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Rend Lake College staff Christina Kuberski, vice president of academic instruction, and Henry Leeck, dean of liberal arts, participated in the Higher Learning Commission's (HLC) Annual Conference, Sunday, March 29, in Chicago. At the RLC booth, Kuberski and Leeck shared information about the college's First Year Experience (FYE) freshman orientation program, which was named the 2014 Quality Initiative Project by the HLC. Course goals include helping students engage on campus, learn organization skills, prepare to meet professional standards for behavior, and understand and successfully navigate the college culture. (Submitted Photo)

Softball splits at Lincoln Trail

ROBINSON, Ill. (March 30, 2015) — Rend Lake College Softball team split a match-up against Lincoln Trail College Sunday in Robinson. The Lady Warriors took the first game 11-3, but lost the second 4-8. RLC is now 12-12 overall and 6-6 in the Great Rivers Athletic Conference. For all things athletic at The Lake, visit www.rlc.edu/warriors.

JUCO SOFTBALL SCOREBOARD

— GAME 1 —

REND LAKE COLLEGE VS LINCOLN TRAIL COLLEGE

MARCH 29, 2015 AT ROBINSON, IL

RLC	3	2	0	5	1	—	11	10	0
OCC	0	0	0	3	0	—	3	6	2

Pitching: Emily Jenkins (Benton, Ky.) W; Miranda Claise (Lincoln Trail) L
 Hitters for The Lake: Jordyn Wieland (Pinckneyville) 2-4, 12B, 1RBI; Sara Dixon (Benton) 2-2, 3RBI

— GAME 2 —

REND LAKE COLLEGE VS LINCOLN TRAIL COLLEGE

MARCH 29, 2015 AT ROBINSON, IL

RLC	1	0	0	0	1	2	0	—	4	13	0
OCC	0	0	2	0	0	5	1	—	8	11	3

Pitching: Hayley Spicer (Sims) L; Haley Dunegan (Lincoln Trail) W
 Hitters for The Lake: Jordyn Wieland (Pinckneyville) 3-4; Katie Shubert (Coulterville) 2-4, 1RBI; Sara Dixon (Benton) 2-3, 1RBI



Catcher Sara Dixon (Benton) went an overall 4-5 with 4 RBI in RLC's split at Lincoln Trail.



HLC 2015

Christina Kuberski, RIGHT, RLC Vice President of Academic Instruction, spoke during the HLC 2015 Annual Conference about the college's First Year Experience program. The new program started with the need to revamp the then-online orientation process for incoming freshmen at RLC. Now the course is a face-to-face setup and is designed to build stronger connections between students and the faculty and staff. Also pictured is Abby Stott, manager of products at Tk20. (Submitted Photo)

Reader with high blood pressure needs to exercise

BY HARRIETTE COLE

UNIVERSAL

DEAR HARRIETTE: My family has a history of hypertension and high blood pressure. I recently went to the doctor for my annual checkup, and she was pleased with my overall physical health; however, she told me that my blood pressure was a bit high for her liking. My doctor told me that I would need to add an exercise regimen to help reduce my blood pressure. How do I fit an exercise regimen into an already busy schedule? — *Releasing the Pressure, Brooklyn, New York*

DEAR HARRIETTE: Health challenges such as yours present the requirement of a

lifestyle change in order for you to stay healthy — or even alive. Yes, this may seem daunting, but it is true. High blood pressure is called “the silent killer” because it commonly has minimal side effects, yet it can and has caused strokes in thousands of unknowing victims. Doctors do suggest that exercise, healthy eating and weight loss can significantly reduce or even eliminate high blood pressure — in some people. Even if high blood pressure doesn't go away, these things are good for you.

Will it be hard to add daily movement into a tight schedule that did not previously include physical activity? Sure. You have to decide that your life is

worth it. Once you do, get support by joining a walking group, a gym, Weight Watchers or some other group activity that will keep you honest about your developing routine. Reduce your sodium intake, cut out the alcohol, shy away from fatty foods and put the kibosh on stress. Easier said than done, I know, but if you put yourself first, you create a chance to live the life you envision for yourself. You can do it!

DEAR HARRIETTE: My boyfriend called me to tell me about his long-distance “girlfriend” — I say that loosely because he has seen her only once. He told his phone friend that he is seeing someone in the same city he lives in, and

SENSE & SENSITIVITY

by HARRIETTE COLE



she was not pleased with my man's confession. She insisted that he dissolve our relationship immediately, but I am so happy that he did not listen to her. Going forward, how can we continue to reinforce our relationship? I like what we have together. — *Budding*

Relationship continues on page 2

Lady Warriors Tennis on a roll!

Team sweeps Fontbonne 9-0

ST. LOUIS, Mo. (March 29, 2015) — Lady Warriors tennis remains undefeated this spring. Its latest challenge, Fontbonne University, resulted in a 9-0 sweep of the Lady Griffins, Sunday, in St. Louis.

RLC sophomores Sydney Crews (Mt. Vernon), Paige

Hutchcraft (Benton), Evelyn Mendez (Benton), Marisa Uhlis (Mt. Vernon), and Katie Wall (Mt. Vernon), and freshman Emily Culbreth (Benton) defeated their opponents in singles and doubles.

Next up for RLC was a region preview with Lewis & Clark yesterday in Godfrey. For results, visit www.rlc.edu/warriors. The Lady Warriors will host Kaskaskia at 3 p.m. Monday, April 6 on the Veterans Park courts in Mount Vernon.

INSIDE:

- Chicken & Rice Casserole Recipe. 2
- Diet Can Help Your Bones 3
- Classifieds 4

Bring back this casserole



BY MARIALISA CALTA

UNIVERSAL



Are you harried? No time to cook? It's tempting to think: "Bring back the casserole!"

Casserole cookery, food historians tell us, reached its height in the United States in the 1950s and 1960s, right about the time people started entertaining in a more casual manner (brunch, backyard cookouts), light-weight metal and glassware appeared on the market, and women's magazines began promising (as they still do) to liberate their readers from long hours over the stove.

But casserole cookery is ancient. The word "casserole" is French in origin and refers to the cooking vessel, but evolved, over time, to also refer to the food inside it. John Mariani, in "The Dictionary of American Food and Drink," says the word first appeared in English in 1708. Nearly every culture has dishes that are baked "en casserole." But it was in the U.S. that the casserole took on the meaning of a "one-dish meal" with protein, vegetables and starch combined.

The problem with most casserole recipes, however, is that they don't actually live up to their promise. Take the iconic Tuna Noodle Casserole. It's got the protein (tuna) and the starch (noodles). But veggies? You could count the microscopic mushroom pieces in the cream of mushroom soup called for in the recipe. Some people throw in some peas, which hardly makes it a vegetable-rich dish.

"The Oxford Companion to American Food and Drink" names five casseroles in its entry on the subject: Tuna Noodle (introduced in the 1930s), Tater Tot Casserole (creamed soup, ground beef, tater tots), Green Bean Casserole (green beans, creamed soup, fried onion rings), Yankee Oyster Casserole (oysters, oyster crackers, cream and butter) and King Ranch Casserole (chicken, cheese, tortilla chips and two kinds of creamed soup). These are light on vegeta-

A baked dish of brown rice, lots of veggies and chicken makes for a tasty and healthy one-dish meal. (Photo by Universal)

bles and heavy on cream or cheese, salt and starch.

Consider most of the casseroles you probably have seen or eaten lately: Italian or Mexican lasagna, mac and cheese, franks and beans. Same story.

A close examination of two casserole cookbooks published since the turn of the 21st century found precious few recipes that live up to the idea of a healthful, tasty, one-dish meal. There were some terrific dishes with the instructions to "serve over rice" or couscous or pasta. There were several that required a salad to round out the meal. But this defeats the entire purpose of the casserole, and complicates your life when the entire point is to simplify it.

Fortunately, I have THE casserole recipe. It is truly a one-dish meal that offers a perfect balance of starch (brown rice), vegetables (broccoli, mushrooms, onions, bell peppers) and protein (chicken). It is Maya's Mom's Chicken and Rice Casserole from the "River Run Cookbook" by Jimmy and Maya Kennedy. I helped Jimmy and Maya write that cookbook, and I make this casserole often. Maya's mom, a talented artist and thoroughly memorable person, is no longer with us, but her recipe lives on.

Don't bring back just any casserole. Bring back Maya's mom's!

MAYA'S MOM'S CHICKEN AND RICE CASSEROLE

Yield: 8 servings

INGREDIENTS

- 2 cups chicken stock
- 2 tablespoons olive oil
- 8 chicken pieces (thighs work well)
- 1 medium onion, coarsely chopped

- 2 cloves garlic, minced
- 2 thick slices fresh ginger, peeled and minced
- 2 red bell peppers, seeded and coarsely chopped
- 1/2 pound white button or brown crimini mushrooms, sliced
- 2 cups broccoli florets
- 1 1/2 cups uncooked brown rice, or mixture of brown, wild and white rice
- 1 cup white wine or white vermouth
- Salt and freshly ground pepper to taste

Center a rack in the oven and preheat to 350 degrees.

Heat the stock in a small pot until simmering, and keep hot.

You can skin the chicken if you like, or, with scissors, simply trim off the heavy pieces of fat. Heat oil over medium heat in a 10- to 12-inch cast-iron skillet. Cook the chicken skin-side down until it begins to brown, about 4 minutes, and turn over and cook another 3 to 4 minutes. Remove from the pan and set aside on a plate.

Drain all but two tablespoons of the fat from the skillet. Return the pan to the heat and add the onion, garlic, ginger, bell pepper, mushrooms and broccoli. Stir-fry lightly, about 3 minutes. Add rice and cook, stirring, for 2 minutes. Add the hot stock and wine; stir and simmer for about 5 minutes.

Scrape the mixture from the skillet into a 13-by-9-inch baking dish and place the chicken on top. Be sure to pour in any juices that accumulated while the chicken rested. Season to taste with salt and pepper. Bake about 1 hour, or until rice is cooked. Serve hot.

(Recipe from "The River Run Cookbook" by Jimmy and Maya Kennedy; Harper-Collins, 2001.)

Relationship

continued from page 1

Relationship, West Orange, New Jersey

DEAR BUDDING RELATIONSHIP: It's a good sign that your boyfriend told you about his phone relationship. Find out more from him about what this woman means to him and whether he intends to stay in touch with her. Express to him

how much you are enjoying the time you are spending together. Make it clear to him that you want to see how your relationship blossoms and that you are excited about the possibilities. Add that you do not want to be in the middle of another relationship. Ask him directly if he is finished with this woman and if he chooses to be with you. Yes, that can seem pushy, but you

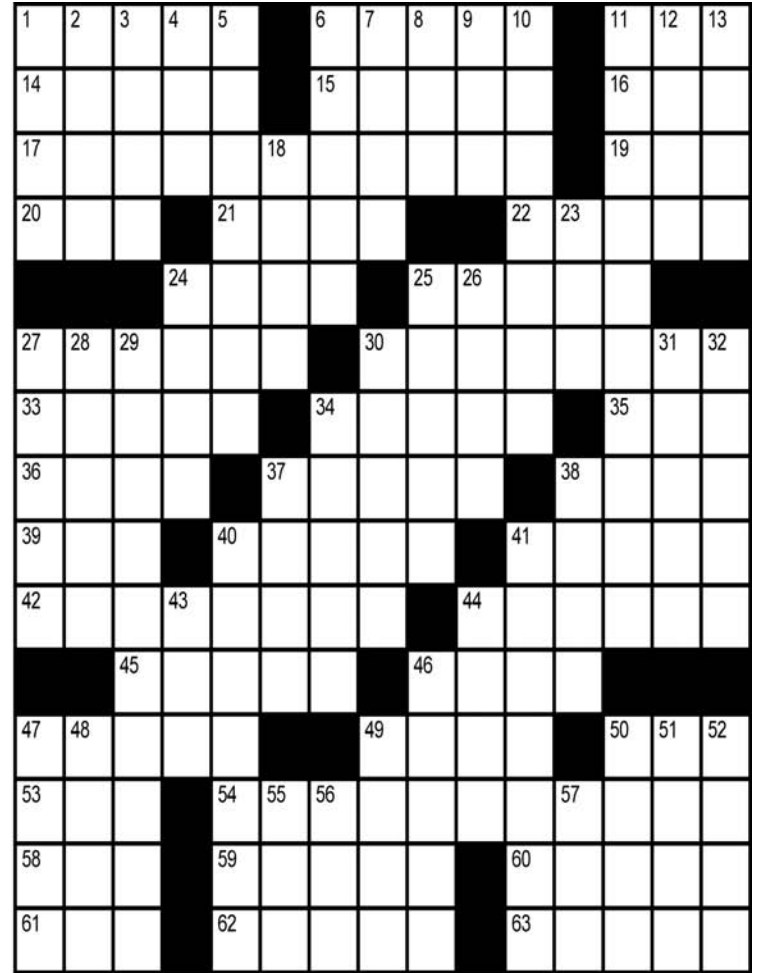
deserve to know. If he's got unresolved issues to handle with her, you can step back until he is available to be with you.

(Lifestylist and author Harriette Cole is president and creative director of Harriette Cole Media. You can send questions to askharriette@harriettecole.com or c/o Universal Uclick, 1130 Walnut St., Kansas City, MO 64106.)

Crossword

Across

- 1 Clinton moniker
- 6 Road through the Twin Cities
- 11 Umpteen's ordinal
- 14 Moving aid
- 15 Smirnoff rival
- 16 Riches from ditches
- 17 "Easy!"
- 19 Unit-cost word
- 20 Any ship
- 21 "Wow"
- 22 All wound up
- 24 Costing nothing
- 25 V.P. Agnew
- 27 Inspector Gadget's arch-nemesis
- 30 Bit of the backbone
- 33 "Over There" songwriter
- 34 Hospital staffers
- 35 Experimental area
- 36 Cut, as nails
- 37 "Easy!"
- 38 Group of girls
- 39 Entire
- 40 "Superman" reporter
- 41 Apple-family fruits
- 42 Lamp locales
- 44 Choice poultry
- 45 Messy kin of "thud"
- 46 New Haven collegians
- 47 17th-century diarist Samuel
- 49 In the middle of
- 50 Chewable stick
- 53 Web address
- 54 "Easy!"
- 58 FBI's cousin
- 59 Lease signatory
- 60 Exterior
- 61 All-important
- 62 Hot rum drink
- 63 Acting Witherspoon



Down

- 1 Signs of spring
- 2 "Doesn't look good"
- 3 Thorn in one's side
- 4 However
- 5 He almost won
- 6 #2 hit for Bill Withers in 1972
- 7 Dog command
- 8 Pull-up diaper wearer
- 9 Dubya classmate
- 10 Birdbrains
- 11 "Easy!"
- 12 Christmas purchase
- 13 ___ mentality
- 18 "Glad that's over!"
- 23 Extreme soreness
- 24 Hullabaloo
- 25 Type of car
- 26 Get ready for
- 27 1983 Mr. T film
- 28 Esther of TV
- 29 "Easy!"
- 30 Tarzan's transports
- 31 Portentous bird
- 32 Really deep hole
- 34 Valuable
- 37 TV's Hawkeye
- 38 Punches
- 40 Garage floor sight
- 41 Suffered on account of
- 43 Langley trainee
- 44 Sister in myth
- 46 Grinder's need
- 47 Hockey disk
- 48 Canal to Buffalo
- 49 Nailed on the links
- 50 Portcullis
- 51 Small guitars, briefly
- 52 Fille's mother
- 55 "Sands of ___ Jima"
- 56 Wrap up
- 57 Theatrical signal

Solution to Crossword puzzle printed on page 3.

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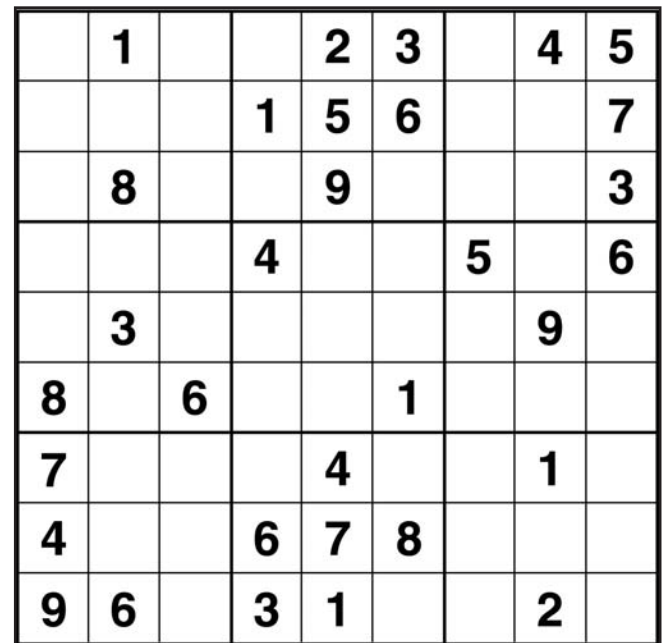


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Sudoku



Solution to Sudoku puzzle printed on page 3.

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Heart-healthy diet is also good for your bones



BY ANTHONY L. KOMAROFF, M.D.

UNIVERSAL

DEAR DOCTOR K: I am at increased risk for osteoporosis. Are there any foods or drinks I should avoid?

DEAR READER: Osteoporosis is a bone-weakening condition that increases your risk of fractures. Though your bones may seem unchanging,

they are continuously being broken down and rebuilt. (I've included an illustration of this process.) Osteoporosis occurs when more bone is broken down than is rebuilt.

Osteoporosis is most common in postmenopausal women, but other people are also at risk. These include people with thyroid problems or eating disorders, and those who have used oral corticosteroid medications on a long-term basis.

Some foods you eat can make you more likely to get osteoporosis. On the other hand, some foods can reduce your risk.

There is evidence that several common food substances, taken in large amounts, may be harmful to

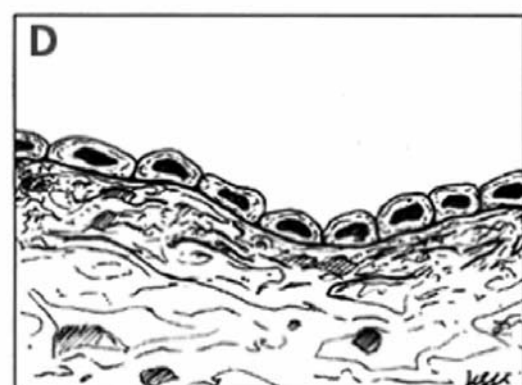
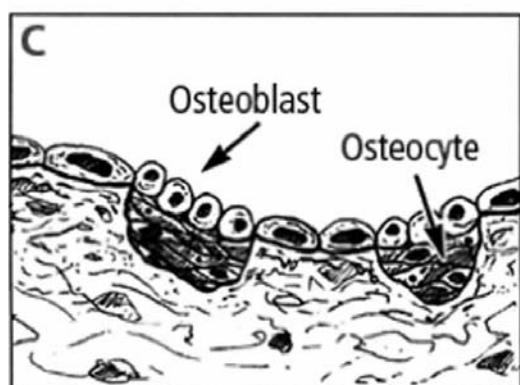
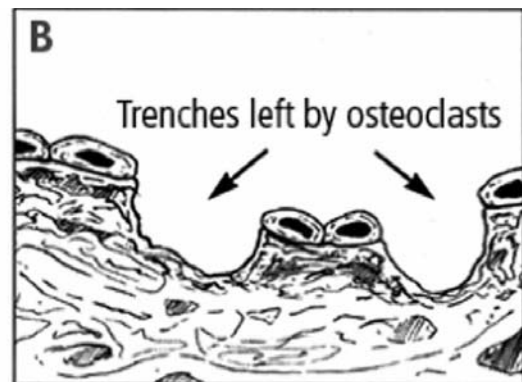
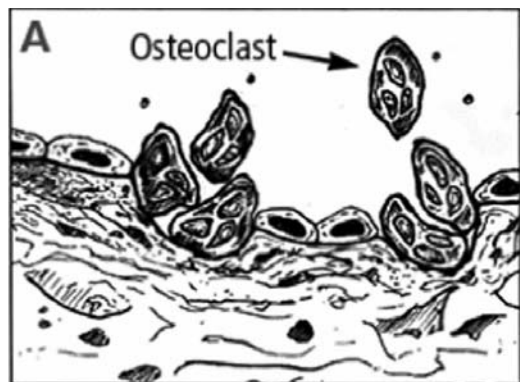
bone health. I wouldn't call the evidence airtight, but it is strong enough that I'd advise anyone at risk for osteoporosis to limit their intake of these substances:

CAFFEINE. Drinking four or more cups of coffee a day can increase your risk of breaking a bone. The evidence is pretty strong. So, you may want to forgo that fourth cup.

PROTEIN. High levels of protein, particularly protein from animal sources, may cause bones to lose calcium. This issue is still being investigated, and there is no consensus on how much, if any, protein may be harmful to bones.

For now, I wouldn't worry about protein harming your bones. Of course, as we've said here many times, the saturated fats that come with animal protein are not heart-healthy, so they should be eaten sparingly.

ALCOHOL. People who consume more than two drinks per day may be at moderately higher risk of low bone density and fractures, compared with nondrinkers. On the other hand, some studies have found that moderate drinkers — men who have one or two drinks per day, and women who have one drink per day — have greater bone



mass.

VITAMIN A. Several studies have found a link between high vitamin A intake and fractures. Try not to exceed the current recommended daily amount of vitamin A, which is 700 micrograms (mcg) for women and 900 mcg for men.

As for the foods that help build bone, there are several:

CALCIUM is the primary building block of bone. It is found in dairy products,

spinach, dried beans, nuts, and fortified juices and cereals.

VITAMIN D. Vitamin D helps raise calcium levels in the blood and helps calcium get into bone. Vitamin D is found in eggs, certain fish and liver. Many people also benefit from taking a vitamin D supplement.

VITAMIN K helps blood clot, and (like vitamin D) also helps calcium get into bone. It is

found in spinach, broccoli, Brussels sprouts, scallions, asparagus, cabbage and certain herbs.

Fortunately, a diet that protects bone health also tends to be healthy for the heart.

(Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, go to AskDoctorK.com, or write: Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.)

Solution to page 2 Crossword puzzle.

E	S	E	R		A	D	D	O		A	K
R	E	T	U		R	E	N	W	O	A	V
K	E	A	C		F	O	E	C	P	I	E
M	U	G		D	A	M	I		S	A	P
			S		L	I	E	L	A	T	S
S	N	O	P		C	A	P	S	I	D	E
S	E	M	O		P	N	E	S	L	O	L
A	V	E	B		P	N	A	S	A	P	L
B	L	A	B		S	A	I	D	E	S	A
R	A	B	R		A	V	E	R	T	E	R
			O		R	I	R	E	S	P	I
D					W	I	R	E			
R					E	A	T	I			
E					O	L	I				
H					N	T	E	N			

Solution to page 2 Sudoku puzzle.

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

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