Giving Tuesday

Students in Rend Lake College’s Culinary Arts program dropped by the RLC Foundation’s Giving Tuesday event in the Student Center. Students, faculty and staff pledged to give in various ways and enjoyed cocoa and cotton candy as part of the worldwide event about giving back. (ReAnne Palmer / RLC Public Information)

Warrior Day, Super Saturday scheduled for Spring 2015

BY REANNE PALMER

It’s time to tidy up that trumpet or violin and join the RLC Community Orchestra or Concert Band as they prepare for the Spring 2015 semester and concerts. The two classes are offered tuition-free to in-district residents. Don’t have an instrument? That’s okay, we do. Thanks to a Schwenkfurt Grant, RLC has a number of new instruments for interested persons to use, including violins, violas, cellos, double basses, an oboe, a baritone, a tuba, clarinets, trumpets, flutes, a marimba, a vibraphone, and many more to choose from. RLC also offers lessons on any instrument, for any skill level, for those who are interested.

“We’re always looking for new members to join the Community Orchestra and Concert Band,” said Sara Astral, RLC Music associate professor. “It doesn’t matter what instrument you play. We’re just a group of music enthusiasts who can help you get out of the house and improve your musical talents.”

The Community Orchestra will meet from 7 – 9 p.m. Tuesday nights, starting January 12. There is a $5 fee for anyone age 16 and older to join the concert band. Participants can also earn dual enrollment credit. The 2015 Spring Concert featuring the Concert Band and Concert Choir is set for 7 p.m., Thursday, April 23, 2015 at the RLC Theatre. Admission to the concert is free.

The Community Orchestra will meet from 7 – 9 p.m. Tuesday nights, starting January 13. There is a $5 fee for anyone age 16 and older to join the orchestra. Participants can also earn dual enrollment credit. The Spring Orchestra Concert is set for 2 p.m., Sunday, May 3, 2015 at the RLC Theatre. Admission to the concert is free.

For more information about the Community Orchestra and Concert Band, contact Larry Pfifer at lpfifer@rlc.edu or (618) 437-5321, Ext. 1263.

Spring Community Orchestra, Concert Band looking for new members

Christie Almer

Hayley Spicer, LEFT, of Sims and Emma Bachman, RIGHT, of Carmi won the America Recycles Day Green Scavenger Hunt on Nov. 15. The two are sophomore athletes for the RLC Lady Warrior Softball team. (ReAnne Palmer / RLC Public Information)

Bachman, Spicer win America Recycles Day Green Scavenger Hunt

BY REANNE PALMER

A group of Rend Lake College Warriors took over the Mt. Vernon Walmart on Nov. 15 to participate in the RLC America Recycles Day Green Scavenger Hunt, coming away with a one-of-a-kind experience and information that will help them when shopping for recyclable or green items. The event was sponsored by Worksite Wellness Committee.

Winners continue on page 3

Worksite Wellness Committee accepts Gold recognition

BY REANNE PALMER

The Worksite Wellness Committee and a handful of other organizations were honored with an Illinois Healthy Worksite Designation by the Illinois Department of Public Health. RLC received Gold recognition, the highest honor, thanks to the “We Choose Health” grant, funded by the U.S. Centers for Disease Control and Prevention.

The Illinois Healthy Worksite Designation was created in 2014 to recognize workplaces with healthy practices that benefit employees and employers alike. The Worksite Wellness Committee was formed at RLC to improve the health and happiness of employees by helping them reach wellness goals through motivation, encouragement, informational and informational activities. Some of the activities include Lunch-N-Learn, Walk-N-Talk, monthly challenges, ongoing newsletters, and more. RLC is one of only five organizations to receive recognition in Southern Illinois. There were 11 other organizations who received Gold, 14 received Silver, and 16 received Bronze.

The Illinois Healthy Worksite Designation was created as part of the statewide “We Choose Health” community transformation grant, which was funded by the U.S. Centers for Disease Control and Prevention.

Helping

Lifeboat Alliance Director Jenny O’Daniel, LEFT, accepts a $288 donation from Tyler O’Daniel, RIGHT, RLC Rec Center Director, at the Lifeboat Alliance homeless shelter in Mt. Vernon. The money was raised at the Turkey Leg SK, held Nov. 22, on the Inca campus. (ReAnne Palmer / RLC Public Information)

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Contributions to a 529 plan may be eligible for a state tax deduction. For more information about Worksite Wellness at RLC, contact Lori Ragland at (618) 437-5321. Ext. 1367 or visit them on Facebook at www.facebook.com/rlcwellness.

Solution to Crossword puzzle printed on page 4.

Solution to Sudoku puzzle printed on page 4.

Solution to Solution to Sudoku puzzle printed on page 4.

Solution to Crossword puzzle printed on page 4.
Caldwell visits Waltonville
High School students, talks about college life

BY REBECCA PALMER

Cindy Caldwell, from the College Algebra class at Rend Lake, is leading the dual credit class at Walnut High School. The students asked some very interesting and important questions about college,” said Caldwell. “I really had a good time and I think the students appreciated the visit. I think it’s important that RLC is trying to work with area schools to provide dual credit courses. Schools are tight on money, so with distance-learning, I hope we can help area high schools with dual credit courses.” The dual credit program at RLC offers tuition-free courses with a reduced rate for textbook rental for in-district high school students. High School juniors and seniors take these classes during the day at their school, helping them meet graduation requirements at both the high school and RLC. All 13 public high schools in RLC’s district are registered with the program, of which 12 participated last year. The courses are taught by both college and high school instructors. Last year, a total of 1,581 students enrolled in dual credit courses at RLC, saving $792,110 in tuition.

For more information about the RLC Greening the Classroom dual credit program, contact Tyson Ellis at (618) 437-5321, Ext. 1789 or tyson.ellis@rlc.edu. Information can be found on www.rlc.edu/greeningthe classroom. The dual credit program runs in the Pacific at the age of 10.

“Watch them open wide and gasp,” said Caldwell. “Most of them have never seen such a beautiful sight. It really had a good time and I think the students appreciated the visit. I think it’s important that RLC is trying to work with area schools to provide dual credit courses. Schools are tight on money, so with distance-learning, I hope we can help area high schools with dual credit courses.”

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