

The Pressing Times

Rend Lake College, Ina, Illinois 62846

Monday, March 12, 1979

Computer saves energy at RLC

By Susan Burgess

Classroom too cold? Don't expect to just turn up the thermostat on the wall anymore. Temperature regulations for all Rend Lake College buildings are now governed by a computer located in Indianapolis, Indiana.

Central control of RLC heating-cooling operations and corrections and additions to the system are new ways to conserve energy and cut down utility bills, according to B.J. Witunski, business manager and treasurer for RLC.

Beginning full operation in January, the computer control of building temperature still doesn't have all the bugs in the process eliminated, warns Witunski. However, daily printouts from the computer help the RLC Maintenance Department make any adjustments here that cannot be corrected in Indianapolis. If a critical situation develops during the night, an engineer for Honeywell-Boss, the corporation providing this service, calls the on-duty Maintenance person for immediate correction.

With this constant monitoring, the entire system can be shut down 15 minutes per hour unless extreme fluctuations in temperature necessitate other adjustments. Heat to all buildings is phased

down beginning at 3:00 p.m. and phased in about 5:00 a.m. on school days.

Such manipulations will result in an annual savings of at least \$21,197 to RLC. Eighteen months into the program, the system will have paid for itself in savings. RLC now uses more kilowatts at lower charges because peak demand usage (for which Tri-County Electric charges peak rates) has been lowered.

Because Rend Lake College campus was built in pre-energy crisis days, structures were not designed to conserve energy. The original heating-cooling system has developed into a major problem as well. Warmth in winter and cool air in summer journeys to classrooms through an underground jungle of chilled-water pipes. Two lines carry hot water from the boiler room, and two lines carry cool water from chillers. A fifth pipe is the air-o-stat (like a thermostat).

When the lines hold 40 lbs. pressure, there's no problem. But lower pressure means (a) one of 1,500 pipe joints is leaking, and (b) RLC is losing water. A recent thermograph, used to check for water leaks, reported 9 major breaks in the Phase 2 system. Phase 2 includes Vocational-Technical Building, North Oasis, Learning Resources Center, and Fine Arts Buildings.

These breaks are costing RLC \$1,000 in monthly water bills, that should run \$300-\$400. Witunski warns that additional breaks might result in the school's closing until other classrooms could be secured in the community.

To prevent such a catastrophe, Witunski sought assistance from the Capitol Development Board, supervisor for all state projects over \$100,000. The Board recommended that the engineering firm of Phillips Swager study RLC's swiftly disintegrating situation.

Phillips Swager engineers advised the college not to repair the existing system. For one thing, ferreting a water leak in an environmental area, such as the campus, with a watertable at 4 to 8 feet is like finding fresh water in a swamp. Another negative factor would be a \$813,117 repair bill.

Thus the best alternative, according to Witunski, is to run new pipeline on the west and north sides of the Vo-Tec and LRC Buildings to join the existing system inside. Then a third system should be added to supply the Student Center and Administration Building. This new system would pay for itself in 17 years, based on current energy rates. Phase I heating, including the South Oasis, Gymnasium,

Academic and Science Buildings, is currently problem free.

The alterations plus the new third system total \$603,886, a savings of over \$200,000, above estimated repair costs. But the crucial factor now is Capital Development Board approval of the project. If the plan is accepted, Rend Lake College's cost-share would be 25 percent or approximately \$151,000. The state would finance the remaining 75 percent.

Witunski hopes that past credits for 100 percent local financing of the recent extension to the mining building and construction of a maintenance building would entitle RLC to an even lower percentage of total costs for the proposed project.

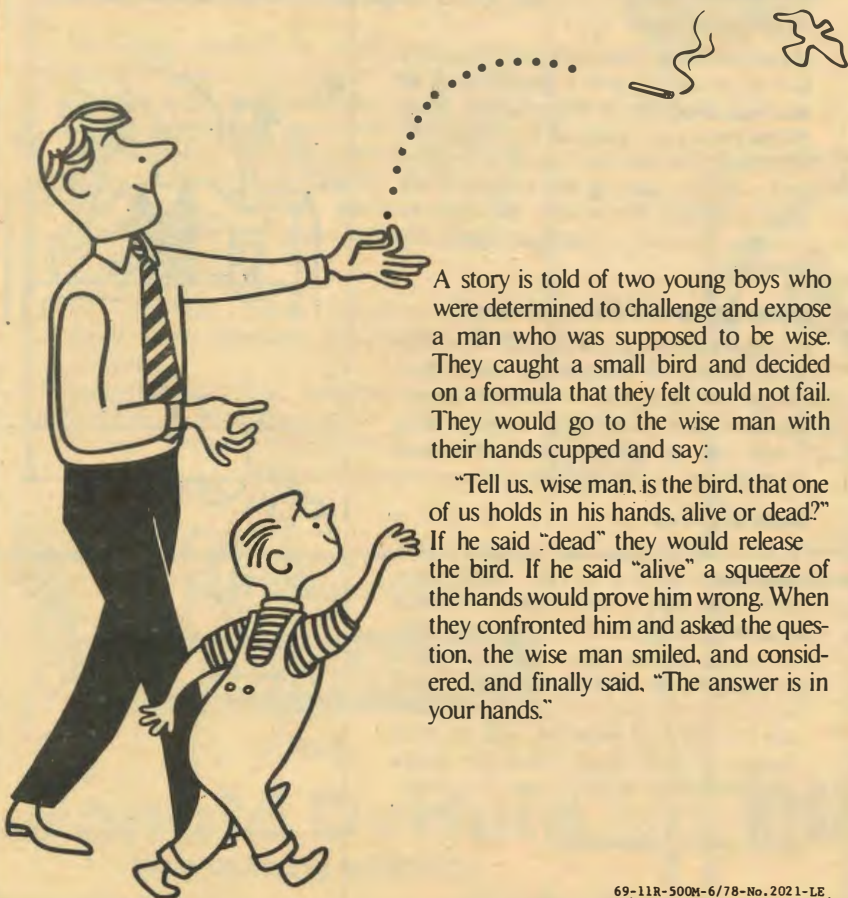
Alternations to RLC's present heating-cooling system appear vital. Water, electricity and money are being wasted.

As Witunski explains, "The days of having the school available 24 hours a day for any purpose are over because of the need to conserve our country's resources. We at Rend Lake College have a responsibility to reserve energy for residential use—the first priority."

cigarettes

if you wanta stop

TO SMOKE OR NOT TO SMOKE?



A story is told of two young boys who were determined to challenge and expose a man who was supposed to be wise. They caught a small bird and decided on a formula that they felt could not fail. They would go to the wise man with their hands cupped and say:

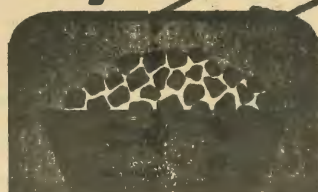
"Tell us, wise man, is the bird, that one of us holds in his hands, alive or dead?" If he said "dead" they would release the bird. If he said "alive" a squeeze of the hands would prove him wrong. When they confronted him and asked the question, the wise man smiled, and considered, and finally said, "The answer is in your hands."

Approaches in Giving up Cigarette Smoking

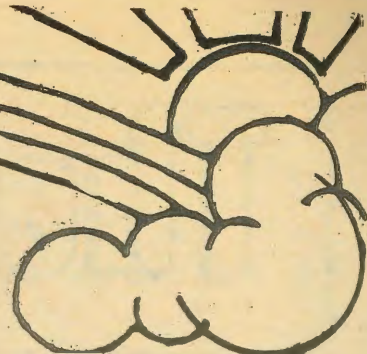
(IF YOU DON'T STOP IMMEDIATELY AND PERMANENTLY)

1. List the reasons for and against smoking.
2. Select Q Day—change to a low tar and nicotine cigarette.
3. Chart your smoking habits for at least two weeks: how many cigarettes, when, the most and least important.
4. Repeat each night, at least ten times, one of your reasons for not smoking cigarettes.
5. Eliminate one category of cigarettes: the most or the least desired.
6. Secure a supply of substitutes: mints, gum, an inhaler, ginger root, etc.
7. Quit on Q Day—try the different substitutes as the wish to smoke recurs—enlist your wife or a friend in a busy series of events: eating well, going to the movies or theater, exercise and many long walks, moderate drinking.
8. If you are depressed, see your physician and discuss your symptoms.
9. Keep reminding yourself, again and again, of the shocking risks in cigarette smoking.

Career Day



Tuesday



By Mark Moschino

The Rend Lake College Placement Service, in cooperation with representatives from business, professional and vocational fields, will be sponsoring a career fair from 10:00—3:00 p.m. on Tuesday, March 13, in the RLC gymnasium.

Jack Fyke, director of the placement service, said representatives from a

number of diversified areas will be at the career fair to inform students of career opportunities in their field, and to look for people for possible full time employment. Fyke also said that the contacts made may result in an on campus interview at a later date.

Some of the companies to be present will be, IBM, Ozark Airlines, Osco Drugs, World Color Press, Joy Manufacturing Co.

and representatives from area hospitals. The fields represented range from the mining industry to business management.

The Placement service also has job bulletins posted on most of the bulletin boards on campus. These jobs are available to any RLC student who is looking for full or part time employment.

Also available to RLC students is the Co-operative Education program. In the

cooperative education program, students receive college credit, and pay, for working at a job related to their major.

For more information concerning the career fair or the co-operative education program, contact Jack Fyke or his secretary in rooms 125 or 126 in the south oasis.

Editorials

Students

need to get the word

Once again, school is into full swing. Due to the bad weather, the Pressing Times has been unable to publish.

Although it is March already, bad weather could continue throughout the month. If school should have to close, students should listen to certain area radio stations for the announcement. But the announcements sometimes are and sometimes are not announced.

For example, for Wednesday, Feb. 28, every school in the area had some kind of announcement about school by Tuesday at midnight; not Rend Lake College. There was no word from RLC until Wednesday morning.

Also, many students who did make it Wednesday, found that their instructors were absent. Well, teachers are only human; they get sick and things come up. However, why can't an announcement be

made over just one radio station that an instructor will not hold classes? For instance, just put it on the Mt. Vernon radio station at a predetermined time. This could save many students quite a bit of money.

For example, a few weeks ago, an instructor was unable to hold class. He had a very good excuse and there was no way that he could make it. However, it was my only class and the cost for my trip here,

including time lost at work, totaled \$7.00. This might not sound like a lot of money, but it adds up.

Now I'm not trying to say anything negative about any instructor who is unable to get here. As I pointed out, instructors, like students, are only human. All I ask is that the student body be notified.

Health insurance or socialized medicine

By Ron Trotter

Well, George Washington and the boys would be ashamed. I really don't think this is what they had in mind. Jimmy Carter and his boys don't seem to care. Mr. Carter had decided to propose a national health insurance program that in time would guarantee every American the same benefits, with no individual being billed for any health service covered. Jimmy calls this program Health Care, I call it Socialized Medicine.

It all sounds great, free this and free

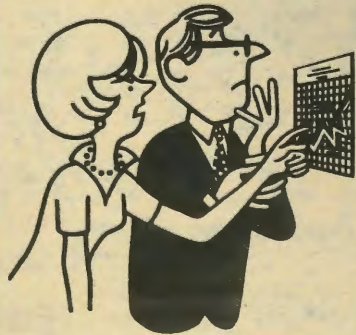
that. But folks, it has got to be paid for. This little gem will cost \$40 billion dollars. On top of this, the government will clamp ceilings on hospital fees and doctor fees. So now what's the big incentive to become a doctor? Granted, doctors make big bucks. The best place to find the family doctor these days is at a Rolls Royce car owners convention, but the fact remains, they are private businessmen. What they charge is their business.

We must find other ways to hold down doctor and hospital costs. Make no

mistake, the United States needs a health insurance program. **HEALTH INSURANCE**, not Socialized Medicine!!

We need guarantees, for example, that should anyone be struck by cancer, the tremendous cost of treatment won't ruin their families. It is, after all, not their fault we're sick. But every health service paid for by every person is ridiculous. The incidents of unnecessary surgery, petty treatment for minor illnesses and the like will skyrocket, driving the cost up even more. "Why not have the nose job, it'll be free!"

We need health insurance, but the federal government should only help those who can't buy insurance for financial reasons, those people whose premiums would be too high to be affordable or those with catastrophic illnesses who would be financially ruined without help. But Socialized Medicine, no matter what they call it or how good it looks, can only drag our democracy farther and farther away from the principles of our founding fathers.



Six and one-half Years, 78 Months, 2,372 Days

Men aged 25 who have never smoked cigarettes regularly can expect on the average six-and-a-half years more of life than men who smoke one pack or more a day.

Twice as many men who are heavy smokers (two packs a day) will die between 25 and 65 years of age, as those who have never smoked regularly.

Give Your Body a Break

Male smokers (10 or more cigarettes a day) between 45 and 54 have more than three times the death rate from heart attacks than nonsmokers. Between the ages of 40 and 59 strokes kill nearly twice as many men who smoke as nonsmokers.

How to Escape Work

Cigarette smokers between 45 and 64 miss 40 per cent more days at work than do nonsmokers.

According to the Public Health Service, if cigarette smokers had the same rates of illness as those who never smoked, some 77 million working days would not be lost annually and there would be one million fewer peptic ulcers.

A Deep Breath

Emphysema, a relatively rare disease a few years ago, is now a major cause of medical disability in this country. Most emphysema is caused by cigarette smoking. The disease is both acrippler and a killer, causing the lungs to lose their elasticity. Eventually the effort to breathe becomes a constant, agonizing struggle.

Keep Nature's Protection

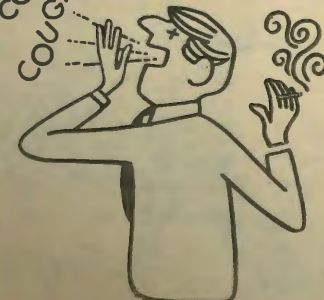
Cigarette smoke paralyzes the cilia, tiny hairs lining the bronchial tubes, that sweep foreign particles out of the lungs. Without this protection, healthy lung tissue can be injured, even destroyed by particles in the smoke.

Best Tip Yet

The evidence suggests that the more tar and nicotine you inhale, the greater your risk. As a result of the hot breath of publicity, cigarettes today have less tar and nicotine than those smoked generally in the fifties and early sixties when research was being done to establish the risks. If your tar and nicotine dosage is lower than it was five years ago, you are probably damaging yourself less. However, the best tip yet is **don't smoke cigarettes.**



COUGH! COUGH!



Jazz Band plays Saturday



Rend Lake College's Jazz Band will present its spring concert Saturday, March 17, at 7:30 p.m. in the College theater.

The band will perform a wide range of selections including "Caravan" and "Take the A Train" by Duke Ellington, "Body and Soul" by Stan Kenton, "Maria" by Leonard Bernstein, "Slaughter on Tenth Avenue" by Richard Rodgers, "Switch in Time" by Count Basie, and "In The Mood" by Glenn Miller.

Also featured on the concert will be the traditional jazz sound of the Rend Lake Dixieland Jazz Band. Soloists with this group will include guitarist Ken Williams of Freeman Spur and vocalist Karen Woodfin of Benton.

This is the Band's last show prior to traveling to Mexico City on April 16-23 to play in the Fiesta Musical Mexicana. They are the first college musical group in Illinois ever invited to this festival.

Members of the band are: John Upcraft, Ted Smith, Pam Bourland, Shawn McCauley, Joan Bourland, Karen Rye, Cristi Brown, and Larry Phifer of Mt. Vernon; Jessica Booker, Brian Summers, and Kel Hamilton of Benton; Al Gouge and Jackie Frizzel of Christopher; Ken Williams and Sly Evans of Freeman Spur; Laura Goodman of Carbondale; and Brent Gann of Pinckneyville. Courtney Cox is the Director.

Class on plants



Rend Lake College is offering an eight week class in the identification of trees, ferns, and wild flowers in this area. The class, Plants of Southern Illinois, is open to anyone interested in learning more about plants that grow in this part of Illinois, and it offers two semester hours of credit.

First class will be Thursday, March 15, at 6:30 p.m. in RLC's Science Building, Room 116. The class will meet for two hours on Thursday evenings and from eight to twelve Saturday mornings. Evening meetings will discuss methods and characteristics for plant identification and Saturday mornings will be spent in field trips identifying and collecting plants.

Students can register at the first Thursday or Saturday class meeting or with the College Registrar's Office in the Administration Building.

Dr. Eugene T. Estes, Botany instructor, will teach the class. He received his PhD from SIU in 1969 and has been with RLC for over ten years. He is nationally recognized as an expert on Dendrochronology (tree rings) and has been listed among the "Outstanding Educators in America." Locally he is well remembered for his fascinating slide shows about Illinois plant life that he has presented to numerous groups in this area.



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Emergency announcements

A definite policy is now in effect for any future RLC class cancellations due to snow or other hazardous conditions, according to Dr. Harry Braun, president of the college.

Cancellation decisions will be announced on area radio stations by 6:30 a.m. Dr. Braun intends to hold classes whenever possible even if that means starting the class day at 10 a.m.

Because RLC is a rural southern Illinois commuter college, icy roads drastically affect student and teacher travel and attendance. Thus classes have to be cancelled more frequently than colleges composed largely of students who live on campus.

If conditions improve during the morning, new information regarding classes starting at 10 a.m. will be broadcast at 8:30 a.m.

For future reference, the following stations will announce closing in case of inclement weather or other emergency conditions at the college.

WMIX 94, Mt. Vernon
WMCL 1060, McLeansboro
WFRX 1300, West Frankfort
WDQN 1580, Du Quoin
WQRX 106.3, Benton (FM only)
WJPF 1340, Herrin
WROY 1460, Carmi
WFIW Fairfield
WSIL-TV Channel 3, Harrisburg

STUDENTS LIKE RECRUITING

Recently the PRESSING TIMES conducted a survey concerning the recruiting of players for the athletic teams. The results are as follows: sixty percent of the students polled generally agree with the idea of recruiting, sixty two percent said that our teams are more successful because of recruiting. Fifty four percent said that Rend Lake has to recruit in order to compete with other teams, while only forty six percent think that recruiting is unfair to in-district players.

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DOWNTOWN COELLO

Baseball at Lakeland Sunday

By Teresa Knox

Weather permitting, the Rend Lake College Warriors will open their spring baseball season against Lakeland, the defending state champs, at Lakeland on Sunday, March 18.

Head coach, Mike McClure said, "The Warriors are looking to improve on their 11-13 fall record because of the addition of some new players." The new players include three pitchers; Mark Switz, Evansville, who transferred from Murray State, David Carew, Shelbyville, IN, a transfer from Purdue University and Jerry Griffin, McLeansboro, a transfer from Illinois State. All transferred at Christmas and according to McClure should be an asset to the team.

Ritchie Clift, Sophomore at RLC, will be coming off the injured list and will see action this Spring as a RLC hurler. McClure said, "Getting Ritchie off the injury list will help considerably."

Another new addition comes to the coaching staff. Norm Miller, electricity instructor at RLC, will be the new pitching coach. McClure commented that Miller is one of the top umpires in the state of Illinois having umpired in the last three Illinois State Jr. College Championship Tournaments.

According to McClure, "Miller has a good knowledge of pitching and related well with the players."

Problems McClure hopes to correct during the spring season are defense and hitting. In the fall season, the Warriors had 72 errors in 24 games and a team batting average of .260. McClure said that the club is working hard to improve both.

Facing the toughest schedule RLC has ever had, McClure and the club hope to capture the state tournament but only time will tell, however McClure added, "We have the ingredients to go."

SEASON RECORDS:

INDIVIDUAL BATTING:

Highest Average	Rich Ritchey, 1973	.414
Most Hits	Mark Hefner, 1976	61
	Mike O'Rear, 1978	61
Most Runs Scored	Dennis Cox, 1978	55
Most Doubles	Mark Hefner, 1976	13
Most Triples	John Klein, 1978	7
Most Home Runs	Rick Orlandini, 1973	4
	Mike Matyi, 1974	4
	Davey Scott, 1976	4
	Kelly Mumbower, 1977	4
Most RBI's	Scott Griffin, 1976	41
Most Stolen Bases	Dennis Cox, 1978	52
Most Walks	Jody Gaunt, 1976	53
Most Strikeouts	John Klein, 1977	36

INDIVIDUAL PITCHING:

Most Wins	Jack Smith, 1976	15
Lowest ERA	Allen Valentine, 1974	1.60
Most Innings Pitched	Jack Smith, 1976	139-2-3
Most Strikeouts	Doyle Miller, 1977	131
Most Walks	Jack Smith, 1976	89

TEAM BATTING:

Highest Average	1974 Team	.294
Most Hits	1977 Team	430

Sports

Challenging

Racquetball class starting

Racquetball; the speed of hockey, the skill of tennis, and the challenge of handball all rapped into one game.

With many area towns having racquetball clubs, interest in the game is

growing. These clubs are not just a set of courts; many have weight rooms for the man and exercise rooms for women. Saunas and king size whirlpools are also available after an hour on the courts.

Most clubs have a yearly membership fee plus a \$6-8 fee per hour for reserved court time. The court time fee is divided among the 2-4 players.

Most area clubs have a "Prospective Member System" where anyone interested in joining may, with a member, try the facilities once for free.

Local towns which have clubs include Salem, Centralia, West Frankfort and Carbondale. Benton has the Colonial Racquetball Club and the Hill City Club.

Mt. Vernon, in addition to a court at the YMCA, has a Mt. Vernon Racquetball Club, part of a chain of St. Louis oriented clubs affiliated with Spalding.

Rend Lake College in connection with the Mt. Vernon Racquetball Club will offer a one credit hour course in the Fundamentals of Racquetball beginning March 13. The class will meet Tuesdays and Thursdays from 2-4 for 8 weeks. Don Rodgers, manager of the club, will teach the class. Tuition is \$11 with a \$15 lab fee.

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