



SIC Nursing Club at Heavens Kitchen

Heaven’s Kitchen is one of the initiatives of the Fowler Bonan Foundation that serves warm meals to families in need throughout Southern Illinois. It is fully run by volunteers who serve these meals once a week at their Marion and Harrisburg locations. In 2022 over 17,000 meals had been served. This year Heaven’s Kitchen also gave out turkeys and hams for Thanksgiving courtesy of Meridian and State Senator Dale Fowler.

On Tuesday, November 21st the SIC Nursing Club volunteered at the Heaven’s Kitchen Thanksgiving event. Every year Heaven’s Kitchen provides a hot Thanksgiving meal to the community. This year, in partnership with Senator Fowler, they were also able to hand out turkeys and hams. SIC nursing students assisted with preparing to-go meals for those who were homebound, serving hot meals on site, and handing out turkeys and hams.

Volunteering can increase our connectivity and understanding of the community that we serve. This is vitally important for nurses. Being involved in the community helps one understand people’s backgrounds, experiences, and the social factors that influence their health. Community involvement ultimately contributes to the goal of practicing cultural humility with empathetic care.

Participating in the event from Southeastern Mrs. Stout, Mrs. Davis, Breeanna Shaw, Savannah Casey, Whitney Hilburn, Aniston Price, Autumn Myers Hannah Craig, Kayce Stucker, Jamie Anderson, and Sophie Jones. Altogether during the whole event 125 turkeys and 75 hams were given out along with 456 hot Thanksgiving meals served to the community.

Southeastern’s involvement was very appreciated with a staff member from Heaven’s Kitchen saying “Heaven’s Kitchen is truly giving thanks for all the wonderful people that made this event possible. We had a huge turnout of volunteers from SIC nursing students & instructors. Our dining room was bursting at the seams with guests enjoying a delicious meal. To look over the crowd and see the smiles and laughter was very heartwarming. This Thanksgiving we are thankful for YOU - every single person who made this incredible Holiday giveaway and meal possible. May God bless each and every one of you abundantly!”

Article by Tobias Hamblin

IN THIS ISSUE:

SIC Nursing Club at Heavens Kitchen.....	1
2023 Fall Baseball Season.....	2
SIC Theatre Performs “Elf”.....	2
Professor Interviews.....	2
SIC Students are ready for Christmas Break!.....	3



2023 SIC Fall Baseball Season

The SIC baseball team started the year strong with their 2023 fall season. But it has to be difficult dealing with a full school schedule and practicing and playing games as a collegiate athlete. Here are some answers that sophomore Gavin Smith gave when asked about the difficulty of handling the school and workload;

Q. Have you found it hard to manage school while playing a collegiate sport?

A. "I would say last year was a lot more difficult to manage school because I wasn't used to actually having to put in time for each class. It was a lot different than high school, I wasn't able to breeze through everything without studying. The teachers and coaches are both very cooperative when it comes to having games or having classes/ labs. This year I was a little more prepared it just took some getting used to.

Q. How do you think the team has done this past season, are you looking forward to next season?

A. "Well so far we've had our ups and downs, I wasn't able to play due to an injury but I go to watch and be at practices with all the guys here. We've got a lot of young talent this year, coach was able to bring in a huge freshman class. Along with having some of our sophomores from last year who've had a lot of experience on the field. I think it's always hard in the fall learning how to lay with new people."

Q. What has been your favorite part of playing on the SIC baseball team?

A. "I would say my favorite part of playing for SIC would be playing on a turf infield. But also the memories I have been able to make here. These are memories I will keep with me forever."

Article by Gracie Behnke



SIC Theatre Performs "Elf"

"The best way to spread Christmas cheer is singing loud for all to hear" just like our Southeastern theater students did on the weekend of November 17th through the 20th. The production of Elf the musical was a funny, joyful, and well done play. The main characters were "Buddy" Ryan Wilson, "Walter Hobbs" Connor Fauset, "Emily Hobbs" Delaney Leffler, "Micheal Hobbs" Noah Billman, and "Jovie" Addison Bean. All three shows were sold out. The audience was filled with lots of cheering and laughter. I also had the privilege to enjoy this wonderful production. This cast, like every show, worked very hard, put in lots of time, and energy. All their hard work paid off with three very successful and enjoyable shows. We appreciate our theater program.

Article by Halle Wallace

Professor Interviews

With the holidays and winter break coming up, students, staff, and professors alike are excited to finally catch a break after this busy semester. Mr. Cory Garmane, the Music and Business instructor, says that his plans for this winter break is to get caught up on some projects at home that couldn't be finished while school is in session, have a few holiday parties, and to hopefully find a chance to relax a bit.

Now this semester is ending, we asked Professor Garmane what his favorite part of this Fall was. He said that he found it exciting to meet the new students, the incoming freshman students whom we have never seen before, it is always interesting to find out their different ideas and quirks.

Spring is going to spring on us soon! Mr. Garmane is looking forward to the reinstatement of the Intro to Business course, and of course, continuing with past students and meeting new ones.

The last question we asked the professor, who was his favorite musician or composer, and why? Mr. Garmane expressed his fondness and respect for Johann Sebastian Bach, albeit a pedestrian and common answer, it is because he was an amazing composer who really cared about creating depth in his music, with a timeless appeal.

A great way to kick off the end of this semester is to ask one of our many valuable science faculty members some fun-filled questions! Jessica Wright, Southeastern Illinois College's chemistry instructor, was up for the challenge!

What do you plan on doing during winter break?

"Sleeping in, hanging out with my partner and my cats, and hopefully spending time with friends and family."

What was your favorite part of this fall semester?

"That's a good question. Trying out some new labs. I like trying new labs, and any students using them to think outside the box. That is the first thing that comes to mind."

What are you looking forward to this upcoming spring semester?

"The eclipse. It's exciting that something like that is going to happen when it's probably not going to happen again in my lifetime. Other eclipse will probably happen, but now where I am."

Who is your favorite chemist and why?

"Rosaline Franklin. I think because she was so dedicated to her work, and her work was instrumental into understanding biochemistry and genetics the way that we do. She never got credit for it in her time. She is the one I like talking about the most. Her work is super important."

Article by Skyler Edwards and Kassidy Beane



SIC Students are Ready to Enjoy Christmas Break!

Chloe Williams went around campus asking students what they plan to do over Christmas Break.



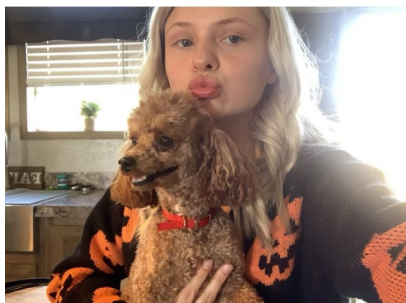
Braxtyn Baugher

Over Christmas break, although not exciting, I will be spending a lot of time studying for the TEAS test that is required to get into the nursing program. When I'm not studying, I will be spending the rest of my time with my family. My favorite thing that my family and I do over break is on Christmas Eve, we all load up in the car dressed in our Christmas pj's and drive around looking at Christmas lights. It fills us with so much joy.



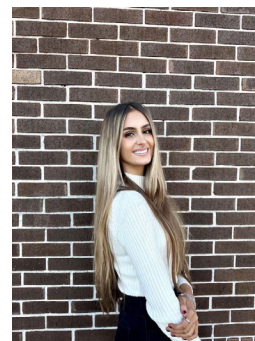
Addison Bean

Over Christmas break I'm going to relax and catch up on stuff in my personal life!



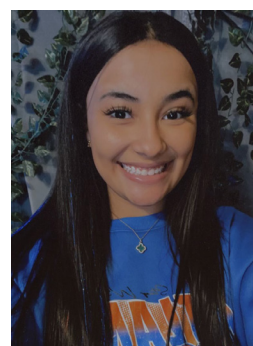
Maddison Hepp

My plans over break are to eat lots of food and study last minute for my two test I have when I come back.



Mariah Fletcher

For Christmas break I'm going to visit family, go Christmas shopping, work, and have a friend's Christmas with my buddies!



Savannah Stone

I am just celebrating with all of my loved ones and doing a lot of Christmas shopping!



Brock Newman

I'll be taking every opportunity to relax and sleep in over Christmas break! When I'm not sleeping in, I'm going to try and pick up a few more hours at work to make a little extra money. For the week of the holiday, my sister will be flying in and we'll have some time to visit while she's home.