



CLOCKTOWER CHRONICLE



Coming to the end of Fall Semester

Can you believe there are only four weeks left in the fall semester? Check out the Learning Enhancement Center for tutoring needs and sign up for spring classes today! (Taylor Blankenship / Clocktower Chronicle Staff Photographer)

RLC planning Scavenger Hunt for America Recycles Day

After a successful event last year, the Rend Lake College Greening the Campus Committee is back again to host the America Recycles Day Green Scavenger Hunt. The event will be held from 2 - 3:30 p.m., Friday, Nov. 14 at the Walmart in Mount Vernon.

Ten teams of two students each — made up of members from various RLC athletic teams and academic clubs —

will search the store to find items designated as recyclable or green items. RLC Sustainability Professional Tyson Ellis said the scavenger hunt is designed to educate the students, as well as the community, about the positive effects buying and recycling green items can have.

"We're hoping to raise the community awareness of recycling and teach our students a little bit about green items and

where to find them," said Ellis. "The scavenger hunt went really well last year, and the students had a lot of fun participating, so we're excited to be bringing it back with the partnership of the Mt. Vernon Walmart."

The America Recycles Day is sponsored in part by Keep America Beautiful and the RLC Greening the Campus Committee. For more information on the RLC committee, visit www.rlc.edu/greening-the-campus.

America Recycles Day is the only nationally recognized day dedicated to promoting recycling. It is one day to make recycling bigger and better, 365 days a year. Get involved at AmericaRecyclesDay.org.

For more information about the scavenger hunt, contact Tyson Ellis at (618) 437-5321, Ext. 1230 or ellist@rlc.edu, or Greg Hollmann at (618) 437-5321, Ext. 1780 or hollmanng@rlc.edu.



Greening the Campus COMMITTEE



BY MARIALISA CALTA

UNIVERSAL

Most of us think of "comfort food" as food that brings us back to childhood and our family's home cooking. It is a term first coined in 1977 and attributed to Phyllis Richman,

Finding comfort in various global cuisine

then a restaurant critic for The Washington Post. She used it to describe a plate of the Southern classic, shrimp and grits. For a Southerner, that might feel just right. For other Americans, it might mean mac 'n' cheese, or chicken soup, or Mom's meatloaf. It can be store-bought, like a bowl of Ben & Jerry's or a White Castle burger.

Our ideas of comfort foods often relate to our cultural her-

itage; Polish-Americans might yearn for pierogi, while those of Irish descent might hanker for colcannon.

But for Carla Hall, the term has no geographical or cultural boundaries. To the former CPA-turned-model-turned-caterer-turned-food-show co-host, "comfort food" can be a Brazilian fish soup, a Liberian pepper and goat stew, or a Haitian breakfast porridge.

Hall, who was raised in Ten-

nessee and is currently a co-host of ABC's "The Chew," believes that food is the great connector. In her new cookbook, "Carla's Comfort Foods," she says, "I'm gonna take you from Nashville to Naples to Nigeria so you can taste and see how we're all united by great meals shared with family and friends."

That, in itself, is a comforting thought. "Sure, I grew up with grits, but it's served as polenta

in Italy," writes Hall. "I love seeing — and tasting — how home-cooked food works in uniting people."

I confess that I had never heard of Hall nor of the splash she made on "Top Chef," where she won fans with her yoga stretches, her dance moves and singing, and by revealing that she and her

Global continues on page 4



If the turkey doesn't get you, the fixin's will. Run now.

Ahh Thanksgiving. Family. Feast. And five extra pounds! Register today for The Turkey Leg, Nov. 22, at Rend Lake College. It's a 5K for fitness with proceeds for charity. Register and learn more at www.rlc.edu/turkeyleg.



Tasty recipe tweaks

UNIVERSAL

In a recipe rut? If you're plopping the same ingredients in your cart to make the same dishes week after week, you're ready for a meal makeover or two, according to ShopSmart, the shopping magazine from the publisher of Consumer Reports.

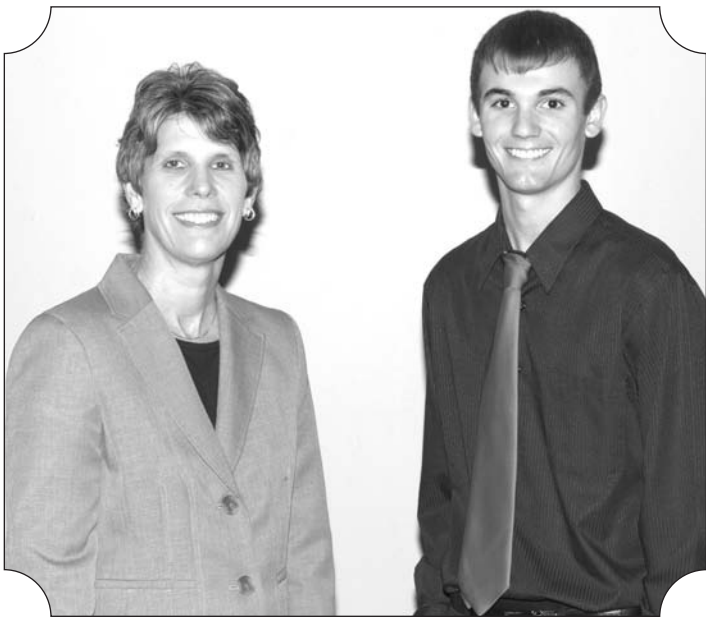
The trick is to buy just a few

new basic ingredients that you'll want to use over and over again, says Sarah Huck, a recipe developer and co-author with Brian Nicholson of "Fruitful: Four Seasons of Fresh Fruit" (Running Press, 2014). "The key is to choose things that are as recipe-ver-

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C.H. Reed Memorial Scholarship

Numerous scholarship donors met and dined with Rend Lake College student recipients at the 25th annual Rend Lake College Foundation Scholarship Dinner held October 13, 2014, at the Rend Lake Resort in Whittington. This annual event honors the financial support from donors as well as the students who receive that support. Pictured are scholarship representative Trish Reed and scholarship recipient Brett Morr.



Clifton Caldwell Memorial Scholarship

Numerous scholarship donors met and dined with Rend Lake College student recipients at the 25th annual Rend Lake College Foundation Scholarship Dinner held October 13, 2014, at the Rend Lake Resort in Whittington. This annual event honors the financial support from donors as well as the students who receive that support. Pictured are scholarship representative Cindy Caldwell and scholarship recipient Jacque Helverson.



David E. Hill, M.D.

Memorial Scholarship

Numerous scholarship donors met and dined with Rend Lake College student recipients at the 25th annual Rend Lake College Foundation Scholarship Dinner held October 13, 2014, at the Rend Lake Resort in Whittington. This annual event honors the financial support from donors as well as the students who receive that support. Pictured are scholarship representative Dell Hill and scholarship recipient Libbey Harrah.



Clayton Charles Ragland Memorial Scholarship

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Community First Bank Scholarship

Numerous scholarship donors met and dined with Rend Lake College student recipients at the 25th annual Rend Lake College Foundation Scholarship Dinner held October 13, 2014, at the Rend Lake Resort in Whittington. This annual event honors the financial support from donors as well as the students who receive that support. Pictured are, FROM LEFT, scholarship recipients Mollee Sager, Darcey Ross, Rachel Spotanski, Paige Laughhunn, Gracie Tate, Kelsey Shannon and scholarship representative JoAnn Joy.



Continental Tire the Americas Scholarship/Continental Tire the Americas Internship Scholarship

Numerous scholarship donors met and dined with Rend Lake College student recipients at the 25th annual Rend Lake College Foundation Scholarship Dinner held October 13, 2014, at the Rend Lake Resort in Whittington. This annual event honors the financial support from donors as well as the students who receive that support. Pictured are, FROM LEFT, scholarship representative David Hergenreder, Continental Tire the Americas Internship Scholarship recipient Koaltin Dye, Continental Tire the Americas Scholarship recipients Emily Marlow, Tyler Price, Joshua Price, Adam Ford and scholarship representative Mike Wagoner.



Craig V. Rudofski Scholarship

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Rend Lake College Clocktower Chronicle

Administration:

LuAnn Droege, Senior Editor, Centralia Sentinel
Nathan Wheeler, Editor, Rend Lake College

Advertising:

To place an advertisement, call 246-2000

Postal Information:

Published weekly on Thursdays by Centralia Press Ltd., 232 E. Broadway, Centralia, IL 62801-0627 (USPS 098-600) (ISSN: 1059-

8162); periodical postage paid in Centralia; POSTMASTER: Address changes to the Centralia Sentinel, 232 E. Broadway, Centralia, IL 62801-0627

Single Copy Price:

\$20 for a one-year subscription; free on RLC campuses

Circulation:

Subscription and delivery information is available by calling 246-2000.



Edward Percy Atkinson Scholarship

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Doug Leeck Memorial Scholarship

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Dr. Gary R. Sweeten Isaiah 61 Scholarship/Thomas J. & Leota L. Sweeten Christian Memorial Fund Scholarship

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Hamilton County Telephone Co-op Scholarship

Numerous scholarship donors met and dined with Rend Lake College student recipients at the 25th annual Rend Lake College Foundation Scholarship Dinner held October 13, 2014, at the Rend Lake Resort in Whittington. This annual event honors the financial support from donors as well as the students who receive that support. Pictured are, FROM LEFT, scholarship representative Chris Sink, scholarship recipients Breanne Beard, Chantze Elliott and Jarrett Jukes and scholarship representative Russell Allen.



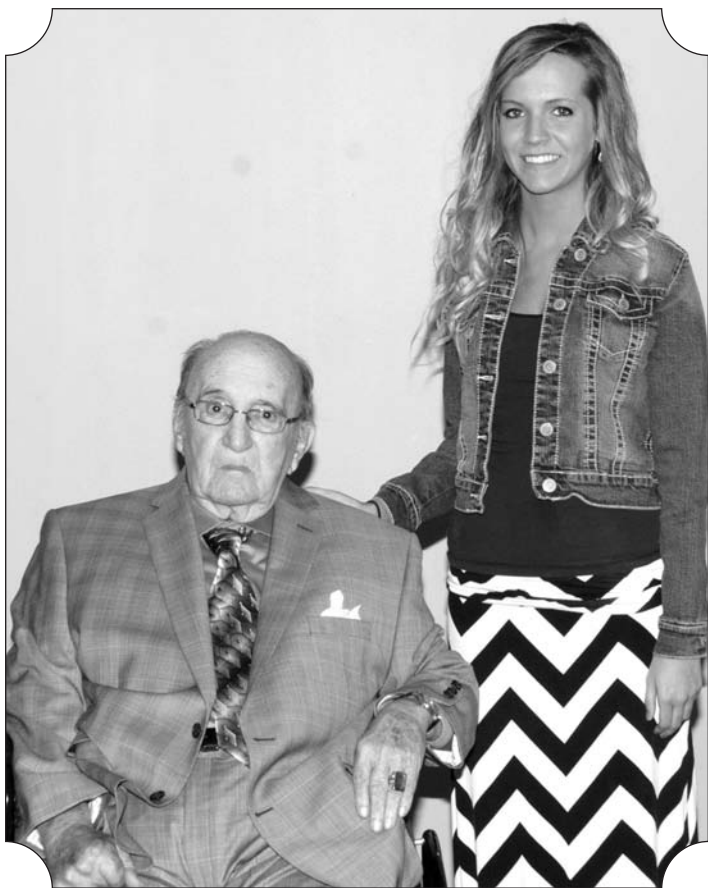
Jane Waugh Memorial Scholarship

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John C. Riley IV Scholarship

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NAPA John's John H. Winger Scholarship

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George Cybulski Memorial Scholarship

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Global
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husband do a call-and-response ("Hootie!" "Hoo!") when trying to locate each other in a crowd. But her approach to cooking seems on target: She believes that if you cook with love, it will show in your food. As her website declares, "If you're not in a good mood, the only thing you should make is a reservation."

As an Italian American who inexplicably finds comfort in Chinese Hot and Sour Soup, I found that Hall's recipe for Hot and Sour Eggplant hit home. The blistered skin and tender flesh of the eggplant make for an irresistible texture, while the spice is just right: enough to engage your taste buds, but not enough to numb them. This dish is among the

many in Hall's home-cook-friendly book that will help us all start finding comfort in foods from around the world.

HOT AND SOUR EGGPLANT
Yield: 4 servings

- 5 small, striped eggplants or Chinese or Japanese eggplants, trimmed, cut in eighths lengthwise, then cut in halves crosswise
- Kosher salt
- 3 quarts warm water
- 2 Serrano chilies, stemmed and minced, with seeds
- 1 tablespoon sugar
- 1 1/2 tablespoons soy sauce
- 1 tablespoon red wine vinegar
- 1 teaspoon cornstarch
- 2 tablespoons canola oil
- 2 scallions, trimmed and cut into 1-inch pieces
- 2 tablespoons sliced fresh basil leaves

Sprinkle the eggplant pieces with 1 tablespoon salt, then immerse in the warm water in a large bowl. Let stand while you prepare the other ingredients.

In a small bowl, stir the chilies, sugar, soy sauce, vinegar and cornstarch until the sugar dissolves.

Drain the eggplant well and press dry between paper towels.

Heat a wok or large skillet over high heat until very hot. Add 1 tablespoon of the oil, and wait until it looks wavy, then add half the eggplant. Cook, tossing and stirring, until browned and just tender, about 5 minutes. Transfer to a plate.

Repeat with remaining oil and eggplant, and then return the first batch of eggplant to the wok.

Add the scallions and the chili mixture. Cook, tossing and stirring, for 2 minutes. Toss in the basil

and serve immediately over Perfect Baked Rice (below).

PERFECT BAKED RICE
Yield: 4 servings

- 1 cup white rice
- Water for rinsing
- 1 1/2 cups water, homemade chicken or vegetable stock, or salt-free or low-sodium store-bought broth
- 1 tablespoon butter or oil (optional)

Preheat the oven to 350 degrees.

Place rice in a bowl and cover with water. Swish around and drain. Repeat, draining well.

In an oven-proof Dutch oven or deep skillet with a lid, bring the water and butter or oil (if using) to a boil over high heat. Stir in the rice, remove from heat, cover and pop into the oven. Bake until the water is absorbed and the

rice is perfectly tender, 17 1/2 minutes. (After years of experience, Hall calls this the "magic number" but advises that "of course ovens are differ-

ent, so yours may take a little more or less time.") (Recipes from "Carla's Comfort Foods," Atria Books, 2014. Copyright (c) 2014 by Carla Hall.)



Hot and Sour Eggplant might not be the first thing you think of when you think of "comfort food," but it's got a feel-good quality all its own. (Photo from Universal)

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Recipe Tweaks
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satiate as the staples you're replacing," she says.

ShopSmart suggests trying these simple swaps:

• **Instead of macaroni and cheese with cheddar, try it with feta cheese.** The flavor of tangy feta cheese is as versatile as cheddar. And it melts well, perfect for a sub in mac 'n' cheese. Or fold some crumbled feta into hot pasta with chopped tomatoes and other veggies.

• **Instead of fish topped with fresh lemons, try it with fresh limes.** Like lemons, limes give dishes that citrusy zip, but with a little extra sweetness. "Limes can be used in most any recipe that calls for lemons for a deliciously different taste twist," Huck says. Try baking a fish fillet topped with thinly sliced limes instead of lemons. And squirt lime juice on roasted corn or bake up some lemon bars or muffins using limes.

• **Instead of pasta with tomato sauce, try it with peanut sauce.** Heat a jar of ready-made Asian peanut sauce. Toss with whole-wheat spaghetti, diced pork tenderloin, grated carrots and fresh cilantro. Sprinkle with chopped roasted peanuts. "A little goes a long way," Huck says. "Just lightly coat the noodles as you would with pesto sauce."

• **Instead of salad with fresh bell peppers, try it with roasted red peppers.** The soft texture and sweet smoky flavor is delicious in salads as well as pastas, soups and stews. And ShopSmart points out that unlike fresh peppers, once opened, you can keep a jar of roasted peppers around for up to a couple of weeks in the fridge.

• **Instead of salad dressing with Italian seasoning, try it with herbs de Provence.** The French spice blend usually has marjoram, rosemary, thyme and oregano. Whisk a pinch into oil and vinegar. It also makes an instant spice rub that's perfect for roast chicken or

fish. The earthy sweetness of the herbs is a little more delicate than robust Italian seasonings, which stand up better to red meat and tomato-based dishes.

• **Also try this:** Use herbs de Provence to coat a log of plain goat cheese and serve as a party snack. Or toss smashed boiled new potatoes with olive oil, salt, pepper, garlic and herbs de Provence. Roast in a hot oven until crisp.

• **Also try this:** Cook quinoa in equal parts water and coconut milk until done, as the package directs. Drain and toss with lime zest and lime juice, and garnish with toasted coconut flakes or chopped cashews.

• **Also try this:** In a blender, puree a jar of drained roasted red peppers with olive oil, garlic, chopped fresh rosemary and a spoonful of tomato paste. Bring it to a simmer and heat through. Use the mixture as a sauce for fish, chicken or scrambled eggs.

MUSIC & MOVIES HEADQUARTERS

MUSIC

Top 10 - The week's most popular current songs and albums across all genres. (www.billboard.com)

SONGS (WEEK OF NOV. 15)

- (1) "Shake it Off" - Taylor Swift
- (2) "All About That Bass" - Meghan Trainor
- (3) "Habits Stay High" - Tove Lo
- (4) "Animals" - Maroon 5
- (5) "Bang Bang!" - Ariana Grande, Jessie J & Nicki Minaj
- (6) "Black Widow" - Iggy Azalea
- (7) "Don't Tell Em" - Jeremiah
- (8) "Hot Boy" - Bobby Shmurda
- (9) "Don't" - Ed Sheeran
- (10) "Take Me To Church" - Hozier

ALBUMS (WEEK OF NOV. 15)

- (1) "1989" - Taylor Swift
- (2) "Now That's What I Call Music 52" - Various Artists
- (3) "Montevallo" - Sam Hunt
- (4) "My Dream Duets" - Barry Manilow
- (5) "Old Boots, New Dirt" - Jason Aldean
- (6) "Anything Goes" - Florida Georgia Line
- (7) "Led Zeppelin IV" - Led Zeppelin
- (8) "Love Ran Red" - Chris Tomlin
- (9) ".5: The Gray Chapter" - Slipknot
- (10) "Black Veil Brides" - Black Veil Brides

NEW ALBUMS THIS WEEK (NOV. 10-11)

- "Give My Love to London" - Marianne Faithfull
- "IX" - ...And You Will Know Us by the Trail of Dead
- "Rhythm" - Wildbirds & Peacedrums
- "My Favourite Faded Fantasy" - Damien Rice
- "Content Nausea" - Parquet Courts

- "The Hum" - Hookworms
- "Rhubarb Rhubarb" - The Voyeurs
- "The Other I" - 2:54
- "The New Sidewalk" - Such Gold
- "Hypnotized" - Dream Police
- "Let's Cry and Do Pushups at the Same Time" - Torn Hawk

- "Turning [Live]" - Antony and the Johnsons
- "The Endless River" - Pink Floyd
- "The Inevitable End" - Röyksopp
- "Sonic Highways" - Foo Fighters
- "DSU" - Alex G
- "Man Against Machine" - Garth Brooks
- "Forever" - Queen
- "Cadillactica" - Big K.R.I.T.
- "Lost on the River" - The New Basement Tapes
- "Nick Jonas" - Nick Jonas
- "Hell Can Wait [EP]" - Vince Staples

MOVIES

FOR RENT (WEEK OF NOV. 11)

How to Train Your Dragon 2, Jersey Boys, Tammy, Let's Be Cops, Happy Christmas, Mood Indigo, I Am Ali, Deepsea Challenge 3D, Drive Hard, Coldwater

NEW IN THEATERS (NOV. 14)

Foxcatcher (R) bio/drama/sport/thriller
Beyond the Lights (PG-13) drama
Dumb and Dumber To (PG-13) comedy
The Homesman (R) drama/western
The Homesman (R) drama/western
Rosewater (R) drama
The Toy Soldiers (R) drama
Saving Christmas (PG) comedy/family

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