



In awe of Coach James Waugh

RLC welcomes 2015 Commencement speaker, legendary Warrior Coach James 'Hummer' Waugh

BY BILLY MCPHERSON
 CLOCKTOWER CHRONICLE STAFFWRITER

From 1966 to 1995, Rend Lake College Coach Jim Waugh stressed to his players that being part of a team means knowing your role. And although he retired two decades ago, the beloved coach called "Hummer" is still a big part of the team.

On Saturday, Waugh will address the Class of 2015 at RLC's 48th Annual Commencement Ceremonies, being held in

the gym named in his honor. Coach Waugh has been a part of Rend Lake College since before there was a Rend Lake College. Graduating students will want to keenly listen to the advice of a man who has truly seen and done it all at RLC. In his 29-year career, the Indiana native — who played three sports at Indiana State University — coached both the men's and women's Warrior basketball programs for nearly 15 years apiece, as well as almost every other sports program offered by the college. He racked up an impressive list of accolades. In the article "Rend Lake Warriors Open Here On Monday," from the November 17, 1967 edition of the Mt. Vernon Register-News, a young and optimistic Coach Waugh was recovering from a poor showing the previous year when the Warriors were

still the Mt. Vernon Community College Warriors. Another article in March of 1969 focused on a new roster of fresh recruits. "We're young and will make some honest mistakes early, but as the season progresses and our freshmen adjust to college ball, we can be a very good ball club," he said. "The boys have plenty of zest and determination, our bench strength — always so important — is good, and we have excellent scoring potential. We'll have an interesting club and, barring injuries or scholastic problems, we'll have a strong club." In a phone conversation last week, Waugh brought up the importance of addressing those aforementioned scholastic issues back then. He said when he was hired by the college, he was told "you are going to be a teacher first."

He's best known at RLC for his coaching. But, throughout his entire career, Waugh, who holds a degree in biological science, always taught a full academic curriculum. Among the classes Waugh taught were a health education class, a special drug abuse class that he helped pioneer at RLC, and a first aid class. His coaching banner includes winning 501 basketball games and an induction into the Illinois Basketball Coaches Association Hall of Fame in 1995. During his tenure, the RLC Lady Warriors averaged 18 wins per season and helped make him the Great Rivers Athletic Conference "Coach of the Year" in 1987. Trish Reed played on that team. "In 1985, I was a typical Southern Illinois student," Reed said during her acceptance

speech for the RLC Alumnus of the Year award in 2013. "My father worked in a coal mine and my mother worked in a factory. I was enrolled in college and I was concerned with how to pay for it. I spoke to Coach Waugh, and he opened up an opportunity for me to play basketball and pay for college at the same time. Because of that, I grew as a person while at Rend Lake College and the life lessons I learned as a Lady Warrior are invaluable." When asked about the difference between coaching men and women, Waugh responded that it is "a little different, but not a lot," adding that "the good athlete wants to be coached." On the men's side, Waugh's Warriors won two SICC titles. The first was the 1972-73 sea-

Waugh continues on page 3

Kim Olver presenting mental health workshop on May 19

BY REANNE PALMER
 RLC PUBLIC INFORMATION

Award-winning author and inspirational speaker Kim Olver will be stopping by the Rend Lake College campus on Tuesday, May 19 to provide an informative and educational workshop about mental health for professional and personal development.

Olver, a Licensed Clinical Professional Counselor (LCPC), will speak from 8:30 a.m. – 4:30 p.m., Tuesday, May 19 in the RLC Theatre. Her workshop, called "Success Strategies for Working with Individuals with Mental Health Concerns," will help professionals, family members, and friends learn to maximize success for those with mental health anxieties.

At the beginning of her presentation, Olver will have participants list the five basic human needs and identify the deficit needs in those with whom they work. She will then discuss ways for attendees to help those they serve by having needs met in a responsible way.

Olver is a 1993 graduate of the William Glasser Institute and will also devote time in the workshop to Dr. Glasser's Choice Theory. The Choice Theory suggests that behavior is driven by the five basic



Kim Olver, LCPC

needs: survival, love, significance, freedom, and learning. Since graduating, Olver has developed her own Choice Theory process called Inside Out Empowerment that encourages its students to focus on the things they can control or to take steps toward releasing old habits and past traumas.

According to her website, Olver states, "Inside Out Empowerment is designed to free your mind, open your heart, and transform you into the Intentional You. As a 20-year student of Dr. Glasser's groundbreaking work, I have discovered there is more to what we want than just what we consciously decide. Often-

Olver continues on page 2

Concealed Carry dates scheduled through December 2015

BY REANNE PALMER
 RLC PUBLIC INFORMATION

ILNA, Ill. (May 6, 2015) — Jeff Bullard started his session at the Crimestoppers Convention in Mt. Vernon with the saying, "When seconds count, help is only minutes away." The Detective Captain of the Mt. Vernon Police Department was one of a handful of presenters at the event, where he spent the rest of his session speaking about the Concealed Carry law and the training program at Rend Lake College.

Bullard covered everything from the Illinois Concealed Carry Act to how to apply for a license to RLC's 16-hour training program.

"People who are stopping crime are Concealed Carry, and that's great. As a citizen, you have the right and the responsibility to protect yourself," said Bullard. "Rend Lake has the reputation of taking Concealed Carry too seriously, but I'm an advocate of this process. We think it's important to teach what the law says about what you can do while carrying a firearm and use of force. Every situation is different, but we want to give our students the necessary

education to make those choices."

There are eight weekends scheduled through the end of 2015 for locals to apply and train to receive their Illinois Concealed Carry license. The two-day courses are set for the following Saturdays and Sundays: May 30-31, June 20-21, July 18-19, Aug. 29-30, Sept. 26-27, Oct. 24-25, Nov. 21-22, and Dec. 5-6.

All of the classes will be held from 8 a.m. – 4:30 p.m. in the Coal Mine Training Center, Room 107A, on the Ina campus and the RLC Shooting Range.

"We want serious citizens to come to our program and we also want to offer a quality program that benefits everyone involved," said Bullard. "We want to make sure we send away our community members with updated knowledge and enough training to make responsible decisions, should they find themselves in a dangerous situation."

On day one, attendees will learn about topics in firearm safety; principles of marksmanship; care,

Dates continues on page 2

Articulation agreements to help RLC Graphic Design grads after commencement

BY REANNE PALMER
 RLC PUBLIC INFORMATION

ILNA, Ill. (May 8, 2015) — Graphic designers at Rend Lake College have two new options to continue their higher education after graduation, thanks to the hard work of one RLC professor and the approval of two articulation agreements.

Grads can now transfer seamlessly to Stephens College for Graphic Design Communications in Columbia, Mo. or Rocky Mountain College of Arts & Design in Lakewood, Co. The articulation agreements were approved this week by the RLC Board of Trustees to be

effective immediately. An articulation agreement is a contract between two institutions in which students follow a set list of courses to complete at the first school — in this case RLC — and the student can use those same credits toward advanced standing, entry into, or transfer into a specific program at the second institution.

Chris Nielsen, Dean of Applied Science and Technology, said the agreements are the combination of student interest and dedication

Agreements ... continues on page 2

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Rend Lake College summer Kids Camp sessions announced

Rend Lake College of Ina is offering a variety of activities as part of its Kids Camp sessions.

The following camps will be offered this spring and summer:

• **Picture It!** is an art camp that gives attendees the chance to create their own hand-painted canvas. Instructor Heidi Karsten will help students entering into or leaving grades one to eight make their own sports-themed or flower-themed masterpieces.

Campers should bring an old T-shirt or paint smock. Registration is due by May 29, and attendees should specify if they would like a sports or flower theme. Students in grades one to four will meet from 9:30 to 11:30 a.m., June 13 at the RLC

Murphy-Wall Pinckneyville Campus, Room 101. Students in grades five to eight will meet from 1 to 3 p.m. on the same day in Room 101.

• **Outdoor Adventure** awaits youth at Camp Manitowish in Benton. "It's the excitement of an overnight camp held during the day. Campers will participate in the challenge course and zip line on the high ropes and in a team building activity on the low ropes, in addition to crafts, kayaking, fishing, and hiking. Each camper should bring a sack lunch, drinks, sunscreen, insect repellent and swimming attire each day," according to a RLC statement.

Outdoor Adventure is for students entering into or leaving grades two to nine. Camp meets from 9 a.m. to 4 p.m.,

on June 15 to 18, June 22 to 25, July 13 to 16 and July 20 to 23. Attendees can choose to attend one, two, three or all four weeks of the camp.

• **Strike a Pose** will be held at Studio RLC for students entering into or leaving grades one to seven. Campers will learn about the latest fashion trends in skin care, nail care, make-up, hairstyles, poise and etiquette from the Studio RLC Style Team. At the end of the camp, attendees will show their family and friends everything they learned during a runway show.

Camp meets from 9 a.m. to 3 p.m., July 23 at Studio RLC in the Mt. Vernon MarketPlace. Camp fees include lunch, and students should bring their favorite outfit for the runway show.

Grade level applies to either past or upcoming grade. Payment must be received at the time of registration. Registration forms are available online. More information is available by calling 437-5321, Ext. 1714 or 1380.

Learning Resource Center new hours start June 8

The Learning Resource Center will switch to summer hours beginning June 8. The LRC will be open from 7:30 a.m. to

7 p.m., Monday through Thursday, and 7:30 a.m. to 4 p.m. on Friday. Instructors can request to use the library after hours. Call (618) 437-5321, Ext. 1308.

Agreements

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by Graphic Design Professor Jennifer Tarantino Linsin to make new options for graduates after leaving RLC. He added both universities were very cooperative and instrumental in completing the process.

"These Articulation Agreements are very specific documents that tell our students exactly which classes the university will accept from our Graphic Design department into theirs," said Nielsen. "Our general studies classes transfer, plus the student will receive some upper-level credit for graphic design classes. It eliminates some of the classes an RLC graduate will have to take at the higher institution. They will save money, because our tuition rate is lower, and they will have a shortened amount of time there."

Students interested in Stephens College will pursue a Bachelor of Science in Graphic Design Communications. The program requires a grade point average (GPA) of 2.5 to enter

into their two-year, four-semester program of 67 credit hours. Similarly, Rocky Mountain College will require a GPA of 2.0 to complete their Bachelor of Fine Arts in Graphic Design program.

Tarantino Linsin said both Stephens and Rocky Mountain colleges were essentially chosen by students wishing to attend there after graduating from RLC's program.

"The word on the street many times is that our degrees won't transfer, and this isn't true. When a freshman comes into our program, I have

them tell me where they're interested in going, because there's a good chance we haven't tried to articulate it," said Tarantino Linsin. "That's what happened with Stephens and Rocky Mountain; we had student interest. It's important that we take advantage of any opportunity for our students to transfer credits on, and hopefully we'll be seeing more of this arrangement in the future."

RLC offers an Associate in Applied Science Degree for Graphic Design, which

is a two-year, 67-credit-hour program to prepare students to use print, electronic, and film media while using a variety of methods such as color, type, illustration, photography, animation, and various print and layout techniques. RLC also has two occupational certificates in Graphic Design and Graphic Web Design to provide entry-level skills in as little as one year.

Graphic designers have a wide range of employment options, including with magazines, newspapers, journals, corporations and businesses, marketing offices, television and movies, and much more. According to the U.S. Department of Labor Bureau of Labor Statistics, employment for graphic designers is projected to increase by seven percent from 2012 to 2022.

For more information about RLC's Graphic Design program, contact Jennifer Tarantino Linsin at (618) 437-5321, Ext. 1716 or tarantino@rlc.edu. To register, contact RLC's Academic Advising Center at (618) 437-5321, Ext. 1266.

Dates

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cleaning, loading, and unloading; state and federal laws regarding civilian use of force; the Illinois Concealed Carry Act; and the Firearms Owner's Identification (FOID) Act from instructors Ron Meek, RLC Criminal Justice Associate Professor; Captain John Prudent of the Mt. Vernon Police Department; and Bullard. Firearms are not allowed during day one of the training course.

Instructors return on the second day to focus on

weapon handling and state and federal laws relating to firearms, interaction with law enforcement while carrying a concealed handgun, range rules, range firing line procedures, dry firing practice drills, live fire range practice, and the state qualification course. Participants should bring their firearm to Sunday's class with two boxes of unopened factory ammunition to be inspected by course instructors.

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

yards and must achieve 70 percent accuracy. A qualifying shot consists of a shot placed inside the seven ring of a B-27 target. Attendees must be at least 21 years old.

Also required for licensure is a valid FOID card and driver's license. The cost of the two-day course is \$150 for Illinois residents and \$250 for out-of-state attendees. For more information, contact the RLC Community and Corporate Education Division at (618) 437-5321, Ext. 1714, or smithst@rlc.edu.

Olver

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times, we have subconscious tapes playing in the background of our minds that can create serious self-sabotage. Until we bring those limiting beliefs into the light where they can be fully dissected, then the self-sabotage will continue."

Workshop participants will learn about the different views of Choice Theory to help them manage themselves while working with others who have challenging behaviors.

Registration begins at 7:45 a.m. the morning of the workshop and costs \$15. Lunch is provided for all

attendees. Participants can also earn 6

CEUs or CPDUs, or 0.5 credit hours for attending. For more information, contact RLC's Community and Corporate Education Division at (618) 437-5321, Ext. 1714.

To learn more about Kim Olver, visit her website at www.kimolver.com.

Crossword

Across

- 1 Wall painting
- 6 Brimming
- 11 To's opposite
- 14 Video game pioneer
- 15 One-named Italian model
- 16 Alley-___ (court play)
- 17 Quality-check broadcast
- 19 Adventurer's aversion
- 20 Viper type
- 21 Harte of fiction
- 22 More than fubsy
- 24 Beast's hideout
- 25 Took Carnival
- 27 "Brrr!"
- 30 Christie detective
- 31 Biblical prophet
- 32 Feudal folks
- 33 Anti-stick spray
- 36 Fed lines to
- 37 Parade figure, informally, hidden in each of the long answers
- 38 Birthday order
- 39 The classifieds
- 40 Opening pitch
- 41 Knock across, as a run

1	2	3	4	5	6	7	8	9	10	11	12	13
					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		
58					59					60		
61					62					63		

Down

- 1 ___ Hari (spy)
- 2 Members of the Shoshonean people
- 3 Rough file
- 4 MOMA display
- 5 Relief for chaps
- 6 On the tail of
- 7 Light bulb unit
- 8 \$5 bill, in slang
- 9 General, to a colonel
- 10 Order of the British Empire and others
- 11 Way through the woods
- 12 Fire up
- 13 Elected (to)
- 18 In a drought
- 23 Life cut short?
- 24 Deafening
- 25 Word with reef or snake
- 26 Narrow fissure
- 27 Peruvian ancestor
- 28 Tennyson poem
- 29 Jersey decoration
- 30 Le Pew and Le Moko
- 32 Scaler's steps
- 34 Alike
- 35 Hash house handout
- 37 Canned meat name
- 38 Argument
- 40 Type of bomber
- 41 Church hat
- 43 Legendary iceman
- 44 Passport permit
- 45 Not ___ (fair)
- 46 Capt. Kirk bridgmate
- 47 Come to the point
- 49 Lab burner
- 50 Salon job
- 51 "Iron Chef" props
- 52 "___ Bitsy Spider," children's song
- 55 "I got you!"
- 56 Give a little, in a way
- 57 Headed for the hills

Solution to Crossword puzzle printed on page 3.

Sudoku

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

Solution to Sudoku puzzle printed on page 3.

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son with a record of 20-6. The other was the 1979-80 season with a record of 21-12. Alumnus of the Year (2011) and former Salukis Coach Ron Smith was a

part of that championship '72-73 team. Like Reed, Smith didn't forget his old coach when accepting his award.

"Jim Waugh was such a big part of my life while I was at Rend Lake College," Smith told the audience.

"How you do things is shaped by your mentors and he was a tremendous example for me. He was the one who showed me it's fun to come to work everyday — win, lose or draw."

Waugh said one of his most important tasks was building relationships with players. He speaks with noticeable pride and affection when mentioning that he is still "good friends with many players." He gets recognized by former students. They always shout, "Hey Hummer!" he said.

"Hummer." Where did that nickname come from? Waugh said the culprit is Mike McClure, one of his former players who went on to coach Warriors baseball. The story goes that Waugh

would always tell his softball pitchers to "hum the ball over the plate." It was a phrase he repeated so often that McClure made it a nickname - one that has stuck for more than 40 years.

Waugh coached the RLC Softball Team for 12 seasons, during which he earned a record of 216-150 and produced a third-place Region XXIV showing in 1991-92. He received RLC's Faculty Excellence Award in '91 and served as the NJCAA Region XXIV Women's Director. In addition to coaching, Waugh spent 17 years as RLC Athletic Director. In 2001, he was inducted into RLC's Sports Hall of Fame.

Local radio figure and

publisher Jim Muir said Coach Waugh was "instrumental in laying the foundation for Rend Lake College." Muir said Waugh was "an excellent coach" who "really cared about his players" above all else and "prepared them for life outside of college." Muir related a story from his days at RLC. He said whenever he would run into Waugh on campus, Waugh would always ask how he was doing, academically.

"I can't say enough good things about him," Muir added.

Waugh said he has stayed connected to RLC as much as possible. He said campus has grown in aesthetics and academics. One thing he is particularly

proud of is the large number of classes and programs being offered today. Waugh's current role is "completely retired" from active coaching, he said, adding that his grandchildren are the only exception. He said he is proud to have been asked to be this year's commencement speaker and looks forward to addressing RLC's Class of 2015.

The 48th Annual Rend Lake College Commencement ceremonies will take place Saturday, May 16, in James "Hummer" Waugh Gymnasium on in the main campus in Ina. For complete details about Commencement 2015, visit RLC online at www.rlc.edu/graduation.

Solution to page 2 Sudoku puzzle.

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

Solution to page 2 Crossword puzzle.

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

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Service dogs at work

What better stress reliever than puppies? Last week, Rend Lake College invited SIT Service Dogs to campus to help relieve some stress while students prepared for finals week. (Photo by Taylor Blankenship / RLC Clocktower Chronicle Staff Photographer)



Register to vote

Rend Lake College students, FROM LEFT, Tanner Hill of Woodlawn, Sydney McPhail of West Frankfort and Amanda Loker of Wayne City, help students register to vote recently as part of their First Year Experience (FYE) class' service learning project. The service projects are designed to be ways students can get active both on campus and in local communities and are worth credit in the class. FYE was named the Higher Learning Commission's Quality Initiative Project for 2014 due to its action to improve students' education at RLC.



'Fill the fire truck'

Rend Lake College teamed up with the West City Fire Department to "fill the fire truck" with cereal and non-perishable food items recently to donate to Lifeboat Alliance Homeless Shelter in Mt. Vernon. The food collected was another First Year Experience Orientation class' Service Learning Project. After the food collection ends, the class will take the donation to the homeless shelter and, during the same trip, they will help the staff put together a sandbox in the shelter's playground.

Lemon and mint bringing out summer flavors of shrimp dish

UNIVERSAL

Sauteed shrimp involves some of the easiest preparation on the planet: pan, butter, shrimp. Go! But as easy as that is, it's not difficult to add the tiniest flavor twists and be surprised at the amazing outcome.



By Alicia Ross

With summer's official arrival not too far off, I'm craving the light and bright flavors of those hot months. Lemon and mint combine in this easy pan sauce to make a romantic, delicious dinner. With a few candles and chilled wine, Shrimp With Lemon-Mint Sauce might just become your go-to dinner for company. I know it's vying for my top spot.

If you buy a bunch of mint for this shrimp dish and need another recipe to use the rest, check out My Favorite Mojito on kitchenscoop.com. Enjoy!

Place the flour, salt and pepper in a resealable plastic bag and shake to mix well. Add the shrimp and shake to coat well.

Heat the butter and oil together in a large skillet over medium-high. Just as the butter starts bubbling, add the coated shrimp into the pan. Discard remaining flour mixture. Separate and arrange the shrimp in a single layer. Cook for about 1 1/2 minutes or until shrimp start to turn pink and slightly brown on one side. Cook the shrimp, shaking and turning for about 2 more minutes or until cooked through and crispy on the edges. Remove from skillet and cover lightly with foil to keep warm.

Add garlic, lemon zest and juice to the hot skillet. Stir and cook for 1 minute over medium heat. Add the chicken stock and scrape the bottom of the skillet to loosen drippings. Add mint and stir and cook 30 seconds. Remove from heat.

To serve, place the shrimp over rice, if desired, and drizzle with pan sauce.

Approximate values per serving (shrimp and sauce only): 170 calories, 7.5 g fat (2.4 g saturated), 175 mg cholesterol, 19 g protein, 7 g carbohydrates, trace dietary fiber, 455 mg sodium.

(Alicia Ross is the co-author of "Desperation Dinners!" (Workman, 1997), "Desperation Entertaining!" (Workman, 2002) and "Cheap. Fast. Good!" (Workman, 2006). Contact her at KitchenScoop.com, c/o Universal Uclick, 1130 Walnut St., Kansas City, MO 64106, or send email to tellus@kitchenscoop.com. Or visit the Kitchen Scoop website at www.kitchenscoop.com.)

MENU:
Shrimp With Lemon-Mint Sauce
Steamed Rice
Crisp Green Salad

SHRIMP WITH LEMON-MINT SAUCE
Start to finish: 15 minutes
Yield: 4 servings

- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 12 ounces to 1 pound medium shrimp, peeled
- 3 teaspoons salted butter
- 3 teaspoons olive oil
- 2 garlic cloves, finely chopped
- Zest of one lemon
- Juice of one lemon
- 1/4 cup chicken stock or broth
- 2 tablespoons torn mint leaves
- Steamed rice for serving, if desired



(Photo by Alicia Ross / Kitchen Scoop)

Eating peanuts may reduce risk of developing peanut allergy

BY ANTHONY L. KOMAROFF, M.D.

UNIVERSAL

DEAR DOCTOR K: My baby has an egg allergy. His doctor says this increases his risk of developing a peanut allergy. She recommends avoiding peanut products for now. But another doctor gave me the opposite advice. What should I do?

DEAR READER: If your child has a food allergy, you may well agonize over the safety of his every meal and snack. And no wonder. Food allergies can cause severe — even deadly — allergic reactions. Peanut allergies can cause bad rashes, severe difficulty breathing, a dangerous drop in blood pressure and other dangerous results.

But a study recently published in The New England Journal of Medi-

cine offers some hope for parents of infants who may be headed toward a peanut allergy. That hope is peanuts.

For the study, researchers recruited 640 infants aged 4 to 11 months. These infants all had an egg allergy or eczema. (Eczema is an allergic disorder that affects the skin.) Both eczema and an egg allergy make it more likely that a child will develop a peanut allergy.

So, the kids in the study all were at higher risk for developing a peanut allergy than most kids. Then, these kids were tested to see who already had developed a sensitivity to peanuts. This was done

with a test in which a drop of peanut extract was placed under the surface of the skin. Redness or swelling in that spot indicated that the infant was sensitive to peanuts.

The children were divided into two groups: children whose skin tests showed that they were already sensitive to peanuts, and children who weren't.

Within each of those groups, the children were further divided into two

groups. The parents in one group were asked to make sure their children didn't eat any peanuts, peanut butter or other peanut-based products until age 5. Parents in the other group were asked to give their children a peanut-based snack called Bamba or peanut butter three times a week until age 5.

The results were surprising and dramatic. Of children who were not already sensitive to peanuts, a peanut allergy developed in only 1.9 percent of children who ate peanut products, compared with 13.7 percent of

those who didn't eat peanuts.

Even more surprising, of the kids who were already sensitive to peanuts, a peanut allergy developed in only 10.6 percent of children who regularly ate peanut products, compared with 35.3 percent of those who didn't regularly eat peanut products.

In other words, feeding peanuts to young children who are at high risk for developing a peanut allergy can actually protect them from developing that allergy later in life. Somehow, it makes a child's immune system more "accepting" of peanuts and less likely to respond violently. A peanut diet does not offer perfect protection against a peanut allergy developing later in life, but it does reduce the risk.

What does this new research mean for parents? If your infant is allergic-prone, ask his or her pediatrician about adding peanuts to your child's diet now, to prevent a peanut allergy down the line.

(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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ATHLETICS

SECTION

Women's golf in 8th after first round at Nationals

MESA, Ariz. (May 12, 2015) — The Rend Lake College Lady Warriors Golf team finished round one of the National Junior College Athletic Association (NJCAA) National Championship in eighth place at 349 (+61) yesterday at Longbow Golf Course in Mesa, Ariz. They sit 46 strokes behind first place Semiole State of Sanford, Fla. at 303. RLC is led by sophomore Ali Christian (Lewisville, Texas) who is tied for 23rd overall at 81 (+9). She's followed by Charleston native Madison Burgett at 88 (+16) and tied for 49th. Team RLC also includes Kaylyn Fuhrhop (Okawville) at 89 (+17), Ashley Sexton (Anderson, Ind.) at 91 (+19), and Katie Garver (Campbell Hill) at 100 (+28). Last September, the

Lady Warriors finished second overall at host Mesa Community College's (MCC) Invitational with a two-day score of 658 (334-324). On the first day on Longbow G.C., Burgett and Sexton led RLC with scores of 80 and 86 respectively. MCC would win the tournament with a score of 610 (302-307). Following Seminole State at Nationals is Daytona State College of Daytona Beach, Fla. at 304 and MCC at 313. John A. Logan College is also competing as a team and sits in 10th at 356. For full results of the 2015 NJCAA National Championship, visit www.golfstat.com. The Lady Warriors will continue round two of the tournament today and will wrap up Thursday. For all things athletic at The Lake, visit www.rlc.edu/warriors.



Sara Dixon



Lexi Skelton



Jordyn Wieland

Three Lady Warriors make softball All-Region team

BY REANNE PALMER
RLC SPORTS INFORMATION
NA, Ill. (May 11, 2015) — Three Rend Lake College Softball players are joining the All-Region XXIV team after standout seasons. Catcher Sara Dixon (Benton), second baseman Lexi Skelton (Henderson, Ky.), and center-fielder Jordyn Wieland (Pinckneyville) represent RLC on the 16-player team. The Lady Warriors ended their regular season 27-18 after an 11-game winning streak. They defeated Olney Central College in the first round of the Region XXIV tournament, only to be eliminated with losses to Wabash Valley College and Lake Land College. They were 14-11 in the Great Rivers Athletic Conference (GRAC). Sophomore Dixon finished the season with a .430 batting average, including 45 runs, 68 hits, 13 doubles, two triples, and one homerun — which happened to be a grand slam against GRAC opponent Olney Central College — in 49 games and 158 at-bats. The power hitter has an on-base percentage of .470 with a slugging percentage of .557, and a total of 47 RBIs through-

out the season. Fellow sophomore Skelton logged a .475 batting average after a season filled with five homeruns — the most of any athlete on the team — and 35 runs. She also led the Lady Warriors in RBIs at 52. To her name, Skelton has 76 hits and 28 doubles, to earn an on-base percentage of .497. She also boasts a slugging percentage of .744 in her 160 plate appearances. Freshman outfielder Wieland is already a standout player for the Lady Warriors, ending her first collegiate season with a .452 batting average and 55 runs from 177 plate appearances — both firsts for RLC. She had 80 hits, 10 doubles, and 24 RBIs during the season and ended with an on-base percentage of .489 and a slugging percentage of .508. Head Coach Dave Ellingsworth explained each athlete was listed in the National Junior College Athletic Association (NJCAA) top 60 for their overall batting average: Skelton in 21st at .475, Wieland in 38th at .452, and Dixon in 60th at .430. All three were also named to the All-Conference team, along with

sophomore pitcher Emily Jenkins (Benton, Ky.). "All three of them ended the season in the top 60 in the nation in batting average," said Ellingsworth. "Skelton was in the top 10 for most of the year. Together, they all really helped the team to a 29-20 overall record. They've been part of a very enjoyable team to coach. They're extremely talented and they're going out to have fun." In addition to Dixon, Skelton, and Wieland, the All-Region 24 team is comprised of Macie Cain (Olney Central College), Carley Childress (Wabash Valley College), Page Clinton (Lake Land College), Kaitlyn Crossen (Lake Land College), Megan Godoyo (Wabash Valley College), Kera Hartman (Wabash Valley College), Kenedy House (Wabash Valley College), Kate Jolliff (Kaskaskia College), Jordan Lodge (Kaskaskia College), Sarah Lopesilvero (Lake Land College), Rachel Rhode (Lake Land College), Allison Webster (Wabash Valley College), and Bailey Winters (Wabash Valley College). For all things athletic at The Lake, visit www.rlc.edu/warriors.

First baseman Clark signs to 2015-16 baseball team

BY REANNE PALMER
RLC SPORTS INFORMATION
NA, Ill. (May 11, 2015) — The Rend Lake College Baseball team has another signee for the 2015-16 season in Ostin Clark of Delphi, Ind. The first baseman is wrapping up his senior year at Delphi Community High School (DCHS) where holds the career record for home runs and RBIs. The 18-year-old is the son of Summer Day and a criminal justice major at RLC. He kicked off his freshman year with seven homeruns, a record he continued to push during his high school career. In total, Clark has 30 homeruns to his name, and his senior year season isn't over yet. During his first visit to the RLC campus, Clark said he's looking forward to the next chapter in his education. "There are good academic

opportunities here, and what looks like a very well put together baseball program," said Clark. "I think I'll have a lot of fun here." Clark is also the RBI leader at DCHS and is close to shattering his past records. Currently, he's logged 29 RBIs in 16 games, just two short of matching his 31 RBIs in 27 games last year as a junior. Clark's batting average also continues to rise, growing from .348 as a sophomore to the current .600. DCHS has a season record of 9-8 with nine games left in the season. Head Coach Tony Etnier added he's anxious to see how Clark's power can boost the Warriors offense. "We are excited to have Ostin joining our program next year," said Etnier. "He is a big, strong kid who can really hit and should help kick start our offense next spring.

We are very happy to have him on board." RLC's Baseball team finished the year 20-19, and 14-

10 in the Great Rivers Athletic Conference. For all things athletic at The Lake, visit www.rlc.edu/warriors.



Ostin Clark and his mother Summer Day visited the Rend Lake College campus Friday and stopped by the Athletic Department to talk about next season with Head Coach Tony Etnier. (Photo by ReAnne Palmer / RLC Public Information)

Greenfield, Korte, Swofford named to All-Region XXIV men's golf team

BY REANNE PALMER
RLC SPORTS INFORMATION
NA, Ill. (May 5, 2015) — Rend Lake College has three golfers joining the All-Region XXIV team after stellar performances this season. Sophomores Matt Greenfield (Hassocks, England), Dalton Korte (Metropolis), and Blake Swofford (Vandalia) make up three of the ten-person team. RLC kicked off the season the right way last fall with a third place finish at their own Fall Preview Invitational. Greenfield medaled at the tournament at 136 (68-68). He followed suit at the following tournament — the John A. Logan College (JALC) Invitational — in eighth, but first for RLC, at 151 (76-75). Korte finished in 11th at 155 (80-75), followed by Swofford in 23rd at 167 (84-83). Currently ranked in seventh on the latest Golfstat.com National Junior College Athletic Association (NJCAA) DII poll, Greenfield ended the regular season with an 18-hole average of 73. After the poll was

released, he placed third at the Region XXIV Championship with a score of 227 (72-75-80). Already committed to playing at Southern Illinois University Carbondale next year, Greenfield had other highlights as a Warrior. He finished in the top five at the Vincennes University Invitational with a two-day score of 149 (76-73); the Walters State Fall Invite with 143 (69-74), where he entered into a three-way tie for first and finished second after a six-hole playoff; the Ron Marshall Spring Fling Invite at 215 (73-72-70); the Augustana Invitational at 152 (79-73), and the RLC Spring Invite at 142 (70-72), where RLC took the top three spots to win the tournament. Fellow sophomore Korte is also ranked in the top half of the Golfstat.com NJCAA DII poll, sitting at 75th with an 18-hole average of 77. Last September, Korte logged his lone medalist title at the Vincennes University Invite by defeating Taylor Suggs of Cincinnati State in a five-hole

shootout for first. He finished the tournament at 144 (73-71). Korte had a number of top finishes for the Warriors as a key player in the five-man team. He placed third at the RLC Spring Invite last month at 143 (71-72); ninth at the Region XXIV Tournament at 232 (76-78-78); 13th at the Mulerider Spring Classic at 167 (78-89), a tie with RLC freshman Jordan Harre (Nashville); and 16th at the Augustana Viking Golf Invitational at 160 (79-81). Vandalia native Swofford ranked between Greenfield and Korte on the Golfstat.com NJCAA DII poll, standing in 59th also with an 18-hole average of 77. Throughout the season, Swofford was a consistent top-scorer, finishing in fourth at the Mulerider Spring Classic — first for RLC — with a score of 227 (81-72-74), sixth at the Vincennes University Invite at 150 (76-74), and sixth again at the Regional Tournament — one stroke behind Greenfield — at 228 (76-73-79). He also helped RLC land big wins at the RLC Spring Invitational with a score of 156 (78-78), the Walters State Fall Invitational at 158 (81-78), and the Augustana Viking Golf Invitational at 161 (82-79). Head Coach Dave Smith said he's proud of the All-Region athletes and he's excited to see Greenfield and Swofford playing at Nationals as individuals, despite the hard work and effort the team put in to compete together — an effort that fell three-shots short at Regionals. "All-Region is the top ten players and we're always hunting for one of those spots," said Smith. "We had three do that this year, more than any other team, and Blake and Matt get to continue trying to reach for that All-American team. It's the next big step. We're looking forward to going to Nationals, and it's a shame the team doesn't get to go, but that's the way it goes. We had a good run this year." Greenfield, Korte, and Swofford will be joined on the All-Region team by Colin Ahlvers (Lewis & Clark Community College), Nick Berger (Parkland College), Ethan Brue (Illinois Central College), John Casolari (Kaskaskia College), Tanner Cicci (Lincoln College), Zach Jewell (Illinois Central College), and Jack Niebrugge (Parkland College).



Matt Greenfield



Dalton Korte



Blake Swofford

The RLC Warriors Golf team finished their season with first place wins at the 2015 RLC Spring Invitational and Vincennes University Fall Invitational; a second place finish at the 2015 Muleriders Golf Classic; third place finishes at the 2015 Augustana Viking Golf Invitational, Fall Preview Invitational, JALC Invitational, and Regional Tournament; a fourth place finish at the Walters State 2014 Fall Invitational; a fifth place finish at the 14th Annual Ron Marshall Spring Fling; and a ninth place finish at the Mississippi Gulf Coast Community College Hilton Garden Inn Invitational. Greenfield and Swofford will compete as individuals at the NJCAA National Championship May 19-22 at Goose Pond Colony Golf Course in Scottsboro, Ala. RLC played on the same course in March for the Ron Marshall Spring Fling Invitational, where Greenfield placed second at 215 (73-72-70) and Swofford placed 38th at 227 (81-72-74). For all things athletic at The Lake, visit RLC online at www.rlc.edu/warriors.

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