

Steady ...



Sophomore business major Maurice Sapp lines up a shot while playing pool with some friends in the South Oasis.

Disc golf lands on RLC campus

BY MARK HOPKINS AND NATHAN WHEELER

CLOCKTOWER CHRONICLE STAFF

All around campus students can see poles with chains on them. Those are the holes, or baskets, for Rend Lake College's new Disc Golf Course.

The course was installed in the summer and stretches from the lawn north of the theatre building, up Ken Gray Parkway, back behind the RLCF Children's Center, and returns back to the north side of the theatre.

Disc golf is a game anyone can play. It's free to the public and the course is open all day. Games can also be played at night using discs that have LEDs in them. Disc golf can be played with teams or individually against other opponents. The rules are the same as traditional golf. A par score is set for each hole and the total par for the course is 30 with the player who logs the lowest score winning.

RLC's course consists of nine holes, each with two different tee-off areas based on skill and strength. The blue tees are for more advanced disc golfers. Blue tees are more challenging because they are farther from the hole. The red tees are closer to the hole and suited to begin-

ners. Each hole is numbered and has the distance and par listed on a sign at the tee.

RLC English Associate Professor Joe Ervin spearheaded efforts to get the course on campus. He has discs that can be signed out from his office and maps of the course on his door. They are free to anyone who wants one.

Ervin is also starting a disc golf club on campus for those who are interested. Sign up for it at his office in the North Oasis, room 141. He also welcomes challengers to play him. He usually gets on the course around 1 p.m. each Monday and at about 4 p.m. on Wednesdays.

For those looking to beef up their disc collection, the RLC Book Store now has discs for sale, according to manager Casey Rhine.

"We are now an official disc dealer through the Disc Golf Association," said Rhine. "We carry all the discs you'll need to play. You can find them up by the counter. You can also look at a chart to see what distance the discs are made for."

The discs range from around \$8.50 to about \$16, according to Rhine. Brands available include SP, ProLine, D Line, Blowfly, Blunt, Powerdrive, and RDGA.



RLC English Associate Professor tees off on the last hole of the new disc golf course on campus. Ervin championed efforts to bring the popular game to campus. For those looking to play a round, discs can be purchased at the RLC Book Store or checked out at Ervin's office in the North Oasis.

Three elephants saved from landfill ... sort of

BY BRECCA MULLINAX

CLOCKTOWER CHRONICLE STAFF

The results are in! This past June at the Rend Lake College MarketPlace, RLC officials, along with members of the college's Greening the Campus Committee, had the pleasure of hosting a very successful E-waste Disposal event and Energy Awareness Day.

Area residents who participated in the June 9 event brought in a whopping 36,646 pounds of electrical household items to be recycled rather than tossed in the trash. To illustrate: the total tonnage accumulated throughout the day is equivalent to approximately three grown elephants!

RLC Associate Professor Greg Hollmann coordinated the event using a sustainability grant

through the Illinois Green Economy Network. A plethora of electrical items were accepted, such as DVD players, video game consoles, stereos, cable boxes, cash registers, and much more.

"I am absolutely thrilled with the results," said Hollmann. "While it was coming in that day, I thought we were going to see a big number. But I never imagined it would be more than 18 tons! This event was a definite success for raising awareness locally and contributing to global sustainability."

According to the results from certified electronics recycler Vintage Tech LLC, televisions

Recycling continues on page 5

Sinister: Ambitious, interesting, fails to revitalize horror genre

BY JOSH MYERS

CLOCKTOWER CHRONICLE STAFF

Sinister is ambitious. The movie has a very interesting and fresh premise. It is a horror film that centers on writer Ellison Oswald (Ethan Hawke) who has made a living from writing books about unsolved murder cases. It has been 10 years since his last hit and his career is on the downfall. So, he decides to move his family to a house where a murder took

place just months prior to conducting research for his new book.

Four members of a family were murdered there, but the daughter went missing. Oswald finds a box of homemade Super 8 movies with a film projector in the attic of the house. It turns out the films are of previously connected murders, including the one that occurred in their house.

It definitely keeps you on the edge of your seat with all the additions of new plot details and anticipation for something to happen.

The performance of Hawke is top-notch. His character in the film suffers from such an obsession to solve the murders and get his career back on track that he puts his family in danger. In fact, his wife, Tracy (Juliet Rylance), and their two children, Ashley (Clare Foley) and Trevor (Michael Hall D'Adario), do not know they're living where a murder took place until strange incidents start occurring in the household. Oswald's character arc takes an ironic and unexpected twist.

The film as a whole was interesting, but lacked the jumpy scenes scary movies are built on. At times, the plot



seemed predictable until the end. I would still suggest any movie-goer give the film a chance.

Sinister gets 3.5 movie tickets out of 5 for the ambitious plot and excellent acting. As a scary movie, it receives 2.5 popcorn buckets out of 5 because of the lack of scary scenes. With an "R" rating, Sinister gets the axe on family-friendliness.

INSIDE:

Crossword.....	2
Upward Bound Awards Banquet	3
Teacher Feature.....	5
Sports	6
Classifieds	7



There's no party like a LAN party

BY RHEANNA GRIZZELL
CLOCKTOWER CHRONICLE STAFF

Gamers of computers and consoles will be able to enjoy an upcoming event hosted by the Rend Lake College Computer Club, RLC³.



RLC³ is welcoming all to attend its first all-night Local Area Network party. The doors open at 6 p.m. Friday in the Advanced Technology Center at RLC's main campus in Ina.

A few of the anticipated games include a private World of Warcraft server (no account needed), Wii Sports, Quake III, and more. Several free-to-play online games will be available. There will also be movies.

Tournaments and competitions will be held for numerous prizes, such as free t-shirts and free

admission tickets to the next party. Everyone is welcome to bring their own computers, consoles, games, and devices, and costumes are encouraged.

Fees are \$8 for adults and \$4 for children 12 and under. This fee will include pizza, but soft drinks will be available for purchase. Proceeds from the event will supply the costs for a student trip to Cisco Headquarters in St. Louis.

"The LAN party is going to be a really good time – clean, family fun for all ages," said Joseph Farley, the club's treasurer. "Everybody should

come. It's a fundraiser for the club, but we wanted to provide a chance for everyone to have some fun."

The Computer Club could not host this event without its officers and club sponsors. The officers are president Chris Edwards, treasurer Joseph Farley, secretary Charlotte Loquasto, and webmaster James Featherstone. The faculty members sponsoring RLC³ include Chris Sink, Ricky Robinson and Martha McCreery.

Information regarding the LAN party or RLC³ can be found by emailing rendlakecollege093@gmail.com or visiting the RLC³ website at www.cisco.rlc.edu/RLC3.

Deaf student 'Breeze'-ing through tests in welding program

BY STACI JOHNSON
CLOCKTOWER CHRONICLE STAFF

When Rend Lake College student Luke Breeze was just a baby, he became severely ill. The medicine doctors gave him saved his life, but it took his hearing. Now 18, he's a student in RLC's welding technology program and he's not letting the fact that he's deaf slow him down one bit.

Breeze, of Bluford, is one of the best students in the program, according to instructor Pete Wilce.

"He's good," Wilce simply said.

Breeze uses an interpreter in his classes. Her name is Sara Hawkins. His first time practicing with a welding torch in his hand was in high school.

"I really enjoyed it, so I decided to try it in college," said Breeze.

He knows this is a challenging field, but he doesn't feel that being deaf will be much of a setback in the search for work. He said his parents, Linda and Brian, and brother Matthew, are all in his corner and have been extremely supportive of his career choice and his schooling.

Breeze said many people seem unsure of what to do when they meet or interact with someone who is deaf.

"Some people get nervous because they are not sure how to communicate," he said. The easiest way of communicating with those who don't know sign language is using pen and



Luke Breeze

paper, he explained. He imagines he will use the same method with his future co-workers and employers in the workforce.

Breeze said he is really enjoying the welding program at Rend Lake. He feels he is doing well in the classes and is having no trouble staying caught up

with all of the work. "They do a great job," he said of his teachers in the program, adding that he plans to take all the classes Rend Lake offers and graduate in 2013. After graduation, he plans to dive right into working. He said when he's not in class, he enjoys drawing and looking at old cars.



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Crossword

ACROSS

- 1 Send forth
- 5 "— company, ..."
- 9 Scepter
- 12 Broad
- 13 Furnace output
- 14 — out a living
- 15 Find not guilty
- 17 Savings plan acronym
- 18 Person, place or thing
- 19 "Loves me (not)" determinant
- 21 Had a home-cooked meal
- 24 Old woman's home?
- 25 Coffee vessels
- 26 Company agent
- 30 Money of Moldova
- 31 "The Age of Anxiety" poet
- 32 Brewery product
- 33 Insisted on
- 35 List-ending abbr.
- 36 Historic times
- 37 Concerning
- 38 More angry
- 40 Macadamize

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

- 42 Lawyers' org.
- 43 Work together
- 48 Obtain
- 49 Camel feature
- 50 Singer Campbell
- 51 Sailor's assent
- 52 Puppies' calls
- 53 Harvard rival
- 5 From one end to t'other
- 6 Slowly withdraw (from)
- 7 Cereal tidbit
- 8 Sondheim or Colbert
- 9 Say again
- 10 Veggie in Creole cooking
- 11 Transaction
- 16 Lo-o-ong time
- 20 Dawn goddess
- 21 "— Lang Syne"
- 22 Genealogy chart
- 23 Count
- 24 Coaster
- 26 Lather
- 27 Citric quaff
- 28 Verve
- 29 Hide
- 31 Lawlessness
- 34 Exist
- 35 Vim
- 37 Thoroughfare (Abbr.)
- 38 Long story
- 39 Do as you're told
- 40 "— and Circumstance"
- 41 iPad downloads
- 44 French assent
- 45 Carte lead-in
- 46 Aviv preceder
- 47 Compass pt.

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Crossword solution on page 4 of this week's Clocktower Chronical.

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- Admission \$2.00 per person or \$5.00 per family
- Storytelling will be behind the Mitchell House at Cedarhurst
- Bring your lawn chairs and blankets!
- If it rains, both events will take place in the Mitchell Museum Performance Hall at Cedarhurst
- Halloween costumes welcome!
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Upward Bound Awards Banquet



The Upward Bound program at RLC assists high school students in their transition to college. The program recently held its annual banquet and handed out awards. Those in the group photo above include Mt. Vernon Township High School students Jasmine Harris, Na'Equah Rollins, Praize Campbell, Ta'Nacia Thomas, Jaimilyn Durham, Achaia Shipp, Makeda Jones, Brandon WilliamsMeeks, Sherlinda Harris, and La'Equah Rollins; Zeigler-Royalton High School students Raina Mare, Karma Mare, Shiane Davis, Erica Barnett, Paige Matthews, Brandon Wallace, Kaytlyn Beck, and Kaylan Grove; Hamilton County Senior High School students Tressa Shreve, Brittany Lowery, Alexys Murphy, Chasity Digby, Alyssa Russell, Elizabeth Morris, Amanda Johnson, Rebekah Busler, Christina Parr, David Busler, and Quentin Overturf; Benton Consolidated High School students Jordan Darr, Austin Carlisle, Brittany Britton, Joelle Keener, Mia Simms, Vanessa Bonenberger, Brittany Robey, and Stephen Wikel; and Sesser-Valier High School student Shelby Brown.



All of these Upward Bound students now go to Rend Lake College! Pictured, FROM LEFT, are Rebecca Busler, Amanda Johnson, Ta'Nacia Thomas, Brittany Robey, Joelle Keener, Paige Matthews, Kaylan Grove and Stephen Wikel.



Pictured, FROM LEFT, are Hamilton County Senior High School students David Busler, Alyssa Russell, Lexy Murphy, Christina Parr, Chasity Digby, Quentin Overturf and Brittany Lowery.



Pictured, FROM LEFT, are Alyssa Russell, David Busler, Praize Campbell, Mia Simms and Austin Carlisle.



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Things to remember

Open registration by appointment for Spring semester	NOW!!
Grant and scholarship refund checks	October 19 th
Last day to drop Fall classes	Nov 9 th
Deadline for Spring graduation applications	December 7 th
Last day to return Fall textbooks	December 11 th
First day of Spring semester	January 14 th

Some nursing classes will have different drop dates than general education courses.

Information you need to know while at RLC

How to get a transcript

There are two ways to request a transcript while at Rend Lake College.

1. Come into the Administration Building, speak to Student Records and fill out a transcript request form.
2. Log onto your online student records account to fill out the request form online.

Keep in mind it is 5 dollars per transcript.

RLC hosting interactive success presentation for first-year students

Rend Lake College has announced that it will host "Monster College Advantage," a free success presentation for first-year college students, at noon, Monday, Nov. 5 in the RLC Theatre.

"Monster College Advantage" provides first-year college students with important information on how to own their college experience and be successful both in and out of the classroom. This interactive, on-campus presentation emphasizes the importance of goal-setting, time management and strong academic performance, as well as gives students information and strategies to help them maximize their future career opportunities.

"In this difficult economy, it's more important than ever that students understand what they need to do to succeed in an ultra-competitive job market," said JR Cifani, vice president of Making It Count. "We are providing students with the information they need to make the most of their college experience to get a great career when they graduate."

More information about the presentation can be found online at www.makingitcount.com.

About Making It Count
Making It Count provides a nationally recognized series of live, in-school presentations that educate and motivate teens to excel in both personal and professional educational endeavors. Delivered by a roster of skilled presenters from a variety of backgrounds, the corporate-sponsored programs reach more than 2.5 million stu-

dents every year, and are hosted at over 5,000 high schools and 650 colleges nationwide. More information is available at <http://www.makingitcount.com>.

About Monster Worldwide

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Contacts

Monster's Making It Count, (513) 772-1188
Rend Lake College, Nicki Bowlin, (618) 437-5321, Ext. 1343.

Big Truck Day at RLC



Philip Baird, 6, of Bluford, checks out a monster truck at the recent Big Truck Day, an annual event at the Rend Lake College Foundation Children's Center.

Solution to Crossword puzzle printed on page 2.

E	M	I	T	T	W	O	S	R	O	D		
W	I	D	E	H	E	A	T	E	K	E		
E	X	O	N	E	R	A	T	E	I	R	A	
				N	O	U	N	P	E	T	A	L
A	T	E	I	N	S	H	O	E				
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L	E	U	A	U	D	E	N	A	L	E		
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- Represent the mainstream
- Create and preserve quality jobs with benefits
- Pay debts to vendors. It's a sad situation when the biggest deadbeat in the state is the State
- ...Do simple arithmetic... Represent 100% of the district and stop the battles between the 99% vs. the 1%. I won't attack the "47%" that includes veterans, retirees, students, elderly, and disabled, but I do expect those who could support themselves to try harder as we work to provide more opportunity. My opponent only got 2 bills passed in the last session... one on name tags for dentists. That's just 6%! I will do better, I am

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Business instructor shares advice with students

BY FERNANDO JACINTO
CLOCKTOWER CHRONICLE STAFF
Chronicle staff member Fernando Jacinto sat down with Business Instructor Mark Jornd for this edition of Teacher Feature.

FJ: Why'd you become a teacher?

MJ: I worked in the securities industries for the last 16 years. It was time to try something new...to share what I learned with others.

FJ: What hobbies or interests do you like to pursue when you're not teaching?

MJ: I like to hunt. Deer season is starting now, so I'll probably start hunting once gun season starts. I also have two children, so I spend a lot of time with my kids and their hobbies — football, reading and things like that.

FJ: What career would you have chosen if you wouldn't have been a teacher?

MJ: Well, I selected finance because it goes with my family. My grandfather was a broker. My father was a broker. So I kind of went into it naturally because I had a career path right in front of me. ... If I were to do

it over right now, I think technology is the way to go. But I think having a business focus is always a good idea. Companies are always interested in somebody with a business background or with a specialization.

FJ: Who makes up your immediate family?

MJ: I am married [to] my wife Kimberly. I have two boys, Luke and Logan. And we have one dog now and a cat. That's family!

FJ: How old are they?

MJ: My wife is the same age as I am. My oldest son is 12 and my youngest son is 9.

FJ: What is something students would be surprised to know about you?

MJ: Actually, I don't know. I'm pretty honest with them in class, so I try to let them in — let them know who I am right off the bat. I think the more honest I am, the more honest they can be and the more comfortable we can be together. In larger classrooms, it is more difficult. In smaller classrooms, we get to know each other a lot easier. I am a horror movie fan. That seems surprising. I enjoy reading science fiction. I also live and

breathe business. The first thing I read every day is the newspaper. First thing I turn on the television is CNBC. And I try to keep up with every single bit of it.

FJ: What piece of advice would be most important for student success?

MJ: I think that not only enjoying yourself at this point in life is important, but I think if you concentrate on your work — you get it done without postponing it to the end [and] procrastinating - I think you'll find a higher degree of success. Learn to not procrastinate because if you do that now, you will do it for the rest of your life and you'll always feel like you're trying to catch up and that you are never on top of it.

FJ: So what is your advice for students going into economics or business?

MJ: I think that economics is a fascinating field. I truly do! It's one of the highest paid professions coming out of college. My advice is to find something that interests you. Go with that. You're not going to love it at this point in your life. You learn to love something and like they say, 'If you love what you do, you'll never work a day in



Mark Jornd

your life.' I think that's true. You know, people love baseball. But the chance of going pro is slim. So find something that interests you more than just you having fun in it.

Fernando and the Chronicle staff would like to thank Mark for the great interview.

Got an instructor you would like to see in a "Teacher Feature?" Text "AskRLC" to 66746 to sign up. Once you're registered, text the teacher's name to 66746. Or drop a comment on the RLC Facebook page at www.facebook.com/rendlakecollege.

Make a Difference RECYCLE

Recycling
continued from page 1

accounted for the most tonnage — 15,598 pounds of TVs to be exact. Runner-up went to computer monitors at 5,844 pounds with 5,807 pounds of printers coming in a close third. Additionally, 3,285 pounds of computers were recycled and just more than 6,000 pounds of miscellaneous items brought the total to 18.3 tons.

Hollmann pointed out that a recent study by the Environmental Protection Agency shows that electronics already make up one percent of the known municipal solid waste stream. According to EPA estimates, in 2005, the U.S. discarded 1.5 to 1.9 million tons — 3,000,000,000 pounds — of computers, TVs, VCRs, monitors, cell phones, and other equipment. About 25 million TVs are taken out of service yearly, according to e-waste facts found on www.ewastecenter.com.

Guests at the June 9 event were treated to energy-saving tips — courtesy

of Ameren — in addition to checking out a converted electrical PT Cruiser, owned by Southern Illinois University-Carbondale Professor Ralph Tate. A bike-powered generator was also on display, allowing passers-by to see how much energy is needed for everyday appliances.

Had it not been for the efforts of E-waste and RLC's Energy Awareness Day, the electronic items gathered could have factored in with the UN Environment Programme's calculations of 50 million tons of electronic waste per year.

Hollmann said many more functions, tools and formulas for local residents to add to their awareness and save energy are on the horizon with this grant. Stay informed by visiting online at www.rlc.edu/sustainability-center-home. To get involved with local sustainability efforts through RLC, or to inquire about joining the Greening the Campus Committee, contact Hollmann at 437-5321, Ext. 1780 or by email at hollmann@rlc.edu.

More ways for college students to be eco-friendly

Many of today's college-aged youngsters are socially conscious, fully aware their choices affect not only themselves, but those around them as well. One of the more popular causes among young people is the go green movement. Many of today's college students have learned about the environment since they first entered school, and the goal of living a more eco-conscious lifestyle is a cause that resonates with students on college campuses across the country.

Though it's not always easy to be eco-conscious in a dormitory, there are ways today's college students can live greener lives:

• Wash clothes in cold water. Few college students enjoy doing laundry, but even this tedious task can be done in a way that's considerate of the environment. Instead of using hot water to wash your clothes, wash them in cold water, which requires significantly less energy to clean clothes than hot water, which needs energy to heat up.

• Protect your appliances and the environ-

ment at the same time.

Today's college kids have more gadgets than ever before. Cellular phones, mp3 players, tablets, laptop computers, flatscreen televisions, and video game consoles might make life more enjoyable, but they also consume a substantial amount of energy, even when not in use. An LCD or LED television that is plugged in, for example, is consuming energy even if it's not turned on. This is known as phantom power, which devices including televisions, box-top cable or satellite devices and video game consoles consume even when no one is using them. Instead of plugging televisions and other devices directly into a wall outlet, plug them into a surge protector power strip that can be turned off when you leave your room. This not only protects the devices should a power outage occur, but it also means they won't be consuming energy while not in use.

• Freshen your room up naturally. If your residence is musty, instead of relying on air fresheners with chemicals, choose an all-natural alternative that won't release harmful chemicals into the air each time you

spray your room. And don't overlook houseplants as a way to freshen the air and add to your room's aesthetic appeal.

• Choose lights wisely. Many spaces students study in are poorly lit, and students know to bring their own lamps to help them make the most of late-night study sessions. When shopping for a lamp for your room, choose one that's compatible with compact fluorescent light bulbs, or CFLs. CFLs consume significantly less energy, last far longer than traditional light bulbs and illuminate rooms just as effectively.

• Learn to make your own coffee. Late night study sessions and late hours spent having fun with friends makes coffee a precious commodity on many a college campus. College kids who want to reduce their carbon footprint, and save a little money along the way, can learn to make their own coffee instead of visiting the local coffee shop each morning and buying another coffee served up in a styrofoam cup. Purchase a reusable travel mug you can bring along to class and encourage your roommates to do the same.

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SPORTS SECTION

Warriors still seek fourth man heading into final fall outing

BY NATHAN WHEELER
CLOCKTOWER CHRONICLE EDITOR

Warriors Golf Coach Lucas Cromeenes is wondering who will rise to the challenge as the team readies for its final fall tournament, the Mississippi Gulf Coast Hilton Garden Inn Invitational, Oct. 29, at Windance Country Club, in Gulfport, Miss.

Virtually lockstep with John A. Logan College at nearly every spot on the roster, the Rend Lake College Warriors golf team came up six strokes short and finished runner-up behind the Volunteers at this year's Lewis and Clark Invitational, Oct. 14 and 15, at Lockhaven Country Club in Godfrey.

RLC's Sam Penrice (Hastings, New Zealand) finished in a tie for second with a 149 (77-72) – one stroke behind medalist Steve Soucek (JALC, 73-75) and even with Tucker Guisewite (JALC, 78-71).

Dayton Jones (Hopkinsville, Ky.) took fourth for RLC with a 151 (76-75); and Warrior freshman Travis Waninger (Chrisney, Ind.) put together a pair of 76s for a 152, tying Michael Mencaccy (JALC, 74-78) and John Stimac (L&C, 76-76) for fifth.

"This tournament went kind of like it's gone our whole fall season," said Cromeenes. "Our top three are playing well and we are looking for someone to fill that fourth spot. We would have won the last two tournaments if the fourth and fifth spots were up to par with our top three."

In the fourth and fifth spots: Logan's Thomas Simpson tied for 12th with a 161 (84-77), while Rend Lake's Cody Drone (Altamont) and Patrick Heller (Campbell Hill) shot a 163 each (83-80 for Drone and 80-83 for Heller). That tied Brock Bolton (JALC, 79-84) for 15th.

RLC's Dalton Shockley

(Metropolis) finished 19th with a 164 (85-79).

Adding it all up: RLC scores used in the first round (309) included Penrice's 77, Jones' 76, Waninger's 76 and Heller's 80; versus Logan's first round score (304), made up of Soucek's 73, Guisewite's 78, Mencaccy's 74 and Simpson's 84. RLC's second-round 302 was comprised of Penrice's 72, Jones' 75, Waninger's 76 and Shockley's 79. JALC's second-round 301 was made up of

Soucek's 75, Guisewite's 71, Mencaccy's 78 and Simpson's 77.

Will Heller, Shockley or Drone step up into that fourth position or even break into the top three on the Warriors roster? Cromeenes wonders as his team heads into what he calls the biggest tournament for RLC this fall. The Hilton Garden Inn Invite will feature many of the teams playing in the national championships next spring.

"[Penrice, Jones and

Waninger] will still play well this weekend and hopefully Cody, Pat, or Dalton will step up," said

Cromeenes. "If they do, there's a chance for us to have a good tournament for sure."



Sam Penrice

Athlete of the Week

Sam Penrice

Men's Golf

Hastings, New Zealand

Sam's 149 at the Lewis and Clark Invitational, earlier this month at Lockhaven Country Club in Godfrey, tied him for second place and led the Warriors to the runner-up spot in the tournament. After shooting a 77 in the first round, Sam rebounded in the second round, trimming his score to 72 and securing his spot among the leaders.

Hungry for more Warriors?
visit rlc.edu/warriors

Santasy Football Challenge

WEEK 7

RLC Sports Writer Josh Myers is absolutely killing Mark Hopkins in fake football so far this season. With poor planning of starters in bye situations, Mark has dug a deep hole and he may not be able to come out of it.

Mark's Team			Josh's Team		
Previous pts	Pos	Player	Pts	Player	Pos
388	QB	M. Ryan (ATL) E. Manning (NYG)	483	QB	(NO) D. Brees (GB) A. Rodgers
	RB	R. Rice (BAL) CJ Spiller (BUF) R. Bush (MIA) A. Peterson (MIN)	21	RB	(HOU) A. Foster (PHI) L. McCoy 18 (SEA) M. Lynch
	WR	V. Cruz (NYG) S. Smith (CAR) V. Jackson (TB)	3	WR	(DET) C. Johnson 14 (ARI) L. Fitzgerald
	TE	T. Gonzalez (ATL) J. Graham (NO)	19	TE	(NE) R. Gronkowski (SF) V. Davis
	K	L. Tynes (NYG) M. Bryant (ATL)	7	K	(CHI) R. Gould (GB) M. Crosby
	DEF	Texans Ravens	16	DEF	Bears 49ers
Week 7 Total Pts	110		Week 7 Total Pts	130	
FF Total Pts	498		FF Total Pts	613	

This symbol means the guys picked that player to start.

Fantasy Football Tip for Week 8 - Week 8 is the week to start Indy's veteran wide-out Reggie Wayne. Factoring in the Colts' bye back in week 4: Wayne is targeted more than any other receiver in the NFL. In week 5, he put up 212 yards and a TD against Green Bay. The Packers have a much better defense than Wayne's opponent at noon on Sunday - the Tennessee Titans. Tennessee is ranked #30 in defense, the third-worst in the NFL. Expect Andrew Luck and the Colts to establish a ground game and then air it out to Indy's favorite go-to receiver, Wayne.

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★ Eastern Illinois University Bachelors Degree
★ Graduated Lindenwood University MBA

Experience: ★ Nearly two decades of Law Enforcement experience
★ Operations Division Commander Centralia Police Dept.
★ Currently on the Centralia City School Board for the past seven years sitting on the Building, Budget and Negotiating Committees
★ Past President and now on Board of Directors of the Centralia Noon Rotary
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