



Students watched an interactive Jiu-Jitsu display by Jred Jessup in Waugh Gymnasium during the Health and Wellness Fair at Rend Lake College in April. The Royce Gracie Jiu-Jitsu Black Belt holder taught the students how to protect themselves from a bully using his "talk, tell, tackle" plan. (ReAnne Palmer / RLC Public Information)

RLC hosting self-defense courses

Stay active this fall with five courses at Rend Lake College and in the surrounding communities. Participants can choose from yoga and body toning courses to get into shape, two soccer classes, or self-defense taught by a Jiu-Jitsu black belt to keep the heart racing. Regardless of experience or fitness level, two instructors are bringing Yoga sessions to the Aquatics Center Lobby this fall. Heather Cross and Tess Shelby will help participants improve on flexibility, muscle strength, posture, bone health, blood flow, immune system, focus, bal-

ance, blood pressure, and much more. Cross's session will be held from noon – 1 p.m. on Tuesdays and Thursdays from Aug. 18 – Dec. 3. Shelby's session will be held at the same times on Mondays and Wednesdays from Aug. 17 – Dec. 2. The sessions cost \$96. Those ready for a full-body workout can register for Body Toning, taught by instructor Cathy Lamont. This class helps improve functional strength, flexibility, core strength, and coordination for all participants by using free weights to help tone the body. All fitness levels are welcome to attend. The

class meets from 5:30 – 6:30 p.m. Mondays and Wednesdays starting Sept. 9 through Dec. 2 in the Benton Middle School Choir Room. The session costs \$69. If you've never played soccer and want to learn or have years of experience, register for RLC's beginner or advanced courses to improve on your skills. Taught by instructor Jay Ray, Soccer Skills Basics for Beginners will cover the rules and fundamentals of the game. Soccer Skills for Advanced Players is designed for those with at least a year or more of experience. Everyone should come dressed to play and bring

a soccer ball. The beginner's class will be held from 9 – 10:30 a.m. Saturday, Aug. 22, at the Perry County Soccer Field. The advanced class will follow from 11 a.m. – 12:30 p.m. The sessions cost \$12. Join Jared Jessup, Royce Gracie Black Belt instructor, on the mats and learn the techniques for Jiu-Jitsu and how to defend yourself against an attacker with Self-Defense. During this session, participants will learn to defend themselves against the six most-common attacks, along with how to enhance body awareness, three keys to conflict management,

and two techniques for problem-solving. The course is open to anyone over the age of 14. Participants should wear comfortable clothing. The first session is scheduled for 9 a.m. – noon Saturday, Oct. 3 at the Rec, Room 102, on the Ina campus. The second session is scheduled for 9 a.m. – noon Saturday, Oct. 24 in the Pinckneyville Community High School Gymnasium. Each session costs \$15. To learn more about these courses, contact RLC's Community and Corporate Education Division at 618-437-5321, Ext. 1714 or 1380 or at commcorp@rlc.edu.

Fall play: "The Life and Adventures of Santa Claus"

We all know the story of Santa Claus, but do you know how it all started? Rend Lake College's fall play "The Life and Adventures of Santa Claus" will hit the stage this November to teach the story of Santa Claus' childhood, and we're looking for actors. Auditions for the play are set for 6 p.m., Tuesday, Sept. 1, at the RLC Theatre in Ina, and are open to everyone over the age of 16. The play is an adaptation of the original children's novel of the same name published in 1902 by L. Frank Baum, who is better-remembered as the author of "The Wonderful Wizard of Oz." Tracey Webb, RLC Theatre Professor and fall play director, said the show will be family-friendly and lively as actors portray the infancy, adolescence, and motivation that led to the present-day fictional character. "The play is about Santa Claus' youth and how he came to be Santa," explained Webb. "You'll learn why he chose reindeer, why he goes down chimneys, and why he makes toys for

children, among other things. It's a very cool story full of fanciful characters and a great adventure plot. It's much more modern than you'd expect from an old story, and I know the adults will enjoy it just as much as the children." Webb said auditions will begin promptly at 6 o'clock with a choreographed dance number that all attendees will be required to learn and perform during auditions. "Everyone who auditions should wear appropriate shoes. If you have dance shoes, that's perfect, otherwise don't show up in boots or flip flops or stilettos. I suggest smooth-soled dress shoes," said Webb. "There will be some simple choreography and a cold read during the audition, so practice reading out loud. I also suggest to those who audition to have some background knowledge about the novel and play. The novel was written by the man who came up with flying monkeys in 'The Wizard of Oz,' so you know it's a great read." There will be 33 roles cast in the play, some specified for adults and others for children,

plus spots for people to work behind the scenes on the set, on costumes, with electrical equipment, and much more. Auditions for the children's parts are by invitation only due to a limited number of roles. "Everyone involved gets three credit hours, tuition waived, for participating. They will put in a lot of hours with rehearsals four nights a week and one day for building the sets," said Webb. Those cast in the play are required to take the Theatre 1102 class, which meets at the same time as rehearsals, from 6 – 9 p.m. Mondays through Thursdays, starting in mid-September. Headshots and résumés are optional for auditions, though attendees are required to fill out an application. Performance dates are scheduled for 7 p.m. Thursday, Nov. 5, through Saturday, Nov. 7; and 2 p.m. Sunday, Nov. 8, all in the RLC Theatre. Tickets to the play cost \$12 and will be available on Monday, Oct. 19, by calling the RLC Box Office at 618-437-5321, Ext. 1467. For more information, contact Tracey Webb at 618-437-5321, Ext. 1295, or webbt@rlc.edu.

Three culinary workshops featured at RLC

Dive into three Rend Lake College workshops designed to teach participants anything from making sushi at home to food sanitation to the world of catering this fall on the Ina campus. Sushi lovers can learn to make their own Japanese delicacy at RLC's Intro to Sushi Workshop, set for 5 – 9 p.m. Friday, Sept. 11, in the Student Center, Room 120. Participants will learn terminology, about necessary equipment, basic techniques, sanitation, and safety concerns to be able to make sushi at home from instructor Jeff Fair-

banks, RLC Culinary Arts Associate Professor. The workshop costs \$20, plus a \$15 supply fee, and comfortable clothing is recommended. If you'd rather learn all about the catering business, then register for RLC's Catering Off-Premises workshop. This session will give participants an introduction to the logistics and organizational techniques required to cater events for 10 to 400 guests. Some topics will include customer contact and

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RLC MarketPlace to hold computer workshops

Whether you've never turned on a computer or you're looking for in-depth training in a Microsoft Windows program, the Rend Lake College MarketPlace has workshops scheduled this fall to provide the perfect experience.

For those who have never used a computer, RLC's Computer Basics course will have the chance to practice operating a computer using Microsoft Windows programs. The instructor will cover the fundamentals of many different areas, including learning about word processing features, modifying system

settings, saving documents, utilizing files and folders, utilizing Internet browsers and search engines, sending and receiving email, downloading and uploading files, and protecting the computer's safety. The workshop will meet from 8:30 a.m. – 12:30 p.m. Monday, Nov. 2.

Earlier next month, RLC's computer workshops start with Beginning Microsoft Excel from 8:30 a.m. – 4:30 p.m. Wednesday, Sept. 9. This session will help participants learn the fundamental operations of spreadsheets in Excel, such as how to use the menu system and toolbars;

open, reopen, print, and close workbooks; and enter labels. Other topics will include adding values and formulas into worksheets, formatting spreadsheets by adjusting columns and rows, using borders and shading, and changing the page setup.

Later in the fall, those interested in broadening their knowledge of Excel can enroll in Intermediate Microsoft Excel, which will meet from 8:30 a.m. – 4:30 p.m. Wednesday, Nov. 4. Participants will learn to add dramatic graphics to large spreadsheets and how to make professional spreadsheets with easy-to-

use templates. They will also learn how to protect workbooks, manage multiple-sheet projects, and utilize links and hyperlinks.

Those with some knowledge of Microsoft Word can take the Intermediate Microsoft Word session from 8:30 a.m. – 4:30 p.m. Thursday, Sept. 17. Participants will focus on some advanced features to help make writing easier, faster, and more fun.

The last two computer workshops focus on helping novices learn all about Microsoft's Access and QuickBooks programs. Beginning Microsoft Access trains participants to use

the database software to manage, store, search, analyze, and display important information about their business, home, or community in an easy fashion. This includes adding and formatting records and datasheets; retrieving, previewing, and printing data; building and creating tables; and maintaining a database. The workshop meets from 8:30 a.m. – 4:30 p.m. Wednesday, Sept. 30.

The Beginning QuickBooks workshop will meet from 8:30 a.m. – 12:30 p.m. Wednesdays from Oct. 7 – 28 to give participants an easy tool for all their accounting needs. The

instructor will help participants set up a chart of accounts; reconcile a checking account; create and print invoices, receipts, and statements; track income, expenses, and inventory; and generate reports.

All of the workshops are held in the RLC MarketPlace, Room 338, in Mt. Vernon. Each session costs \$40, with the exception of Computer Basics and Beginning QuickBooks, which cost \$80. To learn more about these courses, contact RLC's Community and Corporate Education Division at 618-437-5321, Ext. 1714 or 1380 or at commcorp@rlc.edu.

Enchilada dish brings back flavorful memories

If you speak Spanish (which I don't) or have ever spent any time in a Spanish-speaking culture, you will surely get a chuckle out of today's story. Over 20 years ago, while on a weeklong mission trip to Mexico, I encountered my first experience with a "failure to communicate." I had my phrase book and had picked up the most important phrases for safety at our job.

But at the worksite, someone was always bringing food, making a snack in an open-air kitchen and generally taking care of us. One afternoon, a sweet girl of no more than 10 brought me what looked like an enchilada wrapped in a sliver of aluminum foil. I recognized a corn tortilla, but the rest was a beautiful mishmash of ingredients lost on all but the cook. I had seen her and her mother simmering a stew over an open flame earlier in the day.

"Caliente?" I asked, proud of my dictionary skills and new word.

She shyly answered with a shake of her head, no. So I bit into the heavenly fragrant, tortilla-wrapped



By Alicia Ross

goodness with all the gusto of a starving hog.

No ... caliente it was not. But, oh my heavens, was it picante! I had no idea Spanish had two different words for temperature: hot and spicy-hot. But I've never made that mistake again. Now I can't think about enchiladas without the details of that story traipsing through my mind. Even though I was never able to determine what I ate that day, when my taste buds returned to normal, I was able to tell it was delicious and mysteriously wonderful. The corn tortilla was no more than a handy way to eat at a worksite where tables, forks and plates have no place.

Much milder and easier is today's recipe for Simple Bean and Cheese Enchiladas. Use corn tortillas for a heartier texture and any

salsa for added flavor. Look for traditional vegetarian refried beans with just pinto, water and salt for the healthiest version possible. Enjoy!

* * *

Simple Bean and Cheese Enchiladas

Start to finish: less than 30 minutes

Yield: 2 to 3 servings, easily doubled

- 6 white or yellow corn tortillas, at room temperature (see Cook's Notes)
- 1 can (15 ounces) vegetarian refried beans
- 1 cup finely shredded Mexican-blend cheese
- 12 ounces prepared salsa (about 1 1/2 cups) (see Cook's Notes)

• *Optional toppings:* sour cream, lettuce, chopped fresh tomatoes

Directions:

Preheat the oven to 350 degrees. On each tortilla,

spread with an equal amount of refried beans. Top each with about a tablespoon of shredded cheese. Roll the tortillas and place in a small oblong or standard 8-by-8-inch square glass casserole dish. Pour the salsa over the enchiladas, making sure to cover well. Top with remaining cheese.

Bake for 20 minutes or until heated through and the cheese is bubbling. Serve with desired toppings.

(Cook's Notes: If you don't have time to bring the tortillas to room temperature for easier rolling, you may heat a bit of oil in a skillet and lightly fry the tortillas to soften them. This adds tremendous flavor, but also fat calories.

Any smooth salsa works well with this recipe. Do not choose fresh tomato salsa that is not cooked. If your salsa is thick, thin it with a bit of water. The salsa should pour easily.)

Approximate values per serving (2 enchiladas): 293 calories, 4 g fat (0.5 g saturated), 1 mg cholesterol, 14 g protein, 52 g carbohydrates, 13 g dietary fiber, 1,201 mg sodium.



Easy, mild enchiladas for a quick dinner, tonight! (Photo by Alicia Ross for Kitchen Scoop.)

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Smart Money

BY BRUCE WILLIAMS

BAG SHORTAGE LIGHTS CUSTOMER'S FUSE

DEAR BRUCE: I went to a Wal-mart in Oakland, California, and did my grocery shopping. At the end of the checkout aisle, a Wal-mart employee told me they had no bags for my groceries. So I told her to restock my 100-plus items and walked out of the store. I wrote the CEO of Wal-mart a letter asking that my roundtrip transportation be refunded.

I received a call from a guy saying he was a manager at the Wal-mart store. He told me they had no bags because of city hall politics over retail bags in Oakland. "Oak-

land is a bagless city," he said, and the store periodically runs out of bags to comply with the city's bag laws. He sent me a \$50 apology card, which is \$100 short in covering my expenses for a wasted trip to Wal-mart.

It is incredible to me that a company like Wal-mart would let politicians run the store and anger customers.

— Longtime Reader

DEAR LONGTIME READER: While I sympathize with your circumstance, the apology and the \$50 is more than the store was obliged to give you. I agree that the business of being low on bags is nonsense, but the \$50 was pretty generous, given the fact that on top of that

the store had to pay somebody to take your 100-plus items and replace them on the shelves.

* * *

DEAR BRUCE: In my Thrift Savings Plan, I contribute 5 percent and it is matched. Right now, I am in the tax-deferred plan. Would I be better to do the Roth instead? I have been at the post office for eight years and I am 49 years old. This is the only retirement plan I have, except for the postal retirement,

which, from my understanding, will not be very much.

— J.S.

DEAR J.S.: There is no way I can answer your question without specifics about how much money you're earning. That would be the major thing that would influence my answer. You should be able to take all of your information to someone at the post office who handles these matters and have him or her explain to you the alternatives and the steps to be taken.

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negotiations, catering contracts, designing menus and recipes, equipment selection, and much more. The workshop will meet from 10 a.m. – noon on Fridays from Aug. 21 – Oct. 30, in the Student Center, Room 103, and costs \$110.

Prepare for the Management and Sanitation Training examination with the Food Sanitation workshop at RLC, scheduled for 8 a.m. – 5 p.m. Saturdays, Oct. 3 and 10, in the Advanced Technology Center, Room 118. This session will help participants learn to identify the causes of food-borne illnesses, apply correct procedures for cleaning and sanitizing, understand the Illinois code related to food service establishments and much more in preparation for Servsafe's exam, which will be given at the end of the Oct. 10 meeting. Students should bring photo identification to class. The Servsafe Essentials Textbook is required and available in the RLC Bookstore for \$78.75. The class costs \$160.

To learn more about these courses, contact RLC's Community and Corporate Education Division at 618-437-5321, Ext. 1714 or 1380 or at commcorp@rlc.edu.

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