

# SPOTLIGHT

## THIS ISSUE

*Register for Spring!  
Therapy Animals Visit Virtually  
Mental Health Awareness Week*



Riley Lucas



Eagle in acrylic

## DRAWN TO CREATE

Riley Lucas traces her love of drawing back to her childhood.

"I started drawing in kindergarten. I like drawing people, and I used to draw my family," she said.

Her family served as inspiration in other ways: Riley inherited her love of art from her mother, who teaches art in Princeton elementary schools.

Riley's art evolved in detail and she experimented with different media. In one art class assignment, a portrait of musician Eddie Vedder bloomed from the letters of his band, Pearl Jam. The micrography, or designs created from tiny text, remains a favorite. "I was surprised how it turned out and I really liked it."

Her love of music also found expression in the clarinet and guitar she played in the Princeton High School jazz band. She also mastered the ukulele.

For inspiration, "I watch people a lot when I'm out -- the different angles, and how they position themselves -- and I enjoy drawing that. Art makes me feel like I am taking a part of myself and making it real, taking a part of how I think in representing it."

She prefers color pencils or acrylic paint, but the avid 4-H'er also used fabric -- and skills taught her by her grandmother -- to design prize-winning quilts.

The 2020 PHS grad followed in her mother's footsteps again in her college choice to IVCC, where she was awarded a Patty and Tom Godfrey Scholarship.

She plans to study art history at St. Ambrose University in Davenport, Iowa. She hopes to join a museum, and along the way, gain better skill as an artist.

The class assignment: paint half an animal's face. Riley chose an eagle rather than a hometown Tiger mascot.





Ruby the therapy dog



Hoof It Goat Treks

## STAYING PAWS-ATIVE

Remote learning got your goat? Do you feel like howling over your latest classroom assignment?

Face it, this year 2020 has brought a lot of stresses. Who can you turn to in this socially distancing world?

Help isn't fur ... er, far away. Pets have a recognized therapeutic value -- they are our calmers, our companions, our healers. They lower our anxiety and our blood pressure, help us relax, and lower our pain and loneliness. They make us more sociable. They make us HAPPY!

So the Learning Resources Division is bringing a little cheer to campus. We're sponsoring virtual visits by four-legged therapists as part of Mental Health Awareness Week Oct. 5-9.

On Monday, there'll be a virtual meet-and-greet with therapy dogs Lila and Ruby and their handler, Julie Condie of Peru.

On Tuesday and Wednesday, we've got your goat -- no kidding! Meet the goats of Hoof It Goat Treks of Galena! So, amid the chaos, keep calm, carry on -- and pet a furry friend!

## NUMBERS YOU SHOULD KNOW ...

41.6%

stated anxiety as the top presenting concern among college students

85%

of college students reported feeling overwhelmed by everything sometime during the past year

#2

leading cause of death among young adults is suicide

67%

of people 18-24 with anxiety or depression don't seek treatment

College-Level Math

50%

of mental health issues begin by age 14; 75% by age 24

*sources: Active Minds and the Anxiety and Depression Association of America*

## TIME TO REGISTER!

It's that time of year: leaves are falling, a chill is in the air, and we'll set the clocks back soon.

Here's another appointment to remember. Spring 2021 registration is just around the corner!

Registration opens Thursday, Nov. 5 and runs through January 14, 2020.

## SEE YOUR COUNSELOR

Registration isn't complete without a visit to an academic counselor in the Counseling Center.

Think of it as a tuneup or a checkup to see if you're on track with your academic, transfer or career goals!

You can even discuss what's stressing you out!

Call 815-224-0360 to make an appointment

## SPEAK UP!

College is anxiety-provoking enough, balancing classes, work, friends, family - and your future. This year, a pandemic, social distancing, quarantines and remote learning have sent anxiety and depression levels climbing, and more college students saw their school performance being impaired.

Mental illness, like physical illness, is treatable, but asking for help is traumatic. Mental Health Awareness Week October 4-10 shines light on mental health and destroy the myths about it.

Activities promote acceptance and seek to abolish the stigma surrounding the illnesses that create an environment of shame, fear and silence that stops people from seeking treatment.

Mental illness is nothing to be quiet about. Speak out against stigma! Speak up to ask for help!