



Five RLC AmeriCorps students, FROM LEFT, LaLa Rollins (Mt. Vernon), Mollee Sager (Mt. Vernon), Courtney Scarbrough (Mt. Vernon), Malorie Garner (Mt. Vernon), and Maddie Michaud (Mt. Vernon) spent some time at the Mt. Vernon Primary Center last Wednesday in honor of National AmeriCorps Week. The RLC AmeriCorps students have volunteered at other events throughout the year, said RLC AmeriCorps Director Margo Wagner. To learn more about RLC AmeriCorps program, contact Wagner at (618) 437-5321, Ext. 1351. (Submitted Photo)

## AmeriCorps students volunteer for National Week celebration



Primary Center students show off their work to RLC AmeriCorps student Mollee Sager of Mt. Vernon. Tutoring and volunteering for children is just one of the AmeriCorps' activities every year. Others include neighborhood cleanups and building homes. (Submitted Photo)



AmeriCorps student LaLa Rollins of Mt. Vernon focuses on an activity with some students at the Mt. Vernon Primary Center. Rollins is one of nearly 3,700 AmeriCorps members across the state. (Submitted Photo)



Maddie Michaud of Mt. Vernon does some hands-on work with Primary Center students last week to add time to her volunteer hours for the year. Every year, AmeriCorps members log approximately 200,000 hours of volunteer service combined. (Submitted Photo)

## RLC to offer new pharmacy tech certificate

COURTESY OF CENTRALIA SENTINEL  
**R**end Lake College is now enrolling for the new pharmacy technician occupational certificate program for the Fall 2015 semester. "As the healthcare field continues to grow, the demand for prescription medications grows with it. Those with good customer service skills can take this 16-credit hour program and begin working under a registered pharmacist helping to dispense prescription medications to customers in pharmacies and hospitals," according to a RLC statement.

The RLC program will provide students with the technical skills and knowledge needed to practice in a variety of pharmacy settings, including those need-

ed to pass the National Pharmacy Technician Certification Examination offered by the Pharmacy Technician Certification Board, according to a RLC statement. Further, part of the training at RLC will also include an on-the-job clinical at a local retail pharmacy and a hospital-based pharmacy.

Kim Wilkerson, RLC dean of allied health, said though the program is full-time, class and clinical scheduling is intended to help anyone enroll who has the desire.

"We're gearing a majority of the classes toward late afternoon and evening to help students, especially those with full-time jobs or a

**Pharmacy Tech** ..... continues on page 3

## Cross country suspended at Rend Lake College

BY EMILY ROTH  
SENTINEL NEWS STAFF  
**D**uring Tuesday, March 10 Rend Lake College Board of Trustees meeting, the board approved the suspension of all men's and women's cross country programs effective immediately.

According to the college, the suspension is based on a lack of state funding and tuition reimbursement and the fact that very few Illinois community colleges have these teams, meaning the teams must travel greater distances to compete with four-year colleges. The college will honor any outstanding scholarships already awarded. The length of the suspension has not yet been

decided.

"It's something that could potentially be revisited down the road if circumstances change," said Chad Copple, director of marketing and public information at Rend Lake College, "but for right now there's not an end date."

In other business, Claire Pytlinski of Wattonville was elected as the student member of the RLC Board of Trustees for the 2015-2016 academic year. Pytlinski is a double major at RLC in Agricultural Production and Management, and Business. The freshman is a member in the Collegiate FFA as well as the Phi Theta

**Cross Country** ..... continues on page 3

## RLC Spring Musical is 'Les Misérables'

COURTESY OF CENTRALIA SENTINEL  
**T**ickets for the Rend Lake College Spring Musical "Les Misérables" went on sale Monday, with opening night set for 7 p.m. April 9 in the RLC Theatre in Ina.

Victor Hugo first published "Les Misérables" in 1862. The novel follows the struggles of several main characters between the years 1815 and 1832 — including Jean Valjean, the ex-convict; Javert, the police inspector; Fantine, a working-class woman; Cosette,

the child of Fantine; Marius Pontmercy, a young law student; Monsieur and Madame Thénardier, a criminal husband and wife duo; Éponine, the eldest daughter of the Thénardiens; and Enjolras, the leader of the 1832 June Rebellion in Paris. The novel has been adapted many times in film and television, including the award-winning film of the same title in 2012, according to a RLC statement.

**Musical** ..... continues on page 5

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# Healthy eating plate reflects latest nutrition science



BY ANTHONY L. KOMAROFF, M.D.

UNIVERSAL

**DEAR DOCTOR K:** Is a healthy diet still based on the food guide pyramid? Is

there a better alternative? **DEAR READER:** Twenty years ago, the USDA created its food guide pyramid. This symbol featured fats and oils at the tip and breads and grains at its base, with fruits, vegetables, meat and dairy in between. The pyramid was meant to convey, in a simple illustration, everything needed to build a healthful diet.

But the original pyramid, as well as the updated 2005 version, was easy to misinterpret. For example, some people thought the top foods were most important, rather than the other way around.

The pyramids didn't provide enough details about healthful food choices within each category. They made no distinction, for example, between fatty red meat and lean fish. What's more, the pyramid proportions were not always based on the most recent scientific evidence.

As a result, in 2011 the USDA introduced a totally new icon called MyPlate. Experts from the Harvard School of Public Health and the Harvard Health Publications Division of Harvard Medical School then created an even better alternative. It

is based on a wealth of nutrition research. (I've put an illustration of the Harvard Healthy Eating Plate on my website, AskDoctorK.com.)

You can use the plate as a guide to distributing foods on your own plate. Of course, not every meal will look like the Healthy Eating Plate. But your meals over the course of the day can reflect these proportions. Here is what's on the plate:

- Fully half of the plate contains fruits and vegetables.
- A quarter of the plate is whole grains (not just any grain, as in the USDA version).
- The final quarter is healthful sources of protein like fish, beans, nuts, seeds, poultry and eggs.
- A bottle on the left side is

a reminder to use healthy oils, like olive and canola. Limit butter and avoid unhealthy trans fats.

• A glass on the right side is a reminder to drink low- or no-calorie liquids, limit milk and juice, and avoid sugary drinks.

• At the bottom is a reminder to stay active for health and to maintain a normal weight.

We talk a lot about healthy eating in this column. That's because you ask a lot of questions about it. It's not unusual for my patients to ask me: "Is there really scientific evidence behind all this advice about a healthy diet?"

There have been studies involving millions of people whose diet and health have been followed for decades.

We can say with confidence: People who eat according to these guidelines reduce their risk of several diseases that can shorten life and diminish its quality.

The Harvard Healthy Eating Plate is sound information. As nutrition researchers uncover more information over time, I'm sure the Healthy Eating Plate will undergo some changes to reflect important new evidence. But even if not perfect, it contains information you can bank on.

(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.)

**HEALTHY EATING PLATE**

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

Eat plenty of fruits of all colors.

**STAY ACTIVE!**

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The Nutrition Source  
www.hsph.harvard.edu/nutritionsource

Harvard Medical School  
Harvard Health Publications  
www.health.harvard.edu

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.

## Sudoku

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

Solution to Sudoku puzzle printed on page 5.

### Rend Lake College Clocktower Chronicle

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## Girlfriend's behavior is suspicious

SENSE & SENSITIVITY

by HARRIETTE COLE



UNIVERSAL

**DEAR HARRIETTE:** I have been in a committed relationship with my girlfriend for about one year now. We first met during freshman year of college but started dating our senior year. We now live together, and both have good jobs in Atlanta.

She asked could she go with her girlfriends to New York for NBA All-Star Weekend. Although I had some doubts, I convinced myself that it would be OK because I trust her. However, when she got back, things seemed a little backward with her. So I began to ask about her experience, and she acted as if everything was fine. Looking at some of her Instagram photographs, I noticed she had met a lot of celebrities, but I knew that would be the norm for that type of weekend. I don't want to jump to conclusions, but I think my girlfriend may have cheated on me while in New York. Any thoughts? —

Questioning Her Actions, Atlanta

**DEAR QUESTIONING HER ACTIONS:** Face to face, confront your girlfriend about your suspicions. Stay calm as you talk. Tell her that ever since she returned from All-Star Weekend, something has been off in her behavior. Ask her what happened that affected her. Give her a chance to talk. If it seems like she is hedging or lying, ask her point blank if she cheated on you. Tell her you hope it isn't true, but that her behavior suggests otherwise.

Ultimately, you two are going to have to talk this out. Discuss the boundaries in your relationship. You are both young and may want to have other experiences over time. Do not make assumptions. Talk about your values and desires. Agree on what you will do in the future if either of you decides you want to see someone else.

**DEAR HARRIETTE:** The economy finally seems to be picking up when it comes to business revenue. However, I recently got laid off from my job just before the turn of the season. Recently, I've been interviewing for a couple of jobs, and it seems that I will have some solid options. This is great news because I am eager to get back to work. However, I am nervous because I don't want to

choose the job that would put me back into a position where I could easily be fired again as a young employee. I want to allow this layoff to be a sign that I need to work in what interests me most and gives me the most leverage. My question to you is, how will I know which job opportunity is right for me? — *Starting Out, Anchorage, Alaska*

**DEAR STARTING OUT:** It is wise to evaluate what went wrong with your most recent job as you prepare for the next. If you did not have a discussion with your employer about the circumstances of your layoff, double back to him or her and ask. Frame your question by letting your former boss know that you want to improve yourself for the next job. Use that input along with a laser-sharp focus on the job search to help you find a job that works for you. You may not find your dream job right away, but clarity will help you enjoy success on your journey. Doing excellent work creates job security, even for young or new employees.

(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.)

## Crossword

Across

- Caramel candies
- Certain bachelor, in ads
- Commonplace
- Part of a girl scout's uniform
- "... good witch \_\_\_ bad witch?"
- Tweeters' quarters
- Postcard's allure
- Word after chicken or small
- Wooded
- "Spartacus" actor
- Refrigerator insignias
- Brit. record co.
- Area near the high altar
- The folks, slangily
- "Keep it down!"
- A tic-tac-toe winner
- Fender guitar, familiarly
- Walking on foot, with "it"
- Rubdown
- Took the loss
- Mick Jagger's title
- Letter after bee
- Natural gas or electric company, e.g.
- Dueling method
- South Bend's st.
- I problem?
- Side in a sports negotiation
- Lab analysis
- Yoko who loved John Lennon
- "Ah, Wilderness!" mother
- "The French Connection" highlight
- Kind of brother
- Places for plants
- Student's needs
- Rural road feature
- Does Buffy's job

1	2	3	4	5	6	7	8	9	10	11	12	13	
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17					18			19					
20					21			22					
23					24			25	26	27	28		
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49								50			51		
52	53							54			55	56	57
58	59	60						61			62		
63								64			65		
66								67			68		

Down

- Abbr. on an invitation
- Depression Era figure
- Shopper's note
- Old El Paso rival
- Rubberneck
- Gets the last of the gravy
- E-mailed, e.g.
- Graph peaks
- "Golden Rule" preposition
- Helping hands
- Put into practice
- Took the cake?
- It was dropped at Woodstock
- Ointment label words
- Squat
- Illegal duplication
- Play setting
- \_\_\_ Lauder (big name in perfume)
- Character on "Friends"
- Drink from a bowl
- Initials on an American vessel
- Octagon or oval, e.g.
- Make something more exciting
- March by singly
- "Is \_\_\_ Lord?" (disciples' query)
- Nintendo Wii avatar
- City painted by Van Gogh
- Patron of France
- U.S. spy agency
- Break up a team?
- "Sounds good to me"
- Throat feature
- Strong cleaners
- Diving tools
- Island: Sp.
- Like service station rags
- Untouchables name
- Don't just sit there
- "\_\_\_ Believes in Me"
- "Yakety \_\_\_," 1963 hit

Solution to Crossword puzzle printed on page 5.

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— ONLY FRESH INGREDIENTS —



Bring everyone to the table with a flavorful Mexican stew. (Photo by Marialisa Calta)

# A dish for all reasons

BY MARIALISA CALTA

UNIVERSAL

It's tough to be a good host sometimes. You ask some friends to dinner, and instead of saying, "Yes, thank you," they immediately launch into a list of foods they don't or won't eat, for either medical, political, emotional, religious or other reasons.

It's not the foods themselves that are the issue; it's the self-righteousness. In days gone by, a guest who was avoiding dairy would simply take a pass on the ice cream. Now, that guest feels compelled to lecture the table on the evils of dairy. Of course, you can't argue with the legitimacy of medical problems — you don't want a guest to suffer. The same with religious restrictions; you WANT to honor them.

The list of foods that are avoided these days boggles the mind: meat, fish and shellfish, gluten, dairy, eggs, carbs, sugar, chocolate, nuts, caffeine, salt and fat among them. You are left with the feeling that the only food that you can serve is organic vegetable broth. And while it might be healthy, it sure doesn't sound like a dinner party.

Here's an all-occasion dish that can work for nearly everyone and has enough pizzazz to make the meal a celebration. It is a variation on a traditional Mexican dish called pozole (or posole), and can be adjusted for a whole range of dietary preferences. If someone is avoiding pork, use chicken, or omit the meat entirely, or serve it separately. You can moderate the amount of spice. It's made with hominy (specially treated corn kernels), which is gluten-free. There's not a speck of dairy in the dish. You can use low- or no-sodium broth, and less oil (if you must) to reduce the amount of fat and salt. No



matter what you do to it, it is still delicious.

Best of all, it's a one-pot meal that can be made well ahead of time. Serve it with guacamole or salsa and chips for an appetizer, and fresh mangoes or other fruit for dessert.

It's a wonderful feeling to bring people together to share a meal -- and an even better feeling when you can satisfy all of them.

## FLEXIBLE MEXICAN PARTY STEW

Yield: 4 to 6 servings

### INGREDIENTS

- 1 to 2 tablespoons vegetable oil
- 1 pound boneless pork, or boneless, skinless chicken breasts or thighs, trimmed and cut into bite-sized pieces
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 to 2 teaspoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1/4 to 1 teaspoon hot red pepper flakes
- 2 bell peppers (red or green, or one of each), stemmed, seeded and chopped
- 3 (15-ounce) cans yellow or white hominy (do not drain)
- 1 to 2 cups canned chicken or vegetable stock, plus more if needed
- 1/2 teaspoon sugar
- Salt to taste

### FOR SERVING:

- 2 limes, cut into wedges
- Hot sauce
- Chopped fresh cilantro (optional)
- Corn tortillas, warmed according to package directions

Heat 1 tablespoon of the oil in a Dutch oven or other heavy pot set over

medium-high heat and, working in batches if necessary, cook the pork (or chicken), turning frequently, until it begins to brown, about 7 minutes. Remove the meat. If needed, add a bit more oil, and saute the onion and garlic with the chili powder, oregano, cumin and hot pepper flakes until the onions are soft, about 10 minutes. Add the bell peppers and cook, stirring, for 3 minutes. Return the pork or chicken to the pot with any juices that have accumulated.

Add the hominy (with liquid), stock and sugar; stir. Cover the pot and simmer for 45 minutes to one hour, adding more stock if you want a soupier dish.

Serve in warm bowls with lime wedges. (Lime juice really brings out the flavor in this stew.) Pass the hot sauce and cilantro, along with the warm tortillas.

For vegans and vegetarians: Omit the meat. If there are also meat-eaters at your table, marinate pork or chicken in some lime juice mixed with ground cumin and chili powder. Cook in a skillet or grill pan and serve on the side for those who want it. Use vegetable stock in place of chicken stock. For vegans, don't butter the tortillas.

For the gluten-free: Hominy contains no gluten, but store-bought corn tortillas might, as some are made with both corn and wheat. Check the ingredients list. Mission brand corn tortillas — widely available in supermarkets — are gluten-free. I'm partial to the super-corny-tasting Food For Life Sprouted Corn Tortillas, available frozen at natural food stores.

For those who can't tolerate spicy food: Use the lesser amounts of chili powder and hot pepper flakes (and make sure you pass the hot sauce for those who like more of a kick).

## Pharmacy Tech ...

continued from page 1

family, get into the program," according to Wilkerson. "We are also working with a number of private businesses and local hospitals for flexible clinical sessions. There is a very large need statewide for pharmacy technicians, so we're looking to get more students enrolled to fill that gap."

Pharmacy technicians perform a number of duties, including taking prescription information from customers; measuring, packaging, and labeling prescriptions; keeping track of inventory; and processing insurance information, among others. According to

the U.S. Department of Labor's Bureau of Labor Statistics, employment for pharmacy technicians is projected to grow 20 percent from 2012 to 2022, faster than the average for all occupations.

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# CONSUMER REPORTS

## The truth about recalls

If you're still reeling from the avalanche of car recalls last year — an all-time record — and wondering what it all means, you're not alone, says Consumer Reports. In 2014m about 62 million U.S. vehicles were recalled. That's the equivalent of about four years' worth of cars sold here, or about one out of every four cars on the road today.

Several recalls made huge headlines, including those for defective ignition switches in General Motors cars that have been linked to at least 50 deaths, and faulty Takata air bags, installed in Hondas and other brands, said to be responsible for at least five deaths and 64 injuries.

What's going on? Have carmakers been asleep at the drawing board or on the assembly line? And will the recalls result in better practices and safer cars?

The answer to both questions is yes. Several big manufacturers have certainly made defective vehicles in the past, and in some cases, tried to cover it up. But the resulting publicity has turned a harsh spotlight on the problem and created an expectation of safer cars.

There could be even more recalls in 2015. The new head of the National Highway Traffic Safety Administration (NHTSA), Mark Rosekind, told Consumer Reports, "If the system is working better to pick up (those defects) and we're catching them sooner and more easily, we might

actually see an increase."

Rosekind is referring to the fact that in the past few years, federal regulators have made it a priority to root out design defects. Indeed, some of the largest recalls, including those involving Takata's air bags and 1.5 million older Jeep Grand Cherokee and Liberty SUVs for fuel-tank punctures, were demanded by NHTSA.

### HOW TO PROTECT YOURSELF

Consumers need to do their part by participating fully in recalls. If you get a notice, Consumer Reports recommends that you take it seriously. Too many car owners don't respond to them, so the free safety fix is never done. A 2012 NHTSA-sponsored study found that 21 to 25 percent of the problems covered by recall notices between 2006 and 2010 remained unrepaired. Carfax, which tracks used car vehicle histories, calculated that more than 36 million cars now on the road have uncompleted recall work.

In some cases, owners don't know there's a problem because they bought their car used and the previous owner didn't get the work done. Other times, automakers lose track of who owns the car because it has been sold and resold a few times.

But a lot of people simply disregard the recall letter, especially if their car doesn't show signs of the problem described. That's a mistake.

"You've got to pay attention to all (recalls)," Rosekind says. "A recall means it's a safety issue. But we're looking at increasing our communications to help people understand them more clearly. We want them to be safe, but they've got to take action as well."

It's easy to find out whether your car has an unresolved recall repair. With your vehicle identification number (VIN) in hand, go to your automaker's website or to NHTSA's site, at safercar.gov; punch in the number; and see whether recall work is pending. (You can find the 17-digit VIN on the car, its registration paperwork or your insurance card.) Or call any franchised dealer for your brand. More information is at ConsumerReports.org/car-recalls.

Second, if you notice that something seems wrong with your vehicle, say something. Get involved. If your car develops a problem that you think could put you or someone else in danger, such as a fuel leak or a serious steering or braking defect that's not related to wear and tear, report it to the automaker's customer service department and NHTSA's safety hotline (at safercar.gov). Automakers and the government depend on consumer complaints to find out about safety concerns and do something about them. If no one reports a problem, it's as if it never existed.

## Cross Country ...

continued from page 1

Kappa and Sigma Phi honor societies. Her future plans include transferring to a four-year university to get a degree in ag communications or marketing.

"My ag professor, Kathy Craig, asked me to run, and I'd have to say that was a very proud moment for me. I think it will be very cool to represent the Ag Department and all the Rend Lake College students together. Without my friends, family, and the Ag Department behind me in everything I do, I

couldn't be where I am today. I'm looking forward to this awesome opportunity to be the students' voice," said Pytlinski.

Pytlinski will be seated at the April board meeting. She replaces outgoing student trustee Elijah Liske of Sesser.

"An obvious benefit is that it gives a student voice on the board," explained Copple regarding the benefit of a student trustee. "It's a person who can represent the students across campus and act in an advisory capacity on the board."

Tenure was granted to two staff members, Sandy

West, coordinator of technical services and collection management in the Learning Resource Center, and Jason Swann, dean of admissions and enrollment management. Both originally were hired for tenure-track positions in 2003 and 2005, respectively, and while these positions were advertised as tenure-track, the recommendations for tenure were never brought to the board. West and Swann both continue to receive favorable evaluations and this recommendation correctly reflects their tenure status at RLC.

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# ATHLETICS

## W SECTION

### Greenfield lifts men's golf to 5th at Ron Marshall Spring Fling, Ala.



Matt Greenfield accepts his award for tying in second place during the Ron Marshall Spring Fling Invite over the weekend. (Submitted Photo)

BY REANNE PALMER  
RLC SPORTS INFORMATION

**S**COTTSBORO, Ala. (March 15, 2015) — The Rend Lake College Men's Golf team placed fifth this weekend at the Ron Marshall Spring Fling Invite, held at Goose Pond Colony Golf Course in Scottsboro, Ala. Leading the Warriors was sophomore Matt Greenfield (Hassocks, England) who tied for second at 215 (73-72-70).

Greenfield started the first day of tournament one over par, landing him tied for 14th with seven others. He shot par on the second day, moving him up the ranks, but it was his final round on day two that boosted him to second place. Greenfield finished the final day at two under par for a three day total of one under par. He tied for second with Zach Bialik of Grand Rapids Community College.

The RLC team was rounded off by Luke Robinson (United Kingdom) at 224

(73-75-76), Blake Swofford (Vandalia) at 227 (81-72-74), Dalton Korte (Metropolis) at 228 (75-77-76), and Jordan Harre (Nashville) at 229 (78-76-75). Sophomore Gage Wetzell (Mattoon) also participated in the invite as an individual. RLC finished at 889 (299-295-295).

The Mesa Community College Thunderbirds placed first at the invite with a score of 871 (295-293-283) - or an average seven over par. Tyler Junior College placed second at 880 (292-300-288), and Darton State College and Mississippi Gulf Coast Community College tied for third with scores of 884 (294-297-293) and 884 (292-299-293) respectively. To view the completed results from the invite, visit the Michigan Community College Athletic Association.

RLC will play next in the 2015 SAU Muleriders Golf Classic March 30-31 in Eldorado, Ark. For all things athletic at The Lake, visit RLC online at [www.rlc.edu/warriors](http://www.rlc.edu/warriors).

### Lady Warriors Softball wins two games at Snowbird Classic day two

BY REANNE PALMER

RLC SPORTS INFORMATION

**M**YRTLE BEACH, S.C. (March 10, 2015) — The Rend Lake College Softball team dominated day two of the Snowbird Classic in Myrtle Beach, S.C. The Lady Warriors topped Genessee Community College of Bataviam N.Y. 10-5 before beating Danville Area Community College 13-0. They are now 3-3 for the season. RLC will continue competing at the Snowbird Classic through Friday. For all things athletic at The Lake, visit [www.rlc.edu/warriors](http://www.rlc.edu/warriors).

### JUCO SOFTBALL SCOREBOARD

— GAME 1 —

#### REND LAKE COLLEGE VS GENESSEE COMMUNITY COLLEGE

MARCH 11, 2015 AT MYRTLE BEACH, S.C.

RLC	10	11	1
GCC	5	9	1

Pitching: Emily Jenkins (Benton, Ky.) W; Ashley Lehman (Marissa)

— GAME 2 —

#### REND LAKE COLLEGE VS DANVILLE AREA COMMUNITY COLLEGE

MARCH 10, 2015 AT MYRTLE BEACH, S.C.

RLC	13	9	1
DACC	0	1	0

Pitching: Kayla Piersol (West Frankfort) W

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### Women's Tennis defeats Greenville 5-4

**G**REENVILLE, Ill. (March 11, 2015) — The Rend Lake College Women's Tennis team won their first match of the season 5-4 over Greenville College. Singles winners were Evelyn Mendez of Benton, Marisa Uhl of Mt. Vernon, and Katie Wall of Mt. Vernon.

The Lady Warriors also won two sets of doubles played by Paige Hutchcraft of Benton and Mendez, and by Uhl and Wall. RLC played Kaskaskia College Wednesday, March 18 in Centralia. For those results, and all things athletic at The Lake, visit [www.rlc.edu/warriors](http://www.rlc.edu/warriors).

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**Musical** ..... continued from page 1

Sara Alstat, RLC associate professor of music, is the director of the spring musical. She said with a young, large cast and crew this year, she's looking forward to showing off each student's talents.

"We have many students this year who haven't performed in a musical before, but I'm ecstatic to see them getting ready for opening night. The cast and crew this year is very large, but I'm already impressed by their dedication," she said. "Les Misérables" can be a difficult show to perform, but I'm very happy to say it's coming along nicely. We're all enjoying working together to put on a great show, and we can't wait to see the public in April."

In addition to RLC music students, Thespians, and local community members, the musical will also feature children under the age of 16 as members of Gavroche's gang. Gavroche will be portrayed by Ava Barker of Mt. Vernon.

**Huge ensemble**  
"This show requires a huge ensemble with each cast member playing several characters, some as many as 10 or more," Alstat added. "And there is no spoken dialogue in this show, which will be very challenging with such a large cast. Every character has to tell their story using their singing voice and that's a huge challenge for any actor, especially actors at this age. This show is the first completely sung-through musical RLC has produced."

Taking to the RLC stage for the first time will be Olivia Bailey of Mt. Vernon playing Fantine. "Les Misérables" isn't her first musical, having been a part of several at Mt. Vernon Township High School, but it is her first big role, according to a RLC statement.

"I'm very humbled to have been chosen for the part of Fantine and honestly I am very excited for the whole show to come together. I'm very thankful for this experience,"

Olivia Bailey said. "I wanted to play Fantine because she is one of my favorite characters in the show and I love all of her songs. This is going to be a great production. There are so many talented actors and singers in this show who have already put in so much hard work. You won't want to miss it."

Fantine's child, Cosette, will be portrayed by Sierra Harrell of Opydyke. An RLC veteran, Harrell will make her third appearance in a musical on the RLC stage. In the past, she's played Rapunzel in "Into the Woods" and Audrey in "Little Shop of Horrors," as well as roles in the annual fall plays "Tom Sawyer" and "Treasure Island."

Harrell said she's looking forward to her role as Cosette as both a challenge and learning opportunity.

"The role is a bit of a challenge for me vocally. I'm definitely viewing this as a chance to learn and grow as both a singer and an actor," according to Harrell. "We have assembled a fantastic cast with a lot of talent and great voices. I don't think there has been a single rehearsal where I haven't gotten goose bumps after hearing some of these people sing. I can't wait to share the stage with these awesome people and pour our hearts out to the audience in this tragic, inspiring, and captivating story. 'Les Misérables' is one of the world's longest running musicals. This show will make you laugh, cry, and fall in love. This is not one you want to miss."

The storyline also follows the young life of Marius Pontmercy who marries Cosette toward the end of the novel. Marius will be portrayed by Mt. Vernon's Dalton Miller. This will be Miller's second time on the RLC stage, having been cast as "Death" in the fall play "Hunchback of Notre Dame." He is also looking forward to the opening show in April.

"I'm really excited to play the role of Marius and I'm really looking forward to getting into the emotion that this character brings to the stage. Not only does he fall in love, but he also goes through some pretty tough things throughout the musical," Miller said. "I'm so happy Sara [Alstat] believes in me enough to make me a lead role. I would encourage the community to come because I've been in a lot of shows in my life, but I can honestly say that this show is going to be the best one I've ever been in. They will be missing out big time if they don't see this one."

**In addition to Olivia Bailey, Harrell and Miller, there are 36 actors, all of whom are expected to help build**

**the set in addition to learning songs and dances:**

- Jackson Adams, Mt. Vernon — ensemble;
- Gage Austin, Mt. Vernon — Gavroche's Gang member;
- Vincent Bailey, Woodlawn — ensemble;
- Ava Barker, Mt. Vernon — Gavroche;
- Alison Blair, Benton — ensemble;
- Alayna Boese, Carterville — Eponine;
- Tyler Bourland, Ina — ensemble;
- Bethaney Brown, Mt. Vernon — Madame Thenardier;
- Ben Chapman, Ava — ensemble;
- Barretta Chullen, Thompsonville — ensemble;
- Brendan Clark, Thompsonville — ensemble;
- Steven Crawford, West Frankfort — ensemble;
- Isabella Crites, Benton — Gavroche's Gang member;
- Jonathon Dauby, Springerton — ensemble;
- Keryn Fitzpatrick, McLeansboro — ensemble;
- Adam Floro, Marion — ensemble;
- John Hunsell, Woodlawn — ensemble;
- Brandon Isom, Christopher — ensemble;
- Kaleb Johnson, Mt. Vernon — Gavroche's Gang member;
- Andrew Lampley, Benton — Jean Valjean;
- Matthew Loucks, Sesser — Enjolras;
- Koral McBride, Murphysboro — ensemble;
- Brook Mohr-Bell, Pinckneyville — ensemble;
- Cheyenne Needham, Benton — ensemble;
- Stacie Pinkham, Christopher — ensemble;
- Seyah Schernekau, Mt. Vernon — Gavroche's gang member;
- Krystal Schuch, Mt. Vernon — ensemble;
- Sam Smith, Mt. Vernon — ensemble;
- Emma Spence, Sesser — Little Cosette/Little Eponine;
- Maggie Stacey, Sesser — Little Cosette/Little Eponine;
- Lauryn Strom, Sesser — ensemble;
- Kaleb Triplett, Herrin — Javert;
- Falyn VanDyke, Mt. Vernon — ensemble;
- Jamin Walker, Benton — Monsieur Thenardier;
- Laci Zeidler, Pinckneyville — ensemble;
- and Yuting Zhang, Dahlgren — ensemble.

"Les Misérables" will be on the RLC Theatre stage at 7 p.m. April 9, 10 and 11 and 2 p.m. April 12. Starting Monday, tickets can be purchased by calling the RLC Box Office. Some tickets may also be available at the door on show night, if the show is not sold out. Additional information is available on the RLC website.

**Solution to page 2  
Sudoku puzzle.**

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

**Solution to page 2  
Crossword puzzle.**

S	A	V	L	S	S	S	E	S	T	X	E	T
S	T	L	I	S	D	K	I	E	S	A	H	C
E	I	S	S	E	O	N	O	A	V	A	S	A
N	O	I	N	I	O	R	S	E	R	A	V	A
G	O	E	N	D	I	N	E	E	P	E	E	
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D	E											
S	T											
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