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# RLC awarded \$73,000 grant for mine safety training

BY NATHAN WHEELER  
RLC NEWSPAPER EDITOR

**R**end Lake College was recognized among the nation's leaders in mine safety training Wednesday when the U.S. Department of Labor's Mine Safety and Health Administration announced the latest round of Brookwood-Sago grants.

RLC has been awarded \$73,293 to provide mine emergency response and rescue skills training for the region's mine rescue teams. The training will take place at the RLC Coal Mining Training Center, located on the main campus in Ina.

President Terry Wilkerson said it was a team effort by those at the college to secure the grant.

"We are one of seven in the U.S. to get part of this \$1.25 million through the Brookwood-Sago program," said Wilkerson. "That's quite an achievement for the college, area coal leaders who call on us to provide their safety training, and the staff here. I know they worked hard

to bring this grant to southern Illinois and I thank the Department of Labor for recognizing the value of our proposal."

"We can never over-emphasize the importance of training, especially in the area of mine emergency response," Joseph A. Main, assistant secretary of labor for mine safety and health, stated in a release Wednesday. "These grants will enable organizations that are dedicated to mine safety to develop programs that may one day save miners' lives."

Training grants are awarded for a 12-month performance period, and applicants must be states or nonprofit entities, according to an MSHA release. The grants program was established through a provision in the Mine Improvement and New Emergency Response Act of 2006, the release states. The grants were named in remembrance of 13 men who died in two explosions at the Jim Walter Resources Inc. No. 5 Mine in

Grant ..... continues on page 3



Rend Lake College instructor Ron Rains, RIGHT, watches things heat up as members of the Century Mine fire brigade from Ohio prepare to put out the flames on one of RLC's advanced fire training props earlier this year. The Department of Labor's Mine Safety and Health Administration has awarded more than \$70,000 in Brookwood-Sago grant funding to help the college ramp up its mine safety training.

## Headed across campus



Christine South of Enfield walks across the Rend Lake College campus on a sunny afternoon. (RLC Photo by Nathan Wheeler.)

## RLC EVENTS

### OCTOBER

- 3rd Annual Big Truck Day, 9 a.m. - noon Saturday, Oct. 13, RLCF Children's Center
- SIUC Preview Day, 10:30 a.m. - 1 p.m. Wednesday, Oct. 17, Pat Kern Private Dining Room, Student Center
- RLC Foundation Scholarship Dinner, Thursday, Oct. 18, James "Hummer" Waugh Gymnasium
- RLC Halloween Concert, 7 p.m. Tuesday, Oct. 23, Theatre

### NOVEMBER

- Fall Play: "Tom Sawyer," 7 p.m. Thursday-Saturday, Nov. 8-10; 2 p.m. Sunday, Nov. 11, RLC Theatre
- Veterans Day Holiday, Monday, Nov. 12
- "Into the Woods" auditions, 6 p.m. Monday, Nov. 19, Theatre

## Get the Scoop!



Kids make good use of the bucket on this backhoe at the Rend Lake College Foundation Children's Center's Big Truck Day last year. More big fun is planned for the free event that takes place Oct. 13 at the center, located on the RLC main campus in Ina.

## RLC's Weiss wins place in Black Diamond calendar

BY FERNANDO JACINTO  
RLC NEWSPAPER STAFF

**O**ne of Rend Lake College's own will be featured in the upcoming 2013 Black Diamond Harley-Davidson calendar, scheduled to be released in January.

Desiree Weiss, 19, of Benton, was selected among nearly 40 contestants vying for a month in Black Diamond's latest edition.

"My dream is to be a swimsuit model," she said. "I probably would like to be a runway model. My biggest dream is to be a Victoria Secret model." She has begun to build up her resumé and get her portfolio started so she can realize her dream. Others in the industry have noticed her hard work. On Sept. 11, she signed an 18-month contract with Many Waters Entertainment.

Winning a spot in Black Diamond's advertising piece was not easy for Weiss. It took dedication, watching her diet and spending hours in the gym.

"I have been working out since May. I have done body-pump classes and Zumba. I only took off Sundays and Fridays. I basically worked out every day."

Weiss plans to keep studying, even if she goes big in modeling. "I will pretty much need a back-up plan," she said. "Education is



Desiree Weiss

the most important thing for me, as good looks will not last forever." She is currently studying full-time to earn her associate's in science and arts here at RLC. "I want to either go to [SIUC] or SIUE to get my bachelor's degree in dental assistance and I hope to be a dentist," she said. "I have a thing for teeth and I think good hygiene is important. Yet, I want to take a year off after getting my degree so I can work and save up in case I want to get either a master's or doctorate."

Like many students who attend RLC, Weiss is juggling work and school. She currently is working

Weiss ..... continues on page 2

# 'End of Watch' sets dark tone for police films

BY TYSON HILL  
RLC NEWSPAPER STAFF

When writer and director David Ayer writes a film centered on police officers he certainly leans towards the darker aspects of the job. Ayer has already showcased his ability to humanize officers and shine light on the dangers and temptations police officers can face with films such as "Training Day" (2001), "S.W.A.T." (2003) and even the 2001 street racing cult classic "The Fast and The Furious." But with the recently released "End of Watch," Ayer sets an incredibly dark and graphic standard for the new age of police films.

The film's plot centers on two young Los Angeles police officers Brian Taylor (Jake Gyllenhaal) and Miguel "Mike" Zavala (Michael Peña) who, after a shootout in the film's opening, are transferred to a primarily Mexican-American sector where they respond to various calls while constantly on the lookout for what they refer to as "the

three food groups: dope, money, and guns." "End of Watch" is filmed primarily in first person, shifting from the prospective of Officer Taylor, who films his day-to-day, on-the-job activities as part of a film project, and members of a Mexican-American gang — "The Curbside Gang." Director David Ayer has stated that his original vision for the project was for it to be primarily "found footage," similar to the type popularized by films such as "Paranormal Activity" (2007) and its sequels. But the project quickly evolved into its final format.

The film's content is, as previously stated, very dark and extremely graphic. The language and violence in the film borders on the excessive with the "f---" word, in particular, used more than 300 times. There are other curse words and racial slurs used, but to a marginally lesser extent.

The violence depicted in the film is no less startling. There is a constant undertone of barely concealed violence in the background.

By Officer Taylor and Zavala's own admission, police in their sector will face more life threatening situations in a single shift than most will in their entire career and are at least 10 times more likely to draw and fire their gun during a patrol than anywhere else in the country.



The camaraderie and brotherhood of Taylor and Zavala carries the film from its opening to the final

words spoken by Officer Taylor. On its own, this element would make "End of Watch" a worthy film. Add in the film's realism and the humanization of our nation's police officers, and it becomes escalated to a must-see.

The spectacular performances given by Gyllenhaal and Peña, as well as supporting actresses Anna Kendrick and America Ferrera, bring this gritty look into the struggles of our nation's police officers to life.

"End of Watch" receives 4.5 movie tickets out of 5 for realism and the outstanding performances of the film's all-star cast. It cannot be stressed enough that anyone old enough to see this film should find the nearest theater now and make time to see it. However, because of the film's mature themes, excessive language and graphic violence, younger audiences should be kept as far away from this film as possible. Therefore, "End of Watch" receives 0 popcorn buckets out of 5 for family friendliness.

Weiss ..... continued from page 1

a seasonal shift at the Rend Lake Golf Course in Whittington and has another seasonal position lined up for the holidays at a Benton retailer.

Black Diamond HD's calendar contest has been important for aspiring models all over southern Illinois over the last three years. According to the company's marketing manager, Stacey Malick, each year the calendar girls do promotional events and calendar signings around the region. The benefits given out to calendar girls by contest co-sponsors Black Diamond and WTOA-FM (TAO) include a one-year membership to Lean-Her-Way fitness program, and Budweiser price tags, which include swimsuits, hoodies, and other goods.

Proceeds from the Black Diamond calendars will benefit Disabled American Veterans. TAO Promotions Director Missy Stover said, "This is our way to honor those who have fought for our country."

The spot on the calendar may open a gate to a bigger modeling career for Weiss and other aspiring models. According to Stover, a calendar model from a few years ago was featured in FHM magazine. Stover said Rachel Brock, last year's cover girl, has won beauty pageants and participated in the pageantry scene for 10 years.

Growing up, Weiss admitted her life has not always been easy. Born and raised in Chicago, her father has never been in the picture. She lost total contact with him when she was only seven. At nine, she and her mother moved to Southern Illinois to escape an abusive relationship her mom was in and remove Weiss from an area with poor public education, high dropout rates and escalating teenage pregnancy. Her mother was also trying to locate Weiss' grandfather.

"She wanted to find her biological father. She wanted to know him better. My mom was in an abusive relationship and she feared that I was going to fail the fourth grade. We pretty much moved down here for a better life."

In Benton's school system, Weiss said she received the attention every kid deserves. Local educators saw she

needed correction to her poor eyesight — something that went unnoticed in Chicago — and put her in remedial classes to get her caught up.

"When I was in fourth grade [in Chicago] my teacher threatened to knock my two front teeth out if I didn't stay quiet," she said. "I am more focused on school down here."

The Chicago neighborhood Weiss revisited in March had become much worse, she said.

"Most of my girlfriends up there got pregnant and are on their second child," she said. "Only two of my girlfriends graduated while others dropped out. I feel that if I have stayed up there, I would have gotten pregnant at age 16 and my mom would have stayed in her abusive relationship."

It was affirmation that her mother's decision to move downstate a decade ago was the right one.

"My mom is my best friend. She has supported me through everything in life. She is my soul supporter. She always has my back."

Her Puerto Rican heritage is very important to Weiss. She said her "abuela" (Spanish for grandmother) has played a big role in Weiss embracing her roots. Their time spent watching Spanish soap operas together taught Weiss how to speak the language. She laughs, but it worked.

"From her, I learned about my Puerto Rican heritage. I feel proud to be Latina."

Being part of a minority culture in Benton also brought challenges, she said. Her classmates thought she was mixed and that made her shy away from expressing her heritage. She has since learned to be proudly Puerto Rican.

Weiss said winning a spot in the calendar is a tremendous source of pride for her and her family. Growing up, Weiss didn't see herself as pretty, she said.

"I never got prom queen, homecoming attendee or any other type of special recognition in high school. ... I have become more mature. I have bought my own car and I do things for me and my mom."

That includes winning this contest.

"Harley-Davidson means a lot to me. When I get older, I want a pink motorcycle ... and I'm definitely gonna rock Harley-Davidson apparel!"



## RLC Fun Fest prize winners

RLC Financial Aid Specialist April McCormick, FAR LEFT, presents Rend Lake College students prizes won at the recent RLC Fun Fest. Winners include Kristen Brazelton of McLeansboro, winner of a Dell laptop, SECOND FROM LEFT; Bryan Jurgens of Benton, winner of St. Louis Blues tickets; and Amy Ferando of Benton, winner of an iPod Shuffle. McCormick is a member of the Student Activities Committee at the college.

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Nathan Wheeler, Editor, Rend Lake College

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## ~~~~~ AREA EVENTS ~~~~~

- Free Zumba Class. 5:30-6:30 p.m. Fridays through Nov. 9, Marion Carnegie Library, Marion. Preregistration required, call Erica Hanne at 993-5935.
- Wolf Creek Hollows Scream Park, 1516 S. Main St., Carterville. Fridays & Saturdays through October, \$16.00 adults, Jason at 922-9737 or getscares@south-

- ernillinoishaunts.com
- One-Stop Business & Employment Center, 3000 W. DeYoung Street, Suite 800-B, Marion, IL. Various times and dates in October. Contact Theresa Smith at 528-8423 or theresa-smith@mantracon.org FREE EVENT
- Demolition Derby. Oct. 5, Perry Co. Fairgrounds.
- "The Rocky Horror Show." 9 p.m. Oct. 5, Midnight Oct. 6, Centralia Cultural Society, tickets \$12, 532-2951.
- So. Ill. Irish Fest. Oct. 5-7, Turley Park, 549-3090 www.silirishfest.org
- Carbondale Downtown Art & Wine Fair. Oct. 6, parking lot between Longbranch Coffee House & Tres Hombrés. www.carbondalemainstreet.com, 529-8040.
- Sesser Area Chamber of Commerce Fall Festival & Car Show. Sesser Miners' Memorial City Park. 8 a.m.-4 p.m. Oct. 6 625-5566 www.sesser.org
- Maggie McHugh Memorial Concert. Features The Beatle Brothers, 5-9 p.m. Oct. 6, GenKota Winery, 246-9463.
- Heritage Festival. 10 a.m.-4 p.m. Oct. 6-7, Jefferson Co. Historical Village, 1411 N. 27th Street, Mt. Vernon, 246-0033.
- Dave Simmons concert. 2 p.m. Oct. 7, GenKota Winery
- Movie night, "The Hunger Games." Dusk, Oct. 7, Walker's Bluff.
- Hoop Dancer Eddie Swimmer, Oct. 9, Cedarhurst Center for the Arts, 242-1236, www.cedarhurst.org.

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# 'Move' to visiting artist Melanie Barnfield's work, now showing in RLC theatre lobby

BY NATHAN WHEELER & CHARLES GUFFEY JR.  
RLC NEWSPAPER STAFF

Rend Lake College's Visiting Artist Series in the Theatre Lobby is currently featuring Melanie Barnfield. Her photography will be on display through Oct. 31.

RLC Art Instructor Melissa McClement-Engler said the series, which has become a mainstay on the college's Cultural Arts Events Calendar, is a great way to introduce local artists to the community. She said organizers are always looking for artists in the area to feature in the series and alumni are a great networking tool.

Barnfield is an example of that. She studied with Raquel Bowin, an RLC alumnae who is now attending Southern Illinois University in Carbondale. McClement-Engler said Barnfield's work has what good artists should have — design, textures, colors, line, and composition.

"I have always enjoyed photography," Barnfield said. "I love the ability to show a new way of looking at a subject by the way it is photographed. While beauty may be in the eye of the beholder, photography attempts to represent one's point of view, and this is why I love it."

Barnfield combined photography and poetry for the piece on display at RLC. She said although there are separate, same-sized photographs and poems, they are meant to be viewed as a collection with one message. The poems help convey that message.

"I chose to present the message through pictures from nature and, or seemingly ordinary things because it is a call to all humanity, regardless of station or heritage," Barn-



Alison Blair, an 18-year-old nursing major from Benton, visits Melanie Barnfield's artwork in the lobby of the Rend Lake College Theatre. Barnfield's collection of photographs and poems will be featured through Oct. 31 as part of RLC's Visiting Artist Series.

field explained. "Because my subject matter is so broad I felt that unless the viewer was given a starting point they would be left to their own imagination. Because I am attempting to communicate something very specific, and because I cannot assume the viewer will understand or will have even experienced the depths of what I am conveying, it is necessary to guide the viewer through each piece. I used the poems as a starting point, to invoke thoughtful responses and to help understand the purpose for the photography. If I did not have a purpose for my artwork it would be nothing more than a pretty trifle — no more important than a souvenir from Disney. If, however, there is a message then there is meaning and purpose."

Barnfield is a mom — a segue to why she says bed head and dish-soap bubbles can be inspiration. But nothing, she said, inspires her more than "the one who gave me life, the Lord Jesus Christ."

"Inspiration comes at unusual times from some interesting places," she said. "You just have to be looking for it. I have studied the arts for a number of years, so I have been exposed to most everything. Yet the things that seem to stick with me are those that play active roles in my life."

One of her photographs and poems, simply titled "Move," is located on the west wall in the theatre lobby. She said its message revolves around inaction on good intentions.

"As I get older I realize that, regardless of our excuses, people really do what they want. We have the power to change and we are ultimately responsible for our actions and reactions, alone, regardless of others. When I was young I thought I was repentant if I felt bad. However, if I continue on in the same way, even though I may feel remorse, I have not truly been repentant. ... It is the same way with wisdom. True wisdom is not just knowing the correct action

to take. It is taking it as well. You negate the benefits and work against yourself when you let your will win. Life is hard. It is not fair. And while we cannot control what happens to us, we can control our actions. So this is a call to move. Not just giving sentiment [and] ... accepting excuse, but a challenge to really do what we know is right and keep from that which will be our undoing."

Barnfield wants viewers to think about what emotions are stirred when looking at her work. Knowing now her purpose for "Move," viewers can measure their experience with the art against its purpose.

**"Move"**

*It gives wings, to ideas and notions of the mind without it any progress is impossible to find.*

*It goes beyond sentiment, revealing apathetic fakes Because of the energy that every action takes.*

Keep an eye out around campus for announcements about upcoming featured artists in RLC Liberal Arts' Visiting Artist Series.

**Grant .....**

continued from page 1

Brookwood, Ala., in 2001, and 12 men who died in an explosion at the Sago Mine in Tallsmanville, W.Va., in 2006.

RLC Applied Science and Advanced Technology Division Chair Chris Nielsen said this isn't the first time the mining technology at RLC has been awarded through the Brookwood-Sago program, which is aimed at developing and implementing training and related materials for mine emergency preparedness, and prevention of accidents in underground mines.

"In September of 2009 we received \$50,000," said Nielsen. "At that time, our program was being revitalized on campus in response to area coal development and the Brookwood-Sago funding was primarily targeted at building our mine safety curriculum."

Nielsen said the curriculum is in place and this round of funding will be used to put it to work.

"This funding will be used to provide training for fire brigade and mine rescue teams. Mine fire fighting and mine rescue is very rigorous and dangerous. Rescue teams must deal with darkness, smoke, heat — a very inhospitable environment. And at the same time, they must perform the functions of a fire department with hoses, water supply, and breathing apparatuses. Our training program allows coal companies to put their rescue personnel into life-like scenarios without exposing them to undue risk."

Ronnie Rains, an instructor in RLC's program and a captain at West Frankfort Fire Department, said the training schedule is packed and coal mine fire brigade teams are lined up to train.

"We do a two-day training," said Rains. "Some of the mines may have around 50 people on their fire brigade team, so they choose to send 10 team members at a time. In the coal mine training, we do classroom work in the morning and hands-on training in the afternoon. It seems like every month we are getting more and more signing up and the program is definitely progressing nicely."

RLC's mining technology program can be found online at [www.rlc.edu/asat](http://www.rlc.edu/asat).

**Other Brookwood-Sago mine safety grant recipients include:**

• **Colorado School of Mines of Golden, Colo.** — \$147,184 for mine rescue training.

• **University of Arizona of Tucson** — \$167,191 for testing computer software simulations for mine emergency preparedness at five underground mines in New Mexico, Utah and Colorado.

• **Bevill State College of Sumiton, Ala.** — \$148,799 to develop a "day in the life" educational video about a mine examiner.

• **Marshall University of Huntington, W. Va.** — \$96,306 to develop a computer program that performs ventilation network planning calculations as well as simulates a mine's ventilation system.

• **Pennsylvania State University of University Park, Penn.** — \$216,358 renewal for a fiscal year 2011 grant for implementing a web-based training program for hiring, training and recruiting mine emergency prevention instructors.

• **United Mine Workers of America Career Centers Inc. of Washington, Penn.** — \$224,111 to develop miner training on mine map reading, symbol recognition, escapeways and basic mine ventilation.

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# SPORTS SECTION



## Meet the RLC Cross Country team

Members of the Rend Lake College Men's Cross Country team include, from left, SEATED, Holland Sherrer of Bridgetown, N.J.; Dameon Morgan of Edwardsville and Wade Reeves of Evansville, Ind. STANDING Stirling Summer; Maurice Sapp; Shawn Burke of Matawan, N.J., Tivo Rivera of Swedesboro, N.J., Wesley Bradshaw of Walsh and Jon Hill of Sparta.

## Webber Township team wins golf tournament



The Rend Lake College Foundation held its 32nd Annual Golf Tournament, Sept. 20, at Rend Lake Golf Course. It was a pleasant, sunny day on the fairways with some great golf being played to raise scholarship funding for the RLC golf teams. College officials, coaches, and student-athletes are grateful to all the supporters who participated. This year's champion team represented Webber Township High School and were the overall winners with a score of 50! Pictured, FROM LEFT, are: Brandon Bullard, Terry Bradshaw, Jerry Hale, Sabrina Wheatley, Ryan Bradshaw and RLC Golf Head Coach Lucas Cromeenes. The awards for longest drive went to Rend Lake Resort's Gina Atchison and Benton attorney Jason Drew. Closest to the pin honors went to Sabrina Wheatley of the team from Webber Township High School, and John Imhoff of the Egyptian Building and Construction Trades team.

## ~~~~ RLC ATHLETIC EVENTS ~~~~

### OCTOBER

- Baseball at 3 p.m. today at Southeastern Illinois College in Harrisburg.
- Women's basketball on Saturday at the Rock Valley College Jamboree in Rockford.
- Cross Country on Saturday at the Evansville University Invitational in Evansville, Ind.



Gina Atchison



Jason Drew



Sabrina Wheatley



John Imhoff

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RLC's Nina Jackson of Martinsville, Ind., and Taylor Koeller of Marissa made the All-Tournament Team at the Kaskaskia College Invitational held Sept. 28 at Greenview Golf Course in Centralia.

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## Women's golf closes fall with runner-up finish at KC Invitational

BY NATHAN WHEELER  
RLC NEWSPAPER EDITOR

The Rend Lake College women's golf team took runner-up at its final outing of

the fall season, the Kaskaskia College Invitational, Sept. 28, at Greenview Golf Course in Centralia.

RLC's score of 367 was five strokes behind winner John A. Logan College. Rend Lake won the event in 2011. Kaskaskia finished third at 390 and Lincoln College came in fourth at 404.

Lady Warriors Head Coach Cindy Corn said while there were some strong individual performances, her team did not have its best day on the golf course.

RLC freshman Nina Jackson of Martinsville, Ind., and sophomore Taylor Koeller of Marissa made the All-Tournament Team after shooting 89 and 91, respectively. Jackson finished in a tie for third and Koeller took fifth.

Other players contributing to the Lady Warriors' team score were sophomore Lexie Shoemaker of Mt. Vernon at 91 and freshman Chandra Weddle of Royalton at 96. Kylee Henager of Mt. Carmel played as an individual and shot a 99, as did Laura Bremer of Vienna, who finished with a 93.

Watch for the Lady Warriors to start things up in the spring season of 2013. Read more about the team online at [www.rlc.edu/warriors](http://www.rlc.edu/warriors).

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Rend Lake College Softball team

## Three wins, a shutout & pizza

### RLC softball team takes on tourney in Tennessee

BY ALAINA REEVES  
RLC SOFTBALL CATCHER

The Rend Lake College softball team competed at the University of Tennessee-Martin's annual fall classic, Sept. 21 and 22.

Not only did the university provide a tough, 18-team lineup of competitors, it always helps raise awareness and funds for breast cancer. All proceeds from the two-day

event were given to the Susan G. Komen Foundation for breast cancer research.

Among the teams present was mine, the Lady Warriors of RLC. We began our three-hour bus trek Friday and arrived at the sports complex ready to win. We played six complete games in less than 30 hours over the two-day tournament. We went 3-3 on the weekend with wins over Dyersburg State,

Northeast Mississippi College and a two-hit shutout of NCAA DI Austin Peay's varsity team.

Although we were there on "business" we still managed to make time for fun. The team stayed at the Hampton Inn in Union City on Friday night. Overnight stays seem to always require some sort of adventure and it did not disappoint. We enjoyed the usual experience of a college softball team on

the road — pizza deliveries and sleepless nights.

I think the fall featured a fairly positive preview as to what will happen in the spring season. We shut out and swept one of our school's biggest rivals, John A. Logan College, and beat a few other foes in the Great Rivers Athletic Conference. Looking ahead to next semester's lineup has really given the team the desire to thrive at the college level.

## ACL surgery draws attention for Lady Warriors' Burge

BY JOSH MYERS  
RLC NEWSPAPER STAFF

The dreaded ACL tear. It can mean the end of a career for an athlete. But with advancements in arthroscopic surgery, athletes have more options and a better chance for a full recovery.

The usual methods to repair the ACL involve grafting the hamstring or even part of the ACL on the uninjured leg. Rend Lake College women's tennis player freshman Alyssa Burge of Mt. Vernon, opted for another road to recovery. It's one that has drawn some wincing and friendly jawing from her fellow Lady Warriors.

Burge injured her ACL back in April and did not play a single point this fall for Rend Lake. She is expected to be recovered by next month, if the surgery using the tendon of a cadaver worked.

She feels the surgery was the best choice for her.

"I thought it was a better idea than getting part of my hamstring to be used for my new ACL, because then I would have had a weaker hamstring and a much longer recovery time, compared to a cadaver ACL," Burge commented.

The Lady Warriors could definitely use her. The team was unable to claim a match win this fall, its off-season, due to a shortage of personnel. Head Coach Dave Junkins is looking to add at least two more players for the spring.

Burge knows it may take some time before she gets back into the swing of things, but she doesn't expect any setbacks for the spring season.

"Once the spring season starts back up around January and February, I should be ready to play," Burge commented. "I'll probably have a little bit of trouble in the beginning. It's a matter of working [my knee] back out and getting used to it again."

She knows her mechanics will be a little off as well. "I haven't been bending or running, so I kind of have to get used to playing tennis again and using proper footwork," she added.

When Burge was first told of the arthroscopic option to use the tendon of a

deceased donor, she didn't know what to think.

"It kind of weirded me out at first, but then I realized that it was so small. I didn't notice much of a difference."

Her friends like to have fun with her about her new ACL.

"They sometimes joke around and say I probably got a really fast runner's ACL or something like that to make me laugh," Burge added. "Usually everyone thinks it's really cool or really weird."

With all the interest that surrounds her ligament, she now enjoys talking



about it. She is writing a letter to thank the family of the donor for her gift.

"Now I just think it's a good story to tell."



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## Fantasy Football Challenge

WEEK 4

RLC Sports Writers Mark Hopkins and Josh Myers are going head-to-head this Fantasy Football season. They tossed a coin, held a draft and here we are. Who's ready for some fake football?!

Mark's Team			Josh's Team		
Pos	Player	Pts	Pts	Player	Pos
QB	M. Ryan (ATL)..... 25 E. Manning (NYG)	82	99.....	(NO) D. Brees 28 .....(GB) A. Rodgers	QB
RB	R. Rice (BAL)..... 8 C.J Spiller (BUF) R. Bush (MIA) A. Peterson (MIN)..... 12	8	14.....	(HOU) A. Foster 13 .....(PHI) L. McCoy (SF) F. Gore (SEA) M. Lynch	RB
WR	V. Cruz (NYG)..... 16 S. Smith (CAR)..... 4 V. Jackson (TB)..... 16	16	5 .....	(DET) C. Johnson 19 .....(CHI) B. Marshall 12 .....(ARI) L. Fitzgerald	WR
TE	T. Gonzalez (ATL) J. Graham (NO)..... 7	7	14.....	(NE) R. Gronkowski (SF) V. Davis	TE
K	L. Tynes (NYG) M. Bryant (ATL)..... 14	14	11 .....	(CHI) R. Gould (GB) M. Crosby	K
DEF	Texans..... 24 Ravens	24	25 .....	Bears 49ers	DEF
Week 4 Total Pts..... 126			141 .....		Week 4 Total Pts
FF Total Pts..... 208			240 .....		FF Total Pts

This symbol means the guys picked that player to start.

Fantasy Football Tip for Week 5 -

Week five of the NFL season would be a good week to start Chicago running back Matt Forte. Forte and his Bears are taking on the Jacksonville Jaguars this week. The Jaguars' defense is in the bottom third of the league in rush defense (ESPN.com). Forte will get a lot of carries as the Bears offense is looking to get more balanced and protect the offensive line.

Also look for quarterback Jay Cutler to target Forte a lot out of the backfield to gain easy yards. Arian Foster, whose role is very similar to Forte's, rushed for 110 yards and a touchdown on 28 carries and caught six passes for 37 yards against the Jacksonville defense in week 2. The Bears haven't had a consistent running game yet, but look for it to get in full swing starting this week. - Josh Myers

**SERVE'S UP —** Lady Warrior tennis player Alyssa Burge of Mt. Vernon will get the chance to continue her tennis career thanks to a transplanted ACL tendon from a cadaver.

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