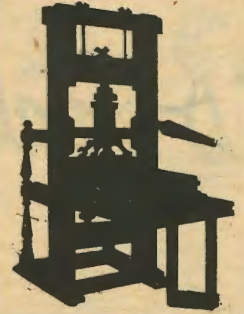


PRESSING TIMES

Rend Lake College

Ina, Illinois

MONDAY, MARCH 7, 1977



Eight RLC students honored

Achievement awards

Terrie Samuels of 915 South Broadway, Sesser, and Kelly Mumbower of 1015 South 25th Street, Mt. Vernon, have won the 1976-'77 Student Achievement Recognition Program competition at Rend Lake College.

The Rend Lake winners will each receive a \$100 cash award and a certificate or merit. In March, they will compete for \$250 cash awards in one of the seven district competitions with winners from the other 49 community colleges in Illinois. Fourteen finalists will be chosen—one man and one woman from each district—to compete in the state finals in April for two \$1,000 cash awards.

Ms. Samuels, 18, a political science major, and Mumbower, 19, a physical education major, were selected from among twelve entrants in the Rend Lake College competition as the two students who have made the most noteworthy progress toward their career goals and have shown outstanding leadership qualities through participation in campus and community activities.

Ms. Samuels, a graduate of Sesser Community High School, is a member of various civic organizations including the American Legion Women's Auxiliary. She is also a member of the RLC Cheerleading squad and serves as feature editor on the staff of RLC's student newspaper, The Pressing Times. Among the honors she received while in high school, are the National Honor Society,

Scholastic Achievement Award, and Creative Writing Award. She also represented the Bank of Sesser in the 1976 Miss Rend Lake Beauty Pageant.

Her personal goals include becoming either a lawyer or child psychologist. She has worked with children in several instances, including teaching a Sunday School class in her home town.

Mumbower is a member of the Circle-K organization, which is a college chapter of the Kiwanis, is a member of the Second Baptist Church of Mt. Vernon, and has done much voluntary work for the Mt. Vernon YMCA.

A graduate of Manzano High School in Albuquerque, New Mexico, Mumbower is a member of the Rend Lake Baseball squad, serves as treasurer of the RLC Student Senate, and has been placed on the Dean's List both semesters he has been at RLC.

In high school he was president of his senior class, and named to the All-City Baseball squad in 1975.

Among his career goals are becoming a major college coach and athletic leader. He plans on continuing his education in order to reach those goals.

Dr. Travis Martin, RLC President, congratulated the two winners and said that each year the SARP competition makes note of student achievement and rewards them for their excellent work put forth toward achieving their goals.

Who's Who

The students nominated for "Who's Who Among Students in American Junior Colleges" for 1977 from RLC are Gary Arnold, Chuck Eckert, Beverly Lawson, Perry Morris, Kelly Mumbower, and Laura Stewart.

Who's Who is a national publication of outstanding students in community colleges across the nation.

Students were nominated by faculty members and representatives from the Student Senate. The final selection was made by a committee of two faculty members, two students, and one administrator. Students were selected on the basis of (1) G.P.A. (minimum of 3.0), (2) Sophomore standing, (3) Leadership in campus activities, and (4) Community service.

Gary Arnold, son of Mr. & Mrs. Wayne Arnold, is a graduate of Mt. Vernon Township High. Among his college activities are Phi Theta Kappa, BASIC, choirs and bands, organist at the RLC basketball games, and theater productions (orchestra). Arnold is a member of Second Baptist Church, Mt. Vernon, where he is also pianist and youth music director. He is Kiwanis pianist, a member of a gospel group, and plays at many weddings, revivals, and dinner clubs.

Chuck Eckert, son of Mr. & Mrs. Charles E. Eckert, graduated from Hutsonville Community High School. Eckert was manager of the Mt. Vernon Carter-Mondale Regional Headquarters. He is very active in Circle K, Phi Theta Kappa, Young Democrats, and is the Student Board member.

A graduate of Benton Consolidated High is Beverly Lawson, daughter of Mr. & Mrs. James Lawson. Among Miss Lawson's college activities and honors are Editor of OZONE, Secretary of the Science and Engineering Technology Club, and past member of the Collegiate Choir. She re-

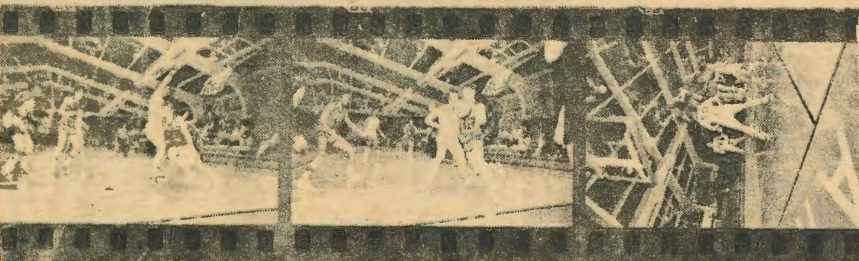
ceived the Faculty Wives Scholarship. Miss Lawson has had poetry published in OZONE, the Pressing Times, and CATALYST magazine, a publication for American Collegiate Poets. She was Miss Bank of Benton, 1975, recipient of Overall Outstanding Achievement award at Miss Illinois Pageant, 1975, and Miss Southern Illinois 1976. Miss Lawson is a member of the First Baptist Church of Benton, and the Living Circle Singers.

Perry Morris, son of Mr. & Mrs. Virgil Morris, graduated from Mt. Vernon Township High. Morris received the Blackouts Scholarship, honorable mention at the 1976 Student Art Show, member of the OZONE staff, worked on stage crew for many RLC productions, designed sets for "The Diary of Anne Frank," and the Original Reader's Theater, and is directing "Sandbox." He is a member of the Summersville Baptist Church, and designs backdrops for gospel concerts.

Son of Mr. & Mrs. Harold Mumbower, Kelly Mumbower is a graduate of Manzanita High School, Albuquerque, New Mexico. His college activities include Student Senate Treasurer, Phi Theta Kappa, Circle K, and 3rd baseman for the RLC baseball team. Mumbower received the Blackouts Scholarship, and Student Achievement Award. He has also worked stage crew and lighting for many theater productions.

Laura Stewart, daughter of Mr. & Mrs. Kenneth R. Stewart, graduated from Mt. Vernon High School. She is President of the Student Senate and Young Democrats, member of Phi Theta Kappa, and participant in Readers' Theatre productions. Miss Stewart is a member of South Hickory Hill Christian Church. She is president of the Jefferson County 4H Federation, and presented a talk on nutrition to senior citizens.

Warriors end season



story & photos pages 7-8

Editorials



By Sharon Heil

Although it is not yet definite, student evaluation of all RLC instructors certainly looks like a hopeful possibility this semester. Dean of Instruction Dr. Kenneth LaSalle said he plans to check with the academic council first, but he personally feels teacher evaluation is a valuable and worthwhile project that should be continued.

According to Robert Graham, dean of student services, no evaluations were made last semester because of the resignation of former Dean of Instruction Dr. Philip Ward.

But if the evaluation is to take place this semester, you can expect it shortly after midterm. All RLC instructors will be evaluated in two of his or her classes. One will be the instructor's own preference and the other chosen by the department chairperson.

If the same plan recommended by Dr. Ward is used, the president of Student Senate, the student evaluation committee chairperson and faculty president will select students to present the appraisal sheet. These students will explain the evaluation which will always take place with the instructor absent.

The evaluation sheet (which was compiled by Dr. Ward and committee) consists of a one to five scale rating of aspects that constitute good teaching. A few of the questions to be considered: 1) encouragement of critical thinking and involvement; 2) availability of help outside of classroom; 3) fairness in grading; and 4) comparison to all other RLC instructors. Last, but not least, are the words "Write additional comments on back."

All results and comments made on each instructor are composited on one sheet. (The instructor never sees the individual's evaluation.) Copies of the compiled results are sent to the respective department chairman, the dean, and the instructor involved.

The purpose of this editorial is to encourage not only participation but genuine student involvement in the project. The whole process is a difficult and tedious task and should not be taken lightly by anyone. A real effort is being made to better the teaching of any instructor who may need improvement.

An honest effort should be made by all students to consider the quality of teaching in each class in order to be prepared to give the accurate evaluation. This is one of the best chances we as students have to voice our opinions for or against our instructors.

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Book beat

By Ruth Asper, Library Assistant

TOPIC: Who wakes up with a smile on a Monday morning? Who actually enjoys himself from 8:00-5:00 every day? It is the person who found that certain job which is making use of his abilities and satisfying his interests!

Now is a good time to do a little digging inside yourself to discover your heart's desire, and to do a little digging outside yourself to see what matches it.

These books, and others like them to be found in the LRC, can be excellent references as you search:

WHERE TO BEGIN?

Hopke, William E., ed. Encyclopedia of Careers and Vocational Guidance.

Vol. 1 Planning Your Career. Discusses aptitude, interests, and personality types; and describes general areas of work.

Vol. 2 Careers and Occupations. Gives specific information on hundreds of jobs, listing requirements, conditions of work, outlook, earnings.

Occupational Outlook Handbook, 1976-1977 Edition. U.S. Department of Labor.

Tells what workers do, what training or education is needed, advancement possibilities, earnings. Gives outlook on availability of job opportunities.

Splaver, Sarah. Paraprofessions. Suggests the new employment opportunities opening in this area. Describes the training needed to work alongside professionals in all fields.

DIG A LITTLE DEEPER

There are also books available that are devoted to only one specific field, such as accounting, engineering, or nursing. One example of this is Careers in Agribusiness and Industry by Archie Stone—a guide to those interested in manufacturing and merchandising food products.

GET THE WHOLE PICTURE

Discover more than just the job description. Read other job-related information: company policies, management procedures, employee benefits. A book such as The Unions by Alvin Schwartz will provide information for those who will become a part of the labor force.

GET IT RIGHT

In professional fields, mastering the art of communication is a key to success. Check this book out as an aid to both verbal and written skills: Writing For Results by David Ewing.

LEARN FROM OTHERS

Another valuable aid toward deciding "yes" or "no" about a certain career is reading of another person's experiences in the field. Interested in teaching? Try Chalk Dust On My Shoulder by Charles Rousculp. Or pick a biography from your field of interest.

Make use of the information around you to from the decisions that can cause your life to be the fulfilling one it should be.

Give blood March 16

Mrs. Book visits D. C.

By Terrie Samuels

The Red Cross Blood Mobile will be at RLC from 9:30 am to 2:30 pm on March 16. Blood donations will be taken in the gymnasium.

Wayne Arnold, RLC Athletic Coordinator, is supervising the Blood Mobile Donation Day. Arnold hopes for a goal of 120 pints of acceptable blood.

In Illinois, anyone may donate blood when they reach the age of 17. Any donor 66 or older must have a doctor's written permission two weeks prior to the blood donation.

The average individual has 13 pints of blood in their system. Less than a pint is donated. The energy loss might be compared to the exertion required for a brisk half-mile walk.

The Missouri-Illinois Regional Red Cross Blood Program is striving to provide the total blood needs within a 250-mile radius of St. Louis, which includes serving 167 hospitals.

Every five minutes, hospitalized patients in the St. Louis area require blood—blood that is available immediately, and available in the correct blood types. The availability of this blood makes the difference between life and death, and that's where you fit into the picture. Blood cannot be manufactured; it comes only from one human being who cares enough about another human to donate less than a pint of blood. That concerned human being is you.



"I was amazed at the amount of work on the part of the Congressmen," said Imogene Book, Director of the Learning Resource Center, Rend Lake College, after a recent visit to Paul Simon in the Nation's Capital.

Book said she was amazed at the efficiency of Simon's office staff.

"Congressman Simon was very gracious and we talked with each other two or three times the day I was there," added Book.

"He expressed his concern at the \$50 per person rebate that the Carter Administration is advocating," said Book. Simon thought it would be much better if the money used for that program would be put in work pro-

grams for people who need work. Especially since the rebate amount is so small."

While in Washington, Mrs. Book sat in on a Congressional Budget Hearing, which she found "extremely interesting" since it was the first time she had ever been present at such a meeting.

"The Congressmen really do their homework," said Book. They still find time to mix in a little humor as well.

Book was in Washington for a week-long library convention of the American Library Association, of which she is a member. Mrs. Book is also the v. president/president-elect nominee of the Community and Junior College Library Section of the Association of College Research Libraries.

Book also spent much of her time in Washington at various library meetings and conferences.

While at Simon's office, Mrs. Book met two former Mt. Vernonites who now are employed by the Congressman.

Elaine (Baburnich) Mannen, a graduate of Mt. Vernon Community College, and Terry Michel, who is the Congressman's Press Secretary.

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Class studies Lamaze

By Sheila McMahon

Scott and Susan Hall gave birth to a handsome baby boy, Brian Hall, on November 20, 1976 by the Lamaze method of childbirth. Mr. DeWitt's Child Psychology class 212 had the opportunity to share the Hall's experience during a brief videotaped session held February 4 in the audio-visual room of RLC's Learning Resource Center.

Dr. Fernand Lamaze, a French obstetrician, began using the psychoprophylactic method of obstetrics (better known as prepared childbirth) about the middle of the 20th century. The method was not a new one but was developed from special types of breathing and muscle control techniques used by the Russians.

After deciding to use the Lamaze method, Sue's doctor had to sign a form saying she could have her baby by this method. This being the common procedure used at Good Samaritan Hospital in Mt. Vernon.

They studied the book "Six Practical Lessons for Easier Childbirth" and were taught the different types of exercises and breathing techniques from Leona Gibbs of Good Samaritan. Their learning sessions were held at Mrs. Gibb's home. The sessions were very informal and usually consisted of about six couples.

Sue elaborated on the techniques. "We did the exercises every night for one month before Brian's birth. The sit-up exercises and expulsion exercises were for muscle control," she explained. "The breathing exercises were to aid in reducing

pain through the lifting of the diaphragm off the abdomen."

They were told step-by-step exactly what was going to happen so they'd know what stage they were in and what was next to come.

Scott's job was to act as the coach. When Sue's breathing got out of rhythm he helped her regain the pace needed for that stage. Scott explained, "Standing there beside Sue helped me realize what she was going through and I had to help her any way I could."

They spent fifteen minutes in the delivery room and Sue was able to see Brian immediately because she was given no sedation of any kind. She was up walking around one hour after the delivery.

Both are sold on the Lamaze method. Sue said, "It was painful but I was prepared for it. I knew what to expect." She further added that she would not have a baby any other way.

SIU donates equipment

Rend Lake College Dean of Instruction, Dr. Kenneth LaSalle and Maurice Kirsch, automotive instructor look over equipment which was recently donated to RLC by the SIU School of Technical Careers. Equipment received from STC is valued at approximately \$8,000 and includes several transmissions, air conditioner compressors, carburetors and starter components. The equipment will be used by automotive technology students in their lab sessions.

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AIME officers to attend meeting

Bob O'Brien, Glenn Kovach, and Brian Fitzpatrick, officers in RLC's chapter of the AIME, will attend the 1977 AIME Annual Meeting in Atlanta, Georgia.

They were to leave on Sunday, March 6 and the meeting will end on Wednesday, March 9.

Topics of discussion will include "modern mining methods, health and safety and the Scotia Mine Disaster".

The students will bring back information discussed and report it to fellow AIME members at the next AIME meeting on March 16.

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CHUCK ECKERT Student Board Member

If you have any questions, comments or suggestions, feel free to contact me at the Bookstore or at 244,4650.



Photo by Danny Tennant

Goodman demonstrates floral arranging

By Sheila McMahon

Ron Goodman, an Interior Design major at RLC, demonstrated the act of floral arrangements in a presentation given Feb. 10 for Lecture Series I held every other Thursday at 1 p.m. in the Science Building, Room 110.

He began his presentation with three basic flower displays and arranged them in various ways to obtain different affects. He said that the Victorian arrangement, better known as the round arrangement, is used most frequently as a centerpiece.

He explained that each stem, type of flower, and color of flower

has a symbolic meaning in the Oriental arrangement.

"The Contemporary or modern arrangement derived from the Oriental arrangement but developed by Western florists are varied to suit our own tastes," he commented. "They are linear in style, with the stems cut different lengths to create the impression of lines."

Goodman has been working as a florist for about five years. He worked for a while in Colorado Springs, Col. and St. Joseph, Mo. He had his own shop in Johnston City for a while before he began working at Anita's Florist in West Frankfort where he is presently employed.

AFGANS FOR SALE-- Two different styles, priced at 15 and 20 dollars each. Baby afgans made for six dollars each. Call 242-5845.

SIU-C offers special advisement

RLC students can take advantage of a special advisement and registration that is being planned by SIU-C for students transferring from other colleges.

To qualify, a student must be admitted to SIU-C prior to March 11, 1977.

Each admitted student must send on POSTCARD (only) the following information; 1. Full name and address; 2. Social Security number; 3. Academic major and unit; 4. Statement indicating desire to be advised and registered either on Friday, April 8, or Friday, April 15.

The postcard should be addressed to Mrs. Verna Borger, Admissions Office, SIU-C, Carbondale, IL 62901.

LRC receives magazine subscriptions

The Learning Resource Center of Rend Lake College has recently received subscriptions to several periodicals. The Ina State Bank has given a gift which adds twelve new titles to the magazine collection.

To be received are Atlas, Audio, Book Digest, Catholic Digest, Christian Herald, Columbia Journalism Review, Family Handyman, Horseman, Motorcyclist, Popular Science, Volleyball, and Woman's Day. These selections should provide material for many purposes as the subjects covered by them are varied.

"The generosity of the Ina State Bank, through Mt. Winston Fullerton, Executive Vice President, is greatly appreciated," said Imogene I. Book, director of the library.

Another gift has come to the Learning Resource Center through the Harry Rowatt Brown Trust Fund. For the past several years the Trust has provided a subscription to National Geographic. This gift was presented initially with the understanding that after five years 50% of the subscription would be paid by the Learning Resource Center and the Trust Fund would pay the other 50%.

Word has now been received that this stipulation has been eliminated. Beginning Jan. 1977, all recipients of the gift subscription will receive National Geographic free of charge indefinitely. RLC will continue to enjoy the National Geographic totally through the generosity of the Harry Rowatt Brown Trust Fund.

"Although the LRC has a substantial amount budgeted each year for magazines and newspapers, each gift makes possible a wider variety of reading material for students and faculty," observed Mrs. Book. "Further", she continued, "each gift from the community shows the ongoing interest of the residents of the district in Rend Lake College."

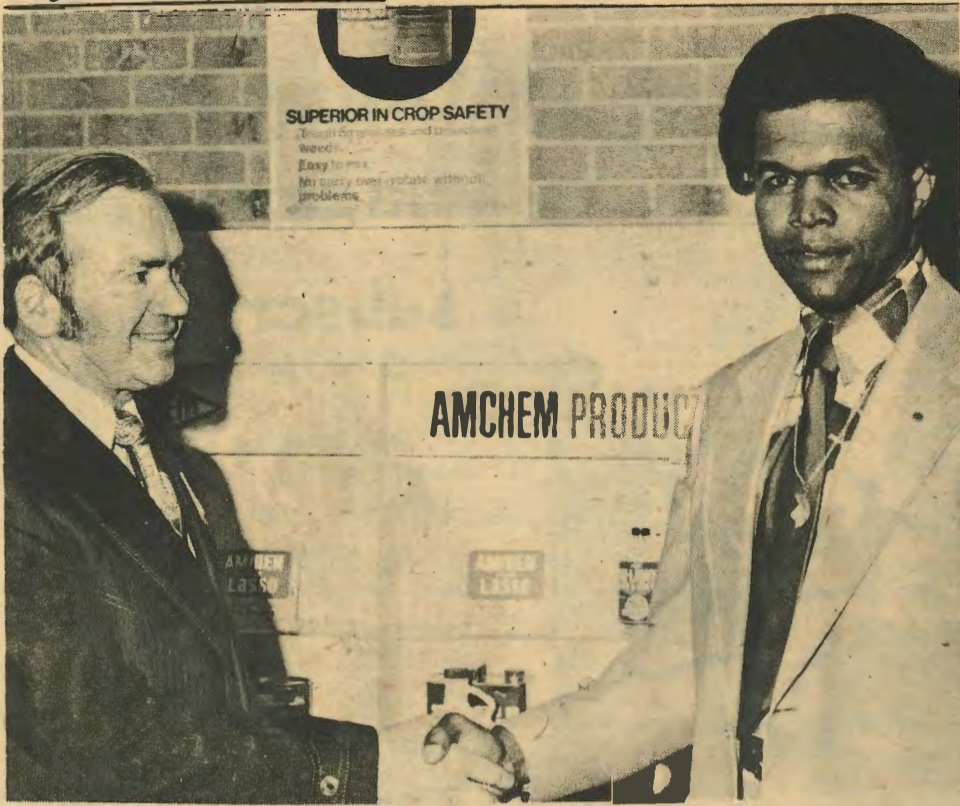
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Leavell Swink (left) welcomes Gale Sayers to the campus of RLC and to a recent meeting of the Southern Illinois Fertilizer and Herbicide Conference. Sayers, now Athletic Director at Southern Illinois University in Carbondale, spoke to the group about the athletic program at Southern. Swink is an instructor in the Agriculture/Business program at RLC.

Senate plans year

By Donna Mitchell

"There's no place like school, there's no place like school," cried Laura Stewart to the Wizard of RLC. "Why I'd walk miles on yellow asphalt roads and fight all kinds of witches in order to please the students at RLC."

Laura Stewart is president of a group organized to please the students at RLC--this group is called the Student Senate.

The Student Senate is the student governing body of RLC. It is composed of eleven members from the student body. Four members are elected from the sophomore class, four from the freshman class, and three elected at large.

The Senate is responsible for allocating the activity fee each semester. The activities available to the students on campus are arranged and supervised by the Senate. Robert Graham, Dean of Student Services, sponsors the Senate.

Officers of the Student Senate for the 1976-77 school year are: Laura Stewart, pres.; Wendy Andros, v. pres.; Karen Davenport, sec.; Kelly Mumbower, tres.; David Dent, social

ch.; Becky Kimmel, combo ch.; and Roger Smith, publicity ch. Regular members are: Carol Kabot, Mike Shreves, Roy Kretz, and Mike McHaney.

The Student Senate is contributing \$250 to help fund the upcoming visit on April 21, of a well-known Chicago, Illinois poet, Gwendolyn Brooks. Ms. Brooks will spend the day speaking to students at RLC and residents of the surrounding area.

Top students in the sophomore class at RLC will be awarded scholarships this year through a new program sponsored by the Senate.

The Student Senate has proposed that change-making machines be purchased for the North and South Oasis, next year. Hopefully, the funds for the machines will be derived from the general student activity fund since the Student Senate's budget is limited.

Members of the Senate urge all students at RLC to use the Suggestion Boxes, located in the oasis to offer suggestions or comments about RLC's student activities.

March 20 opening for 'Hairy Man'

By Becky Harvey

"The Hairy Man," a drama adapted from a book written in 1970, will be presented in the Little Theater at 8:15, Sunday, Mar. 20.

Tickets are \$1.00 and can be obtained at the door.

"The Hairy Man," under the direction of RLC student Brent Lappin, is actually a combination of Readers Theater and a play. Part of the cast hold scripts, while the other actors do not.

Three main characters and a chorus make up the cast.

The three characters are Wiley (Lee Ann Eubanks), Mamie, her mother, (Janice Hudson) and the hairy man (Michael Shreves). The chorus consists of Laura Stewart, Melissa Outland, Joni Dawn Colle, Becki Kimmel, Sarah Jones and Anna Laughmiller.

This story revolves around a magical character (The Hairy Man) who, by spells, tries to take Wiley away. Wiley, with help from Mamie, tries to avoid him. Do they succeed? See "The Hairy Man," and find out.

Scholarships offered for RLC graduates

Win a Two Year full tuition college scholarship at the University of Illinois, Southern Illinois University at Carbondale or Southern Illinois University at Edwardsville, by simply applying for and being accepted for the Air

Force ROTC Two Year program at one of the above schools. You, as a Illinois junior college graduate, are almost automatically awarded a full tuition college scholarship. You also earn \$100 per month tax free while you are a junior and senior. For more details, contact me as soon as possible.

Captain Glenn R. Miller
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News notes

Ozone submission deadline nears

Ozone submissions must be turned in by March 11, 1977 to be considered for this year's magazine, Dr. Evelyn Claxton has announced.

The showcase for RLC creative talent, Ozone will publish short fiction, non-fiction prose, poetry, art, and photography by students enrolled in either semester this year whether in the day or evening program.

Prizes of \$15 for first, \$10

for second, and \$5 for third will be awarded in all categories.

Anyone with material to submit should get it to Dr. Claxton in the North Oasis 147.

Ozone will be distributed late in the semester.

Fine arts magazine accepting entries

Creative Endeavours of the Centralia Cultural Society is accepting submissions for the second issue of Stone Jar to be published this spring.

Stone Jar is a magazine of the fine arts, featuring short fiction, poetry, and photography. RLC students and staff and anyone from the community may submit work for consideration.

The deadline is March 7, and submissions should be addressed to Creative Endeavours, Centralia Cultural Society, Box 220, Centralia, IL 62801.

Each submission should include one original and two copies typewritten on 8½ x 11 paper.



Warrior cage season ends

Photos by
Danny Tennant



RLC Coaches and reserve players cheer the Warriors on down the stretch against South-eastern in last weeks regional tournament battle.

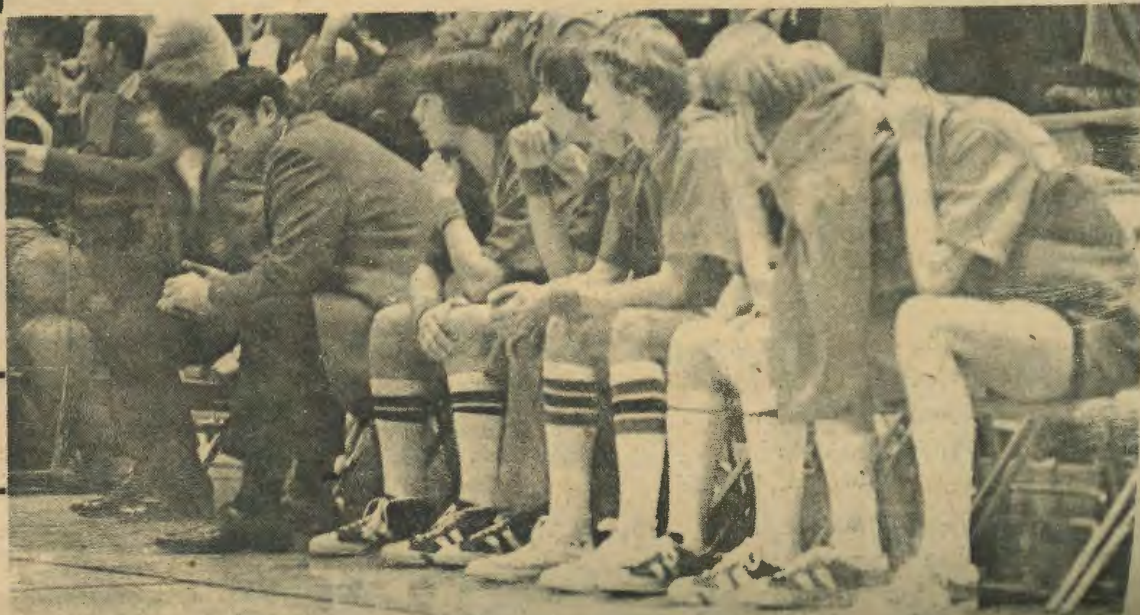


Assistant coach John Kretz disputes a call by the official as head coach Jim Waugh ducks his head in disgust.



Coach Waugh yells out instructions to his players in the late going.

With only seconds remaining, the Warrior bench realized there season had come to a close. The Warriors were eliminated, 80-74.



RLC shares conference title

By Ron Stanart

The RLC Basketball Warriors served as hosts to this year's Section Eight Tournament, conducted Feb. 21, 22, and 24.

RL and John A. Logan, rivals for as long as both schools have been in existence, opened the affair. This game took on special significance since they split their two earlier confrontations.

The Warriors took command early, leading 22-4 at the outset, 40-24 at the half, and breezing home with an 84-67 victory.

Freshman Kevin Rose led all scores with 25 points. Gary Hutchcraft tallied 18, Jeff Wilson 15, Jack Smith 12, and Chris Benetti 10 as all five starters hit double figures. Hugh Moore and Jay Sandusky added 2 apiece.

Game Two that evening found the Warriors of Wabash Valley also victorious as they annihilated

the Kaskaskia Blue Devils 100-82.

The Southeastern Falcons, one of two teams to draw a first-round bye, brought RL's season to an abrupt halt Tuesday the 22nd, with an 80-74 win. It was the third meeting of the year between the two clubs, Co-Champs of the SICC with identical 6-4 conference records. The old cliché of "it's tough to beat a good team three times in a season" again proved itself true. RL led at the half 35-31 but just couldn't turn the trick.

Following a dismal 2-9 season start, the Warriors turned it around after returning from the Florida trip to complete a 14-14 slate including that share of the conference title, (2nd in the school's history) having once been 0-3 in conference play.

Scoring for RL in that final contest was Rose 19, Smith 18, Wilson 14, Hutchcraft 12, Benetti 9, and Moore 2.

Game four of the tournament saw the Shawnee Saints, who also drew a bye, get upset 67-61 by Wabash, setting up the championship bout Thursday the 24th between Southeastern and Wabash Valley.

Lynwood Cowan 6'6" freshman forward from Union City, Kentucky paved the way with 27 markers as Southeastern made a rout of it 97-71.



Southeastern Illinois pulled a magician's act on the Wabash Valley Warriors in the Section 8 Tournament, with an upset win of 97-71.



RLC Warrior's Hugh Moore dribbles past a Southeastern Illinois College opponent in the third match of the Section 8 Tournament, that saw the home-court Warriors fall 80-74 to the SIC Falcons.

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