

Congratulations Rend Lake College Graduates! Caps and Gowns are in and available for pick up in the Bookstore.

Greening the Campus



Rain barrels were auctioned off this week as part of the Greening the Campus Committee's Earth Week schedule. Art Professor Therese Melena designed the barrels. By mid-day Monday, the barrels were already approaching \$75 each. (Photo by Nathan Wheeler / RLC Public Information)

Get great ideas flowing with RLC's new Creativity class

Learn to get great ideas flowing with Rend Lake College's new Creativity hybrid class. This course will explore creativity and innovation as a tool in both the sciences and the arts. The focus will be on the use of techniques such as brainstorming, improvisation games, and whiteboard techniques for finding and developing ideas and applying them in common projects and professional situations. Using case studies and other examples, students will view the creative process and its complexity, especially as it fuels

innovation. Creativity is a three-credit-hour class delivered in a hybrid format. This means that there will be face-to-face class meetings augmented with online activities. The class meetings will be held from 9 a.m. to 1 p.m. on four dates: June 10 (first day of class), June 14, July 22 and Aug. 2. Anyone interested in finding out more or registering for the class is invited to contact Jennifer Tarantino Linsin at (618) 437-5321, Ext. 1716, or at tarantino@rlc.edu. Join the conversation on Facebook at www.facebook.com/rlcgrd.



How big is your carbon footprint?

BY BRECCA MULLINAX

RLC CLOCKTOWER CHRONICLE STAFFWRITER

People leave their footprints wherever they go. And just like the outlines left in sand, dirt and snow; people are leaving their mark on the Earth with another kind of footprint. A person's carbon footprint can be measured in the amount of transportation they use — bus, car, plane, etc. — or the amount of electricity or natural gas used to power their workplaces and homes. A person's own carbon footprint, as well as the collective carbon footprint of humanity, is much larger than most are aware. The term carbon footprint is



used to describe how much greenhouse gases like carbon dioxide, methane, and others, are emitted into the air. This includes vehicle exhaust, and smoke released by factories. It is all contributing to a huge carbon footprint being left on Earth. So how big is an individual's footprint? This will differ from person to person, depending on activities and lifestyle. There are many quizzes and carbon footprint calculators offered online, along with helpful tips to reduce it. The Rend Lake College Greening the Campus Committee advocates for sustainable practices in the Rend Lake College community. Sustainable practices are characterized as economically viable, and as socially and environmentally responsible.

Graphic Web Design program begins this fall

Build a new career as a web designer in just one year with a new certificate offered by Rend Lake College. Graphic Web Design is an occupational certificate designed to prepare students for entry-level positions in the field of web design. RLC's curriculum emphasizes a general knowledge of design elements and principles, typography, color theory, beginning Adobe software training, and web design applications in a hands-on learning experience in the laboratory classroom. Stu-

dents can register for the program beginning Monday, April 29. Web designers are responsible for how a website looks, according to the U.S. Department of Labor's Bureau of Labor Statistics. They create a website's layout and integrate content. The BLS states that job prospects for web developers should be favorable. Those with knowledge of multiple programming languages and digital multi-
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'The Host' without the most: Big screen rendition a big flop

BY BRECCA MULLINAX

RLC CLOCKTOWER CHRONICLE REVIEW CREW

Movies based on novels are rarely better than the written version. A good 300-page story with details, plots, settings, and characters has a difficult time being converted to a film and satisfying a viewer's expectation. Like "P.S. I Love You" and "The Time Traveler's Wife," the new screen-adapted book, "The

Host," written by Stephenie Meyer, author of "Twilight," is no exception. The storyline is easy enough for any person to pick up on. Instead of a science fiction plot consisting of aliens trying to destroy our planet, they take over human bodies, inhabiting them, erasing their memories, and improving planet Earth in order to live harmoniously. However, when an entity called the Wanderer

takes over a girl named Melanie, chaos ensues. Melanie's memories are not erased and the Wanderer struggles to subdue her strong will to save the people of the world she loves. The Wanderer begins to share these emotions. Sounds like an interesting film right? What could be wrong with a movie that has complex characters and intensifying situations? A lot,

it turns out. Instead of edge-of-the-seat action from every scene, I found myself leaning back, wishing every moment that the movie would just end and it would all be over. The acting is not great. Some scenes and one-liners made me laugh from lack of geniality and poor writing. And it is odd to see an actress act as one person, serve as inner-monologue for another, and be the person you see on the screen. The only upside is actor William Hurt (The Village, Artificial Intelligence). Hurt's supporting role is wonderful and leaves you wanting to see more of him than the leading cast members. Overall, the film itself deserves one wandering star out of five. It's depressing that the ending was likely the most interesting part of the two hour film. And, without any doubt, "The Host" left the door



wide open for a sequel. However, with low box office figures and overall likeability from audience members, it doesn't seem likely.

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Culinary student cookin' up dreams of BBQ business

The Clocktower Chronicle's Melisa Gibbs sat down with Joe Shaw, a culinary arts student from Coella, who has plans to use his Rend Lake College Culinary Arts degree to open his own local BBQ hot spot after graduation.

MG: Tell me about yourself.

JS: On May 1st, I will have been married for 10 years. I have two beautiful little girls, age 4 and 6. Emileigh is the oldest and our resident genius. Kyleigh is who we like to call, "The Commander." Both kids have a really good sense of humor which makes me laugh every day. My wife, Angie, is the toughest woman I know. She lives with MS and has been through more than I could ever imagine and comes out smiling while keeping up with our girls. I was born in Benton and went to grade school at Grant which has since been converted to a private business. I live in Coello which is north of Christopher. We bought our house in September of last year and are constantly working on improvements to make it more like home for years to come.

MG: Why barbecue?

JS: I think anyone who chooses to do something in life; they are first and foremost naturally good at it. Not many choose to do something they are perpetually bad at doing. It's no different for me with barbecue. I love it and I study everything I

can to be better at making good barbecue. I can think of no other American born food that satisfies all five senses like barbecue does and a clean plate is the biggest compliment I can receive.

MG: What is your first barbecue memory?

JS: My earliest barbecue memory is one of my favorites. I was in 1st or 2nd grade when my class took a walk to North Main Street in Benton. We walked into a backyard full of older people and a kettle sitting over a fire. From that kettle came the most beautiful smell in the world. I saw a plate with something on it being passed down towards me at the end. When it got to me, I saw it had some kind of sauce and cooked pork fat on it. One bite and I knew I would never forget that flavor. It had apple, cinnamon, pepper, ketchup and that's all I remember but I'll never forget it. You could say I've been after that flavor ever since.

MG: What is your favorite local barbecue joint and why?

JS: I am a big fan of barbecue, so to say I have a favorite is not really accurate. I like to taste every sauce or rub I can and compare what I like, or don't like, with my own. Anyone who says they love barbecue but refuses to taste someone else's will never improve their recipes. I try to avoid pitfalls and becoming stale in the future by not thinking I

have perfected my recipes. They are never perfect because people develop their tastes over time. Each person you meet will have different things they like or don't like about your flavors but the key is trying to find enough qualities in your flavors that match theirs. I like (Joe used an air quote here) a lot of sauces and rubs but I am always looking - and usually finding - one that I like more. I'm having a lot of fun tasting all the varieties and it reminds me of the old saying, 'I'm always looking for the right one but I'm having a lot of fun with all the wrong ones.' I would say that if anything, I would like to model my business after Mike Mills' 17th Street Barbecue. He is one hell of a nice guy and humbles himself to everyone he meets. You would never know he was a three-time Memphis in May World Champion. In the barbecue world, he's a rock star! He has offered to talk with me any chance we get to help me get started in my own business. That's incredible for a guy like me to have a walking, talking example of how to make it in this business right in my own backyard. Food, especially barbecue, is so subject to opinion that you have to have more than just a great barbecue. You have to have the total package and that includes how you treat your customers as well as staff. If I can ever be compared to Mike Mills in any aspect, then what's there to com-



plain about? That's a compliment.

MG: What do you want to do after graduation?

JS: I want to open my own barbecue place where nothing is bought frozen or pre-processed. Everything will be made in house, minus the buns which I am working on having made locally and custom to my barbecue. Quality for my customers will be the highest priority. I know of a place near my house that has a decent breakfast but everything else is flash frozen and deep fried before service. They

smoke their meat but they try to cover it up with a sugar sauce and what they call 'chow.' When I hear chow, I think puppy. The flavor is similar.

MG: Any plans to enter barbecue competitions?

JS: I plan on doing a few local contests this spring and summer. I've never competed so I can't say how much I will get involved in it beyond this area but I am always looking for a challenge. I am focusing more on how I can make a living [making] barbecue than [winning] trophies.

Design continued from page 1

media tools, such as Flash and Photoshop, will have the best opportunities.

Web developers need to have a thorough understanding of HTML. Many employers also want developers to understand other languages, such as JavaScript or SQL, as well as have some knowledge of multimedia publishing tools, such as Flash. Throughout their careers, web developers must keep up to date on new tools and computer languages.

The certificate consists of six classes totaling 18 credit hours which can be completed in as little as one year (fall and spring semesters and a summer term). In addition to Graphic Web Design, Rend Lake College also offers both an Associate in Applied Science Degree and an occupational certificate in Graphic Design. Those who are on track to complete either of those curricula need only enroll in one more class, Advanced Web Design, to complete the Graphic Web Design certificate as well. That class will be offered this summer in a hybrid format, and registration for summer is happening now.

Anyone interested in finding out more or registering for classes is invited to contact Jennifer Tarantino Linsin at (618) 437-5321, Ext. 1716, or at tarantino@rlc.edu. Join the conversation on Facebook at www.facebook.com/rlcgrd.

RLC's Massage Therapy program to be offered at night starting Fall 2013

Rend Lake College will begin an evening Therapeutic Massage program in the fall.

Massage Therapy is a profession that provides person-

al and business benefits. Reasons for pursuing this avenue of professional growth are as individual as the student.

"Part of the college's mission is to make educational

programming as available as possible to anyone who wants to pursue it," said Kim Robert, dean of the Allied Health Division. "We understand many students struggle to balance family, work

and school. It's unfortunate when those responsibilities cause someone to decide to drop out of a program or not go back to school at all. Hopefully, by offering this program at night, they can pursue an education on a schedule that fits."

The Therapeutic Massage program is designed to provide a basic education in the profession of therapeutic massage, including classroom theory, laboratory practice and clinical experience in the public setting. Instruction in CPR / First Aid, business and ethics also is included. This program prepares individuals for careers in massage and bodywork. Practitioners use their hands to apply various scientific principles to the muscles

and soft tissue. Therapeutic massage is used to facilitate relaxation, health improvement and pain relief.

RLC's Occupational Certificate in Therapeutic Massage includes the following classes: Introduction to Therapeutic Massage, Therapeutic Massage Techniques I, Human Body for Massage Therapy I, Pathology for Massage Therapy, Business Practices and Ethics, Responding to Client Emergencies, Human Body for Massage Therapy II, Therapeutic Massage Techniques II, Therapeutic Massage Clinical I, and Therapeutic Massage Clinical II.

Upon successful completion of the program, the student will be eligible for Illinois state licensure and to take

the National Certification Exam. One of the final classes in the program focuses on reviewing for the National Certification Examination. The program is approved by the Illinois Community College Board and recognized by the National Certification Board for Therapeutic Massage and Bodywork. It consists of 29 credit hours (616 contact hours). The program is housed at the Rend Lake College MarketPlace in Mt. Vernon.

Varied employment opportunities exist in the field of therapeutic massage, including (but not limited to): working along with other health care professionals in a clinical setting — hospitals, chiropractors' and physicians' offices, physical therapy and pain management clinics — spa settings, beauty shops, corporations and, in many cases, self-employment, both full- and part-time.

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Rend Lake College Clocktower Chronicle

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ATHLETICS

WISCONSIN SECTION

Softball ends regular season with sweep of Lady Lions

Rend Lake College swept Lindenwood University—Belleville, 13-1 and 4-3, in softball action Sunday in Ina. That wraps up the regular season for Coach Dave Ellingsworth and the Lady Warriors, who finish 24-24 overall and 12-18 in the Great Rivers Athletic Conference.

Ellingsworth said RLC most likely will be the six seed and travel to John A. Logan College on Friday to start a best two-of-three series in the National Junior College Athletic Association Region XXIV Tournament. RLC has won 11 of its last 13 games.

With two outs and a one-one count in the bottom of the seventh, sophomore first-sacker Taylor Cicardi (Pinckneyville) hit a walk-off bomb to win the nightcap against Lindenwood.

Lindenwood scored one in the second, one in the third and one in the top of the seventh for three runs on five hits and one error. Rend Lake scored three in the



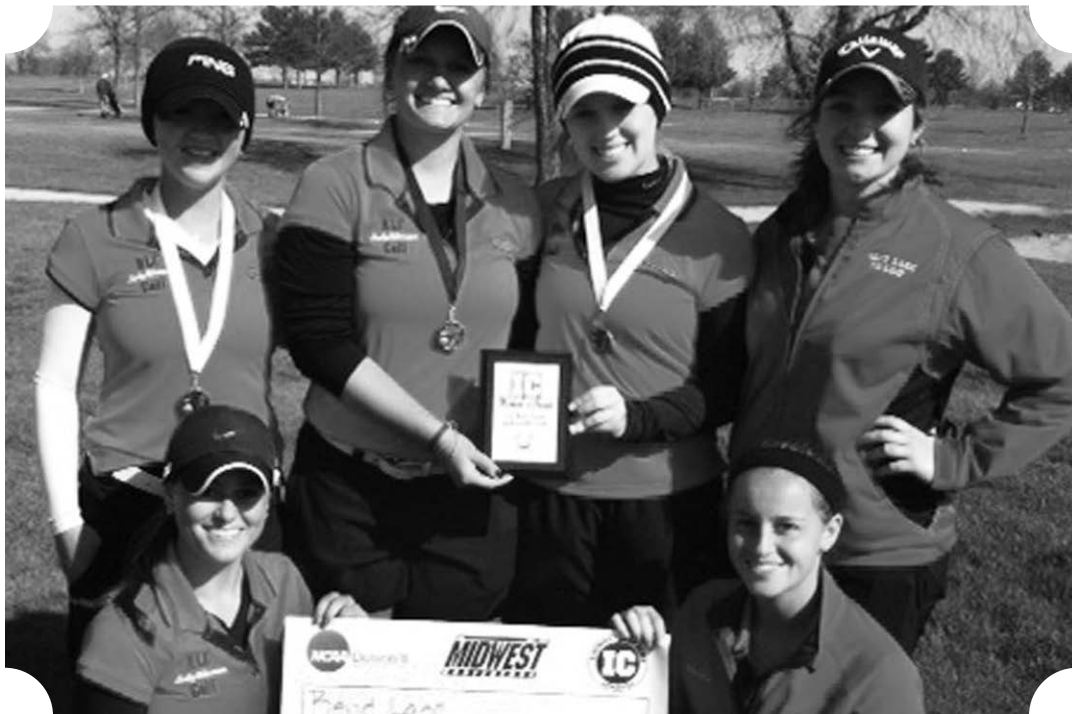
LONG BALL — Taylor Cicardi (Pinckneyville) didn't just close the door on RLC's regular season - she slammed it! The sophomore's walk-off blast against Lindenwood University put RLC up 4-3 and secured a .500 finish at 24-24. Check the softball page at www.rlc.edu/warriors for updates on the postseason softball schedule. (Photo by Nathan Wheeler/ RLC Sports Information)

sixth and one in the bottom of the seventh. It had 10 hits and four errors. The winning pitcher was Amanda Holloway (Benton) in relief of Erica Wilson (O'Fallon). Wilson gave up four hits and two runs — one earned — in five innings. Holloway pitched two innings, giving up two hits and walking one. She is now 10-13 on the mound. Hitters for The Lake: Haley Miller (Rockport, Ind.) went 3-for-3 with a double; Emily Cripps (Herrin) went 2-for-3 with a RBI; Breanne Pelker (Nashville) had two RBI; and Cicardi had the home run.

In the first game Sunday, Lindenwood scored one run in the third on four hits and two errors. Rend Lake

scored two in the second and 11 in the fourth for 13 runs on 11 hits and no errors. The winning pitcher was Taylor Thomas (Arcola) who struck out four, walked two, and gave up five hits and one earned run. She is now 9-11 for RLC. Hitters for The Lake: Fallon Clayton (Anna) went 2-for-4 with a double and three RBI; Thomas had two RBI; Cripps went 3-for-3 with three RBI; and catcher Alaina Reeves (Mt. Vernon) had a double and two RBI.

The Lady Warriors split with Lincoln Trail — a 13-1 win and 4-3 loss — on Friday. For all things athletic at The Lake, visit RLC online at www.rlc.edu/warriors.



Rend Lake College golfers won the Illinois College Invitational, April 20-21, at The Links in Jacksonville. **STANDING, FROM LEFT:** Nina Jackson, medalist Taylor Koeller, Laura Bremer and Kylee Henager. **KNEELING, FROM LEFT:** Lexie Shoemaker and Chandra Weddle.

RLC women's golf wins Illinois College Spring Invite

The Rend Lake College women's golf team won the Illinois College Invitational on Sunday at The Links Golf Course in Jacksonville. RLC sophomore Taylor Koeller took medalist honors and four fellow Lady Warriors finished in the top 10.

RLC golfers followed up their impressive 339 in the first round by shooting 338

on Sunday and beating runner-up Millikin University by 26 strokes. Koeller (Marissa) shot a 156 (80-76) to beat former Lady Warrior Gabbi Schuerman (Decatur) who led Millikin with a 165 (82-83).

RLC's Laura Bremer (Vienna) tied for third with teammate Nina Jackson (Martinsville, Ind.). Bremer shot 87-86 and Jackson shot

83-90. Lexie Shoemaker (Mt. Vernon) finished sixth for RLC with a 175 (89-86) and Chandra Weddle (Royalton) tied for eighth at 180 (89-91).

Next up for RLC is the NJCAA Region XXIV Tournament, April 28-29, at Effingham Country Club. For all things athletic at The Lake, visit RLC online at www.rlc.edu/warriors.

Massage

continued from page 2

Therapeutic Massage is not an open-entry program. Application requirements include: Admission to Rend Lake College, graduation from an accredited high school or GED certificate, proof of sound health by a physician, physician assistant or nurse practitioner, documentation of health screenings and immunizations, membership in a national massage association with liability insurance, completion of each class with a grade of "C" or better, and passing of a background check.

The college tries to assist individuals who demonstrate financial need, and in most cases, financial aid is available. The college has been approved as a participating institution for grants made by the Illinois Student Assistance Commission and also is approved for federal student aid programs, including veterans benefits. Locally endowed scholarships are available to full-time students through the RLC Foundation.

To get started, call RLC's Allied Health Division at (618) 437-5321, Ext. 1251. A toll-free number at (800) 369-5321 is available to residents of the college's district. Email Allied Health at stevensb@rlc.edu or robertk@rlc.edu.

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Macklin represents RLC on NJCAA All-American list

Cortez Macklin has been named a Division II Second-Team All-American in basketball by the National Junior College Athletic Association.

Macklin is a 6-3, 175-pound, guard from Louisville, Ky. As the Warriors' scoring leader (13.1 ppg), he played a pivotal role in Rend Lake's wildly successful season — 30 wins and the program's first national championship, as well as the 2013 Great Rivers Athletic Conference Championship (14-2) and NJCAA DII Region XXIV Championship.

He finished his freshman year with 379 points and averages of 43.9 percent from the field, 32.5 percent from three-point range, and 66.9 percent from the free-throw line. He also averaged 3.3 rebounds and 1.7 assists per game. True to form, Macklin led the Warriors with 19 points in its 87-69 national championship win over Moraine Valley Community College on March 23. His season high of 28 came in RLC's first game on the schedule — a 102-87 finish over Southern Institute. He had 27 on Jan. 19 at Wabash Valley College.

View Macklin's complete 2012-13 stats online at

www.njcaa.org.

Other All-Americans joining Macklin are:

FIRST TEAM: Michael Harris (South Suburban), David Humphries (North Iowa Area), Charles Oliver (Lakeland), William Powell (Glen Oaks), Thaddeus Rideau (Brown Mackie), Chris Solomon (Phoenix), James Spencer (Central-Columbus), Karrington Ward (Moraine Valley), Christopher Whitehead (Danville Area), Desmond Williams (CC Rhode Island).

SECOND TEAM: Andre Anthony (CC Beaver County), Vaughn Boler (Genesee), Mustafa El-Amin (Mercer County), Matthew Johnson (North Arkansas), James Kelly (Owens), Antonio Robinson (Louisburg), Andre Scott (Wentworth Military Academy), Delquan Thomas (Southeast), Dominique Washington (Kansas City Kansas).

THIRD TEAM: Donte Adams (Cecil), Malcolm Canada (Ellsworth), Randy Clark (Gogebic), Devon Elliott (Erie), Quinton Jackson (CCBC Catonsville), Erin Jones (MCC-Penn Valley), Mahlon Jones (Hesston), Deondre Parks (Iowa Lakes), Alec Schwab (Illinois Valley), Kevin Williams (Louisburg).



Cortez Macklin is a 2013 NJCAA DII Second-Team All-American after helping lead Rend Lake College to its first national championship in basketball. (Photo by Nathan Wheeler/ RLC Sports Information)



Macklin takes a Lake Land College defender to the hole. The 6-3 point guard led RLC in scoring this year with 13.1 points per game. (Photo by Nathan Wheeler/RLC Sports Information)



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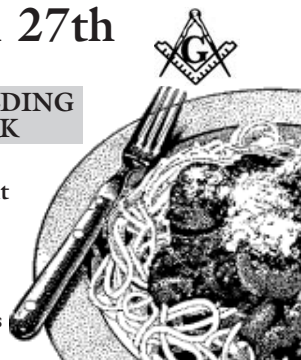
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