



CLOCKTOWER CHRONICLE

RLC Children's Center reaccredited by leading group

BY BEKA KASH

CLOCKTOWER CHRONICLE STAFF

Those looking for quality child care need look no further than the Rend Lake College Foundation Children's Center. The RLCFCC was recently reaccredited by the National Association for the Education of Young Children (NAEYC) — the designation is THE mark of quality in early childhood education.

NAEYC accredited programs must meet 10 standards. They must promote positive relationships for all children and adults, implement curriculum for all areas of child development and have a qualified staff - just to name a few.

Brooke Pulke, director at the RLCFCC, said, "The center was up for reaccreditation in July of 2012. The staff worked tirelessly to prepare and, after an assessment visit from a NAEYC representative, the RLCFCC was awarded reaccreditation for five additional years."

The Children's Center offers care for children 6 weeks to 5



Brooke Pulke

years old throughout the school year and children 6 to 12 years old in the summer. Child care is provided for RLC students, faculty and staff, as well as families in the community. DHS subsidy and private payments are accepted, and other payment options are available for RLC students.

"We pride ourselves in being a top-quality care

Children continues on page 3

RLC faculty, staff flaunt fashion for advocate group

BY STACI JOHNSON

CLOCKTOWER CHRONICLE STAFF

Ever wonder what some of RLC's favorite teachers and staff do outside of school? Well here's the chance to take a peek into one part of their world.

On Nov. 8, Pheasant Hollow Winery is hosting the Second Annual Fashion Show and Wine Tasting Event to benefit CASA of Franklin County. The event will be from 6 p.m. to 8 p.m.

This year's fashion show will feature RLC faculty and staff members Jeannie Mitchell, Sara Alstat, Nicki Bowlin, Sara Draper, and others. Donations are requested at the door. Proceeds will go to benefit CASA of Franklin County. Appetizers will be served by the RLC Culinary Arts Department and students from RLC's cosmetology program, Studio RLC, will be doing hair and makeup for

those in the fashion show.


Tina Casillas, an advocate for CASA, is organizing the event. She says, "CASA stands for Court Appointed Special Advocates. We advocate for abused and neglected children to ensure that their needs do not go unheard."

"I'm excited that Tina asked me to be a part of the event. I've never been in a fashion show, but with my performance background, I think I can handle the pressure", said Alstat. This is the first CASA event she will be participating in.

Cato's in West City is providing the clothing for the fashion show. Tammy Parker, the store's manager, said, "I became involved last year after meeting Tina Casillas in our retail store. Cato likes to support the local community and

Fashion show continues on page 4

Studying in the LRC



Students study in Rend Lake College's Learning Resource Center. (Photo by Alaina Reeves).



The Rend Lake College Criminal Justice program's "Round Up for Scholarships" event, Oct. 29 at the Rend Lake Resort and Conference Center, raised nearly \$3,000 to assist students in the program. Pictured above, representatives of the Jefferson County Fraternal Order of Police Lodge #241 present the program with a check. FROM LEFT, are; RLC Instructor Tricia Martin-Dick, Mount Vernon Police Department Captain Jeff Bullard, RLC Criminal Justice Instructor Ron Meek, RLC Foundation CEO Shawna Hall, RLC President Terry Wilkerson and Mount Vernon PD Detective Terry Hughes

Criminal Justice program's first 'Round Up for Scholarships' a big success

BY STACI JOHNSON

CLOCKTOWER CHRONICLE STAFF

The Criminal Justice first annual Round Up for Scholarships was held on Oct. 29 and raised nearly \$3,000. All proceeds will go to the new scholarships designed for criminal justice students.

RLC Criminal Justice Instructor Ron Meek said the scholarships could go to help students with tuition, book fees, and possibly help with times of hardship, such as with gas

funds, or some car repairs.

"Sometimes, it's the little things that could mean the difference between graduation or not, such as when a student has a flat tire or no gas to get to class," said Meek. Meek spearheaded the task of designing, building, and setting up the scholarship fund.

"There is definitely a need for the scholarships in this area," said Patrice LeNard. The 23-year-old Mount Vernon resident is currently a student in the program and serves in the Army National Guard. She was

one of a handful of guest speakers at the scholarship event.

"I think that the event turned out great and I was extremely impressed with everyone that took time out of their day to come out and support the criminal justice program," she said.

Those in attendance included several leaders in the local criminal justice field.

Illinois 2nd Judicial Circuit Court Judge Nicole Villani and Jefferson County State's Attorney Douglas Hoffman made an appearance. They presented the program a check in the amount of \$1,000. The funds for this donation are from the State's Attorney Drug Forfeiture Fund.

"We had a great turnout. I set my goal at 50 people and there were approximately 60 that turned out for the event," said Meek.

In addition to Judge Villani and State's Attorney Hoffmann, Judge Michael McHaney, RLC President Terry Wilkerson, and Shawna Hall, CEO of the Rend Lake College Foundation, were present. There were several teachers and staff also in attendance.

"We had several students speak throughout the evening, and they all did really great", said Meek.

The list of speakers, made up of current students and graduates from Rend Lake, included Sam Buffington, LeNard, Hesten Mays, and Sara Palmer.



2nd Judicial Circuit Court Judge Nicole Villani, RIGHT, listens as Jefferson County State's Attorney Doug Hoffman speaks to those in attendance at the RLC Criminal Justice program's "Round Up for Scholarships" on Oct. 29. After speaking, Hoffman and Villani presented the program a check for \$1,000 from the State's Attorney Drug Forfeiture Fund.



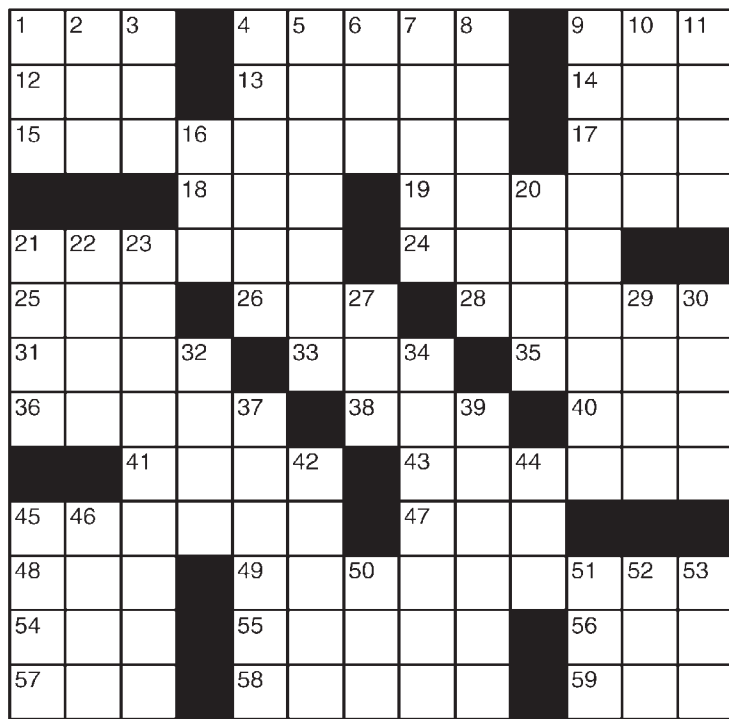
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Crossword

ACROSS

- 1 That guy
- 4 Actor
Malcolm— Warner
- 9 Throng
- 12 Historic time
- 13 Give a speech
- 14 Lawyers' org.
- 15 Mexican street musicians
- 17 Deteriorate
- 18 "CSI" evidence
- 19 Easter bouquet
- 21 Insist on
- 24 Racetrack tipster
- 25 Greek H
- 26 Pick a target
- 28 Water nymph
- 31 The Red Planet
- 33 Curved line
- 35 Knob on a shield
- 36 Of a pelvic bone
- 38 Weep loudly
- 40 Right angle
- 41 Guitarist Lofgren
- 43 Tidbit
- 45 Slanted typeface
- 47 — choy
- 48 Wicked
- 49 Showy yellow flowers



- 54 Anger
 - 55 Buckwheat pancakes
 - 56 "Of course"
 - 57 "Mayday!"
 - 58 Marsh plant
 - 59 Ram's mate
- DOWN**
- 1 Height of fashion?
 - 2 Gershwin brother
 - 3 Scratch
 - 4 "AbFab" actress Lumley
 - 5 Region of simple, quiet pleasure
 - 6 — -jongg
 - 7 Cockeyed
 - 8 Injury
 - 9 Eastern Canadian provinces
 - 10 Reed instrument
 - 11 Dugout supply
 - 16 Greek mountain
 - 20 Waikiki wingding
 - 21 Actress Moore
 - 22 And others (Lat.)
 - 23 Tenderizing sauces
 - 27 "— Doubtfire"
 - 29 Competent
 - 30 Barbie or Raggedy Ann
 - 32 Take to the seas
 - 34 Barbershop treatment
 - 37 Goes up
 - 39 Dance to rock music
 - 42 Weighing device
 - 44 Old theater letters
 - 45 Wading bird
 - 46 Poi base
 - 50 Disencumber
 - 51 Caustic solution
 - 52 Morning moisture
 - 53 Away from NNW

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Crossword puzzle solution printed on page 4.

~~~~~ AREA EVENTS ~~~~~

- Pizza & Politics with Illinois State Senator Toi Hutchinson at the Paul Simon Institute in Carbondale. Nov. 8. Please RSVP to Carol Greenlee at cgreenlee@siu.edu or (618) 453-4078. Website: <http://paulsimoninstitute.org/>.
- Charlie Birger and Gangsters in Southern Illinois in the 1920s at C.E. Brehm Memorial Library in Mt. Vernon, Nov. 8 at 6:30 p.m. Local attorney, Lane Harvey will present a program on the famous Southern Illinois Gangster Charlie Birger and gangsters in the early 1920s in Southern Illinois.
- Free Zumba Class. Meets weekly on Fridays 5:30-6:30 p.m. through Nov. 9, 2012. Marion Carnegie Library, Marion,

- IL. Advance registration is required, call Erica Hanke at 993-5935.
- Pheasant Hollow Winery live music and complementary snacks 7 to 10 p.m. Third Friday of every month. Highway 37 in Whittington. Free.
- Pheasant Hollow Winery Murder/Mystery. Once a month. Highway 37 in Whittington. \$35 plus tax. Call (618) 629-2302.
- Ladies are invited to this fundraising event at the Black Diamond Warehouse in Marion, IL benefiting The Poshard Foundation for Abused Children. Nov. 9 from 6:00 p.m. to 10:00 p.m. \$30 for General Admission with limited availability or a table of 8 may be purchased for \$400 with limited availability. To purchase

- single tickets go to [southernonline.com](http://southernonline.com) or call 618-453-6000 or to reserve a table contact Jeremy at Black Diamond at (618) 997-4577 or email [marketing@blackdiamond-hd.com](mailto:marketing@blackdiamond-hd.com).
- Women's Self Defense Seminar and Health Awareness Fundraiser. Nov. 10 at 10 a.m. at Sports Blast in Carbondale. <http://WWW.talkaboutteal.blogspot.com>
- National Gaming Day, Nov. 10 from 1 to 5 p.m., Benton Public Library.
- Saline County Chamber of Commerce is hosting its 2nd Annual 5K Reindeer Run/Walk in Harisburg Illinois at the Harisburg Middle School on Saturday, November 24. Contact (618) 252-4192 for more information.

~~~~~ RLC EVENTS ~~~~~

- Fall Play: "Tom Sawyer," 7 p.m. Thursday, Nov. 8 through Saturday, Nov. 10, 2 p.m. Sunday, Nov. 11, RLC Theatre
- Veterans Day Holiday, Monday, Nov. 12
- "Into the Woods" auditions, 6 p.m. Monday, Nov. 19, RLC Theatre
- Allied Health Wellness Bazaar, 1 to 5 p.m. Tuesday, Nov. 20, South Oasis Pit
- Thanksgiving Holiday, Wednesday, Nov. 21 through Saturday, Nov. 24
- Christmas Concert, 7 p.m. Tuesday, Nov. 27, RLC Theatre
- Last Day of Regular Classes, Friday, Nov. 30
- Semester Exams, Saturday, Dec. 1 through Thursday, Dec. 6

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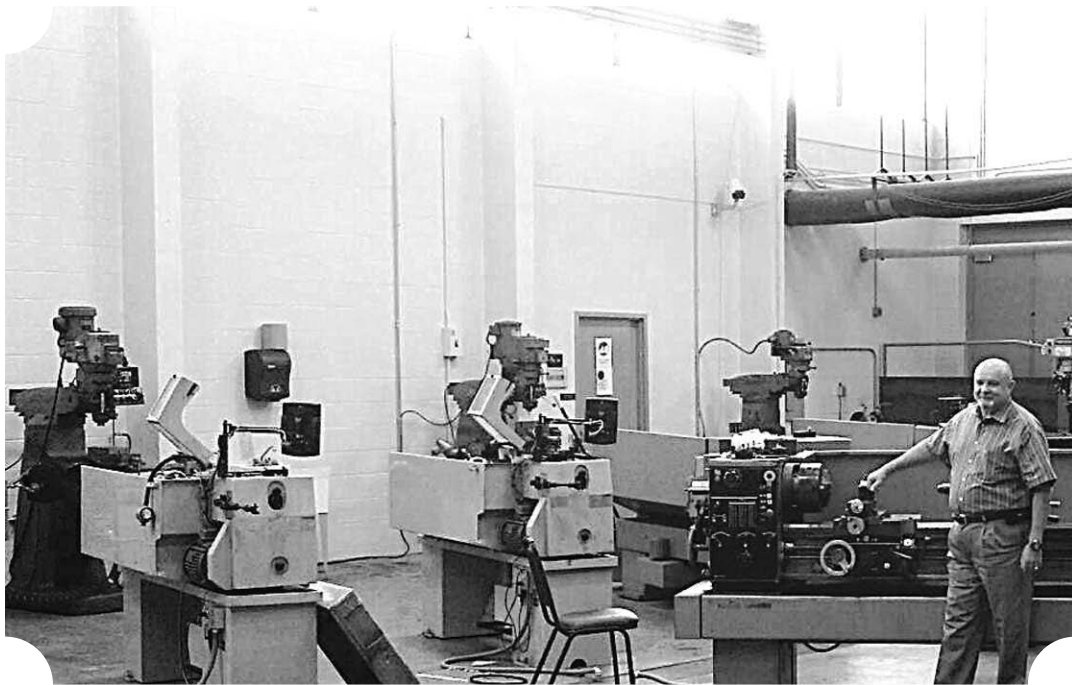
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Rend Lake College's Applied Science and Advanced Technology Division Chair Chris Nielsen shows off the renovated machine shop in the Advanced Technology Center on campus. A contact in Chicago provided new machines for the program at RLC, just for the price of shipping.

Machine Shop at RLC gets an overhaul

BY FERNANDO JACINTO
CLOCKTOWER CHRONICLE STAFF

Rend Lake College is advancing every day in education and leadership. Lately, this progress is illustrated by the renovated machine shop in the Applied Science and Advanced Technology Division.

The machine shop recently acquired new machines for students to use in training. According to Applied Science and Advanced Technology Division Chair Chris Nielsen, machines were donated from Chicago public schools and Ohio.

Nielsen explained how the machine shop at Rend Lake became a sort of storage area over the past several years.

"We were looking for a place to put our machine shop," he said. "It became apparent that we needed a good-sized space."

They painted the area, washed the windows and ended up using the storage area as the new machine shop. According to Nielsen, there are nine lays, five mills and other various types of machining equipment to support the classes they are running.

The reason why Nielsen and the department decided to renovate was because of demands from the local industry — namely Magnum Steel Works and Lay's Manufacturing in Mt. Vernon. Nielsen said businesses in both Jefferson and Franklin counties need skilled, metal-working

employees for their businesses.

"Not only do they need them for machining, they need them for welding and all the hand trades," he said. "So it is a response to demand here in the college district."

Nielsen said students benefit from this program because they gain technical skills that allow them to market themselves not only here in the district, but also in other places, for higher-paying positions.

"Usually, pay starts out at \$20 an hour," he said. "One of our students ended up working in St. Louis and is now paid \$45 an hour."

Nielsen added that the businesses here in the district also benefit because they have a much more qualified pool of workers to choose from.

"We've got a whole different composite of different kinds of lays," Nielsen said. "What we did was we went out and basically shopped for used equipment, which is the same as if you were shopping for a used car."

He said the college bought equipment from other schools and small businesses that were using them or were not using them anymore.

"Some are second-hand manual equipment," he said. "Probably the best part about it is the collaboration with the Chicago public schools. Through a contact up there, they actually donated two nearly new lays and two nearly new mills that, if we would have gone out and bought

them, we probably would have spent \$40,000. They just basically donated them to Rend Lake College for the cost to have them shipped down here."

According to Nielsen, the machine program was once offered at Mt. Vernon Township High School, but was limited to night classes there.

"This [renovation] gives us the flexibility to have day classes — classes during the morning and evening," he said.

All of the updated equipment is in good working condition, maximizing the training program, according to Nielsen.

"If you're going to be a machinist, you've got to learn some basics about speeds and feeds and how to turn steel," he said. "You must learn what you can do when you can cut steel. And it basically prepares students to go on to a more advanced type of machining where they use an automated process called CNC machines."

Nielsen said the department's ultimate goal is to advance students to the more programmable CNC machines, once they have learned how to operate the manual machines.

The revamped machine shop will produce better skilled workers, in turn meeting the demand of an important industry in Southern Illinois, especially those employers located in the RLC district. It's another big step in RLC making students more successful.



Cassie Newbury, a freshman from Opdyke, makes bread in the Culinary Arts program.



'Eyes of a Prophet'

This "Eyes of a Prophet" ink drawing by student Nick Jennings of Pinckneyville appears in the new RLC arts publication "Lake." Copies of "Lake" can be picked up at multiple locations across campus. For information on how to get all forms of art published in "Lake," contact Peggy Davis at (618) 437-5321, ext. 1725, or by e-mail at davisp@rlc.edu.



The Rend Lake College Foundation Children's Center, located on campus, was recently reaccredited by the leading National Association for the Education of Young Children.

Children

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option for parents, providing a safe, loving and educational environment for children, as well as being a learning lab for RLC early childhood [education] students," said Pulke.

For more information, call Pulke at 618-437-5321, ext. 1393, or stop by the RLCF Children's Center to check it out.

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Apply early for internships

Internships in field of study may help students and recent graduates find a job

RECENT college grads have found the job market to be somewhat underwhelming. Gaining the attention of a prospective employer is never easy, and it's even less so when the economy is struggling.

One of the ways current students or even recent graduates can make themselves more attractive to prospective employers is to find the right internship. Internships are not always easy to get, and many of them don't pay. But students who find the right internship often look back and recognize that their internship was their first step toward a rewarding career, and a step that provided valuable insight into their chosen field.

To find the right internship, consider the following tips:

• **Work with your school.** Whether you're in college or you're that rare high schooler looking for an internship,

lean on your school for direction and advice. Colleges and universities have career centers that can help you gain an internship. They can assist you through access to job listings and by providing advice on crafting resumes and cover letters or tips on how to interview. In addition to your school's career center, speak to professors in your

advice on what prospective employers are looking for from an intern.

• **Start early.** It's never too early to start looking for an internship. In fact, many companies hope to have their internship positions filled well in advance. For example, if you're looking for a summer internship, begin your search no later than January and continue that search throughout the semester.

In addition to starting early, don't just seek summer internships. Some companies make internship opportunities available year-round, so you might be able to get one that coincides with the school year, even if

internship opportunities on the large job listing websites.

• **Do some networking.** You might not have an expansive network of associates to tap into, but that does not mean you should go it alone. Talk to your parents to see if they or someone they know has heard about any internship opportunities in your chosen field. You might also be able to network via your school's career center, which likely has an alumni-networking service that enables you to contact past graduates currently working in your chosen field. In some instances, these alumni-networking services can be an internship gold mine, as past graduates might prefer to hire current students from their alma mater as opposed to applicants from other schools.

Competition for internships is often steep, and that's especially so when the economy is struggling and

even recent graduates are hoping to land internships. But students can employ several strategies to find the right internships and take their first steps toward rewarding careers.

SUMMER INTERNSHIP

desired field and seek their advice. Many professors likely have experience in the field outside of the classroom and might even still work in the field, be it full-time or as a consultant. These professors can point you toward job opportunities or give you

you had a previous internship with a different company during the year. Internship experience is invaluable, and the more of it you can gain the more attractive you are likely to be to potential employers after graduation.

• **Do your homework.** Chances are you're working toward a degree in a specific field. Research the leading companies within that field and learn about their internship programs. Visit each company's web site and peruse their job listings. This is more direct and takes less time than searching for

Fashion show ...

continued from page 1

we felt that the CASA program is essential to ensure that abused and neglected children are properly advocated for." "CASA volunteers are appointed by judges to watch over and advocate for abused and neglected children to make sure they don't get lost in the overburdened legal and social service system or languish in inappropriate group or

foster homes", Casillas said. "Volunteers stay with each case until it is closed and the child is in a safe, permanent home. For many abused children, their CASA volunteer will be the one constant adult present in their life."

Pheasant Hollow Winery is located just down the road from RLC at 14931 State Highway 37, in Whittington. For more information about the event or about CASA of Franklin County's program, call 438-0608.



Fur-clad Psychology Associate Professor Jeanne Mitchell shows off some hardware at the CASA Fashion Show last year. Pheasant Hollow Winery is hosting again from 6 to 8 p.m. Nov. 8. Mitchell will be joined by RLC faculty and staff Sara Alstat, Nicki Bowlin, Sara Draper and others. Donations may be made at the door.

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Solution to Crossword puzzle printed on page 2.
Solution time: 21 mins.

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RLC faculty 'greening' their curriculum with help from new class

BY BRECCA MULLINAX
 CLOCKTOWER CHRONICLE STAFF

Been refilling the water bottle at the station in the academic building? Or throwing away trash in one of the several green bins on campus?

Both of these green items have been placed throughout Rend Lake College's campus by an Illinois Green Economy Network grant. The effects of this grant can not only be seen by the pur-

chase of these beneficial items, but by a "Greening Your Curriculum" class now being offered to faculty by Associate Professor Greg Hollman.

"Greening Your Curriculum," found in the RLC's course catalog as GYC 1601, was approved last April by both the Illinois Community College Board and the curriculum committee. It is a two-credit-hour course in which the RLC professors enrolled will be expected to learn what sustainability means, identify opportunities for new behaviors that reduce the negative impact of the environment, and prepare to articulate the information to students.

RLC faculty Rob Little and Nathan Brower are two of 10 teachers who enrolled in the GYC course this semester.

"I found the course to be very rewarding," said Little. "For the final class project, I'm creating a Special Topics English course that uses environmental disaster fictions — novels like *The Grapes of Wrath*, films like *Godzilla* and video games like *Fallout 3* — to teach sustainability and greening concepts."

"The term sustainability is thrown around a lot these days, but I do not think everyone understands what all it encompasses," Hollmann explained. "If we expect our students to embrace sustainable practices they must first define what it means and why it is important in their lives. Instructors at RLC are in the perfect position to aid in this process. By greening their own curriculum, they better understand sustainability and the way in which it relates to their field of study."

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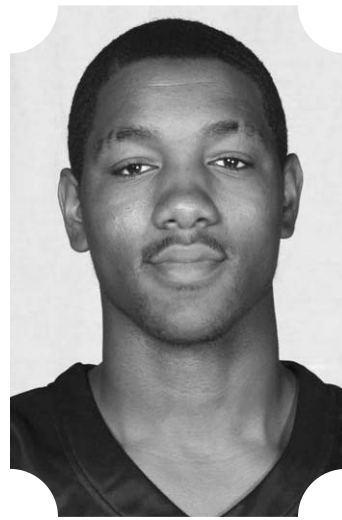
Warriors start season with high-scoring wins in Carterville

CLOCKTOWER CHRONICLE STAFF
 The Rend Lake College Warriors started the basketball season 2-0 after a high-scoring opening weekend at John A. Logan College. RLC will play its home opener at 3 p.m. Saturday, against South Suburban College — the team that beat Rend Lake in the opening round of the national championship tournament last season.
 The Warriors handled the Memphis-based prep program, Southern Sports Institute, 102-87 on Friday before downing Ivy Tech Community College, 100-86, Saturday afternoon.
 Rend Lake led SSI 51-47 at the half. RLC's 6-3 freshman guard Cortez Macklin of Louisville led

the Warriors with 28 against SSI. Macklin hit 10 of 16 from the field — three from long range — and went a coach's dream, 11 of 12, from the free-throw line. The Warriors had four more score in double digits. Trice Whaley of Jeffersonville, Ind. had 10, Corey Ayala of Metropolis had 15, Noel Allen of Guttenburg, N.J. had 14 and Bronson Verhines of Woodlawn had 13. RLC, as a team, finished 39-44 from the charity stripe and pulled down 33 rebounds — seven offensively and 26 on defense. Verhines led the team with seven boards.
 Freshman forward Montez Buford of Louisville led RLC in scoring with 28 against Ivy Tech. Jeril Tay-



Cortez Macklin



Montez Buford

lor pitched in 19, and Macklin had 15. The Warriors were able to pull down more offensive rebounds in this one. The team had a total 46 rebounds with 14 on its own end. Taylor led the team with 11.
 The Warriors started this season's scrimmages with wins over Kankakee, Moreton and Wabash Valley at area jamborees taking place at Kankakee

College and Southwestern Illinois College. RLC lost to City College of Chicago — Kennedy King at the KC Jamboree and fell by six to SWIC in Belleville.
 "After watching them in Kankakee and Belleville, I think we have the basis for being a very competitive and very good team," Rend Lake Head Coach Randy House said. We have to buy into the team

concept versus being a bunch of individuals in there playing.
 While sophomores Allen and Verhines are automatic starters early, House said depth at every position will allow him to retrofit rosters that match his opponent this year.
 "It's up to me to mix and match them, and put the best team on the floor. Let's just say there is a

reason for optimism."
 House is in his third season at the helm of basketball at The Lake. The team is coming off of the college's best season in history with a trip to the NJCAA Championship Tournament. Dawson Verhines and Allen played a huge role in that success.
 For all things athletic at The Lake, visit RLC online at www.rlc.edu/warriors.



2012-2013
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RLC competes in Cross Country Regional Championship

BY JOSH MYERS

CLOCKTOWER CHRONICLE STAFF

Rend Lake College's cross country squads competed in the Region XXIV Championship Tournament, Oct. 26, at Rend Lake Golf Course in Whittington.

The men's team finished third overall behind Danville Area Community College and champion Lincoln College.

For RLC: Wesley Bradshaw (Walsh), Jon Hill (Sparta), Wade Reeves (Evansville), Shawn Burke (Matawan, N.J.), Tivosiel Rivera (Swedesboro, N.J.) and Maurice Sapp (Ft. Lauderdale, Fla.) combined for a total time of 2 hours, 22 minutes and 10 seconds.

Individually, Bradshaw finished the course in 27 minutes and 15 seconds to finish eighth overall. Hill finished ninth with a time of 27 minutes and 44 seconds. Reeves rounded off the top 10 with a time of 27:50. The men's champion was Albert Murrey (Durham, N.C.) of Lincoln College with a time of 26:59.

With two runners competing, the Lady Warriors did not produce a team



result. Danville Area took first as a team, while runner-up went to Illinois Central College, Kaskaskia College took third and Lincoln came in fourth.

Individually, RLC's Kirsten Knapp (DuQuoin) finished 18th with a time of 23:28 and Kiera Deford (Pinckneyville) finished 24th with a time of 25 minutes.

James Wooldridge came on board as the program's head coach only a couple of weeks ago, following the resignation of Eric Alberter. Wooldridge now has regionals behind him and will play the role of host coach when hun-

Wesley Bradshaw (Walsh, Ill.) led the Warriors with an eighth-place finish in 27:15 at the 2012 Region XXIV Cross Country Nationals held Oct. 26 at Rend Lake Golf Course. The men's team finished third behind runner-up Danville Area and champ Lincoln College. RLC will host the national cross country championships, Nov. 10, at Rend Lake Golf Course.

dreds of runners converge on Rend Lake Golf Course, Nov. 10, for the men's and women's national championships. RLC hosted nationals in 2007 and had the overall men's and women's individual champions in international student-athletes Ben Cheruiyot and Pasca Cheruiyot, both of Kenya.

"We've worked really hard," Wooldridge said. "Going into nationals, we'll have three strong weeks under our belt. I'm really looking forward to nationals."

The 2012 NJCAA Cross Country National Championships at the Rend Lake Golf Course will kick off with the women's 5K race at 10 a.m., followed by the men's 8K race at 11 a.m. For more information, go online to www.rlc.edu/xc-nationals.

Warriors cross country welcomes Wooldridge as new head coach

BY NATHAN WHEELER

CLOCKTOWER CHRONICLE EDITOR

Rend Lake College Athletics recently welcomed James Wooldridge as the new head coach of men's and women's cross country, following the resignation of three-year coach Eric Alberter.

Wooldridge, 49, of Herrin, took the job, knowing full and well what was coming up around the corner. Not only did he have only one race with the team before its regional, but Rend Lake will host the national championships, Nov. 10, at Rend Lake Golf Course – less than one month after Wooldridge came on board.

No problem. "It's a great experience," he said about preparing for nationals. "I'm excited about it. But, on the same point, I don't want to mess anything up! One really good thing is all the staff at the college who have been phenomenal in helping out. I think its under control. It's looking good. Fingers are crossed!"

He said he consulted in the coach from last year's host, New Mexico Junior College, to get some tips. He told Wooldridge that he can't possibly please everyone and to just do his best. That sounds a lot like Wooldridge's coaching style.

He tells his runners at Rend Lake, "Do the best you can do at everything you are doing. School is important. You want to open as many doors as possible on your way to college. Kids today think everything comes in 30 seconds. They don't look at the long term and I try to preach that to them. They are going to miss so much if they don't do everything they can do while they are here."

The father of two teenage daughters, Kaci and Abby, Wooldridge coached in the past at high schools in southern Illinois and Colorado Springs. He also does some individualized training with local runners. He said coaching at the collegiate level was a goal of his and Rend Lake is the perfect fit.

"It's a dream situation for me. It's local. It's a smaller community, which I like. And the people behind it seem to back it 100 percent, which is great."

Wooldridge has a lot contribute to the young runners at RLC. He ran at Southeast Missouri State University and was a part of its cross country and track programs that each finished third in the nation. After college, Wooldridge continued to run competitively. This past summer, he was USA Track and Field Masters' National steeplechase champion. His



James Wooldridge

goal is to beat the USATF Masters American steeplechase record of 10:10 – he needs to trim his time by about 20 to 30 seconds, he said. Not too shabby for a guy who will celebrate his 50th birthday next month. In early December, Wooldridge will enter the cross country nationals in Kentucky with the rest of his Tennessee-based teammates. He'd put his team in the top 10 going in, he said.

"There are things I wish I had done differently when I was a collegiate runner. I have that wisdom to give to these young guys here at Rend Lake College. That's why I am coaching. I want to see them run as well as they can. They have been working hard and I think we are going to see some good results at nationals."

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

SUBWAY
Athlete
of the Week
Wesley Bradshaw
Men's Cross Country
Walsh, IL

Wesley finished a team-best eighth place at the Region XXIV Men's Cross Country Championship, Oct. 26, in Whittington. His time of 27:15 led the Warriors to third place. See Wesley and the Warriors run at the upcoming national championships, Nov. 10, at Rend Lake Golf Course.

Hungry for more Warriors?
visit rlc.edu/warriors

Great Pumpkin 5K



This group of Rend Lake College student athletes and their coach, Jason Craig, RIGHT, in the PHOTO ABOVE, donated their time and talents on a recent Saturday afternoon to help out with the Great Pumpkin 5K in Mt. Vernon. In the PHOTO BELOW, Maurice Sapp, a mid-distance Warrior from Fort Lauderdale, Fla., gets ready for the gun at the Great Pumpkin 5K in Mt. Vernon.



Santasy Football Challenge

WEEK 9

Even with a goose egg at the tight end position, Chronicle Sportswriter Josh Myers once again gets the best of Mark Hopkins this past week in fake football. All thanks to Josh's Bears!

| Mark's Team | | | Josh's Team | | |
|------------------|-------------------|-----|---------------|---------------------|------------------|
| Pos | Player | Pts | Pts | Player | Pos |
| QB | M. Ryan (ATL) | 13 | (NO) D. Brees | QB | |
| | E. Manning (NYG) | | 26 | (GB) A. Rodgers | |
| RB | R. Rice (BAL) | 15 | 17 | (HOU) A. Foster | RB |
| | CJ Spiller (BUF) | | 12 | (PHI) L. McCoy | |
| | R. Bush (MIA) | | | (SF) F. Gore | |
| | A. Peterson (MIN) | 31 | | (SEA) M. Lynch | |
| WR | V. Cruz (NYG) | 6 | 12 | (DET) C. Johnson | WR |
| | S. Smith (CAR) | 10 | 30 | (CHI) B. Marshall | |
| | V. Jackson (TB) | 14 | 13 | (ARI) L. Fitzgerald | |
| TE | T. Gonzalez (ATL) | | 0 | (NE) R. Gronkowski | TE |
| | J. Graham (NO) | 13 | | (SF) V. Davis | |
| K | L. Tynes (NYG) | 10 | 16 | (CHI) R. Gould | K |
| | M. Bryant (ATL) | | | (GB) M. Crosby | |
| DEF | Texans | 10 | 28 | Bears | DEF |
| | Ravens | | | 49ers | |
| Week 9 Total Pts | 122 | | 154 | | Week 9 Total Pts |
| FF Total Pts | 707 | | 877 | | FF Total Pts |

This symbol means the guys picked that player to start.

Fantasy Football Tip for Week 10 - Week 10 is the week to start Raiders running back Darren McFadden. To this point in the season, McFadden is 19th in the league in rushing yards and is only averaging 3.3 yards per carry. This week he plays the Baltimore Ravens who are ranked 30th in league allowing 142.9 rushing yards per game. He has struggled thus far but should get it going this week. - Josh Myers

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ATHLETIC EVENTS

- Saturday, Nov. 10 Men's and Women's Cross Country hosts NJCAA Nationals at Rend Lake Golf Course, Women's race at 10 a.m., Men's race at 11 a.m.
- Saturday, Nov. 10 Women's Basketball hosts Lincoln Land, 1 p.m.
- Saturday, Nov. 10 Men's Basketball hosts South Suburban, 3 p.m.
- Saturday, Nov. 10 Wrestling at Knox Invite in Galesburg, Ill.
- Tuesday, Nov. 13 Women's Basketball at McKendree University J.V., 5 p.m.
- Wednesday, Nov. 14 Men's Basketball hosts Paducah Predators, 7 p.m.