



CLOCKTOWER CHRONICLE



Sunrise on the Rend Lake College Campus

Gustafson welcomed as newest RLCF Board director

REANNE PALMER RLC PUBLIC INFORMATION

A new face has joined the Rend Lake College Foundation Board of Directors in the form of Phil Gustafson of St. Mary's Good Samaritan, Inc. and SSM Health Care.

Already well-known throughout the district for his work in the health care field, Gustafson has served as President and CEO of St. Mary's Good Samaritan of Southern Illinois and as System Vice President for SSM Health Care since December 2008. With many years of experience in hospital administration, he says he hopes to use RLC's connection with the communities in its district as a director and voice for the college.

"I've been involved with some projects with Rend Lake College in the past and, of those people I worked with,

I've developed some very good relationships and I've been very impressed," said Gustafson. "I think that I can provide some help with the strategic planning and long-range planning to help Rend Lake College and the Foundation achieve its mission, especially in the health care industry."

He began his health care career as an assistant administrator at St. Louis Children's Hospital and has served in four other states, including Illinois. Before joining St. Mary's Good Samaritan and SSM Health Care, he was CEO of West Valley Hospital in Goodyear, Ariz.

Prior to embarking on what has become a 30-year career, Gustafson earned a Bachelor of Arts Degree from MacMurray College in Jacksonville, a Master of Science Degree from Southern Illinois University Edwardsville and a Master

of Health Administration Degree from Washington University in St. Louis, Mo. He has been a fellow in the American College of Health Care Executives for more than 20 years.



Phil Gustafson

Through the experiences of his career, Gustafson pointed to the relationships between

RLC, the community and the needs of local industry as unique reasons for his desire to become a director.

"Overall, I've been impressed with what Rend Lake College has done," he said. "I don't think I've ever see an entity try to be so responsive in what the needs in the community are. The partnerships between the college and local businesses are significant and I see that as a very special approach that I want to be involved in."

Gustafson was brought onto the board in October, and with only a few weeks of experience as a director under his belt, he said his long-term goals for working on the board are still too early to tell.

"At this point, I'm looking for opportunities for some great discussions and creativity," he said. "I hope to bring some thinking outside of the box,

and I think we're all going to go through some enriching changes. I'm sure that our work together is going to reflect on the educational framework and the mission of the college."

RLCF CEO Shawna Manion added that Gustafson's contributions to the Foundation have already been numerous, and she looks forward to working with him as a director.

"Phil is an incredible asset to the community of Mt. Vernon and to the district of RLC," she said. "The working relationship he has formed with us over the years will be strengthened by seating him on the Foundation board, and we look forward to utilizing his experience and knowledge in healthcare to help us better serve our students."

For more information about the RLC Foundation, visit online at www.rlc.edu/foundation.

RLC collecting food for National Hunger Awareness month

REANNE PALMER RLC PUBLIC INFORMATION

Students, community members, faculty and staff are asked to help Rend Lake College's Learning Resource Center (LRC) fight against hunger by bringing a food donation to the Ina campus for November National Hunger Awareness month.

The LRC Food Drive will be collecting food until Thursday, Nov. 21 at several locations across campus, including the LRC itself. Other locations include the Student Center, both the North and South Oasis, the Administration Building, the Advanced Technology Center, the Bookstore, the Coal

Mine Training Center, the Physical Plant, the Applied Science Center, and the RLC Foundation Children's Center.

In addition to the donation areas across campus, a collection station will be located at three home basketball games. A men's game, scheduled for Nov 17, and a women's game on Nov. 16 will each have collection areas in Vaughn Gymnasium. Patrons bringing a donation will be offered free admission to the games.

Food items should be non-perishable. The donations will be given to food pantries in RLC's district. For more information on the LRC Food Drive, contact Beth Mandrell at (618) 437-5321, Ext. 1276.

Two recycling events scheduled for America Recycles Day

REANNE PALMER RLC PUBLIC INFORMATION

A number of Rend Lake College students and clubs will be working together next week to improve the environment and their community as a way to celebrate America Recycles Day.

First, members of RLC's AmeriCorps program will paint and re-label recycling bins across the Ina campus at various stations from noon to 4 p.m. Thursday, Nov. 14. Representatives from RLC's Greening the Campus Committee will be on

hand to provide information on local recycling. Sustainability Professional Tyson Ellis said the students will be working on multiple large bins near the Maintenance Building.

"This isn't something Rend Lake College has done in the past," said Ellis.

"We are hoping for student involvement to increase

after these events, which are ideas brought to our committee by Greg Hollmann. He's been hoping to achieve these things



Recycling continues on page 2

Community Orchestra to present Fall Concert Nov. 17

Community members and students of all ages will take to the Rend Lake College Theatre stage as a part of the Rend Lake College Community Orchestra to perform their Fall Concert at 2 p.m. Sunday, Nov. 17. Musical selections will range from the sounds of German composer George Frideric Handel to music from the Disney movie "Mary Poppins." Additional selections written by American composer Aaron Copland from the 1940 movie "Our Town" will be featured. The orchestra is made up of RLC students, area high school students and community members. The orchestra is under the direction of RLC Adjunct Instructor Larry D. Phifer. Admission is free and the concert will last approximately one hour. For more information, contact Cathy Cross at (618) 437-5321, Ext. 1263.

INSIDE:

RLC Halloween Party Photos	2
Crossword	2
Criminal Justice Roundup.....	3
RLC Professors Honored.....	3
Sports	4
Classifieds	6

RLC Halloween party



Doing the cha cha

Students in all sorts of costumes took to the dance floor in the Rend Lake College Student Center to dance to the popular "Cha Cha Slide." The annual Halloween Party had its best attendance ever this year. (ReAnne Palmer / RLC Public Information)



Creating a headless horseman

Laura Alverth, LEFT, draws out a picture of a headless horseman onto a pumpkin to carve with her children, Christina, CENTER, and Austin, RIGHT. The pumpkin was entered into the carving contest during the Halloween Party, hosted by Rend Lake College in the Student Center. (ReAnne Palmer / RLC Public Information)

Crossword

ACROSS

- 1 Hospital section
- 5 Nibble
- 9 "How I Met Your Mother" network
- 12 Chills and fever
- 13 Sandwich cookie
- 14 Muttonchop, for one
- 15 Soft yellow cheese
- 17 Scratch
- 18 "- in Boots"
- 19 Driver for hire
- 21 Took a curved path
- 24 "Ooze"
- 26 Reddish horse
- 28 Hinged (on)
- 30 Doctrine
- 31 Autumn tools
- 32 Rage
- 33 Left the flight
- 35 Homeless youngster
- 36 Staffer
- 37 Thin in tone
- 38 Suspect's excuse
- 40 Verve
- 42 Plead
- 43 Ventura
- 44 Frenzy city
- 48 Prohibit
- 49 Related (to)

1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
15				16				17			
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		36					37				
38	39				40	41					
42				43	44				45	46	47
48				49					50		
51				52					53		

- 50 Watched
- 61 Reply (Abbr.)
- 52 Fat
- 63 Peruse
- 10 Spill the beans
- 11 Agile
- 16 Kids' ple filling?
- 20 Lenders or Curry
- 21 Desert-like
- 22 American Beauty, e.g.
- 23 Runs for office
- 24 Newspaper pg.
- 25 Hamlet, for one
- 27 - out a living
- 28 Ireland
- 29 Challenge
- 31 Extreme
- 34 Canadian pol. party
- 35 Having a stronger bouquet, maybe
- 37 Pitch
- 38 "Mamma Mia" group
- 39 Tilt
- 40 Eastern potato
- 41 Cry from the crowd's nest
- 44 Alias (Abbr.)
- 45 Caustic solution
- 46 Meadow
- 47 Peculiar

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Crossword solution is printed on page 3.

Jornd's class welcomes Millenbine

CHRISTINE HOOD
RLC BUSINESS STUDENT

Tim Millenbine, a registered broker and investment advisor with Edward Jones, paid a visit to Mark Jornd's Legal and Social Issues of Business class on Oct. 30. Millenbine fielded questions from the students and explained how he got his start with Edward Jones in 2010. Millenbine started out as a client before going through a rigorous interview process.

He pointed out that less than 10 percent of applicants make it to the final interview with Edward Jones. Millenbine is a graduate of Murray State University where he did an area study in business administration. When asked what his best advice for business students would be, he stressed the importance of finding a mentor in the field.

Photo by Anna Moreton/ RLC Business Student



Tim Millenbine

Rend Lake College Clocktower Chronicle

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Recycling

continued from page 1

in the last couple years." Hollmann is RLC's Sustainability Coordinator.

The following day, Nov. 15, 10 teams comprised of various athletic and academic clubs and teams will travel to the Mt. Vernon Walmart Supercenter to participate in a scavenger hunt. The groups will search for items designated as recyclable or "green." The event will start at 2 p.m.

Ellis said some of the teams who may participate include the Warriors baseball, softball and volleyball teams, College Bowl, AmeriCorps, Student Transfer and Reten-

tion Support (STARS), Radiologic Technology, Art League and Phi Theta Kappa.

"We are hoping to raise community awareness of recycling through the items they find, and through painting the bins," said Ellis.

The events are sponsored by the Keep America Beautiful organization and the RLC Greening the Campus Committee. For more information on the committee, visit www.rlc.edu/greening-the-campus.

For more information on the two recycling events, contact Tyson Ellis at (618) 437-5321, Ext. 1230 or Greg Hollmann at (618) 437-5321, Ext. 1780.

Thanksgiving meal can feature lighter fare

METRO CREATIVE CONNECTION

Statistics indicate the average Thanksgiving dinner exceeds 3,000 calories. That is more calories than a person should eat in an entire day, much less a single meal.

Many people admit to indulging on bigger portions and more fattening foods come the holiday season, but choosing some lighter fare this Thanksgiving can make the meal healthier without sacrificing taste.

Trim down the turkey. Play up the main course with aromatic seasonings or unexpected flavors. Use garlic, olive oil and basil to add a boost of flavor to turkey without having to rely on butter or salt. Marinate the bird with lemon juice and citrus marmalade for a sweet, yet pungent flavor. Consider omitting the bread stuffing and making a stew of roasted root

- vegetables instead.
- Opt for turkey breast. White meat of a turkey tends to have less fat and calories than the darker cuts.
- Make homemade cranberry sauce. Taking the time to make your own cranberry sauce means you can control the ingredients.
- Reduce the number of courses.
- Choose whole-grain breads.
- Flavor vegetables with herbs.
- Serve only low- or no-calorie drinks.
- Serve fresh fruit for dessert. Create a fresh fruit salad that can be served in lieu of fatty cakes and pastries.
- Include other activities. Do not make the meal the centerpiece of the celebration. Plan activities, such as a game of football in the yard or a walk.

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BIG DONATION — Jefferson County State's Attorney Doug Hoffman, RIGHT, donates \$1,000 from the county's Crime Victim Impact Fund to Rend Lake College's Criminal Justice program and instructor Ron Meek, LEFT. The money in the Crime Victim Impact Fund is collected from perpetrators within the county, and will be used to provide scholarships to future RLC students. (ReAnne Palmer / RLC Public Information)



STUDENTS SPEAK ABOUT SCHOLARSHIPS — Rend Lake College student Kenise Smith, LEFT, of Thompsonville looks on as fellow criminal justice student Dakota Church, RIGHT, of Bluford thanks donors for giving to students in need. The student speakers are two of five individuals who received scholarships raised by the first Criminal Justice Round-up for Scholarships event. (ReAnne Palmer / RLC Public Information)

Criminal Justice Round-up for Scholarships brings in more assistance for RLC students

REANNE PALMER
RLC PUBLIC INFORMATION

After a successful first event last year, the Rend Lake College Criminal Justice program and Instructor Ron Meek hosted the second Criminal Justice Round-up for Scholarships Tuesday night in an effort to keep funds coming in for students in the program. The event was held at the Rend Lake Resort in Whittington. First at the podium for the evening's presentations was Judge Michael McHaney of the Illinois Fourth Judicial Circuit as the Master of Ceremonies.

"Whoever came up with the idea of a community college was a genius, and there's no better place to acquire real-life training than at Rend Lake College. If there is a silver bullet, it's college, so thank you for coming out here in support," he said before introducing Meek.

Meek informed the audience that last year's event raised approximately \$3,000, enough to provide five new scholarships to RLC students, and the first ones specifically for those in the Criminal Justice program.

"We are very blessed in this program and for all those who help us, such as the Rend Lake College faculty and staff, our criminal justice instructors and our advisory board," said Meek.

Two scholarship recipients, Dakota Church of Bluford and Kenise Smith of Thompsonville, addressed the donors with words of thanks and praise.



CHECK DONATION — Criminal Justice Instructor Ron Meek, THIRD FROM LEFT, accepts a \$1,000 donation to the Criminal Justice program for scholarships amongst his advisory council and Rend Lake College President Terry Wilkerson, LEFT. Also pictured is Captain Jeff Bullard, SECOND FROM LEFT, of the Mt. Vernon Police Department (MVPD) and Detective Rodney Sweetin, RIGHT, of the MVPD and President of the Jefferson County Fraternal Order of Police Lodge 241. (ReAnne Palmer / RLC Public Information)

"When I came to Rend Lake College, I was planning on majoring in orthodontics, but I soon realized that wasn't for me," said Smith. "When I switched to criminal justice, I met Mr. Meek and he has been one of the best instructors I've had. I know that with this scholarship and his guidance, I will continue to study hard and I know I will achieve my goals."

Church also spoke about Meek in his speech, "I didn't know what I was going to do when I came to Rend Lake College. I met Ron Meek in my criminal justice class and I knew that this is where I

belong. I want to thank everyone who donated to these scholarships this year and last year. I know the students really need them."

Next up to present was RLC President Terry Wilkerson who thanked the donors and students, and gave special appreciation to Meek for his hard work and dedication both in the classroom and out.

"When I was the Division Chair, one mistake I didn't make was hiring Ron Meek as a full-time criminal justice instructor," said Wilkerson. "It's one thing to say you're putting the students first, and another to actually do it.

It's all about the students and he puts them first with things like this dinner tonight. To the students, I say good luck, and to the donors here tonight, we appreciate everything you do. Thank you."

To wrap up the evening's program, Jefferson County State's Attorney Doug Hoffman made a \$1,000 donation from the county's Crime Victim Impact Fund, which is money collected from perpetrators of crimes.

For more information on the Criminal Justice Program, contact the Applied Science and Technology Division at (618) 437-5321, Ext. 1261.



Linda Denton



Elizabeth Bailey-Smith

RLC Professors Denton, Bailey-Smith named to GECC IAI Panel

REANNE PALMER
RLC PUBLIC INFORMATION

Two Rend Lake College professors, Dr. Elizabeth Bailey-Smith and Dr. Linda Denton, were recently announced as the newest members of a group tasked with facilitating the transfer of students among higher education institutions in Illinois.

The two were named to the General Education Core Curriculum (GECC) Illinois Articulation Initiative (IAI) Panel, with Bailey-Smith being named to the Communication Panel. Now in her eighth year as an instructor at RLC, Bailey-Smith received her Doctorate of Education from Oakland City University in 2012. She obtained her master's and bachelor degrees from Murray State University. In addition to the Communication Panel, Bailey-Smith also has been appointed to the Murray State University Alumni Association Board of Governors and also has been re-appointed to the Marion Unit Two Foundation

Board of Directors for the Marion Unit Two School system.

Denton, a physics and physical science professor, has served RLC for 25 years as an instructor and engineering advisor. She will be serving on the Physical Sciences Panel for the GECC IAI. She obtained her Ph.D. in Engineering Science, with a specialization in Mechanical Engineering and Energy Processes, from Southern Illinois University Carbondale. Denton also holds master and bachelor of science degrees, also from SIUC.

The IAI Panel is designed to facilitate the transfer of students among Illinois institutions of higher education. Students who complete a prescribed set of general education courses at an Illinois institution, referred to as the General Education Core Curriculum, can transfer this package of coursework and have it accepted in lieu of a participating institutions lower-division, general education course requirements.

Jobs at RLC

As of Nov. 8, Rend Lake College was seeking to fill the following positions: a part-time Heavy Equipment Brakes Instructor, a full-time Subsidized Child Care Specialist, a temporary full-time Radiologic Technology Clinical Coordinator, part-time Instructors in the Math & Sciences Division, and part-time Clinical Trainers for the Licensed Practical Nursing Program. Read more about each position and learn how to apply by going online to www.rlc.edu/jobs.



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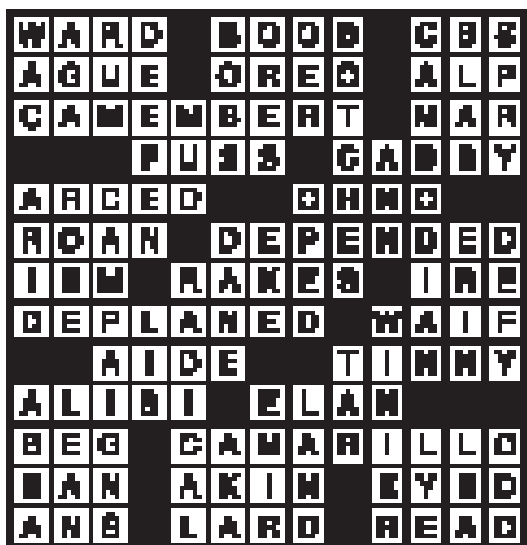
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ATHLETICS

W S E C T I O N



Rend Lake College cross country runners finished their 2013 season at the NJCAA National Championships, Nov. 9, in Fort Dodge, Iowa. Members of the men's team are, FROM LEFT, Brenton Rains (Chester), James Douglas (Carbondale), Karson Hahn (Mount Vernon), David Richardson (Dahlgren), Wesley Bradshaw (Walsh), Jake Wilson (Mt. Vernon) and Brandon Cottier (Sugar Grove). Members of the women's team are, FROM LEFT, Toddinasha Norris (Troy), Toria Plottner (Fairmont), Kirsten Knapp (DuQuoin), Mallory Bergbower (Bluford) and Ellie Sigman (Chaffee). They are pictured with Head Coach James Wooldridge (STANDING, FAR RIGHT). (Nathan Wheeler / RLC Sports Information)

Warriors Cross Country places 29th of 39 at Nationals

REANNE PALMER
RLC SPORTS INFORMATION

To cap off a successful season, the Rend Lake College Men's Cross Country team placed 29th at the NJCAA National Championship meet Sunday, Nov. 10 in Fort Dodge, Iowa. A total of 39 complete teams competed, along with individuals from another 19 colleges. Sophomore Wes Bradshaw (Walsh) led the Warriors with a 106th place finish and a time of 25:30. He was followed closely by freshman James Douglas (Carbondale) with a time of 25:51 in 136th place. The duo was followed by freshmen Brenton Rains (Chester) in 206th at

27:03; Karson Hahn (Mt. Vernon) in 215th at 27:25; Jake Wilson (Mt. Vernon) in 260th at 28:29; David Richardson (Dahlgren) in 282nd at 31:05 and Brandon Cottier (Sugar Grove) in 289th at 32:00. The Warriors ended the meet with a score of 816 and an average time of 29:28. Taking first place was Central Arizona College of Coolidge, Az. They were followed by Iowa Central Community College of Fort Dodge, Iowa in second and South Plains College of Levelland, Texas in third. To view the complete results, visit wayzatatiming.com/cross-country/2013/NJCAADI/men.htm.

Women's Cross Country: season ends with placement at Nationals

REANNE PALMER
RLC SPORTS INFORMATION

The Rend Lake College women's cross country team placed 28th out of 34 complete teams yesterday at the NJCAA National Championship on Nov. 9 in Fort Dodge, Iowa. A

total of 60 different colleges competed in the meet. Leading the Lady Warriors was freshman Mallory Bergbower (Bluford) who placed 53rd with a time of 19:51. Less than two minutes after, freshman Sarah Forby (Gore-

ville) finished with a time of 21:33. She placed 71st. Also running for RLC were freshmen Toddinasha Norris (Troy), who placed 171st with a time of 22:18; Toria Plotner (Fairmont), who placed 211th with a time of 25:44; and Ellie Sigman (Chaffee), who placed 220th with a time of 27:33. Overall, the Lady Warriors scored 786 points with an average time of 23:24. Iowa Central Com-

munity College of Fort Dodge, Iowa won first at the Championship, and was followed by Central Arizona College of Coolidge, Az. and Gillette College of Gillette, Wyo. in second and third places respectively. To view the complete results, visit wayzatatiming.com/cross-country/2013/NJCAADI/women.htm. For all things athletic at The Lake, visit www.rlc.edu/warriors.

RLC Cheer, Dance clinics scheduled

REANNE PALMER
RLC SPORTS INFORMATION

Children of all ages are invited to dance and shout with the Rend Lake College Cheerleaders and Dancers for the 2013 Cheer and Dance clinics. The three-hour classes will prepare the children for a performance at a fall Warrior basketball game. The RLC Cheer Clinic is scheduled for 9 a.m. – noon Saturday, Nov. 16 at the RLC Sports Center. During the three hours, children will be taught techniques in cheer, dance, stunts and tumbling. Those interested can perform during a RLC Warriors home basketball

game the following day, Nov. 17, at 3 p.m. against Illinois Central College. The RLC Dance Clinic will also be held from 9 a.m. – noon, on Saturday, Dec. 7 in Waugh Gymnasium. Children will be taught a dance to perform during the Dec. 7 afternoon Warriors home game at 3 p.m. against Southeastern Illinois College. Registration for both classes is \$25, which includes a T-shirt for participation. The clinics are open to children from 4 years old through eighth grade. To sign up, contact Cheer and Dance Coach Nikki LaBuwi-Carollo at (618) 513-1978 or at nlabuwi@hotmail.com.

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No. 1 Warriors fall to South Suburban Chicago

Down 38-21, South Suburban College rallied to outscore Rend Lake Col-

lege 58-33 in the second half of Juco basketball action Thursday in Chicago. It was enough for a 79-71 win for the Bulldogs and the first loss of the season for the Warriors, the No. 1 junior college team in the nation. Rend Lake will host St. Louis Community College in its season opener at 7 p.m., Monday. Warrior Alumni Weekend is Nov. 16 and 17 at RLC. Former men's basketball players are invited to a dinner celebration on Friday at the Rend Lake Resort and alumni game on Saturday in Waugh Gymnasium. The alumni game is a preview to RLC's 3 p.m. contest with Illinois Central, where the 2013 National Championship Banner will be unveiled prior to the start of the game. Warrior alumni are asked to RSVP for the weekend activities by going online to www.rlc.edu/warriors.

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Lady Warriors disarm Lady Patriots to win home opener

The Rend Lake College Lady Warrior basketball team took on Morthland College of West Frankfort Wednesday night for their home opener. The team defeated the Lady Patriots 93-45.

RLC freshman Brandy Miflin (Christopher) commanded the first half, helping the Lady Warriors get a 26-point halftime lead. Miflin scored 12 points in the half, on her way to a game-high of 18, and was followed by teammates

LaNeice Cannon (Madison, Wis.), Jasmine Guthrie (Belleville) and Natalie Williamson (Mt. Vernon), who had six. The Lady Warriors continued to dominate in the second half, stretching their lead toward the 48-point

win. The scoring trio of Marquita Hilliard-Williams (Madison, Wis.), Kristen Jenkins (San Antonio, Texas) and Tyra Gooch (Indianapolis, Ind.) combined for 27 of the 48 second half points. Gooch and Jenkins also split 22

rebounds. Gooch put on a defensive display, racking up five steals on the night, while freshman Alexa Capps (Woodlawn) added six assists. RLC is 2-0 after the win and heads to Springfield to

play Lincoln Land at 1 p.m. tomorrow and then to St. Louis Community College at 5:30 p.m. Nov. 13. Their next home game is against McKendree J.V. at 1 p.m. Nov. 16. For all things athletic at The Lake, visit www.rlc.edu/warriors.



PULLING OUT A STOP — Rend Lake College basketball player Marquita Hilliard-Williams (Madison, Wis.) guards a member of Morthland College's Lady Patriots team, Christi Bromley, Wednesday night in the Lady Warriors home opener. Hilliard-Williams scored 15 points during the game. (ReAnne Palmer / RLC Public Information)



SOLO LAYUP — Freshman Brandy Miflin (Christopher) goes up for a shot Wednesday night during the Rend Lake College women's basketball game against Morthland College of West Frankfort. Miflin scored 12 points during the game, helping to lead the Lady Warriors in a 93-45 win over the Lady Patriots. (ReAnne Palmer / RLC Public Information)

Lady Warriors take win at season opener against Lindenwood

REANNE PALMER
RLC SPORTS INFORMATION

The Rend Lake College women's basketball team started their season off on the right foot with a double-digit win over Lindenwood University — Belleville junior varsity Saturday night at home. The Lady Warriors won 67-45 over the Lady Lynx for their first game of the season. Sophomore Denise Johnson (Memphis, Tenn.) led the War-

riors on the defensive front with nine rebounds and five assists. Fellow sophomore Jasmine Guthrie (Belleville) also docked seven rebounds. Sophomores LaNeice Cannon (Madison, Wis.) and Kristina Henley (Metropolis) scored the most points during the game at 15 and 11 respectively. For all things athletic at The Lake, visit RLC online at www.rlc.edu/warriors.

Fitness & fellowship combine for better health

A METRO CREATIVE CONNECTION is a minister in East Harlem, Joan Williams-Jarrell is always looking for new ways to bring people together. She also wanted to be more physically active but had a hard time getting to the gym. So when she found a program that brings church members together to walk for fitness, it was a match made in heaven. Through the New York City Department of Health's "Walkers for Wellness" program, Joan and a group of congregants meet three times a week. They walk and talk along a 1.5-mile route through Harlem or Cen-

tral Park. "It allows us to have fellowship and be physically active at the same time," said Joan. She and her congregants also learn how to eat better through the program. Cooking demonstrations, for example, have taught them how to use herbs for flavor instead of salt. They also have learned to control portion sizes and avoid sugary drinks. Joan's group is among the more than 12,000 people in 119 faith organizations that have taken part in "Walkers for Wellness." The program is just one of several aimed at making healthy living easier across the country

and is supported by the Centers for Disease Control and Prevention (CDC). New York City also has worked to make the 800,000 meals served daily in its public schools more nutritious. In addition, the city has launched a salt-awareness campaign educating consumers to compare labels and buy foods with less sodium. The effort has increased access to fresh fruits and vegetables in 46 grocery stores located in places where healthy foods were once scarce. "Physical activity and eating well are essential to health. But in many communities, that can be

a challenge," said Leonard Jack, Jr., PhD, MSc, director of CDC's Division of Community Health. "Programs like 'Walkers for Wellness' bring communities together to overcome hurdles and make healthier living easier for all Americans." For Joan, the "Walkers for Wellness" program has made a big difference in her health and well-being and that of her congregation. She has lost 15 pounds, her high blood pressure is not as high, and her doctor may even take her off blood pressure medication. The best results are that, "I feel better, sleep better, and have more energy," said Joan.



Basketball-a-plenty on tap this week at RLC

The Warriors basketball team will host Illinois Central at 3 p.m. Sunday, Nov. 17. Prior to the game, an alumni game will take place and the 2013 national championship banner will be unveiled.

The Warriors will continue action on the road at 8 p.m. Monday, Nov. 18, at Lindenwood University-Belleville and at 7 p.m. Wednesday, Nov. 20, at Parkland College. The Lady Warriors basketball team hosts McKendree University's junior varsity team at 1 p.m. Saturday, Nov. 16, and will head to Missouri on Wednesday, Nov. 20, for a 5:30 p.m. tip-off with Lindenwood University. For all things athletic at The Lake, visit RLC online at www.rlc.edu/warriors.



Volleyball: Lady Warriors finish season with loss at Region 24 Tournament

The Rend Lake College volleyball team ended their season in a 0-3 loss against Illinois Central College, during round one of the Region 24 Tournament in East Peoria. The Lady Warriors scored 14 in the first, 16 in the second and 19 in the third to conclude the season with a 7-31 overall record, and 0-6 in the Great Rivers Athletic Conference. For all things athletic at The Lake, visit RLC online at www.rlc.edu/warriors.

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