



# The Campus Voice

Alice Lloyd College's Student Newsletter for the week of October 2, 2023

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## Announcements

### Education Announcements:

October 2<sup>nd</sup> & 3<sup>rd</sup> - TEP applications are due in the Education Department for those seeking admittance into the TEP

### The ALC/ JBS 2023 September/October Calendar

October 3 (T)	Jacqueline Hamilton Presenting Alice Lloyd (Conv)
October 4 (W)	ALC Midterm Grades Due
October 5 (T)	JBS Theatre presents <i>It Happened on Route 66</i> (Conv)
October 7 (Sat)	Appalachia Day Homecoming
October 12-13 (Th-F)	ALC/JBS Fall Break
October 17 (T)	Free Enterprise Day CAC
October 16-20 (M-F)	National Collegiate Alcohol Awareness Week
October 26 (T)	Breast Cancer Awareness

## Riddle

????

*You have committed a terrible crime and tomorrow morning you will be taken to the town square and executed. The executioner has taken a liking to you and decides to do you a favor and allow you a choice in your execution method. You are allowed to make one final statement: If this statement is true, you will be hanged in the morning. If this statement is false you will be beheaded in the morning.*

*What should your final statement be?*

*Answer on last page*

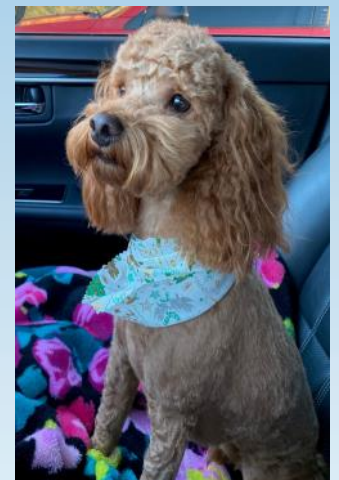
**Successful people have fear, successful people have doubts, and successful people have worries. They just don't let these feelings stop them.**

**T. Harv Eker**

Wherever there is a human being, there is an opportunity for kindness.

Anonymous

**Baer always looks his best for a road trips.**





Come and get it!

# Hunger Din Menu

The Campus Voice

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
<p><b>Breakfast</b> Scrambled Eggs Hard Boiled Eggs Sausage Links Pancakes Hot Cereals Belgian Waffle <b>Monday</b> Bar</p> <p><b>Tuesday</b> Scrambled Eggs Denver Scrambled Eggs Tater Tots Bacon French Toast Hot Cereals Belgian Waffle Bar</p> <p><b>Wednesday</b> Scrambled Eggs Fried Eggs Home Fries Sausage Gravy Biscuits Fried Apples Hot Cereals Belgian Waffle Bar</p> <p><b>Thursday</b> Scrambled Eggs Hard Boiled Eggs Fried Bologna Pancakes Hot Cereals Belgian Waffle Bar</p> <p><b>Friday</b> Scrambled Eggs Omelet Eggs Sausage Patties Oat Bran Pancakes Hot Cereals Belgian Waffle Bar</p> <p><b>Saturday</b> Scrambled Eggs Sausage Gravy Biscuits Hot Cereals Belgian Waffle Bar</p>	<p><b>Monday</b> Broccoli Cheese Soup Grilled Cheese Sandwich Cajun Chicken Alfredo Potato Chips Baby Carrots Buttered Peas Pizza Station/Pepperoni Pizza/ Deli Bar Rotisserie Station/Classic Chicken Salad Bar</p> <p><b>Tuesday</b> Vegetable Soup Carved Ham Vegetable LO-Mein Au Gratin Potatoes Creamed Corn Green Beans Salad Bar/Deli Bar Pizza Station/Sausage Pizza Pulled Pork Sandwiches</p> <p><b>Wednesday</b> Tomato Soup Hamburgers Pepperoni Pasta Potato Chips Buttered Corn Italian Blend Salad Bar/Deli Bar Pizza Station/Meat/Lovers' Pizza Rotisserie Station/Rosemary Garlic Chicken</p> <p><b>Thursday</b> Cream of Potato Soup Grilled Rueben Sandwich Soup Beans &amp; Cornbread Fried Potatoes Mustard Greens Sauerkraut Winter Blend Vegetables Salad Bar/Deli Bar Pizza Station/Veggie Pizza "Tossed"</p> <p><b>Friday</b> Black Bean Soup Chicken Sandwich French Fries Fiesta Friday Baby Carrots/Buttered Peas Normandy Blend Salad Bar/Deli Bar/Pizza Station/Bufalo Chicken Pizza Rotisserie Station/Mesquite Chicken</p> <p><b>Saturday</b> Creamy Tomato Soup Pizza Melt Potato Chips Mixed Vegetables Salad Bar</p> <p><b>Sunday</b> French Onion Soup Carved Baled Fish Mashed Potatoes Cauliflower Mixed Vegetables/Salad Bat Rotisserie Station/Lemon Pepper Chicken</p>	<p><b>Monday</b> Broccoli Cheese Soup Carved Roasted Chicken Breast Broccoli Rice Casserole Mashed Potatoes Glazed Baby Carrots Green Beans Salad Bar/Deli Bar Pizza Station Rotisserie Station/Classic Chicken</p> <p><b>Tuesday</b> Vegetable Soup BBQ Pulled Chicken Sliders Baked Rotini French Fries Lima Beans Cauliflower Salad Bar/Deli Bar Baked Pasta Bar "Power Bowl"</p> <p><b>Wednesday</b> Vegetable Soup Carved Roasted Chicken Breast Black Bean Enchiladas Mashed Potatoes Brussel Sprouts Cauliflower Salad Bar/Deli Bar Rotisserie Station/Rosemary Garlic Chicken</p> <p><b>Thursday</b> Cream of Potato Soup Carved Roast Beef Vegetable Fried Rice Mashed Potatoes Pizza Sliders Brussel S Fried Okra Lima Beans Salad Bar/Deli Bar Nacho Bar "Habaneros"</p> <p><b>Friday</b> Black Bean Soup Philly Steak Wraps Inside Out Ravioli Tater Tots Mixed Vegetables Brussel Sprouts Breakfast Bar Deli Bar</p> <p><b>Saturday</b> Black Bean Soup Chicken Nuggets Baked Spaghetti French Fries Winter Blend Vegetables Baby Carrots Salad Bar</p>

The following link will enable you to daily check the menu for any changes:

<https://oncampusdining.com/alc/menus/>



ALICE LLOYD COLLEGE



*Appalachia Day  
Homecoming*

October 7, 2023



MUSIC, CRAFTS, FOOD, AND FUN!



## Life Lessons

**The following was written by Regina Brett, 90 years old. This is something we all should read at least once a week!!!**

“To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most requested column I’ve ever written. My odometer rolled over to 90 in August, so here is the column once more.” Regina Brett

Life isn’t fair, but it is still good.

When in doubt, just take the next small step.

Life is too short to waste time hating anyone. Change the way you think.

Your job won’t take care of you when you are sick. Your friends and family will. Stay in touch.

Pay off your credit cards every month.

You don’t have to win every argument. Agree to disagree.

Cry with someone. It’s more healing than crying alone.

Release your children when they become adults, it’s their life now.

Save for retirement starting with your first pay check.

When it comes to chocolate, resistance is futile.

Make peace with the past so it won’t screw up the present.

It’s OK to let your children see you cry.

Don’t compare your life to others. You have no idea what their journey is all about.

If a relationship has to be a secret, you shouldn’t be in it.

Everything can change in a blink of an eye.

Take a deep breath, it calms the mind.

Get rid of anything that isn’t useful, beautiful or joyful.

Whatever doesn’t kill you really does make you stronger.

It’s never too late to have a happy childhood. But the second one is up to you and no one else.

When it comes to going after what you love in life, don’t take no for an answer.

Burn the candles, use the nice sheets, and wear the fancy lingerie. Don’t save it for a special occasion. Today is special.

Just because you believe you are right, doesn’t mean you are. Keep an open mind.

Be eccentric now. Don’t wait for old age to wear purple.

The most important sex organ is the brain.

No one is in charge of your happiness but you.

Frame every so-called disaster with these words ‘In five years, will this matter?’

Always choose life.

Forgive everyone everything.

What other people think of you is none of your business.

Time heals almost everything. Give time time.

However good or bad a situation is, it will change.

Don’t take yourself so seriously. No one else does.

Believe in miracles.

Your job is to love your children, not choose who they should love.

Don’t audit life. Show up and make the most of it now.

Growing old beats the alternative –dying young.

Your children get only one childhood.

All that truly matters in the end is that you loved.

Get outside every day. Miracles are waiting everywhere.

If we all threw our problems in a pile and saw everyone else’s we’d grab ours back.

Envy is a waste of time. You already have all you need.

The best is yet to come.....

No matter how you feel, get up, dress up and show up.

Yield.

Life isn’t tied with a bow, but it’s still a gift.



## ALC Cross Country Schedule

### **Shawnee State University Invitational**

Date & Time: September 1<sup>st</sup> @ 5:30W/6:15M  
Location: Riverside Park  
Race Order: Women's 5K then Men's 5K

### **Midway University Cross Country Invitational**

Date & Time: September 16<sup>th</sup> @ 10W/10:45M  
Location: Falling Springs Park and Recreational Center  
Race Order: Women's 5k then Men's 8K

### **Louisville Classic**

Date & Time: September 30<sup>th</sup> @ TBA  
Location: Tom Sawyer Park  
Race Order: Women's 5K then Men's 8K

### **52<sup>nd</sup> Annual "Patty Forgey" Rio Grande Cross Country Invitational**

Date & Time: October 20<sup>th</sup> @10W/11M  
Location: University of Rio Grande  
Race Order: Women's 5K then Men's 8K

### **River States Conference Championship**

Date & Time: November 4<sup>th</sup> @ TBA  
Location: Falling Springs Park and Recreational Center  
Race Order: Women's 6K then Men's 8K

### **NCCAA Nationals**

Date & Time: November 10<sup>th</sup> @ TBA  
Location: Warsaw, IN  
Race Order: Women's 5K then Men's 8K

# 2023 MEN'S SOCCER SCHEDULE



## AUGUST

23 *scrimmage* at Campbellsville University 6:00 pm

## SEPTEMBER

4 at Southwest CC 3:00 pm

7 at Kentucky Christian University 7:00 pm

12 at Appalachian Bible College 3:30 pm

15 Toccoa Falls 4:00 pm

19 at UPike 3:00 pm

21 CU Harrodsburg 6:00 pm

26 Southwest CC 6:00 pm

28 at Crown College 4:00 pm

## OCTOBER

3 at CU Harrodsburg 6:00 pm

6 at Toccoa Falls 6:30 pm

13 Great Lakes Christian College 3:30 pm

17 Appalachian Bible College 4:00 pm

20 Boyce College 3:00 pm

24 Crown College 4:00 pm

26 at Johnson University 7:00 pm

30 at Ohio Christian 3:30 pm

## NOVEMBER

2-4 NCCAA Mid-East Regional Tournament @ Campbellsville University Harrodsburg

# 2023 WOMEN'S SOCCER SCHEDULE



## SEPTEMBER

4 at Southwest CC 1:00 pm

21 CU Harrodsburg 4:00 pm

26 Southwest CC 4:00 pm

29 Toccoa Falls 3:00 pm

## OCTOBER

3 at CU Harrodsburg 4:00 pm

6 at Toccoa Falls 4:00 pm

10 Midway University 5:00 pm

13 Great Lakes Christian College 1:00 pm

30 at Ohio Christian 1:00 pm

## NOVEMBER

NCCAA Tournament at Maranatha Baptist University, Watertown, WI



# Alice Lloyd College Men's Basketball

## 2023-2024

<b>Date</b>	<b>Game</b>	<b>Location</b>	<b>Time</b>
Oct. 28, 2023	Alice Lloyd College vs. Welch	(H)	2:00 p.m.
Nov. 4, 2023	Alice Lloyd College vs. Welch	(A)	5:00 p.m.
Nov. 7, 2023	Alice Lloyd College vs. Carolina University	(H)	6:00 p.m.
Nov. 10, 2023	Alice Lloyd College vs. Boyce	(A)	7:00 p.m.
Nov. 18, 2023	Alice Lloyd College vs. Asbury	(A)	3:00 p.m.
Nov. 28, 2023	Alice Lloyd College vs. Shawnee State	(A)	7:30 p.m.
Nov. 30, 2023	Alice Lloyd College vs. Boyce	(H)	6:00 p.m.
Dec. 2, 2023	Alice Lloyd College vs. West Virginia Tech	(H)	3:00 p.m.
Dec. 3, 2023	Alice Lloyd College vs. Tennessee Tech	(A)	TBA
Dec. 9, 2023	Alice Lloyd College vs. Point Park	(A)	3:00 p.m.
Dec. 12, 2023	Alice Lloyd College vs. Rio University	(A)	7:30 p.m.
Dec. 15, 2023	Alice Lloyd College vs. Harrodsburg Classic	(A)	TBA
Dec. 16, 2023	Alice Lloyd College vs. Harrodsburg Classic	(A)	TBA
Dec. 21, 2023	Alice Lloyd College vs. Morehead State	(A)	12:00 p.m.
Dec. 28, 2023	Alice Lloyd College vs. Grace College	(A)	TBA
Jan. 2, 2024	Alice Lloyd College vs. Oakland City	(H)	7:30 p.m.
Jan. 6, 2024	Alice Lloyd College vs. Brescia	(A)	3:00 p.m.
Jan. 9, 2024	Alice Lloyd College vs. Asbury	(H)	7:00 p.m.
Jan. 13, 2024	Alice Lloyd College vs. IUE	(H)	3:00 p.m.
Jan. 18, 2024	Alice Lloyd College vs. IU Kokomo	(A)	7:30 p.m.
Jan. 20, 2024	Alice Lloyd College vs. Saint Mary	(A)	3:00 p.m.
Jan. 23, 2024	Alice Lloyd College vs. IUS	(H)	7:30 p.m.
Jan. 27, 2024	Alice Lloyd College vs. Midway	(H)	3:00 p.m.



## Alice Lloyd College Women's Basketball Schedule 2023-24

### October

26	Johnson University	Away	6:00PM
28	Welch College	Home	12:00 DH

### November

2	Johnson University	Home	6:00PM
4	Welch College	Away	3:00 CST
7	Univ. of Cumberland's	Home	7:30
17	Lindsey Wilson University	Home	6:00PM
21	King College	Away	12:00
28	Shawnee State University	Away	5:30

### December

2	WVUT	Home	1:00
9	Point Park	Away	1:00
12	RIO Grande	Away	5:30
14	Milligan	Home	1:00
29	Lindsey Wilson University	Away	2:00CST

### January

2	Oakland City	Home	1:00
6	Brescia	Away	1:00CST
9	Asbury University	Home	6:00PM
13	Indiana East	Home	1:00PM
18	Kokomo University	Away	5:30
20	Saint Mary of The Woods	Away	1:00
23	Indiana University Southeast	Home	5:30
27	Midway	Home	1:00
30	Asbury	Away	6:00

### February

3	Ohio Christian University	Home	1:00
6	Shawnee State University	Home	5:30
10	WVUT	Away	1:00
13	Rio Grande University	Home	5:30
17	Point Park	Home	1:00
24	Ohio Christian University	Away	1:00

RSC Tournament; February 27, 28, March 2, 5





# Men and Women's Golf Schedule



## Men

August 27-29	Upike Fall Invitational	Stonecrest Golf Course, Prestonsburg, KY
September 1-3	Pioneer Match Play	(Campbellsville Harrodsburg) Old Bridge Golf Course. Danville, KY
September 10-12	LC Fall Invitational	Stonecrest Golf Course, Prestonsburg, KY
Sept 17-19	NCCAA Mideast Regional	Kearney Hill Golf Course, Lexington, KY
October 1-3	River States Conference	Fall Preview. The Glade. Beckley, WV
October 22-24	Atomic City Classic	(Roane State CC) Oak Ridge, Country Club. Oak Ridge, TN
October 28/29	Ohio Christian Tournament	Pickaway Country Club. Circleville, Ohio
October 29-31	ALC Eagle Invitational.	Nob North Golf Course, Cohutta, GA

## Women

August 27-29	Upike Fall Invitational	Stonecrest Golf Course, Prestonsburg, KY
September 7-9	NCCAA Mideast Regional	Old Capitol Golf Course, Corydon, IN
September 10-12	ALC Fall Invitational	Stonecrest Golf Course Prestonsburg, KY
September 24-26	River States Conf. Championship	The Glade. Beckley, WV.
October 14	ALC Women's Fall Invitational	Eagle Ridge Golf Course, Louisa, KY
October 29-31	ALC Eagle Invitational	Nob North Golf Course, Cohutta, GA

As of right now, we have our spring invite at Battlefield and the conference championships on the spring schedule.

### Shawnee State University Invitational

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### NCCAA Nationals

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**Per Athletic Director, David Hatfield: The Baseball Schedule will be included in the newsletter soon.**

**THE CAMPUS VOICE STUDENT  
NEWSLETTER**

**(PUBLISHED WEEKLY BY THE  
OFFICE OF STUDENT SERVICES)**

The Campus Voice



**Residence Hall Weekend Duty:  
October 6—8**

**Head Resident on Duty: John  
Mills, Carrick First Floor**

**RAs on Duty: Clari-Jane Newman  
Hermann Hall 303, Chris  
Vanhook, Howard Hall 312.**

**SOLUTION TO THE RIDDLE:**

Assuming you would like to live, the best thing you could tell your executioner is: "Tomorrow morning you will behead me!" If they behead him the statement is true, and if they hang him his statement will have been false.

Your cleverness may be rewarded and your life may be spared.



*"The future belongs to those  
who believe in the beauty of  
their dreams."*

Eleanor Roosevelt

"If you are not willing to risk the usual you will have to settle for the ordinary."

--Jim Rohn

"You can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something-- your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life."

-Steve Jobs

*But You, O Lord, are a shield for me,  
my glory and the One who lifts up my  
head.... I lay down and slept; I awoke,  
for the Lord sustained me. I will not  
be afraid.*

Psalm 3:3-6