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Rend Lake College Warrior Fest Car Show 2014 Bruce Briley of Collinsville entered his 1968 Chevy Nova, PICTURED, Saturday, October 18, 2014 at the first Rend Lake College Warrior Fest Car Show in Ina. The Chevy Nova awarded Briley a trophy and spot in the Top 45 in the show. There were 113 entries into the Car Show, which helps raise money for scholarships for RLC Automotive Technology students. More photos from the event can be found online at www.flickr.com/photos/rendlakecollege.

Clothing Closet opens in North Oasis 120 <u>BY REANNE PALMER</u>

RLC PUBLIC INFORMATION

recently opened Clothing Closet on the Rend Lake College campus has everything students will need — whether it's an outfit for their first job interview or a new tie to don during speech class. Located in the North Oasis, Room 120, the Clothing Closet is now available for any

"I've been thinking about doing this for years and it's about time we had something like this," said Mitchell. "I think the need is out there for our students, and there's not anything like this around. It's our job at Rend Lake College to prepare our students for what is next, whether that be a job interview, or a speech in class. Our jobs don't stop when the students leave our class-



student to use.

Dr. Jeannie Mitchell, psychology professor and faculty sponsor of the Clothing Closet, said the doors will be open to students who need anything for a business casual or professional event.

rooms.

The clothes, shoes, ties, purses, and many other items were donated by faculty and staff who don't or couldn't use the

Clothing Closet continues on page 2

RLC students Nicholas Livesay, LEFT, and Emily Baburnich are ready to go to their next job interview, thanks to clothing and shoes found in the Clothing Closet, located in the North Oasis, Room 120. (ReAnne Palmer / RLC Public Information)

2014 CNA Awards winners

Award winner Sharon Ash, LEFT, has logged more than 45 years of service in the health care industry as a CNA. She is currently working at Way-Fair Nursing and Rehab Center. She is pictured with Heather Burklow, an administrator at Way-Fair who nominated her for the award. (ReAnne Palmer / RLC Public Information)



Nominee Rendy Luckett, LEFT, has more than 40 years of service as a CNA. She is pictured with Chelsea Coursey, community liaison from Shawnee Christian Nursing Center, who nominated her for the Outstanding CNA of the Year Award. (ReAnne Palmer / RLC Public Information)



The Certified Nursing Assistants (CNAs) pictured above were nominated for the Outstanding CNA of the Year Award during the annual CNA Conference at Rend Lake College. FROM LEFT, Stephanie Montgomery, winner Sharon Ash, and Rendy Luckett. Not pictured is nominee Shelly McGee of Mt. Vernon. (ReAnne Palmer / RLC Public Information)



Stephanie Montgomery, LEFT, received her CNA license in January and has already been nominated for the Outstanding CNA Award. She is pictured with Chelsea Coursey, community liaison from Shawnee Christian Nursing Center. (ReAnne Palmer / RLC Public Information)

14-year old follows his own beat to RLC

BY SHELBY PATTERSON CLOCKTOWER CHRONICLE STAFFWRITER ost 14-year-olds are braving the new territory of high school. Daniel Southerd is not the typical 14-year-old.

The Mount Vernon native is a freshman in RLC's music program, due to his high gift in the subject matter. After talking with Daniel, it was clear that he is a very special, highly unique and gifted individual.

Daniel got his start in music after his father introduced Gospel music to him and his older brother, Dennis - a sophomore at RLC when they were both

very young. Their father took them to many concerts at church, concert halls, and civic centers to see some of their favorite musical groups. Daniel said he loved the harmony and excitement of the Southern Gospel genre. When Daniel was just 6 years old, the Southerd men began singing as a trio — The Gospel Messengers — with Daniel's mother acting as the sound technician and group manager. They spread their message across seven states, performing in several concerts this past summer in

Southerd continues on page 2

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| Employees of the Month |
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| Back pain relief5 |
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REND LAKE COLLEGE

Southerd

continued from page 1

Tennessee.

PAGE 2

The gift of music runs deep in the family and Daniel has developed a wide range of skills piano, guitar, bass guitar, and dulcimer. He first

began taking piano lessons at the age of 5. He took guitar lessons for a year and a half and has continued those lessons at RLC this year. He picked up bass guitar all on his own. His older brother, Dennis, is also a gifted musician - a dili-



Daniel Southerd, a 14-year-old from Mt. Vernon, sits at the piano in Rend Lake College's music program where he is excelling as a freshman. (Taylor Blankenship / Clocktower Chronicle Staff Photographer)

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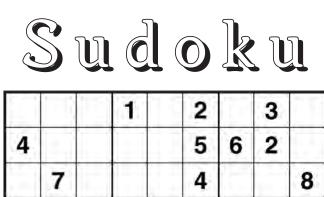
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gent piano player and baritone singer. Daniel enjoys learning new songs and stated that it is challenging to arrange new songs for their group, but that he enjoys the process very much.

He added that some of his favorite activities include singing and playing music with his family, as well as fishing, hunting, collecting pocket knives, classic cars, cooking, and baking.

When asked about his favorite part about the **RLC Music Program**, Daniel enthusiastically answered, "Choir!

"I am thrilled to be learning music theory from Sara Alstat and Larry Phifer. The choir sings an interesting array of songs, from fun '50s Doo-Wop to classical music of great difficulty. It is also a privilege to further refine the voice that God has given me with Mr. John McGee. I am learning and improving so much under all of the aforementioned and accomplished individuals. I have a good time with my peers as they are supportive and encouraging."

Music Program Director Sara Alstat added, "Daniel is an exceptional student. Although he is only 14 years old, he is excelling in all of his music courses. He performed for the first time in front of his peers and instructors last Thursday. He performed, from memory, a classical guitar solo as well as a vocal solo. These performances were full of musicality and flawlessness that is above and beyond what the average 14-year-old could accomplish."

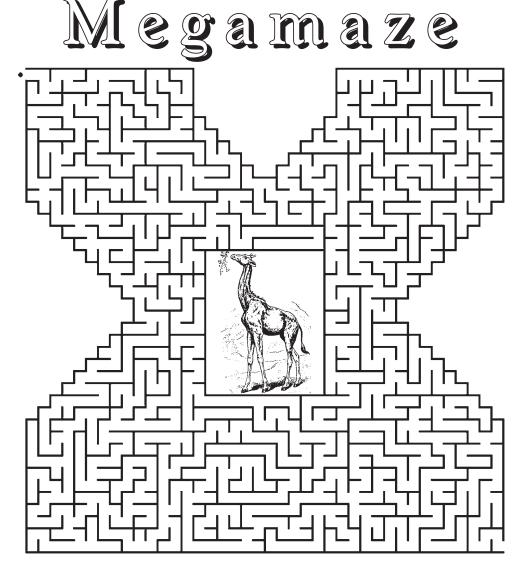
"My teachers are all supportive," Daniel said. "My classmates and I encourage and help one another. The first couple of weeks of classes I noticed many second glances my way as I would walk across campus, but also many smiles which I gladly returned. The student body has taken me in and I praise the Lord for that! While he is unsure of what specifically the future holds, he does know it will involve music and business. He added that he would like to, upon occasion, do some studio musician work. "Quality, dependable, focused, inspired, intuitive musicians are of high value," he explained. Judging by Daniel's skills thus far. that is one goal that will be easily attainable. Daniel also stated, "One of the very best things about music is that it draws me closer to God. It blesses me to minister through music to people. Music has a profound effect on the different aspects of people - emotional, intellectual, physical, and spiritual. Music is connective. It gives us opportunities to share with others and our differences dissipate."

Clothing Closet ... continued from page 1

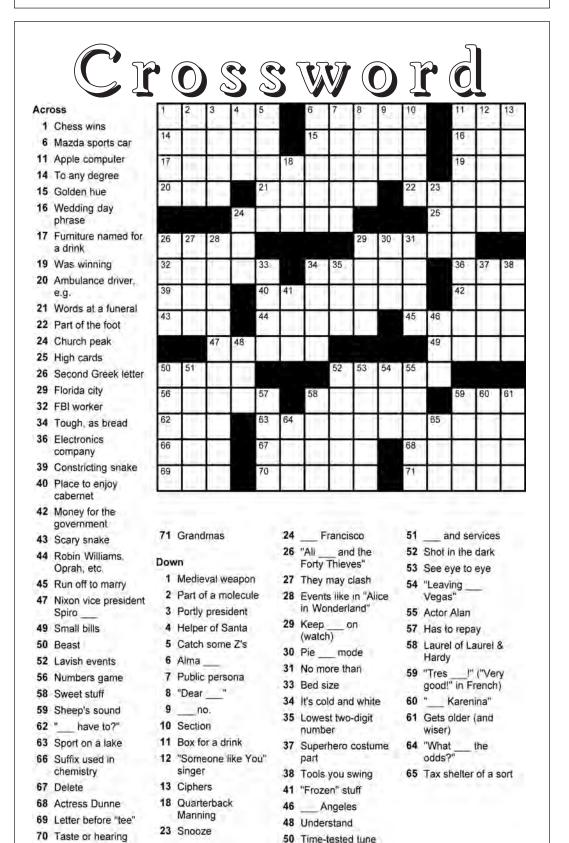
items anymore. Mitchell said donations are still being accepted to stock the Clothing Closet, which is already home to dozens of items and growing. After a student uses the item, they can either keep it or donate it back for others to use.

RLC students Emily Baburnich of Benton and Nicholas Livesay of Christopher have already used the Clothing Closet, and both found many items they liked, making the selection a difficult one.

"The clothes are all very nice. It wasn't hard at all for me to find something I really liked," said Baburnich. Livesay added, "It's pretty wicked awesome. Who doesn't like to dress classy? It's perfect for someone who just doesn't have these kinds of clothes to come use." Students interested in utilizing the Clothing Closet are asked to contact Mitchell at mitchellj@rlc.edu or stop by her office in the North Oasis, Room 142.



Solution to Megamaze puzzle printed on page 3.



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Solution to Sudoku puzzle printed on page 3.



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Solution to Crossword puzzle printed on page 3.



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REND LAKE COLLEGE

Employees of the Month



Kelly Downes (LEFT) was named Rend Lake College's Employee of the Month for September. She was followed by Casey Rhine in October. Downes, of Woodlawn, is the college's director of student records. Rhine, of Benton, manages RLC's book store and retail store.

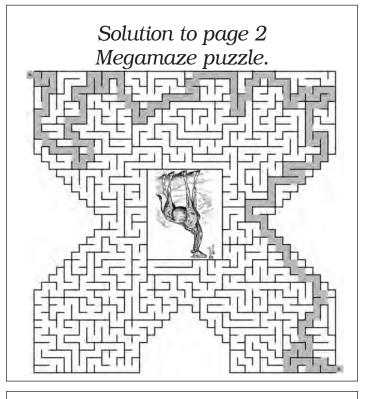
RLCF Children's Center picks pumpkins



With the help of the RLC Horticulture Club and Instructor Ryne Fullerton, children at the Rend Lake College Foundation Children's Center picked out pumpkins from the Community Garden. FROM LEFT, Teagan McGinnis (Ina), Justin Copeland (Coello), Tucker Downes (Woodlawn), Laney Schulte (Bonnie), Tucker Handlin (Benton), Bella Moss (Logan), Porter Sweet (Benton), Lexi Chaudoin (Opdyke), Hendrix Draege (Hoyleton), Andrew Stinson (Ina), Carmyn Zimmerman (Ina), Cole Furlow (Sesser), Brennan

Solution to page 2 crossword puzzle.

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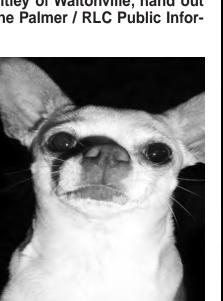
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Jensik (Christopher), Brian Welch (Bonnie), Briar Allen (Bonnie), Evan Taylor (Mt. Vernon), and Avery Owens (Mt. Vernon). (ReAnne Palmer / RLC Public Information)



RLC students Adam Copenhaver of Mt. Vernon, BACK, and Breanna Whitley of Waltonville, hand out miniature pumpkins to children from the RLCF Children's Center. (ReAnne Palmer / RLC Public Information)







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Warriors Cross Country ties for third at Fast Cats Classic

Teams will battle at Region XXIV today

WENSBORO, Ky. (Oct. 14, 2014) -The Rend Lake College Men's Cross Country team tied for third at the Fast Cats Clas-

Floral

Categories Listed

Ribbon & Trims by the R

sic in Owensboro, Ky., with Brescia University of Owensboro at 66 points each.

Leading RLC was freshman Jaden Stockdale of Shelbyville with a time of 27:45.5. Stockdale placed eighth, earning the Warriors five points. He was followed by Jordan Wileman (Mt. Vernon) in 11th with a time of 28:01.0, earning eight points; and Jake Wilson

(Mt. Vernon) in 21st with a time of 28:44.6, earning 16 points. The final two scorers for the team were Nicholas Ryker (Herrin) in 22nd with a time of 28:47.7, earning 17 points; and Karson Hahn (Mt. Vernon) in 27th with a time of 29:05.6, earning 20 points.

Three other Warriors competed as individuals, including sophomore Jonathan Hill (Sparta) with

a time of 30:05.3 in 39th place, freshman Anthony Lyerla (Murphysboro) with a time of 30:55.2 in 43rd place, and freshman Brykell Patton (Mt. Vernon) with a time of 32:01.4 in 49th place.

Overall, Campbellsville University of Campbellsville, Ky., placed first at the meet with 45 points. Bethel University of McKenzie, Tenn., placed second

with 64 points. Bethel's Car- of Evansville, Ind. los Gonzalez placed first as an individual with a time of 26:39.5. In fifth place was Kentucky Wesleyan College with 98 points. Three other colleges and universities competed in the classic with individual runners: Lindsey Wilson College of Columbia, Ky., St. Catharine College of St. Catharine, Ky., and the University of Southern Indiana

The Warriors will compete next week in the Region 24 Championship in Charleston on Oct. 23. If runners qualify, they will then compete at the NJCAA National Championship on Nov. 8 in Levelland, Texas to wrap up the fall season. For all things athletic at The Lake, visit RLC online at www.rlc.edu/warriors.

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Bergbower places ninth, Skobel places 29th for **RLC Women's Cross Country**

WENSBORO, Ky. (Oct. 14, 2014) - Two runners of the Rend Lake College Women's Cross Country team competed as individuals at the Fast Cats Classic in Owensboro, Ky. Sophomore Mallory Bergbower (Bluford) placed ninth overall with a time of 21:06.1. She was followed by sophomore Alexandria Skobel (Opdyke) in 29th place with a time of 25:15.6. The winning time went

to Rachel Keeley of Kentucky Wesleyan College of Owensboro, Ky., at 19:41. Kentucky Wesleyan

placed third as a team with 69 points. Campbellsville University of Campbellsville, Ky., won first as a team with 32 points, followed by Brescia University of Owensboro, Ky., in second with 34 points.

The Lady Warriors will compete today in the **Region 24 Championship** in Charleston. If they qualify, they will then compete at the NJCAA National Championship on Nov. 8 in Levelland, Texas, to wrap up the season. For all things athletic at The Lake, visit RLC online at www.rlc.edu/warriors.

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BY SAMANTHA WEAVER King features synd.

• It was beloved American author Kurt Vonnegut who made the following sage observation: "Laughing or crying is what a human being does when there's nothing else he can do."

• If you removed all the phosphorus from your body, you'd have enough to make about 250 matchheads.

• Those who study such things say that boys who have first names that are considered to be strange or peculiar have a higher incidence of mental problems as adults than boys with more traditional names. The correlation was not found to hold true for girls.

• The next time you're at a holiday gathering and someone has had a bit too much to drink, you can say that person is cherubimical; it's much nicer than calling a family member a drunk.

• You may have learned that the distress signal SOS stands for "Save Our Ship," but that's a myth. That signal was chosen because in Morse Code, it's easy to remember and transmit the three dots, three dashes and three dots that represent those letters. • There was a time when

it was illegal in Hawaii for a woman to eat a coconut.

• According to the Guinness Book of World Records, the oldest documented living parrot is more than 80 years old. Cookie, a Major Mitchell's cockatoo, has lived at the Brookfield Zoo in Illinois since May 1934.

• The New Orleans Saints were admitted to the National Football League on Nov. 1, 1966 — All Saints' Day. The team, however, was named for the iconic New Orleans jazz song "When the Saints Go Marching In."

• If you're an American who has a garden, you're more likely to be growing tomatoes than any other vegetable or fruit.

Thought for the Day: "You can pretend to be serious; you can't pretend to be witty." — Sacha Guitry



<u>BY ANTHONY L.</u> KOMAROFF, M.D.

EAR DOCTOR K: I have frequent back pain. I usually take acetaminophen (the Tylenol brand), but I hear it may not be effective for back pain. Is there anything to that?

DEAR READER: If you'd asked me that question even a year ago, I would have said, "Acetaminophen works fine for most people." Lots of people are bothered by back pain. When it strikes, all you want is relief — and fast. Many folks turn to over-thecounter pain relievers like acetaminophen and nonsteroidal anti-inflammatory drugs, or NSAIDs (ibuprofen, naproxen and aspirin).

Most doctors I know would have shared my impression that acetaminophen works for back pain. I respect the opinions of seasoned doctors, but I also know that there is no substitute for actually studying a question. Indeed, a recent study has challenged my long-standing assumption about the value of acetaminophen for back pain.

Researchers wanted to know if acetaminophen shortened the time from the start of acute back pain (back pain that comes on suddenly) to complete relief. What they found was surprising. For people who used

acetaminophen only when their back pain bothered them, it took about 17 days to get complete relief. For those who took the medication three times a day, it also took about 17 days for full relief. And for those who took a placebo — a sugar pill with no medicine at all — the time to recovery was 16 days. In other words, the medication made no difference in how fast back pain went away and stayed away. In addition, all three groups had similar experiences in terms of the severity of their pain, disability and function.

Mild exercise, alternative

therapies can relieve back pain

Does this mean that you shouldn't bother to use acetaminophen for back pain? Not necessarily. Randomized studies like this can tell you the reaction of the average person in the study. But people are all different. It may be that some people really do get good relief from acetaminophen, even if the average person doesn't. So if it works for you, stick with it.

But acetaminophen does have its own risks and side effects. Taking too much acetaminophen can seriously damage the liver. Ideally, the average healthy adult shouldn't take more than 3,000 milligrams a day.

The safest option is to try to get through the worst of your back pain without medication:

• Use cold compresses or an ice pack, not heat, immediately after an injury. About 48 hours after back pain hits, heat may be more helpful. The warmth soothes and relaxes aching muscles.

• Try to keep moving. A limited amount of activity is better than lying in bed. Ask your doctor about appropriate exercises to start sooner rather than later. Exercise therapy can help heal acute back pain and help prevent a repeat episode.

• Chiropractic manipulation, acupuncture, massage or yoga provide relief for some people with acute back pain. Several studies support using these alternative/complementary therapies.

Many people can relieve their back pain with these simple measures. If they don't provide complete relief, then non-prescription NSAID medicines often will do the trick.

(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.)



Your wallet meets the Smartphone

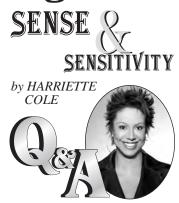
UNIVERSAL ver stand at a cashier fumbling through your overstuffed wallet for the right credit, debit or loyalty card? An end to the frustration may be on its way, according to Consumer Reports.

For several years, a number of companies have been trying to get you to input the details of your payment cards into a "mobile wallet" — an app that is stored in your smartphone. Then you

purchases, 24 percent to pay bills and 17 percent to pay for store purchases, according to a recent Federal Reserve study. Mobile wallets provide one more payment option in today's cell-savvy world.

• Convenience and fees. For Google and Isis, you need at least some special hardware, including an NFC-capable phone iPhone is not one of them, but with Isis you can buy a case for \$60 to \$70 that jives the iPhone NFC capability. For transmitting your card data, Loop requires a \$39 device called a fob. The company currently sells the fob with a phone charging case for \$99. Though Google and Loop work with almost any payment card, Isis works with only certain participating American Express, Chase Bank and Wells Fargo cards. • Security. Digital wallets are not payment accounts. They're merely electronic conduits for making payment using your existing cards. (The same consumer protections on those cards apply to payments even when using them through your phone.) All three mobile wallets use encrypted storage for data. They also require a personal identification number to unlock the wallet. But Google and Loop let you turn off the wallet-lock timer, which can leave it vulnerable to unauthorized charges. A nice feature: If your mobile wallet gets into the wrong hands, you can remotely disable the Google and Isis wallets, something Loop doesn't offer. Overall, Isis is the most secure, using nine of 11 security measures Consumer Reports looked for more than its rivals. Bottom line. Consumer Reports signed up for all three mobile wallets and took them shopping in the San Francisco Bay area. Based on its comparisons, Loop was the most useful because it was the most widely accepted by merchants — its shoppers were successful at seven of the eight stores where they tried to pay with it. Google was the easiest to set up and the least expensive because it doesn't require any accessories and Isis won points for taking the most security measures.

Night out with friends is a nice departure



EAR HARRIETTE: My husband and I went out to dinner with some of his colleagues the other night, and we had a great time. I was surprised because we hardly ever go out anymore, and the evening often ends up in an argument. None of that happened. I want to say something to my husband about how nice it was, but I'm afraid that I might start an else. If this artist gives away tickets like that, he'll never make any money. But when I say that stuff, they just think I'm being stingy and trying to keep the experience to myself. That's not it at all. I'm trying to keep it real. I won't have a job if I keep asking for handouts or acting like a groupie. How can I get my boys to back off without them getting their backs up? — Caught Up, Memphis, Tennessee

DEAR CAUGHT UP: People who work in any way with celebrities often find themselves in your position. Their friends are envious of the experience they are having and really want a way in, if only to glimpse what's going on for a moment.

What you might do is find out if you can buy a block of tickets at a discount for one of these gigs. Ask the artist's manager, the promoter or even the venue. Group sales commonly do that. Make it clear that they will have to buy the tickets, though. Find out if you can arrange a tour of the stage or some other type of insider activity that will give them a look without embarrassing you.

Then shut it down. Explain that you may be able to create a once-in-alifetime, but not a continuous, engagement.

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Illinois Four score and 5.5 million

can make a payment from the card of your choice and even accrue applicable loyalty points simply by waving your smartphone over a card terminal.

Problem is, there haven't been many merchants that can actually read the data stored inside mobile wallets. Google Wallet, which was introduced in 2011, and Isis Wallet, backed by AT&T, T-Mobile and Verizon Wireless and launched nationwide in 2013, require merchants to have or buy equipment that includes a technology known as near field communication (NFC), which has not yet been widely adopted. As a result, Google Wallet and Isis Wallet work at only about 200,000 U.S. merchants compared with 12 to 15 million that take plastic.

But now a new player, LoopWallet, launched in February, uses magnetic pulse technology that allows its mobile wallet to work with 90 percent of existing card readers. That might be enough critical mass for the technology to become a viable option. However, a lot of pieces still have to come together for mobile wallet technology. Allied Market Research, based in Portland, Oregon, projects that mobile payments will grow at a compounded annual growth rate of 127.5 percent, reaching a global market size of more than \$5 trillion by 2020.

Should you consider making the switch to LoopWallet or one of the others? Here's what Consumer Reports says to consider:

• The benefit. More smartphone owners are finding that their handsets are a convenient payment device, with 30 percent using them to make online argument if I bring up the difference between this recent evening and what it's usually like. What can I say that would be appropriate? — Wanting More, Detroit

DEAR WANTING MORE: Let go of your need to compare one activity to another. If you don't hold on to the bad stuff, you create space for it to go away.

Talk to your husband about your great date. Tell him what you enjoyed, especially as it relates to the two of you enjoying each other's company. Suggest that you go out again in the near future. It could be something simple that you both like, such as taking a walk on a brisk fall evening, going out to dinner, attending a sporting event — whatever you both consider fun. Continue to suggest outlets for mutual enjoyment. That's the key to unlocking your happiness.

DEAR HARRIETTE: OK,

so I'm annoyed. I work in the music business, and it can be fun, although it's a lot of hard work, just like anything else. Because I know a person or two who may be pseudo-famous, my boys are always hitting me up, asking me to get them an autograph or tickets to shows. I can hardly ever do that. That's not how this thing works. I can't be building my career and trying to hook people up before I'm even in there good. Know what I mean? I bet you do. But they don't. When I say I can't ask for something like seven free tickets to a concert, they come at me with attitude. I try to tell them that this is business, just like anything

newspaper readers ago...

Illinois is the Land of Lincoln, says so right on our license plates. And every year, 1.5 million people visit Abe's home, the old state capital, or his tomb. That's a lot of Lincoln lovers. But it pales in comparison to the **3.4 million Illinois adults** who read a newspaper last Sunday. Add in the daily paper and those who read online or on mobile devices, and the reach of newspaper media swells to 5.5 million. Honest!



And if you're an Illinois advertiser, remember that the best way to turn those Lincoln pennies into big dollars is to collect enough of them. Illinois newspapers help you do that.



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Sources:* American Opinion Research, Dec. 2012