



## King & queen

Representing the Culinary Arts program and club are the 2016 Homecoming King Ryan Bushur and Queen LeAnn Aaron. A photo of the entire Homecoming Court is on page 2 of this month's Clocktower Chronicle. (ReAnne Palmer / RLC Public Information)

# Bushar and Aaron crowned Homecoming royalty

REANNE PALMER  
RLC PUBLIC INFORMATION

Rend Lake College announced the 2016 Homecoming King and Queen during halftime of the Warriors basketball Feb. 23 game against John A. Logan College. Ryan Bushur of Carbondale and LeAnn Aaron of West Frankfort, both representing the Culinary Arts program, were crowned King and Queen.

Bushur is the son of Robin Buck and Tim Bushur. He graduated from Carbondale Community High School and attends RLC's Culinary Arts program. The culinary arts management major said his future plans are to open a bread-dancing bakery.

Aaron is the daughter of Ken and Sharon Bowers who attended Frankfort Community High School. She represents RLC's Culinary Arts

Club and is working on her baking certificate. In the future, Aaron said she hopes to open a bakery with her daughter.

Runners-up for the evening were Christopher Richard of Christopher representing STARS and Mikaela Matthews of Wayne City representing the Student Ambassadors.

Richard is the son of Scott and Angela Richard of Christopher. He graduated from Christopher Community High School and is a structural engineering major at RLC. The STARS King candidate plans to move to Florida after graduating from RLC to work with his family.

Matthews is the daughter of Brian and Jackie Matthews. She graduated from Wayne City High School and represents the Student Ambassadors at RLC. The mechanical engineering major said she hopes to work in robotics and

make a difference in people's lives in the future.

Other King candidates included Drake Carter of Enfield, Jonathan Dauby of Springerton, Brandon Meyer of Benton, and Nathan Williams of Paducah, Ky.

Carter is the son of Craig and Kendra Carter of Enfield. He attended Norris City-Omaha-Enfield High School and represents the Student Ambassadors at RLC. The chemistry major plans to transfer to a four-year institution to complete an undergraduate degree before transferring to medical school.

Dauby is the son of Tim and Jonda Dauby of Springerton. He attended Norris City-Omaha-Enfield High School and is a member of the RLC Thespians. As an instrumental music performance major at RLC, Dauby plans to graduate and take one year off to practice and pre-

pare to continue his education at a university.

Meyer is the son of Sonia Pulliam and Raymond Meyer. He attended Benton Consolidated High School and is an automotive technology student at RLC. He represents the Automotive Technology program on campus. After graduating from RLC, Meyer plans to transfer to Murray State University to continue his education.

Williams of Paducah, Ky. is the son of Sam and Cindy Williams. He attended McCracken County High School and is an engineering technology major at RLC. Representing the Warriors Baseball team, Williams plans to graduate from RLC and transfer to a four-year institution.

The other Queen candidates included Bethaney Brown of Mt. Vernon, Lexi Hammerton of Peoria, and Brittany Knapp of Tamaroa.

Brown is the daughter of Jim Brown and Teresa Davis-Brown of Mt. Vernon. She graduat-

ed from Mt. Vernon Township High School and represents the RLC Thespians. The music education major plans to finish her degree at a four-year institution and begin her career in education.

Hammerton is the daughter of Thomas Hammerton. She attended Dunlap High School in Peoria and is a physician's assistant major at RLC, who represents the Lady Warriors Golf team. Her future plans are to transfer to a Division I school to play golf and continue her education.

Knapp is the daughter of Kenneth and Karen Knapp. She hails from Tamaroa and attended Pinckneyville Community High School. The undecided major represents the STARS program on campus. Her future plans include becoming a licensed massage therapist, cosmetologist, or esthetician, and traveling the world.

## Vote for student trustee this week

Absentee voting  
March 1

BILLY MCPHERSON  
AND NATHAN WHEELER  
RLC CLOCKTOWER CHRONICLE

If you see a few of your fellow students out in perfectly pressed suits, sporting Donald Trump comb-overs, or out pressing the flesh and kissing babies this week, don't be too alarmed. The 2016 Student Trustee campaign season is underway.

The election itself is scheduled for March 2-4. Voting will take place at Academic Advisement in the Baker Administration Building. Friday, Feb. 19, was the last day to file as a candidate and absentee voting starts March 1 at Academic Advisement. All current RLC students are eligible to cast a vote for Student Trustee.

With all the hoopla, a lot of students have been asking, "Just what exactly is a Student Trustee?"

Vice President of Student Services Lisa Price oversees the election process and handles the orientation for new trustees. According to Price, the Student

Trustee serves as the representative of the student body.

"I think that students who are interested in learning about leadership, and being a leader are the ideal candidate," Price explained. "A good trustee would be someone who would listen to what's going on at the board meetings, and take that back to the student population, as well as get student concerns brought to the forefront."

Candidates must be students at RLC who live in RLC District 521, are enrolled in at least six credit hours, and maintain a GPA of 2.0 or better during both the election process and during service as a trustee. Candidates must collect at least 50 signatures on a Nomination Petition, and file a Statement of Candidacy, and the Economic Interest Statement.

This year's candidates are Wade Hutchens of Ewing, Amy Kovarik of Benton, Eric Schumm of Wayne City and Morgan Wilson of Whittington.

Claire Pytinski of Waltonville is the current Student Trustee, and will hold office until her replacement is seated at the April Board of Trustees meeting. RLC

Financial Aid Coordinator Rachel Sveda was a Student Trustee from 2005 to 2006.

According to Sveda, the main priority for a Student Trustee is to serve as an ambassador for the students and a liaison between them and the college's trustees and administration.

"I liked it a lot," Sveda said. "It helped me learn a lot more about how the college worked, and its' function within the community. If you're at all interested in politics or political science, or the way that all works, it is an interesting position. It does look good on a resume also, and gives you an interesting perspective," added Sveda.

To run as a write-in candidate, one was required to submit intentions by 4 p.m. yesterday. According to the official election rules, a write-in candidate may be elected if the person meets the qualifications of office and files a Statement of Economic Interest within 10 days of the election.

For more information, contact Price in Academic Building Counseling Center or by phone at (618) 437-5321, Ext. 1205. She can be reached by email at price@rlc.edu.



## Diversify your skill set, land the job

REANNE PALMER  
RLC PUBLIC INFORMATION

Build up your résumé at Rend Lake College this year in one of several degree or certificate programs. Local coal miners are invited to check out any of RLC's many Applied Science and Technology programs to boost their skills to become more employable in the region.

Don McBride, RLC Mining Technology Associate Professor, explained many employers are now looking for individuals who can perform in a number of areas. RLC offers other degrees and certificates that can benefit local miners looking for a job or trying to be hired back.

"The key to getting hired, getting called back, and keeping a job is being able to do more," said McBride. "The more you can do and the more valuable you are, the bet-

ter. Rend Lake offers hydraulic machine operations, basic or advanced electrical, and many other options to help you utilize your time to make yourself more employable."

Starting this fall, classes for the new Mine Operations Certificate, which can be completed in one semester, will begin. This 17-credit hour program starts Monday, Aug. 15, on the Ina campus, pending Illinois Community College Board approval.

Locals interested in improving their skillset can also look into RLC's Diesel Technology degree and certificate, Heavy Equipment Technology degree, Industrial Electronics and Maintenance Technology degree and certificates, and Welding Technology degree and certificates.

Some of these degrees required two Skills ..... continues on page 2

## Give blood today and tomorrow in South O

There will be a Red Cross blood drive in the South Oasis from 10 a.m. to 3 p.m., today and tomorrow. The Red Cross would greatly appreciate having student volunteers during the drive. Please pass the word on.

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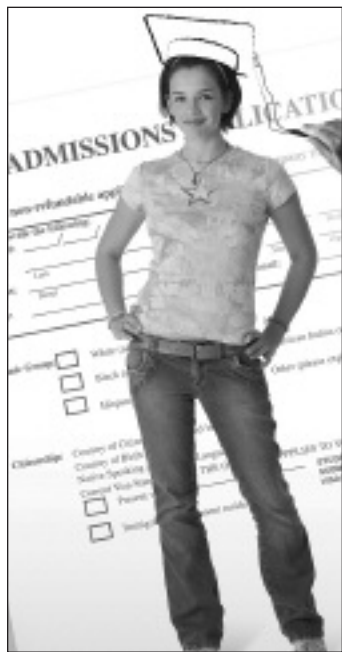
# Free application day March 1 for prospective Murray State students

REANNE PALMER

RLC PUBLIC INFORMATION

Rend Lake College students interested in attending Murray State University have the chance to meet with a university representative during a free application workshop today.

Students can stop by the Student Center between 10 a.m. and 2 p.m. today, March 1 to speak with a representative and walk through the application process. Students can also speak with an advisor and ask questions. The \$40 application fee will be waived for any transfer student who plans to attend in the Summer 2016, Fall 2016, or Spring 2017. Students should bring a copy of their official transcripts, available in the Student Records Office on the RLC campus, to the workshop for a transfer evaluation. For more information, contact Murray State University at (270) 809-3350.



Metro Photo



### Entertainment (03/01/16) MOVIES

#### On Blu-ray and DVD (March 1):

- Creed
- The Danish Girl
- Don Verdean
- Legend
- Miss You Already
- The Night Before
- Room

#### In Theaters This Weekend (March 4):

- Zootopia (PG / animation, action, adventure)
- London Has Fallen (R / action, crime, thriller)
- Whiskey Tango Foxtrot (R / comedy, war)
- The Other Side of the Door (R / horror)
- Knight of Cups (R / drama, romance)
- Desierto (R / action, drama, horror, thriller)
- The Wave (R / drama, action, thriller)

### horror

- Knight of Cups (R / drama, romance)
- Desierto (R / action, drama, horror, thriller)
- The Wave (R / drama, action, thriller)

### In Theaters Now:

- Risen (PG, drama)
- The Witch (R, horror)
- Race (PG-13, history/drama)
- Gods of Egypt (PG-13, action)

### MUSIC

#### Top 10 Songs:

1. "Love Yourself" – Justin Bieber
2. "Stressed Out" – twenty one pilots
3. "Sorry" – Justin Bieber
4. "Work" – Rihanna feat. Drake
5. "My House" – Flo Rida

### 6. "Hello" – Adele

7. "Pillowtalk" – Zayn
8. "Me, Myself, & I" – G-Eazy x Bebe Rexha
9. "Roses" – The Chainsmokers feat. ROZES
10. "Stitches" – Shawn Mendes

#### Top 10 Albums:

1. "EVOl" – Future
2. "25" – Adele
3. "ANTI" – Rihanna
4. "A Head Full Of Dreams" – Coldplay
5. "Purpose" – Justin Bieber
6. "Khalifa" – Wiz Khalifa
7. "NOW 57" – Various Artists
8. "Wonderful Crazy Night" – Elton John
9. "Blurryface" – twenty one pilots
10. "Islah" – Kevin Gates

### BOOKS – Top 5 Bestsellers

#### Fiction:

1. MORNING STAR, by Pierce Brown
2. FIND HER, by Lisa Gardner
3. ME BEFORE YOU, by Jojo Moyes
4. BROTHERHOOD IN DEATH, by J. D. Robb
5. NYPD RED 4, by James Patterson and Marshall Karp

#### Nonfiction:

1. WHEN BREATH BECOMES AIR, by Paul Kalanithi
2. TURNING THE TABLES, by Teresa Giudice and K. C. Baker
3. BETWEEN THE WORLD AND ME, by Ta-Nehisi Coates
4. THE NAME OF GOD IS MERCY, by Pope Francis with Andrea Tornielli
5. THE ROAD TO LITTLE DRIBBLING, by Bill Bryson



## Homecoming Court

The RLC 2016 Homecoming Court is, FROM LEFT, 2016 Queen LeAnn Aaron, 2016 King Ryan Bushur, runner-up Mikaela Matthews, Drake Carter, Bethaney Brown, Jonathan Dauby, Brittany Knapp, runner-up Christopher Richard, Lexi Hammerton, and Brandon Meyer. Not pictured is Nathan Williams. (ReAnne Palmer / RLC Public Information)

## Meeting tonight about European, Canyon Country trips

Get info at 5 p.m. tonight at  
Historic Schoolhouse

REANNE PALMER

RLC PUBLIC INFORMATION

Explorers and globetrotters are invited to attend a special travel presentation next Tuesday to learn about two trips offered by Rend Lake College through Collette Vacations.

Locals interested in learning about a trip to London and Paris this fall or to Canyon Country in Arizona and Utah in the spring of 2017 can attend the presentation, scheduled for 5 p.m. Tuesday, March 1 in the Historic Schoolhouse on the Ina campus. The meeting will discuss the two trips, as well as cover details about early booking and discounts.

The London & Paris trip is set for Sept. 21-26, beginning with a three-day stay in Paris. Highlights of the Paris stay includes dinner at the Eiffel Tower; a cruise down the Seine River; and tours of the Arc de Triomphe, Notre Dame Cathedral, Champs-Elysees, and Place de la Concorde. Optional tours are also available for the Palace and Gardens of Versailles and the Louvre Museum.

Finish the trip with a Eurostar train ride to London for a three-day stay.

Locals will take participants on a panoramic tour of London to see Trafalgar Square, St. Paul's Cathedral, the Tower of London, Buckingham Palace, and Westminster.

The London & Paris trip costs \$4,899 per person or \$3,999 for double occupancy, which includes six nights' stay and nine meals.

The Canyon Country trip is scheduled for April 27-May 5, 2017, beginning in Scottsdale, Ariz. and ending in Las Vegas. Travelers will enjoy a ride through downtown Phoenix, Old Scottsdale, Camelback Mountain, and Paradise Valley before hitting the Grand Canyon on the fourth day. Stay in a hotel overlooking the canyon and the waters of Lake Powell.

The remainder of the trip will include a trip to Bryce Canyon National Park, Zion National Park, and an optional trip to sacred Navajo land. The Canyon Country trip costs \$3,749 per person or \$2,999 for double occupancy, which includes eight nights' stay and 11 meals.

For more information or to RSVP for the presentation, contact Stephanie Smith at (618) 437-5321, Ext. 1714 or smithst@rlc.edu.

# Authors Allison Joseph, Jon Tribble reading at Rend Lake College this week

REANNE PALMER

RLC PUBLIC INFORMATION

Literary husband-and-wife duo will be stopping by Rend Lake College on Thursday, March 3 to share selections from their published works. Allison Joseph and Jon Tribble, both of Carbondale, will read excerpts at noon in the Pat Kern Private Dining Area. Afterward, they will be available for book signing.

Joseph is a part of the creative writing faculty at Southern Illinois University Carbondale. On the side, she also serves as an editor and poetry editor of the Crab Orchard Review, moderator of the Creative Writers Opportunities List, and director of the Young Writers Workshop – a summer writers' workshop for teens.

Her list of published books and chapbooks is also extensive, spanning over two decades. Some of her works include What Keeps Us Here (1992), Soul Train (1997), In Every Seam (1997), Wordly Pleasures (2003), Imitation of Life (2003), Voice: Poems



Allison Joseph

(2009), My Father's Kites (2010), Trace Particles (2014), Little Epiphanies (2015), and Mercurial (2016).

She has three upcoming publications, which include Multitudes by Word Tech Communications, The Purpose of Hands by Glass Lyre Press, and Mortal Rewards by White Violet Press.

Tribble serves as the managing editor of Crab Orchard Review and as series



Jon Tribble

editor of the Crab Orchard Series in Poetry. He is the author of two upcoming books of poems: Natural State, to be published in 2016 by Glass Lyre Press; and And There Is Many a Good Thing, to be published in 2017 by Salmon Poetry.

In addition to his books, Tribble's poetry has appeared in Poetry, Ploughshares, Poetry Daily, Atticus Review, South Dakota Review, Connota-

tion Review, and in anthologies such as the Jazz Poetry Anthology and Sweet Jesus: Poems About the Ultimate Icon. He has received fellowships and awards from the Illinois Arts Council.

Joseph and Tribble are sponsored by the RLC Liberal Arts Cultural Committee. For more information, contact the Liberal Arts Division at (618) 437-5321, Ext. 1263.

### Skills ..... continued from page 1

years of study, while others can be completed in as little as one semester.

RLC also offers Mine Safety and Health Administration (MSHA) New Miner Training for surface and underground miners, Annual Refresher Training for surface and underground miners, and MSHA Illinois Electrical Safety Training throughout the year.

Scholarships, financial aid, and academic awards are available for Mining Technology students. For more information, contact the Mining Technology Division at (618) 437-5321, Ext. 2373 or mining\_tech@rlc.edu



## Soup-er!

Chris Maxwell from the Physical Plant pours a helping of tortellini soup in his bowl at a Soup/Chili Cook-Off last week in the Student Center. Psychology Professor Dr. Jeannie Mitchell cooked up the event to raise money for the Student Emergency Fund. It worked. More than 20 entries raised nearly \$500. There was more taco and tortellini soup than any other kind, but it was Records Specialist Summer Braden's "Loaded Baked Potato" soup that stole the show – winning her the title and the trophy mug, which had not been coveted until now. Mitchell announced a sequel is being planned for the fall. Yummy! (Nathan Wheeler / RLC Clocktower Chronicle)



## Rad Tech Advisory Board

Members of the Rend Lake College Radiologic Technology program's Advisory Board met last month to talk about the program and what changes may be needed in the future to benefit students who graduate and go into the workforce. Pictured are, FRONT, FROM LEFT, Heather Shelton, Daniell Weinhofer, Tammy Sartor, Jenny White, Rad Tech Program Director Holly Heisner, and Laura Holloman; BACK, Rad Tech Clinical Coordinator Bria Robinson, Kristin Gulley, Lyndsey Epplin, Jon Lough, and Gary Price. (ReAnne Palmer / RLC Public Information)

# The sleep epidemic

**JUSTIN WOMACK**  
CLOCKTOWER CHRONICLE STAFFWRITER

Everyone has felt it – that Monday-morning dread, that cruel sound of the alarm clock calling you to the day, wishing for just five more minutes of rest. Students at Rend Lake College know this feeling all too well. But does that extra five minutes missed the night before actually help improve student learning?

Maybe not with only five minutes, but it's a sure thing college students don't get enough sleep. Dr. Roxanne Prichard, a psychology professor at the University Of St. Thomas in Minnesota, had this to say in The University Herald.

"For colleges and universities, addressing sleep problems early in a student's academic career can have a major economic benefit through increased retention."

Prichard is on board with an idea that suggests sleep is directly related or at least can have an effect on how a student learns and retains information. The University Herald also reports that researchers are now saying that loss of sleep – or even poor sleep habits – are now



enough to affect student GPA all on their own. Before, main concerns surrounding college life included things like binge drinking and substance abuse. But the sleep epidemic is growing larger and larger and now sleep deprivation is becoming a common problem for adults.

Jeannie Mitchell, RLC's psychology professor, thinks lack of sleep poses a big issue for community colleges.

"I think that insomnia has become an American epidemic," says Mitchell. "Lack of sleep and the quest for quality of sleep is a BIG business. Sleep studies used to be a rarity and you had to go to St. Louis to have one conducted. But now there are sleep centers throughout southern Illinois."

Mitchell says students are always complaining about being tired, but what exactly is the cause? She thinks that

for students at Rend Lake it might just be as simple as a bad habit.

"For our students, I think it's in part due to lack of good sleeping habits, but also because they have a lot on their plates. Life is busy and stressful; it's just the way it goes."

So what is the solution?

A few universities are trying some new methods. According to the Huffington Post, last year UCLA implemented something they called "Sleep Week." During the week, everyone promotes sleep awareness and good sleeping habits. Temporary nap rooms, along with free yoga sessions that focused on tips for falling asleep faster and better. Other schools are getting in on the action as well. Georgetown University often puts up posters promoting students mental and physical health, and recently about how to be more rested. The University of Alaska-Anchorage started hosting its own event to help students

acquire better sleep habits as well.

Even without these programs and sessions, students and people everywhere can start making changes to getting better rest. Mitchell says that an important stepping stone to adopting better sleep habits is to just knowing your body.

"The best advice is to simply pay attention to what works for you and try to consistently implement those habits."

Some common things people try she says are getting into a routine, no caffeine at night, turning off electronics at least an hour before bed, using your bed only as a place to sleep, exercising regularly, and getting more organized. So if you are having trouble sleeping, try adopting one or all of these points and see if things improve. If there is still a problem, don't be afraid to seek help. Struggling with sleep is a common issue. You are not alone.

## Campus Connection

The Clocktower's own Billy McPherson set out on campus to find out ...

"Do you get enough sleep?"

Jesse Hinds of Blufford, Ill. – "No."



**Jesse Hinds**

Gunner Bailey of Sesser – "Sometimes I do and sometimes I don't. It depends on whether I have tests due or not."



**Gunner Bailey**

Emily Martin of Royaltown – "No. I work all the time, and I go to school, and I have to get up early for both."



**Emily Martin**

Phoebe Issler of Pinckneyville – "No, because I stay up late doing homework."



**Phoebe Issler**

Lavonnda Bell of Mt. Vernon – "I would have to say no because I have a family to take care of, and getting good grades is important to me."



**Lavonnda Bell**



### Crystal clear

Miss Illinois Crystal Davis was on campus last week presenting her platform "Crystal Clear Driving, Äi Eyes on the Road." Davis shared her story with RLC students to convince them to stop driving distracted. (ReAnne Palmer / RLC Public Information)



# ATHLETICS

## W S E C T I O N

## Baseball sweeps Three Rivers Community College

**REANNE PALMER**  
RLC SPORTS INFORMATION

NA, Ill. (Feb. 24, 2016) – The Rend Lake College Baseball team swept a doubleheader over Three Rivers Community College (TRCC) yesterday in Poplar Bluff, Mo. RLC is now 4-2 for the season.

RLC is on the road to Pensacola, Fla. this weekend to take on Alabama Southern Community College, Delgado Community College, Mineral Area College, and Pensacola State College. Their next home game is set for noon, Tuesday, March 1 against McKendree University. For all things athletic at The Lake, visit [www.rlc.edu/warriors](http://www.rlc.edu/warriors).

### Game 1

JUCO Baseball  
Rend Lake College  
v. Three Rivers Community College  
@ Poplar Bluff, Mo.  
Feb. 23, 2016

RLC - 0010030 - 473  
TRCC - 0012000 - 300

Pitching: Devin Williams (Odin) W, 2.1IP; Dakota Head (Benton) 4IP, 2H, 3R, 1ER; Dakota Farthing (McLeansboro) 2IP, 1H

Hitters for The Lake: Brodie Brown (Carmi) 1-3, 1R; Nathanael Higgins (Benton) 1-1; Marquise Lanier (Warsaw, Va.) 1-3, 1R, 1RBI; Aiden McMahan (Wolf Lake) 3-4, 1R, 1RBI; Levi Tanner (John-

ston City), 0-3, 1R; Sam Troyer (Goshen, Ind.) 0-3, 1RBI; and Nate Williams (Kevil, Ky.) 1-3.

### Game 2

JUCO Baseball  
Rend Lake College  
v. Three Rivers Community College  
@ Poplar Bluff, Mo.  
Feb. 23, 2016

RLC - 0000033 - 681  
TRCC - 0030010 - 400

Pitching: Hunter Johnson (Louisville, Ky.) W, 1.2IP; TJ Satterly (Louisville, Ky.) 5.1IP, 6H, 4R, 1ER

Hitters for The Lake: Nathanael Higgins (Benton) 2-2, 1R; Tanner Maskey (Springfield) 1-2; Aiden McMahan (Wolf Lake) 2-4, 2R, 2RBI; Sam Troyer (Goshen, Ind.) 1-3, 1R, 1RBI; Hunter Johnson

## Lady Warriors lose 68-79 to JALC RLC getting ready for Regional

**REANNE PALMER**  
RLC SPORTS INFORMATION

NA, Ill. (Feb. 23, 2016) – The Rend Lake College Lady Warriors fell 68-79 tonight against the John A. Logan College (JALC) Lady Volunteers in their last home game of the regular season. RLC finishes the year 14-11 and 8-8 in the Great Rivers Athletic Conference.

The Lady Warriors gave it their all for the season finale, taking the lead in the game four times before allowing the Lady Vols nine unanswered points at the end of the game. Top scorers for RLC were Jada Jackson (Louisville, Ky.) with 14, Cali Carney (Benton) with 12, Jada Ballew (Cincinnati, Ohio) with 10, and Dana Rubenacker (Dahlgren) with 10.

RLC brought a strong defense as well, logging 26 combined rebounds and 10 steals on JALC.

The Lady Warriors will compete in regional competition this week. Find more information at [www.rlc.edu/warriors](http://www.rlc.edu/warriors).



RLC lead scorer Jada Jackson guards JALC's Tianna Watkins Tuesday night. Jackson has been a consistent presence on the floor for the Lady Warriors throughout the season, and she logged two steals from the Lady Vols. (ReAnne Palmer / RLC Public Information)

## BALL@WAUGH: DI Regionals start tomorrow at RLC

BY RLC SPORTS INFORMATION

NA, Ill. – NJCAA Division I postseason basketball tournaments will play out this week at Waugh Gymnasium on the Rend Lake College campus in Ina. The men's District 16 Championship Tournament will hold opening round games at noon, 2 p.m., 6 p.m. and 8 p.m. tomorrow.

Men's semifinal games will be played at 6 p.m. and 8 p.m. Thursday. The men's final will take place at 8 p.m. Friday.

The women's Region XXIV Championship Tournament will hold opening round games

tonight with the higher seed getting home court advantage. The women's semifinals will be played at noon and 2 p.m. Thursday at RLC with the final scheduled for 6 p.m. Friday at Waugh.

For updated brackets, visit RLC online at [www.rlc.edu/warriors](http://www.rlc.edu/warriors).

