scholarships, new friendships and leadership skills that can last someone a lifetime.

To become a member of PTK, you must have a cumulative grade point average of 3.5 or higher at LLCC, must have earned at least 12 credit hours at LLCC and must currently be enrolled in a class at LLCC.

Joining the club after meeting the requirements is as easy as checking your email and seeing if PTK has sent you a message – generally

about one month after the semester has begun – to see if you have met the entry requirements. After that, you need just to pay a one-time membership fee of \$75.

Claire Gordon, professor of speech communications, took over advising PTK in 2014.

In 2018, PTK set up a pledge board in the A.Lincoln Commons in which members had students sign their names and pledge to finish their degree at LLCC, Gordon said. Small events like these can help inspire students to hold themselves to something.

"By pledging to the board and actually writing down a commitment to finish students are more likely to carry on with their studies because it makes them feel included in something bigger," Gordon said.

Gordon loves leading PTK at LLCC because she likes to see the students grow and learn with each other as leaders and create a sense of community within the college.

"It's good to be in an organization that wants to make a change in the community and create leadership skills that can last the students

through their whole life," Gordon said.

The community project, hosted by PTK in 2018, was a diaper drive for the Mini O'Beirne Crisis Nursery Center in Springfield. The center is for children who were raised in abusive homes and drug-abused homes, offering them a safe place to grow up.

PTK led the drive and collected donations from staff and students who were willing to give. The LLCC chapter collected diapers, cleaning supplies, and canned goods that would all help the kids at the center who are in need.

Current president of the LLCC chapter, Ryan Archibald, credits PTK for allowing him to network with other students and communicate better.

"As the president of an organization, I will have to communicate with faculty and other students and PTK has always been a high priority of mine while attending LLCC, Archibald said. "The hallmarks of scholarship, leadership, fellowship and service have helped me become a more well-rounded individual as

it has for many other students, as well."

PTK held their induction ceremony for new members on April 22 in the Trutter Center at LLCC.

There are about 600 students currently eligible for PTK and about 200 current members.

Former PTK member Whittler now double majors in supply chain management and marketing at the University of Illinois at Urbana-Champaign with a scholarship that she earned through PTK. She said the skills and tools she learned with PTK have helped her at lengths when tackling new projects in her academics.

She says the friends that she made along the way are one of her favorite parts of the organization. One of her chapter friends is Josie Smith.

Smith said that PTK allowed her to build the leadership skills she is using to be a teaching assistant at SIUE in biological sciences. She also said that earning a scholarship from PTK helped her attend her first-choice university.

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Season brings high hopes

After great season, Women's basketball looks for more next year

By Ryan Scott
Lamp staff

The 2018-19 Lincoln Land Loggers women's basketball team saw some huge changes with Doug Jones taking over the coaching position after coaching the men's team for 17 seasons.

Jones previously set the career-wins record for the men's team and also played Division I basketball at Western Illinois University.

Jones said he learned a lot of his coaching

mentality from his playing days when he took note of what he liked and disliked about his coaches, and he tries to implement what he liked in his style and game plans.

The Loggers were able to finish the season with a strong record of 27-4 and were just one game away from making NJCAA Nationals. Three of those four losses and the tournament loss came against Illinois Central College who was ranked No. 1 in the country at the time.

A large reason this season was so successful was the former head coach Gary Albert staying on as the assistant coach. Jones said that made the transition for him taking over as head coach a lot easier. It made the transition easier for the sophomores who had played with Albert as head coach in their freshman years.

There were some system changes made this season implementing a faster tempo offense and working on a stronger defense, Jones said.

Sophomore Guard Madison Jones said, "It took a lot of hard work and dedication."

Once they learned the system, they quickly became a better team, Madison Jones said.

Jones and Freshman Forward Hannah Wallen agreed Coach Jones did great in his first year ever coaching the women's team.

Coach Jones is not going to take it easy next year just because of success in his first year. He still has things to learn and strategies to test in upcoming seasons.

Coach Jones said it will be tough replacing sophomores next year, but he thinks that the incoming players will fit his system well and

improve the team.

The team this year had a lot of production from freshman and All-American Katryel Clark who will be returning for next season, Coach Jones said.

Coach Jones expects more from them but more in team leadership and less on the stat sheet as he expects opponents who have seen this year's freshman already to game plan to try to slow them down next year.

On next season's expectations, Wallen said she expects the team to "dominate" and has strong expectations come tournament time.

On next year and beyond, Coach Jones thinks that the team will be able to win a conference championship and hopes for more.

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Loggers to make changes

Men's basketball ends season at 5-24

By Ryan Scott
Lamp staff

The Lincoln Land Loggers men's team saw big changes as long-time coach Doug Jones became the women's coach. The Loggers had big shoes to fill and definitely found a deserving replacement in Chuck Shanklin.

Shanklin has made two appearances at state in the high school level. The first time as the head coach of the Lanphier Lions in 2012, where they finished fourth, and the second as an assistant coach of the 2017 Southeast Spartans, in which Southeast brought home a second-place award.

Shanklin said that high school basketball success gave him a good reputation going to the college level.

On the difficulty of coaching at the college level he said, "I knew that it was going to be a transition, but I didn't know it would be that much of one. I really learned a lot in my first season."

Injuries plagued the Loggers of 2018-19 as they finished the season with a disappointing record of 5-24.

Freshman Forward Benji Eaker and Freshman guard Jordan Brooks have belief that the team can turn it around and don't blame Shanklin for the record in his first season. He started developing a completely new system this season and is preparing them well for success next year.

Shanklin has big expectations for his freshmen entering their sophomore season. A lot of the production this season was by sophomores but still a lot of freshmen played quality minutes and have learned what it will take to win at the college level. Also, he is optimistic that they are able to recruit some of the students athletes they're after.

On areas in need of improvement, Shanklin pointed out flaws in rebounding and defense as a whole. He also would like to see the team get more athletic before next season.

Brooks pointed out the same things rebounding and defense as key problems.

The team needs "size and good recruits," Brooks said. The team could "surprise a lot of people next season".

Shanklin believes he can help make the Loggers a winning program and have them competing for conference championships.

On expectations for next year, Eaker said he believes they can win the conference championship but knows it will be a big challenge.

Brooks agreed that he hopes "to put the first men's basketball banner in our gym."

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Tyler Buske/The Lamp

Loggers women's basketball players take to Cass Gym for practice during the offseason in Cass Gym on Monday April 22.

Students find place to stay fit

Fitness options abound in the Springfield area

By Annie Staley
Lamp staff

Physical education has been on the rise. College students are more involved in gyms, yoga studios and other types of exercise than ever before.

Not only does working out help on a physical level, but it also out helps improve your mind, memory and focus. A study done by Purdue University shows students who work out at their campus gyms are more likely to be better in the classroom. The study also shows students who worked out once a week saw significant improvement in grades v. students who did not go to the gym at all.

Luckily for LLCC students we have a gym on campus. Lincoln Land's gym is the Cass Gymnasium. Students must enroll in ESS 112 (physical conditioning) or ESS 113 (strength training) in order to be able to have access to the gym. Students here say it's easier to exercise when there's a gym on campus because they can work out between classes.

To cost-conscious students who would like to be involved with a gym, there are options available for not too heavy a price.

Planet Fitness is only \$10 a month to join, which is one of the best options for students (and their wallets). LLCC students said they were attracted to not only the affordable price, but also the warm greetings from the employees at this "no judgement zone gym".

"It's nice not to be judged when I work out and be in a comfortable environment," said Jerome Johnson.

The gym's goal is to not only offer low prices

but a helpful staff to help welcome you into your healthier lifestyle. The gym offers weekly group classes which makes it easier make gym friends who can encourage you in your fitness journey.

The locker rooms have showers and an area where you can check your weight. They also offer locks for your locker for extra privacy and spots to hang your keys while working out.

Planet Fitness also offers a Black Card for \$21.99 a month. Black Card holders have exclusive benefits such as fitness training, unlimited usage of their hydro-massage, tanning, and 20 percent off of Reebok products. Planet fitness is a 24/7 gym which is helpful to all nighters and students who work late.

Another Springfield gym option is the YMCA. There are two Y locations in Springfield. One is downtown and will be renovated soon, and one is on the west side of town. YMCA membership allows you to work out at any Y location.

Y's offer many class options. Among these are cycling, Zumba, yoga, pool workouts, cardio, and boot-camps. They also offer open swim times. Additionally, the Y has CPR training that non-members can take part in.

And for college students who are parents, the Y offers child care for while you are working out.

The Y offers a multitude of memberships. Memberships for 8-18 year olds who have not yet graduated high school are \$15 per month. Memberships for 18 year olds who have graduated high school through 23 year olds are \$34 per month, and memberships for customers over the age of 23 are \$45.50 per month.

The Y also offers bundled memberships for families.

The Kerasotes Y is open 5 a.m. - 9:30 p.m. Monday-Friday, 7 a.m. - 7 p.m. Saturday's, and noon to 7 p.m. Sunday's.

The Downtown Y is open the same hours with the exception that they close at 5 p.m. on Sunday's.

LA Fitness, located in White Oaks Mall, is another gym option.

LA Fitness prices are \$29.99 a month for the multi-club and \$24 for the singles club.

The gym has a five-day workout guest pass to give your guest as much time to enjoy the gym and, hopefully, want to join, as well.

LA Fitness is open 5 a.m. to 11 p.m. Monday to Thursday, 5 a.m. to 10 p.m. Friday and 8 a.m. to 8 p.m. Saturday and Sunday.

Fit Club is a gym that has been a part of Springfield for more than 11 years, helping college students and anyone reach their fitness goals with great hours for the West and South locations.

Fit Club North is open 24 hours. Fit Club West is open from 5 a.m. to 11 p.m. Monday through Friday. Weekend hours at Fit Club West are Saturday 5 a.m. to 8 p.m. and Sunday 7 a.m. to 8 p.m.

Fit Club South hours are Monday through Thursday 5:30 a.m. to 10 p.m., Friday 5:30 a.m. to 9:30 p.m., Saturday 7 a.m. to 6 p.m. and Sunday 9 a.m. to 4 p.m.

Fit Club offers one-on-one personal training, nutrition and weight loss, group exercise, swimming and even Rock Steady Boxing.

Not only does the Fit Club focus on health they have three locations for you so no matter where you're at you have a gym nearby, with Fit Club North being the smallest of the bunch. Fit Club West and South offer pools.

The classes on the West side are known to go fast so to reserve a spot and make sure to go in early. Fit Club membership is \$49 a month.

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LLCC offers training

Safe Zone teaches about LGBTQ+ issues, rights

By Regina Ivy
Assistant Editor

On Tuesday, March 19, students and faculty alike were offered the chance to learn more about the LGBTQ+ community and how to be more inclusive toward them.

This training, hosted by Student Life's Jacob Deters, was dedicated to making better allies out of the LLCC community.

Student Life, an organization

dedicated to the enrichment of the Lincoln Land campus, made sure the workshop included lots of information about the LGBTQ+ community.

Some topics covered included terms associated with the community, the fluidity of sexuality and gender identity.

The Safe Zone training was an event brought up by the Safe Zone project, which is devoted to creating more inclusive communities out of school campuses and workplaces.

It is an opportunity to learn more about what it means to be someone of a different sexuality or gender, as well as an opportunity to learn how to interact with them in a way that is respectful and fair.

The participants spent two hours

learning and becoming more aware of the issues facing LGBTQ+ students.

The environment was set up so that participants could discuss and listen to both the presenter and one other.

Safe Zone trainings are meant for anyone who wishes to know more and wishes to actively do something to show support for the LGBTQ+ community.

No previous knowledge about LGBTQ+ terms was expected.

It was a place where it was totally acceptable to ask questions and share experiences, but also to build up better allies for this growing community of people.

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Christian Club seeks members

By Olivia Hoots
Lamp staff

Former student Theo Graff found a place at Lincoln Land that he felt strengthened his Christian faith and made him a better person.

Graff joined the Lincoln Land Community College Christian Student Fellowship during his first semester and he participated in the club for two years, eventually becoming the club's president.

The club is centered around Christian beliefs from the Bible and growing in a relationship with Jesus.

"If I had to do it all again, I would do it in a heartbeat," Graff said.

When Graff was starting at Lincoln Land, the Christian Student Fellowship was being revived by adviser Chris Barry, director of retention and student success. According to the club's website, the fellowship "exists to create an environment where students can encounter God and grow in their faith."

All students are welcome to attend meetings.

"We do seek to provide a place for those who want to learn about Jesus, the Bible and Christianity," Barry said. "We also want to provide a place where students who identify as Christians have a place to hang out with other Christians or those who are interested in Christianity."

Barry said a typical meeting includes something fun, thought provoking and spiritual.

"For example, we might have pizza, play a game to get to know one another, share a scripture and how it applies to our lives and pray as a group for our campus and other needs we have identified," said Barry.

He emphasized they never try to make people feel uncomfortable or pressured into doing anything.

Some events that they have done in the past include a 'Day of Gratitude' that led into the Thanksgiving time of year and 'Eggs of Blessing' to celebrate Easter.

Currently, the club is meeting Tuesdays from noon to 12:45 p.m., with the exception of the second Tuesday of the month. Meetings are in the Student Union where the club hosts pastors for a Bible talk.

The club's second meeting is on Thursdays from 11 a.m. to noon. They meet in the Logger Lair Conference Room "to get to know new club members, have fun, discuss ways to live our faith while in college and pray," Barry said.

Students who are interested in the fellowship can contact either Chris Barry or Tommie Lee, a current fellowship member.

Interested students can also text 81010 with the message @jesusllcc to sign up for text messages from the club.

Olivia Hoots can be reached at lamp@llcc.edu.

Ashley Berry wins writing contest

By Rosanna Cravens
Lamp staff

Ashley Berry, a freshman studying chemistry, is moving on as a statewide finalist with her original work on "How community college changed my life."

The Paul Simon Student Essay Contest is an annual writing competition held by the Illinois Community College Trustees Association. Each ICCTA member college selects the finest student submission and sends it and a student entry form to be entered in the statewide competition.

"This college changed my life by making me realize my mental health and happiness are upmost important in order to be successful in my studies," Berry wrote of LLCC.

The winner of the statewide competition will receive a stipend for educational costs in the 2019 fall

semester and will be invited to an awards banquet by the ICCTA.

Berry, who first heard about the contest via the fliers on campus, said she was shocked when notified she had won first place at Lincoln Land. She had not initially planned on entering the contest but decided to a mere two days before the deadline, despite facing what was promised to be fierce competition.

Tiffany Elliot judges the submissions with fellow writing center specialists Laurie Myers and Lisa Avendano based on writing style, clarity and relevance, with stress on grammar and punctuation.

Elliot says holding the competition is a way to shine a light on the writing center's services and get students involved.

Tyler Berola, an SIUC graduate with a degree in psychology, won

second place.

Berola said he was honored to be chosen as a runner-up.

"I wanted to know that my ability as a writer has improved since I was a high schooler," said Emily Russel, whose submission took third place.

In her essay, Berry delves into the difficulties first-year students sometimes encounter when they enroll directly into a large university, as she did. She speaks about life in a dormitory and mental health challenges that can arise.

"I want to congratulate Ashley for getting first and wish her the best of luck at the state level!" Berola said.

Berry's essay concluded, "I have gained my happiness and passion back, and I am ready to take on the world, all thanks to my community college."

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Illinois students get in-state tuition.

Student choreographs play

By Paul Watson
Lamp staff

Mathematical formulae and fancy footwork do not necessarily seem compatible unless you are Skyler Dodson, a Lincoln Land Community College mathematics major and volunteer choreographer for the Lutheran High School drama department.

The drama department presented "Nice Work If You Can Get It" March 22, 23 and 24. Dodson was the main choreographer.

Lora Beavers was director and helped with the choreography. She characterized the musical as a "very heavy dance show."

The musical farce re-purposed George and Ira Gershwin songs for a new love story that takes place during prohibition in the 1920s. The musical comedy premiered on Broadway in April 2012.

"I am, by no means, a professional dancer," Dodson said. Her approach kept the dance steps simple for amateur student dancers.

Cara Anderson, an LHS senior and chorus member in the musical, said, "She knew all of our skills and abilities, which helped her figure out the dance moves that everyone could do and do well."

Dodson used photos and videos to reinforce her instruction and to build

confidence. She said the students watched the videos to see where they might make improvements.

Her biggest satisfaction from choreography comes when the dancers can perform the routines without her.

"It makes me really happy to stand in the back and watch the whole thing happen once they get to a point where I don't have to guide them anymore," she said. "It's very satisfying to just see them have fun up there with the choreography."

Dodson found an opportunity with the big dance number after the intermission for the chorus dancers to choreograph themselves. She decided couples would move back and forth across the stage, evoking a silent-film experience for the audience. The dancers picked their dance partners for this number.

"I told them to come up with a story for their characters, and they actually played the stories throughout the show," she said.

"We definitely had more couples that took their freedom on that scene to a larger level and some decided to just stay more reserved and just do a simple walk through," Dodson said. "We had one girl who was dragging a guy across the stage. We had one couple where they did a proposal. We had couples that were arguing and then back to lovey-dovey."

The cast consisted of 24 students.

At one time during the production, Dodson had the entire cast dancing on stage.

Dodson began her musical stage career during her sophomore year as a cast member and an unofficial assistant to the choreographer.

Her big break occurred unexpectedly.

"By senior year, I did the full choreography for the 'Wizard of Oz,' and I was also in the show," she said. "We were supposed to have another professional choreographer come in but she never showed up."

Beavers said Dodson's leadership began to emerge during her junior year.

"I asked her when she graduated if she would be willing to come back this year and continue to help us with choreography as our main choreographer, and I was elated when she said that she would," Beavers said.

Dodson said, "I choreographed the majority of the show, give or take about two or three songs."

"Skyler makes the work fun, but gets the work done," Beavers said. "I am not sure we could have put on a production with this much dancing without her. This production had the best choreography we have ever had in a production in my seven years directing at the high school."

Anderson said Dodson was easy to

talk to and caring.

"She was always someone who could relate to us," she said. "We never had to fake a laugh or a smile. It was genuine because the dancing was so much fun."

Brett Wagner, an LHS sophomore and vice squad dancer in the musical, said Dodson helped "me be comfortable with myself and have fun dancing."

The Lutheran High School performs a musical every spring. Dodson plans to volunteer to choreograph its next musical, as well as help with its annual play performance this fall.

Dodson plans to graduate spring 2020 and then transfer to complete her education. She wants to teach mathematics and pick up some music classes so that she can also teach music. She is also the secretary for the LLCC MP3 club.

Dodson said she plays flute, a little bit of piano, some ukulele and harmonica. She said she likes to learn to play the basics, at least, on different instruments. She said she has made the most progress playing the flute.

Dodson appreciates the mathematical structure of music. She said, "I like the patterns."

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Loggers find their style

By Tess Peterson
Lamp staff

Everyone has their own personal style; something that makes them uniquely who they are and shows off their personality in the best way possible. Whether it's the accessories they choose or the bold statements they make with their outfit choices, you can always tell right away what someone's style is.

When I was young, I attended private school, so we all had to wear uniforms. This made it somewhat harder to find my own personal style at a young age. But still, there are always little things you can do to define your own style.

Some things I would do to stand out were to wear headbands, find cool shoes and eventually start to wear makeup. Then, in high school, I went to a public school, so I had freedom to wear pretty much whatever I wanted. This is where I found my personal style. I found that I liked to wear clothes that are cute and comfy, but also stylish and colorful. My favorite stores that fulfill my personal style's desires are: Old Navy, TJ Maxx, Gap, American Eagle, and other local boutiques. Most of these stores are actually affordable and perfect for college students.

At first, finding your own unique personal style can be hard. Sometimes, we tend to conform to what people tell us to wear and may lose ourselves in that. But always remember your opinion is the one that matters the most. Another challenge is finding what you like in the first place. I've found that constantly trying new styles and different kinds of clothes is the best way to define your personal style. For example, if you've always worn solids, mix it up and try wearing prints or florals and vice versa. Maybe if you're always in sweats and T-shirts, you can start by wearing jeans and then slowly ease your way into skirts and dresses. Always trying new things will help you figure out what you like and what you don't.

Then, once you've found the personal style that is 100 percent you, it will be easier to find your favorite stores.

Everyone around you will be able to recognize you by your personal style. Finally, as times pass on, so will your style, and it will evolve just as your personality will.

Olivia Hoots, an Ag major at LLCC, described her style as Western inspired with a girly flare because she loves dresses and princess looks.

The defining moment for Olivia's style was when she started to really love fashion in high school and her mom told her "when you dress nice, then you'll be confident and when you're confident you'll do better in school."

Olivia says that this helps her feel more confident and also motivates her. When asked what stores she likes to shop at, Olivia stated that she is very much a TJ Maxx girl and loves to go there for all her style needs.

Olivia said that if she had to describe her style in one word it would be fun.

Olivia also loves using accessories to help her define her personal style.

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Tyler Buske/The Lamp

Leslie Stalter meets with her class in the gallery.



Tyler Buske/The Lamp

Students discuss art on display.

Student art displayed in gallery

By Sage Gass
Lamp staff

Pick up your pens, your pencils and brushes -- the art show is officially in town.

The annual juried art exhibit, which opened in April 2019, showcases LLCC student work. Students submitted up to four pieces from their time at LLCC. The mediums can range from drawings, paintings, sculptures, digital art, to even photography.

For some students, such as Krysla Beahringer, the art show brings the opportunity to showcase a specific medium. In her case, it is photography.

Starting as a hobby on her phone, Beahringer became invested in the medium after taking a class with Emily Thompson, an adjunct instructor at LLCC, and was inspired to further branch out on her own and take her hobby more seriously.

"It can take up a week to shoot something," said Beahringer. "And then about two hours to edit on average depending on what I'm focusing on at the time."

Most of the time, finding something to photograph isn't the hard part -- it's who.

The subject she finds herself photographing the most? People.

Many of Beahringer's photos feature prominent people in her life, and she uses her photographs to highlight the special parts of them that maybe they can't see themselves.

"I like to make them look like how I see them," said Beahringer. "Because beauty is in the eye of the beholder."

For other students, the art show is something they look forward to, and they work hard to select their best work. It can be hard choosing just four pieces.

"I would never make something that I wouldn't be proud enough to showcase," said Charissa Fox. "That wouldn't make sense."

Fox herself doesn't focus on one type of art but is a self-proclaimed "jill-of-all-trades" and has skill in multiple areas. Her favorites are drawing, photography and sculpture.

The focal point in Fox's art can range based on what she was asked to do in class and what inspires her, but she said she puts her all into every piece.

"This is just something I've been doing my whole entire life," said Fox. "For as long as I can remember doing it."

This also isn't Fox's first rodeo; this is her fourth time submitting work into the exhibit.

The show is also a great chance for non-art students to be encouraged to take a leap and put their art out there for others to view. It's a way to not only celebrate what they've worked on all year round in their classes (and outside for some) but a way to have their work critically assessed in a professional setting.

"I personally wish more traditional students would enter the show," said Leslie Stalter, professor of art. "We have many talented students, and they don't always want to take the chance and enter, but they should."

Students like Maggie Miller, who is just entering for the first time since she's been at LLCC.

"It's an outlet for me," said Miller. "Art brings me peace. I'm happier when I'm creating."

Miller's art often features a theme -- her love for nature, traveling and the culture of the world. She emphasizes that art is a form of self love, and self love is the most rewarding love you can give yourself.

"I have one piece I'm submitting that is a silhouette of my face," said Miller. The face itself is split into panels and showcases different part of her ancestry within each section.

For many of these students, like Beahringer and Miller, art can transform from a hobby to a pas-

sion with simple guidance from the right professor or push in the right direction from just taking a simple drawing class.

With a show featuring so many types of art from such a diverse range of students, one may wonder how an event like this is judged.

First, a juror who doesn't work within the school is chosen. This is so students are given an authentic, unbiased opinion on their submitted work to offer the full experience of getting their art judged -- ensuring a fair competition.

"The art show is to give the art students a real-life experience in entering a juried show," said Stalter. "Juried shows are a common way for artists to get their name out there and their work shown. The only difference is that our show is free, while most juried shows have an entrance fee."

This year, the show is being judged by Corrin McWhirter, who is the Springfield Art Association gallery director.

The exhibit is open until May 10 in the James S. Murray Gallery as well as extending down the second floor hallway in Menard Hall.

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