

Dating Violence: A Reality of the 90's ?

**Paula Clouse
Staff Writer**

Defined by People Against Violent Environments (PAVE) dating violence occurs when a person repeatedly threatens to, or actually acts in a way that physically, sexually, or verbally injures their boyfriend or girlfriend. It does not just happen once.

Two common myths associated with teen dating violence are: "It can't happen to me." Fact: More than 1 in 8 teens or young adults experience physical violence in their dating relationships.

Another myth is that: "jealousy and

possessiveness are a sign of true love." Fact: jealousy and possessiveness are a sign that someone sees you as a possession. These mindsets are early warning signs of abuse.

PAVE asks students to ask themselves the following question: "Are you going out with someone who..."

- Is jealous and possessive toward you, won't let you have friends, checks up on you, won't let you break up?
- Tries to control you by giving order or being bossy?
- Is scary, or threatens you?
- Is violent, has a

reputation of fighting or abusing other people?

- Pressures you to have sex, treats you like a sex object, gets too serious too fast?
- Blames you for causing him/her to hurt you? Says you "lead him/her on" or "pressed his buttons"?
- Has a history of bad relationships
- Believes that men should be in control and powerful? Believes women should be passive?
- Your family and friends say they are worried, that they do not like him/her?

Pave offers workshops and training on Dating Violence, Assistance with Orders of Protection, support groups and individual support for teens, referrals and other services. PAVE reminds students that Dating Violence is now covered under the Illinois Domestic Violence Act, and is punishable by the law.

Steps a student should take if they feel they are in an abusive situation are:

- Take it seriously.
- Tell your abuser the violence must stop.
- Say it clearly if you do not want to have sex.
- Make a safety plan.
- Tell your parents or a

trusted adult.

- Call the police or other authorities.
- Call 1-800-924-8444
- Find a support group and/or counselor.
- Talk to a friend you trust.
- Do things for yourself that are positive and make you feel stronger.

Take a self-defense class. PAVE reminds students: You are strong. You can be safe and protect yourself from violence.

PAVE is located in Mt. Vernon, but has a toll-free number available 24 hours a day: 1-800-924-8444.

Never accept violence as a way of life.

WARRIOR WRAP-UP

RLC 4; Shawnee 1

Chasity Adams pitched a complete game for the win. She allowed eight hit's and only one run, while striking out two.

Jessica Stafford went 1 for 4 with an RBI as did Chasity Adams. Amanda Soloman was 2-3 with an RBI as well.

RLC 7; Nashville(TN) 6

Jennifer Calandrilla went 1 for 3 with a RBI as the Lady Warriors defeated the Eagles 7-6. Jessica Stafford was 1-3 with an RBI and Brooke Vinyard was 2-2 with an RBI.

Jennifer Wren pitched nine innings and allowed nine hit's and just two earned run's. This was her fourth win of the season.

RLC 6; JAL 5

Jennifer Calandrilla continued her hot play with a 3-4 performance and three RBI's. Brooke Vinyard was 2-3 with an RBI for the Lady Warriors who improved their record to 11-5.

Nicole Welker pitched three innings allowing three hit's and four runs. Johnie Billingsly finished the game allowing three hit's and just one run for her second win of the year.

St. Charles(MO) 10; RLC 1 Jennifer Wren gave up ten hit's and one run over five innings to pick up her fourth lost of the year. However, five RLC errors led to eight runs and a disappointing lost.

Wren went 2-2 in the game and Jennifer Calandrilla 1-2 with an RBI.

RLC 15; St. Charles(MO) 13

In an all out slug fest, the Lady Warriors out lasted St. Charles(MO) in a game full of offense. Pacing the Lady Warriors was Heather Taaka's 4-5 day at the plate and 5 RBI's. Rebecca Adams was 3-5 with 4 RBI's and Jennifer Calandrilla went 1-4 with 2 RBI's.

Andrea Smith came in relief of Nicole Welker and pitched 3 1/3 innings giving up nine hit's and five earned run's. With the win the Lady Warriors improved to 12-6.

Leah Norman was 1-2 and scored both of RLC's runs and Jesse Stafford was 1-3 with both RBI's for the Warriors.

Shawnee 2; RLC 1

Nicole Welker allowed just three hit's, but three RLC errors lead to 2 unearned runs and a lost.

Offensively Jesse Stafford lead the way going 1-3 with the lone RBI. Both Brooke

Vinyard and Heather Takka went 1-3.

allowing three hit's to notch her first win of the season.

Offensively, Jessica Stafford paced the offense by driving in three run's.

SEMO 4; RLC 2

Jennifer Wren allowed eight Semo hits and four runs to lose her third game of the season. However three RLC errors didn't help her cause any.

Rebecca Adams had RBI pitch hit single and Jennifer Wren was 1 for 3 with an RBI also.

With the lost RLC dropped to 9-4.

Evansville 10; RLC 2

Evansville pounded out 12 hit's to go along with their 10 runs. Johnie Billingsly took the lost giving up seven hit's and seven runs over three innings. Her record fell to 1-2.

Jennifer Calandrilla went 1-2 with both RBI's, while Adriane Kingree went 3-4 for the Warriors offense.

RLC 9; SLU 3

Jennifer Wren came in relief of Chasity Adams to pick up her third win of the year. Adams went two innings giving up six hit's and two runs, while Wren pitched five innings giving up six hit's and one run.

Brooke Vinyard paced the offense with a 2-4 effort and a 3 RBI's. Jennifer

Calandrilla was 1-4 with 3 RBI's also and Heather Taaka went 3-3 with an RBI.

RLC 14; Kaskaskia 3.

Leah Norman had a great game going 4 for 4 at the plate, that consisted of three doubles and three RBI's. Michelle Adams also had three RBI's in the game.

Nikki Welker picked up her second win of the year allowing three runs on four hit's.

Wabash 3; RLC 1.

Coming into the double header with Wabash, the RLC girls were riding a seven game winning streak. However, Wabash Valley's girls team quickly erased that with a 3 to 1 victory. Johnie Billingsly picked a tough lost for RLC. She allowed five hits, struck out five and walked none, while allowing two earned runs.

Amanda Soloman had two of RLC's five hits.

RLC 3; Wabash 0.

After seeing their winning streak stop in game one of the double header, RLC came out storming. Chasity Adams was the winning pitcher allowing six hit's on the the way to a shutout. Jennifer Wren pitched the final two innings for the save.

Offensively, RLC pounded out ten hit's and three runs. Adrian Kingree

went 3 for 4 and Jenny Calandrilla went 2 for 4 with an RBI.

RLC 2; Shawnee 1.

Jennifer Wren only allowed one run on three hit's as the Lady Warriors improved their record to 9-2.

RLC 7; Shawnee 2.

Seven run's and 14 hit's were enough to over come five errors by RLC, to win their 3rd game of the year.

Nikki Welker allowed just two run's on seven hit's for the victory.

Leah Norman was 2 for 3 with a homerun and four RBI's and Audrey Murphy was 2 for 4 with an RBI.

RLC 10; Kaskaskia 4.

Adriane Kingree was 3 for 4 with a RBI as RLC improved their record to 4 and 1. Jessica Stafford went 3 for 4 with a RBI and both Jamie Sumner and Jenny Calandrilla were 1 for 4 with an RBI triple.

Andrea Smith allowed four run's on seven hit's to win her first start of the season.

These are highlights from a few of this season's games.

Dysfunction In The Hundred Acre Wood

**Paula Clouse
Staff Writer**

The 90's: The Age of "Victim Mentality." The word "dysfunction" is a phrase as readily used at the dinner table as "please pass the pepper." Depression has been called the "common cold" of the 90's. While mental health is no laughing matter, the ~~overanalyzations~~ ~~and~~ ~~willingness to succumb to~~ "victim" status is prevalent in today's society.

In keeping with the above, author Chris Fabry, a writer and broadcaster in Chicago says, "Pooh needs our help. Winnie the Pooh and his friends have such a profound effect on our children, it is imperative that we either change the text of A.A. Milne's classic stories, making them psychologically correct, or deal with the proper relational roles of woodland animals."

The following is Fabry's tongue-in-cheek attempt to bring balance and wholeness to the Hundred Acre Wood and a generation of readers.

To begin with, Winnie the Pooh has an eating disorder. Let's admit this and not try to laugh it off as a cute, cuddly trait. Winnie the Pooh is obese because of his gorging habits and sedentary lifestyle. His honey pots "call to him," so he may even be delusional about food.

Pooh is seen climbing a tree, chasing bees, and following the "rumbly" in his tummy. He is so addicted to sugar that he actually eats

honey with the bees still buzzing around in it and spits them out. This makes for great fun on the screen, particularly when we see he gets stuck in Rabbit's front door, but it is not at all healthy and presents a horrible example for high risk children.

It is unclear why Winnie the Pooh has such a proclivity for sweets. Perhaps he didn't receive the nurture and love he needed as a stuffed cub. maybe he was den schooled and didn't have enough interaction with other bears. Other animals in the wood say nothing of his weight problem and do not exercise any sense of tough love.

Pooh's eating problems may also stem from his obvious lack of self esteem. He is overly influenced by the ideas of others, particularly Rabbit, which shows him to be excessively codependent. Pooh is a pleaser. He also lives by himself under the name "Sanders," which demonstrates that he is not only ashamed of who he is but feels he is not worthy of companionship on any deep level. The only hope I see for Pooh is some kind of intervention by a loving, concerned friend. Someone needs to introduce Pooh to aerobics. But who can he turn to? The other animals in the Hundred Acre Wood have enough struggles of their own.

Piglet, who is possibly the closest to Pooh, has an even lower sense of self esteem.

He cannot stand up in a strong wind. His voice is squeaky. His little eyes show the pain of years of trying to please everyone, which he seldom seems able to do. If Piglet had the right counselor and an increased diet of

carbohydrates and antioxidants, we would see a remarkable change. But who will help Piglet? Pooh? Eeyore?

Eeyore's problem is more complex. Eeyore is depressed, which means at his core, Eeyore is angry and afraid. Look at Eeyore's eyes, the way he slouches and the slow, methodical voice, "Oh no, stuck again."

Perhaps his serotonin levels were affected by his loss of a tail and the indelicate way it was pinned to his hind quarters. Perhaps his very name contributed to his depressed state. How would you like being called, "Eeyore?" Is he angry that others make fun of him? As he looks at his reflection in the stream his words are disturbing, "Pathetic," he says, "that's what it is. Pathetic." Later Eeyore says, "Nobody cares."

This donkey needs immediate medical help. Keep Eeyore away from sharp objects and long pieces of rope.

Unfortunately, the dysfunction does not stop with Eeyore. Tigger, the bouncy, flouncy, trouncy tiger is not far behind. Tigger bounces into people. He bounces around Pooh's

house. He bounces off the walls, over the table, and through the forest. Try to talk with Tigger and you won't get far because Tigger has Attention Deficit Disorder.

Perhaps it's Tigger's diet that's partly to blame, but my best guess is that Tigger's genetic problem has never been properly diagnosed. He's certainly outgoing and

friendly, and willing to learn new things, but he is distracted easily and his bounce invariably gets in the way. When at last he is confronted about the difficulties he causes others, the content of the message is shame based. Rabbit, who by the way is classic obsessive/compulsive, tries to get rid of their problem by losing Tigger in the woods. This type of therapy is not only destructive to Tigger, but also sets another negative pattern before the entire group. When he returns, Tigger again, "bounces" into Rabbit and the rest of the group, and I predict he will be charged with some variance of "sexual harassment".if there is not some kind of intervention.

As is Tigger's special needs aren't enough, we then meet Owl. Owl is seen in his house on a windy, blustery day. When his tree is felled by a gust of wind, the supposedly wise old owl seems confused and even asks the dithering Pooh for assistance. Surely this lack of understanding about the outside world shows that Owl is agoraphobic. He may fly

for food at the prescribed times, but he is a bird trapped in his own safe dwelling.

Owl, like the other animals, needs a support group. But the sad fact is, there are no emotionally healthy animals in this story. Look at Gopher. He is seen numerous times digging tunnels throughout the world, but you never see Gopher with his family. Gopher is a workaholic. Gopher has based his self esteem on what he does rather than who he is.

Kanga is a single parent trying to raise her little Roo. She seems to be holding up nicely now, but wait till Roo's rebellious years. There's no doubt he is a strong willed kangaroo and will eventually test his mother's pouch.

The great savior to this whole group, the one you would expect to bring sense and meaning amidst the dysfunction is Christopher Robin, the great enabler. My guess is he is left alone entirely too much by his parental figures and has little social stimulation with other children. He remains massively unaware or unconcerned about the increasing negative spiral around him.

I suggest that we set up a fund for the "Hundred Acre Wood Clinic." Perhaps a TV program, animated of course, could begin to address the problems pinpointed here. For Pooh's sake, we must end the denial and get involved.

Childrens'Center Draws 200

**Terah Trusty
Staff Writer**

The Rend Lake College Foundation Children's Center Open House drew approximately 200 in attendance. It was held on October 14 from 5 p.m.- 8 p.m. Tours were given of the facility every ten minutes to groups of 10- 15, and didn't slow down much until about 7 p.m.

The tour started in the foyer where Pat Mitchell, executive director of Rend Lake College Foundation, greeted the guests and acknowledged the major donors, Marjorie Farrar and Coyn Mateer whose large contributions made the Children's Center possible. There are also a handful of

special friends who donated large sums of money.

The Children's Center is entirely funded through private funds, no tax dollars were used.

Following that, guests were led inside the doors to be given an overview of the facility by Allied Health Department Chair, Wilanna Kiefer Patton, and Children's Center Director, Marya Smith.

The center was built to provide quality daycare for students, and also to improve the quality of day care in Southern Illinois by using the center to train students in the RLC Child Development Program. This Children's Center is a model day care.

The next step in the tour was given by Tri-County

Electric and WaterFurnace. These two companies together donated a geothermal heating and cooling unit for the Children's Center. The unit is very efficient.

Then, the guests were taken through each classroom where the individual instructors spoke. Carmen Randall is the infant teacher, Rebecca Ferguson is the toddler teacher, and Brenda Heinzmann is the preschool teacher.

After learning what the children do inside, the guests were taken outside in the back of the Children's Center and shown the different learning centers.

To finish the evening, guests got to look at the Child Development Lab. This room

is for the students of RLC Child Development Program Instructor, Tina Grounds, who can come and observe the children through a one-way mirror.

Refreshments were prepared by Rhonda Riley, Culinary Arts Student here at Rend Lake College. Rhonda is also the head cook for the Children's Center.

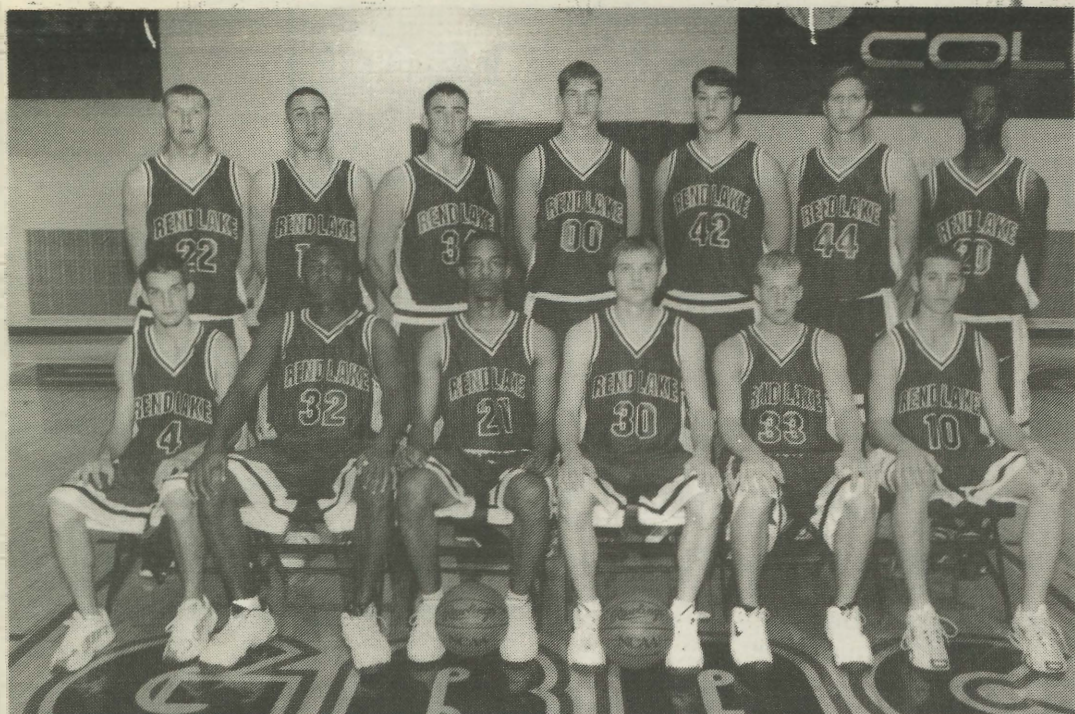
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The RLC 1998-99 Men's Basketball team.

Warriors Look Solid

Donnie Johnson
Staff Writer

Coming into the 1998 season, the boys' basketball team hopes to improve on last years 16-15 record. This years team looks solid up and down their roster.

Tim Wills is entering his seventh season as head coach of the Warriors and has compiled a record of 87-103. Brian Laur is in his third season as assistant coach.

This year's sophomores are Mike Burnham, 6'4" guard out of Metropolis; 6'3" guard Eric Bierman of Effingham; Jason Piercy, 6'4" forward from Woodlawn; 6'6" forward/center Dirk Dirnberger out of Cape Girardeau, MO; and 6'6" forward Ryan Maurer from Mt. Vernon.

Fourteen men make up this year's team and nine of those are freshman. They are Tim Lowery, 5'10" guard from Scott City, MO; Matt McCurdy, 6'1" guard from Albion; Jarrett Leek, 6'3" guard out of West Frankfort; 6'3" guard Shannon Wilkerson from New Albany, IN; Carlin Box, 6'5" guard from Cairo; Derrick Langfels, 6'2" guard from Lexington, KY; 6'2" guard Jared McIntire out of Monroe City, IN; Patrick Hearn, 6'4" forward/center from Alton; and Casey Owens, 6'5" center from Benton.

The Warriors start their season on November 3 at Springfield against Lincoln Land at 7:00 pm. The team would appreciate your support on their upcoming season.

WARRIOR WRAP-UP

Donnie Johnson
Staff Writer

Huntsville(ALA) 2; RLC 0
Jennifer Wren allowed seven hit's and just one earned run as the Lady Warriors lost their final game of the season.

Jennifer Calandrilla went 1 for three and Wren went 1 for 2 at the plate for RLC. RLC finished the season 17-8.

Chatt. St. 6; RLC 4

The Lady Warriors committed five errors which led to two runs as RLC fell to 17-7. Chasity Adams got the lost going 4 2/3 innings allowing seven hit's and four earned run's.

Jennifer Calandrilla was 3-4 with two RBI's for the Lady Warriors. Jessica Stafford went 2-4 with an RBI.

RLC 6; Roane St. 2

Brooke Vinyard went 3-3 with four RBI's as the Lady Warriors gained another impressive victory. Nicole

Welker went 1-2 with RBI as well for RLC.

Andrea Smith got the win for RLC going four innings allowing just two hit's and no earned run's. Welker pitched the final three innings giving the only two run's of the ball game.

RLC 7; Cumberland 0

Johnie Billingsly had no hitter before allowing a single in the top of the

seventh as the Lady Warriors won their 16th game of the season. She allowed no run's and just that one single in seven innings of work.

Offensively Jennifer Calandrilla once again led the way with a 1 for 3 day and three RBI's. Billingsly also helped herself out at the plate going 1 for 3 with two RBI's.

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MEN'S NOV. BASKETBALL SCHEDULE

DATE	DAY	OPPONENT	SITE	TIME
3	TUES.	LINCOLN LAND	AWAY	7:00PM
6	FRI.	LINCOLN	AWAY	6:00PM
7	SAT.	HIGHLAND	AWAY	1:00PM
14	SAT.	MCKENDREE	AWAY	5:00PM
<i>REND LAKE COLLEGE CLASSIC</i>				
20	FRI.	SPOON RIVER	HOME	7:30PM
21	SAT.	LEWIS & CLARK	HOME	3:00PM
23	MON.	MCKENDREE	HOME	7:00PM
28	SAT.	ST. LOUIS-MEAMEC	HOME	3:00PM
28	MON.	SHAWNEE	AWAY	7:30PM

RLC Fall Baseball Team Leaders

HITTING

Batting Ave.	RBI'S
Luke Miller .500	Joe Flick 22
Tom Pearce .469	Tom Pearce 14
Joe Flick .444	Matt Mamula 13
Matt Eldridge .416	Luke Miller 11

Stolen Bases	RUNS
Jim Abbott 3	Joe Flick 13
Brandon Yando 2	Simon Auter 12
Cory Alsop 2	Luke Miller 12
	Tom Pearce 12

Home Runs

Joe Flick 5
Tom Pearce 3
Luke Miller 2

PITCHING

ERA
Jimmy Linder 2.70
Jim Abbott 3.38
Neal Frenndling 3.38
Kevin Scott 4.50

Walks

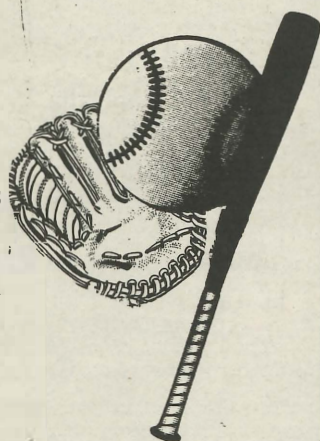
Simon Auter 6
Jim Abbott 5
Matt Eldridge 5

Strikeout's

Neal Frenndling 22
Jimmy Linder 21
Mike McKinney 16
Jim Abbott 15

Walks

Neal Frenndling 10
Mike McKinney 9
Jim Abbott 9
Justin Norwood 8



Rend Lake College Sports Spotlight

Cory Alsop

Sport: Baseball

Coach: Rich "Soup" Campbell

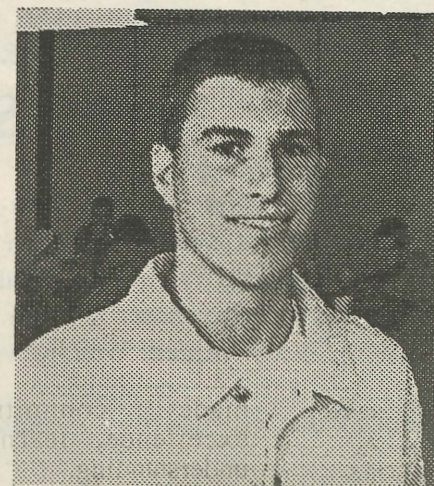
High School: Scott County High School (1998)

Position: Infield

Career Highlight: Kentucky East-West All Star

Also On His Team: We have a lot of talent and we are going to "hose" the competition.

Future Plans: Alsop plans to attend a 4 year school or get drafted.



WARRIOR SPORTS

Lady Warriors Training

Donnie Johnson
Staff Writer
The 1998 Lady Warriors basketball team are making great strides to improve on last year's 16-15 record. Practice began on October 1 and according to head coach Ronnie Ressel, is going smooth.

"So far I have been pleased with our effort and progress in practice," said Ressel.

This year's squad features just four returning players compared to six freshman. This means the sophomores are going to have some responsibilities on their shoulders.

"I expect a lot from our returning players because they know what I want and how to do it," said Ressel, "plus I need them to help to new comers play at this level."

Topping the list of returning players is last year's leader in almost every offense

category, Tara Sanford (Scott City, Mo). Dee Wildermuth (Pinckneyville)

and Heather Cassidy (Magnet, IN) are expected to pick up the slack left behind by the players that the team lost last year. Kristal Hale (Fairfield) has to do more offensively this season, but maintain her level of defense, where she excelled last season.

"We need Kristal's defensive presence because she will probably be guarding the other teams top player," said Ressel.

As for the freshman, Dana Baird (Altamont) heads the list. She has tremendous talent and is a great all around player.

Andrea Smith (Okawville) is a pure shooter according to Ressel. Tina Logan (Ashley) is good in the post and has the ability to finish. Jasolyn

Smith (Bluford) is another good all around player.

"Jasolyn is only about 5'10", but what she lacks in size she makes up in work ethic," said Ressel.

Two teams are expected to give RLC their toughest challenge are Belleville Area College and Wabash Valley.

"Both of these teams have unbelievable athletic ability and are very quick," said Ressel "But don't count us out yet because we are a very intelligent team and that's our advantage."

The lady Warriors begin their season on November 7 against St. Louis - Florissant Valley at St. Louis. Tip off time is 4:00 pm. "The team," said coach Ressel, "would really appreciate if the students would come to the game and show their support."

DATE	DAY	OPPONENT	SITE	TIME
7	SAT.	FLORISSANT VA.	AWAY	4:00PM
10	TUES.	EAST CENTRAL	AWAY	7:00PM
14	SAT.	DANVILLE AREA	HOME	1:00PM
16	MON.	LAKE LAND	AWAY	5:30PM
19	THUR.	FLORISSANT VA.	HOME	5:30PM
22	SUN.	ILLINOIS CENT.	HOME	1:30PM
28	SAT.	MERMEC (MO)	HOME	1:00PM
30	MON.	SHAWNEE	AWAY	5:30PM

Ladies' Tennis Does Well

Jessica Luschen
Staff Writer

Although the girls' tennis team has only existed for four years, they seem to be off to a great start.

Last year, the team ended their season 6-5, which is not quite as well as this year's 4-4 season.

"This year, we have done exceptionally well," said Diane Metzger, tennis coach. "We gained a 500 for the season, with a perfect 4-4." "We missed the nationals by

only two points."

The team itself only has seven members, three of them being freshman.

"We only have seven members this year," said Metzger, "but they play great together."

The members are: Kristen Bank, Carbondale; Amy Harris, Salem; Angela Hunter, Carbondale; Emily Purrier, Salem; Libby Nuticelli, Salem; Patty Reeves, Dubois; and Melissa White, Benton.



The RLC 1998-99 Women's Basketball team.

RLC Fall Softball Team Leaders

HITTING			
Batting Ave.	RBI's	Home Runs	Walks
C. Berry .454	J. Calandrilla 25	J. Wren 1	L. Norman 8
A. Kingree .415	B. Vinyard 16	H. Taaka 1	J. Stafford 7
I. Sumner .379	J. Stafford 16		
PITCHING			
Stolen Bases	Runs	ERA	Wins
J. Wren 6	H. Taaka 18	J. Wren 1.80	J. Wren 4
A. Soloman 1	L. Norman 18	A. Smith 2.28	J. Billingsly 4
R. Adams 1	A. Kingree 18	C. Adams 2.59	C. Adams 3
			A. Smith 3



Rend Lake College Sports Spotlight

Rachel Sanders

Sport: Cheerleading

Coach: Julie Oxford

High School: Mt. Vernon Twp High School (1997)

Career Highlight: Sanders was on the 1997 State Cheerleading Championship squad. She was also chosen to be on the Illinois All-Star Cheerleading Squad.

Sanders On Her Squad: Well, we've only had one practice, but I think we're going to be a really good squad.

Future Plans: Sanders plans to attend SIU-C and major in accounting.

