Volume 3, Number 36





Published Weekly in Mt. Vernon - FREE

# Fords, convertibles invited to Cruise Night

ord and convertible owners are invited to bring out their classic or show car to the June 5 Cruise Night, hosted by the Kingsmen Auto Club of Mt. Vernon and sponsored by the Rend Lake College MarketPlace. The monthly event starts at 6 p.m. in the east parking lot at the MarketPlace, across from the RLC Golf Outlet, in Mt.

Attendees to the free event can check out the cars until 9 p.m. and enter chances to win prizes and a 50/50 drawing. There will also be free refreshments and live music. Any participating Ford or convertible will have the chance to be drawn for one of two Featured Car plaques. Other classic and show cars are welcome to attend.

There are several more Cruise Nights scheduled this year, including July 3, featuring Tri-5 Chevys and Rat Rods; Aug. 7, featuring Street Rods and Race Cars; Sept. 4, featuring GMs (Buick, Oldsmobiles, 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.

Both participants and attendees can also take advantage 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 at the RLC Golf Outlet, a free cut and style with chemical service at Studio

RLC, 10 percent off at Helen's Coffee Shop, 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.

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

Items that will be accepted at the

E-Waste Disposal Day include flat-

screen TVs and monitors, laptops.

servers, printers, computers, faxes,

scanners, DVD players, VCRs,

stereos, video game consoles,

parts, MP3 players and iPods.

peripherals, mice and keyboards,

mobile phones, PDAs, all computer

# E-Waste Disposal Day at RLC scheduled for June 27

et rid of that old computer or VCR this summer by recycling it at Rend Lake College's E-Waste Disposal Day. Sponsored by the RLC Greening the Campus committee and C & I Electronics, items collected at the event will be processed and torn down to nuts, screws, bolts, and plastics before being recycled.

Locals can bring their unwanted

or broken electronics to the RLC MarketPlace in Mt. Vernon from 8:30 a.m. – 1 p.m. Saturday, June 27. Items brought to the E-Waste Disposal Day will be disposed of properly or recycled instead of being placed in a landfill. RLC Sustainability Professional Tyson Ellis said this process will help keep the local environment clean and clear of potential toxins.

"By holding an electronic waste

recycling event, Rend Lake College and C & I are able to team up to be sure electronic items containing chemicals such as cadmium, mercury, and lead do not end up in landfills or sitting beside a road," said Ellis. "Any of these items that are not recycled appropriately eventu-

ally see the chemicals within them leach into our watershed. This poses health risks to humans and animals, by contaminating drinking water and soil. We can help ourselves and the environment with small proactive steps such as

this event."

E-Waste ..... continues on page 3

# June bringing a big variety of Kids Summer Camps

ine summer camps for students of all ages and interests are scheduled throughout the month of June at Rend Lake College. Choose to learn more about drawing, gardening, survival skills, team-building, baking, painting, fashion, or athletics all over the RLC district.

First on the calendar are basketball and baseball camps. Athletes in grades 6-8 will meet from 1-4 p.m. Monday, June 8, through Wednesday, June 10, for Girls' Basketball Camp. RLC Head Coach Ward McDaniel will provide individual instruction on shooting, ball-handling, passing, one-on-one defense, and rebounding in Waugh Gymnasium on the Ina campus. Campers will need gym shoes, a Tshirt, socks, basketball shoes, and a towel. The camp costs \$60.

Later in the month, Curt Courtwright, RLC Assistant Baseball Coach, will host Baseball Camp for boys between first and

ninth grades. The camp will focus on fundamentals of hitting, pitching, throwing, base-running, and the mental aspects of the game. Grades 1-4 will meet from 8 a.m.-3 p.m. Monday, June 22, through Thursday, June 25, and grades 5-9 will meet at the same times from Monday, June 29, through Thursday, July 2. Campers should bring their own lunch, baseball gear, and tennis shoes. Baseball Camp costs \$100.

Ready to register or have questions about sports camps? Call RLC Athletics at (618) 437-5321, Ext. 1250 or email oxford@rlc.edu. All campers will get a Sports Camp T-shirt.

In Pinckneyville, artists interested in creating their own painted masterpieces will meet with Instructor Heidi Karsten at the Murphy-Wall Campus, Room 101. Camp Picture It! will give students a choice

Variety ..... continues on page 2



Last year's campers and Instructor Beth Mandrell in the Me & My Buddy Cooking Camp showed off their patriotic desserts during a parade around campus. This year's Me & My Buddy Cake Creations camp will be on Wednesday, June 24.

# **Popular Kids Summer Camps returning to RLC**

nly the most popular Kids Summer Camps at Rend Lake College host several sessions every summer. This year, nine camps have scheduled multiple sessions in June

and July in the RLC district. Three camps will be held in the Ina and Benton area to help kids get active during the summer: Outdoor Adventure, Let's Get Fit, and Starts and Turns Swim Camp. Located on Lake Benton, Camp Manitowa hosts Outdoor Adventure four weeks during the summer months for students to get all the excitement of an overnight camp during the day. Campers participate in a challenge course, zip line, and team-building trail in between arts and crafts, kayaking, fishing, and hik-

Students in grades 2-9 can attend one, two, three, or all four weeks of **Out**door Adventure Camp



During the "Garbage Pail Science" Kids Summer Camp last year, Sawyer Overstreet, RIGHT, of Mt. Vernon focuses on a water balancing trick alongside camper Maya Rounds, LEFT, of Sesser. The camp is offered again this year in both June and July.

from 9 a.m. – 4 p.m. on the following dates: Monday, June 15 - Thursday, June 18; Monday, June 22 – Thursday, June 25; Monday, July 13 – Thursday, July 16, and Monday, July 20 - Thursday, July 23. The first week of camp costs \$155, and each additional

week costs \$100. Campers should bring a sack lunch, drinks, sunscreen, insect

Popular Kids ..... continues on page 2

# **New Crime Fighters, Kids Fire Academy** summer camps have limited space left

end Lake College has the perfect summer camp for kids who have wanted to be a police officer or firefighter. Crime Fighters and Kids Fire Academy will host several local professionals in law enforcement and emergency services to give students a detailed view of their dream

Crime Fighters camp is as exciting as it sounds and serves as an introduction to the criminal justice field for students in fifth through eighth grades. Led by Ron Meek, RLC Criminal Justice Associate Professor, campers will have hands-on experience learning about different

careers in law enforcement. Many professionals will speak with the students on a range of topics and personal experiences. Some of the activities will include crime scene processing and fingerprinting.

Students will meet from 9 a.m. - noon Monday, July 13, through Thursday, July 16, in the Advanced Technology Center, Room 143, on the Ina campus for Crime Fighters camp. Camp costs \$60 per student.

Kids Fire Academy is also an introductory camp that provides students with knowledge in fire safety, CPR and First

Limited Space ....... continues on page 3

# Authorities respond to alleged hostage threat

t about 3:36 p.m. Wednesday, May 27, calls were placed to the Jefferson County and Franklin County dispatch centers reporting a

hostage situation at Rend Lake College.

The Ina Police Department (IPD) responded and found there was no

hostage situation. One person was placed in protective custody for that individual's own health and was transported to a local hospital.

No one was in any danger and no one was injured. The IPD and the Rend

Lake College Police Department, in order to be certain everyone was safe and there was no danger, secured and searched the campus facilities.

# **INSIDE:**

Unit Pricing Can Help You Judge Costs 3
Waldorf Chicken Salad Recipe 4
Whole-Wheat Muffin Recipe 4
Cold Sores Cause And Treatment5
Classifieds

#### Popular Kids ..... continued from page 1

repellant, and swimming

attire each day. For a more condensed version, campers can attend Let's Get Fit at the RLC Rec Center from 9 a.m. – noon Monday, June 15 – Thursday, June 18 and Monday, July 13 – Thursday, July 16. Tyler O'Daniel, RLC strength and conditioning coach, will show campers that being active is fun with a number of physical activities, all while learning about nutrition and having fun. Students are asked to wear play clothes, tennis shoes, and sunscreen, plus

days and Thursdays. Let's Get Fit costs \$40 each week.

For the more advanced swimmer, Starts and Turns Swim Camp is designed to improve on technique and efficiency for competitive swimmers. Instructor Laura Johnston will focus the three-hour camp on working the walls to get an edge on other competitors, using a grab start and track state, plus techniques to improve on strokes. This camp is for those who have swim team experience. Swim Camp is for students in grades 1-8 and will meet from 1-4p.m. Tuesday, June 22 -Wednesday, June 23 and Tuesday, July 21 – Wednesday, July 22 in the Aquatics Center at RLC. Camp costs \$30 each week.

Two camps are back by popular demand: Garbage Pail Science and Martial Arts. Garbage Pail Science is for grades 1-6 and will host a number of activities and hands-on events to make science fun for all campers. Instructor Reba Boyer will bring in "stuff and junk" for science experiments and will provide a folder with how-to instructions about more camp activities. Garbage Pail Science will meet from 1-4p.m. Monday, June 15 -Thursday, June 18 and Monday, July 20 - Thursday, July 23 in the Historic

and coordination while also learning how to work with others. Instructor Gary Douglass and the campers will practice basic calisthenics, stretches, and beginning stances, as well as the fundamentals of blocking, punching, and kicking as self-defense techniques. Campers should wear loosefitting clothes and tennis shoes. Camp costs \$60 and will meet from 1 - 4 p.m. Monday, June 15 – Thursday, June 18 and Monday, July 20 - Thursday, July 23 in the RLC Rec Center. Two more specialized camps for middle-school

Schoolhouse on the Ina

campus. Camp costs \$60.

Martial Arts will teach

first-through eighth-graders

about improving their health

students are Minecraft and Chefs of Tomorrow. Instructor Matt Jackson will introduce students in Minecraft camp about the fundamentals of design creation, building, and three-dimensional space through the video game Minecraft. Students in grades 4-8 will utilize the game to develop and model structures and landscapes through new technologies, such as 3D printing and digital fabrication. Each camper will leave with models of their creations. Minecraft camp will be held from 9 a.m. - noon Monday, June 15 - Thursday, June 18 and Monday, July 20 - Thursday, July 23, both in the Vocational Building, Room 103. Camp costs \$75 each week.

The **Chefs of Tomorrow** camp will focus on one course of a meal during two

Across

1 Incursion

5 Hypothesize

15 Like mortals?

18 Excited

21 Doctrine

19 Close down

20 Designer Picone

23 Congolese, once

25 "Same here' 28 Scottish-born singer

Donegan 29 Mediterranean port

30 Airport waiting area

35 Best-liked, in chat

36 Fraternity parties 37 Put into action

38 Draught drink

40 Cold capital?

41 It might be gum

43 Songwriter Leonard

44 Made a little sweeter

46 "Peter and the "

48 Feeling of dread

49 DVR system

39 Sickness

rooms

10 Computer memory

13 Italian soup pasta

14 Low-growing shrub

16 Prohibition profiteer

sessions. The first session will focus on lunch from 9 a.m. – 1 p.m. Friday, June 26. Desserts will be the emphasis on the same time, Friday, July 17. RLC Chefs Robert Wilson and Jeff Fairbanks will teach campers how to make these meals for themselves, concentrating on cooking safely and the importance of food sanitation, clean hands, spotless utensils, and clear work space. Campers will take home samples of their creations. Chefs of Tomorrow camp costs \$30 per week and is located in the Student Center Culinary Lab.

Two final camps will be led by Instructor April Tennyson to give campers a creative musical outlet. The first camp, Musikgarten, has three class options, depending on the age of the student. The classes meet at various times from Monday, June 22 - Thursday, June 25 and Monday, July 13 - Thursday, July 16, all in the Learning Resource Center, Room 119 and cost \$25 per week.

The first option, called Family Music for Babies, is designed for babies (ages 0-18 months) to take with their parents or caregivers. Each class features bouncing and rocking songs, wiggle and peek-a-boo games, and other fun music activities. Class meets from 9 -10 a.m.

Family Music for Toddlers is for children ages 15 months to 3 years and meets from 10 - 11 a.m. Full of energy, these classes are planned for the onthe-move child, including singing, chanting, moving, dancing, listening, and playing activities. Each lesson features movement activities for coordination; body awareness and control; exploration of space; and instruments such as rhythm sticks, jungles, rattles, drums, and resonator bars.

The last option, Cycle of Seasons, is for pre-k and kindergarten campers and will meet from 11 a.m. noon. This camp session will celebrate each child's growing independence and love for the outdoors with activities involving the four seasons. Developed to build attention and self-expression, activities include singing, chanting, moving, focused listening, musical games, exploring musical instruments, creative movement and storytelling.

Children in first through fourth grades can also join in the music fun with Music Makers Intro to Keyboard. Campers will learn to play by ear and read music in these small group lessons at the keyboard that will result in pride and excitement in making music. This camp meets from 1 – 4 p.m. Monday, June 22 -Thursday, June 15 and Monday, July 13 – Thursday, July 16, and costs \$25 per week.

For more information or to register, 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.

# 

bring swimwear on Tues-

between a sports theme or a flower theme that will be predrawn and ready for them to paint. Grades 1-4 will meet from 9:30-11:30 a.m. and grades 5-8 will meet from 1-3 p.m., both on Saturday, June 13. All campers are asked to bring an old T-shirt or paint smock. Attendees must pre-register by Friday, May 29. Camp costs \$25.

The remaining six camps in June will be held on RLC's main campus in Ina. First up is the Kingdom of Art Camp with Instructor Michelle Montgomery. This three-hour camp combines fact, fiction, and art to inspire artists to create royal portraits, design and build castles, and sculpt magical creatures, castles, knights, and queens. Grades 1-3 will meet from 9 a.m.-noon followed by grades 4-6 from 1-4 p.m. on Monday, June 15, through Thursday, June 18. Camp costs \$60.

If drawing is more your camper's style, check out All Can Draw for grades 5-8. Michelle Montgomery will return as the instructor to teach techniques and skills for realistic drawing. All materials are provided for this camp, which costs \$60. Campers will meet from 9 a.m.-noon, Monday, June 22, through Thursday, June 25, in the Vocational Build-

1

3

8

2

3

6

5

4

4

2

7

SHERRI LUTZ

**SHERRI LUTZ** 

1141 S. BROADWAY

THE INSURANCE SHOPPE

THE INSURANCE SHOPPE

6

ing, Room 118.

Rounding off the last art camp is Op! Pop! Splatter Drip! also with Michelle Montgomery. This camp is designed for students in grades 5-8 to expand their creative techniques by designing, printing, and painting in the styles of American artists, including Bridget Riley, Andy Warhol, and Jackson Pollock. Camp costs \$60 and attendees should wear old clothing. Op! Pop! Splatter Drip! meets from 1-4 p.m. Monday, June 22, through Thursday, June 25, in the Vocational Building, Room 118.

For the outdoor enthusiasts, Gardening Safari and Survivor Camp are right up your alley. RLC Horticulture Instructor Ryne Fullerton will host Gardening Safari for grades 5-8 from 9 a.m.-noon Monday, June 22, through Thursday, June 25, in the Science Building, Room 106. Campers will learn about the world of gardening, including hands-on experience in creating their own gardens. Some topics will include learning about raised beds, building vegetable gardens out of pallets, different foliage and plant leaves, and using cuttings from existing plants to grow their own. Camp costs \$60 and attendees will take home seeds to plant in their own gardens.

Students can also take

3

4

2

1

"Ask me about the

**Insurance Program** from The Hartford."

Now available in your area!

AARP® Auto & Home

8

4

5

7

9

Sudoku

7

6

Solution to Sudoku puzzle

printed on page 5.

This auto and home insurance is designed exclusively for AARP members and is now available through your local Hartford independent agent!

Call Today for your FREE, no-obligation quote:

618-548-1053

1

8

3

of the TV show "Survivor" this summer with Survivor Camp. Learn basic survival skills and compete to be the ultimate survivor with Instructor Dawn Kovarik. Grades 1-4 will meet from 9 a.m.-noon Monday, June 22, through Thursday, June 25, in the Historic Schoolhouse. Campers should wear long pants, closed-toe shoes (no sandals), and dress for the weather. Insect repellant is also suggested. Camp costs \$60 and will be outdoors, rain or shine.

advantage of RLC's version

The last camp of the month is Me & My Buddy Cake Creations with Instructor Beth Mandrell. Pre-k and kindergarten campers are invited to bring their parent or caregiver and create a cake with icing, candies, and much more. This camp will conclude with a parade on campus to pass out some of their creations. Camp costs \$15 and will meet from 9-11 a.m. Wednesday, June 24, in the Student Center Private Dining Area. Aprons or large T-shirts are encouraged. For more information or to

register, 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 atwww.rlc.edu/kids-camps.

# **Rend Lake** College Clocktower Chronicle

Nathan Wheeler, Editor, Rend

To place an advertisement,

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, Cen-

**Single Copy Price:** 

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

Subscription and delivery information is available by call-

Administration:

LuAnn Droege, Senior Editor, Centralia Sentinel

Lake College Advertising:

call 246-2000

Postal Information:

tralia, IL 62801-0627

ing 246-2000.

# 23 24 26 32 33 36 39 32 Recyclables container

### Down

1 Court wear

3 Label on some out an existence

53 Aerobics type 54 Healthy snacks

57 Madams' mates

58 Flying-saucer chauffeur 59 Rug's coverage.

perhaps

60 A word to Virginia

61 Meanders

62 It may help one choose sides

2 Schoenberg opera "Moses und

sportswear

4 Prompt arrival time?

5 Bother

6 Instrument most often played on Sunday

7 Close a contract 8 Word with skater or

9 Cigarette gunk

10 2005 Heisman Trophy

11 Kitchen emission

12 Fox of "Transformers"

15 Native New Zealander

42 Harsh sounds

34 Sign element 36 Discount giant

33 Castaway's confines

17 Manufacturer Strauss

21 Has an elegant meal

23 Divided into sectors

26 Nonwritten exam

27 "A Heartbreaking

Genius" author

28 Former Senator Dick

Work of Staggering

22 Royal wish

24 Boiling

25 Causeuse

30 Pay to stay

31 Leered at

40 Comic-strip cry

fashioned pinup

43 Blockage

44 Smart alecky

46 Took a bride

47 Pizza cookers

49 Sealy choice

51 Whetted

50 Banshee's land

52 Biblical brother

56 Part of an old-

54 Like meat thrown to a

55 Singer/actress Lohan

45 Destroy a knot

Solution to Crossword puzzle printed on page 5.

**COUPON** 

Spaghetti Dinner **INCLUDES SALAD BAR** 

Fresh Daily!!! Not valid with any other discount offer. Expires 6/11/15.



Salem 548-5331 WE USE ONLY FRESH INGREDIENTS

CENTRALIA COIN, STAMP, ETC.

• Coins & precious metals for Collectors and Investors

Estates Appraised and Purchased

• Buying All U.S. Gold & Silver Coins and Jewelry TOP PRICES

PAID. 533-4200 Corner of Broadway

Money!

SALEM, IL 62881

**Your Hometown Pizza Man** We Make Our Own Dough

& Cherry centraliacoin.com Buying Old

# \$156 million for your thoughts

who would work for \$156 mil-

lion a year, even if it's

LAGE

**BY JIM MULLEN** 

'm sure you've heard the argument that if we raise the minimum wage, the cost of that raise will just get passed along to you, the paying customer. You'll have to pay more for your hamburger, more for your clean hotel room, more for your convenience at the convenience store.

I bring this up because recently, it was reported that a television executive got paid \$156 million in 2014. He runs the company that owns the Discovery Channel. Let's call him David Zaslav. Let's call him David Zaslav because that's his name. And my question would be, isn't his salary passed along to the consumer? Where does that \$156 million come from, if not from Discovery's advertisers, who pass along their rising costs to us?

Why is it OK for one employee to pass his salary along to the consumer, but not all of them? If the argument for paying CEOs so well is that it's an incentive, why is it so good for CEOs, but not so good for the rest of us?

And that, my friend, is why you will never be a CEO. You obviously haven't been to business school. Because then you would know that if

Limited Space..
continued from page 1

Aid, all while helping shape

character and team-building

skills. Campers will partici-

pate in hands-on training

and become CPR certified,

in addition to meeting local

up-close look at the various

firefighters and getting an

equipment used in emer-

Third-through eighth-

grade campers will meet

F.O.O.L.S. from 9 a.m. - 4

p.m. on Tuesday, June 23,

with Southern Illinois

gency situations.

by: JimMullen mostly in stock options? Oh, yeah — just about any-

where. Would David have quit working at Discovery Communications, the TV conglomerate he runs, if he only got paid, say, \$75 million a year? Would he have stomped out in a snit? Would he have left for some other company that would pay him \$156 million? Whoops! I forgot: There is no other company that would pay him \$156 million.

Do you think he'd walk away if they had only offered \$35 million a year? Maybe. After all, he does preside over Shark Week, and Nik Wallenda walking over the Grand Canvon without a net. Show biz is wacky that way. But the CEO of Bank of America, which is a much, much bigger company than Discovery, made only \$14.5 million last year. The CEO of Chrysler made only \$38 million. Yet

and Wednesday, June 24, in the Coal Mine Training Center, Room 107, on the Ina campus. Lunch and a T-shirt are included in the \$55 camp cost.

Space is limited for Crime Fighters and Kids Fire Academy camps. For more information or to register, 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/com-ed/kidscamps.

the company didn't pay him they bit the bullet and stayed with their companies in spite so much, he might quit. And where on Earth are they of the low, low, low pay. gonna find somebody else

Why, you might ask, is David getting paid so much?

i'm sure he works hard, but don't we all? Did he invent television? Does he write the shows? Film them? Direct them? Did the guy who runs Bank of America invent

banking? Did the guy who runs Chrysler invent the automobile?

Henry Ford actually did invent a car, and he became fabulously wealthy. You would hardly call him a communist. Yet when other car companies were paying their workers a dollar a day, Ford raised his workers' pay to \$5 a day. Not only did it keep turnover way down, but his workers could suddenly afford to buy Ford cars.

When the chairman of Starbucks was on "60 Minutes," they asked him how his fastfood company could pay a living wage to its coffee pickers, contribute to its employees' health care costs and chip in for their college tuition. His answer was, basically, "Why do you think a cup of our coffee costs three dollars?"

This is not communism the chairman of Starbucks is a very wealthy guy - and I'm not a communist. I think CEOs should earn as much as they possibly can; I'd enjoy being fabulously wealthy as much as the next guy. But if it makes sense for the CEO to be paid well, why doesn't it make sense for everyone in the company to be paid well - as much as possible, rather than the current trend of as little as possible? If the CEO can get a big raise and stock options, why can't everyone?

A rising tide should lift all boats, not just the yachts.

(Contact Jim Mullen at Jim-MullenBooks.com.)

# Does unit pricing really help you judge costs?

BY THE EDITORS OF **CONSUMER REPORTS** 

icture this: You're at the supermarket trying to find the best deal on AAA batteries for your flashlight, so you check the price labels beneath each pack. Sounds pretty straightforward, right? But how can you tell which pack is cheaper when one is priced per battery and another is priced per 100?

Welcome to the perplexing world of unit pricing. Eight in 10 Americans rely on those labels to determine the most economical brands and package sizes, according to Consumer Reports. In theory, they're the easiest way to see whether purchasing a 59-ounce container of orange juice is cheaper than buying a quart.

Consumers can be confused or even misled when unit-price labels are inconsistent or unclear. And that's often the case. There are no federally mandated, standardized requirements for unit pricing as there are for Nutrition Facts labels. They're actually exempt from the Federal Trade Commission's Fair Packaging and Labeling Act.

"Neither industry nor state government perceives a big problem with unit pricing in the marketplace," says David Sefcik, a weights and measures expert for the National Institute of Standards and Technology (NIST), an agency in the Department of Commerce. "It's an issue that hasn't generated a lot of consumer complaints because many people simply don't know what they're missing, and that improvement is needed."

The major chains feel



no need to change without pressure from consumers, he adds.

**INCONSISTENCY IS THE** 

STANDARD Consumer Reports last uncovered widespread inconsistencies in unitprice labels in 2012, when it worked with NIST to create an ideal label.

Today, unit pricing remains essentially voluntary. Only nine states and the District of Columbia have mandatory regulations, but they differ from each other. Ten other states have voluntary requlations that follow recommendations from NIST.

Consumer Reports recently shopped at nine stores near its headquarters in Yonkers, New York, and found a mixed bag in terms of content and clarity as well as layout and legibility.

Some labels had type as tiny as 0.22 inch, unreadable for impaired or aging eyes. Others had different ways of comparing the same products. Findings included:

- Furniture polish priced by the pound and by the pint.
- Batteries and toothbrushes priced "each" and "per 100."
- Salad dressing priced by the pint and by the quart.
- Toilet paper priced by "100 count," though the "count" (a euphemism for sheets) differed in size and number of plies depending on the brand.
- Dental floss priced per pack, though containers

varied widely in capacity, from around 30 yards to more than 100.

#### WHAT NEEDS TO BE DONE

Since 2012, Sefcik has gathered input on unit pricing from academics, consumer watchdog groups, officials, retailers and trade associations. He compiled their recommendations into a guide, "A Best Practice Approach to Unit Pricing," the first comprehensive primer on the layout, design, and presentation of unit-price labels. It was released earlier this year. (Find it at nist.gov.) His goal is to encourage companies to follow the standards, eliminating ambiguities once and for all.

"Now that retailers have a national set of guidelines of how to implement item pricing in the most effective way, there is no excuse or reason for them not to provide it," says Edgar Dworsky, a former assistant attorney general for consumer protection in Massachusetts. "It is part of good customer service."

#### WHAT YOU CAN DO

When comparing unitprice labels, make sure that you're really comparing apples to apples. If some apples are sold by the piece and some by the pound, you might need a scale or calculator to determine the best deal. And if labels are inaccurate or illegible, don't suffer in silence: Tell a store manager.

#### E-Waste ..... continued from page 1

music devices, phones, UPS batteries, typewriters, cash registers, networking equip-

ment, satellite dishes, and

cable boxes. C & I Electronics will transfer all the items donated to their Evansville, Ind. facility to begin the breakdown process. C & I is an R2 (Responsible Recycling) company that adheres to strict guidelines as to how the material is processed. None of the material will be land filled or sent to developing countries. All electronic devices containing personal or sensitive information, such as hard drives and thumb drives, are guaranteed to be properly destroyed during this process.

RLC will have a team of volunteers from the Greening the Campus committee on hand

406 W. Poplar

1441 W. WHITTAKER ST. • SALEM

618-740-1070

P.O. Box 247 1-800-966-6488

**GRAND OPENING SPECIAL!** 

\$5.00 OFF

**ANY SERVICE \$25 OR MORE!** 

Mausoleums, Monuments, Markers,

GRANITE SIGNS & BENCHES,

CEMETERY LETTERING, PET MARKERS

Web: wilsonandwilsonmonuments.com

E-mail: wwmonco@gmail.com

Wilson & Wilson Monument Co., Inc.

Odin, Illinois 62870

(618)775-6488

to help unload vehicles and transfer items to a recycling

"Residents don't have to do anything other than bring electronic items they wish to have recycled. They don't have to package anything, nor get out of their car." added Ellis.

Donors should not bring CRT or tube TVs and monitors, batteries, tires, compact fluorescent light bulbs, refrigerators, or stoves, Information from C & I Electronics states that old TVs are considered Household Hazardous Waste, which contains lead, phosphors, and leaded glass, and they can be accepted at their Evansville, Ind., facility through drop off by the owners Monday through Friday.

For more information about the E-Waste Disposal Day, contact Tyson Ellis at (618) 437-5321, Ext. 1230 orellist@rlc.edu.

# Total Family Dental Care **AHMAD SAMADZAI, DDS**

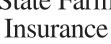
1704 Jefferson Ave. • Mt. Vernon, IL 244-2440 ext. 1

- · Same Day Crowns · Fillings
- · Dentures · Implants · Partials
- · Gum Therapy Treatment · Bridges · Cleanings · ZOOM! Whitening
- · Extractions · Sedation Dentistry

New Patients Same Day Exam — Most Insurance Plans Accepted No Interest Financing Available — Emergency Walk-Ins Welcome Hours: Mon-Wed-Thurs 8am-6pm; Tues 10am-7pm, Closed Fridays

www.mtvdentalcare.com

# Kert **Martin** State Farm





IS MOVING **JUNE 1, 2015** to beautiful

downtown Salem 213 East Main Street



**Kert Martin, Agent** 120 S. Delmar St. Salem, IL 62881 Bus: 618-548-2574 kert.martin.18f3@statefarm.com

LIKE A GOOD NEIGHBOR



Providing Insurance and Financial Services State Farm Mutual Automobile Insurance Company State Farm Indemnity Company • Bloomington, IL • statefarm.

Best Place to Work in

Edward Jones is proud to be ranked No. 1 on the "Best Places to Work in Illinois" list by the "The Business Ledger".

Other recent recognitions:



Edward Jones ranked "Highest in Investor Satisfaction With Full Service Brokerage Firms, in a Tie" in the J.D. Power 2015 Full Service Investor Satisfaction

- Ranked No. 6 on FORTUNE magazine's 2015 "100 Best Companies to Work For" list, our 16th appearance2
- · Ranked No. 24 on Training magazine's 2014 Training Top 125 list

To learn more about our personal approach to

business and joining the firm recognized as a "Best Place to Work," visit careers.edwardjones.com. Edward Jones is an equal opportunity employer, committed to developing

an inclusive culture.

We believe that diverse ideas, opinions and perspectives are essential to building a strong business.

1 Edward Jones received the highest numerical score among full service brokerage firms in a tie in the proprietary J.D. Power 2015 U.S. Full Service Investor Satisfaction Study<sup>SM</sup>. Study based on responses from 5,351 investors who used full-service investment institutions. 18 investment firms which received a representative sample of investor opinions were measured on 7 factors: investment advisor; investment performance; account information; account offerings; commissions and fees; website; and problem resolution. Proprietary study results are based on experiences and perceptions of consumers surveyed in January-February 2015. Your experiences may vary. Rating may not be indicative of future performance and may not be representative of any one client's experience because it reflects an average of experiences of responding clients. Visit jdpower.com.

2 FORTUNE and Time Inc. are not affiliated with and do not endorse products or services of Edward Jones.

Bill Dwyer, AAMS® Financial Advisor

521 West Main Salem, IL 62881 618-548-6555

**Darren L Dwyer** Financial Advisor

521 West Main

Salem, IL 62881 618-548-6555

www.edwardjones.com

Edward **Jones**° MAKING SENSE OF INVESTING



# Waldorf Chicken Salad is delicious the second time around

ooking for two is always challenging. How do you take your favorite recipes and trim them down to just two servings? If you're like me, you're much more accustomed to doubling and tripling your favorites for a crowd.

math: Just divide by two or three. But it doesn't always work that way. Most "large ingredients" such as proteins, vegetables, etc., can be simply cut in half or a third; but a little more finesse is needed for sauces, dressings and seasonings. Otherwise, you may find your finished meal either dry or sopping wet.

vorites for a crowd. It may seem like simple sonings. Otherwise, you may find your finished meal either dry or sopping wet.

Delicious maindish salad for two in under 20 minutes. (Photo by Alicia Ross for Kitchen Scoop)



My best advice is to mix gradually when self-adjusting a recipe. Yes, it can take longer, but adding by a tablespoon or even a teaspoon at a time can help you build the recipe until it is just right. It's easier to add than to take away. If you've ever tried to reclaim mayonnaise after adding too much atop your ingredients, you know what I'm talking about.

No special math skills are needed for today's recipe, though. It is already adjusted for two servings. If you are cooking for one, left-overs are delicious for up to

two days, so don't fret. This is one recipe you will gladly have that second helping tomorrow for lunch. Enjoy!

[Alicia Ross is the coauthor 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

tellus@kitchenscoop.com. Or, visit the Kitchen Scoop website at www.kitchenscoop.com.]

#### **MENU**

WALDORF CHICKEN SALAD FOR TWO WHOLE WHEAT FRENCH BAGUETTE CHILLED CHABLIS

#### WALDORF CHICKEN SALAD FOR TWO

Start to finish: under 20 minutes

1 cup diced cooked chicken\*
1/2 cup diced red seedless grapes
1 small gala apple, cored and chopped
1/4 cup chopped celery
3 tablespoons reduced-fat mayonnaise
3 teaspoons honey Dijon mustard
1/2 teaspoon poppy seeds
1/8 teaspoon salt
dash ground black pepper
lettuce leaves for serving, if desired

Combine the chicken, grapes, apple and celery in a medium bowl. In a separate small bowl, whisk together the mayonnaise, mustard, poppy seeds, salt and pepper. Add the dressing to the chicken mixture and gently combine. Serve on lettuce leaves if desired.

\*Cook's Note: Rotisserie, grilled or oven-roasted chicken is equally wonderful in this salad.

Approximate values per serving: 258 calories, 8.5 g fat (1 g saturated), 64 mg cholesterol, 25 g protein, 20 g carbohydrates, 1.5 g dietary fiber, 425 mg sodium.

# Whole-wheat muffin a perfect complement to crisp salad

othing tastes better to me in the warmer months than a salad with a hearty muffin as a side. The problem with this is that I kill any calorie-saving points by eating a salad when adding in the oftentimes fat-filled muffin. Sure, it tastes amazing, but it's more of a dessert than the side of bread I crave. I want

hearty, not heavy.
So I headed into the kitchen to create a whole-wheat muffin packed with yummy oats and applesauce (no half white flour and half wheat flour in this one). I did not add oil or butter — only one egg. If you like, you can substitute two egg whites instead. But best of all, these muffins do not leave a heavy bricklike

UNIVERSAL feeling in your tummy an s bet- hour later.

Of course, these muffins are a delicious start to your day, or a perfect afternoon snack with tea. But I still like them best with a green salad loaded with summer fruits and vegetables. Just pour a glass of sun tea, and summer patio dining is here! Enjoy!

(Alicia Ross is the coauthor 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 tellus@kitchenscoop.com. Or visit the Kitchen Scoop website at www.kitchenscoop.com.)



Hearty but not heavy muffins with whole grains. (Photo by Alicia Ross for Kitchen Scoop.)

#### **MENU**

CRISP GREEN SALAD WITH FRUITS AND VEGGIES
WHOLE-WHEAT OAT MUFFIN
SUN TEA

## WHOLE-WHEAT OAT MUFFINS

Start to finish: 20 minutes preparation; 30 minutes baking time Yield: Makes 12 muffins

1 cup old-fashioned oats
1 cup 1 percent milk
1 cup unsweetened applesauce
1 egg, beaten
1 teaspoon vanilla extract
1 cup whole-wheat flour
2 teaspoons baking soda
1/2 cup light brown sugar, firmly packed
1 teaspoon ground cinnamon

Preheat oven to 350 degrees. Place paper muffin cups in a 12-cup muffin tin and set aside.

In a medium bowl, combine the oats, milk, applesauce, egg and vanilla extract; stir well. Let sit for 10 minutes.

In another large bowl, combine the whole-wheat flour, baking soda, brown sugar and cinnamon. Stir well to break up any lumps in the sugar. When oat mixture has rested for 10 minutes, stir it into the flour mixture. Spoon the mixture into the prepared muffin cups and bake for 25 to 30 minutes. Serve warm, or cover and serve at room temperature.

Approximate values per muffin: 132 calories, 1.5 g fat (trace saturated), 15 mg cholesterol, 4 g protein, 25 g carbohydrates, 2 g dietary fiber, 227 mg sodium.







ADMIT ONE CHILD

FOR ONE CHILD AGE 12 OR UNDER

NO MORE THAN TWO FREE PASSES CAN BE USED WITH EACH PAID ADULT.

NOT VALID WITH ANY OTHER OFFERS. NO CASH VALUE.

**2015 SALEM CIRCUS** 

DAYS. CHILDREN WITHOUT ADULT SUPERVISION WILL NOT BE ADMITTED.

BENEFIT AINAD SHRINERS. PAYMENTS ARE NOT DEDUCTIBLE AS CHARITABLE CONTRIBUTIONS

WILL BE HONORED IF SEATS ARE AVAILABLE FOR GENERAL ADMISSION ONLY. CANNOT BE SOLD OR GIVEN AWAY AT LOCATION OF CIRCUS ON PERFORMANCE

# Kids call baby sitter 'Mommy'

**EAR HARRI-ETTE:** I baby-sit for a family with two fathers. I love the kids and always have great experiences babysitting for them. Recently, one of the boys has started to call me "Mommy." When it first happened, I told him I was not his mother; he already has parents and I am just a baby sitter. The second time it happened, I corrected him and he said he was just playing house. I correct or ignore him every time he calls me his mother, but I feel as though I am in a bit of an awkward situation. I would never want his fathers to find out and feel inadequate since they are amazing parents. Do I have the responsibility to report back to the fathers or accept this as a playful phase? — Not Mommy, Philadelphia

**DEAR NOT MOMMY:** Your experience may feel uncomfortable, but it's actually quite common. Children grow to love their baby sitters as if they are parents, especially if they spend a lot of time together. On one hand, it is a compliment, even though it can feel awkward to the sitter. When my daughter was young, she called her sitter "Ma Cheryl." I got jealous at first, but eventually relaxed.

Your situation is different because of the two daddies and no mommy. Rather than constantly correcting them, why not make up a fun name for yourself that is neutral but engaging. Or make a game with them and come up with a name together, a love name that doesn't include the "m" word. If that works, great. If they continue to call you the "m" word, you should tell their dads.

#### **DEAR HARRIETTE:**

Recently, one of my friends decided to clean out her closet and allow any friend to take what they wanted.

SENSITIVITY



As she was sending us pictures of the clothing, she slowly decided she wanted money for all of these items. She waited until everyone decided which clothes they wanted to tell us she wanted compensation, and now everyone is in an awkward spot. These worn clothes are in good shape and fashionable — but they're still secondhand. Additionally, she is trying to sell us some of her used bras! While the undergarments may have been expensive purchases originally, worn underwear is not something to charge people for. Is there a kind way to remind her that this is all used clothing, or do I have to bow out of this whole exchange to avoid getting ripped off? — Firsthand Confusion About Secondhand Clothing, Boston

**DEAR FIRSTHAND CONFUSION:** Go the direct route. Tell your friend that she changed the rules on you, and you no longer want the items. Explain that since she offered the items for free and later decided to charge, you don't think that's fair, even though is her prerogative. Don't go into what she should charge for and what she shouldn't. Keep it simple. She changed the rules, and you have now changed your mind.

(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.)

## Solution to page 2 Sudoku puzzle.

8	9	ŀ	7	9	Þ	2	3	6
6	2	G	3	8	L	9	Þ	7
3	Þ	7	6	9	2	8	L	9
Z	3	9	8	7	9	Þ	6	L
L	9	2	Þ	6	7	3	8	9
Þ	8	6	L	3	9	9	7	7
7	ŀ	Þ	9	Z	8	6	9	3
9	6	8	9	L	3	7	2	Þ
9	7	3	2	Þ	6	L	9	8

#### Solution to page 2 Crossword puzzle.

$\cap$	N	3	M		S	D	N	_	W			S	П	人
A	3	В	A		Ν	Ξ	_	Г	A		S	В	_	S
S	3	_	ອ	ຄ	П	Λ	Μ	A	К		ъ	3	Τ	S
3	К	Э		0	٨	Ĩ.	Τ			Τ	S	ອ	Z	A
			п	٦	0	W		П	Ξ	В	A	Ð	$\subset$	S
Ν	3	Ι	0	၁			В	П	S	A	В	3		
0	٦	S	0		Υ	а	A	_	A	M		П	٦	A
3	S	П		S	В	3	Ð	Ð	3	К		٨	A	F
Ν	Τ	8		п	อ	Ν	n	0	٦		Ν	A	В	0
		П	Τ	Ν	Ν	0	٦			1	0	а	0	S
Ν	A	_	В	1	A	Z		Ν	Ξ	٨	S			
A	M	ອ	0	а			Ν	A	Λ	3		а	Ν	3
Ð	0	ອ	A		В	3	ອ	ດ	3	٦	Τ	0	0	В
3	Я	3	M		A	၁	Ι	В	3		0	Z	В	0
M	Α	В			Τ	1	S	0	Ъ		а	1	A	В

# Cold sores caused by dormant virus that suddenly awakens



BY ANTHONY L. KOMAROFF, M.D.

UNIVERSAL **EAR DOCTOR K:** I get painful cold sores in my mouth every couple of weeks. Why do I get them? And what can I do to make them go away faster?

**DEAR READER: Cold** sores are caused by the herpes simplex virus (HSV) Types 1 and 2. HSV Type 1 is the most common cause of cold sores. Type 2 more often causes genital herpes, but it can also produce cold sores.

HSV spreads easily from person to person; at least half of all adults are infected with the virus. Once you are infected with HSV, you have the infection permanently. The virus lies "sleeping" inside the nerves, causing no symptoms most of the time. In some people, the virus periodically wakes up" and causes cold

Cold sores most often occur on the edge of the mouth, usually in the same place every time. That's because the virus lives in the nerves that lead to that spot on the skin.

A cold sore usually begins with a slight tenderness or tingling. It develops into a painful, swollen red lump. During this time, the virus in the sore is highly contagious. After a day or two, the area blisters, bursts and crusts over. Then the yellow crust peels away and secretes a clear liquid. It can take up to two weeks for the sore to heal.

The following conditions or circumstances seem to cause cold sores to reappear: anxiety, stress, sunburn, hormonal changes and physical exhaustion. Cold sores also often develop when you have a fever, which is why people sometimes call cold sores "fever blisters."

Cold sores go away by themselves and most of the time don't need treatment. There are two types of treatment. There are pills and ointments or solutions to put on the sore when it first appears. in order to make it go away faster. There also are pills to keep cold sores from coming back as often, for people who get them frequently.

The treatments (pills or ointments) to make cold sores go away faster have to be started at the very first sign — the tingling or unpleasant feeling I noted earlier — before the skin starts to change. Even when treatment is begun early, studies find that it shaves off less than a day from what would have been the natural resolution of the sore. The pills I generally recommend are one of two antiviral drugs, taken just for one day: famciclovir

The liquids that you put directly on the sore include acyclovir, penciclovir, benza-Ikonium chloride and docosanol. The latter two are

and valacyclovir.

available over-the-counter. Over-the-counter anesthetics like benzocaine can numb the skin and help relieve pain and discomfort. Applying ice at the first sign of a cold sore may also help shorten the duration or avert a full-blown sore.

Finally, when you do have a cold sore, keep your hands away from your eyes. HSV infection of the eye is rare, but it can be serious if it occurs.

(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.)

## Twin Willows **NURSING CENTER**



• Medicare approved rehabilitation services provided by "Rehab Care" a provider of physical, occupational and speech therapy in forty-three states. Locally owned and operated.

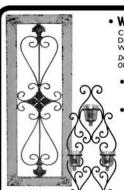
• Public Health annual inspection for 3-2007 cites no deficiencies — public health's

highest compliment. • When you've been in the hospital and need therapy to get back home call 548-0542.

Come Live With Us,

Phone 548-0542 Route 37 North • Salem

> **Todd Woodruff** Administrator Since 1976



Wood Decor Sale

DOES NOT INCLUDE FURNITURE OR UNFINISHED CRAFT WOOD Candleholders

Metal Decor Sale CHOOSE FROM METAL WALL DECOR AND FUNCTIONAL & DECORATIVE METAL ACCESSORIES

INCLUDES METAL CONTAINERS IN OUR FLORAL & CRAFT DEPARTMENTS DOES NOT INCLUDE FURNITURE All Wicker, Decorative

**Boxes & Storage** DOES NOT INCLUDE LARGE TRUNKS OR CRAFT & PAPERCRAFTING STORAGE

#### **Home Accents Categories Listed**

DOES NOT INCLUDE SEASONAL DEPARTMENT

· Trays, Coasters & Place Mats

 Knobs, Drawer Pulls & Handles Glass Decor Sale

INCLUDES GLASS DEPARTMENT, FLORAL GLASS VASES & CRAFT GLASS CONTAINERS DOES NOT INCLUDE CRAFT STAINED GLASS OR GLASS TABLETOPS

 Framed Art & Canvas Art

· Men's Metal

& Wood Decor **Decorative Memo** 

Boards, Chalkboards & Corkboards

 Decorative Lanterns, Birdcages & Terrariums

All Items Labeled

**Summer Toys** 

Summer Crafts & VBS

 Decorative Vegetable-& Fruit-Filled Bottles



ITEMS LABELED THE SPRING SHOP™, 4TH OF JULY AND SUMMER! ARE NOT INCLUDED IN HOME ACCENTS SALE

Select Group Of

**Home Accents** 

Now Marked \*



 Statuary • Garden Planters Gazing Balls
 Garden Wall Decor
 More

Floral

**Categories Listed** 

50% OFF

Floral Arrangements
 FLOWERING & GREENERY
 DOES NOT INCLUDE CUSTOM
 DESIGNS OR POTTED TREES

Garlands

July 4th Swags, Wreaths & Seasonal Items Teardrops



Little Wishes™ • Crafts & More



Furniture

I Love This Cotton!\* 2.66

Yarnology™ Knit & Crochet Tools & Notions 25% OFF

30% OFF

Floss & Threads

**Needle Art** 

All Artiste®

Premium Poly Foam, Nu-Foam® & Smart Foam 30% OFF





Flis Heis • Wedding Sale

All Items Labeled Studio His & Hers™ CHOOSE FROM INVITATIONS, TOASTING GLASSES, RING PILLOWS, CAKE TOPPERS & MORE

Ribbon

& Trims

by the Roll

OUR WEDDING, FLORAL & FABRIC DEPARTMENTS

Framing **Categories Listed** 50%OFF

Collage Frames

Wall Frames CHOOSE FROM POSTER, DOCUMENT & PORTRAIT FRAMES WITH GLASS  Custom Frames ALWAYS 50% OFF THE MARKED PRICE\* APPLIES TO FRAME ONLY

Photo Frames

ALWAYS 50% OFF THE MARKED PRICE\* CHOOSE FROM OUR ENTIRE SELECTION OF BASIC & FASHION TABLETOP FRAMES.



All 2 oz. **Acrylic Paint** 

Children's

Activity Kits, Paint & Pencil

Crafting
Categories Listed

Mosaic Tile, Gems, Chips & Stones

· Packaged Craft Feathers

· Candle Wax, Candle Gel & Glycerin Soap INCLUDES SHEA BUTTER, GOAT'S MILK, OLIVE OIL, COCONUT OIL SOAP & AVOCADO CUCUMBER SOAP

 T-Shirts ALWAYS 30% OFF THE MARKED PRICE INCLUDES YOUTH & ADULT T-SHIRTS & TANK TOPS & INFANT & TODDLER T-SHIRTS, CREEPERS & DRESSES

Chipboard, Chip Decor™ Letters & Shapes and Mixed Media™ by the Paper Studio® DOES NOT INCLUDE CHIP DECOR CRICUT® CARTRIDGE

Spare Parts®

**Embellishments** 

by the Paper Studio

**Papercrafting** Most Categories Listed 50% OFF

 Papercrafting Totes & Organizers 3D Stickers & Stickers

Swarovski

Vintaj



DOES NOT INCLUDE HOTFIX STONES

Scrapbook Albums & Refill Pages by the Paper Studio CHOOSE FROM OVER 300 STYLES DOES NOT INCLUDE PHOTO ALBUM.

Art Pencils & Pastel Sets

**Art Supplies** 

Most Categories Listed 30% OFF

32" x 40" Acid Free Matboards 9.99 9.99 7.99

**Promotional 2-Pack Canvas** Sets 3.99 5.99 7.99



**Timeline** by Bead Treasures<sup>TH</sup>
FROM THE GILDED AGE TO
THE POP AGE, FEATURING VINTAGE GROOVE BY JILL SCHWARTZ

**Jewelry Making** Categories Listed 50% OFF

40% OFF

Traditions™ TANT GRATIFICATION & TRIBAL MARKET Blank Slate

FEATURING UNIQUE ARTISAN COMPONENTS MADE IN THE USA DOES NOT INCLUDE SIZZIX® EMBOSSING MACHINE OR DIE CUTS

 the Jewelry Shoppe™ & My Jewelry Shoppe™



**Fashion Fabric** Home Decor Fabric CHOOSE FROM PRIN SOLIDS, SHEERS & LAMINATED FABRIC

30% OFF Spring Apparel Fabric

50% OFF

Calico Prints & Solids

30% OFF Ribbon, Trim

& Tulle Spools

30% OFF All Knits

Fleece

JERSEY KNITS, RUFFLE KNITS & TRAVEL KNITS 50% OFF 30% OFF



CREATE YOUR OWN LOOK WITH UNFINISHED WOOD, CERAMIC, METAL & MORE

STORE HOURS: **CLOSED SUNDAY** 

 MOUNT VERNON: Broadway & South 42nd Street in the Times Square Mall (618) 242-2259

