



CLOCKTOWER CHRONICLE



LOAD-BEARING MARSHMALLOWS — Webber Township High School students, FROM LEFT, Scott May, Bret Collins and Christian Bush, built a marshmallow bridge at Rend Lake College's Team Design Competition on Wednesday, Feb. 12 in the gym. Their design collapsed once Professor Tina Grounds, CENTER, added a 97th penny. (Nathan Wheeler / RLC Public Information)

Dropping eggs and taking names

Local high school students throw down in RLC Team Design Competition at WYSE 2014

NATHAN WHEELER
RLC PUBLIC INFORMATION

Fueled by free pizza and a passion for design, teams of area high school students stood toe-to-toe Wednesday, Feb. 12 at Rend Lake College to determine whose design deserved top honor in four categories.

The categories included air-fueled vehicle, egg vehicle, marshmallow structure, and rocket launch. Sandwiched between a full morning of tests in the Worldwide Youth in Science and Engineering Academic Challenge - a Regional is hosted annually at RLC — and afternoon WYSE awards, the team

design competition was a way for students to exhale and have some fun. "I thought it was a good way to wind down after testing," said one student just after watching her team's egg break from a dozen-foot drop. "I wasn't going to enter the design contest but after we got going it was fun and I'm glad I did." There was a tie for the best-designed egg vehicle — Hamilton County Senior High School students Falisha Biggerstaff, Michaela Scott and Leslie Drone; and Webber Township High School's Jessica Cramer, Melina Launay and Hannah Schrum. They were given a bit of string, 10

rubber bands, a meter of masking tape, five straws, a bundled of uncooked spaghetti and, of course, one egg. The air-fueled vehicle competition went to the Mt. Vernon team of Allen McCarty, Michael Wright and Riley Cornett, with a distance of 171.5 cm. Fellow King City students Chyna Rivera, Wyatt Beaty and Molly Karnes crushed the marshmallow bridge challenge when their structure finally gave way from the weight of 145 pennies. And it was Hamilton County taking home top honor in Rocket Launch. The design of teammates Andrew Welten, Grant

Vaughan and Matthew Knight soared to a height of 33 inches. The WYSE regional at RLC was coordinated by faculty and staff of its Math and Sciences Division. Dean Andrea Banach was joined by staff and faculty members Kay Shaw, Paul Sandrock, Diane Metzger, Tina Grounds and Cindy Caldwell, among others. Results and team photos from the WYSE Academic Challenge are not yet ready for release. Additional information about the WYSE Regional competition at RLC is available by contacting Banach at (618) 437-5321, Ext. 1258.

The WYSE competition consists of an Academic Challenge created by teams of college and university faculty in seven subjects. Each student takes a 40-minute test in each subject. The tests vary in length from subject to subject. These competitive series of tests are offered by more than 50 community colleges and universities in Illinois and Missouri, according to the WYSE Web site. Test material is drawn from senior high school and freshman level college curricula. With each level of competition — Regional, Sectional and State Finals — the tests increase in difficulty.

Radiology axstudents visit Crossroads Hospital, try out Robotic Assisted Surgery Equipment

REANNE PALMER
RLC PUBLIC INFORMATION

Two dozen Rend Lake College Radiologic Technology students made their way to Crossroads Community Hospital last week to get a hands-on approach at learning all about the latest in robotic assisted surgery to help them with clinical practice and in the workplace after they graduate. The students were able to use the robotic assisted surgery equipment and simulator at Crossroads after learning about the uses of the equipment and the training involved. The equipment came out of Stanford University in 1999 to be used, primarily, for

patients with prostate cancer. Now, the machine can be used for many different surgeries, from hysterectomies to gallbladders, and single-site surgery. While using the robot, students have the ability to move a number of arms while looking at a 3-D image. The arms can have a number of tools to use during surgery and give more flexibility than the human wrist. Freshman Justin Holman of Ewing was one of the first to get his hands on the simulator. He said, after he completes his Radiologic Technology certificate, he is planning on moving on to a

Rad Tech continues on page 4

Home Improvement series features three new courses

REANNE PALMER
RLC PUBLIC INFORMATION

Simple repairs are key knowledge for homeowners and small business owners to keep costs down, and Rend Lake College is offering three courses to teach basic skills with some hands-on work. After a harsh winter, homes should be inspected for exterior damage and repaired before bigger problems arise. The course Springtime Home Inspection and Repairs is designed to help

homeowners do just that by teaching how to fix interior leaks, cracked concrete, damaged window sills, and much more. The course will meet from 9 a.m. — noon on Saturday, Feb. 22. Landscaping with Bricks and Blocks will give gardeners a leg up on creating flower beds to patio areas using bricks and blocks. The course will meet from 9 a.m. — noon on Saturday, March 22. One final course, Basic and Mosaic

Home continues on page 3

Tag Team Trivia contest is Feb. 21

Rend Lake College is hosting a family-oriented evening of fun, food, and trivia. Teams of two (one adult and one kid) will compete for bragging rights as they answer fill in the blank, multiple choice, photo and audio trivia questions. This kid-friendly event will feature unique categories about music,

animals, candy and more. Tag Team Trivia will be held at 6 p.m., Friday, Feb. 21, at the Historic Schoolhouse on the RLC Main Campus. The fee is just \$15 per team and includes pizza, snacks, beverages, trivia event and special prizes. To register, call RLC Community & Corporate Education at (618) 437-5321, Ext. 1267.

INSIDE:

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Dates for Concealed Carry fingerprinting session moved to May 2-4

REANNE PALMER
RLC PUBLIC INFORMATION

Due to a schedule conflict, the May 10-11 Concealed Carry class has been rescheduled for May 3-4. The class will still meet from 8 a.m. - 4:30 p.m. both days in the RLC Coal Mine Training Center, Room 107 on the Ina campus and the RLC Range. Three other dates remain the same this spring: March 22-23, April 5-6, and April 26-27. For those who have taken prior classes without

the fingerprinting option, staff will be available to complete this aspect of the application at 9 a.m. Saturday, March 22 in the RLC Coal Mine Training Center, Room 107. Pre-registration and pre-payment is required for each class. To register, contact the RLC Community and Corporate Education Division at (618) 437-5321, Ext. 1714 or morrise@rlc.edu. For more information on the classes, visit online at www.rlc.edu/firearmtraining.

SUDOKU

Difficulty: 4 (of 5)

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

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HOW TO PLAY:

Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

Sudoku solution is printed on page 3.

Crossword

ACROSS

- 1 Slithery squeezer
- 4 Gridlock sound
- 8 Fork option
- 12 Screw up
- 13 Jealousy
- 14 Therefore
- 15 Sign up
- 17 Black, in verse
- 18 Peanut
- 19 Puncturing tool
- 21 Pigpen
- 22 Fellow's address
- 26 Calendar information
- 29 Card player's call
- 30 Hasten
- 31 Unsigned (Abbr.)
- 32 Blue
- 33 Detective novelist Paretsky
- 34 "Monty Python" opener
- 35 Navigation gizmo
- 36 Waste channel
- 37 Nun
- 39 \$ dispenser
- 40 Ostrich's cousin
- 41 Asian hostess

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15			16						17			
18							19	20				
			21				22			23	24	25
26	27	28				29				30		
31					32				33			
34				35				36				
37			38				39					
			40				41			42	43	44
45	46	47			48	49						
50					51					52		
53					54					55		

- 45 Hair salon request
- 48 Flour holder, maybe
- 50 Barrel piece
- 51 Paradise
- 52 Branch
- 53 Grooving on
- 54 Creates dust?
- 55 Chesapeake, for one
- 6 Prior night
- 7 Increase progressively
- 8 Rods' partners
- 9 Scepter topper
- 10 Past
- 11 Mafia title
- 16 "Ghosts" playwright
- 20 Victory
- 23 Melt
- 24 Green land
- 25 Caboose's place
- 26 Raised platform
- 27 Con
- 28 Pitch
- 29 Petrol
- 32 Makes neat
- 33 Big rigs
- 35 Prized possession
- 36 Oktoberfest supply
- 38 Beat
- 39 Ford predecessor
- 42 Attempt
- 43 Queen of Olympus
- 44 Host
- 45 — Beta Kappa
- 46 A billion years
- 47 Decay
- 49 Oklahoma city

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Crossword puzzle solution is printed on page 4.

Rend Lake College Clocktower Chronicle

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RLC offering Health Information Technology program in classrooms & online

REANNE PALMER
RLC PUBLIC INFORMATION

Rend Lake College will be offering the Health Information Technology (HIT) program starting this fall in both the classroom and online, with registration beginning May 5. RLC previously offered the HIT program through a partnership with Southern Illinois Collegiate Common Market (SICCM) in Herrin. The program will be offered solely through RLC's Allied Health Division, and will include some face-to-face classes and some completely online classes, giving local students the option to stay on

campus or at their home. The program is designed to provide students with administrative and technical skills necessary to maintain components of health record systems. Job functions include analyzing and evaluating health records according to standards; compiling various types of administrative and health statistics; coding symptoms, diseases, operations, procedures, and other therapies; developing and maintaining electronic health records; and releasing health information. According to the U.S. Department of Labor's Bureau of Labor Statistics, there are currently 186,300



jobs for Health Information Technicians, mostly in the hospital setting or physician's office. By 2022, the field is expected to increase by 22 percent, adding approximately 41,100 jobs to the market. The demand is expected to increase further as the population ages. For more information about the program, contact the Allied Health Division at (618) 437-5321, Ext. 1251 or robinsonb@rlc.edu.

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'Refuse to be a Victim' seminar coming to Rend Lake College

REANNE PALMER
RLC PUBLIC INFORMATION

A new proactive seminar is coming to the Rend Lake College campus next month with hopes of preparing those in attendance against criminal attacks through technology safety and theft preven-

tion. "Refuse to be a Victim" is scheduled for 5:30 - 7:30 p.m. Tuesday, March 18 and Thursday, March 20.

One of the goals of the seminar is to teach students about having an overall safety strategy. The seminar is designed to build an understanding of

criminal thinking and personal safety while teaching a variety of crime prevention and personal-safety strategies. Topics include maximizing home, auto, phone, technology, and travel security. The seminar is not a self-defense course.

The seminar will be held

in the Advanced Technology Center, Room 151 with Instructor Ricky Robinson. There is a \$20 registration fee. For more information, or to register, contact RLC's Community and Corporate Education Department at (618) 437-5321, Ext. 1267 or 1714, or morrise@rlc.edu.

Willis, Wisniewski named to Phi Theta Kappa All-Illinois Academic Team for RLC

REANNE PALMER
RLC PUBLIC INFORMATION

Rend Lake College students Michael Willis of Salem and Caitie Wisniewski of Scheller have been chosen to represent the Phi Theta Kappa (PTK) Rho Xi Chapter on the 2014 All-Illinois Academic Team. The students are also nominated for the PTK All-USA Academic Team.

Willis, a physiology major, is a licensed paramedic in Illinois and a certified instructor in a number of emergency medical treatments. In addition to his membership in PTK, he is also active in the North Egypt EMS System Administrative Review



Caitie Wisniewski



Michael Willis

Board. After graduating from RLC, Willis plans to transfer to Southern Illinois University Carbondale with the career goal of being a physician assistant.

Wisniewski is a history major at RLC, where she serves as the Rho Xi Chapter Vice President and International Scholar Laureate. She has been named an Illinois State

Scholar, and is a member of the National Society for Leadership and Success at RLC and the Daughters of the American Revolution.

Together, the All-Illinois Academic Team members and Rho Xi Chapter representative Nathan Brouwer will travel to Springfield on April 1 to attend the annual banquet. The banquet serves as a ceremony to recognize all the Illinois nominees from around the state, and those selected for the All-USA team will be announced. All-USA team members are selected by a national committee who reviews applications of recommendations, essays, and community involvement from each candidate.

Jobs at RLC

As of Feb. 12, Rend Lake College was seeking candidates for a full-time Accounts Receivable Specialist position, a part-time Mining Technology Instructor position and a full-time Health Information Technology Program Coordinator position. Read more and apply online at www.rlc.edu/jobs.

Solution to Sudoku puzzle printed on page 2.

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

Home continued from page 1

Ceramic Tile, will help attendees learn how to install tile like a professional with hands-on activities. The course will meet from 9 a.m. - noon on Saturday, May 3.

Each of the three courses costs \$15 and is taught by Instructor Wayne Kulich. All meet times will be held in

the RLC Vocational Building, Room 103. A \$5 discount will be provided to anyone who signs up for all three courses.

For more information, or to register, contact RLC's Community and Corporate Education Department at (618) 437-5321, Ext. 1267 or 1714, or morrise@rlc.edu.



BY MARIALISA CALTA

Sally Butcher is a Londoner, a shopkeeper, a chef and a writer who fell in love with an Iranian man and Middle Eastern cooking. In 2012, her blog posts from the fictional country of "Veggiestan" became a book, "The New Middle Eastern Vegetarian: Modern Recipes From Veggiestan." She now has a volume from the region of "Snackistan": "New Middle Eastern Street Food: Snacks, Comfort Food and Mezze From Snackistan." Both books will educate and entertain you, not to mention feed you very, very well.

Street food has ancient origins, as written documents from Rome and Greece attest. By the Middle Ages, writes Butcher, takeout kebabs were becoming popular in Turkey, and "Istanbul was already working toward its current position as one of the street-food capitals of the world."

While the term "comfort

Good food from 'Snackistan'

food" is relatively new, Butcher writes, "we have been cooking it for millennia; for the most part, it comprises the default dishes prepared by those who need a reminder of home, a culinary hug."

But even if you are not from the Middle East (or Greece or Sudan -- the boundaries of Snackistan are a little sketchy), you will find these dishes flavorful, filling and deeply comforting -- a "culinary hug" from a foreign friend.

I immediately turned to the chapter called "Meat on Sticks" because who can resist food on skewers? The "Kebab-e-Koobideh" is described as "the most basic-and-yet-popular of the Iranian kebab family." But just as soon as I had determined to cook it, I realized I did not have the long, flat skewers pictured in Butcher's book.

Fortunately, the kebabs can be simply shaped like sausages and grilled, broiled or baked (which could also qualify them for the following chapter, "Meat Not on Sticks"). Serve them on flatbread -- preferably lavash -- with some rice.

Add a green salad to make a meal, or go for authentic Iranian street vegetables: boiled baby turnips, boiled sweetened beets, boiled fava beans, and corn on the cob, grilled in its husks, shucked and dipped in hot salted water.

Butcher has a sense of humor and a sense of theater, both valuable assets in a cook. Her method of grating onions (see recipe) prompts me to add "a sense of whimsy" to her charms.

Welcome to the world of Sally Butcher: "Delicious-tan."

KEBAB-E-KOOBIDEH (Iranian Lamb Kebab)

Yield: 6 servings

- 2 medium onions, peeled
- 2 1/4 pounds ground lamb (shoulder works best, as the kebabs need some fat to make them cohere)
- 2 tsp. salt
- 1 tsp. ground black pepper
- 2/3 tsp. baking soda
- 2 tsp. ground cumin (optional)
- 6 tomatoes, halved
- 6 flatbreads (preferably lavash) for serving
- Ground sumac or lemon juice for serving
- Light the outdoor grill, or

preheat the broiler to high or oven to 425 degrees.

Grate the onions. Put the bowl ends of two teaspoons in your mouth so that they cross over, then grate. This is as close to dry eyes as you can get in the weepy world of onions; really, it works.

Mix the onions into the lamb and add the salt, pepper baking soda and cumin (if using). Pound the mixture well with your hands. Generally, the less you play with food, the better, but in this case the mixture benefits from the warmth of your hands, which causes the fat to soften and the whole thing to come together.

Using wet hands, mold the meat onto your skewers (these kebabs are usually made about 7 inches long), allowing the impression left by your fingers to show -- the kebabs should still display these wavy crenellations once cooked. Or simply form into seven-inch sausages. Grill, broil or bake. They will take about 5 minutes per side to grill or broil; longer in the oven (up

Recipe continues on page 4

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Rend Lake College Radiologic Technology student Cody Watkins of Johnston City, SITTING, uses the robotic assisted surgery equipment to move items the size of a penny last week at Crossroads Community Hospital in Mt. Vernon. (ReAnne Palmer / RLC Public Information)

Rad Tech

continued from page 1
further degree, and maybe working with advanced machines like the robot. "It's really neat to use because the technology is pretty amazing. It's true 3-D. To be able to look into it and see actual things up close is really cool," said Holman. Another freshman, Tabitha Harris of Christopher, added it was similar to playing a video game, only with pincher-like tools as the controls.

"It's pretty neat to use. I'd love to do something like this," said Harris. Radiology Program Director Bria Robinson attended the class as well and thanked Crossroads for providing the opportunity to the students. "We like to expose our students to any new technology, especially when we partner with our local hospitals to do so. Our students do clinicals at local hospitals like Crossroads, and it's a great opportunity to get

them here," said Robinson. "Some of our students may want to go on from Radiology. We try to teach them quality over quantity, and we appreciate everything Crossroads does to help us with that goal." Students were also able to speak with Medical Director of Imaging Services Dr. James Tarter and Imaging Department Director Kerri Carr. Both encouraged the students to follow what they love to do and they will have a career –

not a job. In another effort to help the students, Crossroads is also donating \$120 to the Rend Lake College Foundation – \$4 per attendee – to help future Radiologic Technology students. For more information about the RLC Radiologic Technology Program, call (618) 437-5321, Ext. 1251. Applications for the program can be found online at www.rlc.edu/allied-health/radiology-tech.

Apply for scholarships by February 28

The deadline to apply for Fall 2014 scholarships is Feb. 28. Visit the RLC Foundation online to apply, www.rlc.edu/foundation.

South Central AHEC awards club sponsorships

South Central Illinois Area Health Education Center (AHEC), located on the Rend Lake College campus in Ina, is pleased to announce club sponsorship of four local community college health professions clubs. Congratulations to the Radiology Club and the Dental Assisting Club at Kaskaskia College in Centralia, and the Radiology Club and Nursing Club at RLC. Each club will receive \$1,250 for members to attend professional association meetings this spring.



Lamb kebabs, cooked on or off skewers, are a delicious example of Middle Eastern street food. Photo credit: Yuki Sugiura for "New Middle Eastern Street Food: Snacks, Comfort Food and Mezze from Snackistan" by Sally Butcher; Interlink Books, 2013.

Recipe

continued from page 3
to 15 minutes total). Thread the tomatoes onto any old skewers and grill or broil until soft and blackened in spots. Put a sheet of folded lavash (or other flatbread) onto a plate. As each of the skewers is cooked, lift the folded part of the bread over the skewer, pressing it down on the kebab. If you exert enough gentle pressure, you should be able to withdraw the skewer, leaving the kebab nestled in the bread. Add a couple of tomato halves, sprinkle with

sumac or lemon juice, then tuck the ends of the bread to make the kebab easier to eat. **Tip:** The secret to eliciting the maximum meaty enjoyment is to let the kebab "rest" for 5 to 6 minutes after cooking so that at least some of the juices from the meat soak into the bread. Of course, if you leave it for too long, it will become soggy. (Recipe from "New Middle Eastern Street Food: Snacks, Comfort Food and Mezze From Snackistan" by Sally Butcher; Interlink Books, 2013.)



Shaquala Versteeg-Knifechief of Macedonia watches as another student uses the controls to move a number of arms on the robotic surgery equipment. Versteeg-Knifechief said the experience of using the new device was exciting and different. (ReAnne Palmer / RLC Public Information)

Trans fat ban not a cut-and-dry case

METRO CREATIVE CONNECTION
In November 2013, the Federal Food and Drug Administration announced a plan to ban all trans fats from food. The plan had no firm deadline, but the agency said it will solicit advice from food manufacturers and restaurant chains for two months before officials determine how long the phase-out will take. Certain foods may have different timelines depending on the availability of trans fats substitutes. Trans fats, typically created

via the process of adding hydrogen to vegetable oils to make them semi-solid, are frequently used to prolong the shelf life of processed foods. Many snack foods and packaged foods contain trans fats in the form of hydrogenated oils. Trans fats occur naturally in some meat and dairy products, but in small amounts. Research has shown that trans fats are more dangerous than other types of fats because they raise the level of LDL, or "bad cholesterol," in the blood, while also lowering the level of HDL, or "good cholesterol." The result can be clogged arteries and an elevated risk of heart disease. The Institute of Medicine has said there is no safe level of trans fats and that people should consume as little as possible. Health officials estimate that a ban on trans fats could help prevent 20,000 heart attacks and 7,000 deaths from heart disease a year.

Solution to Crossword puzzle printed on page 2.

Solution time: 27 mins.

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

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