



Les Mis tonight!

Never performed on the RLC stage before, the hardworking actors and actresses will bring *Les Misérables* tonight through Sunday, April 9-12, at the RLC Theatre. Don't miss it! Order tickets through the box office now at (618) 437-5321 ext. 1467, or buy tickets at the door. (Taylor Blankenship / Clocktower Chronicle Staff Photographer)

'Les Misérables' opens tonight!

BY REANNE PALMER

RLC PUBLIC INFORMATION

Spend an evening at Rend Lake College to enjoy the 2015 Spring Musical "Les Misérables." The show opens at 7 p.m., tonight, Thursday, April 9 in the RLC Theatre and runs through Sunday, April 12.

Attendees will get a special

glimpse into life in 19th-century France as the cast and crew bring to life Victor Hugo's classic 1862 novel "Les Misérables." With an exceptionally large cast of 39 actors, RLC students and local community members have built the set and learned numerous songs and dances that will be sure to entertain families and children of all ages.

Join them and follow the struggles and successes of several characters living between 1815 and the 1832 June Rebellion in Paris, including Jean Valjean, the ex-convict; Javert, the police inspector; and Fantine, a working-class woman in the first Act. As the musical continues, characters such as Cosette, the child of Fantine; Marius Pontmercy, a

young law student; Monsieur and Madame Thénardier, a criminal husband and wife duo; Éponine, the eldest daughter of the Thénardiens; and Enjolras, the leader of the rebellion, will take the stage before the Rebellion, a symbol of the social injustice of the time.

"Les Misérables" will be on the RLC Theatre stage at 7 p.m.

Thursday – Saturday, April 9 – 11 and 2 p.m. Sunday, April 12. Tickets are on sale now and cost \$12 each. They can be purchased by calling the RLC Box Office at (618) 437-5321, Ext. 1467. Some tickets may also be available at the door on show night, if not sold out. For more information, visit www.rlc.edu/springmusical.

Phi Theta Kappa Rho Xi chapter inducts 73 students into 2015 class

BY REANNE PALMER

RLC PUBLIC INFORMATION

Seventy-three Rend Lake College students were inducted into the Phi Theta Kappa International Honor (PTK) Society Rho Xi chapter in the RLC Theatre. In addition to the inductees, one RLC faculty member, Emily Jones, was named the 2015 Teacher of the Year.

Kicking off the induction ceremony was Jena Jensik, PTK Sponsor and RLC director of academic advisement. Jensik congratulated the students and explained the importance of PTK to family and friends in the audience.

"Phi Theta Kappa International Honor Society serves to recognize and encourage the academic achievement of two-year college students and to provide them with opportunities for individual growth and development through honors, leadership, and service programming. I'm honored to serve these high achieving students," said Jensik. To the students, she added, "Along with your friends, family, and other Rend Lake Col-

lege employees, everyone in this room wants you to succeed, and we have your best interests in mind. Congratulations from all of us to you on this achievement."

RLC President Terry Wilkerson also congratulated the students on a job well done. He then encouraged them to continue striving to do their best.

"I want to say welcome and congratulations to all the students in this room," said Wilkerson. "From the college's perspective, we see you as both a customer and a product. As a customer, I hope you've found the value of this institution and that you're learning from us. As a product, I want you to know you're representing us. You'll always be a Rend Lake College graduate and you'll always be a member of this organization. Don't forget where you got your start, and I hope to see bright and beautiful things out of you in the future."

Before the 2015 class was formally inducted, 2014 Teacher of the Year Larry Williams, Zoology

Inductions continues on page 2



Classic and show cars of all makes and models attend the Cruise Nights at the RLC MarketPlace in Mt. Vernon. Everyone is welcome to attend this free event on the first Friday of every month. Pictured here is a 1935 Packard 1201 Coupe. (Photo by ReAnne Palmer / RLC Public Information)

Sixth Annual Cruise Nights returning to Rend Lake College MarketPlace

BY REANNE PALMER

RLC PUBLIC INFORMATION

It's time to get those old cars and trucks out of the garage and cleaned up for the Sixth Annual Cruise Nights, hosted by the Kingsmen Auto Club of Mt. Vernon and sponsored by the Rend Lake College MarketPlace. The Cruise Nights will be held from 6 – 9 p.m. on the first Friday of every month between April

and October.

Cruise Nights are held in the parking lot east of the RLC Golf Outlet at the RLC MarketPlace. All classic and show cars are welcome to attend every month, said Jim Hutchison, Kingsmen Auto Club president, but each month will have two types of featured cars, one of

Cruise continues on page 2

Hundreds planning trip to RLC for Health and Wellness Fair

BY REANNE PALMER

RLC PUBLIC INFORMATION

Hundreds of children, attendees, presenters, and vendors will be making their way to Rend Lake College next week for the Health and Wellness Fair, scheduled for 9 a.m. – 3 p.m., Friday, April 17.

There will be plenty of options to choose from for adults and children alike, ranging from free advice and information related to health from vendors, including health screenings, senior wellness, veteran health, smoking cessation, and more to the Healthy Body Walk for students.

Some of the specific booths include Alzheimer's disease care, fitness and activities, cancer awareness, healthy programs, nutrition, and disability services. A full list of the vendors and services is listed on page three.

"There will be literally something for everyone who attends, regardless of age," said Beth Mandrell, RLC reference librarian. "Being able to get medical information

free of charge these days is a rarity so we encourage everyone to take advantage of an opportunity to get reliable health information as well as the prizes that will be given away at the end of the fair."

Many vendors will also be offering giveaways at their tables and several prizes will be awarded at the end of the fair. To enter into the prize drawings, be sure to sign in at the registration tables located inside the entrances of the gym.

Already with approximately 200 commitments from local schools, students will have the opportunity to interact with a giant human body in the Healthy Body Walk. They will start at the mouth of the body and traverse through the different parts and systems of the body. Other activities for children include game stations like Operation, Healthy Helpings, and Eat This Not That, in addition to face painting.

"The Healthy Body Walk will

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Phi Theta Kappa Rho Xi from Franklin County are, in alphabetical order, Marissa Battaglia (Royalton), Taylor Blankenship (Mulkeytown), Logan Buckner (Whittington), Megan Buntin (Benton), Emily Culbreth (Benton), William Cutsinger (Thompsonville), Sara Dixon (Benton), Zoie Flatt (Christopher), Brittany Goldsberry (Benton), Daniel Hagerman (Mulkeytown), Sally Heathcoat (Benton), Laryssa Hiller (Mulkeytown), Jacklyn Johnagin (Benton), Kaitlyn Jones (Thompsonville), Andrew Lampley (Benton), Lauren Leffler (Benton), Rachel Marlo (Sesser), Micah Neal (Benton), Alexis Newcomb (Benton), Kristin Odom (Benton), Emily Oxford (Benton), Joshua Schiff (Royalton), Dallas Williams (Benton), Jordan Wills (Benton), and Courtney Young (Buckner). Not pictured is Alan Fox (Sesser). (Photo by ReAnne Palmer / RLC Public Information)

Inductions
continued from page 1

Professor, spoke highly of the PTK students in his courses, and commended them for going above and beyond.

"I'm very honored to be here today to say congratulations to all of you," said Williams. "The members of Phi Theta Kappa represent the very best of the students at Rend Lake College. They go beyond just merely what is required. I am honored to speak to them today and wish them the very best in their lives. I hope they grow and increase their knowledge in the future, and use that knowledge to be a better person."

Jones then took to the podium to pass on a word of advice to the students



Phi Theta Kappa Rho Xi from Jefferson and Wayne counties are, in alphabetical order, Olivia Bailey (Mt. Vernon), Ashleigh Beaty (Bonnie), Casey Brandt (Mt. Vernon), Bryan Delaney (Texico), Kathleen Derkiek (Ina), Shannon Docherty (Opdyke), Julia Herzing (Scheller), Markarian Johnson (Mt. Vernon), Emily Lusby (Bluford), Joseph McDanel (Mt. Vernon), Alexis McKay (Mt. Vernon), Jeffrey Nociar (Ina), Claire Pytlinski (Waltonville), Courtney Scarbrough (Mt. Vernon), Kelsey Shannon (Mt. Vernon), Rachel Spotanski (Waltonville), Mary Stanfield (Mt. Vernon), Gracie Tate (Mt. Vernon), Diana Williams (Mt. Vernon), and Kenna Zeigler (Wayne City). Not pictured is Courtney Girvan (Bluford), David Jeter (Mt. Vernon), and James Kallmbah (Mt. Vernon). (Photo by ReAnne Palmer / RLC Public Information)

who will continue their education in the years to come. Jones is a Biological Sciences Instructor at RLC.

"I have only one regret as an undergraduate. It's a common mistake to get caught up in just getting

through a course and not focusing on the learning," said Jones. "When I got to graduate school, I had to

re-teach myself many things. I missed that opportunity, but you shouldn't. I advise you not to look at your classes like an obstacle, but to always ask 'why.' You have a great tool at your disposal — the faculty. Use us. You'll want to get something out of these classes, not just pass them. Remember this, and good luck in your future. Congrat-

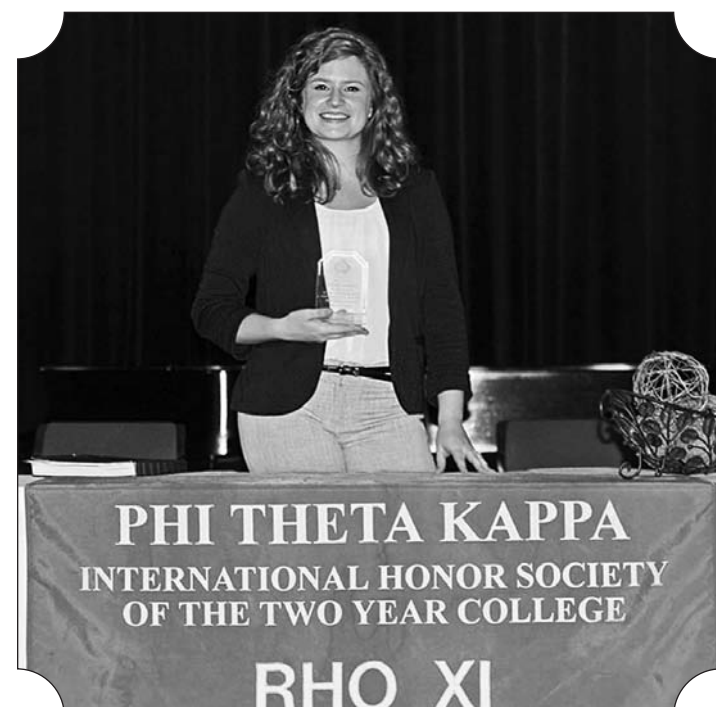
ulations." The inductees then signed their name into the chapter's record book as Aaron Ramsey, PTK Rho Xi President called them to the stage. After the formal induction, the students enjoyed refreshments and snacks at a reception in the Theatre Lobby. Rhonda Jourdan accompanied the ceremony on the piano.



Phi Theta Kapa Rho Xi from Perry County are, in alphabetical order, Danielle Bruns (Pinckneyville), Denise Bruns (Pinckneyville), Dana Harris (Pinckneyville), Leah Hopp (Pinckneyville), Jordan Koengstein (Tamaroa), Callie Priebe (Pinckneyville), Logan Queen (Pinckneyville), Tyler Reiman (Pinckneyville), Katherine Shubert (Ina), Jordyn Wieland (Pinckneyville), and Leigha Yeager (Tamaroa). (Photo by ReAnne Palmer / RLC Public Information)



Phi Theta Kappa Rho Xi from Hamilton, Monroe, Washington, Wayne, White, and Williamson counties are, in alphabetical order, Adam Cross (Dahlgren), Tyler Cross (Dahlgren), Kristin Brentlinger (Wayne City), Jonathan Dauby (Springerton), Temetra Gibson (Herrin), Sarah Headd (Marion), Jerrica Money (Carmi), Brett Morr (Columbia), Hayley Spicer (Sims), Yuting Zhang (Dahlgren), and Miriam Ziehm (Dahlgren). Not pictured are Jaqueline Kellerman (Oakdale) and Ellie Sigman (Chaffee, Mo.). (Photo by ReAnne Palmer / RLC Public Information)



PTK Teacher of the Year
Emily Jones, RLC biological sciences instructor, was chosen by the PTK Class of 2015 as the Teacher of the Year. Students said Jones helped them both in class and outside of class with scholarship recommendation letters. (Photo by ReAnne Palmer / RLC Public Information)

Cruise
continued from page 1

each will be drawn to receive a plaque.

"We don't judge the cars during the Cruise Nights like big car shows do," explained Hutchison. "The guy with the \$10,000 car has the same chance to win as the guy with the \$50,000 car. But anyone can bring any type of classic or show car to the Cruise Nights. In April, we're featuring Mopars and Trucks, so an owner of a Mopar and an owner of a truck will receive a plaque."

After April, the other Cruise Nights are: May 1, featuring Camaros and Mustangs; June 5, featuring Fords and Convertibles; July 3, featuring Tri-5 Chevys and Rat Rods; Aug. 7, featuring Street Rods and Race Cars; Sept. 4, featuring GMs (Buick, Olds, and Pontiac) and Orphan Cars; and Oct. 2, featuring Chevrolets (1958 and newer) and Corvettes. Anyone is welcome to

bring a car to the Cruise Nights for free. There will be free refreshments for those who participate, as well as door prizes, a 50/50 drawing, and live music.

"Our Cruise Nights are free to everyone and for the family. We want everyone to bring the kids, bring everybody, and enjoy the cars," said Hutchison. "It doesn't cost a dime to see the variety of collectable, muscle, and antique cars that will be there. The economy is still tough, so it's pretty rare to find something the whole family can enjoy."

This year also marks the 55th year for the Kingsmen Auto Club, which was established in 1960. President Jim Hutchison explained that the club was founded in 1960, but disbanded around 1974 before picking back up again in 2007. Many of the club's 50 members focus on older automobiles dating from the 1930s through the 1960s.

For more information, contact Jim Hutchison at (618) 244-7711.

Rend Lake College Clocktower Chronicle

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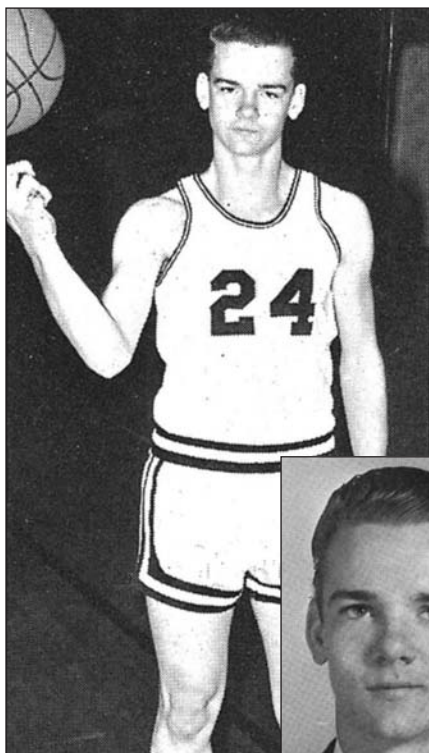
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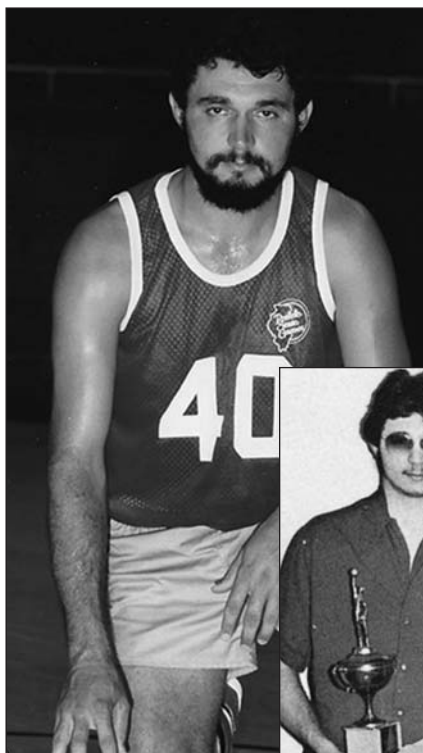
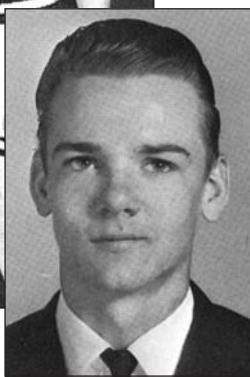


ATHLETICS

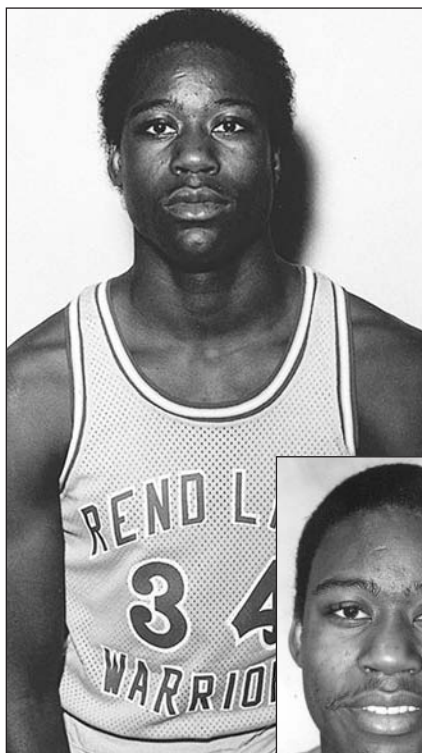
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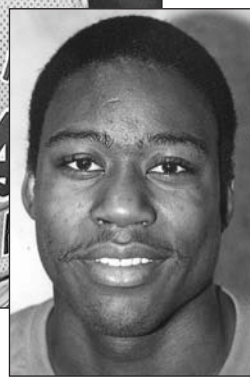
Dean Jackson, 1967



Jerry Wilson, 1979



Michael Ayers, 1986



Jennifer Wren, 1999



RLC inducts several to sports Hall of Fame

BY BOB KELLEY

RETIRED RLC SPORTS INFORMATION DIRECTOR

NA, Ill. (March 30, 2015) — "Generations of Excellence" was the slogan attached to a Rend Lake College Foundation campaign which was introduced in the mid-'90s and proved ultra-successful in both its fund-raising and friend-raising efforts within communities district-wide.

With that in mind, "Decades of Destinies" might be an apropos catchphrase for a diverse quartet of former student-athletes whose deeds on the hardwood or playing field bring them together on center stage for 16th Annual Rend Lake College Sports Hall of Fame Induction Ceremonies Saturday, April 18.

Spanning the decades, albeit by happenstance only and not by design, the cast of characters personified by their athletic accomplishments.

Representing the 1960s is Mt. Vernon Community College Men's Basketball dynamo Dean Jackson (MVCC Class of '67), a 5-foot-8 import from Wayne City who was forced into a role of scoring 27.2 percent of his team's points overall as a freshman, a much greater percentage than that following the mid-season loss of three

other starters.

Representing the 1970s is Men's Basketball Double-Double Machine Jerry Wilson (RLC Class of '79), a former Mt. Vernon Ram whose Warriors days were reduced by injury to little more than one very productive sophomore season as a deceptive, 6-5, 200-pound frontline "beast" whose playing career seemingly got better and better with age.

Representing the 1980s is Men's Basketball natural leader both on- and off-the-court Michael Ayers (RLC Class of '86), part of a long-standing Cairo Connection and a versatile, 6-4, 190-pound swingman with a knack for making great first impressions with little drop-off in production.

Representing the 1990s is record-setting Softball hurler Jennifer Wren (RLC Class of '99), who entered college as a Kentucky prep phenom and All-America status with 87 wins, 14 no-hitters and a starting performance in a state championship season to her credit before departing with six of seven Lady Warrior Single-Season Pitching records set as a freshman and three more Career Pitching standards as well.

Jackson, Wilson, and Ayers bring the total of Men's Bas-

ketball individual selections to eight, the highest total for any sport but the first since 2006. Wren's inclusion ups the Softball total to seven, tying that sport with Baseball and Track and Field for second-most.

Men's Basketball likewise is represented by the 1988-89 Team and Alumni Coach Brad Weathers. The 1995-96 NJCAA Fast-Pitch National Championship contenders were recognized as a whole in Fall 2009.

Both Wilson and Wren will be joining former teammates. Sophomore Wilson and newcomer Doug Creel, elected as a Charter Member, gave the Warriors a potent 1-2 punch during the 1978-79 campaign. Wren and First Team All-America first baseman Jennifer Calandrilla, a 2007 inductee, were classmates and teammates from 1997-99.

Two-sport star Jackson was a welcome veteran for Coach Jim Waugh in his first season. He was a sharpshooter who averaged 17.3 points per game and took advantage of his quickness to draw enough fouls to set free throw records — 228 made, 317 attempts (.715), helped by 78.2 percent accuracy as a sophomore — which stood for several seasons. He scored in double figures in 35 of 41 games over two winters, with a high of 40 in a 57-48 setback against Olney.

Wilson taught for many years with Jackson at Wayne City High School during a 14-year coaching career with the Indians. Wilson recovered from torn ligaments in his ankle as a freshman to lead the 18-11 Warriors in '78-79 with highs of 511 points (58.7% FG), 17.6 ppg, 343 rebounds (24 shy of the team record) and 11.8 rpg. He netted 39 points against Parkland, led RLC to a championship at the Land of Lincoln Holiday Classic and earned All-SICC and All-Region IV distinction before a rewarding two-year career at Missouri Southern State University capped by NAIA Academic All-America distinction. In recent years he is recognized more as Pastor of a growing congregation at Fouts Christian Church.

Among many fast starts by Ayers, Most Valuable "Big Player" recognition at the Land of Lincoln Holiday Classic after joining the Warriors as a mid-season transfer, which eventually resulted in a "Rookie of the Year" vote by his teammates; a 42-point eruption to begin Year Two at Dyersburg (TN) State on 17-28 FG, 8-9 FT, despite becoming one of five Warriors to exit early via fouls in a road win; Summit League "Newcomer of the Year" honors, the first Western Illinois University player to do so. As RLC

sophomore reached double-figures in all 33 games — 20 or more in nine — with a high of 37 in a post-season upset of No. 1 seed, including all nine of team's overtime points.

Tallied 709 points as a sophomore, No. 3 all-time, and 996 total, fifth behind four other Hall-of-Famers, as a First Team All-GRAC and All-Region XXIV pick. Yet Coach Mitch Haskins preferred to emphasize, "The example Michael has set as a person is unparalleled... He has worked hard to epitomize the student-athlete."

Lady Warrior standards established by Freshman Wren — Wins, 32 (including a 14-5 Fall); Games Pitched, 56; Complete Games, 46 (all but one start), Innings Pitched, 321 1/3; Shutouts, 13, and Strikeouts, 162. GRAC "Freshman of the Year," All-Region XXIV, Region All-Tourney and team "MVP" also boasted 2.13 ERA. RLC Career bests were for Appearances (86), Complete Games (66) and Innings (477 1/3); second in Shutouts (15), third all-time in K's (257) and Wins (41-34). All too often victim of tough assignments (four-year foes) and lack of run support (one or no runs in nine losses first year). Also batted .300 and rated NJCAA Academic All-America before graduating to Mid-Continent University near Paducah home.

Election to the RLC Sports Hall of Fame requires a minimum 75 percent (seven) of the votes from a nine-member Selection Committee which considers those former student-athletes and others nominated.

The purpose is to recognize individuals and/or teams who, through leadership and character, have made exceptional contributions to the honor and prestige of Rend Lake College in the field of athletics and who have continued to demonstrate the values learned through participation in intercollegiate athletics in their daily lives.

Nominees may be from several categories — Former Athletes; Former Coaches; Former Teams; Alumni Coaches, and Sports Professionals (officials, writers and others). Nominations are considered after a five-year waiting period following the candidate's JUCO playing career or connection with the college.

The Selection Committee is comprised of representation from Rend Lake College administration and staff personnel, retired staff, previous Hall of Fame inductees and student representatives from various eras. Five members of the original Steering Committee are among the voting participants.

Four Charter Members

were welcomed into the RLC Sports Hall of Fame during Induction Ceremonies April 15, 2000. The Class of 2015 expands membership to 41 individuals (35 student-athletes, three coaches, and three others), nine teams, and four Track and Field relay foursomes.

The RLC Sports Hall of

Fame is located in the lobby area of the Aquatics Center, which also serves as the entrance to James (Hummer) Waugh Gymnasium. Reservations are required for the 2015 Induction Banquet by contacting the RLC Athletic Department at (618) 437-5321, Ext. 1250, or email oxford@rlc.edu.

All-Tourney Swofford leads Warriors to 2nd at Arkansas Golf Classic

BY REANNE PALMER

RLC SPORTS INFORMATION

EL DORADO, Ark. (March 31, 2015) — The Rend Lake College Men's Golf team was runner-up Tuesday at the two-day Mulerider Spring Classic, held at Mystic Golf Club in El Dorado, Ark. RLC fell one stroke behind host Southern Arkansas University (SAU) to finish the tournament at 638 (311-327).

Sophomore Blake Swofford (Vandalia) held on to his lead among the RLC athletes, finishing in a tie for fourth place overall at 158 (73-85) with SAU's Luke Williams. Fellow sophomore Matt Greenfield (Hassocks, England) landed one stroke behind at 159 (80-79). Team RLC was finished off by Luke

Robinson (United Kingdom) tied for ninth at 162 (80-82), and Jordan Harre (Nashville) and Dalton Korte (Metropolis) tied with one another for 13th place at 167.

After SAU and RLC, East Central came in third at 642 (320-322) and Ouachita Baptist University finished fourth at 738 (369-369). To view results from the Spring Classic, visit www.golfstat.com.

RLC will play in the Augustana Viking Golf Invitational on April 10-11 at Pinnacle Country Club in Milan before returning to their home course — the Rend Lake Golf Course — on April 19-20 for the RLC Spring Invitational. For all things athletic at The Lake, visit RLC online at www.rlc.edu/warriors.

Lady Warriors Softball loses two against Lake Land

NA, Ill. (April 5, 2015) — The Rend Lake College Lady Warriors Softball team lost a double-header against Lake Land College yesterday at home. They fell 0-12 in the first game, and 3-8 in the second. RLC is now 15-13 overall and 9-8 in the Great Rivers Athletic Conference. They will play Kaskaskia College in Centralia at 2 p.m. Tuesday. For all things athletic at The Lake, visit www.rlc.edu/warriors.

JUCO SOFTBALL SCOREBOARD

— GAME 1 —

REND LAKE COLLEGE VS LAKE LAND COLLEGE

APRIL 4, 2015 AT INA, IL

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| RLC | 0 | 0 | 0 | 0 | 0 | 0 | 0 | — | 0 | 3 | 2 |
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Pitching: Emily Jenkins (Benton, Ky.) L

— GAME 2 —

REND LAKE COLLEGE VS LAKE LAND COLLEGE

APRIL 4, 2015 AT INA, IL

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| RLC | 1 | 0 | 0 | 0 | 1 | 0 | 1 | — | 3 | 10 | 3 |
| OCC | 1 | 1 | 1 | 1 | 1 | 0 | 3 | — | 8 | 14 | 1 |

Pitching: Ashley Lehman (Marissa) L, 5 1/3IP, 1K; Kayla Piersol (West Frankfort) 1 2/3IP

Hitters for The Lake: Jordyn Wieland (Pinckneyville) 2-4; Ashley Modglin (Campbell Hill) 3-4, 2RBI; Christa Hill (Coulterville) 2-3, 2B; Katie Jones (Thompsonville) 2-3

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Women's Golf takes 7th at SIU Invitational

BY REANNE PALMER

RLC SPORTS INFORMATION

CARBONDALE, Ill. (March 30, 2015) — The Rend Lake College Women's Golf team fell two spots Monday at the Southern Illinois University (SIU) Saluki Invitational, finishing the tournament in 7th place with a score of 686 (342-344). The Invite was held at Hickory Ridge Golf Course in Carbondale.

RLC leader Ali Christian of Lewisville, Texas tied for 19th place at 165 (80-85) with Alice Ho and Xianmei Jin, both of SIU. She was followed by Kaylyn Fuhrhop (Okawville) in 32nd at 171 (87-84), Katie Garver (Campbell Hill) tied for 34th at 173 (88-85), Madison Burgett (Charleston) tied for 41st at 177 (87-90), and Ashley Sexton (Anderson, Ind.) tied for 52nd at 184 (94-90). Teammate Sarah



Ali Christian

Carlson (Pinckneyville) finished the Invite as an individual at 212 (111-101). SIU's A team took SIU Edwardsville's team out of first by one shot, ending at 636 (325-311). The B team finished third at 653 (333-320). To view the results from the Invite, visit www.golfstat.com. For all things athletic at The Lake, visit www.rlc.edu/warriors.



Byrd takes it hard at the goal in a game against Olney Central College back in December.

RLC guard Byrd named to All-Region XXIV team

BY REANNE PALMER

RLC SPORTS INFORMATION

REND LAKE COLLEGE freshman Dedic Byrd of Champaign has been named to the All-Region XXIV team for men's basketball.

Byrd averaged the team-high 13.1 points per game

for the Warriors, including 61.9 percent from the free-throw line, 42.6 percent of field goals, and 28 percent of three-pointers for a grand total of 328 points this season. He also logged 88 rebounds, 78 assists, and 37 steals throughout the season.

Head Coach Randy House

said he's looking forward to coaching Byrd next year as a returning sophomore.

"Dedic is a great athlete and a great student," said House. "He had an outstanding year as a freshman, and we're counting on him to be a leader next year."

Byrd is joined on the All-Region team by 2015 Region 24 Player of the Year Jordan Johnson (John Wood Community College), JaQuan Bryant (Parkland College), Corvon Butler (Parkland College), Brody



Dedic Byrd

Gronewold (John Wood Community College), Paxton Harmon (John Wood Community College), Adam Hendrix (Danville Area Community College), Eddie Longmeyer (Lincoln Land Community College), Cayman Meier (Danville Area Community College), Charles Sweat-Washington (Parkland College), Justin Taylor (Illinois Central College), and Najael Young (Lincoln College).

The RLC Warriors ended their season with a loss to No. 5 seed Lincoln College during the DII Region XXIV tournament. They ended their regular season at 14-15 and 5-11 in the Great Rivers Athletic Conference. For all things athletic at The Lake, visit www.rlc.edu/warriors.



Byrd directs traffic against Olney Central College.

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WALL & TABLE
- Metal Decor Sale**
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INCLUDES METAL CONTAINERS IN OUR FLORAL & CRAFT DEPARTMENTS
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- All Wicker, Decorative Boxes & Storage**
DOES NOT INCLUDE LARGE TRUNKS OR CRAFT & PAPER-CRAFTING STORAGE
- Framed Art & Canvas Art**
- Collage Frames**
- Men's Metal & Wood Decor**
WALL & TABLE
- Decorative Memo Boards, Chalkboards & Corkboards**
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Standing up

Several Rend Lake College AmeriCorps students supported a handful of nonprofit agencies in Mt. Vernon last week with the goal of raising awareness for child abuse prevention. With April being Child Abuse Awareness Month, more than 100 others joined the AmeriCorps workers in walking around the Jefferson County Courthouse, holding signs and wearing blue. Pictured are, FROM LEFT, Jessica Connaway of Mt. Vernon, Mollee Sager of Mt. Vernon, Elysia Piercy of Mt. Vernon, Maddie Michaud of Mt. Vernon, Wyatt Capps of Mt. Vernon, Kaskaskia College student Hannah Witzel, Shelby Mitchell of Woodlawn, and LaLa Rollins of Mt. Vernon. (Submitted Photo)



Bugging out in speech class

Rend Lake College student Emma Otten (Bonnie) partook of some bug-flavored pizza Monday night during a speech class on campus. The class learned about persuasive speeches last week, and decided to take the advice of one speaker by eating bugs. According to the speaker, at least half of the world's population eats bugs as a part of their diet. (Photo by ReAnne Palmer / RLC Public Information)

Fair

continued from page 1
allow children to pretend to enter the body through a large mouth. There will be six sections representing body systems including the mouth, stomach, heart, lungs, bones and muscles, and the skin," said Mandrell. "Inside each section, the children will learn about the body systems through interaction and character representation such as Mr. Tooth and his friend Tooth Paste. Children will also learn how to take care of their bodies through fitness, nutrition, and healthy lifestyles. The walk is geared for kindergarten through fifth grade children. We hope that schools who have not signed up will consider doing so."

All vendor booths will be located along the upper level of Waugh Gymnasium, the Aquatics Center lobby, and outside, weather permitting. The children's Body Walk, Yoga and Zumba activities will be located on the gymnasium floor. Food and beverages will be for sale by the RLC Culinary Arts and Nursing clubs.

In the Private Dining Area of the Student Center, the Healthy Hippie Chef Stacy Pasoni will be the main speaker. Other presenters include Jeff Bullard and Ron Meek covering self-defense, the Carbondale Women's Center concentrating on sexual assault prevention, the Safe Crisis Center focusing on domestic violence awareness, Jared Jessup performing Jiu Jitsu, and Tiffany Sievers covering elder law.

The Health and Wellness Fair is offered thanks to a Community Engagement Award of \$4,500 from the National Network of Libraries of Medicine Greater Midwest Region. The event will tie in with a health awareness week on campus, wherein a number of students on campus and RLC officials will be on hand to participate in the community education.

For more information about the Health and Wellness Fair, contact Beth Mandrell at (618) 437-5321, Ext. 1276 or mandrell@rlc.edu. For schools or teachers interested in bringing stu-

dents to the Healthy Body Walk, contact Kelli Stover at (618) 437-5321, Ext. 1280 or stoverk@rlc.edu to schedule a visit.

This project has been funded in whole or in part with Federal Funds from the National Library of Medicine, National Institutes of Health,

Department of Health and Human Services, under Contract No. HHSN-276-2011-00005C with the University of Illinois at Chicago.

VENDOR Service

- | | |
|---|---|
| ADDUS Assisted Living | MARION EYE CENTER Eye Care |
| AHEC-SCI Health Education Careers Healthy Body Walk for Children | MATT JACKSON Fit Kids — Xbox Fitness |
| ALPHA HOME CARE Medical Equipment | MEDICINE SHOPPE Prescription Services and Medical Equipment |
| AMERICAN CANCER SOCIETY Cancer Information | MIRACLE EAR Hearing Test |
| AMERICAN FAMILY INSURANCE Health Insurance | MV POLICE DEPARTMENT Firearm, Bike, and Driving Safety |
| AMERICAN HEART ASSOCIATION Cardiac Care | OFA CIL Independent Living |
| AMERICAN RED CROSS Blood Drive | PREGNANCY MATTERS Pregnancy Screening Info |
| BYRD-WATSON Prescription Services | REND LAKE COLLEGE CPR Recertification Health Information Technology |
| CRHPC Health Care Information | REND LAKE COLLEGE, AHEC Germ Station for Children |
| CROSSROADS COMMUNITY HOSPITAL 3D Mammography | RLC ADN STUDENTS Blood Pressure Screening Glucose Screening Health Topic Poster Sessions |
| DOTERRA — SARAH DRAPER Essential Oils | RLC FITNESS CENTER Spin Bikes |
| FOUR FOUNTAINS Assisted Living | RLC HORTICULTURE CLUB — RYNE FULLERTON Grow Your Own Healthy Foods |
| FRANKLIN COUNTY HOSPITAL Bone Density Breast Cancer Awareness BMI information Depression Screenings Physical Therapy Respiratory COPD | SI ELDER LAW Elder Law info |
| GOOD SAMARITAN HOSPITAL Adolescent Mental Health Chronic Disease information Dietary Health, Adolescent and Senior Health Coach Lung Cancer Screening Info Memory Screenings | STRESS KNOT Stress Management |
| HAMILTON MEMORIAL HOSPITAL Rehabilitation | STUDIO RLC Hand Massages |
| LAURA JOHNSTON Water Safety | TESS SHELBY Yoga |
| LINDSEY COX Zumba | VA AFFAIRS — BRENDA CARTER VITAL (Veteran Integration To Academic Leadership) |
| | VA HOSPITAL — JAN MONROE Veteran Health Services |
| | WOMEN'S CENTER Domestic Abuse |



A 'crunchy Hershey bar'

Mt. Vernon native Tylor McGehee selects a tasty, chocolate-covered grasshopper from RLC instructor Beth Hoffman in his first attempt at eating an insect. McGehee described the flavor as tasting like a "crunchy Hershey bar." (Photo by ReAnne Palmer / RLC Public Information)

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