



CLOCKTOWER CHRONICLE

ONE orientation for online students starts July 20

Rend Lake College students enrolling in online or hybrid courses this fall can begin completing the new orientation program, Online Navigation Essentials (ONE), starting Monday, July 20.

ONE 1500 gives students the chance to experience online learning before ever accessing a

credit course by going through a step-by-step introduction to the software and terminology used by RLC courses. Designed by RLC's Online Learning Committee, the program will help students figure out if the online or hybrid set-up is right for their education, without costing them anything.

As students complete the pro-

gram, they will experience a series of self-paced lessons and activities necessary for online learning. At RLC, an online class is defined as a course that is completely online, whereas a hybrid course is one in which students substitute portions of classroom, laboratory, clinical, or field meeting time with an online com-

ponent.

Taking ONE 1500 is free for students and no credit hours are awarded for completion. It is required for all students to successfully complete ONE 1500, regardless of previous experience in an online or hybrid environment, before access is given to fall semester courses.

Students may use the open computer lab in the Learning Resource Center to complete the program and subsequent online or hybrid courses. For more information about the ONE 1500 program, contact Shari Carpenter at (618) 437-5321, Ext. 1774 or carpenter@rlc.edu, or Gina Schenk at Ext. 1399 or schenkg@rlc.edu.



Working together to build a structurally sound wall of plastic cups, FROM LEFT, Jay Simmons (Benton), Beckett Wilder (Benton), Malayna Bock (Ashley), Bobby White (Mt. Vernon), and Sam Buesking (Mt. Vernon) stacked a tower several feet high. The project was part of the camp designed to help the students turn a design into physical form. (Photo by ReAnne Palmer / RLC Public Information)

Minecraft Camp turns game sketch into 3D model

Adozen grade-schoolers attended Minecraft Kids Summer Camp at Rend Lake College two weeks ago and learned about the fundamentals of design, creation, building, and three-dimensional space with Instructor Matt Jackson and the video game Minecraft. One of the projects for the campers was to turn the RLC Clocktower, located at the center of campus, into a sketch in the video game and eventually into a true-to-scale model on RLC's three-dimensional printer.

"It's important to see these kids use a game like Minecraft to do something like this," said Jackson. "It's teaching them about buildings and how they're constructed. I think the 3D printer is something they're hearing

about, but because it's a new technology, they don't know how it works. They all thought it was very cool, and they helped by loading the material cartridge and unloading the finished model. It was cool for them to see their models in the physical world."

Minecraft camp will meet again from 9 a.m. - noon, Monday, July 20 through Thursday, July 23, in the Vocational Building, Room 103, on the Ina campus. To learn more about Kids Summer Camps at RLC, contact the Community and Corporate Education Division at (618) 437-5321, Ext. 1714 or 1267.

More photos from RLC Minecraft Camps can be found on page 4 of this week's Clocktower Chronicle.

RLC Women's Basketball hosts Girls Basketball Camp



Passing the ball

Dani Rubenacker (Dahlgren) passes the ball to Sesley Tedeschi (Benton) during four-on-four play on June 17, the last day of camp. Also pictured are, FROM LEFT, Abby Reyling (Dahlgren), Sydney Downen (Dahlgren), Ashley Jones (Ewing), Kenzie Rushing (Pinckneyville), and Micah Reynolds (Waltonville). (Photo by ReAnne Palmer / RLC Public Information)



Four Medalists

Four campers were awarded medals for improvement, effort, and skill during the camp. Pictured are, FROM LEFT, Dani Rubenacker (Dahlgren), Carson Belangee (Dahlgren), Sydney Downen (Dahlgren), and Sesley Tedeschi (Benton). (Photo by ReAnne Palmer / RLC Public Information)

MORE PHOTOS FROM RLC GIRLS BASKETBALL CAMP CAN BE FOUND ON PAGE 4 OF THIS WEEK'S CLOCKTOWER CHRONICLE

Pitcher Nick Andros, 2013 RLC grad, signs with KC Royals

INA, Ill. (June 29, 2015) — Tunnel Hill native and 2013 Rend Lake College graduate Nick Andros signed as a free agent with the Kansas City Royals last week.

The left-handed pitcher is the son of Tina and Luke Andros who attended RLC from 2011 to

2013 where he went 12-7 with a 2.40 ERA. In his 131.2 innings pitched for the Warriors, Andros logged 111 hits, 50 runs, and 123 strikeouts. During his freshman year, Andros was nominated for

Andros continues on page 2



Nick Andros

Kingsmen Auto Club Cruise Night featuring Tri-Five Chevys, Rat Rods

Tri-Five Chevy and Rat Rod owners are invited to the Rend Lake College MarketPlace Friday, July 3 in the evening for the monthly Cruise Night, hosted by the Kingsmen Auto Club of Mt. Vernon.

The July 3 Cruise Night begins at 6 p.m. in the east parking lot, across from the RLC Golf Outlet, at the MarketPlace in Mt. Vernon. Classic and show cars of all kinds are welcome to attend; however, one participating Tri-Five Chevy and one Rat Rod will be drawn

to win a Featured Car plaque. The event is free to the public and ends at 9 p.m.

Jim Hutchison, Kingsmen Auto Club president, said the free event is a perfect

way to kick off the July 4th weekend.

"We want everyone to bring the kids, bring every-

Cruise continues on page 2

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Versatile salmon pairs well with baby spinach and tomatoes

UNIVERSAL

Salmon is almost the perfect fish. And if isn't quite perfect, it's at least the most flexible and adaptable ingredient in a fish dish. For a hurried cook who still wants to eat well, that is good news indeed.

Today's recipe is just one example of salmon's versatility. I'm serving this slightly sweet and savory



By Alicia Ross

salmon at room temperature over a bed of baby spinach and field greens, dotted with grape tomatoes. A basic vinaigrette

pairs nicely.

You may want to serve it piping hot out of the oven over rice pilaf or garlicky mashed potatoes. If you

cook extra, stir up the leftovers with a tablespoon of mayonnaise, a few capers and diced celery, and you have a creamy sandwich or cracker spread. Enjoy!

[Alicia Ross is the co-author of "Desperation Dinners!" (Workman, 1997), "Desperation Entertaining!" (Workman, 2002) and "Cheap. Fast. Good!" (Workman, 2006). Contact her at Kitchen Scoop, c/o Universal Uclick, 1130 Walnut St., Kansas City, MO 64106, or send email to telus@kitchenscoop.com. Or visit the Kitchen Scoop website at www.kitchenscoop.com.]

SUGGESTED MENU

HONEY-GINGER GLAZED SALMON
BABY FIELD GREENS AND DRESSING OF CHOICE
CRACKERS

HONEY-GINGER GLAZED SALMON
Start to finish: less than 20 minutes
Yield: 2 servings

- 2 salmon fillets (4 to 6 ounces each)
- 2 tablespoons honey
- 2 tablespoons fresh lemon juice
- 1 1/2 teaspoons fresh ground ginger
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper

Preheat the oven to 450 degrees. Spray an 8-by-8-inch glass baking dish with cooking oil. Place salmon fillets in dish, skin-side down. (Or remove skin.) In a small bowl, whisk together honey, lemon juice, ginger, salt and pepper. (If honey is too stiff, zap mixture in the microwave to loosen and then mix well.) Drizzle honey mixture over salmon and spread to cover most of the fillets. Bake, uncovered, until fish flakes easily with a fork, 8 to 10 minutes. Remove from pan and serve as desired.

Approximate values per serving (5 ounces): 260 calories, 9 g fat (1.4 g saturated), 63 mg cholesterol, 28 g protein, 19 g carbohydrates, no dietary fiber, 358 mg sodium.



Versatile preparation of summery salmon. (Photo by Alicia Ross for Kitchen Scoop.)

Andros

continued from page 1

NJCAA All-Region XXIV honors after finishing the season with 53 strikeouts in 52.1 innings, and a 2.75 ERA.

Head Coach Tony Etnier said Andros is one of the best players he's coached in recent years.

"Nick had a lot of success in his two years here at Rend Lake," said Etnier. "He was an extremely hard worker who competed as hard as anyone

we've had. It's no surprise to me that he is getting a chance to play pro ball. I wish him nothing but the best, and I am positive that he will make the most of his opportunity."

After RLC, Andros signed with Lipscomb College in Nashville, Tenn. where he made 19 appearances and three starts as a Bison, going 5-3 with a 3.28 ERA, second highest on the team. In 68.2 innings, he recorded two saves and held a batting average of .214. In

March, Andros was named the Atlantic Sun Conference's Pitcher of the Week after a 7-3 win over Alabama, his career-best seven innings for the Bisons.

At Goreville High School, Andros led the Blackcats to the state tournament in 2010 and 2011 and set the school record for wins in his junior and senior years. He is also an all-state and MVP player who tied the school record with a 17-strikeout and three-homerun game.

Cruise

continued from page 1

body, 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. Anyone can bring any type of classic or show car to the Cruise Night, and there's no entry fee."

There will be prizes and a 50/50 drawing during the evening, and attendees can take advantage of free refreshments and live music.

Both participants and attendees can also make the most of several sale opportunities at the MarketPlace during the event, including 15 percent off a purchase of \$100 or more and buy one get one half

off all clothing at the RLC Golf Outlet, a free cut and style with chemical service at Studio RLC, 20 percent off regular price or 10 percent off sale prices at Shoe Stop, new sale items at BonWorth, and 10 percent off a meal at Lone Star Steakhouse.

Three more Cruise Nights are scheduled for this year, including 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. Cruise Nights are held from 6 - 9 p.m. on the first Friday of every month.

To learn more about the Cruise Nights, contact Jim Hutchison at (618) 244-7711 or (618) 242-6279.

Rend Lake College Clocktower Chronicle

Administration:

LuAnn Droege, Senior Editor, Centralia Sentinel
Nathan Wheeler, Editor, Rend Lake College

Advertising:

To place an advertisement, call 246-2000

Postal Information:

Published weekly on Thursdays by Centralia Press Ltd., 232 E. Broadway, Centralia, IL 62801-0627 (USPS 098-600) (ISSN: 1059-8162); periodical postage paid in Centralia; POSTMASTER: Address changes to the Centralia Sentinel, 232 E. Broadway, Centralia, IL 62801-0627

Single Copy Price:

\$20 for a one-year subscription; free on RLC campuses

Circulation:

Subscription and delivery information is available by calling 246-2000.

Sudoku

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

Solution to Sudoku puzzle printed on page 4.

Crossword

Across

- 1 Routine
- 5 Squalid quarters
- 8 Tropic fruit
- 13 Drivel
- 15 Part of IOU
- 16 Detach by tearing
- 17 Web developer?
- 18 Valdez cargo
- 19 Caroline, to Teddy
- 20 Oater prop
- 23 Teaching session
- 24 ___ Lanka
- 25 Luau loop
- 28 Dorm employees: Abbr.
- 31 Vain person
- 33 "Illmatic" rapper
- 36 Top dog
- 38 Exclusive
- 40 Patronize a diner
- 41 Northwestern pole
- 42 Upper echelons
- 45 Capital ___
- 46 Esteem
- 47 Sleek flier
- 48 Magritte's "Ceci n'est pas ___ pipe"
- 49 Make picots
- 51 Disciples' leader
- 57 Cheering phrase
- 60 Follow without interruption
- 63 "___ on a Grecian Urn"
- 64 Intends (to)
- 65 Fire tools
- 66 "Danny Boy" star
- 67 Tiff
- 68 Blue Ribbon beer brand
- 69 Asian bread
- 70 Penn or Young

Down

- 1 "60 Minutes" newswoman
- 2 Shaw of jazz clarinet
- 3 Catchers' needs
- 4 Major movie productions
- 5 Imminently
- 6 Shoot
- 7 Sounds from a pound
- 8 Aim helpers
- 9 Infantry group
- 10 Exist as a group
- 11 Damone of song
- 12 Hairy arm swinger
- 14 Send back
- 21 Sign letters on the cross
- 22 Portland's state: Abbr.
- 25 Misinform
- 26 City near Mulheim an der Ruhr
- 27 Phone ID of a sort
- 29 "Just wait ___!"
- 30 Persian rulers
- 32 Yoko ___
- 33 Father of Indira Gandhi
- 34 Sci-fi staple
- 35 Kitchen tool
- 36 Most substantial
- 37 Inflammatory suffix
- 39 Number of Trevis coins
- 43 Procure
- 44 Imprint clearly
- 50 Considerable irritant
- 52 Brewer's buy
- 53 Screen parts
- 54 Beyond mad
- 55 Christmas guy
- 56 Champ known for his chomp
- 57 Attila's crowd
- 58 Supposition
- 59 Hymn of praise: Var.
- 60 Enjoy brandy
- 61 Prohibition follower
- 62 Sea dog

1	2	3	4	5	6	7	8	9	10	11	12			
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68								69					70	

Solution to Crossword puzzle printed on page 4.

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Reader dreads brother moving in with family

DEAR HARRIETTE: My brother and I have never had a good relationship.

He is always criticizing my decisions and trying to control what I do. He is moving back in with my family after graduation from college, and I am nervous about the tension this will cause in my house, especially because he is still searching for a job and has the stress of now being in the real world after finishing school. I am fearful that this added stress will cause him to be even more critical of my life. How should I deal with the return of my brother's controlling presence? I will be a senior in high school next year, so I don't leave for another year.

— *Dreading His Return, Chicago*

DEAR DREADING HIS RETURN: Now is the time for you to stand up for yourself. While your brother has been controlling in the past, you have the ability to reject his behavior now. First of all, remember that he may be in a troubled state of mind because he is in flux. Choose to be kind to him, but also establish boundaries. If he lashes out at you by making disparaging comments, leave the room. Physically take yourself out of his space so that you don't have to hear him. Tell him that your room is your sanctuary, and he is not welcome to come in without your permission. Do your best to ignore him and to

SENSE & SENSITIVITY

by HARRIETTE COLE



focus instead on your studies, your plans for college and your life. Do not say mean things about him. You can, however, tell him that you have chosen not to criticize him and his life, even though it could be easy to do. Ask him to be kind to you, too.

If you find that his behavior is getting worse or that you cannot handle it by yourself, enlist your parents' support. Ask them to help you by speaking to your brother about being respectful to you.

DEAR HARRIETTE: I am a daily user of public transportation. I enjoy the convenience and not having to burden myself with a car. However, frequently traveling with others has made me aware of how comfortable people are with staring. I feel myself getting stared at and never know how to react. I do not stare at other people or do outlandish things to draw attention to myself. Is there any way to ease my discomfort, or is this simply a down-

side of public transportation? — *Eyes Not Over Here Please, Brooklyn, New York*

DEAR EYES NOT OVER HERE PLEASE: Staring is a downside to public transportation, unfortunately. When in the close quarters the bus or subway requires, it is helpful to bring a book or newspaper to read. By focusing your attention on something that you can control, you can ignore people who may be staring at you.

At the same time, you should remain aware of your surroundings in order to stay safe. If you do make eye contact with someone, you do not need to offer a welcoming smile. To someone who stares, you can trade a strong glance that says you are in control of yourself. When you disembark said transportation, be sure to notice who gets off with you. Stay alert.

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



Pitcher Hannah Poynter joins RLC Softball team

INA, Ill. (June 25, 2015) — Louisville, Kentucky pitcher Hannah Poynter, CENTER, signed with the Rend Lake College Softball team this week for the 2015-16 season. Last year, Poynter pitched Louisville Male High School to second in the Kentucky state tournament and was selected to the All-Tournament team. She is shown here with her parents John and Shannon. (Submitted Photo)

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2015 Minecraft Campers

Campers took a break from developing structures and landscapes in Minecraft on the morning of Thursday, June 18 to snap a photo. Pictured is, FRONT ROW, FROM LEFT, Mason Foreman (Benton), Colin Dodd (McLeansboro), Isaac Billington (McLeansboro), Maguire Clark (Dahlgren), Bobby White (Mt. Vernon), and Beckett Wilder (Benton); BACK ROW, Ian Dodd (McLeansboro), Malayna Bock (Ashley), Ellie Landy (Texico), Erik Healy (Enfield), Sam Buesking (Mt. Vernon), Jay Simmons (Benton), and Camp Instructor Matt Jackson. (Photo by ReAnne Palmer / RLC Public Information)



A model brought to life

Sam Buesking of Mt. Vernon helped Instructor Matt Jackson by removing a three-dimensional model of the RLC Clocktower from the college's 3D printer. The campers visited the clock tower earlier in the week and made a small-scale model on Minecraft, which was then printed. (Photo by ReAnne Palmer / RLC Public Information)



Presenting their RLC Clocktower

Brothers Colin and Ian Dodd of McLeansboro presented the three-dimensional model of the RLC Clocktower Wednesday, June 17 during Minecraft camp. This camp was the first time for many students to see and use new technologies, such as a 3D printer. (Photo by ReAnne Palmer / RLC Public Information)



Girls Basketball Campers

Each camper was awarded a certificate of participation at the end of Girls Basketball Camp, held June 15-17 in the RLC Gymnasium. Pictured are, FRONT ROW, FROM LEFT, Chloe Kilpatrick (Steeleville), Alexis Allen (Waltonville), Ensley Tedeschi (Benton), Alex Kolts (Dahlgren), Carson Belangee (Dahlgren), and Shauna Hiller (Sesser); SECOND ROW, Abby Reyling (Dahlgren), Dani Rubenacker (Dahlgren), Sydney Downen (Dahlgren), Aubrey Kaufman (McLeansboro), Micah Reynolds (Waltonville), Kelsey Cowan (Steeleville), RLC Assistant Coach Krystal Gundy, and RLC athlete Dana Rubenacker (Dahlgren); BACK ROW, Hanah Cooper (Wayne City), Ashley Jones (Ewing), RLC Head Coach Ward McDaniel, Kenzie Rushing (Pinckneyville), Sesley Tedeschi (Benton), and Morgan Coop (Sparta). Not pictured are former RLC athlete Natalie Williamson (Mt. Vernon) and RLC athlete Cali Carney (Benton). (Photo by ReAnne Palmer / RLC Public Information)



After that rebound ball

Ashley Jones (Ewing) and Sesley Tedeschi (Benton) run after a rebound. Girls between grades 6 and 8 were invited to the camp to improve on their skills. For more information on Sports Camps this summer, contact the RLC Athletics Office at (618) 437-5321, Ext. 1250 or oxford@rlc.edu. (Photo by ReAnne Palmer / RLC Public Information)



Practice makes perfect

Sydney Downen (Dahlgren) avoids Alex Kolts (Dahlgren) as the campers practice their ball-handling and guarding skills. Coaches McDaniel and Gundy also taught the girls shooting, passing, and rebounding techniques during the three-day camp. (Photo by ReAnne Palmer / RLC Public Information)

Solution to page 2
Crossword puzzle.

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

Solution to page 2
Sudoku puzzle.

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



CONSUMER REPORTS

Cool down when it heats up

BY THE EDITORS OF CONSUMER REPORTS

UNIVERSAL

Tougher federal energy standards mean that today's air conditioners are a lot more efficient than they used to be and cost less to operate, according to Consumer Reports.

That's good news because up to 17 percent of a home's energy budget goes to cooling. Central air conditioning is common in most parts of the country, but even homes that have it may want a window or portable unit to supplement cooling in a stuffy room or in a work shed, garage or other uncooled space.

If your cooling system is more than 10 years old, replacing it will bring immediate efficiency gains and drastically cut your costs. The window units on sale today meet strict standards that went into effect last summer. Manufacturers of central A/C systems will have to comply with even tighter energy standards by July 1, 2016. To test room A/Cs, Consumer Reports brought two dozen window air conditioners and a dozen portable units into its labs to put through its comfort evaluations. **Here are the details:**

- **Window A/Cs are worth a look.** Small window units are the biggest sellers, and Consumer Reports found some to recommend that cooled the testing chamber quickly — and quietly. They include

the GE AEM05LS (\$210), a CR Best Buy, which cools 100 to 300 square feet.

- **"Portables" is a misnomer.** Weighing between 51 and 82 pounds, portables aren't easy to move. In its tests, Consumer Reports found that the dual-hose models were marginally better than the single-hose units. But neither provided the cooling oomph you might expect for the price or the BTU/hour listed on the box.

When shopping, Consumer Reports suggests keeping the following in mind:

- **Size it correctly.** An air conditioner that's too small won't do a good job cooling a room. One that's too big cools the area so quickly that it doesn't have time to remove enough moisture, so it leaves you with a cold, clammy space.

Window air conditioners typically have cooling capacities ranging from 5,000 to 12,500 British Thermal Units (BTUs). But don't buy by BTU alone. As a rule of thumb, an air conditioner needs 20 BTUs for each square foot of living space, but there are other considerations, such as the height of your ceiling and the size of your windows and doorways. Energy Star recommends that you add more capacity if the unit is in a sunny window or will be placed in a kitchen.

- **Note the noise.** Models that scored Excellent or Very Good in the noise tests are so quiet that the

only sound you might hear is the fan running. But air conditioners that scored Fair for noise could disturb light sleepers when set on low and are distracting on high.

- **Factor in the window location.** Air conditioners generally do a better job blowing air in one direction than in the other. That can be a problem if your window isn't centered on the wall. To uniformly cool a room, you'll need to direct air to its center, so check whether your A/C needs to blow air to the right or to the left.

- **Check the warranty.** Some air conditioners have longer warranties than others. When you're buying a new unit, check the manufacturer's website for information, then ask the retailer about the warranty for that model and brand.

- **Install it correctly.** To get the most from your window air conditioner, install it right. Most units are intended for double-hung windows. If you have casement windows, you may want to consider a through-the-wall air conditioner. Make sure your window unit is level so it drains correctly. And move heat-generating devices such as a TV or lamp away from the unit.

- **Consider convenience.** Make sure you can easily access the filter for cleaning, something you'll be doing frequently to keep the unit in tip-top condition.

The machines are watching

BY THE EDITORS OF CONSUMER REPORTS

UNIVERSAL

Many "smart" devices are versions of familiar, even friendly, consumer products: thermostats, refrigerators, light switches, televisions and door locks. But the new versions connect to the Internet and can be controlled through an app on a phone, tablet or computer, notes Consumer Reports.

But that convenience comes with a trade-off: The devices, known collectively as the Internet of Things, can also send a steady flood of personal data to corporate servers, where it's saved and shared, and can be used in ways you can't control. Websites and smartphone apps have been following our activities for a long time, tracking where we go; what we read, watch and buy; what we write in our emails; and who we follow on Facebook and Twitter. But now connected devices gather data from some of the most private spaces of our lives — the bedside table, the kitchen counter, the baby's nursery.

Without proper safeguards, all of the data that different devices and sites have collected about you can be combined, then exploited by marketers or stolen by hackers.

6 WAYS TO REDUCE YOUR EXPOSURE

If you don't like the idea of being tracked by your devices, you may think you have only two options: Avoid the technology altogether or simply surrender to the surveillance. But for most

smart products, Consumer Reports says, there are strategies that can at least restrict how much of your information gets collected.

- 1. Password-protect anything that collects personal information.** Many smart devices are managed through Internet-based accounts. Some have pass codes you can enter on the device as well. Use both. And yes, you do need to pick unique and complex passwords. Consumer Reports suggests at least nine characters in a combination of letters, numbers and symbols (see its video on creating better passwords at ConsumerReports.org). Also, if you haven't already done so, make sure to password-protect the settings on your router as well as its Wi-Fi connection.

- 2. Read the privacy policy.** True, they're often long and indecipherable. But if you want an indication of the kinds of information your device is tracking, that's where you'll find it. Bring your legal-to-English dictionary. Remember, however, manufacturers can change their policies at any time. And in case of a data breach, all bets are off. Hackers don't read those policies, either.

- 3. Find the "off" toggle in the settings menu on your smart device.** Often, features that track you are given a line-item on-off toggle. On smart TVs, for example, you can switch off voice control and "interactive" functionality. If anything seems suspicious to you, turn it off — you can always turn it back on later if it disables a function you need.

- 4. Don't leave connected devices on when you're not using them.** Certain Internet-enabled devices are hooked to the Internet 24/7 by necessity (a smart thermostat, for example), but a connected baby monitor doesn't need to be streaming video from junior's crib when your baby is in your arms. Just turn it off.

- 5. Install security updates.** Device makers need to get serious about automatically pushing out security updates. But consumers would be wise to periodically check the manufacturer's website to see whether their device has a patch, an update or new firmware. If there is, install it quickly.

- 6. Take it offline.** If Wi-Fi or cellular connectivity in a product doesn't offer a tangible benefit to you, buy the nonconnected version. If a nonconnected version isn't available, you can still buy the smart product -- just don't set it up on your Wi-Fi network. It may sound obvious, but it's worth stating: If a device isn't connected to the Internet, there's no snooping and no hacking.

Biking is great exercise for kids and their families

BY ANTHONY L. KOMAROFF, M.D.

UNIVERSAL

DEAR DOCTOR K: Summer is here, and my children are out all afternoon riding their bicycles. What can I do to make sure they're as safe as possible?

DEAR READER: Bicycling is a wonderful activity for children -- and for families. As with any sport, bicycling carries a risk of injury. Proper safety skills and equipment are essential for all children before heading out on the road.

It can be tricky to find a safe place to teach your child to ride a bike. The streets near your home may be too busy. My father taught me to ride a bike in the same place he taught me to drive a car: the parking lot of a large department store when the store was closed.

By far the most important safety measure is the use of a properly fitting bicycle helmet every time your child rides a bike. Helmets can reduce the risk of serious head injuries by 85 percent. And many states — wisely — require helmet use.

All helmets made in the United States today must



meet standards set by the Consumer Products Safety Commission. It's important to make sure your child's helmet fits properly. A helmet that is too big or too loose will not provide the appropriate protection upon impact. A helmet needs to be worn in a level position, with the chin straps snug enough that the helmet does not move out of place when pushed from the side, front or back. Many helmets come with foam fitting pads of various sizes that can be placed inside the helmet and adjusted as the child's head grows.

If possible, purchase your child's helmet at a bike shop. The people who work there can make sure it fits properly. At the same time, get your child's bike checked for any mechanical problems and make sure the bike is the right size for your child. Most

bike shops can do this for a small fee.

Children must also understand and follow the rules of the road. Be sure to go over the rules with your children when they are learning to ride. Review them periodically. Riding on the right side of the road and using hand signals appropriately may be the difference between avoiding an accident and causing one.

Many communities have set aside bike lanes or bike routes for riding. If these are available, encourage your child to use them instead of a busy street. They are much safer than regular city streets.

It's important to take precautions, but don't let them scare you or your kids off their bikes. Biking is a fun way to stay active. Regular exercise will keep your kids healthy now and also set them up for good health habits that can last a lifetime.

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

Just Waiting for Dr. Godot

BY JIM MULLEN

UNIVERSAL

It's nice that Dr. Godot has a whole room just for waiting. It's so convenient. But it makes you wonder: Would people be so patient if he called it the "Wasting Your Valuable Time Room"? Calling it a waiting room makes it sound as if waiting is the most normal thing in the world to do. We're not fuming, we're not steaming, we're not twiddling our thumbs — because it's a waiting room, not a "Twiddling Our Thumbs Room."

There must be some really thoughtless doctors out there who take patients as soon as they show up at their scheduled time and don't give them any time to wait. Apparently, as soon as they are found, they are drummed out of the profession.

Of course, it's not just doctors who make us wait. Airports are composed almost entirely of waiting rooms. They have acres and acres of waiting rooms. The waiting rooms are so humongous that they have bookstores and restaurants and souvenir stands and coffee bars in them. If the airlines really thought every flight would leave on time, do you think they'd build such gigantic waiting rooms? What if the ticket price for air travel dropped each hour you had to wait? Wait one hour, that's \$10 off the ticket price; two hours, you save \$20, and so on. For every hour you sit in the plane on the tarmac, it's \$50 off. Under this system, most of us could make money by flying.

My appointment with Dr. Godot was for 2 o'clock; I still haven't seen him and it's 3 o'clock. But if I had shown up at 3, I would have been late for my appointment. That seems one-sided. If I have an appointment with Dr. Godot, why doesn't Dr. Godot also have an appointment with me?

Oh sure, I understand that there are emergencies. I

watch medical shows on TV.

On television, no one ever waits. Who would watch a show called "WR" — a room full of people moaning and sneezing and bleeding from the forehead and NOT being treated? No, on TV, entire families walk right into the emergency room without waiting. Mom, Dad and five

at least Dr. Godot tries to class up his waiting room. He hangs pieces of fine art on the wall, the chairs are big and soft, and magazines like High Class Ski Resorts, Golfing in Fiji and Cigar and Wine Bore are scattered about. He's rich, so he must be good. There is

a very fine reproduction of a large, ancient Etruscan vase in his waiting room placed between two chairs. Its classy effect is unfortunately wrecked by the hand-written note taped above the vase that says,

"This is not a garbage can!" How does he know? Maybe that's exactly what the Etruscans used it for. Garbage pickup on the ides and nones of every month.

Finally, at 3:30, the receptionist tells me the doctor will see me now.

"I'm so sorry about the delay," says Dr. Godot, "but there was an emergency. A man collapsed out at the golf course."

"Is he all right?" "I suppose so. EMS took care of him. But it held up our foursome for an hour."

(Contact Jim Mullen at JimMullenBooks.com.)

VILLAGE Idiot

by: JimMullen



or six children, all wailing and screaming "Don't let her die!" They never fill out a form; they never wait a minute. Try that in real life and see how far you get.

In real life, you get out of your sick bed and make your way to the emergency room, where all you want to do is lie down until someone can see you. In your dreams. If you're lucky, the hospital waiting room will have chairs that have been handed down from a 1950s grade school assembly room. If you're unlucky, they have new, designer waiting room chairs. Your back will never be the same.

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