



People Profile: Joy Sanford



By Angela Brimer

Before coming to SWIC, Joy attended Illinois State University, where she earned her Bachelor's degree in Science and Marketing, as well as holding minors in Fashion Education and Technology. From there, Joy attended McKendree University, earning a Masters in Business Education and Technology. She started working at SWIC soon after this, teaching both general business and business technology classes, before leaving to work with the federal government for 18 years.

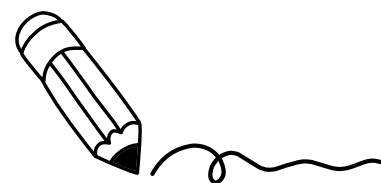
She eventually returned to SWIC to take on the role of Student Services Coordinator. Joy's position at SWIC's Granite City campus allows her to help students with financial aid issues and guide them in their career goals — a job she loves very much. Joy works with both students and staff, but said seeing the smiles on students' faces as she helps them with their problems is the best part of her job. When Joy isn't working, she is a talented and busy crafter. She designs t-shirts, coffee mugs, signs, and canisters, which can be seen on her desk if you stop by to visit her. She also does graphic design and loves working in Adobe Photoshop.

Study Skills From the Success Center: Note Taking

As midterms come up, we may find ourselves overwhelmed with studying, and it can often be intimidating to start. But good studying starts with good note taking. In this new column, we're offering some suggestions on how to tackle note taking as a study strategy. Write down everything you hear in class. Write notes about information in the textbook. Highlight what's important, record the lecture, use note cards to practice definitions, put the information into your own words, and summarize your learning.

Use the Five Rs of Note Taking:

- **Record:** Write down main meaningful facts and ideas.
- **Reduce:** Summarize your facts and ideas into smaller portions to remember.
- **Recite:** Put them into your own words and use mnemonics to help you remember until you get it.
- **Reflect:** Understand it in the way that works best for you until you remember it.
- **Review:** Spend up to 10 to 30 minutes a day or week reviewing and recalling your notes.



Check the next monthly newsletter for more study skills. Until then, the Success Center has you covered for more ways to be successful when studying!

By Cody Coleman and Dakota Morgan

SWIC's Adult Education Program



The Adult Education Program at SWIC offers many helpful services, such as Project Read, English as a Second Language, Adult Education and Literacy, High School Diploma Test/Prep, and the GED Program. The Adult Education Program is on the lookout for more volunteers, so we're featuring some of their good work and making a call for volunteers!

Project Read needs volunteers who can commit to at least two hours a week in helping individuals learn to read and do basic math. In America, more than 36 million adults in the United States can't read, write, or do basic math above a 3rd grade level. Project Read is trying to help with this. If you're interested in volunteering, please contact Jenny at mary.margarida@swic.edu or call her at (618) 222-5462. Training for this program is free, and books and materials will be provided.

English as a Second language is available for free to eligible adult immigrants that live in Illinois. This program offers day and night classes in reading, writing, listening, and speaking at both the Granite City and Belleville campuses. For more information please call Leslie Wagner or Mariia Kharlacheva at (618) 222-5363 or text (636) 789-1683. Or visit them at the Belleville Campus, Main Complex Building, Room 2273.

The SWIC Adult Education and Literacy Program is offered at the Belleville, Granite City, and Red Bud campuses. They offer Tuition-Free Vocational Training for those who qualify. You can complete and earn your high school diploma while learning a vocational trade.

If interested in any of these programs, or you wish to volunteer your time, stop by the Adult Education Office in Room 440 or call the office at (618) 931-0600. If you have the time, I highly recommend you donate just a few hours of your week to help someone learn. Let's help those that need our help!

By Angela Brimer



Meet SWIC's New Head Coach!

By Nolan Mohr

As a huge college football fan, I was ecstatic to hear about SWIC getting a football team next season. While the talent you acquire plays a huge factor in how your team performs, what typically has the most impact is who you have leading the pack – and SWIC sure has a good pick for that!

SWIC has hired Tom Minnick to be the Head Coach of our upstart football program. Minnick has had an impressive career coaching college football since 1998, first as a running back and defensive line coach, and then as Head Coach at Joliet in 2006. His all-time college record as a play caller is set at 132 wins, with only 51 losses. His most successful tenure was with Arizona Western Matadors, where he went 64-15 and won the conference six times in 10 years. He was also inducted into the NJCAA Hall of Fame in 2021. He has a very interesting task ahead of him as this is the beginning of the program here at SWIC. I think SWIC hired a great Head Coach to start this. I am excited to see what he can do for SWIC next year and in the future. I plan on attending several games myself, and I encourage you to do the same.



Culinary Corner: Onion Dip

Recipe from Lori Koenig

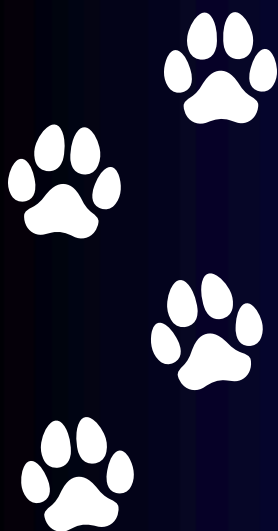
Ingredients:

- 8oz of softened cream cheese
- 1 small white onion, grated or chopped very finely
- 1 tablespoon of garlic powder
- Milk (about 2 tablespoons suggested)
- Crackers, chips, or any accompaniment of your choice



Directions:

1. Mix all ingredients together, adjusting milk based on your desired consistency. You can also adjust the garlic powder and amount of onion used to your preference.
2. Allow dip to chill in fridge, at least 2 hours but up to 12 hours.
3. Serve with crackers, chips, or the accompaniment of your choice.



Hobby Corner: Hand Crochet

By Erin Huniak

I started hand crocheting because I love making things, but I also love hobbies that don't require me to buy 47 different supplies just to get started 😊. Hand crocheting is perfect for that. There's no hook involved — you use your hands and thick, chunky yarn to make everything from blankets to pillows.

If you're new to hand crocheting, I definitely recommend starting with a blanket. It sounds ambitious, but it's basically the same stitches over and over until, somehow, you have an actual blanket. The hardest part is probably figuring out how much yarn you need because the answer is almost always **more than you think**. My biggest advice is not to obsess over making every stitch perfect. If you miss one or make one a little too loose, I promise the crochet police are not coming. You'll get better as you go, and half the fun is being able to say, "I made that!" when you're finished.

Hand crocheting is easy to learn, surprisingly relaxing, and gives you something useful at the end—which is more than I can say for some of the other hobbies I've tried.



Cultural Review: *Backrooms* (2026)

I was quite excited going into *Backrooms* (2026), as a longtime liminal space fan, and the movie did not disappoint! The plot follows Clark, a furniture salesman with dreams of being an architect, and his psychiatrist Mary, who counsels people to break down their mental barriers while struggling to do the same. Clark discovers an entrance to the Backrooms in the basement of his store and begins exploring, only to find he's not alone in there...

The theme of memory was present throughout. The ways that memory degrades and yet we remain entities built of remembered responses are examined in a way that feels natural. The Backrooms themselves seem to be a space built of remembered responses are examined in a way that feels natural. The movie was also a marvel of practical effects. These sets truly captured the unease of a distorted yet familiar space. I'm also quite a fan of the Still Life creatures. The prosthetics and costuming for them were excellent at enhancing unease and unearthing deeper questions about the Backrooms themselves. Overall, I loved this movie! The acting was understated against an almost ambient soundtrack, with wonderful set design, costuming, and effects. Tension was kept high, with occasional scares serving to enhance the sense of danger rather than soothing it, and even after the movie ends the viewer is left unsettled. It's a phenomenal first film for Kane Parsons, the young director, and I'm excited to see what else he creates in the future!



By Cody Coleman

A Look Back: August and September Events

Photos by Dakota Morgan and Mackenzie Kennedy



What's Next?

October Events Calender

- Oct. 7th - Success Center Guided Meditation (part of the "Create and Connect" series), 2 to 3pm in Room 311
- Oct. 7th – CAB First Wednesday Social, 10:30am to 12:30pm in the Commons Parking Lot
- Oct. 7th – United Way Resource Fair, 10:30am to 12:30pm in the Commons
- Oct. 8th – Dominoes y Cultura, 10:30am to 12:30pm in SWGCC Courtyard
- Oct. 9th – TRIO Campus Tour at the University of Missouri
- Oct. 13th – Culinary Pop-Up, 10am to 12pm in the History Room
- Oct. 14th – Career Readiness Workshop, 11:30am to 12:30pm in the History Room
- Oct. 14th – Success Center Rock Painting (part of the "Create and Connect" series), 2 to 3pm in Room 311
- Oct. 15th – Fall Carnival, 10:30am to 12:30pm across the History Room, Commons, and Commons Parking Lot
- Oct. 15th – Army Recruitment Table, 10:30am to 12:30pm in the Commons
- Oct. 16th – Granite City Community Band, 6 to 9pm in the Commons
- Oct. 20th – Pride Crafter-noon and LGBTQIA+ "Our Community Speaks" Event, 10:30am to 12:30pm in the Commons
- Oct. 21st – Success Center Creating Positive Messages (part of the "Create and Connect" series), 2 to 3pm in Room 311
- Oct. 22nd – Street Food from Around the World, 10:30am to 12:30pm in the Commons Parking Lot
- Oct. 23rd – TRIO Scary Movie Night, 5 to 7pm in the History Room
- Oct. 27th – Student Leader Group Meeting, 2 to 3pm in Willsmeyer Room
- Oct. 28th – Success Center Coloring Creepy Crawlies (part of the "Create and Connect" series), 2 to 3pm in Room 311
- Oct. 28th – Blood Drive, 10:30am to 2pm in Willsmeyer Room
- Oct. 29th – CAB Halloween Party! Glow in the dark pumpkin painting and a costume contest, 10:30am to 12:30pm across the Commons and the History Room

The Monthly Playlist

Until the next newsletter, we hope you'll enjoy one of our new features — a monthly playlist! We've prepped a playlist of spooky songs, which includes all the classic hits you've probably heard of already and some hidden gems you may not have. Scan the QR code to the right for some spooky listening over the next month.

Playlist compiled by Justin Case

