



The Rec at Rend Lake College is going through some major renovations and has new hours. Now open from 8 a.m. to 8 p.m., RLC students, faculty and staff — and community members looking for fitness classes — can flex a workout plan on their schedule. Call the Rec at 437-5321, Ext. 1279.

## Renovation for Recreation

**JUSTIN WOMACK**

CLOCKTOWER CHRONICLE STAFFWRITER

The Rec at Rend Lake College is a home for athletes, and a place for campus and community fitness. Those taking advantage of its opportunities know the college's Rec Center started receiving an upgrade last month!

Just a few weeks after the start of renovations, the Rec is nearly finished with a now-quadrupled-in-size weight room, which now holds tons of gear. New treadmills and spinning bikes are just a few

of the new equipment that the facility is implementing. The Rec is continuing to grow with each day and with roughly 3,000 square foot of space, only good things will come from this expansion. The old training room in the gym was taken down and now encompasses part of the renovated weight room.

According to Tyler O'Daniel, the Director of the RLC Recreational Center, things are moving fast and the weight room should be finished completely by Christmas if everything goes as planned. He

also wants to incorporate an array of different fitness programs such as zumba, pilates, and a spinning class, as well as other programs to the Rec. There is even a space above the weight room that is being prepared and built on as a studio for those classes. The goal is to bring everything related to fitness and recreation closer together.

"It's just more convenient," says O'Daniel.

After the new training room is built and the larger fitness room stands tall, a fresh coat of Warrior

red and grey paint will be expected. An official finished date is still in the works but O'Daniel is determined to see the project through.

In addition to the renovations, The Rec is now open later. The facility will now be open from 8:00 a.m. to 8:00 p.m. This will allow more students, staff and community members to get their daily workouts in after classes and work.

Even though the renovation isn't 100 percent finished, it hasn't stopped the Warriors from getting in their daily workouts. The Rec's

Facebook page, "The Rec at Rend Lake College," has been posting pictures and video of the RLC baseball players getting in shape for the season.

To get the most recent updates, follow The Rec on Facebook or @RLC\_REC in Instagram. Any questions about times or activities regarding The Rec, can be answered by O'Daniel in his office on campus at The Rec or through his email odaniel@rlc.edu. Information is also available at www.rlc.edu/the-rec.

## Upward Bound Banquet recognizes 30 students

**REANNE PALMER**

RLC PUBLIC INFORMATION

The Rend Lake College Upward Bound program celebrated another successful year with a Mardi Gras theme at their annual banquet, held last night at the Rend Lake Resort in Whittington.

During the event, students were recognized for their involvement in the 2014-2015 academic year program as well as the summer program. The academic year program focuses on achievement in the classroom, team building, and goal setting activities. The summer program is more intensive with five weeks of classes on the Ina campus. Some students also take part in trips throughout the year and others enroll in RLC credit courses.

To go along with the theme this year, the class trip involved traveling and exploring New Orleans after reading a book about Hurricane Katrina. Banquet speaker Mishona Waldis of Sesser then spoke about her experience visiting New Orleans after the hurricane and left the audience with an encouraging sentiment to take with them through their life and continuing education.

"Despite what all these people had been through, I felt the love from them," said Waldis. "They gave me so much more than I was able to give back. I got to see people at their lowest and see them continue to push through."

During the awards aspect of the banquet, students received certificates for participation in the Upward Bound program and the summer program, for earning straight As, for perfect attendance, for receiving

RLC college credit, and many others.

Participants in the Upward Bound program last year were, in alphabetical order, Samantha Alverth (McLeansboro), Chase Bates (Zeigler), Jacob Bush (Zeigler), Whitney Byers (McLeansboro), Jordan Darr (Benton), Abby Docherty (Benton), Haley Edwards (Zeigler), Dakota Emery (Zeigler), Maddie Farmer (Benton), Bethany Garrett (Benton), Erin Greathouse (Zeigler), Nicholas Greenwood (Benton), Cheyenia Hanson (McLeansboro), Dustin Holder (McLeansboro), A'Ralen Hunter (Mt. Vernon), Caleb Isaacs (McLeansboro), Elizabeth Isaacs (McLeansboro), Makayla Jackson (McLeansboro), Katelynn Jones (Mt. Vernon), Noah Leeper (Zeigler), Zane Mare (Royalton), Molly McGuire (Benton), Payce Morgan (Zeigler), Andrew Morris (Royalton), Marissa Moser (Mt. Vernon), Katie Rapp (McLeansboro), Nathan Raynor (Zeigler), Samantha Riddle (Mt. Vernon), Jaclyn Savage (McLeansboro), and Alesse Strumpher (McLeansboro).

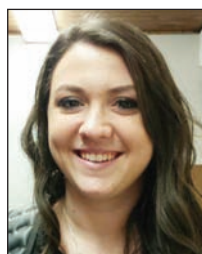
Leah Stallman, Director of the TRIO Programs at RLC, of which Upward Bound is one part, said she's constantly awed by the effort students in the program apply to continue their education at the college level.

"Every year I come up and say this group of students is full of dedicated and hard-working individuals, and it's always true," said Stallman. "We're very proud of their work in the Upward Bound program and want to encourage them to continue working

**Upward** ..... continues on page 2



**O**ur own Billy McPherson set out on campus to find out ...  
**Q: Cell phones in classrooms. What's your stance?**



**Taylor Blankenship, 19, Christopher, Ill.**

**"Yes. They should be allowed, but turned off. Most teachers here will mark you absent if they see you on your phone in class."**



**Kofi Mahama, 45, Tamale, Ghana**

**"Outside the classroom the phone is useful. Inside the classroom, it is a distraction between the student and the teacher. As a student, it makes it hard to study your books."**



**Professor Therese Melena, 59, Ina, Ill.**

**"If you are expecting an important call, I don't care if you have your phone on either silent mode ... If I find it necessary to relieve you of your cell phone, I will sell it on Ebay, Amazon, or Craigslist."**

## RLC Foundation Scholarship Banquet set for Oct. 12

**REANNE PALMER**

RLC PUBLIC INFORMATION

Students and donors are invited to spend an evening giving thanks and supporting one another at the Rend Lake College Foundation 26th Annual Scholarship Banquet. This year, student recipients are to be at the banquet at 5:15 p.m., with donors arriving

at 5:30 p.m., on Monday, Oct. 12, at the Rend Lake Resort in Whittington.

There will be a catered dinner and photo opportunities for donors and their respective students. To learn more about the RLC Foundation and scholarship opportunities, call (618) 437-5321, Ext. 1214 or visit online at www.rlc.edu/foundation.

## Job seminar is Thursday at the Small Business Development Center

**REANNE PALMER**

RLC PUBLIC INFORMATION

Learn how to cultivate and expand upon your online presence at an upcoming job seminar hosted by Creative Business Systems (CBS) and the Illinois Small Business Development Center (SBDC) at Rend Lake College. The seminar is scheduled for 6 – 8 p.m. Thursday, Oct. 8, at the RLC MarketPlace, Room 354 A and B, in Mt. Vernon.

CBS is a rapidly-expanding, local firm that specializes in web development and site hosting. Founder Fred E. Young and other employees are hoping to help connect business owners with website development and site hosting services.

During the seminar, CBS will teach attendees how to help businesses grow and effectively market products. For those interested, Young will also teach how to use cutting-edge technology to develop state-of-the-art websites in a fraction of the time. No special skills, equipment, or hardware is needed to attend as CBS will provide software and customized training at no charge.

For more information or to register, contact the Illinois Small Business Development Center at Rend Lake College at (618) 242-5813 or sbdc@rlc.edu.

About CBS: The firm started in 2003 by entrepreneur Fred E. Young. After spending years in the computer programming business, Young knew from experience that a proprietary code could be written that would greatly simplify the design, layout, and construction of a professional webpage. Using this "recipe" of sorts, Young has helped numerous businesses establish an online presence. He can be reached at 618-246-8822.

About the Illinois SBDC at RLC: The Illinois SBDC at the RLC MarketPlace in Mt. Vernon helps entrepreneurs start new businesses or expand or improve existing businesses. The office is funded through a partnership with the United States Small Business Administration, the Illinois Department of Commerce and Economic Opportunity, and RLC. Their office is located at the RLC MarketPlace, 327 Potomac Blvd., Suite A, Mt. Vernon. For more information, contact the SBDC at (618) 242-5813 or sbdc@rlc.edu.

### INSIDE:

|                   |   |
|-------------------|---|
| Athletics .....   | 3 |
| Classifieds ..... | 4 |





### Perfect Attendance and Straight A's

Six students achieved both straight A's and perfect attendance in the Upward Bound program last year. They are, FROM LEFT, Noah Leeper (Zeigler), Abby Docherty (Benton), Erin Greathouse (Zeigler), Chase Bates (Zeigler), Payce Morgan (Zeigler), and Nathan Raynor (Zeigler). -†(ReAnne Palmer / RLC Public Information)

### Upward ..... continued from page 2

hard.” The RLC Upward Bound program is a federally funded college preparatory program designed to provide academic support, personal and career counseling, and cultural and social enrichment to high school participants who have the academic ability to be successful in college. Services are provided at no cost to the student. To learn more about the Upward Bound program, contact Stallman at (618) 437-5321, Ext. 1366 or stallman1@rlc.edu.



### Speaker

Event speaker Mishona Waldis goes through photos she took while visiting New Orleans after Hurricane Katrina. (ReAnne Palmer / RLC Public Information)



### Perfect Attendance certificate

Eight students were given a \$25 award for perfect attendance in the Upward Bound program. They are, FROM LEFT, Caleb Isaacs (McLeansboro), Samantha Alverth (McLeansboro), Elizabeth Isaacs (McLeansboro), Jacob Bush (Zeigler), A'Ralen Hunter (Mt. Vernon), Haley Edwards (Zeigler), Dakota Emery (Zeigler), and Cheynia Hanson (McLeansboro). (ReAnne Palmer / RLC Public Information)

More photos from this event are on page 3 of this week's Rend Lake College Clocktower Chronicle.



### Scholars in Upward Bound at RLC

Three high school students enrolled in both Upward Bound and RLC college-level courses last year. They are, FROM LEFT, Andrew Morris (Royalton), Bethany Garrett (Benton), and Nick Greenwood (Benton). (ReAnne Palmer / RLC Public Information)



### Work Study Program Participants

Thirteen students participated in Upward Bound's Summer Work Study program where they participated in an internship at a local business. These students are, FROM LEFT, A'Ralen Hunter (Mt. Vernon) who worked at Green Door Spa, Erin Greathouse (Zeigler) who worked at Shawnee Christian Rehabilitation, Andrew Morris (Royalton) who worked with Franklin Co. State's Attorney Evan Owens, Elizabeth Isaacs (McLeansboro) and Makayla Jackson (McLeansboro) who both worked at Hamilton Memorial Hospital, Dustin Holder (McLeansboro) who worked at White Oak Resources, Haley Edwards (Zeigler) who worked in the RLC Foundation Children's Center, Abby Docherty (Benton) who worked in RLC's Business Office, Whitney Byers (McLeansboro) who worked at Second Nature Wildlife Rehabilitation, Katelynn Jones (Mt. Vernon) who worked at Williamson Asia, Maddie Farmer (Benton) who worked with Dr. George Nahass, and Alesse Strumphier (McLeansboro) and Jaclyn Savage (McLeansboro) who both worked at Hamilton Memorial Hospital. ..(ReAnne Palmer / RLC Public Information)



### Upward Bound 2014-15 Summer Program

These students participated in Upward Bound's Summer Program. They are, in alphabetical order, Samantha Alverth (McLeansboro), Chase Bates (Zeigler), Jacob Bush (Zeigler), Whitney Byers (McLeansboro), Jordan Darr (Benton), Abby Docherty (Benton), Haley Edwards (Zeigler), Dakota Emery (Zeigler), Maddie Farmer (Benton), Bethany Garrett (Benton), Erin Greathouse (Zeigler), Nicholas Greenwood (Benton), Cheynia Hanson (McLeansboro), Dustin Holder (McLeansboro), A'Ralen Hunter (Mt. Vernon), Caleb Isaacs (McLeansboro), Elizabeth Isaacs (McLeansboro), Makayla Jackson (McLeansboro), Katelynn Jones (Mt. Vernon), Noah Leeper (Zeigler), Zane Mare (Royalton), Molly McGuire (Benton), Payce Morgan (Zeigler), Andrew Morris (Royalton), Nathan Raynor (Zeigler), Jaclyn Savage (McLeansboro), and Alesse Strumphier (McLeansboro). (ReAnne Palmer / RLC Public Information)



### Live Performance

McLeansboro native Caleb Isaacs concluded the Upward Bound Banquet with an acoustic version of "God Bless America." Click on the image for a larger view. (ReAnne Palmer / RLC Public Information)



### Bridge Award Winner

Jordan Darr of Benton was honored with the Bridge Award, which is given to high school graduates who participate in the Upward Bound Summer Program after their senior year of high school but before their first semester of college. (ReAnne Palmer / RLC Public Information)



Pictured are the participants in RLC's Upward Bound programs. (ReAnne Palmer / RLC Public Information)





# ATHLETICS

## W S E C T I O N

## Winter Hitting League coming to The Rec at RLC

REANNE PALMER

RLC SPORTS INFORMATION

NA, Ill. — A new Winter Hitting League is making its way to The Rec at Rend Lake College this December to help baseball athletes practice and improve on their hitting in the off-season.

Rec Director Tyler O'Daniel said the league will be an eight-week season with four-player teams in several different age groups between 8 and 14. Each game will last seven innings with a 40 minute time limit. All pitching will be front toss.

"This is a great opportunity to improve your athlete's hitting skills and give them a chance to compete against other local players in the off-season," said O'Daniel.

"Specifically, we will work on situational hitting, and each player can expect four or five at-bats per game."

The league will compete during the afternoon and evening on Saturdays and Sundays, beginning Dec. 5. No competitions are scheduled for the weekend following Christmas. There will be prizes awarded to individuals and teams in each age group with results and photos posted in The Rec lobby.

Athletes can register for \$90 each or for \$340 per team, which includes a T-shirt and awards. For more details or to register, contact O'Daniel at (618) 437-5321, Ext. 7813 or Ext. 1279; or odaniel@rlc.edu.



Team Rowland placed first at the 35th Annual RLC Foundation Golf Outing last week with a score of 53. They are Peggy Altmix, Brandon Bullard, Trent Hudgens, Jean Martin, and Vicki Rowland. Also pictured is RLC Foundation CEO Shawna Bullard. Click on the image for a larger view. (ReAnne Palmer / RLC Public Information)

## RLC Foundation hosts 35th Annual Golf Outing

REANNE PALMER

RLC PUBLIC INFORMATION

Twenty-five teams of 140 golfers teed off at the 35th Annual Rend Lake College Foundation Golf Outing last week in a fundraising effort for the RLC Men's and Women's Golf teams.

The outing, held at the Rend Lake Golf Course in Whittington, raises thousands of dollars every year for the Foundation and the teams. Foundation CEO Shawna Bullard said this year's event had the same support and generosity.

"We're thankful for the continued support of our

communities, local businesses, alumni, and friends during this fundraising event," said Bullard. "This year proved to be another beautiful day for spending a day on the course with colleagues and friends."

There were two flights for the winners at the Golf Outing – A and B – for which there were first through third place awards.

Placing first in A Flight was Team Rowland with a score of 53. The team's players were Peggy Altmix, Brandon Bullard, Trent Hudgens, Jean Martin, and Vicki Rowland. First place

for B Flight, with a score of 60, was Team RLC Market-Place, which included Blake McKinney, Corey Phillips, Steve Poffinbarger, Casey Rhine, Dave Stukenburg, and Nathan Wheeler.

Individual winners included Tod Vantrese for Men's Closest to the Pin, Danielle Kaufman for Women's Closest to the Pin, John Barnett for Men's Longest Drive, and Cookie Drew for Women's Longest Drive.

For more information about the Foundation, call (618) 437-5321, Ext. 1214 or email foundation@rlc.edu.

REND LAKE COLLEGE

# THE REC

www.rlc.edu/rec

The Rec at Rend Lake College

RLC\_REC

618.437.5321 Ext. 1279

## WINTER HITTING LEAGUE

Starts 12 / 5 / 15

## RLC Volleyball falls against Lake Land

NA, Ill. (Sept. 24, 2015) — The Rend Lake College Women's Volleyball team fell in three last night to Lake Land College (20-25, 17-25, 13-25) at home. The Lady Warriors are now 1-19 for the season and 1-4 in the Great Rivers Athletic Conference.

Scoring for RLC throughout the match was Nichole Alcorn (Albion) with a hit and a spike; three hits by Ryann French (Woodlawn); Dana Rubenacker (Dahlgren) with three hits and two scores off successful blocks; Ashley Modglin (Shiloh Hill) with two

scores off blocks, two spikes, and two additional hits; Emily Green (Wayne City) with a hit; and one hit by Denise Bruns (Pinckneyville). The duos of Alcorn and Danielle Bruns (Pinckneyville), and Dana Rubenacker and Modglin also scored with blocks against Lake Land.

Defensively, Dana Rubenacker logged two digs and a block, Denise Bruns added two digs and a block, Green had one dig, French logged one block, and Modglin added two blocks.

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



Defensive Specialist Emily Green (#18) taps the ball to freshman Nichole Alcorn (#22) for a hit during the second set of the Rend Lake College vs. Lake Land volleyball game Wednesday night. The Lady Warriors would lose the set 17-25. (ReAnne Palmer / RLC Public Information)

## Lady Warriors Volleyball loses to John A. Logan, Lewis & Clark

REANNE PALMER

RLC SPORTS INFORMATION

NA, Ill. (Sept. 28, 2015) — The Rend Lake College Women's Volleyball team competed against Lewis & Clark Community College (L&C) and John A. Logan College (JALC) over the weekend as part of a tri-match between the three schools.

The Lady Warriors lost 0-3

to L&C (23-25, 17-25, 16-25) and 1-3 to JALC (25-22, 17-25, 9-25, 21-25), moving them to 1-21 for the season and 1-5 in the Great Rivers Athletic Conference (GRAC).

RLC first played L&C to kick off the day's matches. Sophomore sisters Denise and Danielle Bruns (Pinckneyville) led RLC's team both offensively and defensively. Outside hitter Denise

logged six kills and three aces. Middle blocker Danielle added one kill, three block assists, and one solo block.

Freshman Dana Rubenacker (Dahlgren) had five kills, three block assists, one solo block, and one ace against L&C. Fellow freshman and setter Kodi Knight (McLeansboro) added eight assists and four digs to the

match. RLC lost 0-3 (23-25, 17-25, 16-25).

The Lady Warriors rallied for an early lead against GRAC opponent JALC during their second match, taking the first set 25-22, before falling in three (17-25, 9-25, 21-25). Rubenacker had three kills, three block assists, one solo block, and 12 digs. Denise Bruns added three kills, four block assists,

one ace, and eight digs to her performance.

Other top players included sophomore Ashley Modglin (Shiloh Hill) with seven kills, two block assists, and a solo block; sophomore Emily Green (Wayne City) with 15 assists and two aces; freshman Nichole Alcorn (Albion) with seven kills; freshman Ryann French (Woodlawn) with four kills; and Knight

with seven assists.

JALC and L&C also played one another during the tri-match. JALC won the contest 3-1 (13-25, 9-25, 25-20, 21-25).

RLC will play at home against GRAC opponent Kaskaskia College at 6:30 p.m. Wednesday, Oct. 7. For all things athletic at The Lake, visit www.rlc.edu/warriors.

### Straight A Scholars

Two students were given a \$25 award for achieving straight A's in the Upward Bound program. They are Andrew Morris (Royalton) and Katelynn Jones (Mt. Vernon). (ReAnne Palmer / RLC Public Information)



### College-level Course Participants

Bentonites Maddie Farmer, LEFT, and Molly McGuire were honored for taking college-level courses at RLC while still in high school. (ReAnne Palmer / RLC Public Information)

