



CLOCKTOWER CHRONICLE



FUN FEST 2013 SEPT 25 NOON

- Food
- Games
- Music
- Dancing
- Free Stuff
- Prize Drawings

FUN FEST — Students dance at Fun Fest 2012. More food, music, dancing, games and prizes are planned for the 2013 installment at Rend Lake College. It's all free and it's all happening at noon, Sept. 25, on the campus in Ina. (Photo by Nathan Wheeler / RLC Public Information)

Fun Fest is Sept. 25

REANNE PALMER
RLC PUBLIC INFORMATION

Rend Lake College's annual fall event Fun Fest is set for noon to 3 p.m., Wednesday, Sept. 25 on the Ina campus. Members of the RLC Student Activities Committee, which coordinates the event each year, say delicious food, entertainment and games, and lots of prizes and giveaways are all set for students to enjoy.

A number of events and activities are returning this year by popular demand. Memory Lane of Carterville will provide music next

to the Registration and Prize Tent. Students should register early for a number of prizes, including a Sony camera, two tickets to a St. Louis Blues game and more, in addition to getting a free Fun Fest T-shirt.

Also returning to the festival is a dunk tank, featuring a number of RLC faculty and staff members, located behind the Academic Building. There will be a photo booth from Sartor Photography of Benton in front of the Student Center; performances by the RLC Warrior Dance Team and Cheerleaders near the

Learning Resource Center (LRC); and palm reading by RLC's own Dr. Sue Tomlin, a retired Sociology Professor, by the Academic Building.

Both RLC's Therapeutic Massage program and Studio RLC Cosmetology School will again participate by offering chair and hand massages inside the Student Center.

Several student organizations will be active at the festival this year as well. The Musical Notes Society will perform at 1:05 p.m., next to the LRC. Next to them, the RLC Improv group will be asking for group participation in

their activities.

The Art League will be doing art demonstrations and the Horticulture Club will be hosting a grape stomp by the Clock Tower. Other student organizations partaking are the College Bowl, Skills USA, Rad Tech, Computer Club, STARS, Auto Club, Thespians and Disc Golf Club.

Disc golfers interested in joining a tournament can meet north of the theatre and play to win prizes for first and second places. Other yard games, from bean bags and washers to ladder ball, will be scattered about the campus

for students to enjoy.

One new event at Fun Fest this year is a Gaming Party, to be held in the South Oasis. About a dozen X-Boxes will be set up for students to compete against one another at "Halo," "Call of Duty" and a dancing game. Student members of RLC3, the campus computer and gaming club, will be helping with the event.

Throughout the afternoon, food will be served by students in the RLC Culinary Arts program. Options of grilled chicken, grilled hot dogs and nachos will be available in front of the Academic Build-

ing. Drinks will also be provided by RLC. Tropical Sno of McLeansboro will serve a cold snack and popcorn will be offered near the South Oasis.

RLC classes at the main campus in Ina, Murphy-Wall Pinckneyville Campus and RLC MarketPlace in Mt. Vernon will be cancelled between noon and 3 p.m., and will resume afterward.

For more information about Fun Fest 2013, contact Lisa Price, vice president of Student Services, at (618) 437-5321, Ext. 1205, or send an email to price@rlc.edu.

RLC welcomes AHEC to Ina campus, increases opportunities for students

REANNE PALMER
RLC PUBLIC INFORMATION

Students interested in any medical field will soon have some of the same opportunities as those living in bigger cities as Rend Lake College of Ina joins forces with the University of Illinois College of Medicine at Rockford to bring an Illinois Area Health Education Center (AHEC) Network Program to the Ina campus. The center will be designed to offer elementary and high school students the opportunity to get a first-hand look at the medical field of their choice through the classroom, volunteer programs, science and career fairs, camps, job shadowing, internships and more.

Kim Robert, Dean of Allied Health, said that the program will be a big benefit to the students in Southern Illinois.

"AHEC will bring new and exciting opportunities for students

throughout the region," said Robert. "Rend Lake College is excited to be a part of this unique program and to be able to offer another option for students wanting to work in the medical field and stay in the area. Hopefully AHEC will help us educate our students and keep them in the region for good, quality medical care."

Robert added that the center is expected to start on the RLC campus as soon as September.

David Asberry, M.D., a former participant in an AHEC program and a member of the RLC Board of Trustees, said he was glad to see the program coming to smaller schools.

"It's a very exciting thing for me to see come to this area," said Asberry. "It's a huge chain that's been in place for 22 or 25 years, and it's nice to see it come through the community

AHEC continues on page 3

Rend Lake College Coal Mine Training Facility expects to grow in coming years

REANNE PALMER
RLC PUBLIC INFORMATION

As the coal mine industry continues to expand in Southern Illinois, Rend Lake College's Coal Mine Training Facility grows with it, already bringing students and miners from across the nation to learn and practice on-the-job safety and skills.

Don McBride, Mining Technology Instructor, said he is happy to see the growth in the industry and job market, especially in RLC's district.

"The coal mine industry is booming and I'm glad that we're part of that boom," said McBride. "Coal mines are a large part of our district and they will continue to be in the future. We're preparing the workforce of tomorrow."

Dean of Applied Science & Technology Chris Nielsen added that he

expects RLC's training facility to become busier as more locals seek jobs in the area.

"At one time, there were nine mines in our district, and that went down to zero, but it's going back up," said Nielsen. "Now we're training a new workforce to put in those jobs. We're working with the next generation of coal miners and we're going to be a big part of their life."

Recently, the training facility hosted the Murray Energy Corp. Fire Brigade Inner-Company Midwest Regional Contest, where teams of coal miners from three mines in Illinois and Kentucky competed against one another in a variety of challenges and timed-events. The winners will travel to Morgantown, W.Va., on Sept. 20 for the finals.

Mining continues on page 3

RLC named Military Friendly School for 2014

REANNE PALMER
RLC PUBLIC INFORMATION

Rend Lake College has been awarded, for the second year in a row, the title of Military Friendly School by Victory Media, a veteran-owned business and publisher of G.I. Jobs. The award is a result of a survey of over 12,000 schools, of which RLC ranks in the top 15 percent.

RLC and the other 1,867 colleges, universities and trade schools on this year's list exhibit leading practices in the

recruitment and retention of students with military experience. Fifty percent of the surveys focused on military support on campus and academic credibility.

"The faculty and staff at RLC are proud to be listed among the best Military Friendly Schools this year," said RLC President Terry Wilkerson. "Veterans and service members are a distinctive group of students and we work every day toward helping them

GI jobs continues on page 3

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Down the Warp Pipe: The Revolutionary 'Super Mario 64'

ANDREW CLANCY
CLOCKTOWER CHRONICLE STAFFWRITER

It was 1996. I was 2. "Super Mario 64" was packaged with the launch of Nintendo 64. The title claimed it to be an amazing 3D adventure game.

Unlike its predecessors, ("Super Mario Brothers," "... World," or "... Land") "Super Mario 64" created no new enemies. It only played off of old baddies such as Bowser, the goomba and koopa. The game also was sort of racist toward Italians because when Mario sleeps he dreams of spaghetti. This game — and other Mario games of the Nintendo 64 — brought up the problem I call "Paradoxal Voice Confusion," in which Peach's and Toad's voices were different in every single game.

The plot was extremely unoriginal due to the fact this has to be at least the fifth time that Mario has saved the princess from Bowser. As always, goombas, some koopas, chain chomps, and bubba (cheep chomps) are the enemies and toads are once again

useless and annoying.

The primary reason that this game succeeded and Glover did not was because this was a Mario game and Nintendo knew that they could make millions off of the idea. Unworthy games, such as this, is why Sega — now, undersevedly, a smaller video game company — now has a huge partnership with Nintendo in what has become a less creative age of video games.

In "Super Mario 64" the controls were decent, but the revolutionary camera was lacking in functionality. Even though the game wasn't creative it did bring

nostalgia to the ride. When you think of how it would be received in 1996, Super Mario 64's graphics and redesigned characters made the Nintendo 64 seem very revolutionary.

Despite all of the negatives in this review and all of the bugs in the game, Super Mario 64 deserves 9.1 out of 10 for pure nostalgia and good graphics for its time. Not to mention it is a Mario game. It's a classic. Thank you for your time.

Andrew Clancy hosts a YouTube channel under marioman102594. Stop by or subscribe for his reviews, rants and Machinima.



AREA EVENTS

BLUFORD, IL — A Pistol Shoot will be held from 10:30 a.m. to 12:30 p.m., Oct. 12, in Bluford. The event will be located at 20074 E. Duner Road, one mile east of Harmony Church. It is \$20 to enter with the top shooter taking home \$100 in cash. Lunch is provided and pistols are available. According to organizers, contestants are not required to have a FOID

card. For more information, call (618) 732-0220 or e-mail cop_joe@hotmail.com.

CARTERVILLE, IL — The 27th Southern Illinois Women's Health Conference will be held from 7 a.m. to 4 p.m. Sept. 21, at John A. Logan College in Carterville. It is a day designed for women to learn about the health issues that affect their

lives. Features include a keynote, breakout sessions, health screenings, and exhibits. For more information, email Fran Becque at womenforhealthandwellness@gmail.com

MOUNT VERNON, IL — The Brian M. Piper "Giving Heart" Memorial Ride is at 10:30 a.m., Sept. 21. The poker run is pen to all street-legal vehicles. It will start at Dales Harley Davidson and end at Piper Farm. The event is a tribute designed to increase awareness of organ donation. All proceeds will go to a children's charity such as Shriners or St. Jude Children's Research Hospital. For more information, email Stephen Yandell at Yandell4@att.net.

INA, IL — The first Rend Lake College Car Show will take place Oct. 19 at the RLC Main Campus in Ina. Car owners can enter their showpieces for \$10 starting at 9 a.m. Registration ends at noon with judging beginning at 11 a.m. Trophies for a number of different categories will be awarded at 2 p.m. Dash plaques are available to the first 125 entries. Prizes will be awarded throughout the day and high school students who attend will qualify to win a scholarship to study in the RLC Automotive Technology Program! Other features include music by "Hot Rod Nights," a 50/50 raffle, children's activities, a swap meet, and refreshments for sale by RLC's Culinary Arts Program. Register for a booth at the swap meet by e-mailing thompson@rlc.edu. For more information, go online to www.rlc.edu/carshow.

Crossword

ACROSS

- 1 — -Wan Kenobi
- 4 Health resort
- 7 Recording
- 11 Swimming venue
- 13 LummoX
- 14 Thing
- 15 Opposed to
- 16 Buddy
- 17 Options list
- 18 Rife with foliage
- 20 Tooth-paste container
- 22 Hearing organ
- 24 Shoe without laces
- 28 Sleep-wear
- 32 Trap
- 33 Verve
- 34 Wrinkly-faced dog
- 36 Faucet problem
- 37 Gives temporarily
- 39 "The Big Bang Theory" star Jim
- 41 Birdcage attachment
- 43 Swab the floors
- 44 Way out
- 46 Stretchy candy
- 50 Pop singer Lady —

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
28	29	30			31		32		
33					34		35		36
37				38		39		40	
41					42		43		
			44			45		46	47
50	51	52			53		54		55
56					57			58	
59					60				61

- 53 To and — conflict
- 55 Col. Mustard's game
- 56 Settled down
- 57 Legisla-tion
- 58 Into the sunrise
- 59 Big party
- 60 Storm center
- 61 Next-to-last Greek letter
- 7 Ontologists' concerns
- 8 Dined
- 9 Corral
- 10 Flightless bird
- 12 Vitaly important
- 19 Sweet potato
- 21 Derek and Diddley
- 23 Knock
- 25 Gambling game
- 26 Ms. Brockovich
- 27 Agents, for short
- 28 Riches
- 29 Sheltered
- 30 Tarzan's wife
- 31 Dine
- 35 Leg, slangily
- 38 Gender
- 40 Deterioration
- 42 Winchester or Springfield
- 45 Salver
- 47 Envelope part
- 48 Commotion
- 49 Bigfoot's cousin
- 50 Talk on and on
- 51 Chicken — king
- 52 Our soldiers
- 54 Have bills

DOWN

- 1 October birth-stone
- 2 Skeletal component
- 3 Tiny amount
- 4 Weep
- 5 Role
- 6 In a state of

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Crossword puzzle solution is printed on page 5.

Rend Lake College Clocktower Chronicle

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Stir It Up!

BY MARIALISA CALTA

You may walk in for the pasta, the fresh fish, the braised beef or even the pizza, but the thing that will likely stop you in your tracks in a restaurant in Italy will be the "contorni" — the vegetable side dishes. Nearly any restaurant more upscale than a fast-food joint will feature a table overflowing with gorgeous sides: pan-fried baby artichokes, wilted spinach, roasted red peppers, grilled eggplant or fennel, garlicky green beans, fresh tomatoes and more. Forget the pasta, you think; let me at those veggies!

A new book highlighting the cooking of Italy's Amalfi Coast, a stunning area south of Naples, offers a mouth-watering array of fresh pasta recipes, delicious cakes, alluring fish dishes and roasted meats. But I have been treasuring my copy of "Wild Rosemary & Lemon Cake" for the contorni. Potatoes, fennel, zucchini, chard, spinach, Brussels sprouts and green beans — they

Italian, on the side

all get what I think of as the "Italian treatment": simple preparation highlighting the deliciousness of fresh, ripe produce.

Authors Katie and Giancarlo Caldesi embody the phrase "opposites attract." Ms. Caldesi, described by the London Telegraph as having a "cool English manner," could not "be less Italian." Her husband, the "charming and combustible" Giancarlo, "could not be more so." They run two Italian restaurants and a cooking school in London's West End, and have recently foraged the Amalfi region to produce their captivating book.

Readers may gravitate to the chicken cacciatore, the mini pizzettas, the home-made ravioli or the chocolate and almond cake, but here's a plea to give contorni their due. These four recipes cook up quickly and allow you to offer the vegetable accompaniments that are the hallmark of an Italian meal.

GREEN BEAN SALAD

Yield: 4 servings
1/2 white or red onion
10 ounces runner beans or other green beans
2 T. extra-virgin olive oil
2 tsp. white wine vinegar
Salt and freshly ground

black pepper
Slice the onion in half and then into thin semicircles. Soak in a bowl of cold water for 10 minutes to remove some sharpness. Drain.

Meanwhile, cook the beans in salted, simmering water for about 10 minutes or until tender. Drain. Toss with the onion, olive oil and vinegar. Season to taste and serve at room temperature.

CHARD STEMS WITH TOMATOES & OLIVES

Yield: 4 servings
1 1/2 pounds chard stems, chopped into cubes
3 T. extra-virgin olive oil
1 white onion, finely chopped
2 garlic cloves, lightly crushed
2 ounces black or purple olives, pitted and roughly chopped
7 ounces canned chopped Italian plum tomatoes
Vegetable stock, as needed
Salt and freshly ground black pepper
Cook chard stems in boiling salted water for 15 minutes. Drain.

Chard continues on page 3

GI jobs continued from page 1

become successful students at Rend Lake College." The full list, interactive tools and a search function to help military students find the college best-suited to their unique needs and preferences can be found at www.militaryfriendlyschools.com. "On behalf of the 8 million military members and veterans seeking a school, I thank you for your commitment to educating our nation's most deserving heroes," said Rich McCormack, President of Victory Media, Inc. "You have demonstrated a strong interest in recruiting military students, and I urge you to augment your already stellar efforts by continuing to improve your military friendliness each year." As a part of one initiative to help veterans and service members, RLC began

registering veterans and service members today for Spring 2014 classes. This priority registration continues from 8 a.m. to 4:30 p.m. Thursday, Sept. 12, and 8 a.m. to 4 p.m. Friday, Sept. 13. Anyone interested in taking advantage of this priority registration period simply

needs to call the Rend Lake College Academic Advisement Center at (618) 437-5321, Ext. 1266, identify themselves as a veteran or service member, and make an advisement appointment. "Offering early enrollment to our veterans and service members is just one way Rend Lake College exudes how important these students are to our community and how military-friendly we are," said Lisa Price, Vice President of Student Services at RLC. "We look forward to helping these students with the next phase in their education."

education centers in developing and offering innovative and long-term solutions to health and workforce disparities. The program office is located at the National Center for Rural Health Professions, University of Illinois, College of Medicine—Rockford and a cooperating satellite program office in the Urban Medicine Program at the UIC College of Medicine in Chicago. For more information about the program, contact Allied Health at (618) 437-5321, Ext. 1251 or visit online at ahcc.rockford.uic.edu/.



AHEC continued from page 1

colleges." Asberry then explained that the goal of the program was to instruct students in the medicine field, be it physicians, nurses, dentists, or many others, and then offer opportunities and incentives to keep the students in rural areas to help provide better healthcare. AHEC is funded by a federal grant from the Department of Health and Human Services, Health Resources and Services Administration.

The program on RLC's campus will serve 22 counties in Southern Illinois. The announcement, made at the Aug. 13 Board of Directors meeting, involved the creation of the position of Director of the AHEC Center on campus; a unanimous decision that helped fulfill grant requirements for the program. The full-time position is advertised on RLC's website at www.rlc.edu/faculty-staff/jobs. The Illinois AHEC Network, which will include the RLC center as well



David Asberry

as center sites in Chicago, Polo and Fairfield, is a part of the national network of area health edu-

Other employers have also taken advantage of the training center, said McBride, citing a group of trainees traveling from Wyoming to Ina to use the state-of-the-art space. McBride added that the center is fully booked until November with such trainings. Currently, the Mining Technology Department is working on the U.S. Department of Labor's Mine Safety and Health Administration Brookwood-Sago grant for 2013-14. RLC received this grant twice in the last few years, and Nielsen said the money will help expand the firefighting facility on the Ina campus. "The grant will be dual use, for both our coal mine

Mining continued from page 1

students and civilian fire fighters. We get to use the local fire fighters as our instructors, so our students learn from the best," said Nielsen.



~~~~ **MUSIC & MOVIES** ~~~~

**MUSIC**

Top 10 - The week's most popular current songs and albums across all genres. ([www.billboard.com](http://www.billboard.com))  
**Songs**  
 (1) "Roar" - Katy Perry, (2) "Blurred Lines" - Robin Thicke feat. T.I. + Pharrell, (3) "Berzerk" - Eminem, (4) "We Can't Stop" - Miley Cyrus, (5) "Holy Grail" - Jay Z feat. Justin Timberlake, (6) "Applause" - Lady Gaga, (7) "Wake Me Up!" - Avicii, (8) "Royals" - Lorde, (9) "Radioactive" - Imagine Dragons, (10) "Summertime Sadness" - Lana Del Rey & Cedric Gervais  
**Albums**  
 (1) "Hail to the King" - Avenged Sevenfold, (2) "Crash My Party" - Luke Bryan, (3) "Hall of Fame" - Big Sean, (4) "Stay Trippy" - Juicy J, (5) "Blurred Lines" - Robin Thicke, (6) "The 20/20 Experience" - Justin Timberlake, (7) "Paradise Valley" - John Mayer, (8) "Alabama & Friends" - Alabama & Friends, (9) "Unorthodox Jukebox" - Bruno Mars, (10) "Three Kings" - TGT  
**New this week:** Bill Callahan - Dream River, Billy Currington - We Are Tonight, Chris Young - A.M., Cloud Control - Dream Cave, Crystal Stilts - Nature Noir, Five For Fighting - Bookmarks, Grouplove - Spreading Rumours, Gwar - Battle Maximus, Islands - Ski Mask, Jack Johnson - From Here To Now To You, Justin Moore - Off The Beaten Path, Keep Shelly In Athens - At Home, Machinedrum - Vapor City, Mark Lanegan - Imitations, Mark Pickerel & His Praying Hands - Tess, Maybach Music Group - Self Made Vol. 3, MGMT - MGMT, Múm - Smilewound, Nightmares On Wax - Feelin' Good, Placebo - Loud Like Love, Royal Bangs - Brass, Said The Whale - Hawaii, Saroos - Return, Sebadoh - Defend Yourself, SISU - Blood Tears, Stray From The Path - Anonymous, Susanna And Ensemble neoN -

The Forester, The Band In Heaven - Caught in a Summer Swell, The Devil Wears Prada - 8:18, The Dirtbombs - Ooey Gooley Chewy Ka-Blooley, The Flatliners - Dead Language, The Naked and Famous - In Rolling Waves, The Presets - Pacifica, The Roots and Elvis Costello - Wise Up Ghost, The Sadies - Internal Sounds, Toad The Wet Sprocket - New Constellation, Tony Joe White - Hoodoo, Twin Forks - Twin Forks [EP], Windhand - Soma, Yoko Ono - Take Me To The Land of Hell  
**MOVIES**  
**For Rent (Sept. 17)**  
 World War Z; Disconnect; Augustine; Drift; The Bling Ring; The East; Scenic Route; Adventures of Serial Buddies; 1st Night; Bless Me, Ultima; Somebody Up There Likes Me; War of the Buttons; The We and the I; And Now a Word From Our Sponsor; Adventure Time: Jake the Dog; Arrow: The Complete First Season; Bates Motel: Season One; Breakout; CSI: Crime Scene Investigation - The 13th Season; The Devil Bat: Kino Classics Remastered Edition (1940); Doctor Who: The Ice Warriors; Doctor Who: Scream of the Shalka; Easy Rider: The Ride Back; Gimme the Loot; Grimm: Season Two; The Haunting of Helena; Hidden in the Woods; The Hollow Crown: The Complete Series; Java Heat; The Last Tycoon; Leverage: The Fifth Season; The Mentalist: The Complete Fifth Season; Nashville: The Complete First Season; Peter Gabriel: Live in Athens 1987; Showgirls 2: Penny's From Heaven; Simon Killer; - Suddenly; Thomas & Friends: King of the Railway the Movie; Two Men in Manhattan; Vegas: The DVD Edition.  
**In Theatres**  
 (Sept. 20) - Prisoners (R), Battle of the Year (PG-13), Cloudy with a Chance of Meatballs 2 (PG), Rush (R), Baggage Claim (PG-13), Don Jon (R)

**SUDOKU**

Difficulty: 4 (of 5)

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

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**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.*

**Chard** ..... continued from page 2

Heat olive oil in large frying pan over medium-high heat. Add onion and garlic and season with salt and pepper. Cook until soft, about 7 minutes. Add olives and boiled stems; stir to combine. Stir in tomatoes and enough stock to make it just a bit soupy; heat through 10 to 15 minutes. Taste and adjust seasoning as necessary.

**NEW POTATO & LEMON SALAD**  
 Yield: 6 servings  
 2 1/4 pounds new potatoes  
 1 T. roughly chopped parsley  
 Juice of 1/2 lemon  
 3 T. top-quality extra-virgin olive oil (see note)  
 Salt and freshly ground black pepper  
 Boil the potatoes until just tender when you pierce them with a knife. Time will vary according to the size of the potatoes, from 10 to 25 minutes. (This takes longer than if you cut them in half, but they retain more flavor.)  
 Meanwhile, combine parsley, lemon juice and oil in a jar with a lid. Add salt and pepper to taste. Shake

**Potato salad** ..... continues on page 4

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# Salem gears up for world PKC hunts

BY REECE RUTLAND  
CENTRALIA SENTINEL NEWS STAFF

The Marion County area will soon be filled with the baying of coon hounds as the Professional Kennel Club (PKC) prepares for their annual pilgrimage to Salem for a pair of the biggest hunts the organization holds all year.

Starting Monday, the PKC Fall Super Stakes will begin. This tournament will feature younger dogs, and was recently split from the World Coon Hunt in October to provide the Super Stakes with more exposure.

"We're doing it so we can concentrate more on each group and give each group the recognition they deserve," explained Jerry Moll, supervisor of operations for the PKC in a previous Sentinel story.

"The Super Stakes is for pups," Moll said. "Sometimes, we felt a lot of the focus we put on the pups was lost."

The 2013 Super Stakes will run from Sept. 16 to 20. The World Coon Hunt will take place from Oct. 28 to Nov. 2 this year, and the Youth World Championship will take place on Oct. 25.

"We think these are great events for our community," expressed Salem Mayor John Raymer. "The PKC events bring people into Salem and feature our town in a positive light. It lets us meet new people, and it brings a very interesting event to the area."

Raymer's comments on the positive relationship between the PKC and Salem was echoed by the head of the PKC, Roger Dale Carnegie.

"We've been in Salem for a few years now, and have stayed because the reception was so exceptional. We are forever grateful to the people of Salem for their hospitality."

Another fact that everyone seems to agree upon is that this event brings visitors into town.

Carnegie estimated that more than 200 hunters would take part in the Super Stakes, and nearly 300 would make their way to Salem for the World Coon Hunt.

Mary Dial helps organize the event along with her husband Dale, who heads the Marion County Chapter of the PKC. Mary Dial said that while the event is a lot of work to put on, the money and goodwill that comes into the community makes the event more than worth the effort.

In addition to the national events, there will also be a benefit hunt for Clayton Dial on Saturday. That evening, there will be a dinner and auction that are open to the public at the Marion County Fairgrounds in Salem. The dinner will begin at 5 p.m. and the auction will start at 6 p.m.

More information about the PKC is available on the Prohound website.

## Potato salad .....

continued from page 3

to mix; taste and add salt and pepper if needed.

When potatoes are tender (test by poking a couple with a sharp knife), drain and cool for 5 minutes. Hold them with a fork and peel off the skins with a small knife (or simply rub the skins off with your fingers if you can stand the heat.) Crush potatoes slightly between your fin-

gers or with a fork and drop into a mixing bowl. Pour dressing over and serve.

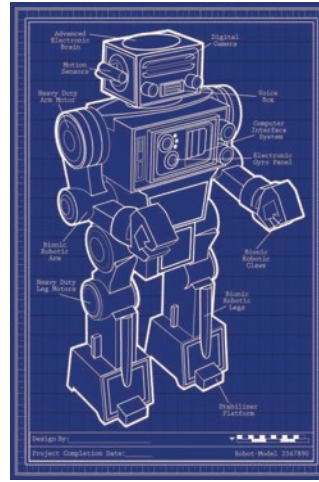
**Note:** Top-quality olive oil, such as single-estate oil, will make all the difference.

**SAUTÉED CHARD LEAVES WITH GARLIC**  
Yield: 4 to 6 servings  
1 1/2 pound chard leaves, roughly chopped  
4 T. olive oil  
Juice of 1/2 lemon  
2 garlic cloves, finely

chopped  
Salt and freshly ground black pepper  
Boil or steam chard leaves for 10 to 15 minutes until tender. Drain in colander and transfer to serving dish. Add olive oil, lemon juice and garlic; season to taste. Serve at room temperature.  
(All recipes from "Wild Rosemary & Lemon Cake" by Katie and Giancarlo Caldesi; Hardie Grant Books, 2013.)

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

Solution to Sudoku puzzle printed on page 3.



# JUNK OR GENIUS

TECH FROM AROUND THE GLOBE

From a gutter-cleaning robot to a hamster (no kidding); these inventions were hatched with safety in mind. It's safe to say not all are the products of humanity's greatest minds. But you will have to choose for yourself what's junk and what's genius.

**1. Temperature-activated water flow reducer** — This faucet attachment helps prevent burns by shutting off sink or shower water if it gets too hot.



**2. Doorbell/telephone signalers** — For people with a hearing loss, this device connects to a doorbell or telephone and flashes a light when someone comes to the door.



**3. Gutter-cleaning robot** — Avoid climbing a ladder to clean out your rain gutters. This robot works its way down your gutters, throwing debris and leaves over the sides. It keeps your rain gutters clean and helps prevent ice dams in the winter.



**4. Water leak detectors** — Detect leaks around hot water heaters, sinks or sump pumps before

they cause thousands of dollars in damage.

**5. LED faucet** — This gadget colors water with light to let you know if it's hot or cold. Water less than 95



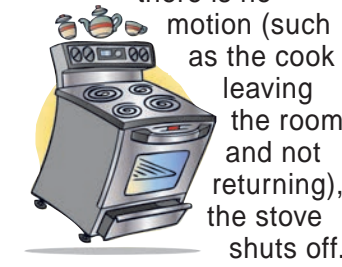
degrees is colored blue, hotter water appears red.

**6. Motion-activated cordless lights** — Never stumble around in the dark again. These LED lights can be mounted anywhere and turn on when they detect motion.

**7. Talking medication reminder** — Never miss taking a prescription again. This reminder talks to you as a reminder to take medications.



**8. Stove shut-off timer** — Never worry if you have turned off the stove. This timer relies on a motion sensor to keep the stove on. After a pre-determined period, if there is no



motion (such as the cook leaving the room and not returning), the stove shuts off.

**9. Car escape hammer** — This low-tech gadget is designed to break your car's windows in an emergency, enabling you to quickly escape.

**10. Wireless driveway alert** — This device notifies you when someone enters your driveway by car, bike or foot.

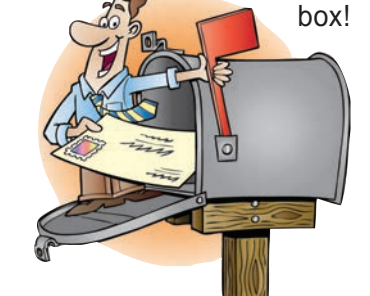
**11. Fingerprint door lock** — Only people with fingerprints programmed into such a lock can open the door. No more worrying if you've lost your keys or had them stolen. No one gets past without using a recognized finger-

print.

**12. "Stick-n-find" GPS trackers** — These little GPS trackers attach to just about anything you want to keep track of — shoes, wallet, car keys, etc. — and send a signal to your smartphone letting you know where they are.

**13. Barking dog alarm** — At the first sign of an intruder, the alarm sounds like a dog barking to scare away a potential thief.

**14. Wireless mailbox alert** — This alert sends an audible and visual signal from your mailbox to let you know when the mail has been delivered. No more going outside in the rain to find an empty mailbox!



**15. Hand crank flashlight** — Never be without emergency light again. These flashlights are perfect for your car, RV, boat or home, and they never need batteries.

**16. Swimming pool alarm** — This gadget emits an alarm when a person or pet enters your pool. Never worry if someone has entered a swimming pool without you knowing it. This tool is great for homes with little children or curious pets.



**17. Onion goggles** — These glasses fit snugly on your face and keep the fumes from a strong onion out of your eyes, preventing tearing.

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# ATHLETICS

## W S E C T I O N

### RLC tennis moves to 5-0 after defeating KC

**REANNE PALMER**  
RLC SPORTS INFORMATION

In a match against Kaskaskia College (KC) held Sept. 10 in Mt. Vernon, the Rend Lake College tennis team won 8-1, moving their undefeated season forward with five wins.

The Lady Warriors have defeated the KC Blue Angels three times this season, the first during the Dorothy McClure Tour in Decatur on Aug. 31, with a 4-to-3 win. Afterward, the team traveled to Centralia and defeated KC 6-to-3 on Sept. 3.

Singles winners during the match were Marisa Uhls, Ally Adcock,

Alyssa Burge, Paige Hutchcraft and Evelyn Mendez. Doubles winners were Hutchcraft and Mendez, Adcock and Burge and Uhls and Katie Wall.

RLC will finish its fall season with the Benton Tournament on Sept. 14 and 15, and a match against McKendree University on Sept. 21 in Lebanon.



## Mt. Vernon Fitness Center offering new classes, schedule

**REANNE PALMER**  
RLC PUBLIC INFORMATION

New classes are now available for those looking to get in shape or be active at the Rend Lake College MarketPlace Fitness Center in Mt. Vernon.

Interested patrons need only register for the Fitness Center class to participate. The cost of the class is \$53 for the fall semester. This fall, classes will be offered in Bodyblade, spinning, yoga and Zumba during the week.

Classes being offered at the MarketPlace include:

- **Spinning** — 9-10 a.m. Tue / Thur; noon-1 p.m. Mon / Wed / Fri; 4:45-5:30 p.m. Tue / Thur; and 5:30-6:15 p.m. Wed
- **Bodyblade** — Noon-1 p.m. Tue / Thur
- **Yoga** — 5:15-6 p.m. Monday
- **Zumba** — 5:30-6:15 p.m. Tue / Thur

The Fitness Center will also be open all day during the MarketPlace 12th Anniversary Open House Thursday, Sept. 12. All classes will be offered for free. During the Open House, the classes available will be spinning from 4:45-5:30 p.m. and Zumba from 5:30-6:30 p.m.

For more information about the Mt. Vernon Fitness Center, contact Tony Etnier, Fitness Center director, at (618) 437-5321, Ext. 1282, or visit the MarketPlace location.



Solution to crossword puzzle printed on page 2.

Solution time: 21 mins.

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

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In the **Morning Sentinel**

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IPRB Saturday Workshops <http://iprb.org/2013FallWorkshops.html>

**FREE Saturday Workshops for Science & Math Teachers, Grades 4-12:**  
The Illinois Petroleum Resources Board (IPRB.org) in association with participating community colleges and the Illinois Science Teachers Association are offering this free program at the following community colleges.

- All classes are 8am to 4pm
- Lunch will be provided
- Class sizes limited!
- Register Early!

Register at: [www.iprb.org](http://www.iprb.org)

(click on the red box)

Each teacher completing the workshop will take home class curriculum & classroom activity kit worth approximately \$500 and CPDU/CEU credits.

Click picture to see slideshow of workshop.



CLICK Date to Register

|              |                                                                     |                                                                                                                           |
|--------------|---------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| September 21 | Rend Lake College<br>468 N Ken Gray Parkway<br>Ina, IL 62846        | 1) Core Energy High School Science - Room SCI 109<br>2) Elementary Petro Science w/Math Component - Room SCI 108          |
| September 28 | Olney Central College<br>305 N West St.<br>Olney, IL 62450          | 1) Core Energy Middle/High School Math - Ww Hall Room 102<br>2) Middle School Petro Science - Ww Hall Room 303            |
| September 28 | Kaskaskia College<br>27210 College Rd<br>Centralia, IL 62801        | 1) Core Energy High School Science - Room ST 108<br>2) Core Energy Middle/High School Math - Room ST 113                  |
| October 5    | Lincoln Trail College<br>11220 St Hwy 1<br>Robinson, IL 62454       | 1) Core Energy High School Science - Williams Hall Room 109<br>2) Core Energy Middle/High School Math - Williams Hall 114 |
| October 12   | Wabash Valley College<br>2200 College Dr.<br>Mt. Carmel, IL 62863   | 1) Middle School Petro Science - Room SCI 49<br>2) Elementary Petro Science w/Math Component- Room SCI 61                 |
| October 19   | Rend Lake College<br>468 N Ken Gray Parkway<br>Ina, IL 62846        | 1) Core Energy Middle/High School Math - Room SCI 116<br>2) Middle School Petro Science - Room SCI 117                    |
| October 19   | Southeastern IL College<br>3575 College Rd.<br>Harrisburg, IL 62946 | 1) Core Energy High School Science - Lab<br>2) Elementary Petro Science w/Math Component - Room 220                       |
| October 26   | Kaskaskia College<br>27210 College Rd.<br>Centralia, IL 62801       | 1) Middle School Petro Science - Room ST 101<br>2) Elementary Petro Science w/Math Component - Room ST 113                |
| November 2   | To be announced                                                     | 1) Middle School Petro Science - Lab<br>2) Elementary Petro Science w/Math Component - Std. room                          |

Math & Science Teachers - teaching grades 4-12 register at [iprb.org](http://iprb.org)

Note: Current schedule. Please check [iprb.org](http://iprb.org) for updates.



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