



Car show, community safety event coming to Mt. Vernon April 13

The entire family will find some fun with two great events coming to the Rend Lake College MarketPlace on April 13.

The RLC MarketPlace Car Show and the Playing it Safe: Community Health and Safety Fair will be held from 10 a.m. to 2 p.m. Saturday, April 13, at the RLC MarketPlace. The car show will be held on the east side of Potomac Boulevard in the parking lot near the replica of the Washington Monument. The health and safety fair activities will be held on the west side of Potomac at the MarketPlace.

The Car Show is a new event at the MarketPlace and will coincide with the April Car Care Awareness Inspection, which is a free 41-point vehicle inspection conducted by students in the RLC Automotive Technology program.

"This should be a really great car show," said RLC Automotive Technology Professor Nigel Thompson. "We're expecting some awesome cars for this event and we hope it's the start of an annual show."

Registration for the car show will be held from 10-11:30 a.m., judging will take place starting at 11:30 a.m., and the awards presentation will be at 2 p.m. For those interested in registering a car for the show, the registration cost is only \$5. Dash plaques will be given to the first 35 entrants. Trophies will be given in these categories: Best of Show, Best Ford, Best GM, Best Mopar, Best Paint, Best Motor and Best Street Rod, as well as the top 10 1982 and newer models and the top 25 1981 and older models.

In addition to the competition, a 32-inch LCD TV will be given away, as will a new golf

bag from the RLC Golf Outlet. Door prizes will be awarded and hot dogs and refreshments will be provided by Mt. Vernon NAPA.

The coinciding free vehicle inspection is part of a partnership of the Car Care Council, the Automotive Parts and Service Association of Illinois and Mt. Vernon NAPA. For more information about National Car Care Month please visit www.carcare.org or www.apsail.com.

This day features more than custom cars. The Playing it Safe: Community Health and Safety Fair will be held from 10 a.m. to 2 p.m. the same day. It is being organized by Project CHILD, Rend Lake College's Child Care Resource and Referral program.

The fair will be held at the RLC MarketPlace and will feature various activities and booths sponsored by several community organizations which have stepped up to participate. Project CHILD will be offering child safety seat checks, at which they will examine child car seats for proper installation and use.

Child fingerprinting will be offered by the Southern Illinois Masons, and The Medicine Shoppe will provide information about proper disposal of prescription medications.

"This event is dedicated to providing safety information in all kinds of areas, from those centered on our children to learning about identity theft," said Tranae Brockhouse, Director of Project CHILD. "We're going to have some fun while we're at it, too."

The RLC Fitness Center, which has a new location at the MarketPlace, will be giving away free passes, and WDML's Rockin' Rhino will be on hand

broadcasting the day's events.

The various activities and booths will include: Ambulance Tours by Litton Ambulance; Anti-Bullying Information by Susan Bishop, Bully Prevention Specialist; Bicycle Safety by Conti Cycling Club; Blood Drive & Blood Pressure Checks by RLC Nursing Program; Child Fingerprinting (CHIP) by Southern Illinois Masons; Child Safety Seat Checks by Project CHILD & Illinois Department of Transportation; Community Education Offerings by RLC's Community and Corporate Education Department; Cove Connection Information by Cove Connection (mentor program for young mothers or mothers-to-be); CPR & AED by Rend Lake College American Heart Association Training Center; Diabetes Awareness by Jefferson County Health Department; Disability Awareness by Opportunities for Access; Early Intervention by Child and Family Connections; Fire Safety by Mt. Vernon Fire Department; Healthy Hair & Nails by RLC Cosmetology Program; Helicopter Tours by Air Evac Lifeteam; Identity Theft information from Community First Bank of the Heartland; Poison Prevention by RLC Foundation Children's Center; Prescription Medication Disposal by The Medicine Shoppe; Radon Testing by Southern Illinois Radon Task Force; Seat Belt Convincer Simulator by Illinois State Police & Illinois Department of Transportation; Sun Safety by United Methodist Children's Home Best Beginnings; and Water Safety by Mt. Vernon Parks & Recreation Department.

Bring old medication and prescription drugs for disposal by The Medicine Shoppe.

Get moving with RLC spring community education classes in McLeansboro

Rend Lake College Community and Corporate Education has two classes coming up in McLeansboro that are sure to get individuals going this spring.

Go from Walk to Run will meet 6 p.m. to 6:30 p.m., Tuesdays and Thursdays, April 23-May 9 in McLeansboro at the Hamilton County Senior High School Track Field. This course was designed to show participants how exercise is a great way to get in shape. Instructor Marcy Hood will teach participants how to work gradually to go from walking to running. The registration fee is \$15.

Flag Football is for kids in grades 5th and 6th grade. Participants can learn the basics of how to play both tackle and flag football. Instructor Mark Beitler will teach participants football terminology, blocking, passing, catching, and kicking. For 5th graders, class will meet from 9:30 a.m. to 10:30 a.m., Saturdays, May 4-18. For 6th graders, class will meet from 10:45 a.m. to 11:45 a.m., Saturdays, May 4-18. Both classes will be held in McLeansboro at the Hamilton County Senior High School Football Fields. The registration fee is \$15.

Community Ed courses are designed to provide lifelong learning opportunities for pro-

fessional development, personal challenge and leisure enjoyment for students of all ages. For more information or to register call RLC Community and Corporate Education at (618) 437-5321, Ext. 1267 or 1714 or toll-free at (800) 369-5321, Ext. 1267 or 1714. Make contact by e-mail at CommCorpEd@rlc.edu.

Studio RLC offers continuing education cosmetology classes

Rend Lake College Community and Corporate Education and the RLC Cosmetology program are offering two continuing education courses Men's Haircutting and Advanced Color Technique at the RLC MarketPlace in Mt. Vernon.

Men's Haircutting will be held from 9 a.m.-noon, Monday, April 29. This course is for licensed cosmetologists and is worth 3 continuing education hours. It will provide additional training in men's haircutting and current styles to cosmetologists of all skill levels.

What's better than warm weather & BBQ?

BY MELISSA GIBBS
CLOCKTOWER CHRONICLE STAFF WRITER

Spring is here. My hoodies are beginning to be replaced by tank tops and the grill is pulled back out of the garage to take up its summer residency on the back deck. Come May, the dining room table will find itself lonely, as dinner is moved into the evening sunshine and warm summer breezes become the ultimate company.

My family and I love barbeque — in all its many forms. Barbeque is not just about the food though. It's about the life that happens while the food is slowly cooking on the grill. The Frisbees, the pool volleyball and even the arguments! It's about the time spent together, preparing a nightly feast that should be eaten with paper plates and extra napkins, ruined clothes and red Solo cups.

Barbeque isn't just about the meat either. Just like a meal is better with guests, barbeque is better with sides! It calls for large bowls of potato salad, brought by neighbors following the smell; huge salads, filled with veggies picked that morning straight from the garden; mom's homemade cucumber pickles; and that amazing banana pudding that tastes like childhood.

For me, barbeque is about Uncle Jeff playing his guitar in the corner while the twins run back and forth screaming at the top of their lungs. It's Grandma complaining about everything. It's about that big sauce stain across the side of my shirt and not being concerned or even embarrassed. The burgers may be burnt, but the ribs are just perfect, and we gather around the table, pulling them apart and double-dipping into that big bowl of sauce in the middle.



Spare ribs

Barbeque is personal, cultural and regional. The recipes vary hugely because of these factors. One fact will remain true though. Where good barbeque can be found, so will many good people. Nothing brings family and friends together as quickly as the smell of the grill.

Super Easy, Almost Homemade, Baked Beans

4-6 slices of bacon, cut into bite-size pieces

1 onion, small, chopped
28 oz baked beans, canned
1/4 cup brown sugar
1/4 cup catsup
2 tbsp. mustard, yellow
1 tbsp. Worcestershire sauce

Place bacon pieces into a large, high-rimmed frying pan and cook over a medium heat until just starting to brown.

Add the chopped onion and continue cooking until both the bacon is cooked and the onions are soft.

Drain and return back to pan.

Dump the entire can of baked beans into the frying pan and stir into the bacon/onion mixture.

Add the rest of the ingredients and bring to a low boil, stirring constantly.

Once everything comes to a boil, turn the heat down to medium low and let the mixture simmer for 10-15 minutes.

Legal seminar series offered at RLC

Rend Lake College has openings in the last two sessions of its Legal Seminar workshop series. This series is taught by Attorneys of Sandberg, Phoenix and von Gontard. There is no fee to attend either workshop.

Estate Planning—Business Succession is a program designed for people who want to create, change, or update an estate plan or business succession plan. Instructors will cover the titling of assets to completing an estate plan, including beneficiary designations. This class will meet from 9 a.m. to noon Friday, April 26 at the Mt. Vernon MarketPlace

in Room 354.

Updates in Employment and Labor Laws is a program designed to bring the small business owner and human resource professional up to date on current issues in employment and labor laws. This class will meet from 9 a.m. to 4 p.m., Thursday, May 16 at the Mt. Vernon MarketPlace in Room 354.

For more information or to register, call RLC Community and Corporate Education at (618) 437-5321, Ext. 1267 or 1714 or toll-free at (800) 369-5321, Ext. 1267 or 1714. Make contact by e-mail at CommCorpEd@rlc.edu.

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ATHLETICS

SECTION

~~~~ ATHLETIC BRIEFS ~~~~

Warriors wrestling hosting open mats through April

INA, Ill. — Rend Lake College's wrestling program will hold open mats for area wrestlers through April 30. The open mats are from 7 – 8:30 p.m., each Tuesday and Thursday, through April 30, at the RLC Sports Center. — RLC Sports Information

Warriors Sports Hall of Fame induction April 27

INA, Ill. — Rend Lake College Athletics will host its 14th Sports Hall of Fame Induction at 5:30 p.m., Saturday, April 27 in the Student Center. Those selected for induction this year are Rebecca Harris (women's basketball 2004-06), Craig Sands (baseball 1987-89), Brad Weathers (alumni coach 1981-present), and the 2006 national championship cross country team. Due to limited space, this event is invitation only. — RLC Sports Information

RLAY swimmers Heitmeyer, Rhine compete at YMCA Nationals

GREENSBORO, N.C. — Rend Lake Aquatic Youth Otters swimmers Isabel Heitmeyer (Mt. Vernon) and Cheyenna Rhine (Benton) competed at the YMCA Nationals at Greensboro, N.C., over the weekend. Heitmeyer competed in the 200 IM and Rhine competed in the 200 IM, 200 backstroke, 200 butterfly and 100 backstroke. Rhine qualified last year in three events as a 14 year old. Both swimmers are now qualified for nationals next year as well. RLAY has had a national qualifier every year since the program started four years ago. Heitmeyer, at 13, is the youngest member so far to become a national qualifier for RLAY. "We are proud of them representing Rend Lake Aquatics and the Jefferson County [YMCA]," said coach Laura Johnston. "We hope to continue our success and make finals the next few years."

BASEBALL

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Southeastern Illinois College

1

Rend Lake College

5

FINAL	1	2	3	4	5	6	7	8	9	R	H	E
Southeastern Illinois College	0	0	0	0	1	0	0	0	0	1	7	1
Rend Lake College (21-11)	0	0	1	0	2	1	0	1	X	5	6	1

Southeastern Illinois College

3

Rend Lake College

5

FINAL	1	2	3	4	5	6	7	R	H	E
Southeastern Illinois College	0	0	0	0	0	3	0	3	8	3
Rend Lake College (22-11)	0	2	1	1	0	1	X	5	6	1

Rend Lake softball sweeps Olney Central at home

Rend Lake College edged Olney Central for a 6-5, 3-2 sweep April 2 in college softball action in Ina.

Game one RLC 6 OCC 5

Rend Lake got a three-run bomb from Molly Whaley (Benton) to start things off in the first inning. The Lady Warriors scored another run in the second and two in the third on eight hits. It committed one error. OCC scored two in the fifth inning and three in the sixth on nine hits. It also committed one error. Taylor Thomas (Arcola) got the win for RLC. She threw seven innings. Thomas struck out one, walked one, and gave up three earned runs. Thomas is now 1-3. Alaina Reeves (Mt. Vernon) caught for Rend Lake. Fallon Clayton (Anna) went 2-3, Emily Cripps (Herrin) went 2-3 with a double, and Breanne Pelker (Nashville) had a double and two RBI.

Game two RLC 3 OCC 2

Olney scored its runs in the first and third innings on six hits. It did not commit an error. RLC made three errors. The Lady Warriors scored one in the second inning, one in the third and one in the fourth on five hits. Whaley and Magen Edwards (DuQuoin) each went 1-3 with a RBI while Taylor Cicardi (Pinckneyville) had a double. The winning pitcher was Amanda Holloway (Benton) with Haley Miller (Rockport, Ind.) behind the plate. Holloway threw seven innings, struck out three, walked two, and gave up six hits and one earned run. She is now 5-6.

The sweep made RLC 9-13 overall and 4-8 in the Great Rivers Athletics Conference. The Lady Warriors will be at John A. Logan today and will host Lincoln Trail on Saturday. For all things athletic at The Lake, visit RLC online at www.rlc.edu/warriors.

RLC women's golf shoots 725 for 17th at Wash U Spring Invite

Rend Lake College women's golf finished 17th out of 20 teams at the Washington University Spring Invitational, April 6 and 7, at Gateway National Golf Course in Madison, Ill.

Rend Lake shot 367-358-725. It was led by sophomore Lexie Shoemaker (Mt. Vernon) with a 179 (91-88). Shoemaker finished in a tie for 76th. Also for The Lake: Nina Jackson (Martinsville, Ind.) tied for 82nd with a 182 (96-86), Laura Bremer (Vienna) tied for 88th with a 185 (91-94), Chandra Weddle (Royalton) finished 92nd at 186 (96-90), and Taylor Koeller (Marissa) tied for 93rd with a 187 (89-98).

Former Lady Warrior Gabbi Schuerman (Decatur) now plays for Millikin University. She tied for 16th with a 162. Millikin finished 19th.

NAIA No. 5 ranked William Woods University captured its second-straight team championship at this tournament with a 36-hole score of 623 (314-309). Olivet College's Casey Lamp shot the tournament low round of 71 on Sunday, 2 DePauw University's Paige Gooch was the tournament medalist at 153 (78-75).

Rend Lake's next outing is April 20 and 21 at The Links in Jacksonville, Ill. For all things athletic at The Lake, visit RLC online at www.rlc.edu/warriors.

Rend Lake softball loses both at John A. Logan

Rend Lake College softball fell short in a conference doubleheader on April 4 at John A. Logan. The Lake lost 4-0 and 2-1 to the Lady Vols.

In game one, RLC committed five errors while losing pitcher Taylor Thomas (Arcola) gave up only one earned run. Alaina Reeves (Mt. Vernon) was behind the plate for The Lake. Thomas is now 1-4. Fallon Clayton (Anna) and Magen Edwards (DuQuoin) each

went 2-for-3 for Rend Lake.

Lady Warriors catcher Haley Miller (Rockport, Ind.) went 2-for-3 and had the lone RBI in RLC's 2-1 nightcap loss. The losing pitcher was Amanda Holloway (Benton) who falls to 5-7.

Rend Lake is now 9-15 overall and 4-10 in the Great Rivers Athletic Conference. For all things athletic at The Lake, visit RLC online at www.rlc.edu/warriors.

Rend Lake College Clocktower Chronicle

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

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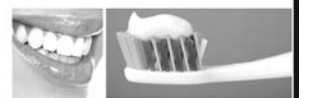
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RLC Associate Degree Nursing graduates



RLC NURSING GRADS - These students in Rend Lake College's Associate Degree Nursing Program are slated to graduate next month. Their Pinning Ceremony is scheduled for 7 p.m. Thursday, May 16, in RLC's Waugh Gymnasium. **FRONT ROW, FROM LEFT:** Gina Rooker (Mt. Vernon), Janet Smith (Mt. Vernon), Brea Wimberly (Benton), Minnie Wilson (McLeansboro), Sara Byerley (Mt. Vernon), Heather Lowe (Mt. Vernon), Tori Cooley (Tamaroa), Carrie Phelps (Wodlawn), Kasey Adams (Akin) and Kasi Heniser (Nashville). **SECOND ROW, FROM LEFT:** Katie Hicks (Dix), Branelie Walters (Enfield), Russell Williams (Dix), Jane Morgan (Benton), Stacy Day (Mt. Vernon), Erin Jenkins (Mt. Vernon), Cecilia Montgomery (Mt. Vernon), Kristy Hudgens (Benton), Olivia Shopinski (Pinckneyville), Morgan Galbraith (Pinckneyville) and Haleigh Hagood (Pinckneyville). **THIRD ROW, FROM LEFT:** Katti Merkel (Benton), Brittany Brumley (Mt. Vernon), Shannon Myers (Mt. Vernon), Brandi Stone (West Frankfort), Angie Gunter (Sesser), Tammy Stube (Tamaroa), Tara Biggerstaff (McLeansboro), Mary Jo Rone (Whittington), Beverly Sears (Belle Rive) and Christian Shopinski (Pinckneyville). **FOURTH ROW, FROM LEFT:** Donna Eubanks (Bluford), Chelsea Crough (Pinckneyville), Staci Murphy (Enfield), Jamie Bain (Bluford), Stephanie Clarke (Mt. Vernon), Brittany Koenegstein (Mt. Vernon), Tiffany Owens (Dowell), Megan Kash (Waltonville), Rachel Hill (Tamaroa) and Molly Wheeler (Mt. Vernon). **FIFTH ROW, FROM LEFT:** Alisha Gant (Mulkeytown), Billie Jo McDicken (Benton), Rachel Connell (Marion), Sara Meyer (Waltonville), Brande Alvis (Tamaroa), Rebecca Royce-Bemis (Benton), Janna Dabney (Mt. Vernon) and Tina Welch (Bonnie). **SIXTH ROW, FROM LEFT:** Maret Visser (Mt. Vernon), Jenna Caraway (Benton), Samantha Haile (Wayne City), Tobbie Cochran (Bluford), Carly Youngblood (Wayne City), Michelle Redmon (Benton), Raven Everly (West Frankfort), Penie Wyatt (Norris City), Carla McMikle (Thompsonville) and Andrew Palmer (Christopher). **BACK ROW, FROM LEFT:** Tammy Toms (Ewing), Jerret Sodders (Mt. Vernon) and Jason Orkies (Mt. Vernon). (Photo by Nathan Wheeler/ RLC Public Information)



LAKE LOOK — RLC Bookstore and Copy Center Manager Casey Rhine flips through the latest arts publication "Lake." Copies are at various locations across campus. The next edition, which features student work, will be printed soon. Those interested in learning more or submitting something, call Peggy Davis at (618) 437-5321, Ext. 1725, or e-mail her at davisp@rlc.edu. (Photo by Nathan Wheeler/ RLC Public Information)

Rend Lake College news briefs

Last chance today for Hort Club Plant Sale on campus

INA, Ill. — April 11 is the second day of Rend Lake College's Horticulture Club Plant Sale. The sale will take place from 8 a.m. to 3 p.m., in the Vocational Teaching Greenhouse on the northwest side of campus. There are great deals on a variety of flowers and plants. All sales will benefit the RLC Horticulture Club's activities. — RLC Public Information

Lake reception April 11 at Pheasant Hollow

WHITTINGTON, Ill. — The Rend Lake College arts journal "Lake" will hold its reception at 4:30 p.m., Thursday, April 11, at Pheasant Hollow Winery. Some of the writers and artists featured in the publication will begin speaking at 5 p.m. The student editor, Reis Barnfield (Mt. Vernon), will be the emcee. Copies of the latest issue of Lake will be available for the first time at this event. Earlier issues will also be available. The event will include finger foods and should last around an hour, according to organizer Peggy Davis, English literature professor at RLC. — RLC Public Information

RLC Student Art Show runs through May 3

INA, Ill. — Rend Lake College's Annual Student Art Show runs through May 3 in the Learning Resource Center at the college. It features work by RLC students and area high school students. — RLC Public Information

Berman named IBHE Executive Director

The Illinois Board of Higher Education (IBHE) announces that the formal search process to recruit a new executive director will be delayed until July. Dr. Harry Berman, who has been acting as Interim

Executive Director since November 2012, will serve as Executive Director until the search process is complete and a new executive director is appointed. — Press Release from IBHE

Rend Lake College hosts free music events this spring

INA, Ill. — Rend Lake College will host free music events this spring in its the-

atre on the Ina campus. The Student Recital will take place at 7 p.m., Thursday, April 18. The Spring Concert, featuring the RLC Concert Band and RLC Concert Choir, will take place at 7 p.m., Thursday, April 25. Additional information about either event is available by contacting RLC Music Director Sara Alstat at 618-437-5321, Ext. 1817, or by e-mail at alstats@rlc.edu.

Help fund RLC Thespians' summer in Chicago

INA, Ill. — Students in the Rend Lake College Thespians Club are selling 50-50 raffle tickets to fund their summer trip to Chicago. The tickets are only \$1 each. Contact Tracey Webb at (618) 437-5321, Ext. 1295 or by e-mail at webbt@rlc.edu.

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