

Kids active at Summer Camps

Youth of all ages are getting active this summer at Rend Lake College's Kids Summer Camps. Included in today's Clocktower Chronicle are photos from RLC's Baseball,

Let's Get Fit, and Martial Arts camps — all of which have spots open in a second session this summer. For a full list of Summer Kids Camps or to register, call the Community and Corporate Educa-

tion Division at (618) 437-5321, Ext. 1714 or 1380, or visit www.rlc.edu/com-ed/kids-camps. *More photos from RLC Summer Camps can be found on page 4 of today's paper.*



Campers, FROM LEFT, Liam Bullard (Mt. Vernon), Claire Brinkman (Wayne City), Drew Rawals (Wayne City), and Justin Walker (Woodlawn) played a game of soccer during Let's Get Fit Camp with Tyler O'Daniel, Instructor and RLC Strength and Conditioning Coach. Another session of the camp will be held from 9 a.m. - noon, Monday, July 13 through Thursday, July 16. Camp is designed for second through sixth graders and costs \$40.

Scenes from Discovery Camp 2015

Nearly 40 local students participated in Rend Lake College's Discovery Camp last week, getting the chance to explore many different health care careers. The

two-day camp was free for all attendees and was held at RLC and a local hospital, thanks to a partnership

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Air-Evac 11 touched down on the Ina campus Monday, June 15 to give campers an up close and personal look at the helicopter and answer questions about working in the industry. Campers learned about the different careers Air-Evac employs, including nurses, paramedics, EMTs, and pilots, among other topics. (Photo by ReAnne Palmer / RLC Public Information)

Concealed Carry dates and trainings scheduled



Five students participated in the Live Fire Qualification portion of the RLC Concealed Carry training course earlier this year for Detective Captain Jeff Bullard, LEFT, of the Mt. Vernon Police Department. (Photo by ReAnne Palmer / RLC Public Information)

Seven Concealed Carry Firearms Training sessions and three different handguns training courses have been scheduled at Rend Lake College for the Summer and Fall 2015 semesters. Each unique class will prepare locals to apply for their Illinois Concealed Carry license or improve upon their firearm skills.

To complete the 16 hours of required training for the Illinois Concealed Carry license, students will meet from 8 - 4:30 p.m. on the following Saturdays and Sundays: July 18-19, Aug. 29-30, Sept. 26-27, Oct. 24-25, Nov. 21-22, and Dec. 5-6. Participants will meet in the Coal Mine Training Center (CMTC), Room 107, and on the RLC Shooting Range in Ina.

The classroom portion of the training will happen on Saturdays

wherein students will learn about firearm safety and marksmanship, including loading and unloading a firearm, principles of marksmanship, fundamentals of firearm safety, and safety and cleaning. Students are asked not to bring a firearm or ammunition to the Saturday portion of the training.

On Sundays, students will participate in the live fire qualification of the training session, plus learn about weapon handling and State and Federal laws relating to firearms. To pass the live fire qualification, attendees will shoot 30 rounds at five, seven, and 10 yards with a 70 percent accuracy. A qualifying shot consists of a shot placed inside the seven ring of a B-27 target.

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Lydia Emery changes career, life thanks to RLC Therapeutic Massage program

It was her first massage from a Rend Lake College Therapeutic Massage graduate that turned Lydia Emery's dream of going back to school into a reality. In her own words, "the choice was made" after the appointment and she hasn't looked back since.

The Mt. Vernon native says she was working full-time away from her family when she received her first massage. She had been thinking about going back to school, but didn't have an idea about her future career path.

Emery said she was working a 2-to-10 shift at a local industry and, while thankful for the job, did not like being away from her children. "The fact that I



"Now I can create my own schedule and still provide a living for my family. It's the best thing I've ever done."

— Lydia Emery, RLC Therapeutic Massage alumna

couldn't choose my own hours got me interested in going back to school," said

Emery continues on page 2

Matt Rotman, 2006 RLC grad, utilizing writing skills to help others

Many students see Rend Lake College as a gateway to greater opportunities, while others take advantage of the locality and low cost of classes. For alum Matt Rotman, it was both benefits that drew him before he put his English education to use by helping others break into the writing industry.

The Mt. Vernon native started on his Associate of Arts Degree at RLC in 2004, focusing on English and improving his writing. Rotman says he attended Rend Lake for the same reason as many, because it costs less than a four-year university.

"Plus, I needed two extra years to mature before going off into the real world," added Rotman.

While attending RLC, Rotman recalls two instructors who were particularly bene-

ficial to his post-secondary education: current English Professor Rob Little and the late Mike Mullen.

"I still reference Rob Little's literary 'ism' sheet when discussing literature, it's like a pocket SparkNotes for the literary inept. And I tutored with Mike when I was in eighth grade. He gave an ignorant Southern Illinois boy his first taste of literature, and it has all worked out pretty well since," said Rotman.

Rotman enjoys a little self-deprecating humor about his literary endeavors, but he is far from unsuccessful professionally. Before his current job, he was a public affairs consultant and speechwriter for the Department of Defense in Mannheim, Germany; a job he took after a brief stint as

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Lori La Bey hosting Dementia workshop on August 6

Noted speaker and founder of Alzheimer's Speaks Lori La Bey is hosting a "Shifting Dementia Care from Crisis to Comfort" workshop on Thursday, Aug. 6, in the Rend Lake College Theatre. The conference will give attendees tools to change and positively impact the lives of those dealing with dementia.

The workshop will begin at 8:15 a.m. with a two-hour presentation on dementia around

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Lori La Bey, founder and CEO of Alzheimer's Speaks

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a standup comedian.

Now, Rotman works during the day as a project manager and paralegal for a water and sewer pipeline supplier called Underground Solutions, Inc. in San Diego. On the side, he continues to publish short stories and poetry in a number of journals and is working on a novel called "Micropolitan," a satiric horror story about the oil industry in 1950's Mt. Vernon. He is also the co-founder and editor-in-chief of Crooked/Shift, an online literary journal.

In the past, one could find Rotman's work in Diabolique Magazine, Aberration Labyrinth, and Euphemism, the literary journal at Illinois State University where Rotman graduated magna cum laude with a bachelor's degree in 2008. More recently, he's published a poem in Twelve Winters Press' [Ex]tinguished & [Ex]tinct: An Anthology of Things That No Longer [Ex]ist, which was then reprinted in RLC's literary journal, Lake.

Rotman also had a poem published in Puff Puff Prose Poetry and a Play, Volume III in May with all profits going to help women with disabilities. He also had a short story appear in Marathon Literary Review in February.

"More than anything now, my writing focus has been not on my own publications, but giving aspiring writers an outlet to get started," said Rotman. "That's why I started Crooked/Shift. It's certainly easier to get published now than when I started out about a decade ago, because of the Internet, but the initial challenge remains the same: until you sell that first piece, you feel pretty worthless and that your stuff sucks, and it's a hurdle that all successful writers must overcome."

Rotman added his anthology also allows him to focus on and promote pulp and horror genres of writing, two subjects that he feels are sometimes ignored in the industry. With the help of others such as Little who is an occasional contributor, Crooked/Shift is published semi-quarterly, having seen its second installment last year. Information about the anthology can be found on the Facebook page.



"I was amazed at how better prepared I was as a student compared to all the other students at a junior level who had not gone to a two-year school first. While my peers struggled with the very basics, things such as academic writing and critical thinking, I was able to focus more intently on the subject matter, form my own opinions ... I recommend to anyone who will listen that, dollar for dollar, community college is the way to go."

— Matt Rotman, Class of 2004

In the future, Rotman said he's working on a television pilot for a science fiction show called "Sleepwalker," a project he's hoping will help him broaden his writing technique. Without a doubt, he says his education at RLC put him in a great place to start on his writing career.

"RLC put me in a great position, academically, once I started going onto the university level," said Rotman. "I was amazed at how better prepared I was as a student compared to all the other students at a junior level who had not gone to a two-year school first. While my peers struggled with the very basics, things such as academic writing and critical thinking, I was able to focus more intently on the subject matter, form my own opinions, and become well-regarded in the English Department at ISU. I recommend to anyone who will listen that, dollar for dollar, community college is the way to go."

For more information about Rend Lake College, visit www.rlc.edu.

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Emery. "I didn't know anything about the Therapeutic Massage program until I received my first massage and thought it was amazing. The therapist came from Rend Lake, so I looked into it on their advice."

Emery added going back to school to take her career into her own hands, both literally and physically, was perfect for her situation and her family.

"The week I called about the program, I got in for the testing and the rest is history," said Emery. "Now I can create my own schedule and still provide a living for my family. It's the best thing I've ever done."

The one-year occupational certificate requires 29 credit hours of work in two semesters. Led by Mike Adamson, RLC Therapeutic Massage Professor, students learn all about relaxation, health improvement, and pain relief in the new Therapeutic Massage Laboratory and Training Facility on the Ina campus.

"Mike Adamson was a great resource for me in the program because he's also a registered nurse, so he is very educated in anatomy. That knowledge was something he incorporated into every class we had," said Emery. "He's also local and available if I ever need something. For instance, I called him recently with a client issue and I knew he would get back to me with his suggestions. He's still accessible and that's wonderful."

Stress Knot Massage



Big enough to serve ~ small enough to care

Emery is now the owner of Stress Knot Massage in Mt. Vernon, located at 2020 Broadway. She employs two front desk staff and five other therapists who are all required to complete continuing education courses regularly to renew their state licenses every two years.

"My goal in opening Stress Knot Massage was to create a place that is client-focused and therapist-friendly," said Emery. "We have five very nice treatment rooms and I want to extend the hours by hiring more therapists in the future. Right now, we're open 9 to 6 every day except Sunday. It is also my goal to increase our workplace wellness program, by doing things such as taking chairs and tables to corporate events and health fairs. In Mt. Vernon, there's only one spa and it employs less than we do, so I want to keep growing in every way I can."

On the side, Emery maintains her own massage schedule and effectively practices what she preaches to her clients: massages are an asset to being productive both personally and professionally.

"I love to do it, but I also love receiving massages," said Emery. "I feel like the best version of me and can accomplish more if I stay on my massage schedule. Massages are for everyone of all ages and all walks of life."

She added, "It's hard to find someone who wouldn't benefit from a good massage. We have clients who come in once a week and some who come in once a month. I always recommend massages, even if you're healthy. When my clients come in, I want them to think about massages as an investment into their well-being."

To learn more about Stress Knot Massage, call (618) 246-9494 or visit 2020 Broadway. They also have a website, www.StressKnotMassage.com, and a Stress Knot Massage Facebook page.

The RLC Therapeutic Massage program is enrolling now for the Fall 2015 semester. The full-time program only takes one year, or two semesters, to complete and graduates could be in the growing workforce by next year. According to the U. S.

Department of Labor Bureau of Labor Statistics (BLS), jobs for massage therapists are expected to grow by 23 percent, much faster than average, with 30,000 new jobs by 2022. Median pay for a massage therapist is \$35,970.

Adamson explained that therapeutic massage is more than a good back massage; it's an industry that has grown through education, research, and regulation.

"Massage therapy is the application of therapeutic and nurturing touch, which are essential for maintaining health in the mind, body, and spirit," said Adamson. "Historically, massages have been looked at as a luxury, but increasingly, more people see massages as beneficial to their overall health and wellness. Massage therapy is one of the fastest-growing professions."

RLC students will complete 600 contact hours and will be prepared to sit for the Massage and Bodywork Licensing Examination before applying for state licensure. Topics in the program include anatomy and physiology, pathology, business and ethics, and massage theory and techniques.

The BLS further states massage therapists work in an array of locations in both the private and public setting, including physician's offices, spas, hospitals, and fitness centers.

To learn more about RLC's Therapeutic Massage program, contact Mike Adamson at (618) 437-5321, Ext. 1274.

Conceal Carry
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Participants must be over the age of 21 and have a valid FOID card and driver's license to participate. On the second day of training, students should bring a handgun and two boxes of ammunition to be inspected by course instructors prior to use. The training session costs \$150 for Illinois residents and \$200 for out-of-state residents.

For those who already have a firearm license, RLC is offering three handgun training courses for participants to learn more about self-defense, home defense, and safe weapon handling, or to improve

upon existing firearm skills.

The first safety class is for beginners, called Basic Handgun Training, and will be taught by Detective Captain Jeff Bullard of the Mt. Vernon Police Department. The course will teach the fundamentals of using a handgun, such as laws, proper stance and gripping, techniques for loading and unloading, and the rules of the shooting range.

Basic Handgun Training will meet from 8 a.m. – 4 p.m. on Saturdays, July 11, Aug. 15, and Sept. 12 in the CMTC, Room 107A, on the Ina campus.

After successfully completing the Basics course, participants can move on to the Advanced Handgun

Training class. The training will include an in-depth look at laws covering civilian use of firearms, one-hand shooting, shooting on the move, and marksmanship. Bullard said these training courses would be good practice for anyone looking to purchase a firearm or apply for an Illinois Concealed Carry permit. The Advanced class meets from 8 a.m. – 4 p.m., Saturday, Oct. 3, in the CMTC, Room 107A.

The third training class, Low Light Engagement Handgun Training, focuses on the importance of illumination tools and their usage. For that reason, the class will meet from 2 p.m. – 10 p.m., Saturday, Oct. 10, in the CMTC, Room 107A.

The three handgun train-

ing courses must be taken in order – Basic followed by Advanced and then Low Light. Once a course has been taken and passed, it can be taken as often as a student wishes.

All participants in these three training courses should bring eye and ear protection, a handgun and 150 rounds of ammunition, and a valid FOID card. Reloads are acceptable, but must pass an inspection before use. The cost of the three handgun training courses are \$50 per student per course, and the student must be at least 18 years old.

For more information or to register, contact RLC's Community and Corporate Education Department at (618) 437-5321, Ext. 1714 or 1380.

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Martial Arts Camp

Martial Arts Camp Instructor Gary Douglass leads campers in first through eighth grades in a number of exercises and fundamentals of martial arts, including coordination and stretches; beginning stances; and blocking, punching, and kicking as self-defense techniques. Students in the camp are, in alphabetical order, Becker Andrews (Dix), Molly Federici (Mt. Vernon), Quin Gibson (Herrin), Elijah Haney (Ewing), Shauna Hiller (Sesser), Kaden Payne (Ina), Morgan Payne (Ina), Amiri Rose (West Frankfort), Ryder Szczeblewski (Mulkeytown), and Justin Walker (Woodlawn). Another session of Martial Arts Camp will be held from 1 - 4 p.m., Monday, July 20 through Thursday, July 23 in the Rec. Camp costs \$60.



Nothing but can

Four campers in Let's Get Fit Camp played a game in the Rec in Ina last week to learn how to be active and have fun doing physical activities. Pictured are, FROM LEFT, Lily Rawals (Wayne City), Liam Bullard (Mt. Vernon), Drew Rawals (Wayne City), and Justin Walker (Woodlawn).



Fielding Skills

Baseball Campers work on their fielding skills at the RLC Baseball field in Ina Tuesday, June 16 in the morning. There are still spots available in next week's Baseball Camp for fifth through ninth grade students. Camp meets from 8 a.m. - 3 p.m., Monday through Thursday, and costs \$100 per camper. For more information, contact the RLC Athletics Department at (618) 437-5321, Ext. 1250 or oxford@rlc.edu.



Baseball Campers

First through fourth graders enjoyed the sunshine at Baseball Camp this Tuesday, June 16 while learning about the fundamentals of hitting, pitching, throwing, base-running, and the mental aspects of the game. Campers pictured are, in alphabetical order, Anderson Barker (Mt. Vernon), Liam Bullard (Mt. Vernon), Cole Copple (Benton), Joey Copple (Benton), Andrew Fernberg (Mt. Vernon), Cyrus Joy (Ina), Tony Kistner (Scheller), Jackson Legrand (Woodlawn), Sawyer Lusby (Mt. Vernon), Reese Newman (Sesser), Trace Reynolds (Woodlawn), Wade Spence (Sesser), Zayne Trout (Mt. Vernon), and Drew Wheeler (Mt. Vernon). The camp was led by RLC Assistant Baseball Coach Curt Courtwright, TOP RIGHT, with help from Student Assistant Coach Darius Box (Mt. Vernon), TOP CENTER, and Athletic Trainer Jessica Laber, TOP LEFT.

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Discovery Campers posed for a group shot with members of Air-Evac 11 of Mt. Vernon Monday, June 15 on the RLC campus. Pictured is, in alphabetical order, Samantha Alverth (Thompsonville), Dakota Alvis (Tamaroa), Kaylee Anderson (Mt. Vernon), Madelyn Barker (McLeansboro), Abigail Barnes (Tamaroa), Sarah Barnes (Tamaroa), Breanna Bowers (McLeansboro), Rebecca Bowers (McLeansboro), Fallyn Bradley (Benton), Tyson Broy (West Frankfort), Madeline Burgess (Valier), Jordan Eickelman (Benton), Jasmine Fields (Bluford), Rhiannon Gudermuth (Mt. Vernon), Audrey Guley (Benton), A'Ralene Hunter (Mt. Vernon), Caleb Isaacs (McLeansboro), Elizabeth Isaacs (McLeansboro), Logan Johnson (Centralia), Madeline Johnson (Scheller), Katelynn Jones (Mt. Vernon), Meadow Jordan (Mt. Vernon), Elizabeth Kiselewski (Waltonville), Anna Kistner (Scheller), Hannah May (McLeansboro), Kate Miller (Macedonia), Elaine Miller (Macedonia), Kennadie Ohse (Simpson), Camryn Parker (McLeansboro), Diamond Phillips (Mt. Vernon), Maryk Phillips (Mt. Vernon), Leah Ragan (McLeansboro), Hallie Rednour (Mt. Vernon), Michaela Rexing (McLeansboro), Gabrielle Smith (Centralia), Mitchell Supancic (Benton), Dakota Taylor (Texico), and Alexis Wood (Waltonville). (Photo by ReAnne Palmer / RLC Public Information)

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between the college and the South Central Illinois Allied Health Education Center (SCI-AHEC) Network. Through hands-on activities, presentations, and videos, campers between seventh and twelfth grades learned

about Emergency Medical Services, Radiology, Nursing, Nutrition, Veterinary Science, Occupational Therapy, Mental Health, and many more fields. More information about Discovery Camp is available by contacting Kelli Stover at (618) 437-5321, Ext. 1280 or stoverk@rlc.edu.



At the end of day two, campers Rhiannon Gudermuth (Mt. Vernon), LEFT, and Meadow Jordan (Mt. Vernon) create their own fragrant lotion at Crossroads with the help of Pharmacist Alex Owens. (Photo by ReAnne Palmer / RLC Public Information)



Tricia Collins, LEFT, Assistant Laboratory Manager, gave a tour of the medical lab to several Discovery Campers during their visit to Crossroads Tuesday, June 16. In the lab, Collins described the different pieces of equipment and how they were used to help diagnose and treat patients. (Photo by ReAnne Palmer / RLC Public Information)



On the second day of Discovery Camp, students were broken into two groups to visit and tour either Crossroads Community Hospital in Mt. Vernon or Hamilton Memorial Hospital District in McLeansboro. Here, Mitchell Supancic of Benton, SITTING, looks at different cells through a microscope at Crossroads with the help of Michelle Lampley, RIGHT, Director of Laboratory Services. (Photo by ReAnne Palmer / RLC Public Information)



After the mock accident, Discovery Campers asked questions of the professionals on hand and tried on some firefighting attire. For many, the mock accident was the highlight of the day. (Photo by ReAnne Palmer / RLC Public Information)

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