**Lincoln Land Community College** 

**APRIL 2023** 

MAGAZINE

DNA the power of research

# The mission of Lincoln Land Community College is to transform lives and strengthen our communities through learning.

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On the cover: Stacey Olson, LLCC associate professor of biology, prepares a DNA sample in a research project to better understand bird populations. See pages 7-8.



# Opportunity.

"It's within reach. You just have to go out there and get it." Amaris Gaines (below, left) is referring to her long-term goal of becoming a licensed practical nurse (LPN). Amaris graduated from our basic nursing assistant program and is currently working with critical care patients. She's also furthering her education and career as she takes preparatory classes to enter LPN training.

There are countless opportunities at LLCC. Students can soon participate in a research project undertaken by two professors, using DNA samples from birds. Individuals looking for a high-paying, hands-on career have a new opportunity with our diesel technologies program, opening this fall. We were excited to announce recent grants to expand and equip the diesel technologies, emergency services and agriculture programs; fund free programs to prepare students to bridge into college; and create a new digital media design lab at our LLCC-Medical District location.

And then there's the opportunity to meet "Pawfficer" Ember, the newest and most popular member of the LLCC Police Department. This outreach and therapy dog is just one of the positive aspects of a dedicated squad who work diligently to support students and keep our campus safe.

Opportunity awaits you to LLCC. Come out and get it!







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# Latest@LLCC



#### \$5 million grant announced

LLCC has been awarded a \$5 million grant from the U.S. Economic Development Administration to expand programs and training facilities for emergency services, truck driving, diesel technologies and agriculture. The announcement of the grant took place during LLCC's Workforce Careers Expo, a large outdoor event with 500 high school students visiting displays and talking to local employers about careers in the trades. L-R: Don Schaefer, executive vice president, Mid-West Truckers Association; Dan Smith, vice president of product support, Roland Machinery Co.; Charlotte Warren, Ph.D., president, LLCC; Ken Elmore, chair, LLCC Board of Trustees; Christopher McDowell, M.D., associate professor and chair, Department of Emergency Medicine, SIU School of Medicine.



#### Sen. Durbin visits campus

U.S. Sen. Dick Durbin toured LLCC's career training facilities to learn about the impact of the \$5 million federal grant. LLCC Trustees Samantha Raymond and Gordon Gates joined President Charlotte Warren and LLCC Workforce Institute staff in welcoming the senator. LLCC will be expanding these programs with larger facilities and state-of-the-art equipment to produce more trained workers ready to fill local jobs.

#### Phi Theta Kappa hosts CC Smart campaign

What do you love about community college? Phi Theta Kappa honor society asked students and staff to answer that question by signing a banner in the "CC Smart" campaign. The banners were then displayed at the Hoogland Center for the Arts in Springfield and at YMCAs in Taylorville and Jacksonville. The campaign generated 242 testaments to the value of a community college education and raised awareness of that value in communities served by LLCC.



## What's happening at your community college

## Friendly pumpkin-chucking competition to promote STEAM

LLCC Highway Construction Careers students held a friendly competition with Carpenters Local 270 to build trebuchets (catapults with counterweights) and see how far they could launch pumpkins behind the Workforce Careers Center. The event was videoed as a STEAM (science, technology, engineering, art and math) learning experience to be shown at the Springfield Kidzeum and to a group of young men from the Outlet, a local mentorship program.



## Jones most winning coach in both women's and men's basketball

Chad Jones, women's basketball coach, reached another milestone in his career at LLCC, becoming the all-time leader in LLCC women's basketball coaching with 109 wins. He also holds the record for most wins as coach of the LLCC men's basketball team with 243 victories.

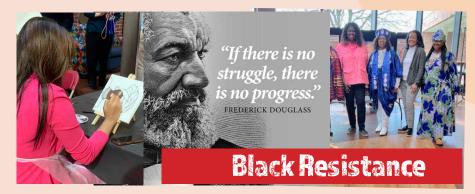
## Homecoming royals announced

Josh Hughes and Marley Smith were named 2023 Homecoming Royals. Hughes is a history major pursuing a career in secondary education and member of Phi Theta Kappa honor society. Smith is an education major and member of the women's basketball team. Homecoming activities also featured a tribute to the late Dick Dhabalt, the college's first coach and athletic director and a founding faculty member.



#### LLCC celebrates African-American History Month

LLCC celebrated African-American History Month with various displays, presentations and activities. Black resistance was the theme for this year's observance and draws from a Frederick Douglass quote, "If there is no struggle, there is no progress."





## Outstanding nursing faculty earn \$10,000 awards

Nursing faculty Leslie Catalano and Bridgette Hudson were awarded \$10,000 Nursing Educator Fellowship Grants from the Illinois Board of Higher Education to assist as they pursue Doctor of Nursing Practice (DNP) degrees. They were among 40 nurse educators across the state receiving the award to help retain outstanding nursing educators.



#### Children's food parade

Children from the LLCC Child Development Center held a food parade through A. Lincoln Commons to show off items collected for "Operation Full Belly," a project to provide holiday meals to those in need. The Child Development Center was recently awarded a grant to offer a Preschool for All Expansion classroom. Twenty spaces were offered at no cost to children ages three to five who come from families with identified needs.



#### Persistence pays off for high school equivalency grad

Barbara Grant decided in 2006 to move her life forward by earning her high school equivalency. It was a long journey of solving issues and overcoming barriers while juggling complex work schedules. Her determination paid off with the help of LLCC instructors, support services and volunteer tutors, who celebrated with her as she obtained her high school equivalency. Continuing to move forward, she has enrolled in the LLCC medical coding program.

## Mobile Museum of Tolerance visits campus

The Mobile Museum of Tolerance visited campus to provide students, faculty and staff the opportunity to learn and be empowered in combatting anti-Semitism, bullying, racism, hate and intolerance. The event was hosted by the LLCC criminal justice program and Student Life.





#### **Music students excel**

Voice majors, taught by Laurie Lewis-Fritz, assistant professor of music, and Mina McIntire, private applied voice instructor, competed in the Central Region Conference of the National Association of Teachers of Singing. Three students advanced to the semi-final round and one, John Jack Barham, qualified for the national level of auditions.



## Birds, DNA and the power of research

Wonder Twin powers, activate! Tony Rothering, professor of biology, and Stacey Olson, associate professor of biology, are combining their respective "superpowers" in field and molecular biology.

They are working on a project that takes bird banding research happening at the LLCC Bird Banding Station on the Springfield campus and pulls it into the classroom for lab work and DNA analysis.

"This kind of research helps break down silos to get expertise across areas to answer questions," says Associate Professor Olson.

"For us this is a fun, scientific pursuit, but we're doing it to benefit students, providing them a practical lab experience to better understand bird populations," says Professor Rothering.

#### Bird banding

Since fall 2012, the Lincoln Land Association of Bird Banders, assisted by faculty, students and volunteers, has been using the technique of bird banding to study and identify birds. A small, lightweight ring that carries a unique code is placed around a bird's leg, and data points are recorded and added to a global database that tracks migration patterns, life span, behavior and demographics.

"Bird banders are collecting all kinds of data, including gender. Sometimes it's easy to identify, as with the Northern Cardinal. Male Cardinals have a brilliant red color, and females are brown with red tinges. In some species, gender is more difficult to determine," explains Rothering.

Measurements can also provide indications of gender. "These measurements can have subtle differences. For instance, songbird males tend to be slightly bigger, but sometimes it can be hard to tell," says Rothering.

Questions remained. How accurate are the standard reference measurements? Are there regional differences? Are measurements changing over time?

### **DNA** profile

To gain a better understanding, Olson and Rothering are creating a molecular profile of the Dark-eyed Junco from those banded at the LLCC Bird Banding Station. In the process, they're refining the technique and process for incorporating into classrooms.

A DNA sample is taken from a feather of



each banded
Junco. "What we
do is extract total
DNA, all that is in
the cell. Then use
PCR," explains
Olson.

PCR, or polymerase chain

reaction, is used to make copies of specific portions of the DNA sample so it will generate a profile, or pattern, that can be used for specific analysis. From the DNA gels, they are looking at whether there are two different DNA bands (chromosomes ZW for females) or two of the same (ZZ for males).

"With the molecular fingerprint of each of these birds, the data can be compared to the field data recorded at the LLCC Bird Banding Station," says Olson.

It is a long-term research project that will continue to be built upon, and the same techniques could be used with other species.

#### Student success

While gathering insights into their research questions, Olson's and Rothering's focus is on supporting the student experience. The lab will first be implemented in courses for biology majors, but there will also be an application for non-majors in biology and other courses, such as statistics.

"Students will be critically analyzing data with real world applications," says Olson. "For student success, it is important for them to learn to do each step in the process."

"This project will expose students to more data-driven labs, equipment used in the real world and the collection, graphing and explanation of data," says Rothering.

"There are a lot of applications we can talk to students about—with zoos, for example during captive breeding, and agriculture, to create high yield or disease resistant crops," says Olson. "Genetic testing has other applications as well, including health, ancestry and crime scene investigations."

www.llcc.edu/biology



"We want to make sure students are prepared as they advance in their education. The impact of our research could go well beyond LLCC."

TONY ROTHERING



Examining a molecular profile of a Dark-eyed Junco

## A CAREER FOR THE LONG HAUL

## Diesel Technologies

"The diesel industry is everywhere in our area, but many people don't recognize it," says Jeff Gardner, director of LLCC's new diesel technologies program. "It's the heavy truck on the interstate delivering supplies, the tractor in the field, the construction equipment excavating dirt on a job site. They are essential to our way of life and all dependent on diesel technology to keep them moving."

Keeping these machines working is the job of the diesel service technician. And it can be a lucrative and fascinating career choice. "The Department of Labor lists the average salary for a diesel service technician at \$54,000. But in talking to local employers, due to the demand in this area, graduates of our program may be offered \$64,000-\$74,000 starting out, and they can approach six-figure incomes with five or six years of experience."

What makes diesel so vital to the trucking, ag and construction industries?

"A gallon of diesel fuel has more energy than a gallon of gasoline," explains Gardner. "So by having more energy, the diesel engine can produce more work per gallon of fuel. Big heavy vehicles moving big heavy loads need as much energy as possible. A semi might get eight miles per gallon of diesel fuel. That doesn't sound like much compared to our passenger cars, but the combined weight of that vehicle may be 80,000 pounds. You could never get close to eight miles per gallon with a gasoline engine and that kind of load.

"Also, diesel engines last longer. To run diesel fuel, engines have to be built heavier and as a result, last longer. A semi may run one million miles then be overhauled and run another million."

There is much in the news about diesel and gasoline engines being phased out in favor of electric vehicles. Gardner predicts that will happen, but not anytime soon.

"It's estimated it could be 30 years before we can transfer the country's entire truck fleet to electric. So diesel engines are going to be around for a long time. The same people who are working on diesel engines today will be working on electrically-powered equipment in the future. We are going to need people who are good with technology and can work on both."

Gardner has always been fascinated with machinery and how things work. He worked as a diesel mechanic before training others to enter the field. After 25 years

leading a diesel tech program at another college, he came to LLCC last year to start a new program.

"The key to starting this type of program is local employer support," says Gardner. "We must have jobs waiting for our graduates. It's been overwhelming, the amount of support area employers have given us. They've donated training

Thank you to these companies who have donated goods or services to the diesel technologies program.

Altorfer Cat
Beard Implement
Caterpillar
CIT Trucks
CNH Agriculture
CNH Construction
Cummins Sales and Service
G-Cor Automotive Corp.
John Deere Reman
JX Truck Center

Martin Equipment

Navistar

Nussbaum Transportation PACCAR

Prairie State Tractor Roland Machinery Rush Truck Center Sloan Implement Truck Centers Inc. aids including engines, trucks and transmissions along with commitments to provide our students with internships and our instructors with ongoing training."

Gardner has developed curriculum in partnership with Associated Equipment Dealers (AED) which sets accreditation standards for diesel programs. "These standards are created by industry experts, and our program will fall within their guidelines to make sure students are getting up-to-date information that mirrors what they will see and need to know in the workplace. The key is to start with the workforce, assess their needs and work backwards to create the training that covers what students need to

be successful when they graduate."

Who should consider this career? "In the past we thought it was the type of person who was always working on their car and tinkering with engines, which is still true but now is also about technology; we need people with good electronic and computer skills. We spend more time today with a machine connected to a laptop than with a hammer or wrench replacing parts."

He says anyone is welcome in this career. "For anyone who has an interest in engines, electronics and technical skills or just a lot of curiosity about how things work, it's a perfect career choice. We have more opportunities than we have people to fill them."

"The Department of Labor lists the average salary for a diesel service technician at \$54,000. But in talking to local employers, due to the demand in this area, graduates of our program may be offered \$64,000-\$74,000 starting out, and they can approach six-figure incomes with five or six years of experience."



LLCC's diesel technologies program begins in the 2023 fall semester and will admit approximately 20 students. More information is available at www.llcc.edu/diesel-technologies or by contacting Gardner at jeff.gardner@llcc.edu or 217-786-2239.



# New opportunities in health care training

Health care workers are making a difference every day in our communities.

"Whether you are looking to get a quick start in the health care field or want to take the next step in your career, LLCC has many training options to choose from," says Dr. Cynthia Maskey, dean of health professions.

One of the newest programs LLCC has added to help current health care workers advance is vascular sonography, which takes a closer look at how blood flows in arteries and veins. This 10-month certificate program is designed for any currently working and registered general or cardiac sonographer who wants to add vascular ultrasound to their credentials.

"Our teaching is focused on real-world application. We have opportunities on campus, such as our students getting hands-on training in the sonography lab and in simulation and skill labs in our high-tech Nursing Education Center," explains Dr. Maskey. "There are also opportunities with local health care facilities to do clinicals in many of our programs, including nursing, EMS, neurodiagostic and surgical technology."

Students can even get paid to go to school. Grant-funded programs like the Workforce Equity Initiative (WEI) and Pipeline for the Advancement of the Healthcare Workforce (PATH) provide opportunities for free training and support for occupations within the health care field.





## Training within reach

PATH is helping break down barriers to training for those already employed in the health care industry. It also is helping bring new workers into the industry with preference given to low-income, first generation and minority students. WEI aims to serve low-income students, 75% of whom must be African-American.

"I saw that the WEI program listed a lot of different courses for certifications, and I was interested in the health care field," says Amaris Gaines, LLCC alum and certified nursing assistant (CNA), working with critical care patients. "They offer extra tools, financial help, as well as childcare ... and that's what helped me along the way.

"Even though it's a short-term class, it opens the door for what you want to do long term ... it's within reach. You just have to go out there and get it."

Gaines says that walking into work now feels great. "You look forward to seeing the patients, the family members ... It's just a good feeling that you were a part of that person's care plan."

She plans on furthering her career with help from the PATH program and is currently back at LLCC taking pre-requisite classes for the LPN program.

#### Opportunities where you are

LLCC will soon be offering a shorter path to get started in neurodiagnostic technology (NDT) as an EEG technologist. The program will be offering a 12-month certificate option in addition to a two-year degree.

"EEGs are used to provide real-time physiological data to see how the brain is functioning," explains Danie Valois, NDT student at LLCC. "With LLCC's NDT program being one of only 23 programs across the country, we are a close-knit community ... contributing to the improvement of the overall health care experience."

Courses are offered in online and hybrid formats. "We're meeting students where they are," explains Diane Wilson, NDT program director. "This gives students the most flexibility to complete their coursework around the days they are in clinicals." LLCC's program currently has clinical sites in Springfield, Decatur, Peoria, Champaign and St. Louis.

"One area of increasing demand is for technologists working in the long-term monitoring of patients, which has led to an increase of positions for techs working from home," says Wilson. "Technologists also work in hospitals, operating rooms, clinics, sleep labs, ambulatory companies and as travel techs."





#### **LLCC Health Care Programs**

Associate Degree Nursing (RN) +

Basic Nurse Assistant (CNA)\*+

Central Sterile Service Technician\*+

Clinical Medical Assistant

CNA to Clinical Medical Assistant Bridge\*+

Dental Assistant\*

Diagnostic Medical Sonography

ECG Technician<sup>+</sup>

**Emergency Medical Services\***+

Exercise & Sports Science<sup>+</sup>

Fire Science

LPN to ADN Transition (RN)

Massage Therapy<sup>+</sup>

Medical Coding<sup>+</sup>

Neurodiagnostic Technology\*

Occupational Therapy<sup>+</sup>

**Personal Trainer** 

Phlebotomy\*+

Practical Nurse (LPN)+

Radiography<sup>+</sup>

Respiratory Care

Surgical Technology<sup>+</sup>

Transition to Surgical Technology AAS+

Vascular Sonography<sup>+</sup>

**Veterinary Assistant** 

\* Program within area is WEI eligible

\* Program(s) within area is PATH eligible

www.llcc.edu/healthcare • www.llcc.edu/wei • www.llcc.edu/path

## Making lives better

"The first time I heard of surgical technology was from a coworker when I was a CNA. I looked into it shortly after, and it was one of the best decisions I've made," says Casey Kras, LLCC surgical technology student.

"I get asked all the time, 'What is a surgical technologist?' ... I assist the surgeon. My duties in the operating room (OR) are to protect my patient, account for everything used in the case, pass sterile instruments and supplies to the surgeon and be as hands-on in the surgery as my scope of practice allows."

LLCC's surg. tech. lab is set up like an actual OR. "Being able to see and interact with all the equipment before being sent to clinicals sets every student up for success," says Kras. "I find that having the lab portion and continuous support from the amazing instructors are invaluable and have led to my personal success within the OR. Being a part of a team that actively saves lives is incredibly rewarding."



The life of a college student can be stressful. Tests, assignments, time management, work and family obligations.

Sometimes you just need a furry friend.

**Enter Pawfficer Ember.** 

A two-year-old, trained outreach and therapy dog, Ember joined the LLCC Police Department last December and has been improving well-being and spreading joy ever since.

Her primary handler is Officer Tammy Baehr. "What could be better as an officer than walking around campus with a dog, and everyone wants to see you? Ember has brought smiles, laughter and stress relief to our college. Faces light up as we walk down the hall. Some people drop to the ground to pet her. She likes everyone."

Officer Baehr says she receives many special requests for Ember's services. A student may ask that Ember sit with them as they study for a test and meet them after. "I'll have Ember waiting when they get out of class, and they'll say, thank you, it made me feel so much better knowing she would be here when I finished."

LLCC Police Chief Chris Russell says Ember can come into a room and totally change the vibe. "I knew she would have a positive impact but did not expect her to be as popular as she is. It is a big responsibility to care for a dog 24/7, but Tammy and secondary handler Officer Scott McDermand, who both volunteered for this assignment, make sure she is well taken care of. They've built in time every day for her to relax and rest. Every month she goes to a groomer for a 'spa day,' and she has regular checkups." (Ember is sponsored by Pup.E.Tails pet grooming and West Lake Animal Hospital.)

A full-time outreach dog on the squad is just one of the ways the LLCCPD engages with the campus community.

"It's important for students and staff to know we are approachable," says Chief Russell. "I learned as a neighborhood police officer prior to coming to LLCC that you need to be out and about, forming relationships. It changes people's perceptions of police, builds trust and opens up lines of communication."

One of the chief's first initiatives was the "Caught doing something right" campaign. "If we saw a student holding the door for someone who was juggling a pile of books, picking up trash or other



good deeds, we would give them a T-shirt. The perception usually is that police are out looking for people doing something wrong, and we wanted to change that."

The LLCCPD sponsors regular "Coffee with a Cop" sessions, offering free donuts, beverages and casual conversation. That event expanded to "Cookout with a Cop" where officers grilled hamburgers and hot dogs to hand out. Also popular were a police dunk tank and regular games of bags in the outdoor Commons area where many students stop before or after class. If they beat the officer in the game, they're awarded a gift card

to the campus Quiznos. "Fun activities like these open the dialogue between police and students and increase our personal interaction," says Russell.

To open the fall semester, police sponsored the 2022 Cardboard Boat Regatta in the campus lake with teams of students and staff competing.

All of these efforts have one goal: continued safety on campus. "We have a safe campus, and we're proud of that," says the chief. "We try to balance our outreach efforts with officer training, staying up-to-date with the latest trends and equipment upgrades, and conducting emergency drills and simulations. Establishing two-way communication with students is vital. They're more willing to give information and feedback and to be partners with keeping campus safe. They are our eyes and ears and with the dialogue we try to establish, they're more comfortable coming to an officer with concerns or for help."

The LLCCPD is comprised of 14 full-time and one parttime certified police officers averaging more than 15 years of experience who provide 24/7 coverage of campus. They conduct foot and bike patrols, maintain emergency call boxes on campus



# Positive policing



and provide escorts to personal vehicles upon request. Officers have a fleet of cars but often use an electric-powered, side-by-side vehicle to quickly respond across campus. The LLCCPD serves as the designated emergency response unit for the college, trained in handling general and medical emergencies, hazardous materials situations, severe weather and law enforcement incidents.

The outreach efforts are working, says Russell. Students are engaging with campus police at events and as they walk around campus, and Ember is a much-loved addition to the squad. She's frequently featured on social media and even turned



up in several athletics promotional videos.

As evidence of the impact of these efforts, several students were recently overheard in a hallway while biting into slices from the Pizza with Police event. Comments included, "I love the police here." "They are so nice." "Can you believe they just gave us pizza?"

## www.llcc.edu/police

## Designs for the 21st century

Dan Stainfield, LLCC alum and designer at ACE Sign Co., works in the production and fabrication field. He creates and works with others' designs to figure out how to construct them, from identifying any limitations to selecting materials to getting to see the final product out in the world.

"My father worked on vinyl wraps, and I was part of an intensive visual arts block program in high school, but I had gotten away from it and was working in the medical field," he explains. "When I moved to Illinois, I was taking classes at LLCC to get my Illinois certification. I also took an art class and ended up changing majors. The instructors were wonderful and became friends. Professor Thom Whalen became a mentor and really broadened my perception of the career opportunities and avenues in the art field.



"We visually communicate through designs on cars, architectural aspects, the clothes we wear, things on shelves in the grocery store that we buy and use every day. Design touches everyone's life. I encourage others to not have a narrow scope on what's possible. We each bring our own unique visual ideas, and that's valuable."

For those looking to share their visual creativity, LLCC is providing the technology,

guidance and support to help them turn interests into rewarding

### Integrated media design

"Design in the 21st century differs from that of the 20th century," explains Adam Watkins, dean of arts and communication. "LLCC's two-year degree in integrated media design is about high-impact, hands-on learning and working with traditional graphic design and new technologies — web, social media, app design."

"We take a craft-oriented approach, rather than personal expression, to take students' skills to the next level," says Thom Whalen, professor of art.

"The program provides the foundation for learners to connect 2D and 3D design into the digital realm," adds Matt Shaver, professor of media design. "Students gain experience in a variety of media. We explain the background and procedures behind the 'how-to' so that you also get the 'when and why."

Students who start at the same time, take the same sequence of classes together each semester as they advance through the program. "This cohort model is going great," says Professor Whalen. "It builds a sense of community and connections with faculty."

#### Growing the program

"We're state-of-the-art and growing," says Whalen. This fall, as part of a U.S. Department of Labor grant, LLCC is expanding the opportunities for training in its integrated media design program.

A Mac lab will be built, fully matched to one on Springfield's main campus, at LLCC-Medical District located at 130 W. Mason St. near downtown Springfield, providing a more convenient location to those who live or work in that area to earn an associate in applied science degree in the subject.

"The program will be offered at two of our locations where you can complete all of your courses. Wrap-around supports, including transportation, childcare and a laptop with an Adobe suite of programs, can be provided to help members of marginalized communities overcome enrollment and participation barriers," says Dean Watkins.

"We are working with local employers who are looking to diversify their workforce and are interested in offering jobs to graduates of this program."

#### Real-world application

The capstone course in LLCC's integrated media design program provides the opportunity for job shadowing and internships.

"We want our students to build portfolios that show real-world experience," says Watkins. "We work with local businesses to ensure our training meets their needs for skills on the job. Students earning the integrated media design degree will be qualified for local jobs in graphic design, application design and web design."

Many of the courses also transfer to a four-year university for students to continue their art and design education.



"We visually communicate through designs on cars, architectural aspects, the clothes we wear, things on shelves in the grocery store that we buy and use every day."

DAN STAINFIELD





"LLCC's two-year degree in integrated media design is about high-impact, hands-on learning and working with traditional graphic design and new technologies — web, social media, app design."



ADAM WATKINS

www.llcc.edu/integrated-media-design

## A leader in active learning spaces

There's no grabbing the front (or back) row seat in an LLCC active learning classroom.

Gone are the straight rows of desks, replaced by movable furniture that can be reconfigured to fit the day's activity along with high-tech video equipment, "smart carts" and white boards.

LLCC has emerged as a leader in active learning spaces and continues to transform more classrooms to these newer, brighter learning environments. Wall colors of orange, green, blue and purple reflect educational color theory and learning strategies.

"The chairs and tables on wheels and technology in these rooms spark creativity and facilitate small team projects," said LLCC President Charlotte Warren. "Students work together in small groups and then share results with the entire class on video screens."

National publication Community College Daily took note of these innovations. Dr. Warren told the online publication, "These days, it's the interactive, using apps, doing educational gaming, working on projects that engage students — it's becoming a very different classroom world than the traditional lecture format."

Since introducing active classrooms just prior to the

pandemic, LLCC has now added additional ones as more students return to in-person learning.

"We asked faculty to 'design your perfect classroom,' and these resulting new spaces are very popular," said Becky Parton,









dean of LLCC Academic Innovation and eLearning. "We provide technical and pedagogy training to faculty who teach in them."

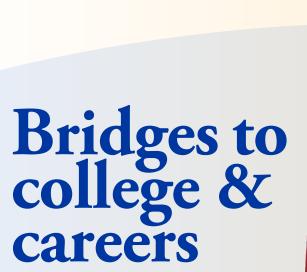
"I was involved in the process to design the active learning classrooms, and I took the opportunity to revise my History 101 course to make the best use of the new facilities," says Professor Aaron Berkowitz, Ph.D. "I now teach in a classroom that has four to six 'pods' where students can work in groups with access to an individual computer at each pod. At least once a week, we do a group exercise where students annotate a historical source individually and then share their insights with their group and the rest of the class.

"I think that the active learning classrooms have really improved the experience of my class and positively affected student "It's the interactive, using apps, doing educational gaming, working on projects that engage students — it's becoming a very different classroom world than the traditional lecture format." DR. CHARLOTTE WARREN

learning and engagement," he continued. "They encourage small group work, which really helps get shyer or less confident students involved in the discussions. Also, it's much easier to watch videos in class when every 'pod' has their own screen."

In addition to four levels of active classrooms, LLCC has built or renovated buildings over the last several years featuring flexible spaces that encourage collaboration and inter-disciplinary activities. A large simulation lab in the new Nursing Education Center (above) was the setting for a recent collaborative learning project involving nursing and respiratory care students. In the scenario, a ventilator patient pulled out their endotracheal tube, and nurses had to call a rapid response team to evaluate the patient and give needed care. This simulation mirrored real hospital situations, where nurses and respiratory care professionals work together.

"These spaces offer so much opportunity," said Dr. Warren. "Today's students are high energy and expect an engaging, active learning environment. With knowledge evolving so quickly, we need to quickly adapt, and flexible spaces are key."



**FREE** summer programs to move you toward College Success



### 3 for Free!

June 5-July 28 (Summer term)

LLCC is offering three free college credits to students who plan to earn a degree or certificate at LLCC and are:

- Recent high school graduates starting college for the first time
- Adults starting college for the first time
- Former LLCC students who haven't attended in the past two or more semesters.

Books and supplies, tutoring and other services will be provided. Limited to 170 students, with preference given to low-income, first-generation and minority students. Laptops and hot spots available to borrow as supplies last.

For more information and to sign up, visit www.llcc.edu/3-for-free.

### **Summer Boost** June 12-29

Gain confidence and get ready to start college in the fall (no cost, no grades, no homework)! Open to recent high school graduates and other adults. Classes include:

- Reading/Writing
- Math
- Science
- Media/Web Design
- College Success SkillsEmployability Skills

Participants may take any combination and number of classes. Lunch and T-shirts will be provided, along with attendance incentives. Current LLCC students will serve as mentors.

For more information and to sign up, visit www.llcc.edu/boost

## **Career exploration** June 19-July 24

Thinking about a new career but not sure where to start? Attend free workshops (three days a week, three hours a day, morning or evening) to explore career fields. Open to all adults with or without a high school diploma.

Hear from guest speakers, take tours and assess your readiness to move forward into a workforce training program. Fields include:

- Health care
- Transportation
- Business administration and entrepreneurship
- Hospitality and culinary arts
- Information technology
- Construction

The goal is to reduce barriers and expand access to allow students to complete career training programs and earn credentials leading to upward mobility.

For more information and to sign up, visit www.llcc.edu/adult-ed.



Yuji Lee arrived in the U.S. from South Korea three years ago knowing minimal English. With the help of LLCC's English as a Second Language (ESL) program and other supports on campus, she has overcome the language barrier and other challenges to become a student leader.

As president of the LLCC Student Government Association, it is her mission to include more students in activities and assist them with their own challenges.

"When I moved here, my English was bad so I joined the ESL program," says Lee. "It was really hard learning English during COVID, with all of the classes online. English was my biggest challenge, but I wanted to start my academic degree as soon as possible. I was introduced to the TRIO student support program, I explained my situation, and they've been an incredible help. I decided to try my best and start with a few classes at a time, with the goal of an associate degree in computer science and to transfer to a four-year college."

As her English improved, she decided to get more involved on campus. "After I felt stable in my classes, I wanted to meet more students, so I ran for SGA president. I saw a lot of students, such as workforce and nursing students, whose classes are on the other side of campus from the Commons area where most activities are held. So I worked to have special events just for them in their buildings during the day and evening when they take classes. We've had chili and sandwich nights, handed out SGA tumblers and let them know about student clubs and activities. It's going really well!"

"I'm always so amazed at her willingness to challenge herself," says Sarah Scheufele, retention specialist in the TRIO program, where Yuji is a student worker. "Since she started at LLCC, she has done things that push her out of her comfort zone. She's worked hard to plan activities for our campus community and talked with other students to understand what their concerns are."

Math Professor Peter Embalabala, a native of Kenya, related to Yuji's initial language challenges and says, "Yuji came to the U.S. with very little background in the English language but has bravely tackled that barrier with tablet in hand, learning the language at a faster pace than most ever could. She is determined to conquer not only the complexities of our language, but of American culture and customs as well.

"The first time she came to my office, she told me that she was struggling with English and had a list of mathematical terms for me to explain. When I worked out some problems to demonstrate the meaning of those terms, Yuji quickly comprehended the concepts, which she consistently demonstrated by obtaining perfect or near perfect scores on her math exams.

"Having faced hurdles herself, Yuji has empathy for students whose paths to academic success are strewn with challenges. She truly is an inspiration to many, giving them the courage and tenacity to persevere in spite of any obstacle that dares to stand in the way."

Yuji says a 30-minute lecture may take her two hours to fully understand, as she uses a dictionary to look up unfamiliar words. "It takes more time, but I'm using as many resources at LLCC as I can. The staff and professors, they are always willing to help. I explain my situation and they tell me, you're fine, you can do this and we'll help you!"

TRIO Director Anne Armbruster says, "Yuji is so impressive! She is such a welcoming presence in TRIO and at campus events. She goes out of her way to welcome students to our office and make sure they get the help they need."

Yuji tells students to find resources on campus that fit them best including the Center for Academic Success, success coaches and the career center. She tells students, "Build your support system. Every day is a challenge to me so I can relate. When you want to give up, keep going!"



In the 12 years since Natalie Richardson graduated from LLCC, she's become a leader in business consulting and is now the director of groundbreaking research at a global business and technology company.

Her research seeks to define the future of work post-COVID and bring humanness to the forefront of business through science.

Natalie, a native of Cantrall, Ill. and current resident of Denver, Colo., leads HabLab, a laboratory researching habits and habitats surrounding the future of work at Slalom Consulting. She also leads The Slalom 300, a group of 350+ fellow employees participating in a one-year commitment to learn about the future of work through various experiments.

One experiment is in partnership with the Wharton Neuroscience Initiative at The Wharton School of the University of Pennsylvania and includes employees wearing electroencephalography (EEG) headsets to monitor brain activity. The research points to the importance of connectiveness among employees, especially those who work from home, along with building a culture of trust and empowerment where everyone feels "seen and heard." In a recently published article, Natalie outlined results showing that dedicating one hour per week to small group connection is key to elevating the employee experience. She says giving employees "permission to pause" makes them happier, more engaged and productive in the short and long term.

Natalie found her passion in the field of organizational effectiveness, specializing in improving efficiency and business success through maximizing employee engagement and change readiness. Prior to Slalom, she worked as a change management and organizational effectiveness consultant at several organizations. "I think that the organizations that will be thriving in 20 years are the ones that have invested in wellness for their employees, and in employee engagement," says Natalie. "An important organizational tenet is having resources for people when it comes to being well."

At LLCC, Natalie honed her leadership skills as student trustee on the LLCC Board of Trustees and was honored as the student trustee of the year statewide. She experienced her first airplane trip with the college president and several trustees, travelling to Japan with the Sister Cities organization. She also participated in a study abroad trip to Belize, was a member of Phi Theta Kappa honor society and the college's homecoming queen.

"LLCC allowed me to grow my confidence, have new and diverse experiences, learn my strengths and weaknesses and propelled me into a meaningful career I love," says Natalie. "Without a doubt, I am who I am today because of LLCC's excellent courses, phenomenal professors and staff, extracurricular activities and leadership opportunities."

She went on to earn a B.S. in organizational and leadership communication from Illinois State University, followed by an M.Ed. in leadership and organizational performance and higher education administration from Vanderbilt University.

"When looking back on my career, I can clearly point to my time at LLCC being the pivotal point where I gained confidence as a public speaker, as a leader and as an advocate for others on a large scale. I am so proud of the incredible impact the college makes in the lives of so many and for the lifelong friendships I formed there. I am forever grateful to my LLCC family for believing in and investing in me."

She is passionate about doing the same for others by mentoring young professionals and recently established a scholarship with the LLCC Foundation. "Forever one of my greatest joys is starting The Natalie Richardson Scholarship to try to help students reach for and realize their unique goals and ambitions."

Natalie is also a proponent of spending time in nature to promote mental and physical well-being and is pursuing a goal of visiting all of the U.S. national parks.

## GHT Chris Edmonds/Matt Blomquist



LLCC Construction Faculty Chris Edmonds and Matt Blomquist are building great futures for students in central Illinois through hands-on training in real world situations including building a house in Taylorville (above right).

Students in Taylorville High School's building trades class, in which students also earn college credit as part of an LLCC dual credit program, and LLCC-Taylorville construction students have been working on the house since October 2021. They emphasize building better by focusing on the performance of the house, such as energy efficiency and proper filtration for more comfortable and healthier homes.

Edmonds is the program director of construction trades at LLCC, and Blomquist is an adjunct and dual credit instructor for the college and a teacher at THS. If you ask them how long they've been interested in construction, they'll tell you, "Always."

"As a little kid, I was fascinated by tall buildings and how they went together," says Edmonds. "I dabbled in cars and did construction work on weekends and at night. I went to LLCC and then transferred to Illinois State University, where I decided to go into teaching." Edmonds has 18 years of experience teaching in high schools and has been at LLCC since 2019.

"My dad got me interested in woodworking. I thought of it as a hobby, but it turned into a career path," says Blomquist, who has worked in construction, co-owned a construction business and taught trades. Blomquist was recognized with a national teaching award last fall — the 2022 Harbor Freight Tools for Schools Prize for Teaching

Excellence.

They are sharing their joy of building and their experience to help future generations.

"We make things fun and active," says Blomquist.

"They learn by doing, and we teach skills to make them employable in any job."

"I encourage students to try things and not be afraid. You learn more from fixing and diagnosing than getting it right the first time. It's important to problem solve," adds Edmonds.

"Central Illinois has a strong commercial construction presence, and there is always work with hospitals, schools, government and roadwork," says Blomquist.

"Looking at this fall, we'll be transitioning to more training on the commercial side and construction management classes," explains Edmonds. "Construction is wide open. Whatever you want to do, there is an opportunity."

www.llcc.edu/construction





Kim Wilson, LLCC recruitment specialist, can be found at Springfield District 186 high schools on Tuesdays, Wednesdays and Thursdays each week, raising student awareness about career opportunities and helping them prepare for college.

"It was really a highlight for me when the district invited me to their Decision Days," she says. "It's exciting to see the students on a regular basis to talk about careers and college and see them take their next steps.

"If you're frustrated in high school, I get it. I had struggles too and can relate. No one told me I had to go to college. I figured things out on my own. I knew I had to keep going and do something."

Now she helps others navigate the process. "I'll connect them with whatever resources they need to make the transition to college as smooth as possible," she says.

Wilson assists students each step of the way, from application to helping them with resources for financial aid and scholarships. She says, "When they're looking at options, it's important to be aware of cost, and LLCC has opportunities for free education like the Workforce Equity Initiative and PATH program."

Many students are undecided when it comes to picking a major. "I was undecided as well," she explains. "I started at a community college and took classes until I found one I really loved, which became my major.

"Every week provides an opportunity to feature different programs, and I let them know we also have a lot of different clubs that students can be a part of at LLCC."

Wilson is an advisor of LLCC's Black Student Union.

BSU is a recent recipient of one of the college's Innovation in Diversity and Inclusion Grants. The project is "Hip Hop and Higher Education," in which they will establish a series of activities to enhance cultural and academic inclusion among Black students. "I want to let others know that they can come and be a part of the events going on and our community we have at the college," says Wilson.

"The greatest joy is when I see that students have taken my advice and have a smooth transition to college, get financial aid and scholarships, and register early to get the classes they want and a great schedule — to see them experiencing college success."





#### LLCC offers

Transfer Degrees (AA, AS, AFA, AES)

Career and Tech Degrees (AAS)

**Career and Tech Certificates** 

(Certificates of Achievement/Completion)

**Short-term Career Training** 

**Online Degrees and Certificates** 

**Community Education** (personal enrichment classes)

College for Kids

#### Arts and Communication

#### **Associate in Arts**

Music

Speech Communication World Languages

#### **Associate in Fine Arts** Music Performance

Studio Art

#### **Associate in Applied Science**

Integrated Media Design

#### **Certificates of Completion**

Audio Production

## **English and Humanities**

#### **Associate in Arts**

English

Liberal Arts Philosophy

#### **Associate in General Education**

Liberal Arts

#### **Online Degrees**

English - Associate in Arts Liberal Arts - Associate in Arts Philosophy - Associate in Arts

### Health **Professions**

#### **Associate in Applied Science**

Associate Degree Nursing Associate Degree Radiography Associate Degree Surgical Technology Diagnostic Medical Sonography **Emergency Medical Services** Fire Science Technology Neurodiagnostic Technology Occupational Therapy Assistant Respiratory Care

#### **Associate in Arts**

Exercise and Sports Science

#### **Associate in Science**

Pre-Nursing

#### **Certificates of Achievement**

Medical Coding Specialist

Paramedic Practical Nurse

#### **Certificates of Completion**

Advanced Emergency Medical Technician Advanced Technician Firefighter Basic Nurse Assistant Basic Operations Firefighter Central Sterile Service Technician Clinical Medical Assistant CNA to Clinical Medical Assistant Emergency Medical Responder Emergency Medical Technician

Fire Apparatus Engineer Fire Prevention Principles

Fire Service Instructor I

Fire Service Instructor II

Fire Service Vehicle Operator

Fire Tactics and Strategy I

Hazardous Materials for the First Responder

Technical Rescue Awareness

Vascular Sonography

Vehicle/Machinery Operations

#### **Short-term Career Training**

Clinical Medical Assistant CNA to CMA Bridge

Dental Assistant

ECG Technician

Massage Therapy

Personal Trainer

Phlebotomy Veterinary Assistant

#### **Online Degree**

LPN to ADN Transition -Specialty Program

#### **Online Certificates of Completion**

Fire Service Instructor I Fire Service Instructor II

## Mathematics and **Computer Science**

#### **Associate in Arts**

Computer Science **Associate in Science** 

Engineering

Liberal Arts Mathematics

#### **Associate in Engineering Science**

Engineering Science

#### **Associate in Applied Science**

Computer Systems

#### **Certificates of Achievement**

Computer Science Cybersecurity

#### **Certificates of Completion**

Help Desk

#### **Online Degrees**

Computer Science -Associate in Arts

Computer Systems -

Associate in Applied Science

## **Natural and Agricultural Sciences**

#### **Associate in Arts**

Agriculture Geography

#### **Associate in Science**

Biology

Chemistry and Chemical Engineering

Geology Physics

#### **Associate in Applied Science**

Agri-Business

Horticulture and Cultivation Precision Agronomy &

Custom Application

#### **Certificate of Achievement** Ag Watershed Tech II

**Certificates of Completion** 

Ag Watershed Tech I Cultivation

Geographic Information Systems (GIS)

Precision Agronomy Operator Certificate

## **Social Sciences** and Business

#### **Associate in Arts**

Accounting

**Business Administration** 

Criminal Justice

Early Childhood Education

Elementary Education

History

Human Services

Political Science

Psychology Secondary Education

Sociology

#### **Associate in Applied Science**

Accounting Specialist

Business Criminal Justice

Early Childhood Care and Education

#### **Certificates of Achievement**

Entrepreneurship

#### **Certificates of Completion**

ECE Credential Level III

**Business Operations Facilitator** ECE Credential Level II

Management

#### **Online Degrees**

Accounting - Associate in Arts Business Administration -

Associate in Arts

Criminal Justice -

Associate in Arts

Criminal Justice -

Associate in Applied Science History - Associate in Arts Psychology - Associate in Arts Sociology - Associate in Arts



#### **Associate in Applied Science**

Mechanics

Construction Occupations

Culinary Arts

Customized Applied Technology

Diesel Technologies (coming fall 2023) Electrical Distribution Lineman

Hospitality Management

#### **Certificates of Achievement**

Baking and Pastry

Culinary Manager

Electrical Distribution Lineman

Maintenance

Hospitality Supervisor

Mechatronics

Residential Construction

Basic Multipractice Welding

Brakes

Commercial Electrical Maintenance

First Cook

Industrial Technologies

Intermediate-Level Welding

Steering and Alignment

Solar Site Assessor Training

#### Truck Driver Training CDL Basic **Workforce Development Programs**



**TUITION & FEES** vary by program.

**FINANCIAL AID** is available to those who qualify Visit www.llcc.edu/financial-aid or call 217-786-2237. Payment plans available.

#### **LLCC LOCATIONS**

Main campus, 5250 Shepherd Rd., Springfield.

217-786-2200. www.llcc.edu

Hangar 4, Springfield.

Medical District, 130 W. Mason, Springfield.

217-782-7436. www.llcc.edu/medical-district LRS Aviation Center, 815 S. Airport Dr.,

217-544-4965. www.llcc.edu/aviation Neurodiagnostic Technology, Respiratory **Care programs** located at HSHS St. John's

Hospital, Springfield. **Jacksonville**, 32 N. Central Park Plaza. 217-243-6699. www.llcc.edu/jacksonville

Taylorville, 800 S. Spresser.

217-786-2754. www.llcc.edu/taylorville Litchfield, 1 Lincoln Land Dr. 217-786-3401, www.llcc.edu/litchfield

(some classes offered in Hillsboro) Beardstown, 109 White Pine Ln. 217-323-4103. www.llcc.edu/beardstown



**FACE-TO-FACE** 





LLCC is accredited by the Higher Learning Commission (hlcommission.org), an institutional accreditation agency recognized by the U.S. Department of Education and is an equal opportunity employer that does not discriminate against any student, employee or prospective employee. www.llcc.edu/equal-opportunity

Airframe and Powerplant Aviation

Automotive Technology Aviation Management

Commercial Electrical Maintenance

Visit www.llcc.edu/tuition.

#### Advanced-Level Welding Automotive Technician

Aviation Airframe Technician Aviation Powerplant Technician

Heating, Ventilation, Air Conditioning and Refrigeration

Industrial Maintenance Technologies

Value-Added Local Food

**Certificates of Completion** Auto Heating and Air Conditioning

Certified Production Technician

Hospitality Professional

Shielded Metal Arc Welding

Aerial Scissor Lift Training Certification CPR/First Aid Certification Forklift Training Certification Intro to Solar Photovoltaic OSHA 10 Certification

## Adult **Education**



Adult education serves as a pathway that equips adult learners with the skills they need to enter a career or to transition to postsecondary education.

LLCC Adult Education programs include

- Adult Basic Education
- High School Equivalency Preparation Classes
- English as a Second Language
- Adult Career Pathways

Classes are offered in Springfield, Beardstown, Jacksonville, Petersburg, Litchfield, Hillsboro and Taylorville.

Learn more at www.llcc.edu/adult-ed or call 217-786-2349.

## **Workplace** Safety **Certifications**

Short-term classes for the workplace

**Aerial/Scissor Lift** 

April 19, Sept. 6, Nov. 30

**CPR/First Aid\*** Aug. 24

**Forklift Training** 

April 18, Sept. 7, Nov. 29

**OSHA 10** 

Aug. 22 & 23; Nov. 27 & 28

Classes are held 8:30 a.m.- 3 p.m. in the Workforce Careers Center, LLCC-Springfield

Learn more at www.llcc.edu/workforce or call 217-786-3675.

\*CPR/First Aid is held 8 a.m.-noon.

## **Community Education**



#### Personal and professional development classes

Looking for a quick course? To explore something new? Meet people with similar interests? Develop career skills? LLCC Community Education is a wonderful resource for non-credit learning activities, with offerings for all ages.

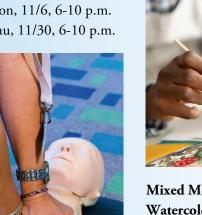
See the latest list of courses and learn more at www.llcc.edu/community-education

Ouestions? Call 217-786-2432. To register, call 217-786-2292.

#### **ACTIVE/HEALTH**

#### **CPR Training**

Tue, 6/6, 6-10 p.m. Wed, 6/21, 6-10 p.m. Mon, 7/10, 6-10 p.m. Wed, 8/23, 6-10 p.m. Mon, 9/11, 6-10 p.m. Thu, 9/21, 6-10 p.m. Tue, 10/3, 6-10 p.m. Wed, 10/18, 6-10 p.m. Mon, 11/6, 6-10 p.m. Thu, 11/30, 6-10 p.m.



Midday Yoga I & II Mon 8/21-10/9, 10/16-12/11 12 -1 p.m.

No class 9/4

**Drums Alive Power Beats** 

Tue 8/22, 5-6 p.m. Stretch Relief

Thu 9/28-11/16, 7-8 p.m.

#### ARTS

#### Writing for Film

Thu, 10/5-10/26, 5-7 p.m. **Abstract Art** Tue, 9/5-9/26, 7-9 p.m.

Intro to Calligraphy Mon, 9/18-10/30, 6:30-8:30 p.m.



Mixed Media with Watercolor

Tue, 10/3-10/31, 6:30-8:30 p.m.

Watercolor Bag of Tricks

Tue, 11/14-12/5, 6:30-8:30 p.m.



#### **FINANCE**

#### Retirement Planning Today

Thu, 9/28-10/5, 6:30-9:30 p.m. Tue, 10/3-10/10, 6:30-9:30 p.m.

#### **HOME & GARDEN**

First Time Home Buyer Seminar Sat, 14, 10 a.m.-12 p.m. Introduction to Floral Design

Wed, 10/18-12/13,

5-7 p.m.



Downsizing: It's Harder Than You Think Sat, 11/4, 9:30-11:30 a.m. Easy Vehicle Driveway Checkup Sat, 9/30, 9 a.m.-1 p.m.

## **LANGUAGE**

#### American Sign Language Level 1

Wed, 8/23-11/8, 6:30-8:30 p.m.

Conversational Spanish 1 Mon, 9/25-11/13, 7-9 p.m. Conversational Spanish 2 Wed, 9/27-11/15, 7-9 p.m. Conversational Spanish 3 Tue, 9/26-11/21, 7-9 p.m.



#### MUSIC

#### **College Choir**

Mon, Wed, Fri, 8/21-12/8 1-1:50 p.m.

No class 9/4, 10/6, 11/22, 11/24

#### Piano

Tue, 8/22-12/5, 9-10:50 a.m.

#### **PERSONAL INTERESTS**

Want to Travel for Free? How to Earn and Spend **Rewards Points Through Credit Cards** 

Sat, 4/22, 11 a.m.-12 p.m.



**PHOTOGRAPHY** 

Tue, 10/3-11/21, 6-8 p.m.

Photography I: The

Thu, 8/31-10/5, 6:30-

Photography II: Post-

**Processing Your Images** 

With Lightroom Classic

Thu, 10/12-11/16, 6:30-

Camera and the Image

Photoshop

8:30 p.m.

8:30 p.m.



Social Media: Which Platforms Are Used for What?

**Becoming a Professional** 

Photographer

Mon, 8/21-9/25, 6-7:30 p.m.



## **TEST PREPARATION**

SAT and ACT online test prep options available at ed2go.com/llcc.



#### **Knitting 101**

Tue, 9/12-10/17, 6-8 p.m. **Advanced Knitting** 

Tue, 10/24-11/28, 6-8 p.m.





## **Community Education, in** partnership with ed2go, also offers a wide variety of online courses for your personal enrichment and professional development. Visit ed2go.com/

llcc to browse online offerings.

## Culinary Offerings

LLCC Community Education offers fun, educational, non-credit culinary experiences! These include hands-on enrichment classes, demonstrations, dinners, special nights out and youth programs.

Local chefs and food experts share their knowledge on a variety of topics and experiences. As the community's state-

**Cream Puffs and Eclairs** 

Sat, 11/11, 9:30 a.m.-

Thanksgiving Pie

**Holiday Candy** 

Sat, 11/18, 9:30 a.m.-

Sat, 12/2, 9:30 a.m.-

**HANDS-ON COOKING** 

Thu, 8/24, 5:30-8:30 p.m.

**International Dumplings** 

Thu, 8/31, 5:30-8:30 p.m.

Kitchen 101: The Basics

Thu, 9/7, 5:30-8:30 p.m.

Thu, 9/14, 5:30-8:30 p.m.

Fermentation: Kimchi

Kitchen 101: Cooking

Sat, 9/30, 9:30 a.m.-

Thu, 9/28, 5:30-8:30 p.m.

Sat, 9/16, 9:30 a.m.-

12:30 p.m.

12:30 p.m.

12:30 p.m.

Risotto

Gnocchi

12:30 p.m.

Techniques

Pizza Party

12:30 p.m.

#### **BISTRO DINNERS**

Please visit our website for dinner information and to register.

#### **HANDS-ON BAKING**

Flaked Out: Croissants

Sat, 9/2, 9:30 a.m.-12:30 p.m.

Sourdough Bread

Sat, 9/9, 9:30 a.m.-12:30 p.m.



#### **Sticky Fingers**

Sat, 9/23, 9:30 a.m.-12:30 p.m.

**Peach Cobbler and Sweet** Potato Pie

Sat, 10/14, 9:30 a.m.-12:30 p.m.

Macarons

Sat, 10/28, 9:30 a.m.-12:30 p.m.



## See youth programs for kids and teens culinary camps.

of-the-art learning center for culinary education, LLCC invites people of all ages and skills to join us and explore the offerings in each category below.

Register early as many classes fill quickly!

More information at www.llcc.edu/culinary-offerings



## Fermentation: Kombucha

Sat, 10/7, 9:30 a.m.-12:30 p.m.

Kitchen 101: Home Chef Thu, 10/12, 5:30-8:30 p.m. **Cast Iron** 

Thu, 10/19, 5:30-8:30 p.m. **Holiday Appetizers** Thu, 11/9, 5:30-8:30 p.m.

**Holiday Side Dishes** Thu, 11/16, 5:30-8:30 p.m. **Pasta From Scratch** 

Thu, 11/30, 5:30-8:30 p.m.

#### YOUTH

**Halloween Treats** 

Sat, 10/28, 9:30 a.m.-12:30 p.m.

### **SPECIAL NIGHT OUT**

Fire and Ale Fri, 8/25, 5:30-8:30 p.m. Steak Night Fri, 9/1, 5:30-8:30 p.m.

**Bourbon Smash** Fri, 9/15, 5:30-8:30 p.m. Fall for Hard Cider

Thu, 9/21, 5:30-8:30 p.m. Spanish Tapas

Fri, 9/22, 5:30-8:30 p.m. Oktoberfest

Fri, 9/29, 5:30-8:30 p.m.

#### Cook the Book: **Harry Potter** Thu, 10/5, 5:30-8:30 p.m.

Fork n' Cork

Fri, 10/13, 5:30-8:30 p.m. Korean Cuisine

Thu, 10/26, 5:30-8:30 p.m. French: Magret de Canard (Breast of Duck)

Fri, 11/17, 5:30-8:30 p.m.

Cook the Book: **Christmas Movie Classics** 

Fri, 12/1, 5:30-8:30 p.m.



#### **TRIPS**

St. Louis Foodie Friday Fri, 9/22, All Day Garden and Glass-Chihuly

Exhibit Thu, 8/24, All Day **Programs** 

**Summer Youth** 

## For more details visit www.llcc.edu/youth-programs To register, call 217-786-2292.

## **College for Kids**

#### Grades 1-3 (2023-2024 academic year)

The Artist in You – 2D Art Mon-Thu, 6/12-6/15

Figure it Out - STEM Camp

9 a.m.-12 p.m.

Mon-Thu, 6/12-6/15 1 p.m.-4 p.m.

Camp Read-a-Lot (Featuring books by Dav Pilkey)

Mon-Thu, 6/19-6/22 9 a.m.-12 p.m.

Music Tells a Story Mon-Thu, 6/19-6/22

1 p.m.-4 p.m.

3D Dynamics – Art in 3 **Dimensions** 

Mon-Thu, 6/26-6/29 9 a.m.-12 p.m.

Writing Isn't Just for School

Mon-Thu, 6/26-6/29 1 p.m.-4 p.m.

#### Grades 4-6 (2023-2024 academic vear)

The Beat - Percussion Playing

Mon-Thu, 6/12-6/15 9 a.m.-12 p.m.

The Artist in You- 2D Art Mon-Thu, 6/12-6/15

1 p.m.-4 p.m.

sessions in real time.

#### **Great Graphic** Novels – Reading and Writing Them Mon-Thu, 6/19-6/22

9 a.m.-12 p.m. **Protecting Our** 

Environment Mon-Thu, 6/19-6/22

1 p.m.-4 p.m. Figure It Out - STEM Camp

Mon-Thu, 6/26-6/29 9 a.m.-12 p.m.

3D Dynamics – Art in 3 **Dimensions** 

Mon-Thu, 6/26-6/29 1 p.m.-4 p.m.

#### **College for Kids Lunch Bunch**

Supervised lunch hour for students attending a.m. and p.m. camps (Lunch is not provided.)

## **Specialty Camps**

Girls on the Run Camp 3rd-5th Grades (2023-2024 academic year)

Mon-Thu, 6/26-6/29 9 a.m.-12 p.m.

**IL Symphony Youth Orchestra** Camp 3rd - 5th Grades (2023-2024 academic year)

Mon-Thu, 6/26-6/29 9 a.m.-12 p.m.

## Teen **Programs**

#### **Introduction to Trades** Ages 13-15

Mon-Thu, 6/19-6/22 1 p.m.-4 p.m.

#### **Construction Careers** Ages 13-15

Mon-Thu, 6/26-6/29 1 p.m.-4 p.m.

**Girls in Metal Construction** Girls Ages 13-16

Mon-Thu, 6/26-6/29 1 p.m. - 4 p.m.

#### The Beat-Digital Music Creation Ages 13-15

Mon-Thu, 7/10-7/13 1 p.m. - 4 p.m.

#### Choir Camp – 2 Weeks High School (2023-2024 academic year)

Mon-Thu, 7/10-7/13 and Mon-Thurs, 7/17-7/20 1 p.m. - 4 p.m.

#### **Introduction to Book Binding** Ages 12 and over Mon-Thu, 7/24-7/27

1 p.m.-4 p.m.

## **Culinary Camps**

#### Grades 5th-8th (2023-2024 academic year)

Let's Eat

Mon-Thu, 6/26-6/29 9 a.m.-12 p.m.

Let's Bake

Mon-Thu, 6/26-6/29 9 a.m.-12 p.m.

**Culinary Adventure** 

Mon-Thu, 7/10-7/13 9 a.m.-12 p.m.

**Pastry Arts** 

Mon-Thu, 7/10-7/13 9 a.m.-12 p.m.

Around the World Mon-Thu, 7/17-7/20

9 a.m.-12 p.m. Jr. Bakers

Mon-Thu, 7/17-7/20 9 a.m.-12 p.m.

Let's Go Out For... Mon-Thu, 7/24-7/27

9 a.m.-12 p.m. Treats and Bites

Mon-Thu, 7/10-7/13 9 a.m.-noon

**Bake It Lab!** High School (2023-2024 academic year)

Mon-Thu, 7/24-7/27 1 p.m.-4 p.m.

Black Rocket Technology Camps for Ages 8-14 Virtual camps available now! LLCC's College For Kids partners with a nationally known leader in techeducation to present virtual STEAM camps. Top Black Rocket instructors lead the whole class and small group

3D Game Design With Unity **Battle Royale: Make Your First** Fortnight Style Video Game

**Code Breakers** Code Your Own Adventure! **Interactive Storytelling** Inventor's League – Prototyping for the Future! JavaScript Developer Jam Make Your First Video Games! **Minecraft Designers** Minecraft Modders

**Minecraft Redstone Engineers Python Programmers ROBLOX Coders & Entrepreneurs ROBLOX Makers Video Game Animation** YouTube Content Creators YouTube FX Masters



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Registration for summer classes now underway. www.llcc.edu/summer-classes

Registration for fall 2023 classes begins April 13. www.llcc.edu/registration

Campus Visit Day is Tuesday, June 20. www.llcc.edu/campus-visit-day

## www.llcc.edu