



Warrior Showcase returning to campus, reservations being accepted

REANNE PALMER
RLC PUBLIC INFORMATION

Locals can now make reservations for the Rend Lake College Warrior Showcase, hosted by the Culinary Arts program in the Student Center.

Organized and prepared by the students, Warrior Show-

case resembles a restaurant with a full menu consisting of appetizers, soups and salads, entrees, sides, and desserts. Both freshmen and sophomore students in the Restaurant Operations course design the menu, cook, serve, and clean, covering all aspects of a restaurant business.

RLC Culinary Arts Lead Instructor Robert Wilson said the menu this year will have an international theme. Restaurant Operations students are currently working out the final details of the menu, including recipe trials, and specifics of the menu will be available shortly.

"Culinary Arts offered the

Warrior Showcase to community members last year, and it went well toward the end," Wilson said. "This year, we hope to have more interaction with the community to benefit our students. This is the complete experience in operating a restaurant, and something our students can take away into the work-

place."

The cost of each meal is \$20 per person. The Warrior Showcase will be open Thursdays and Fridays, from March 20 to May 10. Reservation times are at 5:30, 6, 6:30, and 7 p.m. It will be closed for Good Friday. To make a reservation, call (618) 437-5321, Ext. 1714.

Students cast their votes for trustee

SHELBY PATTERSON
CLOCKTOWER CHRONICLE STAFFWRITER

The Rend Lake College student body voted on who will represent it as student trustee. The two candidates this year are Elijah Liske of Okawville and Arthur Holloway of Waltonville.

While the candidates have their differences, one issue they both agree upon is the lack of involvement between the community and the students. Both parties hope to improve that issue.

Eli Liske, 19, is an Okawville native and a 2013 graduate of Okawville High School. He describes himself as a happy-go-lucky kind of guy who always tries to do his best. He is currently an agriculture major at RLC and plans to transfer to either Murray State University or Southern Illinois University at Carbondale. He is also involved in the Ag Club. He was approached by one of his teachers to run for the role of Student Trustee, as a representative of the agriculture department.

A few of the things Liske would like to see at Rend Lake include more food options on campus for students and more events like Fun Fest. He would like to see more student and community involvement and believes this would help with that issue.

Holloway, 70, of Waltonville, has been back in Southern Illinois since

1972. His original plan was to become a funeral director, but he instead enlisted in the military, working on a missile program. Holloway is majoring in business at RLC. He agrees that there is not enough interaction between the community and students. If elected, he said he hopes to change that. He would also like to see more courses and opportunities for the students at RLC.

Holloway wants the students and community to have an interest in what is going on with their college, he said. He added that, if elected, he hopes to influence more students to attend the Board of Trustees monthly meetings, held mostly on the second Tuesday of each month in the Student Center. The complete meeting schedule can be found online by clicking on the Board of Trustees link located at www.rlc.edu. The Student Trustee attends alongside the members of the board at these meetings, sits in on closed session, and has a nonbinding, advisory vote on agenda items.

RLC President Terry Wilkerson describes the role of the Student Trustee as "a unique experience [that] will give you a new perspective on your college."

"You'll see each month what it takes to make Rend Lake College work, from simple policy

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Five Warriors headed to New York City for Indoor Track and Field Nationals

REANNE PALMER
RLC SPORTS INFORMATION

Four members of the Rend Lake College Men's Indoor Track and Field team and one athlete from the women's team are headed to New York City next week to represent the Warriors at the NJCAA Nationals. The meet is scheduled for March 6-8 at The Armory Track and Field Center.

Sophomore Tyrone Echols (Venice, Ill.) will compete in three events; the 60-meter dash, the 200m, and the distance medley relay (DMR). He qualified for the 60m during the Region 24 meet last week in Charleston, finishing with a time of 6.88. He had previously qualified for the 200m.

For the DMR, Echols will join teammates Jonathan Hill (Sparta, Ill.), Karson Hahn (Mt. Vernon, Ill.), and Wesley Bradshaw (Walsh, Ill.). Hill will start the race with the 1200m leg, followed by Echols with 400m, Hahn with 800m, and Bradshaw with 1600m.

Hahn will also compete in the 1000m race. During Regionals, he logged a time of 2:39.15.

Two final athletes will race in the 5000m run: Bradshaw for the men's team and freshman Mallory Bergbower (Bluford, Ill.) for the women's team. Both runners qualified before the Region 24 Meet, where Bergbower placed second with a time of 21:27.10.

For all things athletic at The Lake, visit www.rlc.edu/warriors.

How to properly store personal records

METRO CREATIVE CONNECTION

Certain personal and financial documents need to be kept for security and other purposes, while some documents can be discarded immediately. Documents that must be kept often include sensitive information, which means they shouldn't be stored haphazardly. Options for maintaining important records continue to evolve, but caution still must reign supreme when storing potentially sensitive documents.

The Federal Trade Commission estimates that nearly 10 million people have their identities stolen each year. Identity theft occurs when criminals use another person's personal information, such as his or her name, credit card numbers or social security number, without permission. Sensitive information can be lifted from personal effects stored in a person's home or from items delivered to a mailbox. Here are some ways to keep information private and out of the hands of potential thieves.

- Sort your documents. When sorting documents, which should be done regularly, determine which include sensitive information and move them aside. Bills and other papers that do not reveal much may be stored in a regular filing system, but documents that contain sensitive information should be kept in more secure locations.
- Invest in a durable, fireproof safe. Store sensitive documents, including social security cards,

marriage certificates, birth certificates, travel documents, life insurance policies, and mortgage paperwork, in a durable, fireproof safe. If you prefer to keep these items off-premises, keep them under lock and key in a bank safety deposit box.

- Organize your documents and maintain that organization. Be sure to carefully label all boxes or cabinets in which important documents are stored. Create a filing system that works for your needs. You may want to organize the papers by date, type of document or your own coding method. Think about cross-referencing your tangible files with a master list so you'll know the exact location of certain documents when you need them.

- Consider digital storage. Various programs that work with a scanner or camera can now capture images of important paperwork and then convert these images into digital files that can be tagged and categorized. The information is then stored digitally on a computer and can be retrieved with a few clicks of the mouse. Computers that are used to store personal information should be password-protected. Never share potentially sensitive documents via email or through non-encrypted communication methods. Otherwise you risk information being stolen by hackers. When documents are stored digitally, make sure you keep backup versions. These can be kept on external

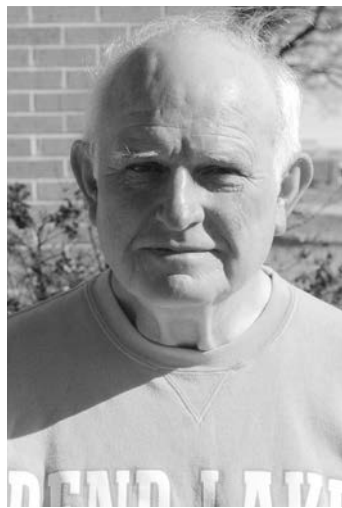
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Elijah Lisk



Arthur Holloway

Trustees continued from page 1

and procedure changes to multi-million dollar projects," Wilkerson added. "As a Student Trustee, you do get an advisory vote on each issue that comes before the board. That's not just a privilege, it's also a responsibility. I think the person elected to that spot will find it's well worth the effort."

Outgoing Student Trustee Haden Smith — an Agriculture major from Wayne City — said one of the things he enjoyed the

most about being the Student Trustee was being a student representative for the college. He mentioned that he also enjoyed the Board of Trustees trips. Smith's advice for the next Student Trustee is simple. "Listen to what others say and treat this as an honor and privilege."

The election winner will be announced at the March 11th board meeting and seated as the new Student Trustee at the April board meeting. The meeting starts at 6:30 p.m. in the Student Center.

Crossword

ACROSS

- 1 Unexciting
- 5 Baby bear
- 8 Use a cleaver
- 12 Franc replacer
- 13 — budget
- 14 "Mary — Little Lamb"
- 15 First victim
- 16 Long-running reality game show
- 18 Gobi or Mojave
- 20 Harsh
- 21 Thy
- 23 Midmorning hour
- 24 Smith and Jones, e.g.
- 28 Kind
- 31 Eisenhower
- 32 Credit-card users' problems
- 34 With 45-Across, a martial art
- 35 Fender bender
- 37 Made an educated guess
- 39 Foot part
- 41 Layer
- 42 Open out, as a flag
- 45 See 34-Across
- 49 Unexpected

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18				19			20					
				21			22		23			
24	25	26					27		28		29	30
31				32					33		34	
35				36		37				38		
			39		40		41					
42	43				44		45			46	47	48
49						50				51		
52						53				54		
55							56				57	

- 6 Big name in Burma's history
- 7 Taverns
- 8 Sour cream and —
- 9 Poorer folks
- 10 Smell
- 11 Rid of rind
- 17 Ex-soldier
- 19 Street
- 22 Argue against
- 24 Comedian Caesar
- 25 Guitar's smaller cousin
- 26 Like the superintendent's apartment, maybe
- 27 Picket-sign carriers
- 29 "Norma —"
- 30 Danson or Koppel
- 33 Small diving duck
- 36 Hairpiece
- 38 Pressed
- 40 Blunder
- 42 Abbr. on a B-52
- 43 — and void
- 44 Biographer's subject
- 46 Actress Campbell
- 47 Slay
- 48 Sole
- 50 Male child

DOWN

- 1 Out of play
- 2 Cartoonist Goldberg
- 3 War god
- 4 One of Henry's Annes
- 5 Halloween outfits

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Crossword solution is printed on page 3.

SUDOKU

Difficulty: 4 (of 5)

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

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HOW TO PLAY:

Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

Sudoku solution is printed on page 3.

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Stir It Up!

BY MARIALISA CALTA

What's for breakfast? There was a time when the answer was "bacon and eggs." Then the egg fell victim to cholesterol concerns and the bacon copped to a "high-fat" rap, plus frying up eggs and bacon seemed like too much work. Pretty soon everyone you knew was pounding a fruit smoothie or gobbling an energy bar in the car on the way to work or school.

Meanwhile, the egg had been cleared of most of the charges against it, and bacon is considered one of those "fine in moderation" foods (two cooked slices have 73 calories, 6 grams of fat and 202 milligrams of sodium), while concerns have been raised instead about the sugar content of juice drinks and the processed soy and high-fructose corn syrup in energy bars. "Bacon and eggs" seems once again like a reasonable option for breakfast. And, come to think of it, not one that takes a lot of time or effort.

Leave it to Kelsey Nixon, host of "Kelsey's Essentials" on the Cooking Channel, to offer a simple and simply delicious recipe for baked eggs with bacon in her new cookbook "Kitchen Confidence" (Clarkson Potter, 2014). Her dish includes spinach and goat cheese, and is a Sunday-brunch-at-a-fancy-restaurant dish that is easy enough for a weekday morning.

If you want to cook it old school, stick with plain bacon and eggs. Here are some hints for cooking each.

Perfectly cooked bacon:

To fry: Lay bacon in a single layer in a cold, heavy skillet. Set over medium-low heat and cook, turning once or twice, until crisp, 10 to 15 minutes.

To broil: Line a broiling pan with foil and lay bacon on a rack over the pan. Set the pan (with rack) 3 to 4 inches from the heat source of a preheated broiler. Broil 6 to 10 minutes, turning frequently and watching carefully to prevent burning.

To bake: Prepare as for broiling. Bake for 20 minutes in the upper third of an oven preheated to 350 degrees. (Best for thick-cut bacon that you do not want to become very crisp).

To microwave: Not recommended as it can easily result in dried-out, hard bacon.

(Bacon cooking methods adapted from "The Bacon Cookbook," by James Villas, Wiley & Sons, 2007)

Perfect fried eggs:

1) Choose the right-sized pan (a 6-inch pan for one egg; 8-inch for 2 eggs, 10-inch for 3 to 4 eggs. For more than four eggs, fry in batches).

2) Use 1 teaspoon of butter or olive oil per egg.

3) Start with an empty, cold pan and heat it slowly over medium-low heat; then add the fat and heat slowly until it begins to sizzle; then add the eggs.

4) Break eggs into a shallow cup or saucer and then slide into pan. (This allows you to pick out any shells, and also to save an egg with a broken yolk for another purpose).

Recipe offers suggestions for the perfect breakfast

5) Cook over low to medium heat. For sunny-side up eggs, cook 4 to 5 minutes, covered (for delicate white and creamy yolk) or uncovered (for yolk and white slightly browned on the bottom).

6) For eggs over-easy, cook as for sunny-side up (above) and flip during last 15 to 20 seconds of cooking. Use a wide spatula.

(Egg cooking method from "The Good Egg," by Marie Simmons, Houghton Mifflin, 2006)

BAKED EGGS

Yield: 4 servings

- 6 slices applewood smoked bacon
- 6 ounces (4 loosely packed cups) fresh baby spinach
- 2 tsp. cider vinegar
- 1 tsp. whole grain mustard
- Kosher salt and cracked black pepper
- 4 large eggs
- 2 ounces soft goat cheese, divided into 4 (1/2 ounce) portions
- Toasted baguette slices, for serving

Preheat the oven to 400 degrees. Line a plate with paper towels.

Fry, broil or bake the bacon until crisp, as above. Transfer to the prepared plate to drain. When cool, crumble.

Pour off and reserve all but 1 tablespoon of the bacon drippings in the skillet. Add the spinach to the skillet and sauté over medium heat until wilted, 1 to 2 minutes. Stir in the vinegar and mustard, and season to taste with salt and pepper. Continue cooking until no liquid



WHAT'S FOR BREAKFAST? — Bacon and eggs make a delicious comeback, baked here with spinach and goat cheese. (Photo by Sara Remington for "Kitchen Confidence" by Kelsey Nixon [Clarkson Potter, 2014])

remains, about 2 minutes more.

Using the reserved drippings, lightly grease four (1-cup) ramekins. Carefully crack an egg into a shallow cup or saucer; if

any of the yolks break, cover and refrigerate for another use (within 24 hours). Gently slide one egg into each ramekin. Season each egg with pepper. Divide the spinach among the ramekins and top with crumbled bacon.

Set the ramekins on a baking sheet. Bake until the whites are set and the yolks are still runny, 10 to 15 minutes.

After removing ramekins from the oven, top each egg with 1/2 ounce of goat cheese and serve warm with toast.

(Recipe from "Kitchen Confidence," by Kelsey Nixon, Clarkson Potter, 2014)

Documents

continued from page 1
hard drives or uploaded to secure servers. Should anything happen to your computer, you will have the backup version of your important files.

• Shred documents when the time comes. Every file does not have to be kept forever. When discarding documents, put them through a paper shredder before recycling or putting them in the trash.

How long to store certain documents

- **Bank statements** — One year, unless needed to support tax filings
- **Birth certificates** — Forever
- **Contracts** — Until updated
- **Credit card records** — Until paid, unless needed to support tax filings
- **Education documents** — Forever
- **Home records** — As long as you own the property
- **Investment certificates** — Until sold or cashed in
- **Life insurance records** — Forever
- **Military service records** — Forever
- **Tax records** — Seven years from filing date
- **Vehicle titles** — Until the vehicle is sold
- **Will** — Until the will is updated

Solution to Sudoku puzzle printed on page 2.

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

Solution to Crossword puzzle printed on page 2.

Solution time: 21 mins.

D	R	A	B		C	U	B		C	H	O	P
E	U	R	O		O	N	A		H	A	D	A
A	B	E	L		S	U	R	V	I	V	O	R
D	E	S	E	R	T		S	E	V	E	R	E
			Y	O	U	R		T	E	N		
S	U	R	N	A	M	E	S		S	O	R	T
I	K	E		D	E	B	T	S		T	A	E
D	E	N	T		S	U	R	M	I	S	E	D
			T	O	E		T	I	E	R		
U	N	F	U	R	L		K	W	O	N	D	O
S	U	R	P	R	I	S	E		N	E	O	N
A	L	E	E		F	O	R		E	V	I	L
F	L	E	E		E	N	S		D	E	N	Y

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