



TO DYE FOR — Rend Lake College student Shannon Twitty of Bluford shows off the tie-dye T-shirt she made outside the art studio. RLC art students held the event to raise funds for trips and other program activities. (Photo by Nathan Wheeler / RLC Public Information)

RLC Allied Health awarded up to \$2.25 million from Department of Education

REANNE PALMER
RLC PUBLIC INFORMATION

Big changes lie ahead for students looking into healthcare at Rend Lake College as updated curricula, student support services and new programs will be taking shape over the next five years with the help of federal grant money.

The Title III Pathways to Success in Health Careers Grants were announced last week by the U. S. Department of Education (USDE), which added that a total of approximately \$20.1 million in grants to 39 colleges and universities across the nation will be awarded under the Strengthening Institutions Program (SIP).

RLC will receive the first grant payment this fiscal year in the amount of \$449,960 to begin making big changes in the Allied Health Division. Kim

Robert, Dean of Allied Health and Project Director, said the grant money will help increase educational prospects for RLC students.

Annually, per approval by the USDE, RLC will receive approximately \$449,000 annually, for a total of \$2,249,833 over five years. By the end of the grant period, RLC expects to see an increase in the number of Health Studies degrees and certificates awarded, as well as an increase in overall enrollment and enrollment-based revenue.

"The Allied Health Division is extremely excited to be awarded such a grant from the U. S. Department of Education, and we look forward to utilizing it to help our students in a number of ways," said Robert. "We are looking into starting some new programs, purchasing equipment and starting an Allied

Health Student Success Center to help our students be successful in their field of choice. Personally, I'm looking forward to working with the Rend Lake College staff to prepare our students for life after graduation in a number of healthcare occupations."

Other plans include the establishment of a new Anatomy & Physiology (A&P) lab and revision of A&P I and II curricula, revisions to the Practical Nursing program curricula to incorporate educational simulation and web-based interactive instructional modules, development a new Health Studies advising and tutoring systems, and the establishment of a new Health Studies Success Center.

"Rend Lake College is one of only 39 schools across the nation to receive a part of the \$20.1 million grant from the U.S. Department of Education,

and the only one in Illinois," said RLC President Terry Wilkerson. "The grant will help us improve on our health studies programs, including the addition of two programs, and the support our staff can give to our students. On behalf of the college, faculty and staff, I want to thank the Department of Education for believing in Rend Lake College and our students by helping us expand our educational options and become one of the best higher education institutions in healthcare."

Information from the USDE states that the healthcare and social assistance sector will create 149,000 new jobs in Illinois alone by 2018, effectively ranking Illinois as one of the top five states in the nation with the greatest shortage of healthcare professionals. More than a third of RLC students, or 35 percent, identify completion of health

studies as an educational goal, and enrollment in these programs has increased 22 percent since the 2009-10 academic year.

U. S. Secretary of Education Arne Duncan stated due to these job increases, both in Illinois and across the country, grants such as the Pathways to Success in Health Careers will allow students more options for careers post-graduation.

"Everyone deserves access to high-quality learning opportunities, from preschool to middle school and all the way through college," said Duncan. "In order to achieve President Obama's goal to lead the world in college graduates by 2020, we must work to ensure that everyone has a chance to enroll and complete postsecondary edu-

Allied Health continues on page 3

Donors, recipients invited to 24th Annual RLCF Scholarship Banquet

REANNE PALMER
RLC PUBLIC INFORMATION

Hundreds of successful students and devoted donors are invited to spend an evening with cheer and thanks during the 24th Annual Rend Lake College Foundation Scholarship Banquet, set for 5 p.m. Monday, Oct. 14 at the

Rend Lake Resort in Whittington.

RLCF CEO Shawna Manion said that the goal of the evening is for student recipients and donors to sit together and share with each other their stories.

"There will be engaging speakers giving their

Banquet..... continues on page 3



Fall Car Show lays out details, fundraiser to benefit RLC students

REANNE PALMER
RLC PUBLIC INFORMATION

New details on the Rend Lake College fall Car Show are being planned to bring out the whole family for a fun-filled day of cars, awards and prizes. The show and activities are scheduled to begin at 9 a.m. Saturday, Oct. 19 on the Ina campus.

In addition to the show, a swap meet and flea market, children's activities, awards and

more are all in the works. The show itself will be located in the east parking lot, and the swap meet and flea market will be in the west parking lot. The show, the swap meet and the flea market will begin at 9 a.m. There is a \$10 fee to register a car in the show.

"We're very excited to be doing this fall Car

Car Show continues on page 3

RLC program examines criminal justice system inside-out

Rend Lake College offers a unique program called the Inside-Out Prison Exchange Program.

This course creates a dynamic partnership between institutions of higher learning and correctional facilities. The course integrates college students — those on the outside — and detainees — those on the inside — at a local justice center, allowing them to deepen conversations about social justice, crime, deviance, stratification, economics, inequality, and other issues of social concern.

Students evaluate their value systems, making connections between American values and the construction of social institutions, such as the criminal justice system and

the prison industrial complex. Additionally, students examine the impact of incarceration on individuals and families. Inside and outside students collaborate on projects, including debates and a book report.

Inside-Out is designed to create a paradigm shift for students, encouraging them to be aware of and engage in social change and advocacy.

Register or get more information by calling (618) 437-5321, Ext. 1263 or by e-mailing LiberalArts@rlc.edu.

INSIDE:

Crossword & Sudoku	2
Music & Movies	3
Recipes	4
Athletics	5
Beauty Tips	6-7
Classifieds	8

Women's golf team places third at tournament in Moline

See Athletics Page

Rend Lake College Clocktower Chronicle

Administration:

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

Advertising:

To place an advertisement, call 246-2000

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

Single Copy Price:

25 cents at retailers and paper racks; \$20 for a one-year subscription; free on RLC campuses

Circulation:

Subscription and delivery information is available by calling 246-2000.

In tune



Seated under a section of the Tienne Kollars art show in the theatre lobby, a couple of music students at Rend Lake College rehearse their guitar parts for the upcoming Halloween Concert set for Oct. 29 in the RLC Theatre. (Nathan Wheeler / RLC Public Information)

Crossword

ACROSS

- 1 McNally's partner
- 5 Lawyers' org.
- 8 Verve
- 12 Sandwich cookie
- 13 Turf
- 14 Interoffice note
- 15 Rip
- 16 Alpine coatings
- 18 Drum on which cable is wound
- 20 "Siddhartha" author
- 21 Whatever amount
- 22 Teeny
- 23 Long-legged bird
- 26 Oven in an Indian restaurant
- 30 Help
- 31 Monkey suit
- 32 Shock and —
- 33 Entrance rug
- 36 Got along
- 38 Summertime mo.
- 39 Cover
- 40 Swiss money
- 43 Griffith's lawyer role
- 47 Longtime airplane manufacturer

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18				19					20			
			21				22					
23	24	25				26				27	28	29
30						31				32		
33			34	35					36	37		
			38					39				
40	41	42				43				44	45	46
47						48				49		
50						51				52		
53						54				55		

- 49 Capri, e.g.
- 50 Cain's victim
- 51 Fish eggs
- 52 Online journal
- 53 Existed
- 54 Massachusetts cape
- 55 Drunkards
- 8 Ran the show
- 9 Meadows
- 10 Pumps up the volume
- 11 Schnozz
- 17 Timely question?
- 19 Stick with a kick
- 22 Grow
- 23 Despondent
- 24 Uncle (Sp.)
- 25 Altar affirmative
- 26 Egypt's boy king
- 27 Rowing need
- 28 Have bills
- 29 Roulette bet
- 31 Playground game
- 34 Cause anger
- 35 Greatly
- 36 Healthy
- 37 Goes off script
- 39 Burdened
- 40 Imperfection
- 41 PJs coverup
- 42 Computer brand
- 43 "You're putting —!"
- 44 Norway's capital
- 45 Coagulate
- 46 Small barrels
- 48 Historic period

DOWN

- 1 Campus mil. grp.
- 2 Neighborhood
- 3 Tide type
- 4 On the back
- 5 Analyze ore
- 6 German city
- 7 Commotion

© 2013 King Features Synd., Inc.

Crossword puzzle solution is printed on page 4.

SUDOKU

Difficulty: 4 (of 5)

9	8	4		7		3		
3								8
					1		7	9
4				3				
		2		9			8	1
	7					2		
	9			2				
		6		5			4	
5					6	7		

10-10-13 ©2013 JFS/KF Dist. by UNIVERSAL UCLICK FOR UFS

HOW TO PLAY:

Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

Sudoku puzzle solution is printed on page 4.



Wilson & Wilson
Monument Co., Inc.

MAUSOLEUMS, MONUMENTS, MARKERS,
GRANITE SIGNS & BENCHES,
CEMETERY LETTERING, PET MARKERS


406 W. Poplar Odin, Illinois 62870
P.O. Box 247 1-800-966-6488 (618)775-6488
Web: wilsonandwilsonmonuments.com
E-mail: wwmonco@gmail.com

Twin Willows NURSING CENTER

• Medicare approved rehabilitation services provided by "Rehab Care" a provider of physical, occupational and speech therapy in forty-three states.

- Locally owned and operated.
- Public Health annual inspection for 3-2007 cites no deficiencies — public health's highest compliment.
- When you've been in the hospital and need therapy to get back home call 548-0542.

Come Live With Us,
Phone 548-0542
Route 37 North • Salem
Todd Woodruff
Administrator Since 1976



IT'S BACK

THE PERFECT "PRACTICAL GIFT"

Oil Change and
Tire Rotation
Gift Card
4 Lube, Oil & Filter
Services
with Tire Rotation



4 standard oil changes with tire rotations

The Gift Everyone Can Use

ONLY \$89.00

Regular price \$164. Save \$75
Most cars and light trucks - up to 5 qts. See stores for detail.

Lock in the Lowest Price



PURCELL
TIRE & RUBBER COMPANY

1212 Broadway, Mt. Vernon
242-4280

COUPON

PIZZA MAN

Chicken Fajita Salad

\$1.00 OFF

Your Hometown Pizza Man

(A Salem Tradition)

Not valid with any other discount offer.
Expires 10/17/13



1413 W. Main
Salem
548-5331

WE USE ONLY FRESH INGREDIENTS

Banquet
continued from page 1

testimonies, including student speakers explaining how the scholarships have helped them achieve their educational goals and donors speaking about what inspired them to give," said Manion. "This gives each person in the audience the opportunity to understand the impact a scholarship can make, and how important our donor's generosity is to RLC students."

There will be a catered dinner and photo opportunities for donors and their respective students. This event is for annual scholarships and endowment scholarships that are a part of RLCF's scholarship program. Due to space limitations, this event is invite only, and required for student recipients that received an invitation.



THE GIFT OF GIVING — One of the several speakers at last year's Rend Lake College Foundation Scholarship Banquet was Katelyn Lewis of Mt. Vernon, RIGHT, who is a donor and recipient of the Craig V. Rudolfski Scholarship. Lewis spoke about her late brother, for whom the scholarship is named, during her presentation. Also pictured is RLC President Terry Wilkerson.

~~~~UPCOMING EVENTS~~~~

INA, Ill. — Rend Lake College faculty, facilities and programs in Career and Technical Education, and Community and Corporate Education, will be on display beginning at 6 p.m. Thursday, Oct. 10 in the RLC Student Center. The CTE Open House is a great way for students and parents to discover what learning would be like in a number of RLC programs. For more information, call (618) 437-5321, Ext. 1251 or e-mail [stevensb@rlc.edu](mailto:stevensb@rlc.edu).

WOODLAWN, Ill. — Woodlawn Haunted Woods 2013 is accepting victims on Oct. 4, 5, 11, 12, 18, 19, 25, 26 and Nov. 1 and 2. Admission is \$8 per person with a \$1 credit for bringing a canned good which will go to a local food pantry. Scare times are dusk to dark for young children "no scare" and dark to 11 p.m. for "all scare." For more information, find Woodlawn Haunted Woods on Facebook or e-mail [woodlawn-hauntedwoods@webz.com](mailto:woodlawn-hauntedwoods@webz.com).

WHITTINGTON, Ill. — The Rend Lake College Foundation Scholarship Dinner will be held at 5 p.m. Monday, Oct. 14, at the Rend Lake Resort and Conference Center in Whittington. The annual event includes dinner, photographs, speakers and awards. It is held as a meeting place for scholarship donors and recipients, and to celebrate the generosity of new and existing supporters of scholarships at RLC. For more information, contact the RLCF at (618) 437-5321, Ext. 1214 or 1324.

INA, Ill. — Rend Lake College will host its first ever CNA Conference from 8 a.m. to 4 p.m. Friday, Oct. 18, in the RLC Theatre. The event is packed with speakers and education about nursing topics. CNAs who attend will earn 6 CEUs and 0.5 college credits. For more information, contact RLC Allied Health at (618) 437-5321, Ext. 1251.

INA, Ill. — Rend Lake College's Automotive Technology program is holding a Car Show on Saturday, Oct. 19 at the Ina Campus. Registration takes place from 9 a.m. to noon with judging starting at 11 a.m. and trophy presentations at 2 p.m. It's \$10 to register. Dash plaques will be handed out to the first 125 entries. High school students who attend will automatically qualify for a scholarship to RLC's Auto Tech program. Event t-shirts will be on sale. The event will also feature a swap meet, kids activities and food by RLC Culinary Arts. The event is free for the public to attend. All details are online at [www.rlc.edu/carshow](http://www.rlc.edu/carshow).

WHITTINGTON, Ill. — A Roundup for Scholarships will begin at 6 p.m. Tuesday, Oct. 29 at the Rend Lake Resort and Conference Center. The event includes appetizers and a cash bar, and generates scholarships for students in the Rend Lake College Criminal Justice program. For more information, call (618) 437-5321, Ext. 1239, e-mail [meekr@rlc.edu](mailto:meekr@rlc.edu) or go online to [www.rlc.edu/roundup](http://www.rlc.edu/roundup).

INA, Ill. — A Halloween Concert and Costume Party will take place Tuesday, Oct. 29 at Rend Lake College. The concert begins at 6 p.m. in the Theatre and features RLC students performing Halloween selections. The costume party will start at 7 p.m. in the Student Center and features refreshments, a DJ and dancing, and photographs. For more information, contact RLC Liberal Arts at (618) 437-5321, Ext. 1263 or 1790.

Do you have a local event you would like added? E-mail the who, what, when and where to [newspaper@rlc.edu](mailto:newspaper@rlc.edu) and we'll get it in.

**Jobs at RLC**

As of Oct. 4, Rend Lake College in Ina was seeking candidates for the following positions:

- Agricultural Mechanics Instructor (Part-Time)
- Lab Assistants — Agricultural Mechanics

Diesel Technology Heavy Equipment Technology

- Instructors in Math & Sciences at the Pinckneyville Campus (Part-Time)

Read more about these positions and apply online at [www.rlc.edu/jobs](http://www.rlc.edu/jobs).

~~~~MUSIC & MOVIES~~~~

MUSIC

Top 10 — The week's most popular current songs and albums across all genres. (www.billboard.com)

Songs (Week of Oct. 12): (1) "Royals" - Lorde, (2) "Roar" - Katy Perry, (3) "Wrecking Ball" - Miley Cyrus, (4) "Hold On, We're Going Home" - Drake feat. Majid Jordan, (5) "Wake Me Up!" - Avicii, (6) "Holy Grail" - Jay Z feat. Justin Timberlake, (7) "Blurred Lines" - Robin Thicke feat. T.I. + Pharrell, (8) "The Fox" - Ylvis, (9) "Applause" - Lady Gaga, (10) "Summertime Sadness" - Lana Del Rey & Cedric Gervais

Albums (Week of Oct. 12): (1) "Nothing Was the Same" - Drake, (2) "Mechanical Bull" - Kings of Leon, (3) "Closer to the Truth" - Cher, (4) "The Diving Board" - Elton John, (5) "From Here To Now To You" - Jack Johnson, (6) "Crash My Party" - Luke Bryan, (7) "Dream Theatre" - Dream Theatre, (8) "Get Wet" - Krewella, (9) "Metallica: Through the Never (Soundtrack)" - Metallica, (10) "Off the Beaten Path" - Justin Moore

New Albums this week (Oct. 7): Anna Calvi - One Breath, Holy Ghost! - Dynamics, Lanterns on the Lake - Until The Colours Run (Oct. 8) A Loss For Words - Before It Caves, Alex Chilton - Electricity By Candlelight, Alter Bridge - Fortress, Amos Lee - Mountains Of Sorrow, Rivers Of Song, Bad Things - Bad Things, Born Gold - I Am An Exit, Cage the Elephant - Melophobia, Clara May - American Desi, Dale Earnhardt Jr. Jr. - The Speed Of Things, Darkside - Psychic, Dave Hause - Devour, Fast Romantics - Afterlife Blues, Glasser - Interiors, Jason Derulo - Tattoos, Jonny Kaplan & The Lazy Stars - Sparkle And Shine, Kenny Rogers - You Can't Make Old Friends, Kodakline - In A Perfect World, Korn - Paradigm Shift, Lee

Ranaldo And the Dust - Last Night On Earth, Miley Cyrus - Bangerz, Of Montreal - Lousy With Sylvianbriar, Panic at the Disco - Too Weird To Live, Too Rare To Die!, PAPA - Tender Madness, Patty Griffin - Silver Bell, Pusha T - My Name Is My Name, Richie Ramone - Entitled, Rjd2 - More Is Than Isn't, Save Your Breath - There Used To Be A Place For Us, Sleigh Bells - Bitter Rivals, The Toxic Avenger - Romance & Cigarettes, Tim Kasher - Adult Film, Tony Dekker - Prayer Of The Woods, V.V. Brown - Samson & Delilah

MOVIES

For Rent (Oct. 7): - Much Ado About Nothing, Bones, White Collar, The Hangover Part III, After Earth, I Married a Witch, The Purge, Curse of Chucky, The Lifeguard, The Look of LoveNew In Theaters (Oct. 11): Captain Phillips (PG-13), Machete Kills (R), The Fifth Estate (R), Romeo and Juliet (PG-13)

Car Show
continued from page 1

Show and we look forward to having a big turnout," said RLC Automotive Technology Professor Nigel Thompson. "The more people who come out and enjoy the day with us, the more we raise for Rend Lake College students."

Judging of the cars will begin at 11 a.m. and participants will be eligible to win several awards: Best of Show, President's Choice, Best Car, Best Truck, Best Ford, Best Mopar, Best GM, Best Paint, Best Motor, Best Interior, Most Original, Top 10 from 1982 and newer and Top 20 from 1981 and older. Photos of the car and owners will be taken by RLC between 1 and 2 p.m.

The trophies will be awarded at 2 p.m. and dash plaques will be available to the first 125 participants. In addition to trophies, there will also be door prizes, a 50/50 drawing to benefit RLC student scholarships and event T-shirts for \$10.

Future RLC students interested in the Automotive Technology program can also attend the event as a qualification for a new Car Show Scholarship. Students will have to attend the Car Show on Oct. 19 and complete an application process in the spring to be eligible. The scholarship will be awarded for the 2014-15 academic year.

RLC President Terry Wilkerson recently announced that he will match the funds raised by the fall Car Show used for scholarships in the Automotive Technology program.

"The instructors and staff in the Automotive Technology program are taking ownership of their program, as a lot of our faculty and staff do, and I want to encourage and support that initiative," said Wilkerson. "Money raised by this event will be extremely important to prospective students, and I hope more of the community and car enthusiasts attend to help Rend Lake College reach out to them."

Attendees can also check out the live entertainment from Hot Rod Nights, located between the two big attractions; activities in the RLC Auto Shop, such as Slot Car Racing and prizes; plenty of vehicle vendors; and food, catered by the RLC Culinary Arts program. Coffee will be served at 9 a.m. with food ready by 10:30 a.m.

Door prizes are being donated by Tommy T's of Mt. Vernon, Mt. Vernon AutoZone, Federated Auto Parts of Mt. Vernon, Bumper to Bumper of Benton, NAPA of Mt. Vernon, the Jefferson County Schools Credit Union, Il-Mo Welding Products of Mt. Vernon, Don's Stereo and Speed Center of Mt. Vernon and Wilkey's Airport Restaurant in Mt. Vernon.

For more information, visit online at www.rlc.edu/rlc-car-show.

Allied Health
continued from page 1

These grants will boost the capacity and quality of programs offered by higher education institutions that serve low-income students as they work to increase completion rates and better prepare their students for success in college, careers and lifetime aspirations.

SIP helps postsecondary schools expand their capacity to serve low-income students by providing funds to improve and strengthen their academic quality, institutional management and fiscal stability, as well as build a framework to help students complete college.

For more information, contact Kim Robert at (618) 437-5321, Ext. 1251.

Why Go Anywhere Else?

For more information or to schedule a complimentary financial review call or stop by today.

Bill Dwyer, AAMS® Dennis L. Dwyer

www.dwyerinvest.com

VISIT YOUR REND LAKE COLLEGE SUBWAY® RESTAURANT LOCATED IN THE STUDENT CENTER

\$4 LUNCH
ALL DAY. EVERY DAY.

CHOOSE FROM A VARIETY OF
6" SUBS AND A 21OZ. DRINK



Limited time only. Plus applicable tax. Valid at participating SUBWAY® restaurant locations only. No coupon necessary. Cannot be used in conjunction with any other offer. Additional charge for Extras. Offer excludes Premium and Supreme subs. SUBWAY® is a registered trademark of Doctor's Associates Inc. ©2013 Doctor's Associates Inc. subpad_15795

THE HARTFORD

"Ask me about the AARP® Auto & Home Insurance Program from The Hartford."

Now available in your area!

SHERRI LUTZ
THE INSURANCE SHOPPE

This auto and home insurance is designed exclusively for AARP members – and is now available through your local Hartford independent agent!

Call Today for your FREE, no-obligation quote:

618-548-1053

SHERRI LUTZ
THE INSURANCE SHOPPE
1141 S. BROADWAY
SALEM, IL 62881

AARP Auto & Home Insurance Program

The AARP Automobile Insurance Program from The Hartford is underwritten by Hartford Fire Insurance Company and its affiliates, One Hartford Plaza, Hartford CT 06155. In Washington, the Program is underwritten by Tumbull Insurance Company. AARP and its affiliates are not insurance agencies or carriers and do not employ or endorse insurance agents, brokers, representatives or advisors. This program is provided by The Hartford, not AARP or its affiliates. Paid endorsement: The Hartford pays a royalty fee to AARP for the use of AARP's intellectual property. These fees are used for the general purposes of AARP. AARP membership is required for Program eligibility in most states. Applicants are individually underwritten and some may not qualify. Specific features, credits, and discounts may vary and may not be available in all states in accordance with state filings and applicable law. The premiums quoted by an authorized agent for any Program policy include the additional costs associated with the advice and counsel that your authorized agent provides.

Solution to crossword puzzle printed on page 2.

Solution time: 21 mins.

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| R | A | N | D | | A | B | A | | E | L | A | N | |
| O | R | E | O | | S | O | D | | M | E | M | O | |
| T | E | A | R | | S | N | O | W | C | A | P | S | |
| C | A | P | S | T | A | N | | | H | E | S | S | E |
| | | | | A | N | Y | | W | E | E | | | |
| S | T | I | L | T | | T | A | N | D | O | O | R | |
| A | I | D | | | T | U | X | | | A | W | E | |
| D | O | O | R | M | A | T | | | F | A | R | E | D |
| | | | | A | U | G | | L | I | D | | | |
| F | R | A | N | C | | M | A | T | L | O | C | K | |
| L | O | C | K | H | E | E | D | | | I | S | L | E |
| A | B | E | L | | R | O | E | | | B | L | O | G |
| W | E | R | E | | A | N | N | | | S | O | T | S |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 8 | 4 | 6 | 7 | 2 | 3 | 1 | 5 |
| 3 | 1 | 7 | 5 | 4 | 9 | 6 | 2 | 8 |
| 2 | 6 | 5 | 3 | 8 | 1 | 4 | 7 | 9 |
| 4 | 5 | 1 | 2 | 3 | 8 | 9 | 6 | 7 |
| 6 | 3 | 2 | 7 | 9 | 4 | 5 | 8 | 1 |
| 8 | 7 | 9 | 1 | 6 | 5 | 2 | 3 | 4 |
| 7 | 9 | 8 | 4 | 2 | 3 | 1 | 5 | 6 |
| 1 | 2 | 6 | 9 | 5 | 7 | 8 | 4 | 3 |
| 5 | 4 | 3 | 8 | 1 | 6 | 7 | 9 | 2 |

Solution to suduko puzzle printed on page 2.

Tie-Dye



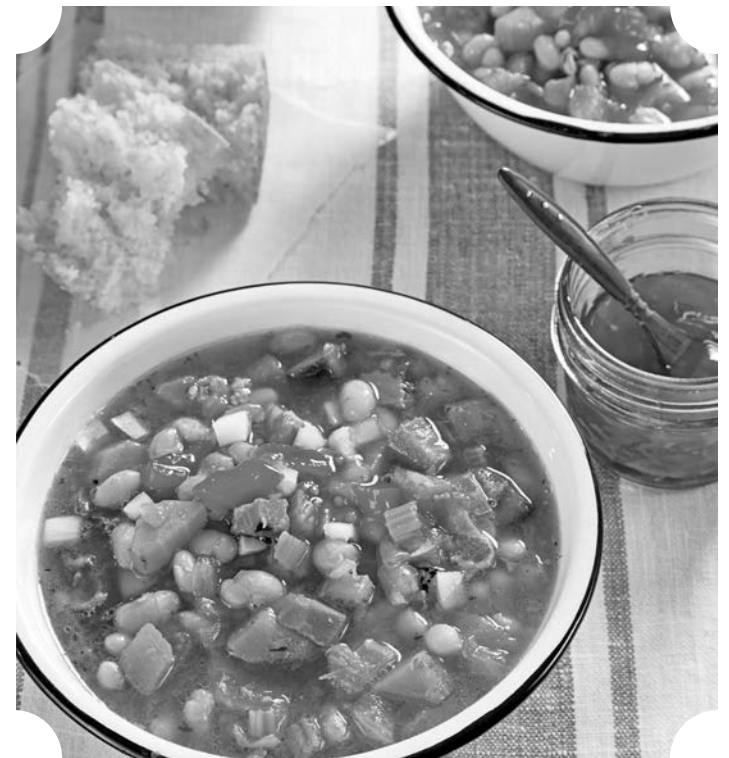
Rend Lake College art students, FROM LEFT, Casey Brandt (Mt. Vernon) and William Kimble (Thompsonville) create tie-dye tees to raise funding for Art League activities. Also pictured in the background are RLC Art Professor Therese Melena and student Kayann Bush of Mt. Vernon. (Nathan Wheeler / RLC Public Information)

Stir It Up!

BY MARIALISA CALTA
 Think "Southern food" and what comes to mind? Barbecue, cornbread, banana pudding, pimento cheese, fried chicken, country ham, biscuits, gumbo, shrimp, grits ... shrimp and grits. The region's contributions to good eating are legendary. But there is a dish from the South that flies under much of the country's culinary radar. It's authentic, it's delicious and it's healthy — and it's virtually unknown north of the Mason-Dixon

Good eating from Appalachia

line: soup beans.
 Bean soup, you say? Nope. Soup beans — essentially a pot of soupy beans cooked with a ham hock or fatback and water. Soup beans is a regional specialty of the southern foothills of the Appalachians.
 Charles Frazier, author of the Civil War novel "Cold Mountain" and a native of Asheville, N.C., is crazy for soup beans. He has spent decades "chasing the flavor" of the soup beans of his childhood. Fortunately for us, he shared his thoughts on soup beans and his method of making them with Southern Living magazine, and the editors included his method in a new book, "No Taste Like Home," by Kelly Alexander.



Soup Beans

In hard times, people in Appalachia kept 50-pound bags of dried shelling beans at the ready, and a pot of soup beans was almost always simmering on the wood stove. Pinto beans were traditional, but navy beans are an acceptable variation. (Frazier throws in a handful of yellow split peas as well.) Ham hocks, ham, bacon or salt pork can all work as the flavoring. Frazier recommends no more than 1/2 pound of pork to 1 pound of beans; "otherwise the flavor of the vegetables becomes overwhelmed by hog."
 Soup beans are traditionally served either on a bed of crumbled cornbread, or the cornbread is crumbled into the bowl by the person eating the dish — like adding crackers to chili. Toppings include sweet-hot pepper jelly and chopped raw onion; Frazier likes to use a good quality olive oil and ground black pepper. Cooked greens, like collards, are often served on the side.
 In "No Taste Like Home," the photos of the Appalachian foothills bursting with fall colors mirror autumnal scenes in northern New England and the northern Midwest. With the cold com-

ing on, it might be wise for those of us up north to learn from our neighbors down south and get cozy with a pot of soup beans.
SOUP BEANS
 Yield: 8 cups
 8 ounces cured pork (ham, kielbasa or thick-cut bacon) or 1 1/2 pounds ham hocks
 1 large onion
 4 carrots
 4 stalks celery
 Olive oil, as needed
 2 cloves garlic, peeled and minced
 1 pound dried navy beans, rinsed and picked over
 1/4 cup yellow split peas, rinsed and picked over
 4 cups chicken or vegetable broth plus 4 cups water OR 8 cups water
 1 T. dried savory
 1 bay leaf
 Salt to taste
 Freshly ground black pepper to taste
For serving:
 Chopped onion, sweet-hot pepper relish and wedges of cornbread OR good quality extra-virgin olive oil and coarsely ground black pepper
 If using ham, kielbasa or bacon, dice into pieces no

bigger than the beans. If using ham hock, set aside.
 Set a skillet over medium-high heat. Brown the ham/kielbasa/bacon for 3 minutes. Remove the meat from the skillet but keep the drippings in it.
 Peel and trim the vegetables as needed and cut into 1/2-inch dice.
 Set the skillet with the drippings over low heat. (If using a ham hock, heat 2 tablespoons olive oil instead.) Cook the vegetables for about 5 minutes. Enhance with a little olive oil if desired, or if you don't have enough drippings. When vegetables are fragrant and soft but not browned, add the garlic. Cook 2 more minutes, stirring frequently.
 Combine the navy beans, split peas, pork or ham hocks and the cooked vegetables in a large Dutch oven. Cover with liquid; you want 8 cups total. (If you are using ham hocks, they may stick up above the liquid.) Add the savory, bay leaf and about 1/4 teaspoon each of salt and pepper. Bring to a boil, cover, reduce heat and simmer for 2 hours. Uncover and cook 1 1/2 hours more, or until the split peas are entirely dissolved and the navy beans are still whole but completely soft.
 During this time, stir occasionally and add liquid if needed to keep the beans submerged. Cooking time will vary depending on the size and freshness of the beans and the altitude at which you are cooking. Season with additional salt and pepper to taste. Serve hot, with desired accompaniments.
 (Recipe slightly adapted from "Southern Living No Taste Like Home" by Kelly Alexander; Oxmoor House, 2013.)



Get all the newest looks in eyewear

60% OFF EYEGASSES FRAMES
 Latest Designer Styles Included
 See optician for details

40% OFF SECOND PAIR OF GLASSES
 Complete Eyeglasses
 Includes Lenses & Frames of equal or lesser value

PRESCRIPTION SUNGLASSES \$99
 with Tint and UV Protection
 Single Vision • Lined or No Line Bi-Focal
 With Purchase of Prescription Eyeglasses
 STARTING AT ONLY

REBELLIOUS Eyewear
 Come see our new Rebellious line. Marion Eye Center is the exclusive provider of Rebellious eye wear in the U.S.

LOWEST PRICE • EYEGASS GUARANTEE!
 We'll Take \$20 Off Any Advertised Price On An Identical Pair of Eyeglasses.

MARION EYE CENTERS & OPTICAL

32 Locations To Serve You
Centralia • 532-1997 | **Salem • 548-0100**
Mt. Vernon • 244-2777 | **Toll Free: 800-344-7058**

Discount based on Marion Eye Centers original retail price for eyeglass frames & lenses. These special discounts do not include readers and cannot be used in conjunction with any insurance benefit, vision plan or coupon and do not apply to prior offers, purchases or custom and premium packages. First frame purchase and second complete pair must be purchased on the same day. \$99.00 sunglasses from the Special Sunglass Selection only, with purchase of eyeglass frame special. Sunglass upgrades and polarized lenses available at additional cost. Certain restrictions apply; limited time offer. See store for details.

www.MarionEye.com

CENTRALIA COIN, STAMP, ETC.

- Coins & precious metals for Collectors and Investors
- Estates Appraised and Purchased
- Buying All U.S. Gold & Silver Coins and Jewelry

TOP PRICES PAID.

533-4200
 Corner of Broadway & Cherry

Established in 1989

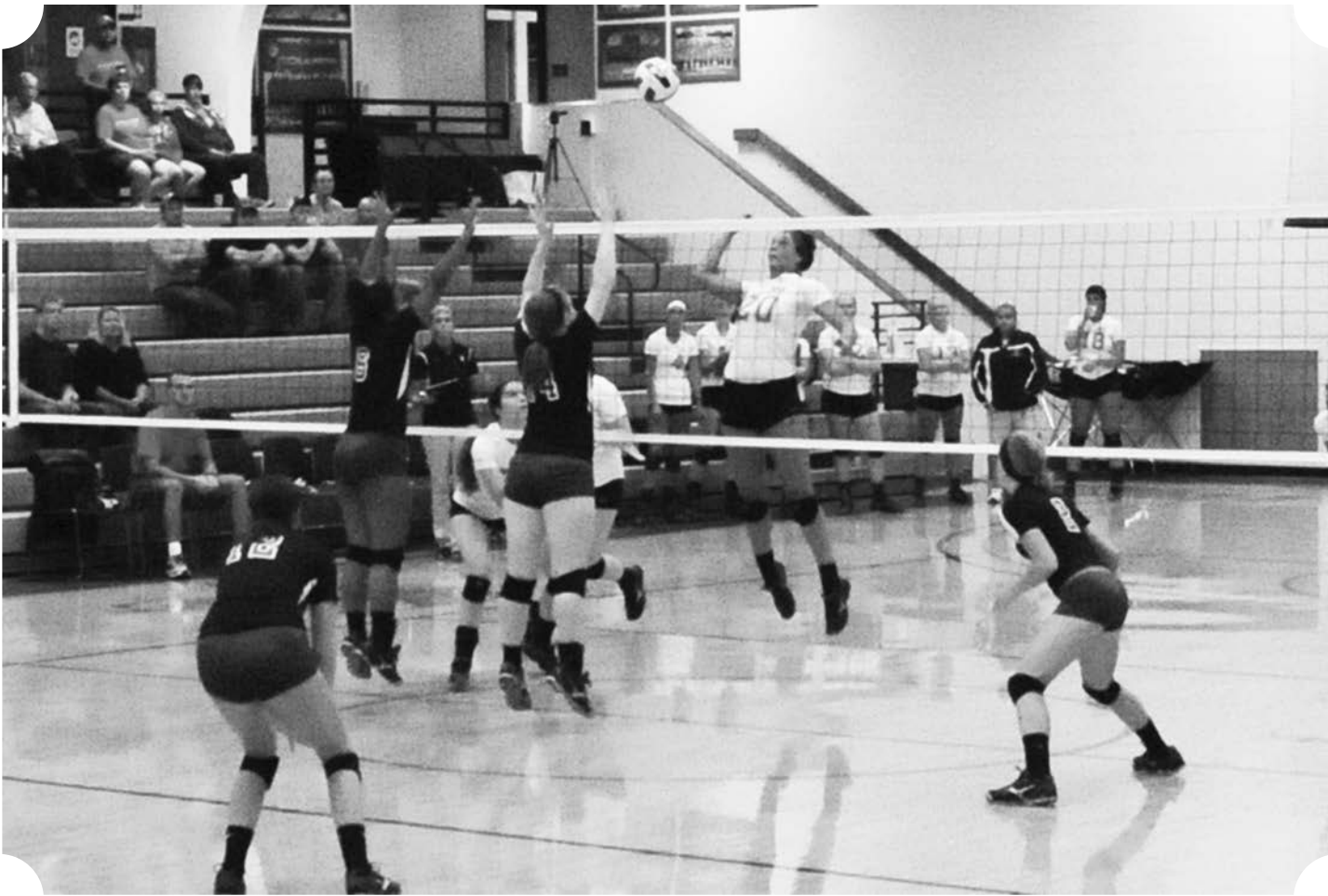
Buying Scrap Gold Jewelry!



ATHLETICS

W S E C T I O N

Lady Warriors volleyball lose close match to SWIC



REANNE PALMER
RLC SPORTS INFORMATION

After leading the first two games, the Rend Lake College volleyball team fell to Southwestern Illinois College (Belleville) 2-3 at home in Ina.

The Lady Warriors, now with a 3-18 record, won with first two games with 25-21 and 25-23, before losing the third and fourth games at 26-28 and 11-25, as well as the tie-breaker at 7-15.

Two freshmen, Abby Bennett (Ewing) and Sydney Crews (Mt. Vernon),

led their team in kills with nine each. Fellow freshman Cassidy Melliere (Prairie Du Rocher) registered the most digs at 24. Rounding off the top performers was freshman Rebekah Maddox (Du Quoin) with four blocks and Lindsay Winter, a sophomore from Pinckneyville, with 34 assists.

The Lady Warriors will continue their season tomorrow night with a 7 p.m. home game against Illinois Central College. For all things athletic at The Lake, visit RLC online at www.rlc.edu/warriors.

READY TO BLOCK — Rend Lake College middle blocker Rebekah Maddox hits one back over the net Wednesday night against Southwestern Illinois College during the home game. Maddox, a freshman from Du Quoin, led the team with four blocks. (ReAnne Palmer / RLC Public Information)

Rend Lake College Volleyball falls to ICC at home

REANNE PALMER
RLC SPORTS INFORMATION

The Rend Lake College Lady Warriors took on Illinois Central College Thursday night at home and lost 0-3. In the first set, the Warriors scored 20, followed by 12 and 13 in the second and third sets respectively.

Freshmen Abby Bennett (Ewing) and Madison Grammer (Benton, Ky.) led RLC with nine kills each spanning through the three sets. Bennett also tied with sophomore Kourtney Heggemeier (Nashville) with one block each. Setter

Lindsay Winter, a sophomore from Pinckneyville, led the team with 23 assists. Freshman Sydney Crews (Mt. Vernon) also logged seven digs. The Lady Warriors are now 3-19 for the season.

The Lady Warriors will continue their season this weekend at the Kankakee Community College Tournament in Kankakee on Oct. 4 and 5. They will return to Ina for a game against Greenville College at 7 p.m. Oct. 7. For all things athletic at The Lake, visit RLC online at www.rlc.edu/warriors.



GOING IN FOR THE BLOCK — Right side hitter Abby Bennett, a freshman from Ewing, leaps for a block Thursday night as the Lady Warriors took on Illinois Central College at home. Bennett had the most kills for the team at nine and one block. The volleyball team, now 3-19, will travel to Kankakee for a tournament tomorrow and Saturday. (ReAnne Palmer / RLC Public Information)

Women's Golf team places third at Ashford Tournament

To finish up a great season, the Rend Lake College women's golf team brought home third place at the NAIA Ashford Tournament, held at Short Hills Country Club in East Moline, Ill., Sept. 30 and Oct. 1.

The Lady Warriors finished with a score of 692 (+60), and two shots ahead of Ashford University of Iowa, host of the tournament. RLC and Ashford were tied for third at the end of day one with scores of 344.

Freshman Emily Thomas (Moline) led the team with a two-day score of 167 (84-83). Thomas and fellow freshman Ashley Sexton (Anderson, Ind.) were tied at the end of day one, though Sexton finished the tournament with a 176 (84-92).

Freshman Kaylyn Fuhrhop (Okawville) finished with a 172 (86-86) and freshman Katie Garver (Campbell Hill) shot a 177 (90-87). Freshman Madison Burgett (Charleston) also participated in the tournament, though not for a team score. "I'm very proud of the girls pulling out a 3rd place win

against all four-year schools," said Coach Cindy Corn.

Bethel College of Indiana won the tournament with a score of 632 (317-315), and was followed in second place by Grand View University of Iowa at 662 (+30). St. Ambrose University of Iowa placed

fifth at 714 (+82) and Culver Stockton College of Illinois finished sixth with 796 (+164).

Complete results of the tournament will be available on the Women's Golf team schedule.

For all things athletic at The Lake, visit RLC online at www.rlc.edu/warriors.

ATTENTION ALL STUDENTS

Bring in your Student ID and receive **\$2.00 OFF ALL** hair services! Monday, Tuesday, Thursday, Friday 3-5:30 or Saturday 9-1. Evening appointments available!



— INTRODUCING —
SANDY LOKER and AMANDA VEST to our team!

HEAD·LINES
Hair Designs
FULL SERVICE FAMILY SALON

1104 W. WHITTAKER SALEM 548-2255



TIRE & AUTO CENTER

Located At **LTD Ford**
848 E. Noleman, Centralia • 1-618-532-4733



We will beat any price on the 13 major tire brands we sell... **GUARANTEED!**
LOW PRICE GUARANTEE

THE BIGGEST TIRE EVENT EVER
\$70.00 Cash Rebate On 4 Tires

RECEIVE UP TO A **\$70** / UP TO ADDITIONAL **\$70**
MAIL-IN REBATE / MAIL-IN REBATE*
*Use a Ford or Quicklane Card

• **Bridgestone** • **Goodyear** • **Hankook**
• **Yokohoma** • **Continental** • **Pirelli** • **Dunlop**

THE WORKS
FUEL SAVER PACKAGE

\$39.95 - Less \$5.00

\$34.95 or less*

With **FREE Alignment Check**

• Synthetic Blend Oil Change • Fluid Top-Off
• Tire Rotation and Pressure Check • Battery Test
• Brake Inspection • Filter Check
• Vehicle Check-Up • Belts and Hoses Check

THE WORKS FUEL SAVER PACKAGE \$34.95 OR LESS*
WITH **FREE ALIGNMENT CHECK**

IT COULD SAVE AS MUCH AS \$77
IN FUEL BY YOUR NEXT OIL CHANGE.**

*Up to five quarts of Motorcraft® oil and oil filter. Taxes, diesel vehicles and disposal fees extra. Hybrid battery test excluded. See participating Quick Lane® for exclusions and details through 12/31/13.

**Source: Based on EPA fuel economy 2010 MY data at <http://www.epa.gov/otaq/ftrends.htm> and the \$3.69 average price of a gallon of regular unleaded gas in the U.S. on October 22, 2012 at www.fueleconomy.gov. Expires 12/31/13

— THIS SPACE RESERVED FOR YOU! —
Sentinel: 532-5604 • 246-2000