



Thinking ahead

Spring Break is here! With the stress of mid-terms out of the way, students can start thinking ahead. RLC's Academic Advisors will be scheduling appointments for fall classes, by priority registration, beginning March 30. (Photo by Taylor Blankenship / Clocktower Chronicle Staff Photographer)

Free tutoring services available for RLC students

Going into the second half of the Spring semester, Rend Lake College students can study and have some one-on-one support in the three tutoring centers on campus as well as the Learning Enhancement Center, all located in the North Oasis on the Ina campus. In addition to these free tutoring services, students can also

take advantage of the quiet study tables, computers, and rooms set aside for small group study.

The Communications Lab is for focusing on presentations. Dana Uhls, tutor and RLC adjunct Speech and Business Instructor, will be available in the Communications Lab from 8 a.m. – noon and 12:30 – 3 p.m. on Monday and Tuesday; and from Noon – 4 p.m.

and 4:30 – 6 p.m. on Wednesday and Thursday. The lab is closed on Friday.

The Math Lab can give students extra practice in any mathematics course. In addition to being open on the following days, some drop-in tutoring lessons are available. The schedule is located on the RLC website at www.rlc.edu/tutoring-lec/lec-schedule. The Mathematics

Lab hours are 10 a.m. to 3 p.m., Monday - Friday; and also from 4 - 7 p.m. on Thursday.

The Writing Lab is open for students stuck in the writing process. Tutor Bill Robinson, several peer tutors, and new tutor Terah Trusty can help students in any class with their writing skills. The Writing Center is open from 7:30 a.m. – noon and 12:30 – 4 p.m. on Monday and

Thursday; 7:30 a.m. – 6 p.m. on Tuesday; 7:30 a.m. – 4 p.m. on Wednesday; and from 7:30 a.m. – noon and 12:30 – 2:30 p.m. on Friday.

More information, the full tutoring schedule, and a list of tutors can be found online at www.rlc.edu/tutoring-lec. For more information or to schedule an appointment, call (618) 437- 5321, Ext. 1204.

Health and Wellness Fair bringing over 50 vendors to RLC campus

BY REANNE PALMER
RLC PUBLIC INFORMATION

Five presentations and 50 booths are already on the line-up for the Health and Wellness Fair, scheduled for 9 a.m. – 3 p.m., Friday, April 17 at Rend Lake College. The event will be offered thanks to a Community Engagement Award of \$4,500 from the National Network of

Libraries of Medicine Greater Midwest Region.

At the fair, community members can receive free advice and information on all aspects of their health from the vendors, including health screenings, senior wellness, veteran health, smoking cessation, and more. Some of the specific booths include Alzheimer's disease care, cancer awareness,

nutrition, and disability awareness.

There will also be events for children and school students, such as the Healthy Body Walk wherein students will walk through a giant body, starting with the mouth and stopping at different parts and systems of the body.

"The Health and Wellness Fair will offer many sources of health information and services which will

allow the RLC community and members of the surrounding communities to take advantage of health screenings, presentations on health and wellness topics, and health information resources free of charge," said Beth Mandrell, RLC Reference Librarian.

Many vendors will also be offering giveaways at their tables, and there will be a grand prize given

away at the end of the fair. To enter into the grand prize drawing, participants will have a checklist of booths to visit and gather information.

All vendor booths will be located along the upper level of Waugh Gymnasium, Aquatic Center lobby,

Fair continues on page 2

Stephanie McKinney, Project CHILD specialist, named Citizen of the Year

Rend Lake College's Stephanie McKinney of Dahlgren, now a Wayne City resident, has been named the Illinois Southern District Public Citizen of the Year by the National Association of Social Workers (NASW). McKinney works for RLC's Project CHILD as a Child Care Assistance Program specialist.

The Public Citizen of the Year award honors an outstanding member of the community whose accomplishments exemplify the values and mission of professional social work. According to the NASW website, those chosen make a significant contribution to an area or population of concern to the social work profession, specifically at-risk or vulnerable populations. They also act with courage,



NASW Citizen of the Year Stephanie McKinney (Submitted photo)

demonstrate outstanding leadership, and exemplify social work values and ethics.

Though McKinney is not a social worker in title, her

McKinney continues on page 2

RLC AmeriCorps members to celebrate national week recognizing volunteers

BY REANNE PALMER
RLC SPORTS INFORMATION

In honor of National AmeriCorps Week March 9 – 13, several Rend Lake College members will spend some time at a local grade school Wednesday to share the love of Dr. Seuss and volunteering.

Margo Wagner, RLC AmeriCorps director, said several AmeriCorps students will go to the Primary Center in Mt. Vernon from 3:30 – 4:30 p.m. Wednesday to do Dr.

Seuss activities with children in the after-school program. These students are Wyatt Capps (Mt. Vernon), Jessica Connaway (Mt. Vernon), Jaci Pelaez (Mt. Vernon), Maddie Michaud (Mt. Vernon), LaLa Rollins (Mt. Vernon), Courtney Scarbrough (Mt. Vernon), Elysia Piercy

(Mt. Vernon), Mollee Sager (Mt. Vernon), Shelby Mitchell (Woodlawn), and Tyree Trimble (Mt. Vernon).

"I am extremely proud of our group of members this year," said Wagner. "They have embraced the true meaning of volunteerism and civic engagement. We've done several projects and events, and they've all been outstanding representatives of the program and the college."

They are just a dozen of nearly 3,700 AmeriCorps members in Illinois currently volunteering. According to information from the Serve Illinois Commission on Volunteerism and Community Service, those 3,700 members logged 238,817 hours of volunteer service,

AmeriCorps continues on page 2

CNA recertification scholarships offered by South Central Illinois AHEC

BY REANNE PALMER
RLC PUBLIC INFORMATION

Certified Nursing Assistants (CNA) who have not worked for two or more years have the opportunity to become recertified at Rend Lake College, thanks to funding from the South Central Illinois Area Health Education Center (SCI-AHEC).

SCI-AHEC Director Kelli Stover said this is the second year the center has offered these \$90 recertification scholarships for stu-

dents in RLC's district due to an increased need.

"The challenge is that the CNA certificate is a tuition-free program at RLC, but the recertification costs nearly \$300. That \$300 can be a potential student's deciding factor in choosing the lengthier program over the costlier but shorter program," said Stover. "We end up having students who sign up for the free CNA classes and spend weeks

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RLC Massage Clinic opens March 18

Students in Rend Lake College's Therapeutic Massage program will be hosting a Massage Clinic open from 9 a.m. - 1 p.m. Wednesdays from March 18 through May 7. The clinic will be held in the Therapeutic Massage Lab, located in the Advanced Technology Center, Room 200, on the Ina campus. Mike Adamson, RLC Thera-

peutic Massage Professor, said the clinic is open to the public, as well as the RLC community. The clinic is part of the Therapeutic Massage program's curriculum. The cost of an hour massage is \$20. Appointments can be made by calling the RLC Allied Health Division at (618) 437-5321, Ext. 1251. Walk-ins are also welcome provided there is space.

McKinney

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daily work for Project CHILD is very similar to that of social work: helping others. She was nominated by former Project CHILD student worker Lamanda Bean, and says part of the nomination was due to her ability to empathize and effectively communicate with frustrated clients.

"I started using Project CHILD myself while I was working, finishing school, and taking care of my children, so I know firsthand what it feels like to be the parent on the other side of the desk," said McKinney. "I enjoy my job so much because I feel like a bridge. I know both sides, and it's the most rewarding part for me to be able to relate and help a parent. I know when Lamanda was here, she worked right next to me, and she would send me clients who were frustrated or upset and I would work with them to figure out what was the core problem and work out from there."

Project CHILD is a child care resource and referral grant program housed at the RLC MarketPlace in Mt. Vernon. There, McKinney and other staff members do everything from helping potential clients fill out applications to setting up payments to pro-

viding trainings for care providers, and everything in between.

"Project CHILD helps parents who need assistance paying for child care. It serves low income people, but not necessarily the bare minimum," said McKinney. "I work on the CCAP [Child Care Assistance Program] side, helping clients pay for the child care and setting up co-payments. Then there's the Care Core side that deals with providing many different types of continuing education for Early Childhood Providers."

McKinney is an RLC graduate who will mark her 15th year at RLC and Project CHILD this summer. In 2011, she was also honored with the RLC Outstanding Staff Award.

Fair

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and outside, weather permitting. All children's activities, Yoga, and Zumba will be located on the gymnasium floor. The six presenters will be located in the Private Dining Area in the Student Center. Food and beverages will be for sale by the Culinary Arts and Nursing clubs.

Speakers will include Tiffany Sievers "Elder Law," Ryne Fullerton "Grow Your Own Healthy Foods," Stacy Pasoni "Healthy Hippie Chef," Jeff Bullard and Ron Meek "Self Defense," and the Women's Center "Sexual Assault Prevention."

Topics that will be addressed at booths already registered for the event include 3D Mammography (Crossroads Community Hospital); Adolescent Men-

tal Health, Chronic Disease Info, Dietary Health, Health Coach, Memory Screenings, Lung Cancer screening information (St. Mary's Good Samaritan Hospital); Assisted Living (Addus, Four Fountains); Blood Drive (American Red Cross); Blood Pressure, Glucose screenings, Health Education Careers (RLC nursing students); Body Walk/Germ Station for children, Health Careers, CPR recertification, Health Information Technology (RLC, Area Health Education Center); Bone Density, BMI, Breast Cancer Awareness, Depression Screening, Physical Therapy, Respiratory COPD (Franklin County Hospital); Cancer (American Cancer Society); Cardiac Care (American Heart Association); Domestic Abuse (Women's Center); Elder

Law information (Southern Illinois Elder Law); Essential Oils (Sarah Draper); Eye Care (Marion Eye Center); Firearm, bike, and driving safety (Mt. Vernon Police Department); Fitness for children (Matt Jackson); Hand massages (Studio RLC); Health care information (Christopher Rural Health Planning Corp.); Health Insurance (American Family Insurance); Healthy cooking choices (Jeff Fairbanks); Hearing test (Miracle Ear); Independent Living (OFA CIL); Medical equipment (Alpha Home Care); Pharmacy services and medical equipment (Medicine Shoppe); Pregnancy screening information (Pregnancy Matters); Prescription services (Byrd-Watson); Rehabilitation (Hamilton County Memorial Hospital); Stress Management (Stress

Knot Massage); Veteran Health (VA Hospital); Water Safety (Laura Johnston); Yoga (Tess Shelby); and Zumba (Lindsey Cox).

The Health and Wellness Fair will tie in with a health awareness week on campus, the first of its kind. A number of students on campus, such as those in the Nursing program, and RLC officials will be on hand to participate in the community education.

For more information, contact Beth Mandrell at (618) 437-5321, Ext. 1276 or mandrell@rlc.edu.

This project has been funded in whole or in part with Federal Funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Contract No. HHSN-276-2011-00005C with the University of Illinois at Chicago.

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AmeriCorps

continued from page 1

equaling almost \$5.8 million in volunteer impact.

"AmeriCorps helps hundreds of thousands of Illinoisans each year," said Scott McFarland, executive director of Serve Illinois, in a news release. "AmeriCorps members dedicate a year of their lives to their communities, and AmeriCorps Week is a time for the rest of us to say 'thank you'."

AmeriCorps provides

opportunities for individuals to serve through a network of partnerships with local and national non-profit groups. Since 1994, more than 35,000 Illinoisans have taken the AmeriCorps pledge to "get things done for America" through neighborhood cleanups, building homes, tutoring children, and much more.

To learn more about RLC's AmeriCorps program, contact Wagner at (618) 437-5321, Ext. 1351.

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
								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
62	63						64	65				66	
67							68					69	
70							71					72	

- Across**
- N.B.A. star Lamar
 - Cooperstown's Rod
 - Climactic intro?
 - Lens cleaning product
 - Rub out
 - Pencil's innards
 - Play ___ role
 - "Hole" food #1
 - Frankenstein's milieu
 - Lemony Snicket villain
 - Drop in the ocean
 - "Hole" food #2
 - Part of a play
 - "I'm frozen!"
 - Paris's ___ de France
 - At this point
 - US motor club
 - "Hole" food #3
 - "Discover" competitor
 - Play ___ in (influence)
 - Sign on a store door
 - "Hole" food #4
 - 11 of 12: Abbr.
 - Singer Williams
 - Use an abacus
 - Film theater
 - Map entries: Abbr.
 - "Hole" food #5
 - Virgo neighbor
 - Voice votes
 - Curative place
 - "Hole" food #6
 - Prepare, as eggnog
 - Las Vegas casino magnate Steve
 - Good way to enter
 - Scoundrel
 - Grand piano supports
 - Different in nature
 - "Careful, now!"
- Down**
- Brush name
 - City west of Chicago
 - Lieutenant's insignia
 - Villa's very
 - Ma plays it
 - Frequently used font
 - "Down by the Bay" singer
 - Legal attachment?
 - Actor Bentley
 - Thomas ___ Edison
 - Be sleepy
 - Gravel replacer, maybe
 - They may be needed to get in
 - Not knowing what to do
 - Mallow shrub
 - Bond portrayer Daniel
 - Glass vessel
 - Actress Page
 - Fundamental
 - Bunk bed occupant, perhaps
 - Rival of Dad's and Barq's
 - Place for a sheet
 - Hollywood release
 - 3:1 or 4:1, e.g.
 - Castle guard
 - Infant
 - Gemreich of fashion
 - Wears
 - Folk singer Phil
 - Lipton rival
 - Spots
 - Harmony, briefly
 - Flow freely to the follow-up
 - Bank robber's advance man
 - ___ bird
 - Geologic time divisions
 - Wise Potato Chips symbol
 - Science guy Bill
 - Kanga's kid, in "Winnie the Pooh"
 - Bank statement fig.
 - This miss

Solution to Crossword puzzle printed on page 5.

Sudoku

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

Solution to Sudoku puzzle printed on page 5.

Rend Lake College Clocktower Chronicle

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Students in RLC's Collegiate FFA got together for a potluck on campus as part of National FFA Week 2015. (Photo by Nathan Wheeler / RLC Public Information)

RLC club celebrated National FFA Week Feb. 21 - 28

Students in Rend Lake College's Collegiate Future Farmers of America (FFA) Chapter showed their pride and thankfulness the week of February 21 - 28 in celebration of National FFA Week.

Across campus, RLC students saw FFA Club members decked out in full camouflage on Monday, wearing their favorite brand on Tuesday, and donning sweatpants and boots on Thursday. In the meantime, FFA students

were wrapping special treats for Wednesday's faculty appreciation day.

"I'm really proud of them for taking the initiative this week," said Kathy Craig, FFA sponsor and agriculture associate professor. "They organized a Faculty Appreciation Day as a part of the week-long celebration where they're wrapping cookies for faculty on campus who have helped

them and putting them in mailboxes with little notes. They came up with it all on their own. I couldn't be more impressed with the students in the Collegiate FFA Club."

Each year, FFA chapters around the country celebrate National FFA Week. It all started in 1947 when the National FFA Board of Directors designated the week of

George Washington's birthday as National FFA Week in recognition of his legacy as an agriculturist and farmer.

The FFA Chapter on RLC's campus was formed last September due to students interested in professional development opportunities to get an edge in today's job market. There are approximately 30 students active

in the FFA, and those interested can join next fall.

In the last six months, the FFA participated in Fun Fest and Warrior Fest, as well as several contests and activities. For more information about the Collegiate FFA Chapter at RLC or to join, contact Craig at (618) 437-5321, Ext. 1006 or craigk@rlc.edu.

CNA continued from page 1

in the program instead of taking the eight-hour skills course. SCI-AHEC wants to help get these CNAs back in the workforce as soon as possible, and providing funding is one way we can do that."

A handful of students received the scholarships last year to complete the skills course, which is comprised of a trip to a local clinical site to perform the 21 basic skills required by the Nurse Assistant Competency

Examination. Successful completion of these skills provides access to the written test. Before enrollment, students will have to undergo a background and fingerprint check.

To find out if you are eligible, call the Illinois Nurse Aide Registry at (217) 785-5133. Students interested in the scholarships or who want to schedule a recertification should contact Stephanie Smith in the RLC Community and Corporate Education Department at (618) 437-5321, Ext. 1714.



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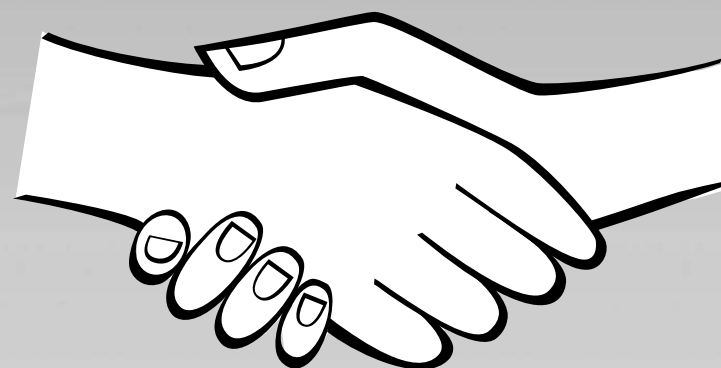
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ATHLETICS

WISCONSIN SECTION

Lady Warrior Brianna Hawkins named All-Region, All-Conference

BY REANNE PALMER
RLC SPORTS INFORMATION

NA, Ill. (March 9, 2015) — Rend Lake College freshman Brianna Hawkins has been named to the All-Region XXIV and All-Great Rivers Athletic Conference (GRAC) teams for women's basketball.

Hawkins averaged a team-high 13.2 points per game for the Lady Warriors, making 62.3 percent from the free-throw line and 37.8 percent from the field for a total of 344 points this season. She dominated with ball control, leading the Lady Warriors in assists and steals per game with 5.7 and 2.7 respectively. The RLC guard also logged 55 offensive and 98 defensive rebounds for an average of 5.9 per game.

RLC Head Coach Ward McDaniel said Hawkins is the first player to be named to the All-Region and All-Conference teams in his three years of coaching the Lady Warriors.

"Brianna is one of the hardest-working players I've ever coached. She plays



All-Region, All-Conference point guard Brianna Hawkins of Louisville, Ky.

hard all the time and always brings everything she has to the court," said McDaniel. "She's a fierce competitor who really deserves this. Her stats say exactly what everyone else in the league knows because she lights it up in every category. Every team we faced this year had a game plan for her because they knew they would have to control our point guard on both offense



Hawkins shoots for two in a game against Olney Central College in December.

and defense. Overall, she's a great defensive player who plays hard and plays to win."

She will be joined on the All-Region team by Player of the Year Tyshee Townner of Wabash Valley College, Freshman of the Year Bria

Betha of Southeastern Illinois College, Ellie Fruit of Wabash Valley College, Kierra Graves of Kaskaskia College, Kaela Hodges of Wabash Valley College, Adrianna McNeal of Southwestern Illinois College, Kelsey Pilant of Olney Cen-

tral College, Brittani Rizzi of Lincoln Trail College, Shelby Samsil of Olney Central College, Kyra Tucker of Kaskaskia College, and Allison Webb of John A. Logan College.

The Lady Warriors ended their season with a loss to

No.1 seed Wabash Valley during the first round of the DI Region XXIV tournament, hosted at RLC. They ended their regular season at 10-15 and 6-10 in the GRAC. For all things athletic at The Lake, visit www.rlc.edu/warriors.

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Lady Warriors end season with regional loss to Wabash Valley

BY REANNE PALMER
RLC SPORTS INFORMATION

NA, Ill. (March 3, 2015) — The Rend Lake College Lady Warriors fell to the Wabash Valley College Lady Warriors 67-87 in the first round of the NJCAA DI Region XXIV tournament, hosted at RLC last week.

RLC fell behind the tournament's top seed in the first half, — by as many as 30 at one point — ending the half at 26-51. In the second half, RLC made up some ground, only to have four players foul out with four minutes left in the game. Jada Ballew (Cincinnati, Ohio), Valencia Chandler (Joliet), Jenae Rowe (Joliet), and Jasmine Washington (Evansville, Ind.) finished the game in a box defense for RLC and managed to outscore

WVC, albeit not enough to close the gap. Chandler had come out of the game earlier in the second half after hurting her foot, but she told Coach Ward McDaniel she was okay to play.

Top scorers for the RLC Lady Warriors were Brianna Hawkins (Louisville, Ky.) with 18, Ballew with 15, Chandler and Washington with eight each, Mykhaela Tolds (Pearland, Texas) with six, Savannah Enlow (Corydon, Ind.) and Jordann Bruenton (Cincinnati, Ohio) with five each, and Rowe with two. The top scorer for Wabash was Carley Childress (Belknap) with 18 points.

Wabash Valley went on to win the region, 63-60, over Vincennes University in the championship game.



COURT VISION — Freshman Jenae Rowe looks for help after the RLC Lady Warriors go down to four players on five. RLC scored 12 points on Wabash Valley in the last four minutes of the game. (Photo by ReAnne Palmer / RLC Public Information)



REGION 24 — Sophomore Savannah Enlow is surrounded by white jerseys as she shoots for two against Wabash Valley Tuesday afternoon during the Region 24 tournament. (Photo by ReAnne Palmer/ RLC Public Information)

