



CLOCKTOWER CHRONICLE



Prep work

Steve Rodgers, 70, from Mulkeytown prepares food for the RLC Culinary Arts Showcase last week in the upstairs kitchen lab. This year's "American Regional" theme will include culinary feats from coast to coast. Check out the menu in today's Clocktower Chronicle and reserve a seat by calling (618) 437-5321, Ext. 1714. (Photo by Taylor Blankenship / Clocktower Chronicle Staff Photographer)

Hungry? Open up and say 'America'

BY REANNE PALMER RLC PUBLIC INFORMATION

Rend Lake College's Culinary Arts Showcase is back! This year, its "American Regional" theme boasts a tasteful trek across the country — a series of menus, inspired by culinary feats from coast to coast. Reserve seats today for the Culinary Arts Showcase that

runs through Friday, May 8. This annual fine dining series resembles a restaurant. It's run by RLC's Culinary Arts students using the bi-level kitchen and dining area in the Student Center on the Ina campus. Students work in a variety of roles, ranging from executive chef, sous chef, server, runner, Maitre D', and many more.

"The students in our Restaurant Operations class will have this chance to learn first-hand about the different aspects of working in or owning a restaurant business," said Jeff Fairbanks, RLC Culinary Arts Associate Professor. "They are both excited and nervous, but they've prepared a solid menu with some very nice offerings to be sure our guests have a

fantastic time. Their theme of 'American Regional' will also offer specials based on a different area of the country every week."

Guests have a choice of:

APPETIZERS

Charcuterie Platter: smoked duck breast, smoked salmon, and smoked cheddar served with bread and butter pickles,

garlic aioli, and butter crackers
Lobster Points: lobster salad served open faced on toast points with house-made dressing

Mushroom Croquette: mushroom and risotto pan-fried and served with special Marinara sauce

'America' continues on page 4

Le Mis Chronicles - Part Duex -

BY BILLY MCPHERSON CLOCKTOWER CHRONICLE STAFFWRITER

The first edition of this series ("The Le Mis Chronicles" Clocktower Chronicle, Feb. 26, 2015) — examined the history of film adaptations of Les Miserables from the late 19th century through to the first half of the 20th century. This time around I am reviewing the modern versions that have been filmed in the latter half of the 20th century and into the 21st century. All this is being done in conjunction with the 2015 Spring Musical adaptation of Le Mis — directed by Sara Alstat and on stage at Rend Lake College April 9-12.

The last film from the first part of this series was from the 1950s. In the 1960s there were no major studio (US or foreign) releases of Le Mis that I could find. There was a 10-part, made-for-TV miniseries adaptation produced for the BBC that, being a completionist — or at least a glutton for punishment — I would very much like to see.

The first film I was able to see for this edition though was a 1978 version directed by Sir Lew Grade. Unfortunately this is a rather weak start to the second half of this series, as this was a very flat



and wooden production that seemed very "made-for-TV" in its construction. Jean Valjean is here played by Richard Jordan, who does a very earnest job, but gets less convincing as the movie goes on. And the aging make-up becomes more and more apparent.

The star of the movie, again, is Javert, this time played by legendary actor Anthony Perkins, who modern audiences might recognize as Norman Bates from the original Psycho. His Javert is almost a pure villain instead of a good man obsessed with lawfulness — or at least someone who is shades of gray and struggles with his duties and moral judgements. It's a change from many other versions,

Le Mis continues on page 2

Applications for RLC's Discovery Camp due April 15

BY REANNE PALMER RLC PUBLIC INFORMATION

Less than a month is left for interested students to register for Rend Lake College's third annual Discovery Camp. The two-day experience will be held on the RLC campus June 15 and at a local hospital June 16.

Discovery Camp is designed for students between seventh and twelfth grades who are interested in a career in the health care industry. On the RLC campus during the first day, students will participate in numerous, hands-on activities and speak with many professionals and RLC instructors during presentations. In past years, students have watched a mock trauma accident performed by local ambulance and emergency personnel, interacted with Air Evac Lifeteam staff, and visited RLC's anatomy and physiology labs.

On the second day of the camp, attendees will tour a local hospital and have the opportunity to speak and interact with health care professionals in their work environment, as well as receive career planning advice.

Discovery Camp is free to anyone who wishes to attend, thanks to a partnership between RLC and the South Central Illinois Area Health Education Center (SCI-AHEC) Network, located on the Ina campus. SCI-AHEC Director Kelli Stover said many students have expressed interest in health care-related fields after they attended Discovery Camp. "Last year, there were several students who said they either became more interested in their preferred field of study or changed from one field to another," said Stover. "One student wrote, 'I thought I was going to be a nurse, but now I want to be a therapist.' Another said, 'I was interested in nursing before, and this camp made me more interested. I hope to go to school and become a nurse.' Their feedback shows me this camp is effective in helping students figure out where they want to aim their education for life-long careers."

In the same feedback, Stover listed several students' favorite parts about Discovery Camp. Many spoke to the mock trauma

Camp continues on page 4

Lunch-N-Learn to cover Career Readiness

March 30 - April 1

BY REANNE PALMER RLC PUBLIC INFORMATION

Rend Lake College students are invited to spend their lunch learning about career readiness in the Private Dining Area, located in the Student Center. The daily Lunch-N-Learn sessions will be held from 11 a.m. - 1 p.m. on Monday, March 30 through Wednesday, April 1.

This month's Lunch-N-Learn event is the Career Readiness Series where students will learn about the next step after college — getting a career. The workshops were designed around helping students think about what they should do to prepare for employment.

"Jobs are competitive,

and this program will help students set themselves up for presenting their best self, while competing for a job," said Kelli Stover, Director of the South Central Illinois Area Health Education Center (SCI-AHEC) Network.

Topics of the Lunch-N-Learn series will include polishing your resume, the do's and don'ts of dressing for success, interview question preparation, and job search advice. There will also be a daily drawing for a \$25 gift card for those in attendance.

For more information, contact Kelli Stover at (618) 437-5321, Ext. 1280; Amy Cook at Ext. 1720; or Megan Rounds at Ext. 1326.

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Le Mis
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but one that worked for this picture.

Once again, many liberties are taken with the story. The character of Thernadier is nowhere to be seen. The most striking change is a purely made-for-TV "happy ending" which changes Valjean's and Javert's story so significantly as to cause someone who is a stickler for literary authenticity to go into manic convulsions. All in all, this was a good effort, worth seeing for some interesting acting. But, it is all undone by uninspired directing, an emotionless script, and an overall "blah" feeling.

Next on cue, was a 1982 version directed by Robert Hossein. This movie was very refreshing as far as being more accurate to the source material. Thernadier is not only restored to her proper place in the story, but done so with a tremendous award-winning performance by Jean Carmet, who I vaguely remembered from an obscure Lee Marvin movie I

saw as a kid called Dog Day. One aspect of the story this movie handles better than nearly any other adaption of Le Mis is Valjean's initial arrival in the village of Digne, where he restarts his life and climbs the social ladder to become the mayor. There are, as always, some minor differences with the book. In this version, Fantine dies before Javert reveals Valjean's true identity to her, and not as a result of the shock from it. Still, the tale of Fantine's slow tragic collapse is excellently captured here. Javert is played by French actor Michel Bouquet. He is still very cold and calculating, but he is not the pure "evil" villain that was played by Anthony Perkins in the previous film. All in all, considering the made-for-TV nature of the production, this is a very respectable adaptation, and for those looking to just see one version, this is one to consider. Even being late in my Le Mis marathon — and mentally being more than ready for this endeavor to be finished — I found myself wishing for more of this

movie when it ended. The 1995 version of Les Miserables was just what I needed to cleanse my pallet in the middle of my Le Mis marathon. This is definitely more of a re-imagining of Le Mis than an adaptation of it. This is to Le Mis what Bill Murray's "Scrooged" was to Dicken's Christmas Carol. Directed by Claude Lelouch, this takes the story of Le Mis and removes it from the time period of the French revolution, and instead puts it into the time period of Nazi-occupied France during World War II. Instead of Jean Valjean we get Henry Fortin, played magnificently by Jean-Paul Belmondo. It was very interesting to watch how all the pieces of the story come together in this modern setting. By freeing itself of some of the time-honored clichés of the original novel, this movie was able to replicate the feeling of the original masterpiece in an epic three-hour movie that really deserves to be seen. This is a beautifully directed and well-scored movie that, in many ways, is truer to the

classic Victor Hugo story in spirit than some of the more faithful "by the book" adaptations could ever hope of being. Of all the different versions of Le Mis that I saw in this series, I looked forward to the 1998 one with Liam Neeson the most. Neeson is, perhaps, my favorite modern actor. Bille August directed this version, which is stunning to look at and features the best cinematography of any modern adaptation of Le Mis. Neeson is outstanding in the role of Valjean and embodies both the desperate, criminal animal; and the reformed, authority figure perfectly. It was quite nice to revisit the Neeson who could do more than scowl, shoot people, and have menacing phone conversations. One interesting part of this version is the hint of romance between the sickly Fantine (played by Uma Thurman) and Valjean. Javert is once again a pure villain, with only scant traces of humanity. The scene where he actually beats Fantine was again another puzzling use of that character, and one that made you loathe Javert and cheer his eventual self-inflicted demise instead of feeling

conflicted by it. Once again, Thernadier is greatly minimized, which again removes an important dynamic in the Javert/Valjean relationship and leaves a much more two-dimensional result than would be otherwise. Still, this is a well-directed and -acted movie that is probably the most popular of all the modern versions. Now for a local connection. Benton's own John Malkovich does a masterful job of portraying Javert in the 2000 French mini-series version of Le Mis. Along with Malkovich as Javert, the role of Valjean is played by Gerard Depardieu. A more perfect combination of actors for those two roles can scarcely be imagined. I did not see this mini-series in its entirety, but I watched enough to greatly admire the performances of both the lead actors and the directing style of Josée Dayan. Most other reviews say this version is one of the most faithful of any screen adaptation. It is very easy on the eyes, and Malkovich is without a doubt the best Javert I have ever seen, and I do not simply say that because we went to the same high school. Now considering this

series is being written to accompany RLC's spring musical, it is only right that the final version to be considered here is the 2012 musical version of Le Mis, directed by Tom Hooper, and starring Hugh Jackman and Russell Crowe. Although I have reviewed many movies, I am a novice when it comes to musicals. I came into this having never experienced the live musical. That being said, I very much enjoyed this. All of the vocal performances here were done live as filmed — nothing dubbed — which is an astounding accomplishment. Hugh Jackman and Amanda Siegfried blew me away with their vocal ability. I was definitely not expecting to enjoy this half as much as I did. Crowe looks very similar to how he did in Master and Commander: The Far Side of the World, but he fits nicely into the Javert role. In the end, this stunningly directed musical joins the 1995 re-imagining, and the 1934 American version of Le Mis as my personal top-three favorite versions. That concludes the Le Mis Chronicles. Thank you for reading. I hope to see you all at the musical this April.

Sudoku

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

Solution to Sudoku puzzle printed on page 4.

Rend Lake College Clocktower Chronicle

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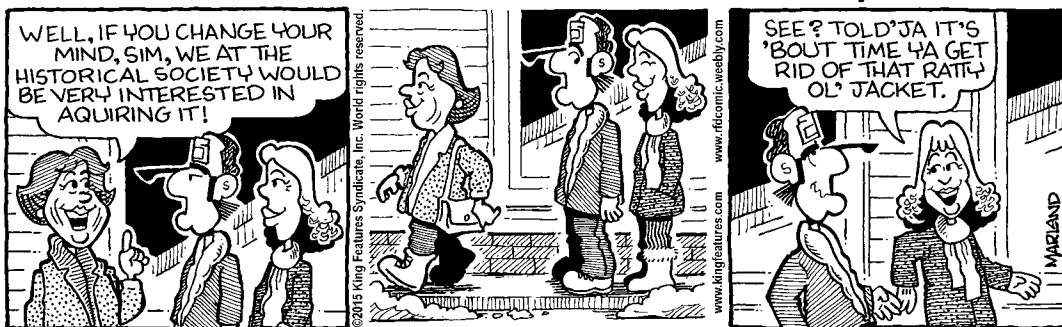
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R.F.D.



by Mike Marland

Crossword

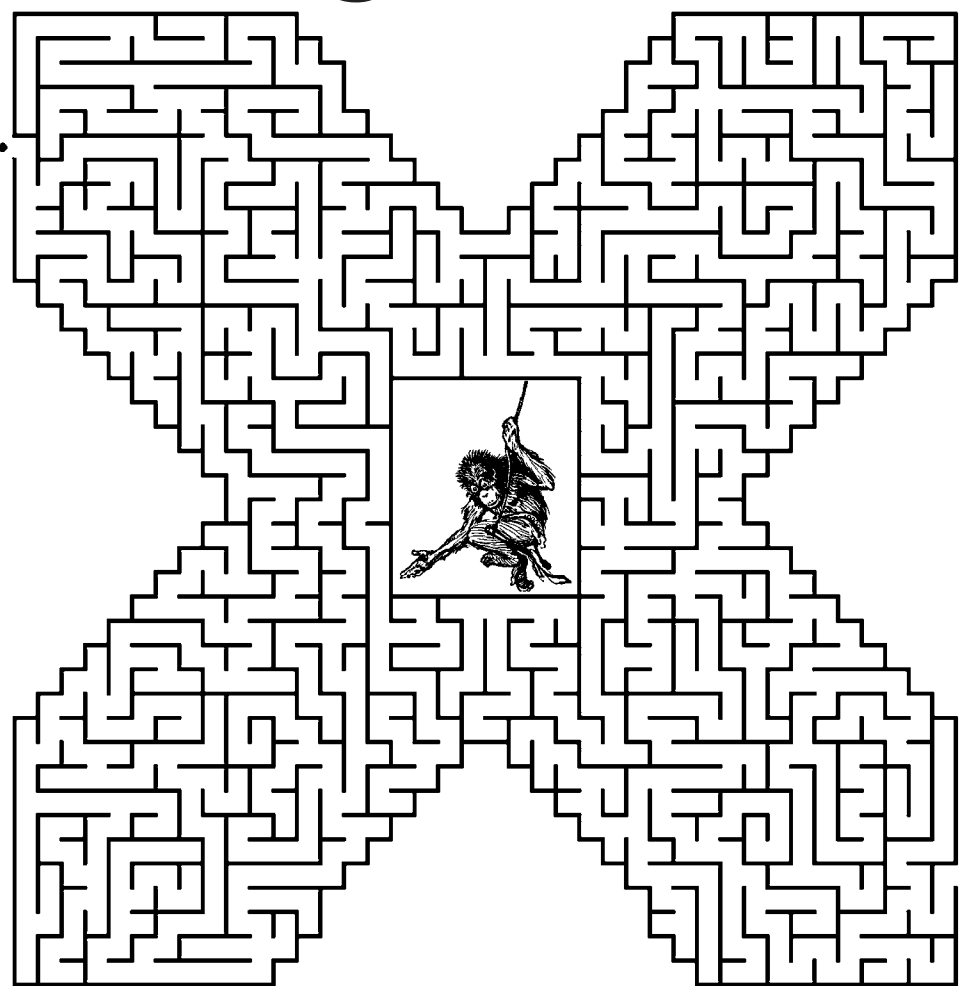
1	2	3	4	5	6	7	8	9	10	11	12	13	
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48	49							50					
51						52	53			54	55	56	57
58						59				60			
61						62				63			

- Across**
- Swedish auto
 - Tijuana beach
 - Actor Sharif
 - Florence's river
 - Competitive boater
 - Prefix meaning "trillionth"
 - Comic actress who wrote the memoir "Not That Kind of Girl"
 - Taverns
 - Head start
 - Ranch visitors
 - Lassies' friends
 - Opposition
 - Numbskulls
 - Wind instrument
 - Home folks
 - Turkey topper
 - Concisely, briefly
 - To some extent
 - Oilstone
 - Make like a peacock
 - Airline to Israel
 - Exec's accessory
 - Attach, as a badge
 - ___-Lay (food brand)
 - OTC offering
 - F ___ "Frank"
 - Check
 - Parolee, perhaps
 - Bridge misplays
 - Kindle
 - Pear choice
 - Tiny amount
 - Comic actress who wrote the memoir "Yes, Please"
 - Cunning tactic
 - Critic, at times
 - Like garage floors
 - Certain offspring
 - i.e., for long
 - Actress McClurg

- Down**
- Mule of song
 - "Where ___ we?"
 - Beach Boys hit "Barbara ___"
 - It can put the squeeze on you
 - They're no fun
 - Director Fritz and singer k.d.
 - Gut feeling
 - Thumbs up vote
 - Supply with heat
 - Smuggled stuff
 - Comic actress who wrote the memoir "Is Everyone Hanging Out Without Me? (And Other Concerns)"
 - Teen's torment
 - Famous flagmaker
 - Pan, e.g.
 - Believe
 - Illuminates
 - Quick-witted
 - Comic actress who wrote the memoir "Then Again"
 - Ivory alternative
 - TV Buddy
 - This may be proper
 - Tie ___
 - Requiring overtime
 - Hosiery
 - Pro golfer Hale
 - Cuernavaca coin
 - Iroquoian people
 - Drop the quarterback
 - Field enclosure
 - Spa spot
 - Fracture finders
 - Lassoos
 - Drinks politely
 - Horseback game
 - High-tech unit
 - Yellowfin tuna, on some menus
 - Like some scientists
 - Long-handled tool
 - Pupil's cover
 - Yale alum
 - Kind of whiskey

Solution to Crossword puzzle printed on page 4.

Megamaze



Solution to Megamaze puzzle printed on page 4.

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CONSUMER REPORTS

FAQs about GMOs

UNIVERSAL

It's a growing controversy: Should foods containing genetically modified organisms (GMOs), which are created in a lab by altering the genetic makeup of a plant or an animal, always have packaging notifying consumers of that fact?

Ninety-two percent of Americans believe that these foods — widely found in kitchens across the country — should be labeled before they're sold, according to a recent nationally representative survey of 1,004 people from the Consumer Reports National Research Center.

How can you make buying decisions that are best for you and your family? Consumer Reports helps you separate fact from fiction.

• Are GMOs Bad for My Health?

Those who support using GMOs point out that Americans have been eating foods containing them for more than 15 years and that there's no credible evidence that people have been harmed. But saying there's no evidence of harm isn't the same as saying they've been proved safe.

A joint commission of the World Health Organization and the Food and Agriculture Organization of the United Nations has established a protocol for evaluating the safety of GMOs, which it says have the potential to introduce toxins and new allergens (or increase levels of existing ones), or cause nutritional changes in foods and other unexpected effects. Other

developed nations have used those guidelines in creating mandatory pre-market safety assessments systems for genetically modified organisms. But the Food and Drug Administration doesn't require any safety assessment of genetically engineered crops, though it invites companies to provide data for a voluntary safety review.

Animal studies — commonly used to help assess human health risks — have suggested that GMOs might cause damage to the immune system, liver and kidneys. More studies are needed to determine long-term effects. And the ability of researchers to track potential health effects of GMOs in the human population is hampered by the absence of labeling.

• Why the Labeling Debate?

GMO labeling is mandatory in more than 60 countries but not in the U.S. Opponents to mandatory labeling here often say that it unfairly implies that foods with genetically engineered ingredients are unsafe. Those in favor of mandatory labels — including Consumers Union, the advocacy arm of Consumer Reports — argue that even if the jury is still out on the health impact of GMOs, shoppers have a right to know what's in their food. "Producers already must label foods that are frozen, from concentrate, homogenized or irradiated," says Jean Halloran, director of food policy initiatives at Consumers Union. "GMO labeling is one more piece of helpful information."

It's not surprising that much of the opposition to GMO labeling comes from GMO seed manufacturers and the food industry, who have spent a lot of money to get their position out to the public. Among those contributing the most to oppose a labeling measure in Colorado were Coca-Cola, DuPont, Kraft Foods, Monsanto (which produces seeds for GMO crops) and PepsiCo.

• Which Foods Contain GMOs?

The vast majority of corn, soy, canola and sugar beets grown in the U.S. are now genetically engineered, and they are often used as ingredients in processed foods.

The food industry is also pushing to further expand the use of genetic engineering. A new form of salmon that is genetically altered to grow to maturity twice as fast as wild salmon is currently undergoing a safety review by the FDA. If approved, it would be the first genetically engineered food animal to be marketed.

The Department of Agriculture recently approved a potato that is genetically engineered to resist bruising and to have potentially lower levels of acrylamide, a suspected human carcinogen that the vegetable can produce when it is cooked at the high temperatures used to make potato chips and french fries. The FDA hasn't completed a voluntary safety review for the new GMO potato yet, but McDonald's has stated that it is sticking to its current policy of using only non-GMO potatoes for its fries.



Stir It Up!

BY MARIALISA CALTA UNIVERSAL

Sherlock Holmes often fasted during a case, but he did love a sturdy British breakfast. The fictional detective Nero Wolfe, on the other hand, famously indulged in gourmet fare, like roast pheasant larded with Tokay-infused pork, cooked by his personal chef, Fritz.

Mystery writing and food have been intertwined ever since the scullery maid was accused of sprinkling arsenic in the hasty pudding in the 1858 Wilkie Collins story "The Poisoned Meal." It may have reached its apotheosis in Roald Dahl's "Lamb to the Slaughter," in which the wife kills her philandering hubby with a frozen leg of lamb, then cooks and serves it to the detectives investigating the murder. (Alfred Hitchcock turned Dahl's story into a memorable episode on his popular 1950s TV show.)

Agatha Christie used poison as the murder instrument in more than half of her 66 novels, employing it in many beverages, but also in trifle, chocolates, fig paste, marmalade and curry.

Food and mystery have come together in a different way in "The Mystery Writers of America Cookbook." The book may not help you find out if the butler did it, but it will help you find a recipe for the scones he brought in for tea.

The book features contributions from the "usual suspects," including such luminaries as Mary Higgins Clark, Scott Turow and James Patterson. It is filled with great snippets of information. For example, the literary term "red herring," used to denote a false clue, was coined when William Cobbett, an English journalist in the early 19th century, described using a kipper (a pickled, smoked herring that turns red during processing) to divert a pack of hounds from chasing a hare. Edgar Allan Poe waxed poetic about "elegant" tea cakes and "elegant" ham in a letter to his mother-in-law. Miss Marple, Agatha Christie's aged sleuth, drank 143 cups of tea over the course of 12 novels and 20 short stories.

But now to the recipe. To describe James Patterson as a "best-selling author" is like describing the Beatles as "a popular band." He's sold millions of books, won bushels of awards, and has also championed bookstores, publishers, libraries and reading programs for kids. But what he may now be remembered for is his Grandma's Killer Chocolate Cake.

Patterson describes it as a "special family recipe dating from the 1940s." It sits in its glass-domed cake stand, Patterson writes, "staring back at you with

Mysteriously delicious



James Patterson has sold millions of books, but now readers may best remember him for his **Grandma's Killer Chocolate Cake**. (Photo by Universal)

deadly temptation ... A piece seems to mysteriously disappear every time I go into the kitchen."

"The Mystery Writers of America Cookbook" is a soup-to-nuts collection of tempting recipes. And any home cook can tell you that getting dinner on the table can sometimes be murder!

GRANDMA'S KILLER CHOCOLATE CAKE
Yield: 1 double layer 9-inch cake

INGREDIENTS

- For the cake:
3 1/2 ounces unsweetened chocolate
6 tablespoons water
1 1/4 teaspoons baking soda
Generous pinch salt (if using unsalted butter)
2/3 cup butter, at room temperature
2 cups sugar
2 eggs
2 cups all-purpose flour
1 1/3 cups buttermilk
1 teaspoon vanilla extract

For the frosting:

- 1/2 cup butter
3 ounces unsweetened baking chocolate
2 cups sugar
2/3 cup milk
Generous pinch of salt (if using unsalted butter)
1 teaspoon vanilla extract
1/2 teaspoon almond extract

Center a rack in the oven. Preheat oven to 350 degrees. Butter and flour two 9-inch springform cake pans.

In the microwave or on the stovetop, gently melt the chocolate. Set aside. Heat the water and dissolve the baking soda and salt (if using) in it. Keep hot until needed.

In a mixing bowl, using an electric mixer or a wooden spoon, cream the butter and sugar together. Add eggs, beating well after each addition.

Blend in flour and buttermilk in alternating additions, starting and ending with the flour. Add the baking soda mixture, the melted chocolate and vanilla. Mix well.

Divide the batter between the prepared pans. Bake on center rack for 30 minutes, or until a toothpick inserted into the center comes out clean. Remove from oven and let cool on wire racks. When cool, remove the cakes from the pans.

Combine all frosting ingredients in a saucepan, bring to a full boil, and boil for 2 minutes. Let cool. Place one layer of the cake on a serving plate and frost; place the second layer over the first and repeat. This cake will taste best if allowed to sit at room temperature for at least a day before serving. If you don't have a "cake-keeper," invert a large bowl over the cake.

(Excerpted and slightly adapted from "The Mystery Writers of America Cookbook," edited by Kate White. Reprinted with permission from Quirk Books.)

Yogurt is good for you, but make sure it's the right kind



BY ANTHONY L. KOMAROFF, M.D.

UNIVERSAL

DEAR DOCTOR K: Is yogurt a healthy choice for breakfast or as a snack?

DEAR READER: You've heard me talk frequently about "good" and "bad" fats, and "good" and "bad" carbs. So it won't be surprising when I say there are "good" yogurts and "bad" yogurts.

Here's what I mean. Yogurt — plain, low-fat yogurt — is a healthy food. But many yogurt products contain ingredients you could do without, like added sweeteners. So let's talk about what to look for in a healthy yogurt.

First, fat. Yogurt has the same percentage of fat as the milk (or soy) used to make it: 3.25 percent (whole milk), 0.5 percent to 2 percent (low-fat), and less than 0.5 percent (nonfat). I prefer low-fat yogurt, which strikes a good balance between saturated fat and taste. I have it at least three to four times per week.

Next up, protein. Yogurt is a good source of lean protein. But the amount of protein per serving in yogurt products varies quite a bit. Plain Greek-style yogurt is relative-

ly high in protein because much of its excess water has been removed, thus concentrating the yogurt. At the other extreme, non-fat or "light" yogurts may have as little as 4 grams of protein per serving.

Try to avoid sweetened yogurts, which can contain three or more teaspoons of added sugar. Instead, start "clean" with plain, low-fat yogurt. Then add a bit of honey, maple syrup or sugar to taste.

Next, a surprise: I would also stay away from light or "lite" yogurts. To compensate for the fat removed from these yogurts, manufacturers add thickeners such as gelatin, gum or starch. Sweeteners and flavoring agents are also added. The result is a highly processed food that loses many of yogurt's healthy attributes.

A base of plain, low-fat yogurt enhanced with your own healthy toppings makes for a good breakfast or snack. With the right additions, yogurt can supply a mix of fat, protein and fiber that is both filling and nutritious.

Here is a basic combination you can customize to your taste:

Fruit and yogurt: A cup of plain, low-fat yogurt, a medium handful of fresh fruit, and a sprinkling of nuts, granola, bran or oatmeal is all you need. Sweeten to taste with honey, maple syrup or regular sugar. Most likely, by adding just enough sweet stuff to make it taste good, you'll have less sugar in your

yogurt than if you start with a pre-sweetened yogurt.

You can also incorporate yogurt into other meals and snacks throughout the day.

For example:

- Dilute sour cream or mayonnaise with yogurt to cut back on fat calories without losing the flavor. (This is the advice our nutritionists give me. To be honest, I haven't tried it yet.)

- Make packaged dips with yogurt instead of sour cream.
- Mix yogurt with lemon and honey to make a sweet sauce to put on fruit.

As always, check the Nutrition Facts label on the yogurt container. It will help you spot how much fat and sugar it contains.

(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.)

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Strange BUT TRUE

BY SAMANTHA WEAVER
KING FEATURES

Emperor Charlemagne's foot, later "standardized" to the length of 35 barleycorns laid end to end) to a yard (the distance between King Henry I's nose to his extended fingertips) to an inch (the length from the tip to the first joint of a man's thumb).

- Brazil nuts do come from Brazil, but they're not technically nuts; they're seeds.
- When you think of the band ZZ Top, you probably think of long beards — that's become a sort of signature for them. The drummer, though, is beardless — and his name is Frank Beard.
- A ground squirrel typically has a heartbeat of around 300 beats per minute. During hibernation, though, that drops dramatically — to only three or four beats per minute.

Thought for the Day: "Those who will not reason are bigots, those who cannot are fools, and those who dare not are slaves." — Lord Byron

• You probably won't be surprised to learn that when author (and noted wit) Oscar Wilde arrived in the United States in 1882, he told the customs officers, "I have nothing to declare except my genius."

• A pregnant goldfish is called a twit.

• If you're planning a summer vacation in Maine this year, you might want to keep in mind that in that state, it's against the law to tickle a woman under the chin with a feather duster.

• Despite the fact that 95 percent of the world uses the metric system of measurement, we in the United States still stubbornly cling to the archaic units of measurement derived from the old British Imperial system. This hodgepodge ranges from the mile (originally the distance a Roman soldier could march in 1,000 double steps) to the foot (originally the length of

arrived on scene." The first day of the training is when attendees will learn about all the state requirements and additional RLC instruction in a classroom setting. Some of these topics include firearm safety, principles of marksmanship, loading and unloading, and safety and cleaning. Firearms are not allowed during day one of the training course.

The second day will focus on weapon handling, and state and federal laws relating to firearms. Participants

should bring their firearm to Sunday's class with two boxes of unopened factory ammunition to be inspected by course instructors.

Meek said it is because RLC continues to offer courses every month that he sees more locals coming to Ina for training. After the trainings, participants have provided positive feedback about the information covered.

To qualify for licensure, attendees will participate in a live fire qualification of 30 rounds of five, seven, and 10

Concealed Carry training scheduled through Summer 2015 at RLC

BY REANNE PALMER
RLC PUBLIC INFORMATION

Concealed Carry training classes at Rend Lake College are in demand with the coming of spring, and with five more classes from March through July, you can find your seat in one today.

Each two-day course lasts from 8 a.m. – 4:30 p.m. on Saturdays and Sundays on the following dates: March 28-29, April 25-26, May 23-24, June 20-21, and July 18-19. All classes are held in the Coal Mine Training Center, Room 107A, and the RLC Shooting Range, both on the Ina campus.

Ron Meek, RLC Criminal Justice Professor, said more locals are registering for the classes at RLC for two reasons, the first and most important being the quality of training from instructors. In addition to Meek, RLC's other instructors for the Concealed Carry training classes are Jeff Bullard, Detective Captain of the Mt. Vernon Police Department; and John Prudent, Captain of the West Frankfort Police Department.

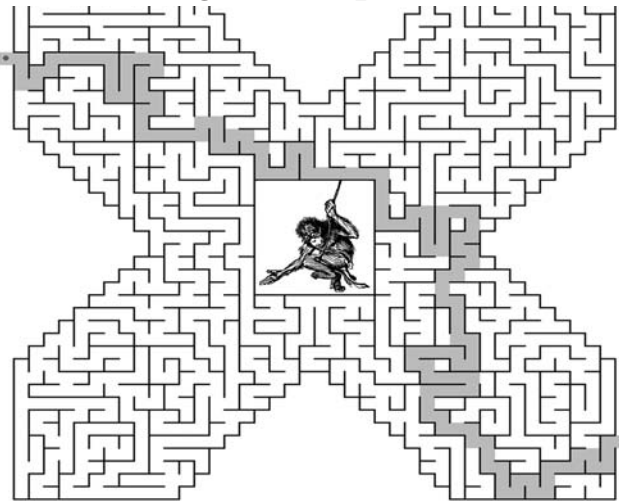
"We've striven from the very beginning to cover what the state of Illinois requires and also other things we think are very important for our students to know," said Meek. "For example, what to do in an instance when you fire a weapon in self-defense and the police are called. You would need to know what to do to keep yourself safe and how to respond to law enforcement when they



Solution to page 2 Sudoku puzzle.

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

Solution to page 2 Megamaze puzzle.



Solution to page 2 Crossword puzzle.

1	S	A	A	B	5	P	L	A	Y	A	10	M	A	13			
14	A	R	N	O	15	R	A	C	E	R	16	P	I	C	O		
17	L	E	N	A	18	D	U	N	H	A	M	19	I	N	N	S	
22	L	A	D	23	D	I	E	S	26	E	N	E	M	Y			
28	I	D	I	O	T	S	29	O	B	O	E	30	K	I	N		
33	G	R	A	V	E	34	P	I	N	S	U	M	35	A	N	Y	
36	H	O	N	E	37	P	R	E	E	N	38	E	L	I	T	A	L
39	T	I	E	40	S	E	W	O	N	41	F	R	E	I	T	O	
42	S	T	K	43	A	S	I	N	44	R	E	I	N	I	N	I	N
48	S	P	A	R	K	49	B	O	S	50	E	H	L	E	R		
51	I	O	T	A	52	A	M	Y	P	O	E	54	H	L	E	R	
58	P	L	O	Y	59	H	A	T	E	R	60	O	I	L	Y		
61	S	O	N	S	62	I	D	E	S	63	E	D	I	E			

Camp

continued from page 1

accident and the Air Evac Lifeteam visit. Others mentioned "learning about all the different medical careers" and "having the opportunity for hands-on experience."

"Discovery Camp is a great opportunity for young students to take some time to explore many different health careers," said Stover. "Not only does the camp help them make a big decision for their future, but it also aids them with considering their selection of school courses and future

college enrollment." This year, the agenda for day one of the camp includes sessions with speakers in the following fields: Air Evac Lifeteam, Emergency Medical Services, Health Information Technology, Human Anatomy, Medical Coding Technology, Nursing, Occupational Therapy, Radiologic Technology, Therapeutic Massage, and Veterinary Science. Students will also have short meetings about building a better high school resume, HIPAA (Health Insurance Portability and Accountability Act) and confidentiality in

health care, and mental health careers. For day two, the attendees will be divided into two groups based on location — one heading to Hamilton County Memorial Hospital in McLeansboro and another to Crossroads Community Hospital in Mt. Vernon. After the hospital tour, students will meet with several facility staff for presentations, including doctors of medicine, nurse practitioners, pharmacy technicians, physician assistants, and rehabilitation specialists. Lunch will be provided both days of the camp, as

well as a camp T-shirt. Parents and guardians are welcome to attend the camp with their student. Transportation to and from the camp on both days will be provided by establishing some pick-up and drop-off points throughout the area. Applications and more information are available by contacting Kelli Stover at (618) 437-5321, Ext. 1280 or stoverk@rlc.edu. The applications are due to Stover on or before April 15. They can be emailed to her, or mailed to her at Rend Lake College, 468 N. Ken Gray Parkway, Ina, IL 62846.

'America'

continued from page 1

SOUP OR SALAD
House Specialty Soup: chicken and orzo pasta with baby spinach in a lemon broth

Soup du Jour: fresh soup of the day

Culinary Arts Showcase House Salad: mixed fresh greens, carrots, bell pepper, heirloom tomatoes, fresh raspberries, and candied pecans served with a raspberry vinaigrette

Culinary Arts Showcase Special Salad: spinach and romaine with

house-smoked salmon, avocado, red onion, and candied pecans served with a creamy lemon-dill dressing

ENTREES
Ancho-Crusted Pork Medallions: 6 oz. pork tenderloin medallions pan-seared with Ancho Chile spice blend, served with sweet potato smash and a southwest corn relish

Braised Veal Shanks: veal shanks braised in local Alto Pass wine, served with fingerling potatoes and shaved asparagus

Grilled Lamb Chop: mustard-glazed lamb, grilled to medium and served with a cauliflower mash and shaved Brussel sprouts

Pesto Crusted Walleye: flaky walleye, pan-seared and oven finished with a house pesto crust, served with a Saffron Quinoa and shaved asparagus

Savory Herb Roasted Cornish Hen: Cornish hen basted with herbed compound butter, served with mushroom risotto and glazed carrots

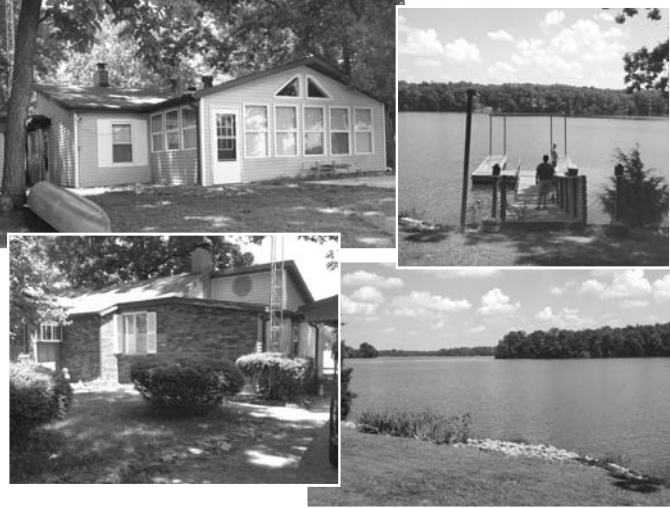
Pasta Pappardelle: house-made pappardelle

tossed with Ricotta cheese, mushrooms, and tomatoes in a creamy white sauce

DESSERTS
Various desserts available weekly

The Culinary Arts Showcase will be open Thursday and Friday through May 8. They will be closed the week of Good Friday (April 2-3). Tickets cost \$25 and can be reserved now by calling RLC Community and Corporate Education at (618) 437-5321, Ext. 1714.

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ATHLETICS

W S E C T I O N

Lady Warriors Softball falls to John A. Logan

NA, Ill. (March 23, 2015) — The Rend Lake College Softball team lost 3-6 and 0-3 Sunday to John A. Logan College at home. They are now 4-8 for the season and 1-5 in the Great Rivers Athletic Conference. They will play Lindenwood University J.V. at 2 p.m. today at home. For all things athletic at The Lake, visit www.rlc.edu/warriors.

JUCO SOFTBALL SCOREBOARD

— GAME 1 —

REND LAKE COLLEGE VS JOHN A. LOGAN COLLEGE

MARCH 22, 2015 AT INA, IL

RLC	0	0	0	0	0	0	3	—	3	6	0
JALC	0	1	0	2	2	0	1	—	6	9	4

Pitching: Emily Jenkins (Benton, Ky.) L

— GAME 2 —

REND LAKE COLLEGE VS JOHN A. LOGAN COLLEGE

MARCH 22, 2015 AT INA, IL

RLC	0	0	0	0	0	0	0	—	0	0	2
JALC	0	3	0	0	0	0	0	—	3	11	1

Pitching: Kayla Piersol (West Frankfort) L



New netter

Salem Community High School's Ashley West signed her letter of intent last week to play tennis next season at Rend Lake College. The senior is seated alongside her parents, Judy West and Tony West. Also pictured are SCHS tennis coach Janet Holst and Rend Lake College Tennis Coach Dave Junkins. (Photo by Michael Ashby / Courtesy of Salem Times-Commoner)

Softball goes 0-2 against Wabash Valley

MT. CARMEL, Ill. (March 22, 2015) — The Rend Lake College Softball team lost a double-header to Great Rivers Athletic Conference (GRAC) opponent Wabash Valley College yesterday in Mt. Carmel. They lost the first game 1-5 and the second game 2-10. RLC is now 4-6 for the regular season and 1-3 in the GRAC. For all things athletic at The Lake, visit www.rlc.edu/warriors.

JUCO SOFTBALL SCOREBOARD

— GAME 1 —

REND LAKE COLLEGE VS WABASH VALLEY COLLEGE

MARCH 21, 2015 AT MT. CARMEL, IL

RLC	0	1	0	0	0	0	0	—	1	5	3
WVC	0	4	1	0	0	0	0	—	5	7	0

Pitching: Emily Jenkins (Benton, Ky.) L
Hitter for the Lake: Sara Dixon (Benton) 3-3, 1RB1

— GAME 2 —

REND LAKE COLLEGE VS WABASH VALLEY COLLEGE

MARCH 21, 2015 AT MT. CARMEL, IL

RLC	1	1	0	0	0	0	0	—	2	8	4
WVC	0	3	0	6	1	0	0	—	10	13	0

Pitching: Hayley Spicer (Sims) W
Hitter for the Lake: Sam Klass (Evansville, Ind.) 2-3, Meagan Moon (Carterville) 2-3

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• Collage Frames

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