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COLLEGE FAIR — A large number of regional colleges and universities will be on tap Sept. 22 when the Illinois Regional College Fair comes to Rend Lake College's Waugh Gymnasium. (Nathan Wheeler / RLC Public Information)

# Illinois Regional College Fair visiting RLC Sept. 22

he Illinois Regional College Fair (IRCF), formerly known as the Illinois College Exposition, is returning to the Rend Lake College campus next month to help students meet with representatives from colleges and universities across the Midwest.

The free event begins at 6 p.m. Tuesday, Sept. 22, in the RLC James "Hummer" Waugh Gymnasium on the Ina campus and will feature more than 30 institutions. Parents and students are invited to attend and meet with officials from the colleges and universities the students are considering. The fair, now in its 14th year at RLC, is open to high

school students, RLC students, and anyone from the community who is interested.

Rachel Sveda, RLC Financial Aid and Admissions coordinator, said the fair is a unique event designed to help prospective students find the right fit for their post-secondary education.

"The Illinois Regional College Fair is a great resource for students that can help them start thinking about their higher education," said Sveda. "With so many institutions in one place, students should come prepared to ask questions and start the decision-making process for that next big step. And with so many school representatives on hand,

potential students can speak with tons of officials in one evening – a task that might take months otherwise. RLC is very fortunate to be able to offer this opportunity to the community."

Below are the colleges and universities who have been confirmed for the fair at RLC, though more are expected to register in the next month. The fair is sponsored by the Illinois Association of College Admission Counseling. Students may attend the event without a parent or guardian present. For more information, contact Rachel Sveda at (618) 437-5321, Ext. 1298, or svedar@rlc.edu.

Barnes-Jewish College

Blackburn College **Bradley University** Calvin College Columbia College Chicago Eastern Illinois University Eureka College Illinois College Illinois State University Illinois Student Assistance Commission Lincoln Christian University Lindenwood University -Belleville Logan University MacMurray College Missouri University of Science and Technology Murray State University Northern Illinois University

Olivet Nazarene University

**Quincy University** Rend Lake College Saint Louis University Southern Illinois University Carbondale Southern Illinois University Edwardsville State Technical College of Missouri University of Evansville University of Illinois at Chicago University of Illinois at Springfield

University of Missouri -St. Louis University of Southern Indiana Vincennes University Webster University

Urbana-Champaign

University of Illinois at

# Warrior Fest returning to RLC Sept. 19

lans are in the works for Rend Lake College's second Warrior Fest, set to hit the Ina campus from 9 a.m. - 2 p.m. Saturday, Sept. 19. This year's event will feature a car show, flea market, and tons of children's events across the Ina campus.

## **FLEA MARKET**

Details are being finalized for nearly 30 activities, including the return of some popular attractions. One of those attractions is the flea market and vendor fair in the west parking lot. Craft and flea market vendors can now register for the event. Registration forms can also be picked up at the RLC MarketPlace in Mt. Vernon.

Spots at the flea market are \$10 each for a 12-by-12-foot space. The flea market will end at 2 p.m. For more information about the flea market, contact Whitney Schulte at 618-244-9525, Ext.

2000 or schultew@rlc.edu. CHILDREN'S ACTIVITIES A handful of special activities for

children are being planned for Warrior Fest. The popular Big Truck Day will be held from 9 a.m. - 2 p.m. at the RLC Foundation Children's Center in the west



Pumpkin painting was a big draw for the young and the young at heart during Warrior Fest last year. Plenty of children's activities are scheduled for this year's event, including Big Truck Day. (ReAnne Palmer / RLC Public Information)

parking lot. Many big trucks, plus some heavy equipment and machinery, are already expected to attend.

During Big Truck Day, parents of students who attend the Children's

Center will also have a great opportunity to meet the center's teachers and staff, and pre-register for child care in the spring. A silent auction will fill the hallways of the Children's Center and door

prizes will be available for those in attendance. The RLCF Children's Center has been accredited by the National Association for the Education of Young Children for more than a decade.

Also confirmed for children's activities are dental checks by Dental Safari and safety seat checks by Project CHILD. For additional information about the children's events or Big Truck Day, contact Rene Crouse at (618) 437-5321, Ext. 7627 or crousere@rlc.edu.

Warrior Fest ..... continues on page 2

## **Real Estate** courses begin in September at RLC

tart working on a new career this fall at Rend Lake College with two Real Estate courses. Sit for the Broker's License Examination at the end of the semester after completing RLC's Broker Pre-License Topics and Applied Principles classes.

No experience is required to enroll in the Broker Pre-License Topics course, which covers the fundamentals of real estate, including federal, state, and license law; marketing; seller and buyer relationships; real estate principles and transactions; and types of real estate opportunities. The class will meet from 6 - 9:30 p.m. on Tuesdays and Thursdays from Sept. 8 through Nov. 24 in the Academic Building (ACA), Room 205, on the Ina campus. The class costs \$550.

The interactive Broker Pre-License Applied Principles class will follow from 6 - 9:30 p.m. on Tuesdays and Thursdays from Dec. 1 through 15.

Real Estate ..... continues on page 2

Over 100 participants in the Car Show gathered around the RLC clock tower during last year's Warrior Fest. This year, the event begins with registration at 9 a.m. and ends with a trophy presentation at 3 p.m. (ReAnne Palmer / RLC Public Information)

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### Rend Lake College Clocktower Chronicle

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To place an advertisement, call 246-2000

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#### Real Estate ..... continued from page 1

The one-credit-hour class meets the 90 hours of instruction required by the Illinois Department of Professional and Financial Regulation to sit for the license exam. The course

also meets in ACA 205 and

costs \$110.

Pre-registration for the courses is required. To learn more about these courses, contact RLC's Community and Corporate Education Division at (618) 437-5321, Ext. 1714 or 1380 or at commcorped@rlc.edu.

**DEAR DOCTOR K:** At my

last appointment, my doctor

noticed that my movements

have become stiffer. He sug-

stretching exercises daily. Is

there anything I should know

before I start? I'm in my 80s,

**DEAR READER:** Our bod-

ies become less flexible as

the years roll by. Inflexibility

making it harder to walk, raise

your arms or turn your head

which can cause life-altering

You'll make the best gains

if you stretch frequently — all

or most days of the week. At

the very least, stretch two or

protect your muscles and

Warrior Fest .....

**CAR SHOW** 

Back by popular demand,

the Car Show will begin with

registration from 9 a.m. – 1

p.m. and judging starting at

11:30 a.m. There will be a 3

the registration table, plus

p.m. trophy presentation near

door prizes and event T-shirts

for \$10. Photos of the car and

owners will be taken by RLC

between 10 a.m. and noon.

Participants will be eligible

to win one of several awards:

Best of Show, Best Ford, Best

GM, Best Mopar, Best Street

Rod, Best Paint, Best Interior,

continued from page 1

The following tips will help

joints while ensuring that you

while backing up the car. It

undermines balance, too,

falls. Stretching can help.

three times a week.

gain flexibility:

puts a crimp in daily acts,

gested that I do some

and I don't want to hurt

myself.

## **Emergency Services trainings set for Fall 2015** end Lake College is

again teaming up with the American **Heart Association** (AHA) this fall to offer a number of emergency services courses at the AHA Training Center at the RLC MarketPlace in Mt. Vernon.

Among these courses are CPR, First Aid, Pediatric Advanced Life Support (PALS), Advanced Cardiac Life Support (ACLS), National Incident Management System (NIMS), and Trauma Nurse Core Course (TNCC) trainings. To reserve a seat today, contact the AHA Training Center at (618) 437-5321, Ext. 2032, orschultew@rlc.edu. All trainings will be held in Room 221.

#### FIRST AID AND CPR

There are several oneday courses scheduled for First Aid and CPR (cardiopulmonary resuscitation) at the AHA this semester. By definition, First Aid is the assistance given to any person suffering a sudden illness or injury, with care provided to preserve life, to prevent the condition from worsening, and to promote recovery. CPR is one of the lifesaving techniques used in First Aid to help someone whose breathing or heartbeat has stopped.

CPR and First Aid courses will meet from 9 a.m. - 5 p.m. on the following dates: Thursday, Sept. 10; Thursday, Oct. 22; Tuesday, Nov. 3; and Tuesday, Dec. 15.

Stretching is important part

of overall fitness program

• WARM UP FIRST. Mus-

stretches — a golf swing is a

good example — take spe-

motion. Dynamic stretches

can warm you up for static

photos and descriptions of

AskDoctorK.com.) Moist

several dynamic stretches on

heat packs or a warm show-

er also help warm up your

In my experience, this

patients who started to do

strength training with their

arms. However, they did not

first swing their arms to put

range of motion, loosening

up the muscles and the soft

tissues inside the shoulder

strength training caused a

shoulder injury, such as a

• FEEL NO PAIN. Stretch

only to the point of mild ten-

pain. If a stretch hurts, stop

immediately. Then gently try

the same motion again. With

Best Motor, Best Rat Rod,

Best Orphan, Best Truck,

Best Sports Car, Top Five

25 from 1974 and older.

for motorcycle entrants.

Motorcycle, Best Asian

tom Motorcycle.

Awards include Top Eight

Motorcycles, Best American

Motorcycle, Best European

Motorcycle, and Best Cus-

For more information

Nigel Thompson at 618-

437-5321, Ext. 1806

orthompson@rlc.edu.

about the car show, contact

from 1995 and newer, Top 15

New to the Car Show this

from 1975 to 1994, and Top

year are award categories

sion, never to the point of

joints. As a result, the

torn rotator cuff.

their shoulders through a full

had quite a number of

advice is most important with

the arms and shoulders. I've

stretches, which involve

holding a position that stretches a muscle. (I've put

my website,

muscles.

cles stretch more easily

when warm. Dynamic

cific muscles and joints

through a full range of

#### **ACLS, PALS PREP AND RENEWAL**

The AHA offers both **ACLS Preparatory and** ACLS Renewal courses this semester to ready students for the urgent treatment of cardiac arrest, stroke, and other life-threatening medical emergencies. The preparatory class meets from 9 a.m. - 5 p.m. on the following Wednesdays and Thursdays: Sept. 2-3; Oct. 7-8; Nov. 4-5; and Dec. 16-17.

The ACLS renewal courses require one day to recertify, set for 9 a.m. – 5 p.m., on Thursday, Sept. 3; Wednesday, Sept. 16; Thursday, Oct. 8; Tuesday, Oct. 20; Thursday, Nov. 5; Tuesday, Nov. 17; Friday, Dec. 4; and Thursday, Dec. 17.

Another two-day preparatory class, PALS class aims to develop the knowledge and skills necessary for students to efficiently and effectively manage critically ill infants and children. The class meets from 9 a.m. – 5 p.m. on Tuesday, Oct. 13-Wednesday, Oct. 14 and Wednesday, Dec. 9-Thursday, Dec. 10. For those needing renewal, the oneday course will meet from 9 a.m. - 5 p.m. on Wednesday, Sept. 23 and Thursday,

Students wanting to build on their ACLS, PALS, or Basic Life Support (BLS) training can also inquire about instructor training

time and practice, your flexi-

• PAY ATTENTION TO

GOOD FORM, Good form

translates to better gains in

flexibility and less likelihood

of injury when stretching tight

WORK TO KEEP YOUR

FLEXIBILITY IN BALANCE.

You'll notice that one side of

than the other. Work on bal-

fortably while stretching, or

meditative. Try practicing this

beginner yoga breathing technique so you can apply it

while holding your stretches:

ably, resting your hands

below your navel.

hand.

(1) Sit or lie down comfort-

(2) Tune in to the way you

breathe. Inhale and exhale

naturally through your nose

for a few minutes, noticing

the slight rise and fall of your

(3) Start to count silently

then backward (... three, two,

one), as you breathe in and

(4) Gradually make each

exhalation twice as long as

each inhalation. Focus on

breathing slowly and

smoothly.

forward (one, two, three ...),

use yoga breathing. Yoga

breathing is relaxing and

BREATHE. Breathe com-

your body often is tighter

ancing this over time.

bility will improve.

muscles.

#### courses, which are scheduled individually per appli-

**NIMS ICS 300 AND 400 COURSES** NIMS courses are

designed for those who may serve as command or general staff on an Incident Management team. NIMS ICS (Incident Command System) 300 includes topics in staffing and organization, transfer of command, unified command functions, ICS forms, resource management, interagency mission planning, and procurement. This course is to be taken after completion of

the online ICS 100, 200, 700, and 800 courses.

NIMS ICS 400 is to be taken after successful completion of the 300-level class. Specific topics include deputies and assistants, organizational relationships between area command, unified command, multi-entry coordination systems, and Emergency Operations Centers.

There is no cost for either NIMS ICS class and dates will be determined based on need.

**TNCC CLASS** 

The Emergency Nurses Association developed the

Trauma Nursing Core Course for national and international dissemination to recognize a standard of trauma nursing knowledge. TNCC is a 16-hour course designed to provide the student with cognitive knowledge and psychomotor skills. The class will meet from 7 a.m. - 5 p.m. Saturday, Nov. 21 and Sunday. Nov. 22.

Attendees should be reaistered nurses with at least six months of clinical nursing experience in an emergency care setting. The class costs \$300, plus \$80 for the book.

# Crossword

#### Across

- 1 Barbershop item
- 5 Token taker
- 9 Open, as an
- 13 Outdoor party 14 Fuss
- 15 New moon, e.g. 16 One to grow on?
- 17 In a while 18 Comic Mandel
- 19 Start of a quote
- 22 Tolkien creature 23 Polly, to Tom
- 24 Uneven? 27 Art collectibles
- 30 Olympic prizes 34 Autostrada sights

1980s

- 36 Dodge model of the
- 38 Village Voice award 39 Quote, part 2
- 40 Writer Mark who said the quotation
- 41 Quote, part 3
- 42 Writer Buchanan 43 "Darn it!"
- 44 Hoity-toity sorts
- 45 Stop working 47 Dole's running mate,
- 1996 49 Deli bread
- 50 Bill 52 Battery size
- 54 End of the quotation 61 Copycat
- 62 Reddish-brown
- 63 Combine 64 Put up with
- 65 Ricelike pasta
- 66 "Exodus" author
- 67 Tennis's Sampras
- 68 Nair competitor
- 69 Garret
- 11 "What \_\_\_?" 12 Course

Down

1 Scratch

2 "That hurt!"

4 Good, in

5 Attitude

7 Stink

6 Marathon

3 Filly's mother

Guadalajara

8 Skater Harding

9 Overpower verbally

- **15** Ring 20 Spherical triangle

10 Croquet site

- requirement?
- - 46 Rolls \_
  - 44 Luxury home

\_\_ (pricey

21 Herb in curry powder

24 Proposal

26 Frighten

25 Part of LED

28 "Parks and Rec"

actor Rob

29 Impact sound

32 Recline next to

35 Track event?

37 Big name in

sneakers

33 Pick up

51 Scandal-plagued energy giant 53 Horrible

48 Is forbidden to

- 54 Feeling 55 Give off, as light
- 56 Blood's partner
- 57 Bring down
- 58 Money in Spain 59 "Oh, right!"
- 60 Others
- 61 Blueprint

## 40 Letter before iota

# Tips offered for digging and storing summer bulbs

SUBMITTED BY U OF I EXTENSION

ummer bulbs add beauty to the landscape when earlier spring bulbs have long faded and flowering shrubs have turned to foliage for the season, said a University of Illinois horticulture educator.

"However, summer bulbs must be dug up at the end of your growing season and properly stored inside for the winter in order to have a floral display the following year," Richard Hentschel explained.

By tradition, a bulb refers to any plant that maintains its entire life cycle in a storage root. A few of the well-known, common summer-blooming bulbs are lily, gladiolus caladiums, iris, canna, and dahlia. Summer bulbs are planted in the spring after the chance of frost and the garden soils have warmed.

To dig summer bulbs at the end of the season, Hentschel said to wait until the bulb foliage has naturally died down or dig immediately after a killing frost. Digging summer bulbs

usually means loosening the soil with a garden fork or spade several inches away from where the bulb is believed to be and gently lifting the plant without damage to the bulb itself,

Hentschel said.

"At this point, the outer skin of the bulb is soft and tender so caution is needed," he added. "Most often summer bulbs are stored with a small amount of soil still clinging to the roots. A gentle shake to remove any excess soil will be a good step."

Summer bulbs need to be cured before storage to toughen up the outer skin. Curing means allowing the freshly dug bulbs to dry down in a cool shady location before being stored. Summer bulbs that are put into storage still wet or damaged during the digging process could easily develop storage rots and other kinds of decay, Hentschel said. The time from digging to actual storage of the bulb for the winter can take a few days to a few weeks and should be done during warm late-summer and early-fall weather.

Hentschel recommended that if there are many different kinds of summer bulbs to store, labeling each

0

clump should be done.

"One neat trick for larger bulbs such as amaryllis or elephant ears is to use a magic marker and write directly on the bulb," he said.

Storage temperatures for summer bulbs can range from 40 to 60 degrees, with 50 degrees being a good goal. If kept too warm, bulbs will begin to grow in storage, and, if they are kept too cold, they suffer and can be slow to grow when planted again in the spring. While in storage, check on the bulbs at least once during the winter months to be sure the

bulbs are sound. "If any bulbs show decay, remove them before the decay spreads to healthy bulbs," Hentschel said.

Some storage roots may need to have the soil or storage media moistened but never saturated to maintain adequate moisture so the storage roots are not all dried by planting time.

"With these easy steps, summer blooms will grace your garden year after year," Hentschel said.

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#### **OTHER ACTIVITIES** Additional events and hap-

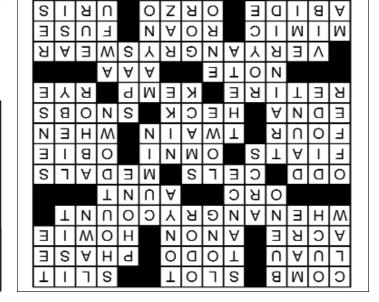
penings are being planned for Warrior Fest, including a scholarship giveaway by the RLC Foundation, chair massages by the RLC Therapeutic Massage program, hand massages by Studio RLC, concessions by the RLC Culinary Arts Club, a gaming party, and much more. More details about Warrior Fest will be provided soon.

For more information about Warrior Fest, contact RLC's Community and Corporate Education Division at (618) 437-5321, Ext. 1714 òr 1367.

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Solution to Crossword

3|3|N