



CLOCKTOWER CHRONICLE

RLC again on Aspen Institute's list of best colleges

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RLC PUBLIC INFORMATION

For the third time, Rend Lake College has been recognized on the Aspen Institute's list of the top community colleges in the nation for its student success rates.

The Aspen Institute College Excellence Program on Friday named its 150 top community colleges, challenging them to compete for a \$1 million fund through the 2015 Aspen Prize for Community College Excellence.

The institute's mission is to improve colleges' understanding and capacity to teach and graduate students by sharing and building on best practices found at community colleges across the nation. The goal especially targets the growing population of low-income and minority students on American campuses.

This year marks the third time RLC has made the Aspen list since the competition began in 2011. The Aspen Prize for Community College Excellence is awarded every two years.

"We're proud to be on the Aspen list again," said RLC President Terry Wilkerson. "We've consistently been on this list, and I think that's a testament to the solid work of our faculty and staff, who every day help our students keep focused on making forward progress."

According to the Aspen Institute website, the prize is "the nation's signature recognition of high achievement and performance among America's

community colleges and recognizes institutions for exceptional student outcomes in four areas: student learning, certificate and degree completion, employment and earnings, and high levels of access and success for minority and low-income students."

The Aspen Institute, the Bank of America Charitable Foundation, the Joyce Foundation, and the Lumina Foundation are partners supporting the prize.

Josh Wyner, Aspen Institute College Excellence Program Executive Director, said what the funding partners realize is that community colleges are not getting the attention they deserve.

"We need to make sure that we recognize that these are institutions that serve 7 million degree-seeking students, and that we are not going to meet our goals for social mobility or economic growth unless these institutions are recognized for the excellent work that many of them are doing," Wyner said.

RLC's three-year graduation and retention rate - 70 percent - far exceeds the national average of 39.8 percent for all community and technical colleges, according to information provided by the Aspen Institute.

"It is rewarding to see the impact of RLC's continuous effort to serve and support students," said Chris Kuberski, Vice President of Academic Instruction at RLC. "While the

Aspen continues on page 2



SIJHSAA tips off

The first game of the Southern Illinois Junior High School Athletic Association (SIJHSAA) Girls state series tipped off last week in Waugh Gym with a Class M battle between Valmeyer and Sesser-Valier. Valmeyer won the game by one point and advanced to the quarterfinal round. To find out more about all the match-ups in the state series, visit online at www.sijhsaa.com. (ReAnne Palmer / RLC Public Information)

The basics of boosting metabolism

METRO SERVICE

Men and women looking to shed a few pounds and keep those pounds off often look for ways to boost their metabolisms. Some may not know just what metabolism means, and though it is a complicated combination of processes, metabolism is perhaps best explained as the sum of those processes, each of which is instituted to convert food into energy. So it's no surprise that so many people, especially men and women whose metabolisms have begun to slow down, want to boost their metabolism and turn that food into energy more quickly.

Though metabolism is a collection of complicated processes, boosting metabolism can be

rather easy. The following are a handful of ways to do so, which can help men and women reach their fitness goals.

* Eat the right foods and eat more often. Many adults have been turned on to the concept of grazing, an approach to diet wherein adherents eat small portions of food every two to three hours instead of the more traditional three square meals per day. But grazing is only effective when men and women eat the right foods. Each small meal should still have nutritional value just as if it were a large meal. When eating smaller meals, include healthy sources of protein and fiber. Vegetables tend to be especially beneficial because they are high in fiber, a nondigestible carbohydrate that is hard for the body to break down. As the body

works hard to break down fiber, it's burning energy and boosting its metabolism along the way. Fish is another potentially beneficial food for those looking to boost their metabolisms, as studies have shown that the omega-3 fatty acids found in fish oils increase the levels of fat-burning enzymes in the body while decreasing the body's level of fat-storage enzymes.

Eating more often benefits the body because doing so stimulates metabolism, reassuring the body that food will be coming on a regular basis. When meals are skipped or there are long intervals between meals, the body reacts as if it might run out of food and begins to store fat.

Basics continues on page 2

Harness the power of purple

METRO SERVICE

February babies have something special to celebrate. Amethyst, a beautifully colored gemstone, just happens to be the birthstone for the month of February.

According to the International Colored Gemstones Association, amethyst, a violet variety of quartz, has been coveted for centuries by royalty and even religious figures. Amethyst has even been described in religious teachings as a symbol of the Spirit of God by Moses. These violet stones have been worn in priestly robes, and the Russian Empress Catherine the Great commissioned miners to search for more amethyst in the Ural Mountains of Russia. A large amethyst is among the closely guarded gemstones in the British Crown Jewels.

Amethyst stones are purported

to carry various powers. The ancient Greeks believed they protected against intoxication. That is why the stone is named for the Greek word "amethystos," meaning sober. Wine was often served out of amethyst goblets to prevent overindulgence in the beverage. Even today people who are trying to overcome addictive behaviors are known to carry amethyst stones.

Some also view amethyst as a symbol of spirituality and piety. The stone has been used as ornaments on crosses and in various religious ceremonies. A 15th century Papal ring is said to have amethyst stone on it.

Amethyst was once considered more valuable than diamonds. Those who wear amethyst jewelry should take heed that the stone can change color to yellow or brownish red when heated. Some

amethysts are also pale or colorless in daylight and can lose their color with extreme exposure to sunlight. Therefore, wearers should not wear amethyst while sunbathing or when they are exposed to ultraviolet light.

Amethyst jewelry can make anyone feel like royalty. It may be a fitting birthstone for February, when people are looking to overcome adversity or avoid the perils of overindulgence during Mardi Gras or Super Bowl festivities. It also makes a perfect symbol of love and affection for Valentine's Day, as some believe amethyst strengthens the bond of love in a relationship.

Shoppers can find amethyst jewelry stores throughout the year, but certain pieces may go on sale in late January and into February to take advantage of birthstone gifts.

Auditions for Spring Musical 'Little Shop of Horrors' scheduled for February 3

Popular 1960 sci-fi film "Little Shop of Horrors" will be calling the Rend Lake College Theatre home this spring for the annual Spring Musical, pending licensing approval. Auditions are scheduled to begin at 6 p.m. Monday, Feb. 3.

The musical will be a spoof of the 1960 film originally directed by Roger Corman and screenplay by Charles Griffith. The premise of the film involves a skid row floral assistant who discovers a carnivorous plant

with an appetite for blood. Many years later, the parody was co-written by Howard Ashman and Alan Menken, and is one of the longest-running off-Broadway shows of all time.

Those interested in auditioning should prepare at least one minute of a Broadway song. Sheet music should also be brought for an accompanist. Auditions are open to both RLC students and community members age 16 and older.

Callbacks will be held the following day at 6 p.m., Tuesday,

Feb. 4. Rehearsals will be held from 6 - 9 p.m. Monday through Thursday, starting Feb. 10. Production dates are scheduled for April 3 - 6. The musical will be directed by Sara Alstat, RLC Associate Professor of Music.

For more information about the Spring Musical, contact Alstat at 618-437-5321, Ext. 1817, oralstats@rlc.edu. Tickets for the show are \$12 and will go on sale March 17. To purchase tickets, call the Box Office at 618-437-5321, Ext. 1467.

Workshop wine with VESTA Feb. 15-16

INA, Ill. - A VESTA Wine Chemistry Workshop will be held Feb. 15 and 16 in Science Building Room 108 on the RLC campus in Ina. Call 618-437-5321, Ext. 1724 for more details.

Jobs at RLC

INA, Ill. - As of Jan. 29, Rend Lake College was seeking part-time instructors in automotive technology and mining technology. Read more and apply online at www.rlc.edu/jobs or call 618-437-5321.

Warriors coming up

The Rend Lake College Warriors and Lady Warriors basketball games against Shawnee on Saturday, Feb. 1, were changed to 5:30 p.m. and 7:30 p.m., respectively. The games will be held in Waugh Gymnasium. On Monday, Feb. 3, the two teams will play a make-up game against Southeastern. This game was cancelled back on Dec. 7 due to weather.

The women will play at 5:30 p.m. and the men will follow at 7:30 p.m. To see the full Warriors' and Lady Warriors' schedules, go online to www.rlc.edu/warriors.

Track and Field at EIU Saturday

CHARLESTON, Ill. - Rend Lake College track and field returns to action on Saturday at the John Craft Invite in Eastern Illinois University's Lantz Arena. Events start at 9 a.m. with the final event, the 4x400 relay, slated for approximately 4:25 p.m. In addition to lone-Juco RLC and host EIU, other teams scheduled to compete in the non-scored meet include Bradley University, Murray State University, Western Illinois University, UW Milwaukee, and Judson University. RLC is led by coach James Wooldridge. For a complete schedule of track and field this spring at The Lake, visit RLC online at www.rlc.edu/warriors.

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No fooling Mr. Know-It-All



great character actor. He was nominated for a best supporting actor Oscar in 1959 for his role as Mr. Dussell in "Anne Frank." He also voiced the Mad Hatter in "Alice in Wonderland" and played Uncle Albert in "Mary Poppins." Ed Wynn died in 1966.

Q: In vaudeville, there was a performer who billed himself as the Perfect Fool. Do you know who he was? — **T.E., Rockland, Maine**

A: "Perfect Fool" Isaiah Edwin Leopold was born in Philadelphia on Nov. 9, 1886, to a European immigrant family. As a child, Leopold would often perform for customers in his father's millinery shop. In his mid-teens, Isaiah began to perform on stage, a profession that so troubled his father he asked his son to change his name so as not to bring shame to his family. He split his middle name, Edwin, to Ed Wynn and went on to enjoy a successful career in vaudeville, radio and television. In time, his humor became outdated, and he was no longer in demand. At the urging of his actor son, Keenan Wynn, he took up serious acting and became a

selling directly to the customer, avoiding retail channels, products are cheaper. The term is not exclusive to retail but is also applicable to finances, when you invest directly, avoiding a broker.

Q: How long has the parking meter been around? What city was the first to install the meter? — **I.J., Andrews, Md.**

A: You can give credit — or blame — for the parking meter to lawyer and publisher Carlton Magee of Oklahoma City. In July 1935, Oklahoma City became the first city to install the parking meter, which cost a nickel an hour, which is equivalent to about 85 cents today.

Q: The original cast of the TV sitcom "Seinfeld" was supposed to have only three main characters. The fourth was added later. Who was the afterthought? — **T.K., Morris, Conn.**

A: Elaine Benes, played by Julia Louis-Dreyfus, was added after the pilot. Network execs thought a female would add a different perspective to the all-male cast.

Q: What does "Dalai Lama" mean? How old is he? — **R.V., Albany, N.Y.**

A: There are several definitions, although all are similar. Here's one: In Mongolian, "dalai" means "ocean," while in Tibetan, "lama" means "spiritual teacher."

The current Dalai Lama, Tenzin Gyatso, was born on July 6, 1935.

A super bowl of chili for a chilly Super Bowl



BY MARIALISA CALTA



(Photo by Marialisa Calta)

Green Chili — a Denver obsession — can help set the stage for your Super Bowl party.

As we gather round the electronic hearth to tune into National Beer Commercial Appreciation Day (aka the Super Bowl), many of us enjoy a communal meal almost as iconic as the Thanksgiving feast: chips and dip, salsa, wings, pizza and subs.

Although each gathering's menu might vary, we are united in the things we are NOT eating: basically, anything that might be considered healthy. The Huffington Post recently named "11 Foods That Don't Belong Anywhere Near a Super Bowl Party," including kale chips, quinoa and leafy salads.

But there's no need to be boring. If you're a Broncos fan, offer spicy Denver Green Chili. If you are rooting for the Seahawks, give Seattle a nod with a smoked salmon dip. In a bipartisan spirit, offer both.

Green Chili is something of a Colorado obsession, according to Denver Post restaurant reviewer William Porter. It's a blend of pork,

seasonings and green chiles that is eaten as is, or used to smother omelets, burritos, enchiladas and the like. "It reflects the influence of our large Latino community," Porter said during a recent phone interview. "And it's really good."

According to Porter, true Coloradans use roasted, fresh Hatch chiles — any one of a number of hot green chile peppers grown in the Hatch Valley of New Mexico. Locals speculate that the minerals in the soil and proximity to the Rio Grande give the peppers their deep flavors. You can order jars online, or use fresh Anaheim chile peppers, or even canned green chiles.

The recipe here comes from Sam's No. 3, a three-restaurant chain (all called "No. 3"), by way of The Denver Post — and by way of The Food Network, where it was featured on the "Porktastic" episode of "Diners, Drive-Ins & Dives." The salmon dip is from The Barefoot Contessa, Ina Garten.

SAM'S NO. 3 KICKIN' GREEN CHILI

- 25 fresh Anaheim or Hatch green chiles, or five (4.5-ounce) cans green chiles
- 2 to 3 sticks butter, plus 3 tablespoons more for sauteing pork
- 3 pounds pork, cut into 1/2-inch cubes
- 2 large white onions, cut into 1/2-inch dice
- 1 tablespoon plus 1 teaspoon kosher salt
- 1 3/4 teaspoons ground black pepper
- 1 3/4 teaspoons dry mustard powder
- 2 tablespoons dried oregano
- 2 teaspoons granulated garlic
- 6 large tomatoes, diced
- 2 (14.5-ounce) cans diced tomatoes
- 3 fresh jalapenos, stemmed, seeded and diced (optional)
- 8 cups water
- 1 cup all-purpose flour

For serving:
Chopped fresh green chiles, scallion tops or cilantro
Warm flour tortillas

If using fresh chiles: Pre-heat an outdoor grill to high. Place the peppers on the grill and cook, turning so they grill evenly, until the skins blacken and blister. Remove from grill and place in a plastic bag. Seal the bag

and let the chiles steam 5 to 10 minutes. Remove the blistered skin, stems and seeds and chop into 1/4-inch pieces.

Heat 3 tablespoons butter in a large pot and add the cubed pork. Cook about 10 minutes, then add the onions and spices. Cook on low heat, stirring occasionally, another 5 to 8 minutes, until onions are softened and pork is cooked through. Add the fresh and canned tomatoes, green chiles and jalapenos (if using). Stir occasionally.

After 5 minutes, add the water. Bring to a low boil, stirring occasionally. Increase the heat and bring to a rolling boil. In a separate pan, melt the butter (lesser amount works fine) and whisk in the flour, stirring until creamy. This is your roux. Slowly add the roux to the chili, stirring constantly, and shut off the heat. Continue to stir so that the roux is evenly distributed.

Let stand 5 minutes and serve in bowls with warm flour tortillas on the side, or as a smothering sauce for eggs, burritos, etc. Garnish with chopped green chiles, scallion tops or cilantro if desired.

Note: This recipe can be halved.

(Recipe slightly adapted from one supplied by William Porter of The Denver Post, via The Food Network, via Sam's No. 3 restaurants, Denver.)

SMOKED SALMON DIP
8 ounces cream cheese, at room temperature
1/2 cup sour cream
1 tablespoon freshly squeezed lemon juice
1 tablespoon minced fresh dill
1 teaspoon prepared horseradish, drained
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1/4 pound (4 ounces) smoked salmon, minced
Crackers, pita chips or sliced raw vegetables for serving

Beat the cream cheese until smooth (this can be done by hand, or with a mixer fitted with a paddle attachment). Add the sour cream, lemon juice, dill, horseradish, salt and pepper; mix well. Stir in the smoked salmon and mix well. Cover and refrigerate at least one hour, for flavors to blend, before serving.

(Recipe from "Barefoot Contessa, Family Style" by Ina Garten; Clarkson Potter, 2012.)

JUST DO ONE THING

BY DANNY SEO

Local food banks help people who are down on their luck or need extra assistance during times of need. When donating food to a food bank, think about things beyond the typical cans of beans, vegetables and dried pasta. Food banks are

often in need of things like spices — salt, pepper, chili powder and cinnamon — because lots of the donated food is unseasoned (think rice, beans and oatmeal). Also, canned pineapple is one of the most donated items, so if you can, give other

types of fruit the next time you give.

Is there an ecological difference in airline that you fly? While flying may not be the most fuel-efficient way to travel, sometimes it's unavoidable to get from point A to point B. But if you can choose, go for airlines like JetBlue or Southwest, which offer all coach seating. Since first-class seats take up more room for fewer passengers, airlines that offer all coach maximize space and increase the plane's per-passenger capacity. In the long run, the total carbon emissions per passenger are less than a plane with first-class seating sections.

Do this one thing to help maximize the heating efficiency in your home: Move furniture away from vents and radiators. Having the backs of sofas, chairs or headboards near heating sources prevents warm air from heating the room. Just moving these pieces a few inches away helps air circulate in the room, making heating more efficient. The same rule applies to drapes that hang to the ground; if they cover a heating source, they block warm air from heating the room.

Permanent ink pens are a popular choice since the ink doesn't smudge when you make notes or sketch out ideas. But the plastic casing for indelible ink pens are hard to recycle and most likely will be thrown in the trash when the ink is gone. If you can't live without permanent ink pens, look for newly designed stain-

less steel pens that are also refillable. When it's time to replace the ink, you simply replace the cartridge and reuse the metal case. And if you ever need to recycle the pen, the stainless steel case can be easily tossed into the recycling bin.

Many community parks are implementing environmental improvements like recycling bins to make it easier for guests to be green. But if you're visiting a park during a non-peak day or during an off-peak part of the season, don't use the recycling bins or trash cans at all. Since these cans will be emptied less frequently, wild animals can get into the recyclables to root around for food. Many get their heads stuck in glass or plastic jars with no way to escape. So instead of recycling or throwing trash away, take it home with you and sort it there.

Many of us are in the habit of using reusable bags when we go grocery shopping. One way to help us remember to use them is to leave them in the trunk of the car. But as useful as that is in reminding us, it can actually hurt our health in the long run. The environment of a trunk can be the perfect breeding ground for bacteria to grow in your bags. Use them to hold fresh fruits, vegetables, meat and other food products, and you risk cross-contaminating your groceries. Instead, keep your bags in a cool, dry environment inside your home, and wash and dry them frequently to keep them clean and sterile.

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- PUBLIC SERVANT
- TEACHER
- BOSS OF THE YEAR
- ORGANIZATION
- CIVIC



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WHY

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