



Discovery Camp 2015 hosts mock accident

Local emergency responders put on an accident scenario Monday, June 15 for the Discovery Camp put on by the Area Health Education Center of South Central Illinois at Rend Lake College. (Photo by ReAnne Palmer/RLC Public Information)

Rend Lake College Spring 2015 Honors Lists

Rend Lake College is pleased to announce 410 students have made the President's and Vice Presidents' lists of academic honors for the Spring 2015 semester.

The lists include 174 individuals named to the President's List. Those students earned a 4.0 grade point average (GPA) during the semester. Another 236 students were named to the Vice President's List. Students on the Vice President's List earned a 3.50 — 3.99 GPA during the semester.

"We're excited to see such a big number of hardworking students named to the President's and Vice Presidents' lists, and those students should be proud of the work they put in to reach this honor," said RLC President

Terry Wilkerson. "I speak for our faculty and staff when I commend them for their success and encourage them to continue working hard to reach their educational goals."

RLC students receiving academic honors for Spring 2015, listed by communities, are:

PRESIDENT'S LIST *(All hometowns Ill. unless noted otherwise)*

ASHLEY — Christina Lynn Conner, Patrick David Suchomski

AVA — Katelyn Donn Garver
BENTON — Joseph J. Clinton, Lindsey Cox, Emily Renee Culbreth, Dionna G. Dillon, Sara Rose Dixon, Clayce Holden Fletcher, Brittany Nichole Goldsberry, Sally V. Heathcoat, Vanessa L. Holman, Anna Caitlin Hughes,

Jacklyn M. Johnagin, Cassandra S. Johnson, Jacob Michael Ligon, Daina K. McKinney, William Allen McPherson, Evelyn L. Mendez, Marcela L. Mendez, Tayloran Shea Miller, Rachel Almeda Miller, Jacob Michael Norris, Emily Ann Oxford, Katie Marie Sandusky, Kerrie S. Smith, Timothy Evan Watkins, Dallas Jordan Williams, Jordan Taylor Wills, Ashley E. Zinzilieta

BLUFORD — Koaltin Chase Dye, Hannah Lynn Schrum, Lisa Withrow

BONNIE — Debra Kay Hrabusicky, Danielle Mary Seidel, Taylor Jordan Snow

BROUGHTON — Shelby Ruth Bayler

BUCKNER — Courtney Nicole Young

CENTRALIA — Shelia M. White

CHRISTOPHER — Zoie Danielle Flatt, Brooke Nicole Robertson, Jacob Walter Underwood

COLUMBIA — Chase Michael Menard

COULTERVILLE — Ariel F. Blair

DAHLGREN — Adam J.

Cross, Tyler Wayne Cross, Balee Gay, Miriam J. Ziehm

DIX — Robert Treston Grider

DONGOLA — Clay Bryant

Harris

DU QUOIN — Bradon Tanner

Woodside

ENFIELD — Harley Ray

Devoy

EWING — Kayla Marie Haney, Wade M. Hutchens

GALATIA — Kenneth Ryan

Poling

HERRIN — Temetra S. Gibson, Heather Marie Parish

INA — Beth Lynn Velkovitz

IRVINGTON — Brian Lee

Pendley

JOHNSTON CITY — Lynda

Lou Fairleigh

MACEDONIA — Adrienne

Chyerra Lenard

MAKANDA — Zoey G. Neighbors

MARION — Amber C. Eibeck, Ryan Hogan

MCLEANSBORO — Lucas

Paul Anselment, Jolene M.

Clark, Whitney Lynn Craddock,

Devin Todd Howton, Jacob

Andrew McCullough, Christina

A. Parr

MT. VERNON — Matt Douglas Antonik, Ashton Taylor

Boyer, Hannah Marie Car-

bonaro, Rebecca Jean Clark,

Honors List

continues on page 2

Final three Kids Summer Camps scheduled for July

Wrapping up Rend Lake College's Kids Summer Camps in July are three camps offering countless activities and lots of fun to local grade school students. **Blastoff!**, **Volleyball Camp**, and **Strike a Pose** offer a wide range of choices for everyone.

Back by popular demand, **Blastoff!** is the ultimate science camp full of challenges for students between fourth and eighth grades. Taught by Greg Hollmann, RLC General Science Associate Professor, participants will build and launch their own rocket, all while developing a strong sense of self and a connection to their environment. If your child has attended in the past, don't be concerned. **Blastoff!** has new challenges to stimulate and educate all campers.

Blastoff! will meet from 1 – 4 p.m., Monday, July 13 – Thursday, July 16 in the Historic Schoolhouse on

the Ina campus. Camp costs \$75.

Sixth through eighth grade girls wanting to get active this summer can enroll in **Volleyball Camp** with RLC Volleyball Coach Sara Crews. For volleyball beginners or veteran players, this camp will focus on the fundamentals of passing, setting, hitting, and blocking, with some offensive and defensive principles taught in between. Participants will receive a Sports Camp T-shirt, but should bring lunch, water, shorts, socks, tennis shoes, and kneepads.

Volleyball Camp will meet from 9 a.m. – 4 p.m., Saturday, July 18 in James "Hummer" Waugh Gymnasium on the Ina campus. Camp costs \$30. To register, contact RLC's Athletics Department at 618-437-5321, Ext. 1250 or oxford@rlc.edu.

The final camp, **Strike a Pose**

continues on page 5

Illinois SBDC at RLC to offer generational marketing workshop

The Illinois Small Business Development Center (SBDC) at Rend Lake College is partnering with the University of Illinois Extension (UIE) and the Jefferson County Chamber of Commerce to continue in its mission to assist small business clients with a wide range of issues through workshops and educational opportunities.

An upcoming, free workshop, called the "Consumer Age Matters – Messaging to the Generations," will be held from 6 – 8 p.m., Tuesday, June 30 at the RLC MarketPlace, Room 354A, in Mt. Vernon.

The workshop will be conducted by Pam Schallhorn, a Community and Economic Development Educator for the UIE in five Southern Illinois counties: Bond, Clinton, Jefferson, Marion, and Washington. Schallhorn's responsibilities include assessing, developing and teaching communi-

ty and economic development programs.

Schallhorn will focus on marketing efforts for businesses of any size. She will help local entrepreneurs and business owners identify the business' target market and check to see if advertising and marketing efforts are reaching and making an impact on those consumers. She will also discuss the marketing efforts for different generations. The course will assist business owners or those in the business development planning stage in learning how to market more effectively to target consumers and build overall profitability.

Schallhorn will bring business experience to the workshop from various points in her career. She was a Vice President of Commercial Lending from 1990 to 2004 and served

Workshop

continues on page 4

Surface-Only New Miner Training set for June 22-24

One session of Surface-Only New Miner Training has been set at Rend Lake College during the month of June. The 24-hour session will last from 8 a.m. – 4:30 p.m. all three days in the Coal Mine Training Center on the Ina campus.

Surface-Only training covers the hazards an employee might encounter at a surface coal mine or at the surface work area of an underground coal mine. Topics include highwalls and ground control, trans-

portation, electrical hazards, health, first aid, and much more. This initial training is for those with no experience working around a coal mine and is required by federal law for those planning to go into the industry.

This 24-hour session costs \$100 and is a pre-pay and pre-register training. For more information or to reserve a spot, contact Sandy Smith at smiths@rlc.edu or (618) 437-5321, Ext. 2373 or Joy Fitts at fittsj@rlc.edu or (618) 437-5321, Ext. 1261.

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Honors List
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Nuno R. Costa, John Michael Davis, Lexi Renae Donoho, Daisy Del Rae Edmison, Billy C. Fields, Mason Tucker Garner, Francis Mbwari Gatimu, Alexys Breanna Hayes, Jacob Henry, Isabella Kay Hoben, Amanda Beth Hutchison, Fabian Andres Jerves, Candace Grace Johnson, Randi Alexis Johnston, Beth A. Jones, Melina Marie Launay, Kathryn Elizabeth Marlow, Alexis Rose McKay, Trevor Ross Meyers, Lacy Renee Oliver, Adam Lester Ortgiesen, Courtney Logan Scarbrough, Alexis Page Scott, Ellie Grace Sigman, Angel Jia Song, Daniel Edgar Southerd, Dennis Dale Southerd, Gracie Nicole Tate, Alex N. Tran, Diana Katherine Williams, Hannah Nicole Witter

MULKEYTOWN — Taylor Elizabeth Blankenship, Alison Marie Cheatham, Flor Dorcas Eldridge, Daniel Allen Hagerman, Cicely Dawn Lefler, Anthony Joseph Valette, Holly Alaina Valette, Misty Kay Wink

NASHVILLE — Nick Andrew Malick

NORRIS CITY — Daniel Thomas Nelson

OKDALE — Jaqueline Marie Kellerman, Clark R. Wisely

OPDYKE — Nikolas Green

ORIENT — Scott D. Burnett

PINCKNEYVILLE — Mary Katelyn Brewer, Danielle Lynn Bruns, Denise Renee Bruns,

James Edison Davidson, Brooke Nicole Edwards, Kaitlyn Ann Goldman, Phoebe Kaytlan ISSLER, Kaitlyn Louise Ponicki, Logan Kay Queen, Michael Robert Smith, Kaitlyn Elizabeth Sweeney, William Vaino Timprer

ROYALTON — Sean Michael McDicken, Nicole Breann Short, Christopher Allen Walter

SALEM — Lauren Michelle Schaubert

SCHELLER — Alicia Lynn Kabat, Michael L. Stanfield

SESSER — Chrissy Lynn Confer, Alan Dale Fox, Deborah Michele-Love Loucks, Veronica L. Reed

SPRINGERTON — Jonathan Steven Dauby

TAMAROA — Megan Brooke Badley, Tristan Michael Fisher

TEXICO — Allyson Marie Adcock, Bryan S. Delaney

THOMPSONVILLE — Casey Nicole Bowlin, Charles Jacob Eaton, Kaitlyn Danielle Jones

WALNUT HILL — Zachary R. Jones

WALTONVILLE — Claire Ellen Pytlinski, Breanna Faye Whitley

WATERLOO — George Ryan Gregson, Vanessa Elizabeth Stitzel, Whitney Danielle Stitzel

WAYNE CITY — Kristin Michelle Brentlinger, Emily Ann Green, Miriam R. McKinney

WEST FRANKFORT — Michael Wayne Bradford, Jared Lee Eastwood, Luke Robinson, Nicholas Adam Thompson, William Leon Thompson

WHITTINGTON — Logan

Elyse Buckner

WOODLAWN — Sarah Jane Draege, Christine Marie McPhail, Aaron William Repasky, Jamie Lynn Rizzo, Luke A. Wegmann

XENIA — Morgan Nicole Tolliver

ZEIGLER — Bobby L. Harris

VICE PRESIDENT'S LIST
(All hometowns Ill. unless noted otherwise)

ANNA — Larry C. Wakefield

ASHLEY — Ashlee N. Colgrave, Justin Todd Peper

AURORA, Ind. — Anthony Joseph Hummel

AVA — Clint Allen Reiman

BALDWIN — Jonathan Ralph Reinhardt

BELLE RIVE — Laura Ann Riley

BENTON — Michael David Adams, Luke L. Blackman, Amanda B. Bradley, Megan Leigh Buntin, Desiree Nicole Casey, Cameron Scott Erwin, Augustus Mikhail Gibbs, Tristan P. House, Cynthia Jaco, Maxwell Albert Jones, Mathias S. L. Kinkelaar, Louis Scott Laird, Ronelita Cerna Laird, Andrew Roy Lampley, Sara Ann McCarty, Cassidy R. Neal, Micah Dione Neal, Cheyenne Denise Needham, Madaline Nolen, Kristin Nichole Odom, Jennifer R. Sweet, Stuart M. Thomas, Seth E. Tremblay, Nathan Charles Watkins

BLUFORD — Anne K. Baker, Kenneth Ryan Buonaura, Courtney Lee Ann Girvan, Jesse Dean

Hinds, Emily Lynette Lusby, Amberlee June McKinley, Austin Wayne Pepple, Elizabeth Danielle Rector

BONNIE — Ashleigh Jo Beaty, Laci Nicole Pearce, Brittany Nicole Seidel

BROUGHTON — Samantha Jo Davis

CAMPBELL HILL — Jared Paul Olson

CARMI — Jerrica Ann Money

CENTRALIA — Seth Joseph Hart, Sylvia Audrey Woods

CHRISTOPHER — Robin Bean, Ashton Jo Beaver, Jordan Michael Demond, Aleesha Rebecca Holden, Brandon Scott Isom, Carl Lee Leffler, October Skie Marchal, Christopher A. Parsons, Makaila Rai Todd

CINCINNATI, Ohio — Jada Ayana Ballew

CORYDON, Ind. — Savannah Ann Enlow

CREAL SPRINGS — Rene Elisabeth Taylor

DAHLGREN — Kristie L. Goosby, Austin Andrew Jonas, Levi Dakota Lueke, Kyle J. Wellen

DECATUR — Dylan Joseph Dunn

DIX — Tyler Wayne Crawford, Kayla Cheyenne Jeffers, Tiffany Ann Sponseller

DU QUOIN — Ashley Nicole Clarry, Hayden Joseph Epplin, Jessica Dawn Phillips, Skyler Lee Schwarz, Lindsay Faith Wagner

ELKVILLE — Ryan Benjamin Christian, Megan Davis

EWING — Jaylyn N. Cozart, Dakota Laine Webb

HENDERSON, Ky. — Lexi Shea Ann Skelton

HERRIN — Cody C. Sissom

INA — Tyler J. Bourland, Nichole Leeann Briscoe, Jeffrey Ryan Nocair

KEENES — Amanda Jo Loker

LEWISVILLE, Texas — Ali Renee Christian

LOGAN — William L. Cardin

JOHNSTON CITY — Johanna L. Greiner, Nathaniel Volarath, Cody Alan Watkins

MACEDONIA — Alaina Simone Gibbs, Daniel Logan Jamerson, Aaron M. Shofner, Emma Louise Webster

MARION — Adam Ryan Carter, Sarah Nichole Headd, Frieda L. Kimes

MARISSA — Ashley Elizabeth Lehman, Brandon P.

Leonhardt

MATTESON — Jada S. Caston

MCLEANSBORO — Mariah Kay Barr, Breanne Nichole Beard, Donald Francis Christensen, Blane Andrew Hill, Matthew Logan Knight, Maleah M. Lynch, Stephanie Renae May, Joshua Lee Miller, Marcie Lynn Niekamp, Christina A. Parr, Tyler James David Ragan, Cassidy Lyn Sullivan, Alexandra Jo Warner, Alicia Jo York

MT. VERNON — Danny Wayne Adams, Kathleen Joy Ashcraft, Adrian Glen Austin, Patrick Gabriel Bradford, Chad Michael Clark, Sydney Jane Crews, Josiah Grant Fitzjerrells, Adam Dylan Ford, Brandon M. George, Dustin P. Harkins, Jason T. Hiron, Jewel Michele Hunt, Casey Leanne Jackson, Jay D. Johnson, Markarian Elizabeth Johnson, Morgan Tyler Kane, Summer R. Karch, Rachel Ann Kirsch, Kristina Catherine Lehman, Luke D. Lemay, Brittany Gene Lomax, Joseph Michael McDanel, Kirsten Lauren McGowen, Nick Ryan Edward Meyer, Mariah Michelle Morris, Curtis Milton Prichard, Aaron Richard Ramsey, Kenzie Joy Rankin, Mackenzie Kaye Reeve, Krystal Nyx Schuch, James Keith Scroggins, Casandra Rose Shelton, Lori Ann Showers, Colleen Reann Skobel, Victoria Breann Skobel, Crystal Smith, Angel A. Thomas, Austin Douglas Tolbert, Marisa Lea Uhls, Lindsey Nicole Wielt

MULKEYTOWN — Sierra Danielle Calloni, Ryan Andrew Curry, Fallon Denae Dublo, Keri Hartleb, Laryssa McKenzie Hiller, Micah Motsinger, Christopher Scott Richard

NASHVILLE — Michael David Jones

NEW ATHENS — Scott Joseph Parker

NORRIS CITY — Tyler Brace Blair, McKenna Leigh Ledford, Kayla Renee Mayberry

ODIN — Joseph Levart

OKAWVILLE — Elijah Zachary Liske

OPDYKE — Zachary Charles Corbett, Shannon Elizabeth Docherty, Bobby J. Kirsch

PERCY — Ryan Dale Stromeyer

PINCKNEYVILLE — Nicholas Paul Bauersachs,

Alec Thomas Brand, Timothy Karl Brueggemann, Bruce Alan Bruno, Natalie Nicole Dudek, Brooke Nicole Edwards, Tori Alexandra Eickmann, Allen Hoyt Evans, Patricia L. Feazel, Sierra Lynn Fornear, Christine Elizabeth Hagene, Dana Lynn Harris, Hayden Anthony Kelly, Allana N. Lacy, Addie Mae Medina, Brooke Victoria Mohr, Callie Rose Priebe, Christopher Lee Priebe, Jacob Albert Schmidt, Jordyn Dee Wieland, Laci Carol Zeidler

PRAIRIE DU ROCHER — Cassidy June Melliere

ROYALTON — Alex Lucien Henoux

SCHELLER — Brooklin A. Frisch, Emily Danielle Vandevor

SESSER — Rachel D. Marlo, Ida Mae Murry, Malory B. Paisley

SHELBYVILLE, Ky. — Elijah Christian Miller

SIMS — Kasey Denee Jensen, Jimmy Cordell Mayberry

SPARTA — Elliott Lloyd French, Seth Lee Shevlin

ST. JACOB — Gavin John Durham

TAMAROA — Sterling Lucas Bejma, Shantal Sherie Drysdale, Ryan J. Harris, Jordan Michelle Koenegestein, Emily Marie Kuberski, Kelsey Mae Lamke, Leigha Catherine Yeager

THOMPSONVILLE — Jaymi Jam Galloway, Austin Staniel Stephen Gourley, Paige M. Hutchcraft, Allyson Leann Kerley, Austin Tate Kerley, Jessica Danielle Murphy, Kenise Rashelle Smith, Tiffani L. Woodring

TROY — Aaren John Niehaus

VALIER — Gunner S. Bailey

WALTONVILLE — Shelby Christina Patterson

WAYNE CITY — Kolyn Bradley Borah, Bjorn Nilsen Fjermedal, Bryan Douglas Pace, Kenna Leigh Zeigler

WEST FRANKFORT — Nichole Barton, Emily Nicole Booker, Michael Scot Dees, Tristan Michelle Jeffords, Maleeka Rachelle Jent, Travis Dean Parkhill, William Leon Thompson

WHITTINGTON — Gage Austin Wetzel

WOODLAWN — Stephen M. Repasky, Bryant Lee Ross

WORDEN — Alexander D. Digirolamo

Crossword

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					56		
57					58					59		

Across

1 Botch (up)
5 Toot your own horn
10 Essential fluids
14 Field of study
15 Tuba output: Var.
16 Bring on, as a new coach
17 Fake embroidery?
19 Exam format
20 Man in a box
21 Conductor Antal
23 Made engravings
26 Scout's spike
27 Rang, as a bell
28 Nickname of baseball's Leo Durocher
29 "I ___ return!"
30 Like the ten o'clock scholar
31 Set the price
34 Tends to the lawn
35 Romanian river
36 He or she: Abbr.
37 Bleating female
38 Yet
39 Baseball Hall-of-Famer Tim
40 Insecticide made from the powdered roots

Down

1 It has an Apple menu
2 Blow one's lines, e.g.
3 Refuse to fold
4 bird with a serrate beak
5 Fled suddenly
6 Sounded amazed
7 Eros, in Rome
8 Rest area?
9 Certificates issued to property purchasers
10 Igloo feature?
11 Smog?

59 Homer chronicled its destruction
12 Jabber
13 Baseball boss Bud
18 Picasso's prop
22 Lacking siblings
23 Knocker's reply
24 "Keep dreaming"
25 Vandalized art work?
26 Heaved, as a football
28 Polynesian starch staples
30 City near old Carthage
32 Mezzo-soprano Anne ___ von Otter
33 Genuflection points
35 One of Bergen's dummies
36 Prodigal son, e.g.

38 Fool, with "up"
39 Big name in Russian ballet
41 Overdoes it
42 Polish Peace Nobelist
43 Mown tract
44 Officer under Kirk
45 Impoverish
47 Author Quindlen
50 Square decimeter
51 NATO nat.
52 As well as
53 Heavens

Solution to Crossword puzzle printed on page 5.

Rend Lake College Clocktower Chronicle

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Sudoku

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

Solution to Sudoku puzzle printed on page 5.

Twin Willows NURSING CENTER

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RLC Women's Volleyball team is, FRONT ROW, FROM LEFT, Emily Green (Wayne City), Cassidy Meliere (Prairie du Rocher), Sydney Crews (Mt. Vernon), Courtney Conrad (Benton), and Kacee Roberts (Ewing); BACK ROW, FROM LEFT, Koral McBride (Murphysboro), Allie Leitz (Hoyleton), Danielle Bruns (Pinckneyville), Rebekah Maddox (Du Quoin), Coach Sara Crews, Ashtyn Ward (Benton), Rowdee Sanders (Carterville), Denise Bruns (Pinckneyville), and Ashley Modglin (Shiloh Hill).



DANIELLE BRUNS



DENISE BRUNS



SYDNEY CREWS



EMILY GREEN

Three teams, 15 athletes nominated for academic achievement awards

Rend Lake College has nominated 13 student athletes and three teams for their high academic achievement in the 2014-15 year. The National Junior College Athletic Association (NJCAA) will honor the students in upcoming weeks.

The Women's Softball, Volleyball, and Tennis teams all have four athletes nominated as individuals. Student athletes earning a GPA (grade point average) of 4.0 on a 4.0 scale are nominated for the NJCAA Pinnacle Award for Academic

mic Excellence, the highest award available. Athletes earning between a 3.80 and 3.99 GPA are nominated for the NJCAA Award for Superior Academic Achievement. The last award is for students earning GPAs between 3.60 and 3.79: the NJCAA Award for Exemplary Academic Achievement.

Leading the softball team in academics is Sara Dixon of Benton who earned a 4.0 and is nominated for the Pinnacle Award. She is followed by teammates Kaitlyn Jones (Thompsonville)

with a 3.93 GPA and Summer Karch (Mt. Vernon) with a 3.94 GPA, both nominated for the Superior award. West Frankfort resident Kayla Piersol is also nominated for the Exemplary award for her 3.66 GPA.

As a team, softball earned a collective 3.45 GPA, marking the third year in a row that the team has been nominated as an All-Academic Team. The NJCAA recognizes the team with the highest overall GPA for their sport as the Academic Team of the Year. To qualify, teams must

have a combined GPA above 3.0.

Volleyball athletes and sisters Danielle and Denise Bruns (Pinckneyville) both logged a 4.0 GPA for the year, earning nominations for the Pinnacle Award. Teammate Emily Green (Wayne City) is nominated for the Superior award with a 3.88 GPA. Sydney Crews of Mt. Vernon finished the year with a 3.78 GPA, earning a nomination for the Exemplary award. As a team, volleyball ended the year with a 3.34 GPA and is nominated as an All-Academic

Team.

Coming in on top of all the other athletic teams with a combined GPA is the Women's Tennis team with 3.67. Four of the six players on the team received individual nominations: Evelyn Mendez (Benton) for the Pinnacle Award with a 4.0 GPA, Marisa Uhls (Mt. Vernon) for the Superior award with a 3.80 GPA, and Emily Culbreth (Benton) for the Exemplary award with a 3.66 GPA. Dual-athlete Sydney Crews of Mt. Vernon also helped the Women's Tennis team with

a 3.78, earning her a second nomination for the Exemplary award.

Two other academic standouts come from the Women's Cross Country and Men's Track and Field teams. Distance runner Ellie Sigman (Chaffee, Mo.) is nominated for the Superior award with a 3.93 GPA. Pole vaulter Joseph McDanel (Mt. Vernon) is nominated for the Exemplary award with a 3.66 GPA.

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



RLC Women's Tennis team is, FROM LEFT, Coach Dave Junkins, Emily Culbreth (Benton), Marisa Uhls (Mt. Vernon), Evelyn Mendez (Benton), Sydney Crews (Mt. Vernon), Paige Hutchcraft (Benton), and Katie Wall (Mt. Vernon).



SYDNEY CREWS



EMILY CULBRETH



EVELYN MENDEZ



MARISA UHLS



RLC Women's Softball Team is, FRONT ROW, FROM LEFT, Christa Hill (West Frankfort), Katie Shubert (Coulterville), Sam Klass (Evansville, Ind.), Ashley Lehman (Marissa), Jerrica Money (Carmi), Katie Jones (Thompsonville), Sara Dixon (Benton), and Summer Karch (Mt. Vernon); BACK ROW, FROM LEFT, Assistant Coach Tim Ricci, Emily Jenkins (Benton, Ky.), Ashley Modglin (Campbell Hill), Jordyn Wieland (Pinckneyville), Hayley Spicer (Sims), Kayla Piersol (West Frankfort), Emma Bachman (Carmi), Ashton Beaver (Christopher), Meagan Moon (Carterville), Lexi Skelton (Henderson, Ky.), and Coach Dave Ellingsworth.



SARA DIXON



KAITLYN JONES



SUMMER KARCH



KAYLA PIERSOL

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Continental Tire the Americas visits, tours RLC campus

Representatives from Continental Tire the Americas (CTA) visited Rend Lake College recently to tour campus and share ideas and trends affecting the industry. During the tour, representatives from CTA stopped by the Pathway to Success walkway leading to the Allen Y. Baker Administration Building. In June 2014, CTA became the lead donor for the RLC Foundation's Pathway to Success project with a \$25,000 pledge that helped to renovate the walkway and provide funds to establish an endowed scholarship for future RLC students. Pictured are, FROM LEFT, RLC Foundation CEO Shawna Bullard, CTA Representatives Casey Cunningham, Nik Pearce, Mark Spence, Edgar Field, Monika Najselova, Marty Kathalynas, Barbara Hoppa, Scott Cravens, Sorin Samonid, Jim Morgan, Benny Harmse, Alex Altman, Mike Wagoner, Randy Reyling, Thibault Koempgen, and RLC President Terry Wilkerson. (Photo by ReAnne Palmer / RLC Public Information)



Chris Nielsen, RIGHT, RLC Dean of Applied Science and Technology, gave a tour of the welding facility to CTA representatives during the morning tour Monday, June 8. RLC utilizes information from local employers like CTA to enhance programs for students and stay on top of current trends. CTA Representatives pictured are, FROM LEFT, Sorin Samonid, Monika Najselova, Barbara Hoppa, Thibault Koempgen, and Edgar Field. (Photo by ReAnne Palmer / RLC Public Information)

Variety of exercises help prevent bone fractures

BY ANTHONY L. KOMAROFF, M.D.

UNIVERSAL

DEAR DOCTOR K: Last year I broke my ankle while jogging. It turns out I was vulnerable to breaking a bone because I have osteoporosis. Should I stop exercising to avoid another break? If I should exercise, are there particular types of exercise I should do?

DEAR READER: Once you've broken a bone, it's natural to be cautious about exercise for fear of another injury. It's true that osteoporosis, a bone-thinning disease, increases your risk of bone fracture. But staying active is exactly what you should be doing right now. Why? Because the right exercises, done properly, will build up your bone strength and reduce the likelihood of another fracture.

Besides increasing your bone density, exercise also builds muscle. That, in turn, reduces your risk not only of falling, but also of breaking a bone if you do fall. One large analysis found that exercise programs that included balance, strength and resistance training reduced the odds of falls resulting in fractures by more than 60 percent.

An exercise program for osteoporosis should include four components:

- **Weight-bearing exercises** force your body to work against gravity, which helps to strengthen bones. Examples include walking, climbing stairs, playing tennis and dancing. Do these types of exercises at least three times a week.

- **Muscle-strengthening exercises** use weights or your body's own resistance to work against gravity. Examples include lifting free weights, using a weight machine, working with resistance bands and lifting your own body weight. Do these types of exercises at least twice a week.

- **Balance exercises** improve your ability to hold yourself upright and help prevent falls. Examples include tai chi and yoga.



Perform balance exercises at least twice a week.

- **Flexibility exercises** keep your muscles limber and joints mobile. They include yoga and stretching. Try to stretch for at least five to 10 minutes after every workout. Hold each stretch for 10 to 30 seconds.

Before you start exercising again, ask your doctor if you need to be aware of any physical limitations based on your bone strength and general health. When you're ready to start, consider working with a physical therapist. A therapist can design a program to meet your needs and goals; he or she can also teach you the proper form and technique to further reduce your risk of injury. Always start slowly and build up from there.

On my website, AskDoctorK.com, I've put descriptions and illustrations of three exercises that are appropriate for a person with osteoporosis. They are designed to improve balance and strengthen the muscles that keep you upright.

I received a letter from one reader not long ago that basically said, "I enjoy reading your column, but you sure do talk a lot about exercise." I plead guilty. There's a simple reason: No medicine ever invented has health benefits as powerful as regular exercise. Plus, it makes you feel good — and it can be free. It's hard to overemphasize exercise.

(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.)

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Workshop
continued from page 1

as the Director of the SBDC in Rockford from 2008 to 2011. She also owned her own business, called "New Urban Futures" from 2011 to 2014 during which time she completed contract work on several community and economic development projects. Schallhorn holds a master's in political studies from the University of Illinois Springfield and a bachelor's in finance from Northern Illinois University.

For more information about the course, contact Nicholas LeMay at the Illinois SBDC at RLC by calling (618) 242-5813, emailing lemayn@rlc.edu, or visiting the SBDC Office at the RLC MarketPlace, Suite A, in Mt. Vernon. If you need reasonable accommodations to participate, call (618) 242-0780.

The Illinois SBDC at the RLC MarketPlace in Mt. Vernon helps entrepreneurs start new businesses, or expand or improve existing businesses. The office is funded through a partnership with the United States Small Business Administration, the Illinois Department of Commerce and Economic Opportunity, and RLC. The office is located at the RLC MarketPlace, 327 Potomac Blvd., Suite A, Mt. Vernon. Other than visiting, interested patrons may call (618) 242-5813 or email sbdc@rlc.edu.

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CAMPS
continued from page 1

Pose, will feature the latest fashions and trends, led by Studio RLC Cosmetology School. Campers will feel like a model after covering the basics of skin care, make-up, nail care, hair styles, poise, and etiquette. Instructors will help students develop and build on their self-confidence, personality, and social skills, all while preparing for an end-of-the-day runway walk.

Strike a Pose will meet from 9 a.m. - 3 p.m., Thursday, July 23 at Studio RLC in the RLC MarketPlace in Mt. Vernon. Camp costs \$35 and is for students between first and seventh grades. The camp fee includes lunch, but attendees should bring their favorite outfit for the runway walk.

For more information or to register for Blastoff! or Strike a Pose, contact RLC's Community and Corporate Education Division at (618) 437-5321, Ext. 1714, or morrise@rlc.edu. All of RLC's Kids Summer Camps can be found online at www.rlc.edu/kids-camps.

Make your music sound better

BY THE EDITORS OF CONSUMER REPORTS

There's been a bit of a paradox in the world of consumer audio for the past few years, says Consumer Reports. Customers are springing for pricey headphones and wireless speakers that are capable of providing great sound.

But at the same time, they're ditching CDs and high-quality digital downloads in favor of streaming audio, which can be lower quality, from services such as Pandora and Spotify. Audiophiles have rebelled and are now embracing new high-resolution digital-audio formats and players that promise to deliver greater fidelity.

So what does it all mean to the everyday music lover willing to spend a little money to get great sound, but confused by all of the formats, services and crazy lingo of the audio world? Consumer Reports crunched the numbers on streaming services and found some great gear.

THE \$10 UPGRADE
Even if you're not interest-



ed in buying into a new audio format, you can still improve your listening experience. One of the most effective steps you can take is buying new headphones or speakers.

Just \$10 can get you earphones that did well in Consumer Reports' tests (Panasonic RP-TCM125), offering a big upgrade from the cheap earbuds that come with many devices. For \$100 or so, you can get headphones with excellent sound (Onkyo IE-FC300). Just don't get suckered into buying special "high-res" headphones; any great-sounding pair will do.

A good wireless speaker system will range in price from less than \$100 to several times that. But you don't need to go too high-end to get high-quality sound.

There are two types of wireless speakers: Blue-

tooth and Wi-Fi. Both will let you play music from mobile devices, and some provide direct access to streaming services and Internet radio stations.

Each type has its advantages. Bluetooth speakers have a 30-foot range. Many have rechargeable batteries that let you take them almost anywhere. All smartphones and many tablets support Bluetooth, and some have NFC (near field communication) technology for pairing devices simply by tapping them together.

Wi-Fi models are designed primarily for home use and are able to play songs from multiple devices on your network. Wi-Fi speakers have a greater range than Bluetooth models, and you can send music to several speakers at once, even in different rooms. But configuring a Wi-Fi speaker

to work with your network isn't as easy as pairing Bluetooth devices. Also, there are competing and incompatible wireless standards (Apple's AirPlay, Sonos and proprietary systems from LG and Samsung), and once you buy into one, you're stuck with it. In the end, there is no perfect audio source or setup (except, perhaps, a band sitting right in front of you). Just spend your money wisely, and have faith in the best audio equipment you already own — your ears.

COMPARING STREAMING MUSIC SERVICES

Online services differ in audio quality, musical offerings, features and price. See which is the best choice for you.

• **Beats Music.** *Android, Apple iOS, Windows Phone.*

Beats' initiation process analyzes your musical tastes based on age, gender and the listening choices you make. Beats was acquired by Apple, so expect a revamped launch soon.

• **iTunes Radio.** *Apple iOS, PC with iTunes.* Subscribing to iTunes Match lets you get iTunes Radio without advertising.

• **Pandora.** *Android, Apple iOS, BlackBerry, Kindle Fire, Nook, Windows Phone.* "Discovery" feature finds artists and songs similar to those you like. Can create up to 100 unique stations.

• **Rdio.** *Android, Apple iOS, BlackBerry, Windows Phone.* Rdio users can now choose among streaming bit rates of 64 Kbps, 96 Kbps and 192 Kbps in the settings menu.

• **Spotify.** *Android, Apple iOS, BlackBerry, Windows Phone.* Lower 96-Kbps option for mobile users wanting to limit usage. Free mobile users can't listen to songs on demand and can skip only five tracks per hour.

• **Tidal.** *Android, Apple iOS.* This CD-quality audio streaming service lets you save songs to your device for listening offline.

Solution to page 2
Sudoku puzzle.

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

Solution to page 2
Crossword puzzle.

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