



Volume 2, Number 20

Published Weekly in Mt. Vernon - 25¢

### **RLC** again on **Aspen Institute's** list of best colleges

CHAD COPPLE

or 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

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 lowincome 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 SchoolAthletic 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** 

en 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 offat-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

ebruary 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

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

#### Workshop wine with VESTA Feb. 15-16

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

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, III. - 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.

### **Audtions for Spring Musical 'Little Shop** of Horrors' scheduled for February 3

opular 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.

### **INSIDE:**

Crossword
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### Rend Lake College News

LuAnn Droege, Senior Editor, Centralia Sentinel Nathan Wheeler, Editor, Rend Lake College **Advertising:** 

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**Postal Information:** 

Published weekly on Thursdays by Centralia Press Ltd., 232 E. Broadway, Centralia, IL 62801-0627 (USPS 098-600) (ISSN: 1059-8162); periodical postage paid in Centralia; POSTMASTER: Address changes to the Centralia Sentinel, 232 E. Broadway, Centralia, IL 62801-0627

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# Fun facts about February

**METRO SERVICE** 

February is the shortest month of the year, but many people have no idea why that is. February is the only month to have fewer than 30 days, but there is no scientific reason behind that distinction, though there have been various changes to the calendar throughout the centuries, and eventually February became what it is today.

The Romans developed a 10 month calendar that began with the Spring equinox in March and ended in December. There is belief that what is now February was overlooked when this calendar was created, as winter weather had little to do with the harvest in the northern hemisphere, where Rome is located. Romans essentially considered the winter a period of time with no distinctive months.

When the second king of Rome, Numa Pompilius, took to the throne in 713 BC, he had plans to make the calendar more accurate by synchronizing it with the actual lunar year, which is roughly 354 days long. Thus, two new months, January and February, were added to the end of the calendar. Both January and February had 28 days.

At the time, even numbers were considered bad luck. and these months were not looked upon favorably by the king. So he decided to make changes once more and added a day to January to make it 29 days long. February was left untouched, remaining an "unlucky" month and one devoted to honoring the dead and performing rites of purification, as the word February comes from februare, which means "to purify." February remained the last month of the year for roughly 200 years until the calen-



February is the shortest month, but there's no definitive answer why.

dar was reevaluated and February was reassigned as the second month, with January being the start of the new year.

This new 355-day calendar simply could not stay in sync with the seasons because it did not account for the amount of time it takes the Earth to orbit the sun. Therefore, an extra "month" of 27 days was added after February 23 each year to play catch-up. Sometimes this extra month was overlooked or not scheduled in time, continuing the calendar conundrum.

Julius Caesar was responsible for tackling calendar problems further when he was in power. He wished to make the calendar solar-based, like the one Egyptians used, instead of the older lunar-based calendar. This led to the creation of the Julian calendar. Ten

days were added to the calendar year in various months, and February was increased every four years (leap year) to 29 days to coordinate the calendar year to the solar cycle of roughly 365.2425 days.

February remains the shortest month of the year. Through the years there has been no widespread attempt to reorganize the calendar once more to even out the months and give extra time to February. As a result of the shorter number of days, February has some unique attributes. In common years, February can pass without a single full moon. The next time this will happen is in 2018. Once every six years, February is the only month that has four, full seven-day weeks.

February starts on the same day of the week as March and November in

common years, and on the same day of the week as August on leap years. February ends on the same day of the week as October every year. In leap years, it is the only month that begins and

ends on the same weekday. People born on a leap year technically celebrate their birthday only once every four years, but most observe it on the 28th. Celebrities born on February 29 include Tony Robbins, Antonio Sabato, Jr., Mervyn Warren, and Dennis Farina.

Despite its status as the shortest month, February is packed with many events, including Valentine's Day and Groundhog's Day. Americans celebrate the birth of two presidents in February, as well as Black History Month. Mexicans celebrate Flag Day in February, while residents of St. Lucia celebrate their Independence Day. February is also a time for families, especially in Canada, where Family Day is celebrated on the third Monday of the month in many provinces.

February is also an important month for sports fans, as two teams will face each other in the Super Bowl on the first Sunday of February.

No one really knows for certain why February was relegated to the shortest month. However, with so much trivia and special events surrounding the month, it is still a special time of year.

#### Basics ..... continued from page 1

\* Add some lean muscle. Lean muscle can boost metabolism, so a workout dominated by cardiovascular exercise won't have as positive an impact on metabolism as one that includes a combination of weight training and aerobic exercise. When muscles are worked hard, the body needs to work hard to recover and rebuild those muscles, burning more calories and boosting metabolism as a result.

\* Don't believe everything you read or hear. Suggestions abound as to ways to significantly improve metabolism. Unfortunately, many of these suggestions boost metabolism but not enough to help people lose weight, which is the ultimate goal of

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Armeers

Solution time: 21 mins.

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many people looking to boost their metabolisms. For example, green tea has its proponents who feel it can have a significant impact on metabolism thanks to EGCG, a compound found in the tea that has been proven to elevate metabolism. However, the impact of EGCG on boosting metabolism is negligible, and therefore won't make much of an impact on a person's weight. The same can be said about capsaicin, an active component found in chili peppers that some feel boosts metabolism enough to promote weight loss. Though capsaicin can boost metabolism slightly, studies have shown that influence is not significant enough to

affect a person's weight. Don't get too comfortable. Modern technology

may be a reason why waist sizes are getting bigger. Heating and cooling systems may be must-have items, but when the body is too comfortable, it burns less energy to stay warm in the winter or comfortably cool in the summer. A study from the National Institute of Health Clinical Center found that people who slept in a room kept at 66 F burned 7 percent more calories than those who slept in a room at 75 F. Sleeping in a cooler room may just be the easiest way for men and women to boost their metabolisms. Boosting metabolism and

shedding extra pounds is a goal for many men and women. But while metabolism is a complex set of process es, the various ways to effectively boost that metabolism can be quite simple.

### Aspen ...... continued from page 1

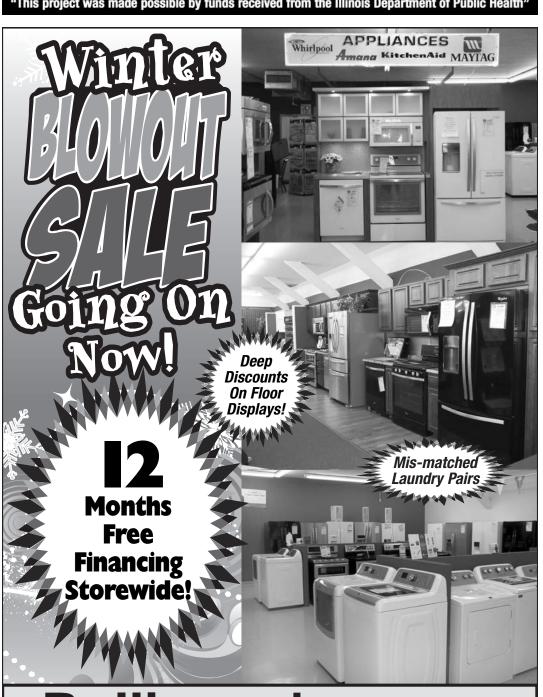
national recognition is welcome, we hope it will be recognized locally that Rend Lake College offers a quality education and the support services that students need to be successful."

Other Illinois community colleges that made the list include: City Colleges of Chicago - Kennedy-King

College and Wilbur Wright College; Elgin Community College; Illinois Eastern Community Colleges -Olney Central College and Wabash Valley College (Mount Carmel); Kishwaukee College (Malta); McHenry County College (Crystal Lake); and Morton

College (Cicero). The Aspen Institute will announce 10 finalists this fall, with the winner being announced in early 2015.





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### How long has your mom been on TV?

VILLAGE Tolot by: JimMullen

Have you ever heard of this stuff called "snow"? Do you know what it looks like? Do you know that driving in snow is different than driving on dry pavement? Do you know that it

it's cold outside? I think most of us know those things. You know who thinks we've never, ever even heard of snow before? Our local TV news team. Or as I call them, our

usually only snows when

"You're not wearing that out there today, are you?" is something we all remember our real moms saying. TV Mom is even more annoying. "When it's this cold, you should take special precautions like wearing warm clothing, in layers," she tells us. Then, TV Mom explains that extremely cold temperatures can cause frostbite.

She stands outside in extremely cold weater and demonstrates how cold it is by throwing a boiling pan of water up in the air and watching it turn to ice crystals before it hits the ground. My real mom never did that, but TV Mom is obsessed with being the "cool" mom. But you know another good way to explain how cold it is without bothering to boil water? Go start your car and see how long it takes for the heat to kick in on your way to work. Short time = not so cold, or maybe a very good heater. Long time = really, really cold.

Later that night, TV Mom reports that several people scalded themselves trying to do the boiling water thing because they had seen Mom do it on TV. It's OK for highly trained TV Mom News Teams to do this, but not for you or me. Hey, TV Mom took a course on it at Journalism/Clown

Do you know that when the temperature gets colder, the mercury in the thermometer drops? Did you know that cold weather

ime 10wn as vinter"? ave you eard of

neard this thing called "winter"? Yes, I think our real mothers may have mentioned it once or twice. But TV Mom apparently doesn't think we've ever heard of it. She explained the concept of winter every night for a week as if she were planning to give a pop quiz on it later. It could only have been more childish if she had given the weather report in Dr. Seuss-like

"Will it sleet or will it snow?

Will it hit 23 below?"

Do you know what a multicar pile-up is? TV Mom explained that the latest awesome crash was caused by snow and ice. Going out in a blinding snowstorm to get more beer and cigarettes had nothing to do with it. Driving as if it's a bright, dry, sunny day had nothing at all to do with it. Tailgating behind an 18wheeler had nothing to do with it, texting about driving through a blizzard while driving through a blizzard had nothing to do with it, and taking your eyes off the road to see why the news van is in the breakdown lane had nothing to do with it. It was the ice and snow that caused all the problems.

Have you ever heard of "wind chill"? Don't worry that you're old enough to be TV Mom's parents; TV Mom will explain the term as if you've never heard it before. "It will feel like it's 37 below out there today. If you go outside for 10 seconds, you are risking life and limb," she says. Then why is it OK for you to be outside reporting this, TV Mom? You look OK. Your hair isn't even moving in the 60-mph wind.

You're not scaring me, TV Mom. If I want to go and play outside, you can't stop me! You're not my real mom! Stop treating me like a baby, I can get dressed all by myself!

Can you help me tie my

### Family to spend three years in Costa Rica

SENTINEL NEWS STAFF  ${\tt PATOKA--It's\ not\ everyday}$ that a family chooses to uproot their lives, sell all of their belongings and move to a faraway country, but the Splechter family of Patoka have decided to do all of these as they prepare to move to Costa Rica for the next three

Shaun Splechter, along with his wife Kim and two young daughters, Madison and Makaylee, will leave the country for Costa Rica on Feb. 4.

There they will be helping a missionary training school established by Feed the Crave in the San Jose suburb of Feredia, by teaching church planning practices for underage groups.

"We will teach them how to plan churches in a classroom setting as well as taking them out to the Costa Rican culture," Splechter said. "When they go, they will have the foundational skills to succeed in planning churches.'

Splechter explained that his family has committed to three and a half years, but they could stay longer if the calling is still there. "We are going because we felt like God called us there," Splechter said. "If He can lead us to stay, we can stay for

a lifetime.' Over the last several months, the Splechters have gone through the process of selling almost all of their personal belongings from their vehicles, home and furnishings, taking only what they can carry in their suitcases

with them to Costa Rica. Splechter noted that a few years ago, the thought of uprooting his family and starting over wouldn't have even crossed his mind.

With what he called a great job with Exxon Mobil and his wife teaching, the family was secure financially and had strong roots with their church and community. Splechter recalled listening

to one of his favorite preachers, Francis Chan, speaking about having too much security and taking his family and starting over. "This was two years ago," Splechter said. "There was no

way that I would ever do that nor have the desire to do

While on a short-term mis-

Splechter stated that God kept convincing him that he needed to bring his family to do ministry there.

After some time and deep thought, Splechter decided that it was his calling to do

"I think I had been denying it for a long time and when I came back and told everybody, it didn't come as a sur-prise to anyone," Splechter

Once they made up their minds, the Splechters began to take trips to Costa Rica so that their children could experience what it would be like to live in a foreign coun-

try.
Patoka Christian Church, the home church of the Splechters, has been very supportive of the family as they plan to make the transition.

"They are carrying most of the our financial burden going over there and it's an honor to have a church family that is willing to bear that burden with us," Splechter

Splechter explained that he has been a member of the church for as long as he can

remember and he's excited to have their full support behind

While the family is in Costa Rica they have plans to conduct programs with the church's youth through Skype

"They all know who we are and have that personal connection," Splechter said. "Any person who supports us we want them to be invested in the ministry. We want them to

and other forms of communi-

know what we're doing." The family will have the opportunity to return home for two months every year around December and January, but Splechter noted it was subject to change depending on how things are going.

A going-away potluck for the Splechters will be held after morning worship on Sunday at Patoka Christian and their final service with

the church will be Feb. 2. Shaun Splechter has set up a blog to keep friends and family back home in tune with what they will be doing in Costa Rica. The blog can be bу www.splechters4god.blogspot.

### Should you repair or replace broken product



Deciding whether to fix a broken product or spring for a new one often feels like an expensive guess, notes Consumer Reports. But there's no need to throw away good money on a bad product. In fact, repairing broken items and keeping them going as long as possible isn't always the best way to save money.

Consumer Reports offers these tips that can help extend the life of your current product or new purchase, based on the experiences of 29,281 subscribers it surveyed as part of its 2013 Online Annual Questionnaire.

Products aren't breaking faster. The repair rates of most products in Consumer Reports' latest survey are similar to what it found when it conducted the survey in 2010. Some products are breaking less often. Laptops had a repair rate of 24 percent,

down from 36 percent in 2010; the LCD TV repair rate is 7 percent, down from 15 percent. So why does it seem like things don't last as long as they used to? Because when products do break, it's memorable: They stop working altogether (53 percent) or work poorly (32 percent), according to the survey.

#### **SAVE MONEY ON REPAIRS**

People who used independent repair shops were more satisfied with the repairs than those who used factory service, which is consistent with what Consumer Reports found previously. And repairs cost less, too. That was especially true when it came to large appliances and lawn equipment.

Another way to save on repairs is to do them yourself, as 31 percent of those surveyed did when their products weren't covered by war-

ranty. The prevalence of howto videos on YouTube and other sites — such as RepairClinic.com, which itself hosts more than 1,400 videos makes repairing even complicated appliances a much less formidable challenge.

But if your product is under manufacturer's warranty, you'll need to use a factoryauthorized repair shop or risk voiding the warranty. Just make sure the technician who will be sent to your home has been properly trained on your product.

No matter who does the repair, Consumer Reports' long-standing advice remains: Don't spend more than 50 percent of the cost of a new product on repairing an old one. And if an item has already broken down once before, replacement may make more sense.

Warranties don't improve satisfaction. Only 15 percent of products in Consumer Reports' survey were covered by the manufacturer's regular warranty when they broke, and about 10 percent were

extended warranty. People who had a service contract or an extended warranty weren't any happier with their repairs. They actually were more likely to have had repairs done incorrectly the first time around and waited at least two weeks for the repair than people who didn't have those contracts.

Even the 77 percent of people with those contracts who were offered a free repair or replacement for their product didn't save much money overall. The median cost for the contract or warranty was \$136; the median cost for repairs

#### **CHEAP FIXES YOU CAN HANDLE**

Not every problem needs a repair technician. Easy fixes you can do yourself include:

 Refrigerator. If it seems to run constantly, dirt and debris might be coating the condenser coil. (See the manual for the location.) Cost: up to \$5 for a condenser brush.

• Range. If your cooktop coil doesn't heat or heats intermittently, replace the burner receptacle. Cost: \$10.

• Clothes washer. If water enters the machine even when it's off, replace the water-inlet valve, which can wear out. Cost: \$25 to \$50.

• Vacuum. If the brush roll turns little, if at all, it could be the brush roll belt or the roll itself. Cost: \$3 to \$40.

• Snow blower or mower. If you know you have fresh fuel and have primed the engine as outlined in the manual, trouble starting could simply be caused by an old spark

### Boss' TV habit difficult for reader to cope with



Sensitivity



boss is addicted to reality TV. That wouldn't normally matter to me or anybody else at work except that she watches on the job. I'm not kidding. Even when we are busy with a project that has a strict deadline, I can walk into her office and catch her watching one of the "Housewives" shows or some other one of those crazy programs.

I can't believe my eyes sometimes. Once when I came in to talk to her about a project, she shushed me and said that we would talk after her

know what I can do. I want to say something to her, but I wonder if it is worth it. Otherwise we have a really nice relationship, so I think she might hear me if I dare speak Frustrated, Los Angeles

**DEAR FRUSTRATED:** Wow! This is an interesting problem to have. To get your boss to pay attention to your concern, you have to catch her when her shows are not airing. Request a private meeting with her if that is possible. Do your best to make it at a "safe" time and place where there are limited distractions.

Be honest with your boss, and tell her that you are concerned that it is hard for the team to get work done in a timely manner when she is constantly watching TV. Acknowledge how addictive these programs can be and recommend that she invest in TIVO or another such recording feature so that she can watch them on demand.

**DEAR HARRIETTE: My** husband has a major issue

show went off. I have no power at my job, so I don't even with the IRS because he always files late, if at all. I er. Remind him that your keep telling him that he shouldn't mess around with them. Everybody has to file and pay taxes, right? He just seems to drag his feet on get-ting it done. When I offer to take over and get his paperwork to the accountant, he shrugs it off.

I'm not really sure what the problem is. It's not like he makes a lot of money. But we would be screwed if the IRS garnished his wages, which is what the last letter said would happen if he doesn't respond. I'm scared. What can I do to

help? — Fearful, Chicago **DEAR FEARFUL:** Ask your husband to agree to a family meeting with you at a particular time. Bring the paperwork to that meeting and show him what the threat is. Suggest

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accountant is prepared to help you file the back papers. The accountant can also call the IRS on your behalf immediately to let them know that you are preparing to comply. Indeed, you two can call yourselves to alert them that you intend to meet the most imminent deadline. If you miss the deadline that promises a lien or garnishment of wages, you could be too late to stop that action, which will destroy his credit. To learn more about your risk, go to www.irs.gov/irm/part5/irm\_05-011-005.html.

There are companies that help people avoid garnishment as well. Be careful to verify that the company is legitimate if you choose to work with one of them.

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# No fooling Mr. Know-It-All



**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

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bank, think about things beyond the

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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: Who was America's first millionaire? — 0.C., Elk,

A: When Elias Hasket Derby died on Sept. 8, 1799, he left an estate of \$1 million, the largest single fortune in New England. Derby was born in Salem, Mass., in 1739. He worked for his father in the import business and took over the operation after his father's death. Derby increased trade with England and the West Indies, adding to the company's growth and his personal fortune. At the time of his death at age 60, his fortune would be equiva-lent to more than \$13 million today.

In case you are wondering about John Jacob Astor, he came a bit later in America's timeline (1763-1848) and is recognized as this nation's first multi-millionaire.

Q: In business jargon, I have seen the word "disintermediation." What does it - L.B., Daly City,

A: It means removing the middleman. The term has become a popular buzzword used to describe many Internet-based businesses. By

often in need of things like spices -

salt, pepper, chili powder and cinna-

mon - because lots of the donated

food is unseasoned (think rice.

beans and oatmeal). Also, canned

pineapple is one of the most donat-

ed items, so if you can, give other

BY DANNY SEO

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. Net-work 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

The current Dalai Lama, Tenzin Gyatso, was born on

types of fruit the next time you give.

in airline that you fly? While flying

may not be the most fuel-efficient

way to travel, sometimes it's unavoid-

able 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

mize 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 mov-

ing these pieces a few inches away

helps air circulate in the room, mak-

ing 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

· Permanent ink pens are a popu-

lar choice since the ink doesn't

smudge when you make notes or

sketch out ideas. But the plastic cas-

ing for indelible ink pens are hard to

recycle and most likely will be thrown

you can't live without permanent ink

pens, look for newly designed stain-

heating the room.

· Do this one thing to help maxi-

Is there an ecological difference

# A super bowl of chili for a chilly Super Bowl



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,

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 nonpeak 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

· 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 crosscontaminating your groceries. Instead, keep your bags in a cool, dry environdry them frequently to keep them



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

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 threerestaurant 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,

#### SAM'S NO. 3 KICKIN' **GREEN CHILI**

25 fresh Anaheim or Hatch green chiles, or five (4.5ounce) cans green chiles

2 to 3 sticks butter, plus 3 tablespoons more for saute-

3 pounds pork, cut into 1/2inch cubes 2 large white onions, cut

into 1/2-inch dice 1 tablespoon plus 1 tea-

spoon kosher salt

1 3/4 teaspoons ground black pepper

1 3/4 teaspoons dry mustard powder

tablespoons dried

oregano

2 teaspoons granulated

6 large tomatoes, diced 2 (14.5-ounce) cans diced

tomatoes 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: Preheat 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

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

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 Con-

tessa, Family Style" by Ina Garten; Clarkson Potter, 2012.)

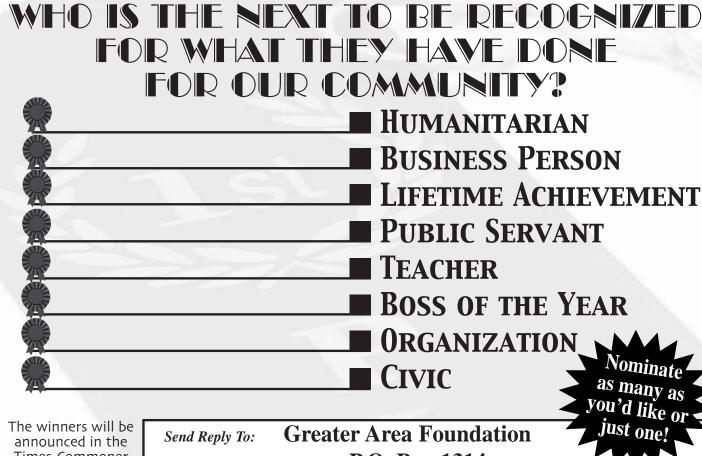
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