



LINCOLN TRAIL COLLEGE

Community Education Catalog

FALL 2019 - SUMMER 2020

866-582-4322

www.iecc.edu/ltc



Enrich
YOUR LIFE

Enhance
YOUR CAREER



Learn
NEW SKILLS



Find
NEW HOBBIES



Education at Lincoln Trail College is not only about degrees and certificates for college students. Education at Lincoln Trail College also means offering classes for the community. Classes where you can explore your interests. Classes where you can discover a new passion. Classes where you can enrich your life.

That's why we're proud to show you what we have to offer in our Community Education Catalog. Inside, you're going to find a variety of classes ranging from the arts and performing arts to classes that will help you professionally to classes where you can explore new hobbies.

Registering for classes is easy; all you have to do is either call us at 618-544-8657 or stop by Lincoln Trail College. If you have any questions, don't hesitate to call.

HOW THIS CATALOG WORKS

We want to make this easy to understand. Here's an example of what you're going to find for our class listings inside the catalog and what the different parts of it mean. As always, if you have a question about any of the classes, please call us at 618-544-8657.

CLASS NAME

Some classes have multiple sections

GOLF
Beginning Golf: Aug. 15-Sept. 12 • R 6:00-7:00 PM
Intermediate Golf: March 5-April 9 • R 6:00-7:00 PM

M = Monday
T = Tuesday
W = Wednesday
R = Thursday
TBA = To be announced: watch our social media for details

F = Friday
Sat. = Saturday
Sun. = Sunday

Learn the basic fundamentals and skills of golf, including the role of each club, terminology, and rules and etiquette of the game. Emphasis placed on practicing with clubs. No previous experience required. Bring your own clubs. *Appropriate for 16-years-old and older. Course limited to nine students.*

Some classes are more suited for certain ages or may have other requirements.



LINCOLN TRAIL COLLEGE
11220 STATE HWY 1
ROBINSON, IL 62454
618-544-8657 • 866-582-4322

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CROCHET | CAKE DECORATING | SPANISH | FINANCE | IMPROV | TRIPS



INTRODUCTION TO CERAMICS

June 2-July 28 • T 6-7:35 PM

You'll learn basic techniques for working with clay in this course. Students will be introduced to different types of hand building. Firing process, glazing, and decorative techniques are also introduced.

INTRODUCTION TO DRAWING

Jan. 7-May 5 • T 6-9 PM

Students will learn basic drawing techniques, media use, and concepts. The course is designed to provide a survey of drawing methods and materials and to broaden the student's appreciation and skills in drawing. *Appropriate for students 16-years-old and older.*



INTRO/INTERMEDIATE PAINTING

Aug. 15-Dec. 12 • R 6:30-9:00 PM

Jan. 9-May 7 • R 6:30-9:00 PM

Painting classes at LTC examine the personal, expressive potential of a variety of paint media. Emphasis is placed upon original composition through use of the visual elements and principles. Craftsmanship and individual approach to subject matter are also stressed. Students will need to provide supplies for the class. *Appropriate for students 16-years-old and older.*



ADVANCED PAINTING

Sept. 10-Oct. 22 • T 6:30-9:00 PM

March 24-April 28 • R 6:30-9:00 PM

A survey of painting techniques in all media with particular demonstrations of landscape in watercolor and acrylic and portrait in acrylic and oils. Supplies included in cost. *Appropriate for students with past painting experience 16-years-old and older.*



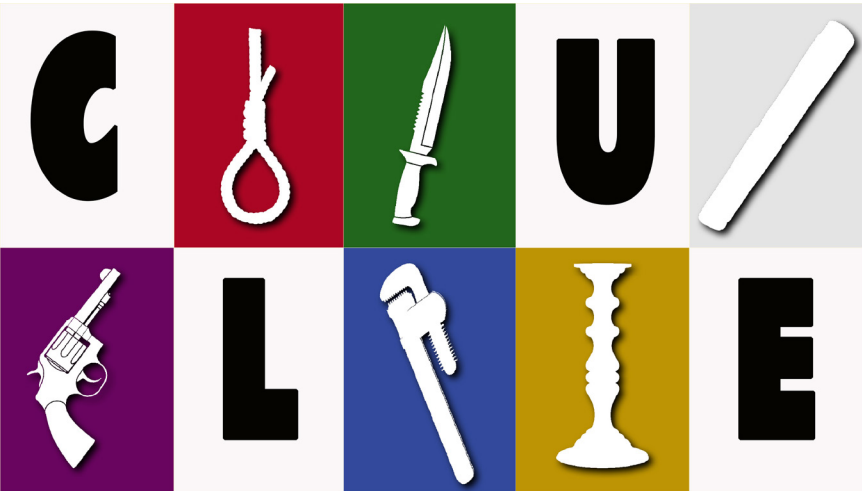
LINCOLN TRAIL COLLEGE THEATER

You can join the theater family at Lincoln Trail College by participating in one of the three upcoming productions. Audition for a role on stage or help out backstage by joining the crew or helping with costuming.



PUFFS

PERFORMANCES:
AUGUST 1-4, 2019



CLUE ON STAGE

AUDITIONS:
AUGUST 27-28, 2019

PERFORMANCES:
OCTOBER 18-20, 24-25, 2019

ON STAGE



ROALD DAHL'S
MATILDA THE MUSICAL

AUDITIONS:
JANUARY 13-14, 2020

PERFORMANCES:
MARCH 20-22, 27-28, 2020



ENSEMBLES

COMMUNITY CHOIR
BEGINS AUG. 19 • M 6-8:30 PM

SENIOR CHOIR
BEGINS AUG. 22 • R 1 PM

CONCERT BAND
BEGINS AUG. 21 • W 6-8:30 PM

JAZZ BAND
BEGINS AUG. 19 • M 6:30-9 PM

HANDBELL ENSEMBLE
BEGINS AUG. 22 • R 7 PM

MUSIC LESSONS

DATES/TIMES ARRANGED

Lincoln Trail College can help you play an instrument or learn to sing. We offer private vocal lessons and private lessons for string, brass, woodwind, percussion, and keyboard instruments. Contact the Performing Arts Office at 618-544-8657, ext. 1433 to arrange dates and times for lessons. *Appropriate for young adults and adults.*



LINCOLN TRAIL COLLEGE FOUNDATION CONCERT SERIES

COMING SOON



AUGUST 8, 2019
7 BRIDGES - EAGLES TRIBUTE

CAROLE KING

SEPTEMBER 26, 2019
TAPESTRY - CAROLE KING TRIBUTE

ABBA

NOVEMBER 14, 2019
DANCING DREAM TRIBUTE TO ABBA

POSSIBLE TRIBUTE ACTS IN 2020

GARTH BROOKS
AMERICA/SEALS & CROFTS
DOOBIE BROTHERS
EAGLES
JIMMY BUFFET

ELVIS
JOHNNY CASH
BEE GEES
DOLLY PARTON
A CHRISTMAS SHOW



FOR MORE INFORMATION VISIT
LINCOLNTRAILCOLLEGEFOUNDATION.COM

LINCOLN TRAIL COLLEGE POOL

Lap Swim & Open Swim Available

Available for party rentals

See www.iecc.edu/ltcpool for our pool schedule

LTC FLIPPERS SWIM TEAM

Nov. 5-March 26

The Flippers program helps build lifelong swimming skills and confidence for the participants. Swimmers need to be able to swim the length of the pool without assistance and they must be able to dive off the dive blocks. Swimmers in grades 5-12 interested in participating in the traveling USA Swim Team will have an additional \$54 fee. *For students in grades 1-12.*

LIFEGUARD TRAINING

Call for information

The Red Cross course requires 25 hours of training. The course combines online work, CPR training, and in-pool training. Students taking the class must be able to pass pre-course swim test. Students will also pay a \$35 Red Cross fee and may be required to purchase a CPR Face Shield Barrier and a textbook.

AQUA AEROBICS

Aug. 15-Dec. 12 • TR 2-2:50 pm
Aug. 16-Dec. 11 • MWF 8:30-9:20 AM
Aug. 16-Dec. 11 • MWF 10-10:50 AM
Aug. 19-Dec. 11 • MW 6-6:50 PM
Jan. 7-May 1 • TR 2-2:50 pm
Jan. 6-May 1 • MWF 8:30-9:20 AM
Jan. 6-May 1 • MWF 10-10:50 AM
Jan. 6-May 1 • MW 6-6:50 PM

This course will provide a fun, high-energy physical conditioning program consisting of continuous, rhythmic movements performed in the water in order to improve your overall fitness level. Aqua aerobics provides an excellent workout for your heart and lungs. Aqua Aerobics allows you to strengthen and tone your muscles. No previous water aerobics experience required.

YOUTH SWIM LESSONS

May 19 & 21 • 6-7 PM
May 23 • 10-11 AM
May 26 & 28 • 6-7 PM
May 30 • 10-11 AM
June 2 & 4 • 6-7 PM

Swimmers will learn the basic mechanics of swimming, including basic safety rules and basic swimming strokes. Lessons will be geared toward the ability level of the swimmer. *For youth five-years-old and up.*

GOLF

Beginning Golf: Aug. 15-Sept. 12 • R 6:00-7:00 PM
Intermediate Golf: March 5-April 9 • R 6:00-7:00 PM

Learn the basic fundamentals and skills of golf, including the role of each club, terminology, and rules and etiquette of the game. Emphasis placed on practicing with clubs. No previous experience required. Bring your own clubs. *Appropriate for 16-years-old and older. Course limited to nine students.*

OPEN GYM

AT LINCOLN TRAIL COLLEGE
\$5 PER PERSON PER SESSION

WEDNESDAYS

6:30 PM - 8:30 PM

SATURDAYS

10 AM - 12 PM

POOL PARTY

Make your next birthday party or corporate event memorable by booking it in the indoor pool at Lincoln Trail College. Parties start at just \$130 for a two-hour party.

Call 618-544-8657 ext. 1206 to schedule your party today.



TAE KWON DO

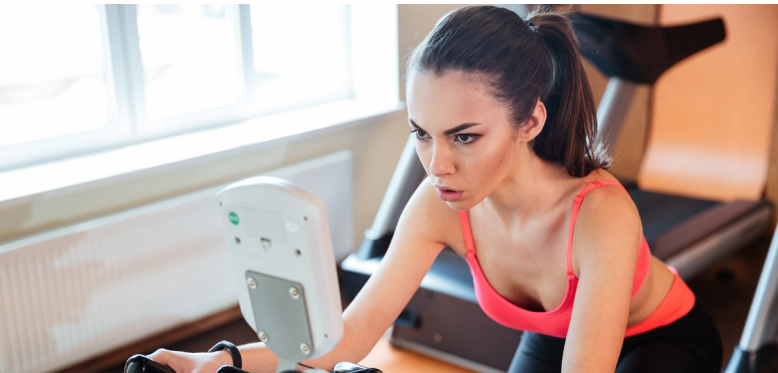
Aug. 19-Dec. 11 • MW 7-8:50 PM
Jan. 6-May 6 • MW 7-8:50 PM
May 11-Aug. 12 • MW 7-8:50 PM

A practical study of the origin, history and basic fundamental skills of Korean Karate including analysis and practice of blocking, punching and kicking. Advanced classes emphasize offensive and defensive skills and strategies of free-sparring and self-defense. *Appropriate for adults.*

CIRCUIT FITNESS TRAINING

Aug. 15-Dec. 13 • Dates/Times Arranged
Jan. 6-May 6 • Dates/Times Arranged

Introduction to and participation in a multi-station aerobic super-circuit utilizing submaximal weights with multiple repetitions. After cardiovascular and other physiological testing, an individualized program will be developed to provide the student opportunities to increase cardiovascular efficiency, improve muscle tone, and reduce the percent of body fat, by rotating through a 23-station circuit going from a stationary bike to universal equipment every 30 seconds. *Appropriate for 16-years-old and older.*



COMMUNITY CPR

Oct. 19 • 8:00 AM-12:00 PM
March 14 • 8:00 AM-12:00 PM

Learn the proper techniques of CPR for adults, youth, and infants. Successful completers receive a CPR card through the American Heart Association. Payment is due on or before the day of the class. *Appropriate for 15-years-old and older.*



WORKPLACE ERGONOMICS

October 2019 • Call for details

Maximize your health with this ergonomics workshop. You'll review best practices for sitting on the job, how to protect your body when lifting and bending, and learn ways to have a healthier lifestyle.



WOMEN'S SELF-DEFENSE

Aug. 7 • 6-7 PM
Aug. 28 • 6-7 PM
Oct. 9 • 6-7 PM
Jan. 8 • 6-7 PM
Feb. 26 • 6-7 PM

Instructor Andy Bradbury will teach 3-4 techniques you can use to protect yourself from danger.

NUTRITION SERIES

SALSA

AUG. 6 • 5:30-7 PM • \$5

Enjoy summer produce all year long with a timely seasonal program on home canning with an opportunity to practice preserving safely. During the program, you will have the opportunity to review the basics of home canning, receive the latest safety guidelines, and practice hands-on canning of salsa and tomato products. You will make a jar of salsa to take home and enjoy!

INSTANT POT AND OTHER NEW APPLIANCES

AUG. 13 • 5:30 PM • FREE

Learn how to operate some of the new kitchen appliances safely, and incorporate them into your routine to prepare tasty recipes for your family.

COOKING FOR ONE OR TWO

SEPT. 10 • 5:30 PM • FREE

Not as many gathered around your dinner table as there once was? Tired of eating leftovers? Is your "go-to" meal cold cereal because you just don't want to cook? Learn how to repurpose leftovers into exciting makeovers. Let us do the math for you to make cutting down a recipe a piece of cake. And learn how to share more than fall leaves with your neighbors to make everyone's lives easier and your diets more varied.

HEARTY SOUPS

OCT. 8 • 5:30 PM • FREE

Nothing welcomes you home from a long day at work like the smell of a delicious soup in the slow cooker. You will leave with recipes, techniques, even quick soups to satisfy picky eaters on a cold evening.

VEGETARIAN DIET

FEB. 11 • 5:30 PM • FREE

Are you curious about whether a vegetarian diet is healthy, or maybe just want to experiment with some meatless meals? According to the Academy of Nutrition and Dietetics, a well-planned vegetarian diet is a healthy and nutritionally adequate diet. This lesson will define the different types of vegetarian diets and review nutrition concerns, especially for specific population groups.

SUPER FOODS TO THE RESCUE

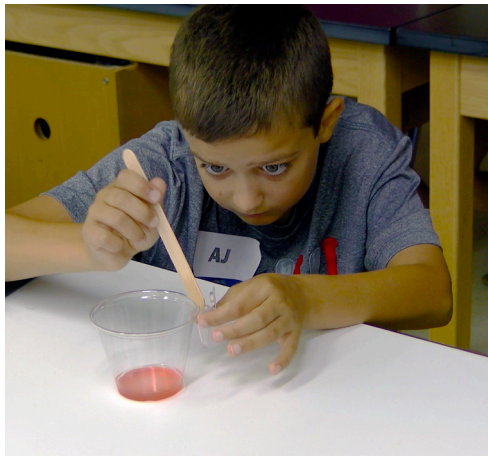
MARCH 10 • 5:30 PM • FREE

Ever read an article or watch the news and wonder what they mean by Super Foods? Come learn the latest research on just what makes a food "super."

EGGS, FROM FARM TO FORK

APRIL 14 • 5:30 PM • FREE

Eggs-xactly right. The incredible egg – learn more than you need to know about the perfect protein provided to us by the humble hen.



YOUTH SWIMMING LESSONS

Learn the basic mechanics of swimming, including basic safety rules and swimming strokes. Lessons will be geared to the ability level of the swimmer. For youths five-years-old and up. Parent/Toddler Swim lessons may be offered according to demand and instructor availability.

SUMMER MUSIC LESSONS

Lessons are offered on a limited basis based on instructor availability. The term consists of seven weekly half-hour lessons. Times are arranged by the instructor. Cost is \$85. To arrange lessons, contact the Performing Arts Office at 618-544-8657, ext. 1433.

KARATE FOR KIDS/TAE KWON DO

Summer classes run May 11-Aug. 12.

Karate for Kids: M 6-7 PM, \$55, For youth five-years-old and up.
Karate II: M 7-9 PM, \$75.

CHILDREN'S SUMMER THEATER

A musical production builds life skills through stage skills like collaboration, perseverance, determination, empathy, creativity, and confidence.

In the CST workshop, students will work with high school and college-age mentors through the entire process of preparing and performing a musical, including auditions, blocking, costuming, as well as singing and choreography.

COLLEGE FOR KIDS SUMMER CAMP

Kids will have the chance to learn while having fun. College for Kids helps students build skills in topics like science, technology, engineering, arts, and math.



LINCOLN TRAIL COLLEGE
618-544-8657





KARATE FOR KIDS

Aug. 19-Dec. 11 • M 6-6:50 PM
Jan. 6-May 6 • M 6-6:50 PM
May 11-Aug. 12 • M 6-6:50 PM

KARATE II

Aug. 19-Dec. 11 • MW 7-8:50 PM
Jan. 6-May 6 • MW 7-8:50 PM
May 11-Aug. 12 • MW 7-8:50 PM

This class will cover basic martial art concepts, self-defense and movement in a program that will provide students with improved confidence and self-esteem. The instructor brings many years of instruction to the classroom and will provide a fun atmosphere for the children.



**FOOD SANITATION & SAFETY
MANAGER’S CERTIFICATE**

Oct. 21 & 28 • 8-4
April 4 & 11 • 8-4

Interested in working in the food industry? Successful completion of this two day course will earn you your ServSafe Manager’s Certificate and provide approval through the Illinois Department of Public Health to work in the food industry. A text book is required and must be purchased from the LTC Bookstore for \$86. *For students 16-years-old and older.*

KARATE TRY IT NIGHT

Sept. 4 • 6-7 PM

Children are invited to attend one night of Karate for Kids. Children should be at least five years old. Each child should have one adult with them.



ALCOHOL SERVING AND HANDLING

Dates to be determined - Call for more information

Learn the responsibilities of working in positions that serve alcohol. This class prepares you to be a responsible server. Successful completion results in ServSafe Alcohol Certification.



BABYSITTER TRAINING

Sept. 28 • 9-3
April 18 • 9-3

Interactive program to provide training in the fundamentals of childcare including pediatric first aid, household safety, and suitable games and activities. Students completing the program receive a certificate and book. *For students 11-15-years-old.*



BASIC WELDING

Aug. 15-Dec. 13 • R 5:30-8 PM
Jan. 6-May 6 • R 5:30-8 PM

This course introduces students to basic welding equipment and provides lab experience in performing basic welding skills. No previous welding experience is required. *For students 16-years-old and older.*

MUSIC LESSONS FOR CHILDREN

Dates/times Arranged

Lincoln Trail College can help you play an instrument or learn to sing. We offer private vocal lessons and private lessons for string, brass, woodwind, percussion, and keyboard instruments. Contact the Performing Arts Office at 618-544-8657, ext. 1433 to arrange dates and times for lessons.



DEFENSIVE DRIVING

Available monthly at the Crisp Center

Students in Defensive Driving will learn the importance of restraints, the dangers of speeding, the results of aggressive driving and the effects of alcohol and drugs. The course is conducted in one, four-hour session and is designed for court referrals, corporations seeking driver training, and people looking to improve their driver safety. Upon successful completion, students earn a DDC-4 Certificate. *For students 16-years-old and older.*





BASIC NURSE ASSISTANT TRAINING

Aug. 15-Nov. 21 • R 8-3:30
Jan. 9-April 23 • R 8-3:30
May 12-June 30 • R 8-3:30

The Basic Nurse Assistant Training program is a concentrated lecture and laboratory program designed to meet the Illinois Department of Public Health certification requirements. The program provides an introduction to the basic components of healthcare skills essential to the support and assistance of individuals and families in meeting basic human needs for people of all ages.

ONLINE CNA INSTRUCTOR FOR RN’S (TRAIN THE TRAINER) INCLUDES ALZHEIMER’S DISEASE

Sept. 9-Nov. 1

The Train the Trainer and Alzheimer’s portions of this course will consist of five weeks of online instruction. Students will spend time completing readings, discussion postings, and assignments. Basic computer skills are helpful.

The Approved Evaluator Workshop Skills portion is in a face-to-face format requiring one day on-campus for skills practice and successful return demonstrations.

Participants must meet the qualifications outlined in the June 2013 Illinois Administrative Code Section 395.160 Instructor Requirements. Students must complete Canvas training by Sept. 20.



APPROVED EVALUATOR SKILLS REFRESHER COURSE FOR CNA INSTRUCTORS

September 13 • 9-1

This course is designed to verify a participant’s competency through the demonstration/performance of the selected skills as determined by the Department per established standards and guidelines.

- “How to perform skill” instruction will NOT to be provided. All participants are to be prepared to demonstrate any and all of the Performance Skills as identified in the IDPH Performance Skills Manual.
- Instruction may be provided on the operation of equipment (bed, overbed tables, etc.); this instruction must be done prior to beginning the skill performance evaluation.



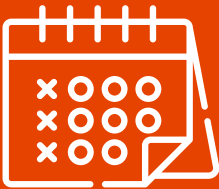
Coming in October 2019, LTC will provide microcertificates in Customer Service, Special Events, Philanthropy, Leadership, and Public Service. These programs are each short-term certificates that provide individuals with additional skills to enhance their current employment or can be added to existing programs of study as minors.

CUSTOMER SERVICE

The customer service microcertificate provides individuals with the knowledge and skills to build better professional relationships through customer service. Topics include customer service theories and models, verbal and non-verbal communication, maintaining positive attitudes, cultural awareness, solving problems and resolving complaints. This microcertificate is beneficial to both those already using and those who will be using customer service skills.



SPECIAL EVENTS



The special events microcertificate provides individuals with the knowledge and skills to plan, prepare, and host special events. Topics include project management and organization, marketing, design and décor, logistics, site selection, and budgeting. This microcertificate benefits both those individuals already serving in and those interested in serving in event planning roles.

PHILANTHROPY

The philanthropy microcertificate increases knowledge and skills about advancing and promoting social well-being for society. Topics include fundraising, community-building, not-for-profit management, strategic planning, and grant writing, among other topics. This microcertificate is beneficial to both those already serving in and those interested in serving in philanthropic roles.



LEADERSHIP



The leadership microcertificate provides individuals with skills to take on leadership roles in various industries. The certificate covers topics including leadership styles, management, group and organizational dynamics, and identifying effectiveness. This certificate is beneficial to anyone interested in developing leadership skills, both those currently serving and those interested in serving in a leadership role.

PUBLIC SERVICE

The public service microcertificate is for people interested in public service, including serving on public boards and committees, administrative positions including mayors and village presidents, working in the not-for-profit sector, and other civil service positions. This certificate is beneficial to both those who already serve in public service roles and those interested in pursuing public service. Topics will include implementing policy, management of public funds, types of municipal governments, leadership, data tools, and many other useful topics to the public servant.





BROADBAND TELECOM

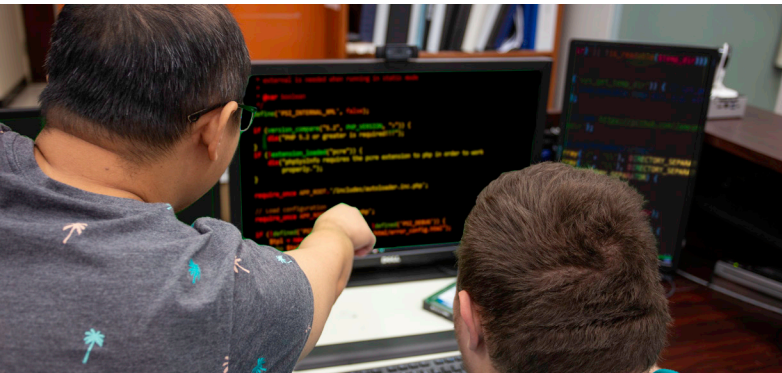
Classes begin Aug. 15

The Broadband Telecom degree is a course of study for individuals who desire employment working in entry and mid-level positions in the evolving industry of broadband-related technologies. Students will be trained in copper and fiber optic cabling, home and business phone systems, computer hardware and software, networking, customer relations, outside plant construction, and central office switching. Specific skills will include installation, maintenance, and safety of these various technologies. Students also have the opportunity to prepare and take industry standard certification exams as part of the curriculum. Additional training is provided through a paid internship with broadband telecom companies.

CERTIFIED MEDICAL ASSISTANT

One-year Certificate beginning Aug. 15

The Certified Medical Assistant Associate in Applied Science (AAS) degree program is a two-year program that prepares students for careers, career changes, and career advancement performing clerical duties and assisting in the clinical situations normally associated with medical offices, clinics, and other health related settings. Clinical skills a medical assistant may utilize are preparing patients for examinations, taking vital signs, assisting with first aid, and collecting and processing specimens. Clerical skills include scheduling appointments, preparing and maintaining permanent records, arranging hospital admissions, typing reports, processing health insurance forms, ordering supplies, and keeping financial records.



COMPUTER SECURITY AND FORENSICS

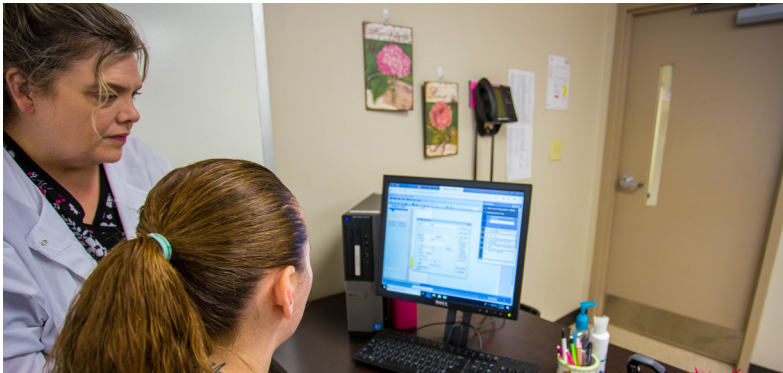
One-year Certificate beginning Aug. 15

The Computer Security & Forensics program is a certificate option that is part of the Microcomputer Support Specialist degree program. Graduates will be able to investigate computer crimes and incidents and accurately analyze and report findings.

CONSTRUCTION TECHNOLOGY

Classes begin Aug. 15

The Construction degree and associated certificate are designed to provide students with educational experiences to develop competencies for continued education in construction technology as well as entry level employment in construction trades. Specific positions may include general construction laborer, painter, carpenter, drywall finisher, plumber's assistant, etc. Other jobs may include concrete finisher, electrician, and construction equipment operator.



ELECTRONIC MEDICAL RECORDS

Classes begin Aug. 15

Electronic Medical Records technicians review medical records to ascertain accuracy with regard to treatment procedures and coding, preparation of files for long term storage, compilations of statistics and data for use by other medical personnel, preparation of medical reports, and provision of access to medical information by appropriate parties (third-party payers, attorneys, etc.). This program is designed to prepare students for entry-level jobs in health care.

OFFICE MANAGEMENT

Classes begin Aug. 15

The Office Management program is designed to enable the student to acquire highly skilled management capabilities in a diverse and progressive work environment. Curriculum includes business law, personnel management, technology, and accounting. Graduates in the program may have employment opportunities in many fields such as business, banking, education, public relations, law, government, industry and accounting.



PHARMACY TECHNICIAN

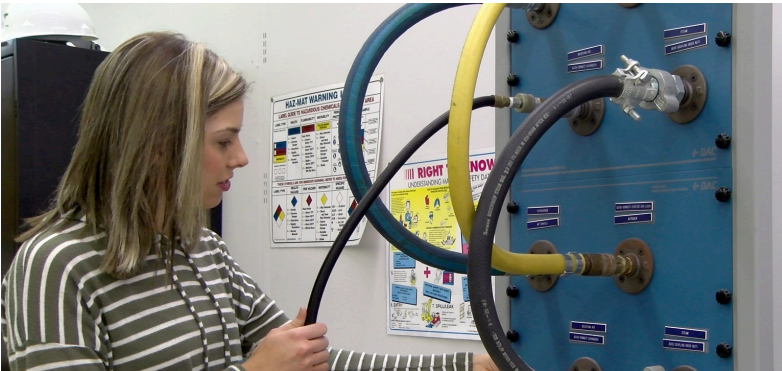
Classes begin Aug. 15

Pharmacy technicians assist and support licensed pharmacists in providing health care products and medication to patients. Pharmacy technicians often perform a central role in the preparation and delivery of drug products and act as a liaison for the pharmacist, doctor, and the patient. Technicians receive prescription and refill requests from patients and must verify authenticity and accuracy. Pharmacy technicians prepare the actual prescriptions, sometimes including the actual compounding of medication. Additionally, they prepare medication containers and label these.

PROCESS TECHNOLOGY

Classes begin Aug. 15

The Process Technology degree program will prepare students to assume roles as operators and technicians in the process and manufacturing industry (food processing, power production, water treatment, paper manufacturing, fuel production, chemical and pharmaceutical manufacturing). This degree prepares individuals for entry level employment within industry as well as current industrial employees for advancement within the industry. This program was developed with the support of industry personnel from the Crawford County area and includes a partnership with Robinson Marathon Petroleum, LLC.





LEARN ON YOUR SCHEDULE

We know you have a busy life and sometimes that can make scheduling classes tricky. That's why Lincoln Trail College offers a wide variety of online and evening classes.

CALL AND REGISTER TODAY
618-544-8657

EARN YOUR HIGH SCHOOL EQUIVALENCY AT LINCOLN TRAIL COLLEGE

Increase your earning potential by completing a high school equivalency with Lincoln Trail College. Are you an adult who needs to finish high school? Take advantage of LTC's free adult education courses to earn your high school equivalency. Per the U.S. Department of Labor, employees with a high school diploma earn 37% more income per year than employees without a high school diploma. LTC offers multiple options for busy adults to complete this important credential and in a supporting, comfortable environment.

DAY AND EVENING CLASSES ARE AVAILABLE!

August 15-October 9 & October 10-December 12

Lincoln Trail College will offer child watch services during Adult Education classes this fall.

Adult Education classes are FREE!

An orientation is required prior to beginning classes.

A promotional graphic for Lincoln Trail College's TEAS Prep program. It features a portrait of a smiling woman with brown hair on the left. The background is a solid green color. Text on the right includes the program name, course details for English Reading, Science, and Math, a description of the program's purpose, and enrollment information with a phone number and the LTC logo.

LINCOLN TRAIL COLLEGE
TEAS PREP

ENGLISH READING	SCIENCE	MATH
OCT. 2 & 9 5-9 PM	OCT. 12 & 19 8 AM - 5 PM	OCT. 16 & 23 5-9 PM

THINKING ABOUT LEARNING TO BE A NURSE? PREPARE FOR THE TEAS TEST AT LINCOLN TRAIL COLLEGE. PREP CLASSES ARE \$25 PLUS THE COST OF THE TEXTBOOK IN THE LTC BOOKSTORE. YOU CAN ENROLL IN ANY COMBINATION OF THE THREE COURSES.

**TO ENROLL, CALL
618-544-8657**

A promotional graphic for the 'Community Colleges Pathways to Medicine' seminar. It features a close-up of a doctor in a white lab coat with an orange stethoscope. The background is a dark grey gradient. Text on the right includes the seminar title, a description of the free seminar, the dates, and enrollment information with a phone number and the LTC logo.

**COMMUNITY COLLEGES
PATHWAYS TO MEDICINE**

A FREE, FOUR-PART, INTERACTIVE SEMINAR
PREPARING YOU FOR A CAREER IN MEDICINE

INTERACT WITH SIUSM MEDICAL STUDENTS, FACULTY, AND STAFF
LEARN ABOUT UNEXPECTED ASPECTS OF MED SCHOOL
LEARN ABOUT THE PROCESS OF APPLYING TO MED SCHOOL
SEE A DAY-IN-THE-LIFE OF MED SCHOOL STUDENTS

**FALL & SPRING
2019-2020**

OPEN TO HIGH SCHOOL & COLLEGE STUDENTS
**TO LEARN MORE, CALL
618-544-8657**



**MORE THAN A POSTCARD:
BASIC INCOME TAX PREPARATION**

JANUARY 2020

Form **1040** Department of the Treasury—Internal Revenue Service
U.S. Individual Income Tax Return

For the year Jan. 1–Dec. 31, 2008, or other tax year beginning

L A B E L H E R E	Your first name and initial	Last
	If a joint return, spouse's first name and initial	Last
	Home address (number and street). If you have a P.O.	
	City, town or post office, state, and ZIP code. If you	

Label
(See instructions on page 14.)
Use the IRS label.
Otherwise, please print or type.

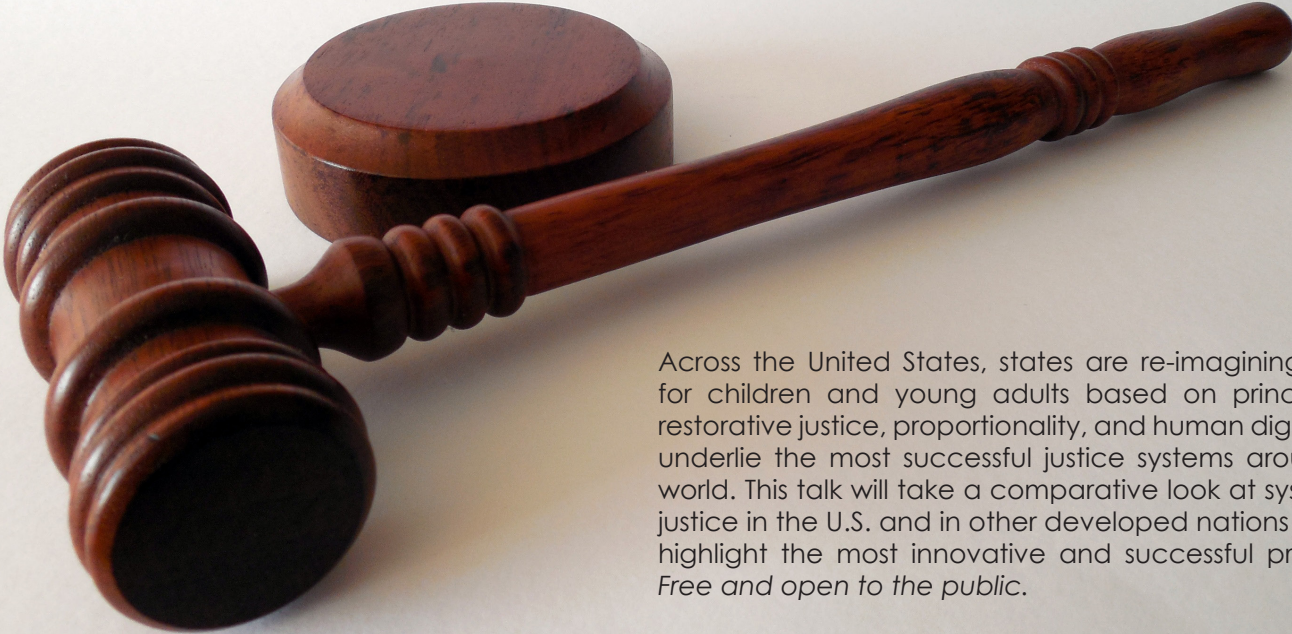
Presidential Election Campaign ▶ Check here if you, or your spouse if filing jointly

Filing Status

- 1 ☐ Single
- 2 ☐ Married filing jointly (even if only one has income)
- 3 ☐ Married filing separately. Enter spouse's name and full name here. ▶

and full name here. ▶ one can claim you

RE-IMAGINING YOUNG ADULT JUSTICE
OCTOBER 9 | 7 PM | LTC LIBRARY



Across the United States, states are re-imagining justice for children and young adults based on principles of restorative justice, proportionality, and human dignity that underlie the most successful justice systems around the world. This talk will take a comparative look at systems of justice in the U.S. and in other developed nations and will highlight the most innovative and successful practices. Free and open to the public.

BE MONEY SMART



Join us for a series of free speakers covering topics like understanding credit, buying a car, home mortgages, and identity theft protection.



MARCH 30-APRIL 2, 2020

crawford county
ghost hunters



Join us for another evening with the Crawford County Ghost Hunters as they tell us about their most recent investigations. They will demonstrate their equipment and sound recordings. The program is free and open to the public.

**OCT. 17
7 PM
LTC LIBRARY**



DECORATING COOKIES & CUPCAKES FOR KIDS!

Sept. 25-Oct. 16 • W 6-7:30 PM

Create fancy cookies and fabulous cupcakes! Class will meet at the Robinson Community Center. *Limited space is available. Children must be at least eight-years-old and all children must be accompanied by an adult.*



TRAVEL SPANISH

Fall 2019

Overview of essential terms relating to general travel, accommodations, baggage, money, people, places, and seasons, with emphasis on pronunciation. Book included!

CAKE DECORATING

March 25-April 15 • W 6-7:30 PM

Students will learn basic decorating techniques for borders and flowers. Supplies will be provided. *For youth and adults. Limit of 10 students.*



RESTAURANT SPANISH

Spring 2020

Overview of terminology for common foods found on restaurant menus, with practice on pronunciation.



CROCHET

Oct. 23-Nov. 27 • W 6-7:30 PM
Feb. 12-March 18 • W 6-7:30 PM

An introduction for beginners and review of basic techniques for those wanting a refresher. Participants should bring a size H or I crochet hook and Red Heart yarn in a pastel or bright solid color. *Appropriate for youth and adults.*



SPANISH FOR KIDS

Spring 2020

This course is designed for children and parents to experience together. Participants will learn to speak Spanish through interactive games, activities, and short songs. Activities and skills will be reinforced off campus through resources created by the teacher.

COMPUTERS FOR SENIORS

March 10-May 5 • T 2-4 PM

Tips and Tricks on using the Windows 10 operating system. We will cover basic usage as well as many of the clever, new helpful functions. *For adults over 50.*



INTERNATIONAL CUISINE

Sept. 17, Oct. 15, March 17, April 21

Demonstrations and tasting of various international foods. Featured cuisines may include Indian, Chinese, Filipino, and Greek. *For students 16-years-old and older. Limit of 12 students. Class will meet at the Robinson Community Center.*





BUILDING A SOCIAL MEDIA PRESENCE FOR YOUR ORGANIZATION

May 12 & 19, June 2 & 9 • 6:30-8:30 PM

Learn how to create an engaged community with social media for your business. You'll learn about ways to build your audience, promote your brand, and provide value for your followers.



FAMILY CAREGIVER SERIES

March 10, March 17, March 24

Tips and techniques for providing care for a loved one. Topics will include Alzheimer's, Post-Surgery Care, Stroke, and Household Safety. Participants may register for individual topic of interest for their needs. Cost is \$10 per session.

PHOTOGRAPHY WITH YOUR CELL PHONE

Call for details

Learn how to capture great photos with your cell phone. This course will cover basic principles of photography and creative techniques you can apply with your phone or mobile device.



IMPROV WORKSHOP

March 31-May 5 • T 6:30-8:30 PM

Are you a fan of improv comedy? Learn some of the basic skills of improv in a fun, hands-on workshop. You'll play popular games like Scenes from a Hat, World's Worst, Questions Only, and Improv Freeze Tag. *For students 18-years-old and older.*



PARANORMAL INVESTIGATION

Sept. 17, Sept. 24, Oct. 8 • 7-8:30 PM

Members of Crawford County Ghost Hunters Society will instruct students on the proper investigative techniques of paranormal experiences and phenomenon. Investigators' conduct and safety will be emphasized. Equipment used in paranormal investigations will be demonstrated.



PERSONAL FINANCE

Spring 2020

Leaning on leaders in local industry, Lincoln Trail College will offer a series of seminars designed to help individuals learn more about managing their money effectively. Topics will range from home ownership and mortgages, retirement planning, personal loans, and debt management.

WEATHER SPOTTER CLASS

April 2 • 6-8:30 PM

This class offered by the National Weather Service will train people how to spot and report severe weather. Trained spotters coordinate with local emergency management officials and send reports of weather based phenomena to the NWS.



UNDERSTANDING & USING ESSENTIAL OILS

Spring 2020

Essential oils can help enhance your mood and environment. Learn about their different qualities, how to use them, and safety tips about the oils.





HOME WINE MAKING

October 10 • 6-9 PM

You can make wines of your own choice at home and this class will show you how. You'll learn the basics of preparation, fermentation, and maturation and about the equipment used to make wine. *Students must be over the age of 21.*

HOME BREWING

Spring 2020

Explanation of the brewing process, equipment required, and necessary supplies. Distinctions between beer, mead, and cider. *Students must be over the age of 21.*



MIXOLOGY

Spring 2020

Learn how to make fun and exciting cocktails so you can entertain your friends in style. *Students must be over the age of 21.*



BARISTA TRAINING

October 7 • 5:30-7 PM

Have you ever wondered how those great coffee beverages are created? Join us for tips on how to be a great barista! *Space is limited.*

A photograph of a theater stage with a large, closed red curtain. The stage is dimly lit, with some light reflecting off the floor and the sides of the stage.

LINCOLN TRAIL COLLEGE THEATER TRIPS

Travel with Lincoln Trail College and enjoy live performances in St. Louis and Cincinnati. The cost of the trip is \$115 and includes admission and transportation. Call 618-544-8657 to reserve your seat.

WICKED
DEC. 14, 2019 • ST. LOUIS

THE LION KING
FEB. 1, 2020 • CINCINNATI

A photograph of a lush garden scene. A wooden bridge with a railing crosses a small stream or path. In the background, there are several trees, including a prominent red-leafed tree and a white-flowered tree.

MISSOURI BOTANICAL GARDEN EXPERIENCE
APRIL 25 • \$35

MOBot is one of the largest and most well-respected botanical gardens in the world. Top attractions include the Climatron, Japanese Garden, Victorian District, Children's Garden, and Linnean House. The per attendee cost is \$35 and includes transportation and entry to the gardens. The Garden includes two restaurants and multiple gift shops. Call 618-544-8657 to schedule your trip to MOBot with LTC.



EXOTIC FELINE RESCUE CENTER

Join Lincoln Trail College on a tour of the Exotic Feline Rescue Center. About 200 exotic felines call the EFRC home. It serves as one of the largest rescue centers in the United States for abused, unwanted and neglected exotic felines. You'll meet lions and tigers and a host of other big cats on our tour. Call 618-544-8657 to reserve your space.



ACTIVE SHOOTER RESPONSE TRAINING

Lincoln Trail College and the Robinson Police Department are working together to provide active shooter response training to your business or organization. Our interactive, hands-on program teaches you techniques you can use in the event you ever have to deal with an active shooter.

Call 618-544-2217 or 618-544-8657 to learn how you can book a seminar for your business or organization.



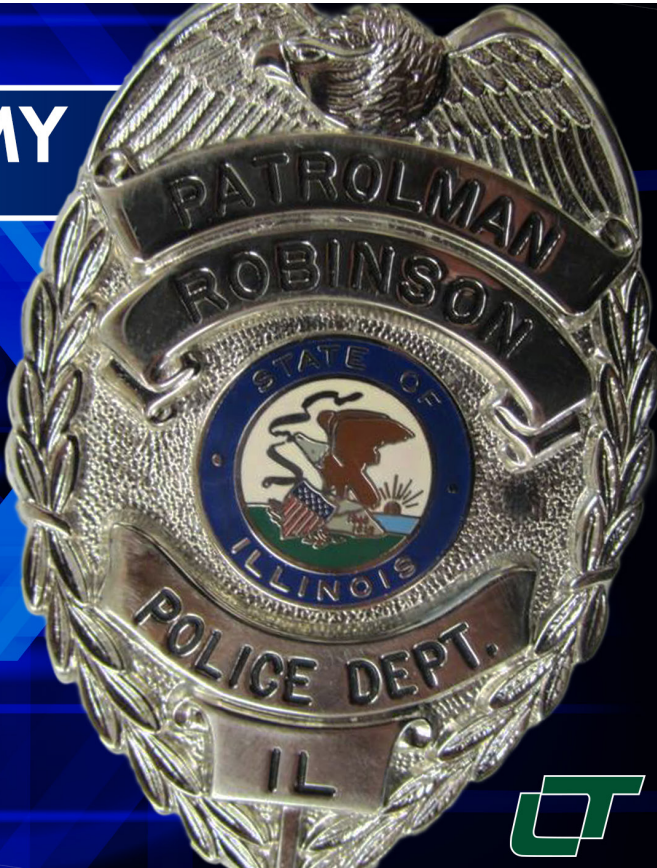
Walnut Prairie Wildside

Join Lincoln Trail College on a tour of the Walnut Prairie Wildside Sanctuary. They are licensed by the USDA and specialize in the preservation of migratory waterfowl, ornamental pheasants, and other poultry. They host a variety of other exotic animals in their sanctuary. Call 618-544-8657 to book your tour.

2019 CITIZENS ACADEMY

ROBINSON POLICE DEPARTMENT

SEPT. 12 - OCT. 24
THURSDAYS 6-9 PM
HANDS-ON INSTRUCTION
COLLEGE CREDIT AVAILABLE
QUESTIONS? 618.544.2217



BASEBALL			BASKETBALL - MEN			BASKETBALL - WOMEN		
Aug. 17-18	at Indiana State Scout Day	TBA	Nov. 1	McHenry (at Olney)	TBA	Nov. 5	at MacMurray	6:30
Sept. 4	Vincennes	3:00	Nov. 2	Quakerdale (at Olney)	TBA	Nov. 8	Clark State	7:00
Sept. 8	at Murray State	TBA	Nov. 6	Mississippi Baptist	7:00	Nov. 9	at Lindenwood	1:00
Sept. 13-14	at PUMA Classic	TBA	Nov. 8	Illinois Valley (at Olney)	TBA	Nov. 12	MacMurray	5:30
Sept. 18	at Vincennes	4:00	Nov. 9	Clark State (at Olney)	TBA	Nov. 14	Rock Valley	5:30
Sept. 21-22	at Region XXIV Tournament	TBA	Nov. 16	Ivy Tech	3:00	Nov. 20	at Lake Land	5:30
Sept. 28	at UI Springfield Tournament	TBA	Nov. 20	at Lake Land	7:30	Nov. 22	at Vincennes Classic	4:00
Sept. 29	vs. Lewis & Clark (at Busch Stadium)	7:00	Nov. 22	at Mississippi Baptist	7:00	Nov. 23	at Vincennes Classic	12:00
Oct. 3	at Danville Area CC	3:00	Nov. 26	at Southeastern	7:30	Nov. 26	at Southeastern	5:30
Oct. 12	Lake Area Dodgers	12:00	Dec. 4	Kaskaskia	7:30	Dec. 4	Kaskaskia	5:30
Oct. 13	Indiana Braves	12:00	Dec. 7	at Rend Lake	3:00	Dec. 7	at Rend Lake	1:00
Oct. 17	at Frontier CC	5:00	Dec. 11	at Vincennes	6:00	Dec. 11	at Vincennes	4:00
Oct. 19	Frontier CC	12:00	Dec. 14	Southwestern	3:00	Dec. 14	Southwestern	1:00
Feb. 7	at Chattanooga State	3:00	Jan. 8	at Wabash Valley	7:30	Jan. 4	Lindenwood	1:00
Feb. 8	at Chattanooga State	1:00	Jan. 11	at John A. Logan	3:00	Jan. 8	at Wabash Valley	5:30
Feb. 14	at Georgia Highlands	3:00	Jan. 15	Olney Central	7:30	Jan. 11	at John A. Logan	1:00
Feb. 15	at Georgia Highlands	1:00	Jan. 18	Shawnee	3:00	Jan. 15	Olney Central	5:30
Feb. 24	Sinclair (at Westfield, IN)	1:00	Jan. 22	Lake Land	7:30	Jan. 18	Shawnee	1:00
Feb. 28	at Gordon College	3:00	Jan. 25	at Lewis & Clark	3:00	Jan. 22	Lake Land	5:30
Feb. 29	at Gordon College	1:00	Jan. 29	at Kaskaskia	7:30	Jan. 29	at Kaskaskia	5:30
March 5	John A. Logan	2:00	Feb. 1	Southeastern	3:00	Feb. 1	Southeastern	1:00
March 7	at John A. Logan	12:00	Feb. 3	Rose Hulman	7:00	Feb. 5	Vincennes	5:30
March 11	Danville Area CC	2:00	Feb. 5	Vincennes	6:00	Feb. 8	Rend Lake	1:00
March 14	Ivy Tech (at Westfield, IN)	1:00	Feb. 8	Rend Lake	3:00	Feb. 12	Wabash Valley	5:30
March 15	Ivy Tech (at Westfield, IN)	1:00	Feb. 12	Wabash Valley	7:30	Feb. 15	at Southwestern	1:00
March 19	at Southwestern	3:00	Feb. 15	at Southwestern	3:00	Feb. 19	at Olney	5:30
March 21	Southwestern	12:00	Feb. 19	at Olney Central	7:30	Feb. 22	John A. Logan	1:00
March 24	Frontier CC	3:00	Feb. 22	John A. Logan	3:00	Feb. 24	at Shawnee	5:30
March 26	at Kaskaskia	3:00	Feb. 24	at Shawnee	7:30			
March 28	Kaskaskia	12:00	Feb. 26	Lewis & Clark	7:30			
March 31	at Frontier CC	1:00						
April 2	at Shawnee	3:00						
April 4	Shawnee	12:00						
April 9	Olney Central	3:00						
April 10	at Olney Central	12:00						
April 13	at Vincennes	4:00						
April 16	at Rend Lake	3:00						
April 19	Rend Lake	12:00						
April 21	at Lake Land	1:00						
April 22	Vincennes	3:00						
April 23	Southeastern	3:00						
April 27	at Southeastern	12:00						
April 30	at Wabash Valley	3:00						
May 2	Wabash Valley	12:00						

SOFTBALL			VOLLEYBALL			SOCCER - WOMEN		
Aug. 31	at Ina	11:00	Aug. 27	at Vincennes	6:00	Aug. 25	at Kaskaskia	12:00
Sept. 7	at Mt. Carmel	10:00	Aug. 28	Lake Land	6:30	Aug. 31	at Eureka	7:00
Sept. 8	at Terre Haute	12:00	Sept. 3	at Illinois College	6:00	Sept. 4	Lewis & Clark	4:00
Sept. 21	at Booneville Juco Classic	TBA	Sept. 4	Rend Lake	6:30	Sept. 11	Illinois Central	4:00
Sept. 22	at Lincoln Land	TBA	Sept. 7-8	at Joliet Tournament	TBA	Sept. 14	at Parkland	12:00
Sept. 28	at Owensboro, KY	3:00	Sept. 9	at Wabash Valley	6:30	Sept. 17	St. Charles	4:30
Oct. 6	at Lindenwood	1:00	Sept. 13	at ICC Tri-Match	3:00	Sept. 21	Kaskaskia	12:00
Oct. 18	at Jonesboro, AR	11:00	Sept. 16	Southwestern	6:30	Sept. 22	Shawnee State University	1:00
Oct. 19	at Jonesboro, AR	9:00	Sept. 18	at Kaskaskia	6:30	Sept. 25	Wabash Valley	4:00
Feb. 14-15	Tigerfest (at Booneville, MS)	TBA	Sept. 22	LTC Tri-Match	12:00	Sept. 28	at Heartland	12:00
Feb. 16-17	at Jackson State	1:00	Sept. 23	at Shawnee	6:30	Oct. 2	at St. Mary of the Woods	5:00
March 1-8	at Melbourne, FL	TBA	Sept. 25	John A. Logan	6:30	Oct. 5	at Southwestern	12:00
March 10	at Lake Land	2:00	Sept. 30	at Lake Land	6:30	Oct. 9	at John Wood	4:00
March 12	Olney Central	2:00	Oct. 2	at Rend Lake	6:30	Oct. 12	at Wabash Valley	12:00
March 14	at John A. Logan	12:00	Oct. 4	Lewis & Clark	6:00	Oct. 17	at State Fair	1:00
March 17	at Southeastern	2:00	Oct. 7	Wabash Valley	6:30	Oct. 18	at Jefferson CC	4:00
March 19	at Kaskaskia	2:00	Oct. 8	at Lincoln Land Tri-Match	4:00			
March 24	at Southwestern	2:00	Oct. 9	Shawnee	6:00			
March 28	Wabash Valley	12:00	Oct. 15	Vincennes	6:00			
Mach 29	Elgin	11:00	Oct. 16	at Southwestern	6:30			
Mach 31	at Shawnee	2:00	Oct. 21	Kaskaskia	6:30			
April 2	Lake Land	2:00	Oct. 23	at John A. Logan	6:30			
April 4	at Rend Lake	12:00	Oct. 25	LTC Tri-Match	3:00			
April 7	Shawnee	1:00				Aug. 30	at Rend Lake Invitational	
April 9	Southeastern	2:00				Sept. 7-8	at Vincennes Invitational	
April 10	Olney Central	2:00				Sept. 28	at Lewis & Clark	
April 14	John A. Logan	2:00				Oct. 5	Lincoln Trail College Invitational	
April 16	Kaskaskia	2:00						
April 19	Frontier CC	12:00						
April 21	Rend Lake	2:00						
April 23	Southwestern	2:00						
April 25	at Frontier CC	12:00						
April 28	at Wabash Valley	2:00						

GOLF

HOW TO REGISTER

The easiest way to register is to call 618-544-8657.

You can also register by visiting our campus.

TUITION AND FEES

Classes require pre-registration and payment. Registrations are not valid until payment is received.

ACCURACY

All information listed in this catalog is accurate at the time of printing and may be subject to change. Please inquire with the College for the most up-to-date information.

ENROLLMENT AND CANCELLATION

Classes and workshops are subject to cancellation if the minimum enrollment is not attained. In the event of cancellation, participants will be notified. Some classes may have limited enrollment due to space or other limitations.

REFUNDS

If a class is canceled by LTC, a full refund will be issued. Some fees may not be refundable.

WEATHER CANCELLATIONS

In the event that classes are canceled due to inclement weather, announcements will be made on local TV and radio stations. Information will also be posted on Lincoln Trail College's Facebook and Twitter pages and the College's website.

LINCOLN TRAIL COLLEGE

11220 STATE HWY 1
ROBINSON, IL 62454
618-544-8657 • 866-582-4322



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