



# CLOCKTOWER CHRONICLE



## Mowrer retires

Retiree Curt Mowrer is pictured with his award at the Annual Rend Lake College Board, Faculty, and Staff Recognition Banquet. (Photo by ReAnne Palmer / RLC Public Information)

## Two retirees, many honors highlight Recognition Banquet

BY REANNE PALMER

RLC PUBLIC INFORMATION

Two retirees — Aurelia Hudgens and Curt Mowrer — were honored earlier this month at the annual Rend Lake College Board, Faculty, and Staff Recognition banquet held at Birdies Sports Grille in Whittington.

At the banquet, current employees were also honored with 5, 10, 15, 20, and 25 year awards. Three individuals also took home the Full-Time Faculty Excellence Award, Part-Time Faculty Excellence Award, and Outstanding Staff Award.

### RETIREE CURT MOWRER, EXECUTIVE DIRECTOR OF THE SMALL BUSINESS DEVELOPMENT CENTER (SBDC)

Mowrer is a resident of Mt. Vernon who is retiring at the

end of the year after working 16 years at RLC. He started his career at the college in 1999 with RLC's Community and Corporate Education Division and with the SBDC. In 2001, Mowrer received both his Associate of Science Degree from RLC and his Bachelor in Science Degree from Southern Illinois University Carbondale. Before coming to RLC, Mowrer owned a restaurant, and because of those long hours, he says he will do "nothing" during his retirement.

"I worked in my restaurant for 30 to 40 years and I was always out and away, so I plan to spend a little time at home. I've got some projects I need to finish up. It'll be nice to be able to relax," said Mowrer.

Banquet ..... continues on page 4



Marketing Specialist Nathan Wheeler, CENTER, was awarded the Outstanding Staff Award by Mary Ellen Aiken, RLC Foundation Board Member and Chad Copple, RLC Marketing Director. (Photo by ReAnne Palmer / RLC Public Information)

## Christopher senior Courtney Young becomes RLC alumna, CHS grad — in that order

BY REANNE PALMER

RLC PUBLIC INFORMATION

It takes a lot of determination and drive to become a college graduate before receiving a high school diploma, but that's the story for Courtney Young, a senior at Christopher High School (CHS) this year and already a Rend Lake College alumna.

May is a big month for Young, who walked across RLC's commencement stage last Saturday and will continue strutting down to graduation at CHS this Friday. She joins the ranks of very few students who have obtained a college diploma from RLC before leaving high school.

Young has been working to reach this personal goal since the summer before her junior year nearly two years ago. She said the plan was to give her a head start in college and on scholarship appli-



CHS Senior Courtney Young graduated from college before high school, thanks to dual credit and dual enrollment opportunities through Rend Lake College. (Photo by Brittany Silver at Brittany Silver Photography)

cations by enrolling in RLC's dual credit and dual enrollment programs. "Reaching this achieve-

Young ..... continues on page 2

## RLCF Children's Center graduates 16 in 2015

BY REANNE PALMER

RLC PUBLIC INFORMATION

The Rend Lake College Foundation (RLCF) Children's Center graduated 16 students from the prekindergarten and preschool classes in the RLC Theatre. Those students are, in alphabetical order, Briar Allen (Bonnie), Justin Copeland (Coello), Cooper Deitz (Keenes), Tucker Downes (Woodlawn), Hendrix Draege (Hoyleton), Jayden Fox (Sesser), Tucker Handlin (Benton), Raelynn Lappin (Bonnie), Bella Moss (Logan), Avery Owens (Mt. Vernon), Lily Rains (Mt. Vernon), Aurorah Spencer (Benton), Andrew Stinson (Ina), Brian Welch (Bonnie), Lex Wheeler (Mt. Vernon), and Carmyn Zimmerman (Ina).

Family and friends of the graduates filled the seats. The ceremony included students reciting the Alphabet Song, a speech from former student Jacob Scatone, and the issuing of glossy, laminated diplomas. Two Lifetime Members of the RLCF Children's Center — Jayden Fox and Tucker



Pre-K student Andrew Stinson accepts his graduation certificate from Rene Crouse, RLC prekindergarten Head Teacher. Stinson was one of 16 graduates during the ceremony. (Photo by ReAnne Palmer / RLC Public Information)

Handlin — took a bow during the ceremony. Lifetime Members have attended the center since birth.

Scatone expressed his hopes that some of the students would remain lifelong friends, just like he and his best friend who met during their time at the center.

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# Enrollment now under way for Fall 2015 pharmacy technician program

MT. VERNON SENTINEL STAFF REPORT

Rend Lake College's pharmacy technician program is enrolling now for Fall 2015 classes.

This is giving students the chance to have a new profession in one semester.

The occupational certificate includes 16 credit hours, or one semester, of courses on RLC's campus and in the local community through a retail pharmacy and hospital clinical. Those courses are pharmacology and medical calculations, pharmacy technician practices, pharmacy drug distribution, pharmacy community clinical and pharmacy hospital clinical.

The community and hospital clinical courses will be assigned after the start of the semester. The remaining three courses will meet on Monday, Tuesday and Wednesday nights in the Science Building, Room 116: pharmacology and medical calculations from 5 to 8:50 p.m. Mondays, pharmacy technician practices from 5 to 8 p.m. Tuesdays and pharmacy drug distribution from 5 to 9:15 p.m. Wednesdays. All Fall 2015 courses start Aug. 17.

Pharmacy technicians combine good customer service skills with their certificate to help dispense

prescription medications in pharmacies and hospitals. Other duties typically include taking prescription information from customers; measuring, packaging, and labeling prescriptions; keeping track of inventory; and processing insurance information.

Graduates of the program will have the technical skills and knowledge needed to practice in a variety of pharmacy settings under a registered pharmacist. Students will also be eligible to sit for the National Pharmacy Technician Certification Examination, offered by the Pharmacy Technician Certification Board.

According to the U.S. Department of Labor's Bureau of Labor Statistics, employment for pharmacy technicians is projected to grow 20 percent from 2012 to 2022, faster than the average for all occupations. This will be due in part to an aging population requiring more medications, as well as increased access to insurance coverage by more customers.

More information can be found online at [www.rlc.edu/allied-health/pharmacy-technician](http://www.rlc.edu/allied-health/pharmacy-technician). To register for classes in the Pharmacy Technician program, you may contact RLC's Allied Health Division at 437-5321, Ext. 1769.

## Young .....

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ment has been very surreal for me," said Young. "Graduating from Rend Lake College before I graduate from high school has been a goal of mine since the summer after my sophomore year. To finally have reached this goal is such an incredible feeling. It's really indescribable. This achievement has certainly helped when it comes to filling out scholarship applications. It's pretty awesome to be able to say I'm graduating from RLC with an associate's degree in both arts and science."

Every year, hundreds of students like Young take advantage of RLC's dual credit and dual enrollment programs which allow high school students to take college-level courses tuition-free. Lisa Price, vice president of Student Services, said these programs continue to provide financial relief to parents and caregivers in the community.

"Courtney took advantage of RLC's dual credit courses, which are taken during the day for credit at Christopher High School as well as at RLC, plus the dual enrollment courses during each semester and the summer," explained Price. "She also enrolled in some online courses that helped push her toward her goal. Altogether, Courtney saved her family approximately \$6,000 in tuition."

In fact, in the 2013-2014 academic year, a total of

1,581 students in 12 local high schools learned the value of RLC's dual credit and dual enrollment programs by saving \$792,110 in tuition alone. At \$95 per credit hour, this means students earned 8,338 credit hours in the spring and fall semesters toward degrees at RLC.

In addition to Young, CHS enrolled 118 students (duplicated) into the RLC programs for a total of 481 credit hours and \$45,695 in tuition savings. Mt. Vernon Township High School had the most participants in the programs with 981 (duplicated) for a total of 3,077 total credit hours and savings of \$292,315 in tuition.

Starting with dual enrollment courses in the summer of 2013, Young embarked on a journey that would lead her to take between two and five dual credit and dual enrollment courses each semester through RLC's programs. It all started with encouragement from her family and school advisors.

"I first heard about the dual credit courses through my high school because they offer several for juniors and seniors. However, my parents were the first to mention taking dual enrollment courses over the summer," said Young. "When I first began taking dual credit and dual enrollment classes, they were fairly easy, only there was a little more work involved. In my last two semesters, however, I found the classes to be a bit difficult, but not unmanageable. Overall, I really enjoyed the challenges that came with taking courses at Rend Lake. I feel they helped enhance my knowledge and furthered my education while I was still enrolled at Christopher."

Price said students like Young are the model scholars RLC enjoys working with and helping advance their personal goals. While enrolled in the RLC programs, Young worked with Price for course scheduling and guidance.

"Courtney is a very dedicated student. She began taking dual enrollment and

dual credit classes the second she could," said Price. "She is one of the few students who have ever reached this level of graduating from both high school and college at the same time. It's extremely rare. It's admirable to see her striving toward her goal. She was very organized and motivated from the beginning because she had an end goal of transferring to a university. She knew she wanted to try to get scholarships, so she was working hard toward A's in all her courses, plus she's juggling several extracurricular activities. We always welcome students with her dedication and tenacity."

If not impressive enough, Young's achievements don't stop at two diplomas. Not only was she enrolled as a part-time college student, but Young also competed on CHS's varsity scholar bowl and Worldwide Youth in Science and Engineering (WYSE) teams.

On the side, she founded and served as the president of the CHS Community Service Club, plus she has been actively involved with the National Honor Society as the treasurer and drama club. As if her schedule wasn't already packed, Young spent her spare time peer tutoring in RLC's Writing Center and cheering for the CHS football and basketball teams.

During this time at CHS, she won several honors, including Illinois State Scholar, Daughters of the American Revolution Good Citizen Award, and Wendy's High School Heisman School Award. She served as the Christopher Area Betterment Association Student Representative and made the honor roll for four years and Scholar Athlete in Cheerleading for two years, both at CHS.

RLC President Terry Wilkerson said Young's impressive resume and hard work show her commitment to education. He speaks on behalf of the college when congratulating and encouraging her to keep striving forward.

"Courtney is the perfect example of what you can

accomplish with vision and plenty of hard work. Dual credit and dual enrollment are both great opportunities for students in our high schools, and this is just one of the benefits they can reap. We wish her all the best," said Wilkerson.

For Young, the road to a higher education doesn't stop at RLC. She plans to attend Stetson University in DeLand, Fla., this fall to major in political science and minor in business and English. The goal, she says, is to be a public policy analyst and work with laws at the state or federal level. To the students who share the same high-achieving goals as herself, Young had a few words of advice.

"Dual enrollment classes are not something to be taken lightly; they take time and effort. It's extremely important that those wishing to do what I have developed good time management skills and only take on what they're capable of," said Young. "I also suggest taking advantage of instructors' office hours and the Writing Center and Math Lab on campus. All of these resources are incredibly helpful, and I am extremely grateful that they were available during my time at RLC."

She added, "The most important advice that I have to give is to make time for fun. Make time to spend with friends and family, go out with friends on a Friday night, spend a night watching movies with your family. Most of all, don't forget about the people who are around to support you. I wouldn't have made it this far without the support of my family, friends, high school teachers, and Rend Lake College instructors and counselors. I am extremely thankful for all of the people in my life who have supported me throughout this journey, because I couldn't have done this without them."

To learn more about RLC's dual credit and dual enrollment programs, contact Academic Advisement at (618) 437-5321, Ext. 1266.

# Crossword

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15					16				
17				18					19				
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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					64			

- Across**
- 1 \_\_\_ moss (mulch for gardening)
  - 5 Cheapskate
  - 10 Fountain treat
  - 14 Quaint shoppe word
  - 15 Zola the writer
  - 16 A HOMES lake
  - 17 START OF A WORD LADDER
  - 18 Abducted
  - 19 WORD LADDER, step 2
  - 20 With 32-, 38-, 40-, 42-, and 48-Across, a weather saying
  - 23 Brackish
  - 26 Join up with
  - 27 Poisons
  - 28 Spheres
  - 32 See 20-Across
  - 33 Early start?
  - 34 Cable-modem alternative
  - 37 West of the movies
  - 38 See 20-Across
  - 39 \_\_\_ de Janeiro
  - 40 See 20-Across
  - 41 Medit. spouter
  - 42 See 20-Across
  - 43 Inclinations
  - 44 Frontiersman Daniel
  - 45 "Taken" star
  - 47 Not up to snuff
  - 48 See 20-Across
  - 53 WORD LADDER, part 3
  - 54 Clothing designer
  - 55 END OF THE WORD LADDER
  - 59 Golf's \_\_\_ Aoki
  - 60 Detroit 11
  - 61 Toasted breakfast brand
  - 62 Bottled water brand
  - 63 Peanuts' Peppermint
  - 64 Floor model
- Down**
- 1 Hill biggie
  - 2 Yale grad
  - 3 Brouhaha
  - 4 Like some long runs
  - 5 Measure in Manchester
  - 6 Desktop brand
  - 7 Turban sporter
  - 8 TVA product
  - 9 Clinton's A.G.
  - 10 Brawls
  - 11 Greet the morn
  - 12 Last straw
  - 13 State south of Ky.
  - 21 FAQ response
  - 22 "Tasty!"
  - 23 Marge Simpson's sister
  - 24 Like bustards and buzzards
  - 25 Felt good about
  - 28 Tees off
  - 29 Certain online request
  - 30 They comprise eternities
  - 31 Singer \_\_\_ Del Rey
  - 33 \_\_\_ Morgana
  - 34 Dangle limply
  - 35 Italian cathedral city
  - 36 Schlimazel
  - 41 "Rent" heroine
  - 42 Talked turkey?
  - 43 "Rocky"
  - 44 Freeloader
  - 45 Verdi's "\_\_\_ Miller"
  - 46 "That's possible"
  - 47 Bold
  - 48 TV actor Ken
  - 49 Food for sea urchins
  - 50 Tony winner Kazan
  - 51 Hardly hardly
  - 52 Raveled fuzz
  - 56 Questionnaire question
  - 57 Grand Hotel co.
  - 58 Cry on Halloween night

Solution to Crossword puzzle printed on page 3.

## Rend Lake College Clocktower Chronicle

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# Sudoku

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

Solution to Sudoku puzzle printed on page 3.

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Rebecca Sobeck, CENTER, is pictured receiving her recognition plaque from the Delta Kappa Gamma Society of Women Teachers earlier this month in Murphysboro.



Nancy Hahs is pictured with Jesse White, LEFT, Illinois secretary of state, and Dennis DeRossett, RIGHT, executive director of the Illinois Press Association, after receiving her Spotlight on Service Award at the annual Spotlight on Achievement and Service Awards ceremony in Springfield.

## Two tutors recognized for hard work, dedication

BY REANNE PALMER  
RLC PUBLIC INFORMATION

Nancy Hahs and Rebecca Sobeck: two unsung heroes at Rend Lake College who continue to devote their time and energy to students enrolled in Adult Education and Literacy programs.

Hahs has been nominated for the Spotlight on Service Award through the Illinois Secretary of State's Adult Volunteer Literacy grant and is one of only 10 tutors across the state to win. The Opydyke native has spent the last year volunteering as an Adult Literacy tutor at RLC where she works one-on-one as well as in small groups with ESL (English Second Language) students.

After learning about the ESL Program from a church association, Hahs decided to put her knowledge of the Japanese language to the ultimate test. Currently, she serves learners from five different countries.

"This is one of the most rewarding projects I have ever encountered. I love helping people learn and succeed," said Hahs. "People who come here have dreams and hopes. They can't possibly accomplish either one of these if they can't communicate or understand our language. I think people should be taught so they can become givers, and not takers."

Hahs added her favorite moment of teaching is when one of her students reaches a goal or succeeds in some way, big or small.

"It's a great motivation for me. I was always taught to learn the basics first and that is how I teach my learners," said Hahs. "I try to be creative and fun with my classes. When they enjoy what they are doing, they look forward to the next class and the next new accomplishment. When I achieve this with my learners, I feel like I have succeeded my mission. I think this is a wonderful program and I look

forward to every opportunity I have to work with these people."

Hahs attended a special ceremony and luncheon at the Illinois State Library in Springfield where she received a \$200 check to be used for RLC's Adult Volunteer Literacy program, an Illinois Blue Book with her name, and a special plaque.

Ali Whittington, RLC Literacy & Data Management Specialist, said Hahs is one of the best tutors she's encountered in the Adult Education and Literacy Program.

"During my three and a half years at Rend Lake College, Nancy is by far one of the most valuable tutors I have ever had the privilege of training and working with in the program," said Whittington. "Nancy works with several different ESL students at different times during the week, cares very deeply for her learners, and is always dependable and trustworthy with any and all responsibili-

ties she is given. She is most deserving of this year's Spotlight on Service Award."

Similarly, Sobeck received special recognition from the Delta Kappa Gamma Society of Women Teachers at a special ceremony on May 2 in Murphysboro for volunteer tutoring in Franklin County. The honor came after three years of tutoring students who wished to take the GED — now known as the High School Equivalency (HSE) test.

Sobek, originally from Mulkeytown and an alumni of RLC, now lives in Coello with her husband. As a child, she dreamed of becoming a teacher, but life took her on a different path. She was employed by Franklin-Williamson Illinois Bi-County Health Department when an automobile accident in 2011 didn't allow her to return to work. Needing something to help fill her time, and after learning about RLC's Adult Volunteer Literacy program,

she decided to follow her teaching dream.

"It feels so good to be able to give to someone else a little bit of yourself and make a friend in return," said Sobek. "It was a win-win situation where I could learn to help someone else while getting help for myself."

Sobek said she will never forget her first student: a woman who needed tutoring for the math portion of the HSE test. Despite some learning problems, Sobek and the student dedicated a lot of time and effort working on math. In the end, the student succeeded and received her GED, and because of this, Sobek and this student are past nominees for the

Spotlight on Service award. Currently, Sobek is working with a student in Benton who wants to improve his reading skills.

Whittington said about Sobek, "Rebecca is a very dedicated tutor who loves to help others. Her first student with whom she worked commented that Rebecca was able to explain math to her in a way that she could finally understand. She is always willing to take on any task put before her, even if she knows it will be challenging."

To learn more about RLC's Adult Education Volunteer Literacy program, contact Ali Whittington at (618) 437-5321, Ext. 1342 or whittingtona@rlc.edu.



Rend Lake College associate degree nursing graduates recite the Nightingale Pledge at the end of the Pinning Ceremony. The pledge is named after Florence Nightingale, the founder of modern nursing and is a statement of the ethics and principles of the nursing profession.

## RLC holds annual Associate Degree Nursing Pinning ceremony

MT. VERNON SENTINEL STAFF REPORT

Rend Lake College Associate Degree Nursing (ADN) students celebrated their successful journeys through the program during the annual Pinning Ceremony held on May 14 in Waugh Gymnasium. A total of 54 students graduated from the ADN program.

During the ceremony, Melisa Berendson, RLC director of Nursing, congratulated the students on a job well done and encouraged them to continue growing in the future.

"Tonight is about recognizing our students and the achievement of what they've accomplished over the last two years," according to Berendson. "This is just the beginning for you and there are so many different avenues you can take. I applaud you for your dedication."

Class speaker Kendra

George of Tamaroa also added a word of congratulations, not only to her classmates, but also to the friends, family, and RLC faculty who helped along the way.

"Our ADN degrees are a great foundation for us and I hope we always continue to strive for something better," George said. "To the RLC faculty, we couldn't have done this without you. Our success is your success as well. To our families and friends, it takes a lot of love and understanding to support a nursing student, and we won't forget who helped bring us here. To my fellow graduates, I challenge you not to stop here, but to be something exceptional. Let's go be extraordinary."

The evening's prayer was given by graduate Callie Webb of Dahlgren. RLC ADN Professor Kristin Yosanovich ended the ceremony by leading the

Nightingale Pledge with the graduates.

Students graduating from the ADN program include:

BELLE RIVE — Emily Piercy.

BENTON — Nikki Benedict, Alison Blair, Emily Culbreth, Jerri Hethmon, Christian Hoffman, Sierra Kind, Amanda Miller, Hannah Moore.

BLUFORD — Miranda Shafer.

BUCKNER — Rachel Flood.

CHRISTOPHER — Tosha Baker, Dani Boston, Lauren Fasig, Jessica Lohman, Joann North, Beth Pheasant, Mackenzie Teel.

DAHLGREN — Britni Blades, Callie Webb.

DUQUOIN — Jessica Phillips.

HERRIN — Brock Shirley.

MACEDONIA — Hayley Webb.

MCLEANSBORO — Tomi Heil, Amy Ping, Raschel Pryer.

MT. VERNON — Lexi Donoho, Dayna Keyes, Emily Likens, Misty Martin, Chris Moore, Mariah Teriet, Kelly Williams.

MURPHYSBORO — Robin Leaton.

PINCKNEYVILLE — Mary K. Brewer, Chandler Cannon, Alicia Hutchings, Jacque Lash.

ROYALTON — Chelsie Smith, Kara Thompson.

SESSER — Andrea McGlasson, Megan Newbury, Jody Roberson, Danielle Wright.

TAMAROA — Kendra George.

TEXICO — Elizabeth Heiken, Rebekah Thomason, Kristin Wetzel.

THOMPSONVILLE — Raven LeVine.

WAYNE CITY — Tymber Downen, Tiffany Schwartz.

WEST FRANKFORT — Nichole Barton.

WOODLAWN — Ora Lawrence.

ZEIGLER — Amber Chwarczynski.

### Solution to page 2 Sudoku puzzle.

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

### Solution to page 2 Crossword puzzle.

O	D	E	M	Y	T	P	A	V	N
O	G	E	S	N	O	L	I	O	S
L	A	M	B	E	L	L	I	M	B
L	A	M	B	E	L	L	I	M	B
R	P	A	R	S	B	P	A	R	S
E	O	N	E	B	S	S	E	S	B
S	O	G	S	N	A	T	E	T	A
O	R	I	O	N	A	L	I	O	N
D	S	L	D	S	L	F	I	V	E
E	T	M	E	T	M	E	T	M	E
N	E	S	I	N	E	S	I	N	E
N	M	L	I	M	N	E	N	L	I
E	R	I	E	R	I	E	E	M	I
M	A	L	T	M	I	S	E	R	P

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**Banquet** ..... continued from page 1

**RETIREE AURELIA HUDGENS, CERTIFIED NURSE ASSISTANT (CNA) ASSOCIATE PROFESSOR**

Hudgens is a resident of Mt. Vernon who is retiring after working five

years at RLC. She was approved to teach CNA at RLC part-time in 2006, and began working full-time in 2010. Hudgens received her Associate Degree in Nursing from RLC, and before coming to the college, she worked as a nurse in the local community.



Computer Networking Professor Ricky Robinson, CENTER, was awarded the Full-Time Faculty Excellence Award by Mary Ellen Aiken, RLC Foundation Board Member and Chris Nielsen, Dean of Applied Science and Technology. (Photo by ReAnne Palmer / RLC Public Information)



Computer Science Instructor Eric Knapp, LEFT, was awarded the Part-Time Faculty Excellence Award by Chris Nielsen, Dean of Applied Science and Technology. (Photo by ReAnne Palmer / RLC Public Information)



Mathematics Professor Lynda Laningham accepts her award for 25 years of service to RLC. (Photo by ReAnne Palmer / RLC Public Information)



Beth Stevens, records specialist; Tranae Brockhouse, director of Child Care Resource and Referral; Randall Shively, director of the Physical Plant; and Shari Carpenter, Title III instructional designer accept their awards for 20 years of service to RLC. (Photo by ReAnne Palmer / RLC Public Information)



Lori Ragland, dean of Community and Corporate Education; Stephanie McKinney, subsidized child care specialist; Cindy Caldwell, mathematics professor; Wesley Rush, custodian; Jennifer Tarantino Linsin, graphic design professor; Deidra Traylor, Upward Bound and TRIO student advisor; and Laura Johnston, Aquatics Center coordinator accept their awards for 15 years of service to RLC. (Photo by ReAnne Palmer / RLC Public Information)



Corey Phillips, director of the RLC MarketPlace; Elizabeth Bailey-Smith, associate professor of speech; Jason Swann, dean of Admissions and Enrollment Management; and Jo Ann Dick, coordinator of special projects accept their awards for 10 years of service to RLC. Also receiving this award, but not pictured, are Kent McKown, network specialist; Erin Butler, Studio RLC cosmetology associate professor; Daphne Mitchell, director of Studio RLC; Melissa McClement-Engler, art associate professor; Caroline Ragan, associate professor of biology and anatomy and physiology; Paul Sandrock, chemistry associate professor; and Sara Alstat, music associate professor. (Photo by ReAnne Palmer / RLC Public Information)



Brooke May, RLC Foundation Children's Center director; Ron Meek, criminal justice associate professor; April McCormick, financial aid specialist; Mark Jornd, business associate professor; and Sarah Draper, sociology associate professor accept their awards for five years of service to RLC. Also receiving this award, but not pictured, is Chelsea Zettler, Communication and Information Department administrative assistant. (Photo by ReAnne Palmer / RLC Public Information)

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 The Tradition Continues ...

# Rend Lake College STARS Recognition Ceremony



## STARS speaker

Faith Matzker was the keynote speaker at the Rend Lake College Student Transfer and Retention Support (STARS) Recognition Ceremony last week in RLC's Theatre. She was the RLC 2009 Star of the Year.



## Perseverance award

Rend Lake College STARS students honored with the Perseverance Award include, from left, FRONT ROW, Lillian Wilburn of Thompsonville, Rebecca Whitlock of Mt. Vernon, Adrian Rice of Mulkeytown, Elizabeth Pulley of Mt. Vernon, Heather Drew of Ina, Shania Ellis of Mt. Vernon, Brooke Docherty of Benton and Jamie Brock of Ewing. BACK ROW: Damien Townley of Ewing, Quentin Overturf of Benton, Simon Miller of Mt. Vernon, Joshua Miller of McLeansboro, Brittany Knapp of Tamaroa, Taylor Colbert of Dix and Lonny Bailey of Sesser.



## Honored students

Rend Lake College STARS students honored for receiving a 3.00 to 3.49 grade point average include, from left, FRONT ROW, Mia Simms of Ewing, Mariann Cook of Benton, Barretta Chullen of Thompsonville, Autumn Byrn of Royalton and Sierra Calloni of Mulkeytown. BACK ROW: Mariah Morris of Mt. Vernon, Austin Endicott of Benton, Laura Alverth of Thompsonville, Rebekah Busler of Bonnie and Victoria Baird of Mt. Vernon.

## Registration extended for RLC's 2015 Discovery Camp

BY REANNE PALMER  
RLC PUBLIC INFORMATION

Limited seating remains for your child at the third annual Discovery Camp at Rend Lake College. The two-day summer experience, designed to introduce seventh grade through high school students to numerous health care careers, is scheduled for June 15-16 on the RLC campus and at a local hospital.

Students can jump in and get first-hand experience about the health industry — specifically jobs in Emergency Medical Services, Health Information Technology, Human Anatomy, Medical Coding Technology, Nursing, Occupational Therapy, Radiologic Technology, Therapeutic Massage, and Veterinary Science — with hands-on activities, presentations, and videos.

Campers will spend the first day of camp on the Ina campus participating in numerous activities and speaking with professionals and RLC instructors about jobs in health care. In the past, some of these activities have included watching a mock trauma accident performed by local ambulance and emergency personnel, interacting with Air Evac Lifeteam staff, and visiting RLC's anatomy and physiology labs.

Day two of camp will find attendees divided into two groups — one at Hamilton County Memorial Hospital in McLeans-

boro and the other at Crossroads Community Hospital in Mt. Vernon — for a tour of the facility and a meet-and-greet with staff, including doctors, nurses, pharmacy technicians, physician assistants, rehabilitation specialists, and more.

"Feedback from previous years shows me this camp is effective in helping students figure out where they want to aim their education for life-long careers," said Kelli Stover, director of the South Central Illinois Allied Health Education Center (SCI-AHEC). "It's a one-of-a-kind opportunity for young students to get their questions answered about many different health careers."

Transportation will be provided from local drop-off locations both days. Parents who wish to attend the camp alongside their son or daughter are welcome to do so.

Discovery Camp is free, thanks to a partnership between RLC and the SCI-AHEC Network, and will register campers until enrollment is full. A Discovery Camp T-shirt is also included with complimentary lunch on both days.

Applications and more information are available by contacting Kelli Stover at (618) 437-5321, Ext. 1280, or by email at stoverk@rlc.edu. Find a printable application on SCI-AHEC's Facebook page at www.facebook.com/ahc-southernillinois.

## Summer Yoga starting June 9 with Instructor Tess Shelby

Relax and meditate on your lunch hour this summer at Rend Lake College with yoga classes from noon - 1 p.m. Tuesdays and Thursdays starting June 9. The 16 sessions will be held in the Aquatics Center Lobby in the Ina campus. Tess Shelby, certified Iyengar Yoga instructor, will lead the class

designed as an introductory course. Iyengar Yoga focuses on detail, precision, and alignment in posture and breathing. The cost to sign up is \$30. Participants will not receive college credit for attending. For more information, contact RLC's Community and Corporate Education Division at (618) 437-5321, Ext. 1380 or 1714.

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