Thursday, July 30, 2015

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REND LAKE COLLEGE

Foresight Energy Miners work together to help an injured person during the mock mine disaster. The scenario was just one of several the team had to complete during the contest. All teams started in lock-up and had only minutes to survey the situation before the contest began. (Photo by ReAnne Palmer / RLC Public Information)



Foresight Energy miners rope off a section of the mock mine during the contest. RLC hosted the first Mine Rescue Contest this year as part of the compliance requirements for the Brookwood-Sago Mine Safety Grant received in 2014. The grant is the third of its kind RLC's Coal Mine Training Center has received in recent years. (Photo by ReAnne Palmer / RLC Public Information)

# **Foresight Energy South Team wins RLC Mine Rescue Contest**

**BY REANNE PALMER** 

RLC PUBLIC INFORMATION our Mine Rescue teams from Southern Illinois competed Wednesday, July 22 in the morning at the Rend Lake College Mine Rescue Contest, but only one came out on top. Foresight Energy South Team out performed their competition and co-workers

on the field.

Coming in second was Foresight Energy Blue Team, followed by Foresight Energy White Team and White Oak Resources Mine Rescue Team in third and fourth respectivelv.

Miners competing on the Fore-

Contest ..... continues on page 4



Foresight Energy South Team poses with their first place trophy Wednesday, July 23 afternoon. The team had the best overall score during the competition, which included decisionmaking and time, among other factors. Also pictured is Chris Nielsen, LEFT, RLC Dean of Applied Science and Technology. (Photo by ReAnne Palmer / RLC Public Information)

# **Cosmo, Barber**,

# Start fresh in RLC's new Aspiring-CPA Steven Tate uses RLC business degree to launch accounting profession

# **Nail Tech classes** starting up at **Studio RLC**

#### **BY REANNE PALMER** RLC PUBLIC INFORMATION

t doesn't take long to start working your way to a new career in cosmetology, barbering, or nail technology, thanks to a number of certificate and degree programs at Studio RLC in Mt. Vernon.

New this year at Studio RLC is the Barber Occupational Certificate. This oneyear program prepares students for positions in the Barber field, including work as barbers in chains or independent shops, or for entrepreneurship. Specialized curriculum will focus on practical, hands-on experience with men's haircuts, shaving, and facial hair design, including a barber internship.

Classes offered this fall include Barber and Cosmetology Theory I (COSM 1201), Barber and Cosmetology Clinic I (COSM 1202), Barber and Cosmetology Clinic III (COSM 1205), and Barber and Cosmetology Internship (COSM 1206). Upon successful completion of the program, graduates can sit for the Illinois Barber licensure examination.

The Barber program begins Monday, Aug. 24 alongside the Cosmetology program. Though many courses overlap between the two, the Cosmetology

**Occupational Certificate** includes instruction in shampooing, cutting, coloring, styling, and the latest trends. Graduates can sit for the Illinois Cosmetologist licensure examination after completing the program.

Students enrolled in the Barber and Cosmetology certificate programs will meet from 8:30 a.m. - 4:30 p.m. Monday through Friday and at the same times on every third Saturday.

The Barber and Cosmetology programs also offer students the chance to earn an Associate in Applied Science degree by taking an additional semester of general education courses. These courses include Principles of Effective Speaking (COMM 1101), Intro to Computers (CSCI 1101), Rhetoric and Composition I (ENGL 1101), Business Mathematics (MATH 1202) or Contemporary College Math (MATH 1107), and Intro to Psychology (PSYC 2101) or Human Relations (PSYC 2106) — all of which are offered during the Fall semester.

The one-semester Nail Technology program will start the same week, on Wednesday, Aug. 26, with classes held from 8:30 a.m.

Classes ..... continues on page 2

### **Certified Production Technician program**

**BY REANNE PALMER** 

CLOCKTOWER

RLC PUBLIC INFORMATION ew Certified Production Technician (CPT) training is coming to Rend Lake College this Fall in the form of four training modules to help locals into entry or mid-level production technician jobs in the manufacturing industry.

The CPT occupational certificate is a national, industry-recognized skills certification training program that consists of four modules — Safety (MFG 1207), Manufacturing Processes and Production (MFG 1208), Maintenance Awareness (MFG 1209), and Quality Practices and Measurement (MFG 1210) — to give graduates the knowledge and skills for jobs in manufacturing technology.

The first two modules, Safety and Manufacturing Processes and Production, will be held from noon – 2 p.m. Tuesdays and Thursdays this Fall in the Advanced Technology Center, Room 178.

Safety will be held first, starting Aug. 17 and ending Oct. 9, followed by Manufacturing starting Oct. 12 and ending Dec. 4. Both courses will also have optional meet times set for Wednesdays in the Learning Resource Center, Room 114, to work with online components of the course.

Instructor Matt Jackson will lead both courses and

help students with the interactive online learning modules. He said the certificate will prepare students to work in a widerange of manufacturing roles.

"The modules cover different principles and practices — everything from manufacturing methods to safety," said Jackson. "Students will learn how to read a tape measure, how to handle certain tools and chemicals, and everything in between. It's great for anyone working in a manufacturing setting."

Production technicians can find job opportunities across the nation, including some in Southern Illinois, such as Continental Tire the Americas, Walgreens Distribution Center, National Railway, and Magnum Steel.

"A lot of local businesses are now requiring this Manufacturing Skills Standards Council (MSSC) training and the goal of the college is to target those businesses and offer the training for their employees," added Jackson.

The CPT certificate program requires 16 credit hours and is designed for students who need to find a job with upward mobility, but also for those who do not plan to immediately attend a four-year institution and are seeking job placement. Front-line and

Program ..... continues on page 5

#### **BY REANNE PALMER**

RLC PUBLIC INFORMATION aking that first step in going back to college for a second degree can sometimes be a most difficult and confusing choice. For Mt. Vernon resident Steven Tate, that leap back to Rend Lake College's campus nearly 20 years after he graduated is one of the best decisions he's made.

Tate shared his experiences that led him from working full time as a maintenance technician at Walgreens Distribution Center to the opportunity-filled world of a staff accountant at Kemper CPA Group LLP in Mt. Vernon. After graduating in 1993 with his first associate degree, Tate left RLC's commencement ceremony again in 2012 and continued into

**Tate** ..... continues on page 2



"Rend Lake is a really good stepping stone, especially the business program. It prepared me for courses at SIU. I know if it weren't for Rend Lake, I would've been more overwhelmed, so it definitely helped me as the first step."

— Steven Tate

INSIDE:
Athletics
What You Must Know about Sunscreen 5
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### **Rend Lake College**

## continued from page 1

– 4:15 p.m. Wednesday through Friday and 9 a.m. – 4 p.m. Saturday.

Nail Technology courses focus on manicures, pedicures, nail tips and wraps, gel nails, nail art, acrylics, professional image, customer service, business skills, and other industry areas. Courses offered this fall include Nail Technology Theory I (COSM 1215), Nail Technology Clinic I (COSM 1216), Nail Technology Theory II (COSM 1217), and Nail Technology Clinic II (COSM 1218). RLC graduates will then be able to take the Illinois Department of Financial and Professional Regulation licensing exam.

To register for any program listed above, contact Daphne Mitchell, Studio RLC Director, at (618) 242-8459 or by email at mitchelld@rlc.edu. For more information on the programs, visit www.rlc.edu/studio-rlchome or www.face-

book.com/studiorlc.

#### Tate ..... continued from page 1

the career he has now. After working at Wal-

greens for a decade. Tate decided it was time to switch things up. The RLC graduate in electronic maintenance came back for his second degree, only this time he chose something completely different: business.

"I thought. 'I want to move up and do something else, something in management.' I started taking classes at RLC in 2010 and one of my first courses was accounting. I found I really liked it and wanted to do more business classes," said Tate. "I knew I wanted to go on, but I didn't know what I wanted to do. Mark Jornd (Business Associate Professor) said to me, 'You need to do accounting. You're good at it.' And that's what I did."

Tate says it was RLC's proximity to his home and workplace that offered him the best option to start classes and figure out what he wanted to study.

"Rend Lake College is a short distance from my home, so I didn't have far to go. And it gave me an idea of what I want to do before I jumped in at a four-year university. It prepared me for the university as far as what I needed to do," said Tate. "The instructors at RLC told us what we needed to do to be prepared and good students. The classrooms were a lot smaller, so the interaction was a lot more one-onone compared to a four-year university."

One of his earliest courses was Business Calculus with Mathematics Professor Cindy Caldwell. It was there he learned just how difficult majoring in accounting would be.

"I had calculus with Cindy and she was wonderful. I recommend to anyone going into accounting to take their math courses at Rend Lake, because they're less expensive and you have the math lab and tutors to go to if you need help," said Tate. "I don't think some people understand the work that goes into accounting. For one threecredit-hour course, I'd have nine or 10 hours of homework and studying a week, just for that one class."

In the end, he decided accounting was the best option for him, even over a business degree.

"Accounting trumps it all because it's the language of business," said Tate. "I liked

math. That's the reason I gravitated toward accounting, but everyone thinks accounting is all about the numbers. It's also about understanding where the numbers go. The math part is the easy part, but understanding what the clients' needs are and helping them plan for their future is important too. You have to know their goals and develop a relationship with them. It's all about making the client happy and doing what you need to do for them."

With an Associate of Science in Business degree under his belt in 2012, Tate transferred to Southern Illinois University (SIU) Carbondale to continue working on his new career change. Before he reached the end of his journey as a Saluki, something special happened.

"I was hired in August of 2014 and I hadn't even graduated yet. I was referred to the Kemper office in Mt. Vernon from the Dean of the College of Business at SIU. After submitting a resume, I was interviewed and hired, and I was still two classes away from graduating in December," said Tate. "At Kemper, I do a lot of tax returns, but I also do basic bookkeeping, payroll, accounts payable and receivable, financial statements, quarterly tax returns, state sales tax returns, and so many other things. Every day I learn something new — a lot more than what was taught in class. My courses taught me the basic concepts of how things work, and the professional world is just so much more. Laws are always changing, and you're not going to know everything."

And he did graduate while he was working. In December of 2014, with a Bachelor of Science in Accounting, Tate walked across the stage with a high grade point

> **Rend Lake** College Clocktower

average - enough to make it on the Dean's List and graduate cum laude. Tate finished the last leg of his postsecondary education while still working full-time at Walgreens.

"I just thought, 'If I'm going to do this, I'll do it until I'm done.' It was certainly an adventure," he said.

Now, Tate spends much of his time planning for his own future and preparing for the Certified Public Accountant (CPA) examination. To be eligible, staff accountants like Tate have to complete 150 credit hours of work plus one year working in the professional field, both of which Tate will have next month.

The exam itself, however, is no easy feat. Broken into four sections, the 14-hour long examination has roughly a 50 percent success rate and is a formidable task for any would-beCPAs. Tate says passing the test is the "gold standard" for any accounting major, something he hopes to accomplish by December.

He's planning to take the hardest section of the exam first — Financial Accounting Reporting — to get it over and done. Using the Becker CPA guide to get ready for the exam, Tate has taken several review courses, online lectures, and selfstudies to prepare. The ultimate goal is to pass and take the next big step in his professional career.

"CPAs sign off on audits and work with the government or non-for-profits. It can be daunting, working a lot of hours in the spring, but it's fun and exciting," said Tate.

Some CPAs go into the private sector, but he says that's not in his immediate plans. "I like public accounting and I'm going to stay with it. That's the great thing about accounting, there are so many good opportunities. You get companies calling you, wanting you to come

work for them. At first, you're fighting to try to get a job before you have the degree, but once you get it, you have firms contacting you. The field is growing and we need accountants. There are lots of places looking to hire and that first job really opens a lot of doors."

According to the U.S. Department of Labor, Bureau of Labor Statistics, there are nearly 1.3 million jobs for accountants across the nation. This number is expected to grow by about 13 percent, or 166,000, before 2022.

This is good news for Tate and other accounting majors who are focusing on passing the CPA exam and moving on to more impressive avenues.

"I'd like to be a senior accountant in a couple years and then a manager in four or five years. Eventually, I'd like to be a partner, but there's no time frame for that. Less than 10 years would be awesome. There are just so many opportunities, especially in my firm and location in Mt. Vernon," said Tate.

His advice to other business or accounting majors?

"Rend Lake is a really good stepping stone, especially the business program. It prepared me for courses at SIU. I know if it weren't for Rend Lake. I would've been more overwhelmed, so it definitely helped me as the first step," said Tate. "There was a lot of work in group projects, both at RLC and SIU, because that's what you do in the real world. It was great to experience that. Plus, Rend Lake is also three or four times cheaper than SIU."

To learn more about RLC's Business degree, contact Mark Jornd at (618) 437-5321, Ext. 1273 or jorndm@rlc.edu. To start your journey at RLC, visit www.rlc.edu/journey.



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Solution to Crossword puzzle printed on page 5.

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Sudoku

Solution to Sudoku puzzle printed on page 5.







Alex Miller, CENTER, is pictured with his parents William and Kimberly Miller last week during his signing. Also pictured is RLC Head Coach Tony Etnier. (Photo by ReAnne Palmer / RLC Public Information)

# Two PRP grads Alex Miller, Hunter Johnson join RLC's Baseball team

**BY REANNE PALMER** 

RLC PUBLIC INFORMATION NA, III. (July 27, 2015) -Two Louisville, Ky., natives and former classmates signed with the Rend Lake College Baseball team last week. Alex Miller and Hunter Johnson, both graduates of Pleasure Ridge Park (PRP) High School, are the newest recruits joining the 2015-16 team.

Miller, the son of William and Kimberly Miller, will fill the short stop position for the Warriors next year. Coming off a spectacular senior year at PRP, the undecided major has several honors to his name from last season, including 1st Team All-District. 1st Team

with RLC's program and transfer to the University of Louisville after graduation. Head Coach Tony Etnier said Miller will be essential to this year's team.

"Alex is a special player who we expect to make an immediate impact both offensively and defensively on the infield. He was one of the best high school players in State of Kentucky last year," Etnier said. "We are excited that Alex will be a part of our program and look forward to watching him grow as a player."

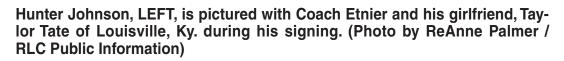
Johnson, a right-handed pitcher and first baseman, comes to RLC from Calhoun Community College in Tanner, Ala. Also an undecided major, he has a number of high school honors from PRP: 6th Region Player of the Year in 2012, and 1st Team All-State in 2012 and 2013. Johnson said he

hopes to improve on his average and attend a fouryear university after graduation.

About Johnson, Etnier said, "At 6-foot-4 and 240, Hunter is a big, strong kid who has a chance to help us on the mound and in the field. He has a mid-to-upper 80's fastball with a couple off-speed pitches. Hunter has a nice easy swing that translates into extra base hits when he gets extended at contact. Hunter will be a great addition to our program this year."

"Both Alex and Hunter come from an outstanding high school program at Pleasure Ridge Park," added Etnier.

To see more about RLC's





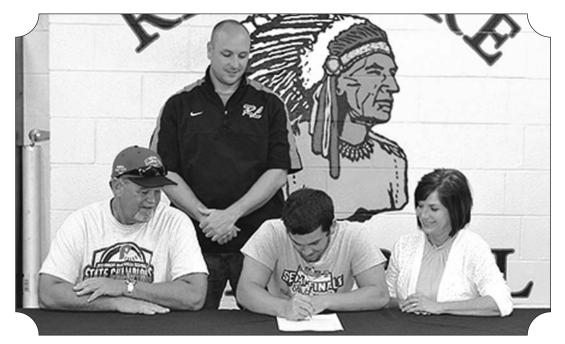
With Coach Etnier and his girlfriend, Taylor Tate of Louisville, Ky. watching, Hunter Johnson, LEFT, signs to play for Rend Lake College. (Photo by **ReAnne Palmer / RLC Public Information)** 



All-Region, 1st Team All-State, and 6th Region Player of the Year.

Miller said he plans to improve on his speed while

Baseball program, visit www.rlc.edu/baseball. For all things athletic at The Lake, visit www.rlc.edu/warriors.



With his parents William and Kimberly Miller and RLC Head Coach Tony Etnier watching, Alex Miller, CENTER, signs to play for RLC. (Photo by **ReAnne Palmer / RLC Public Information)** 



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### **REND LAKE COLLEGE**

Thursday, July 30, 2015



### Thank You from the Shoemaker Family

To everyone who attended, contributed and was involved with the benefit held for Louie Shoemaker at Iuka Park on July 18th: Your support and generosity is appreciated more than you can ever know. We thank each and every one of you from the bottom of our hearts.

Thank you & God Bless Louie & Shirley Shoemaker & family Mine rescue teams, such as this one from White Oak Resources, are required to compete in contests every year to be considered an active team. They compete throughout the year at different contests to refine their skills. (Photo by ReAnne Palmer / RLC Public Information)

#### Contest ...... continued from page 1

sight Energy Blue, South, and White teams include Jim Beechler, Wes Campbell, Erik Casad, Scott Earnest, Kevin German, Rob Givan, Girolamo Intravaia, Tim Kirkpatrick, Scott Lefler, Mark Lloyd, Andrew Mason, Justin McElroy, David Myers, Tim Norman, Matt Ozee, Paul J. Perrine, Jesse Presley, Kyle Ridlen, Pat Riley, Michael Short, Ben Spangler, Matt Szabo, and Brandon Tackett.

Miners competing with White Oak Resources Mine Rescue Team include Matt Androvandi, Benji Bowlin, Andy Ditch, Mike Fraulini, Michael Phelps, Phillip Powell, and Lisa Witzel.

More photos can be found on RLC's Flickr page at www.flickr.com/photos/rendlakecollege.



Team White Oak Resources confer with one another about the next step in the mock mine scenario. Together, they utilized the new mapping system to include mine features such as ventilation and equipment to make sure the mine is safe, evacuate victims, and a number of other scenarios. (Photo by ReAnne Palmer / RLC Public Information)



Comparing notes and maps, Foresight Energy miners decide how to proceed after coming to a problem in the mock mine. The scenario was developed as part of the "Mine Emergency, Prevention, and Preparedness Project" with the help of a \$92,247 Brookwood-Sago grant, supported by the U.S. Department of Labor, Mine Safety and Health Administration. (Photo by ReAnne Palmer / RLC Public Information)





During the mock disaster, the teams also utilized a new mapping system, one that many had not yet seen or used in an underground mine. Here, White Oak Resources Mine Rescue Team uses pencil and paper to relay information about the mock mine to the new mapping system. (Photo by ReAnne Palmer / RLC Public Information)

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After performing a safety check on all team members, Foresight Energy miners proceed through the mock mine. The contest is just one aspect of the Brookwood-Sago grant RLC received, and is geared toward challenging miners and rescue teams to do their best in a number of areas, including victim extraction, firefighting skills, rope rescue, smoke exploration, and confined space training. (Photo by ReAnne Palmer / RLC Public Information)

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# 5 things you must know about sunscreen

**BY THE EDITORS OF CONSUMER REPORTS** UNIVERSAL

n a perfect world, sunscreen would glide smoothly onto your skin, imperceptibly and safely providing all of the protection you need until you wash it off, says Consumer Reports. The reality is far different: Sunscreen often drips into eyes, feels greasy, irritates skin and stains clothing.

Worse, as Consumer Reports' tests this year and in the past have shown, sunscreens don't always shield skin as well as their labels claim. Testers measured sun protection factor (SPF) in 34 sunscreens. Almost a third of the products tested fell short of the SPF claim on their labels.

But not all of the news is bad. This year, Consumer Reports found nonsticky, nonstinky products that also do a great job of protecting your skin, many of them at affordable prices. For Ratings, visit ConsumerReports.org.

When you're struggling to choose from a huge selection of sunscreen, keep these five facts in mind:

1. You can't always trust the claimed SPF. Considering that SPF is usually the feature people look for when shopping for sunscreen, Consumer Reports' findings about SPF protection were troubling. Eleven products did not deliver their promised protection and missed the mark by anywhere from 16 to 70 percent.

Even so, you'd still be pretty well covered, at least in some cases. Most dermatologists and other experts recommend using a sunscreen that delivers an SPF of 30 or higher, which blocks 97 percent or more of the sun's UVB rays, the ones that cause you to burn and contribute to the damage that can lead to skin cancer.

2. Your sunscreen may be doing only half of its job.

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are many sunscreens that

worked essentially just as

The Food and Drug Administration mandates that sunscreens labeled "broad spectrum" protect against UVB and UVA rays. Unlike UVB rays, which are more prevalent in the summer and between 10 a.m. and 4 p.m., UVA rays are constantly present during the day — no matter the season or weather — and they can pass through clouds and even glass. UVA rays act stealthily - they're less intense, and their attack doesn't leave us looking red or feeling hot like UVB rays do, but they're a potentially more insidious threat to your health. They can accelerate aging-related skin damage, raise the risk of melanoma and suppress the immune system.

The FDA requires that manufacturers test their sunscreens in order to call them broad spectrum, but it's a pass/fail test. Different sunscreens have a wide range of UVA protection, yet they're all labeled "broad spectrum," leaving the impression that one broad-spectrum sunscreen is as good as another.

3. "Natural" sunscreens don't work all that well. Though "natural" has no real definition on a sunscreen label, the term is often used to refer to products that contain only the minerals zinc oxide and/or titanium dioxide as active ingredients. Mineral sunscreens are less likely to irritate skin or cause allergic reactions than those that contain chemicals (such as avobenzone). But Consumer Reports has seen in its tests over the years that these socalled naturals are also less likely to offer skin the complete protection it needs.

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5. Sunscreen doesn't have to be sticky and stinky. Even the most protective and cheapest sunscreen isn't going to do you much good if you don't use it. And for many people, the "yuck factor," as one Consumer Reports reader called it, is as important as the SPF. Yet the 4. You can get super propanel of sensory testers found true that Consumer Reports' that aesthetically pleasing top-rated sunscreens are also sunscreens do exist. In fact, the most expensive. But there though most sunscreens had an oily feeling when you first were far less costly — \$1.65 put them on, they also rubbed per ounce on average - and in within about 30 seconds and didn't leave white streaks on the skin.

### Solution to page 2Crossword puzzle.

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	S	Т	Ξ	S		Т	Ε	Ш	н	S	Е	Р	0	Δ
S	Y	Н	Т	Ξ	Т		٦	٦	A		Δ	Π	Н	Ξ
S	A	Ð		Я	0	Т	С	A	Я	T		Ξ	S	1
Ε	Я	Ι	Н		Н	A	Ν		В	A	ſ	Ν	Π	Р
Т	Х	Ε	T	Y	Μ	Μ	Π	Δ		Я	0	0	Μ	
			Я	Я	1			Е	٦	A	Δ			
	Ξ	Ν	0	A		П	Н	С	A	С		٦	Μ	0
อ	Ν	1	Μ	Ν	Ε	К	С	Ι	Н	С	К	Я	Ξ	ſ
К	0	Μ	A		Π	A	Π	٦		A	Я	A	Н	0
Ε	Δ	Ι	Н		Δ	٦	0	S		В	A	С	С	Δ

Program ..... continued from page 1 experienced workers who

wish to advance their careers and seek recertification also benefit from the program.

The MSSC is a non-profit group that developed the standards-based assessments to help train and certify front-line production and material handling workers. The CPT credentialing system covers the four critical production functions common to all sectors of manufacturing. To receive CPT certifica-

tion, graduates must pass an examination for each of the four modules. The exam can be taken at RLC for all of the training courses and costs \$50. The two remaining modules -Maintenance Awareness and Quality Practices and Measurement Technical Electives — will be offered in the Spring semester.

For more information or to sign up for the CPT certification program, contact RLC's Community and Corporate Education Department at (618) 437-5321, Ext. 1714.

### Solution to page 2Sudoku puzzle.

9	8	5	F	3	9	4	Z	6
L	9	6	9	4	8	2	3	L
3	L	7	6	Z	2	5	8	9
6	4	L	3	L	9	8	9	2
F	5	9	Z	8	6	3	G	t
8	G	3	5	9	4	6	L	Z
2	L	L	8	6	3	9	4	9
9	6	8	7	G	L	L	2	3
t	3	9	9	5	F	Z	6	8





CENTRALIA, IL 62801 ATTN.: TERRI KELLY

(No phone calls please)

