Apo Ressind Age

Rend Lake College, Ina, Illinois

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Non-Profit Organization

Tuesday, November 13, 1979

Revised parking rules shape up

Lower fines are one of the positive aspects of the Traffic Safety Code scheduled for adoption by the college Board of Trustees on November 20.

The revised regulations, which should become effective December 1, 1979, will apply to all motor vehicles and bicycles and their users on the campus of Rend Lake College.

Dr. Harry Bruan, RLC president, says the traffic and parking code has been rewritten because "revisions were necessary in order to make the regulations more realistic and enforceable."

Significant portions of the Traffic Safety Code include the following sections.

The speed limit on campus roads or drive shall be 25 miles per hour unless otherwise posted.

Section 3-101 Authorized Parking Space

Parking in any location other than an authorized parking space in an authorized parking lot constitutes a violation of these regulations. No parking is permitted on any campus street, lane or driveway, unless otherwise directed by a security officer or

duly posted signs.
Section 3-102 Parking Privileges
Unless otherwise provided in these
regulations, the parking privileges shall be as

1. Student and staff-faculty will park in Lots

Registration Now going on For new year

Registration for classes beginning Jan. 23,

1980, is now taking place.

One of the first things students should do to prepare for the spring semester, according to Tom Burke, counselor, is make an ap-pointment with a counselor or academic advisor. You may make an appointment with Betty Ward, North Oasis 142, or Burke, North

Obtain a schedule of classes and write out your tentative schedule before your appointment. (This is very important if you are working and need classes to fit around other obligations that you have.) Plan alternatives. Bring records with you if you do not remember the classes you have already

Keep your appointment. Time for preregistration is limited, and you may not get a second chance to see a counselor before December 20.

Immediately after your appointment, pay fees at the business office and turn in your schedule to the admissions office. You are not registered until this step is complete.

If you have questions about graduation requirements or college regulations, consult the college catalog. If your question is not answered there, see a counselor or advisor.

People who are transferring to SIU or EIU

should apply for housing immediately. For those who will be staying at Rend Lake, He enrollment deadline is ten calander days prior to the semester

According to the office of the Dean of Instruction, the following classes have been dropped from the spring semester:

SPCH 1101-05 Principles of Effective

ENGL 1101-03 Rheoric and Composition PSYC 2103-52 Educational Psychology PNUR 1250-01 and -02 Emergency Medical

PNUR 1251-51 and -52 Emergency Medical Care II.

1 and 2, unless restricted by sign or marking. 2. Physically handicapped persons will park in Lots 1 and 2 in any specially

designated handicapped parking area 3. Visitors will park in areas specifically designated as visitor parking.

4. Areas marked as short-term parking will be limited in use to a period no longer than thirty minutes.

Section 3-103 Location of Parking

No person shall park a vehicle unless directed by a security officer:

1. In a location other than an authorized

parking lot or space. Section 4-101 General

A. All vehicles will operate only upon surfaced roadways, driveways or lanes for the purpose of vehicular movement, unless otherwise directed by a security officer or duly posted signs.

B. It shall be unlawful at any time to ride motor vehicles or equestrian mounts upon any trail on campus grounds without first securing written permission by the Business

Section 5-102 Accidents.

A. All vehicular accidents must be reported to the Business Office if they occur on the college property.

B. Damage to college vehicles on campus or elsewhere must be reported to the Business

Section 6-101 Sanctions and monetary use



New parking regulations, expected to be Passed by the Board of Trustees at its Nov. 20 meeting, should go into effect on campus Dec.

1. Some of the fines may be lower than in the past, but they will be enforced, according to

Blackouts V promises Superb entertainment

By Linda Summers

Blackouts V, Rend Lake College's annual variety show, gives its first performance on Friday afternoon, Nov. 16, at 12 noon. The show runs 2 hours and 15 minutes.

The performance on Saturday, Nov. 17,

begins at 8 p.m.

Donations at the door will be 75 cents for RLC students, and \$1.50 for everyone else. The donations go toward the scholarship that is given away as a prize. The amount of the scholarship depends on the success of the show and the donations.

This year two \$100 scholarships will be awarded by the Rend Lake College chapter of the Illinois State Music Educators
Association. The ISMEA is sponsoring ckouts V under the advisor, Robert

All profits after scholarships will go for music education, concerts, workshops, conventions and the music program at RLC Entertainers this year will include the RLC Jazz Combo and the college Jazz Band. Other acts are a bluegrass band, vocal soloist and piano duet. Music groups will play modern music and a Tommy Dorsey medley with a frombone solo. Skits, modern dance and disco entries are also part of the show.

Jazz Band under the direction of Luckey will close the show.

Judges for this year's extravaganza include three college faculty members and two previous scholarship winners. Winners of the scholarship will be chosen on the basis of talent demonstrated at Blackouts V and college involvement.

'Scene from Musical' to Play Nov. 19

On November 19 at 8 p.m., the Eastern Illinois University Music Department will bring a special program to the Rend Lake College theatre.

The program, "Scenes from Musicals," will feature three former Rend Lake College students. Featured will be Brian Summers and Karen Woodfin from Benton and Susan Derry from Mt. Vernon.

Tickets are \$1.50 or .75 for students. The public is invited to attend.

Any person or vehicle found in violation of these regulations shall be subject to one or more of the following:

1. A monetary use charge provided in Section 6-102 of this Division.

Revocation of parking privileges.
 Removal of vehicle at expense of the

Section 6-102 Monetary Use Charge.

1. Moving violations resulting from citation issued under these regulations or under the Illinois Vehicle Code, which has been in-corporated into these regulations in full, shall be determined by the Courts.

2. Violation of any provision of Section 3-103 will result in a monetary charge of \$5.00 if paid within 72 hours after the date of issue, excluding Saturday, Sunday and college holidays, and a monetary charge of \$10.00 thereafter

3. Violation of any of the p: visions of Section 4-101 will result in a mone ary charge of \$5.00 if paid within 72 hours after the date of issue, exluding Saturday, Sunday and college holidays, and a monetary charge of \$10.00 thereafter.

4. A violation of Section 5-101 will result in a monetary charge of \$5.00 if pa within 72 hours after the date of issue excluding Saturday, Sunday and college ho ys, and a monetary charge of \$10.00 there

5. A violation of Section 5-102 will esult in a monetary charge of \$5.00 if pa within 72 hours after the date of issue excluding Saturday, Sunday and college holdays, and a monetary charge of \$10.00 there er.
Section 6-104 Revocation o Parking

Campus Security shall have the sthority to revoke the parking privileges any individual who:

1. Is ticketed and sanctioned, or charged a monetary use fee, on three separate occasions during any academic year for violating these regulations.

2. Is found guilty of reckless driving, while driving a vehicle on this campus.

3. Is found guilty of driving while under the influence of alcohol, while driving a vehicle on this campus.

4. Has his or her operator's license revoked by the State of Illinois.

5. Fails to pay a monetary use charge assessed. Section 6-105 Motor Vehccles Subject to

Removal 1. The following vehicles shall be subject to

removal from the campus:

A. Any vehicle which is parked on any

campus roadway, driveway, or lane unless designated by a duly posted sign or directed by a security officer.

B. Motor vehicles parked in such a manner as to impede the normal flow of traffic, vehicles blocking driveways, wheelchair ramps, fire lanes and hydrants, blocking other vehicles, and those parked in posted no

parking or posted restricted parking areas.

C. Vehicles which are found abandoned and-or inoperable because of a affic ac-

D. Any vehicle which has been to neted for aiking violations on three star casions, where the monetary use arge f. such violations have not been pa and a hearing or appeal is pending with the court of the State of Illinois.

2. The owner or operator of the vehicles shall be required, prior to release of the vehicles, to pay all towing and storage fees. This payment must be made at the garage or other location to which the vehicle has been em ved.

Any person operating or parking a motor vehicle or bicycle on the campus will be held responsible for any infractions.

Editorial

What is it like on the inside?

It is being chopped to shreds or burned and dried out or sucked into bits and pieces

That's what it's like on the inside of an abortion

Abortion, defined as the conscious and deliberate killing of an unborn child as a means of birth control, is wrong.

Abortion is wrong because it is unnecessary. Numerous methods of birth control are available at free clinics for those who cannot afford to go to a private physician. For victims of incest, rape or seduction, the "day-after" pill can prevent conception. This pill drastically alters the reproduction system so that the fertilized ovum does not embed itself in the wa'l of the uterus

Secondly, abortion is wrong because it is unfair. The father of the baby has no legal say in what happens to his child. According to a Supreme Court ruling in January, 1973, the decision to terminate the life of an unborn child is a "private matter between a woman and her physician.

Perhaps more regrettably aportion is unfair to the mother. The love of a child is the purest love ever given or received. Who the child's father is does not in anyway affect the quantity or quality of love a child can bestow on the mother. Adoptions would not work if it

Again abortion is wrong because it is dangerous. Recent investigations have revealed that some abortion clinics have performed supposed abortions on women who weren't even pregnant.

Studies have revealed that more women die from side effects of birth control methods. including abortion, than who die from complications of pregnancy.

Relying on repeated abortions instead of using contraceptives has a devastating effect on the body.

An ad in the Southern Illinois illustrates the emotional harm an abortion can generate. Let us council you before, during and after an abortion," an abortion clinic advertises. Even those who submit young women to this traumatic experience realize the process is psychologically disrupting. Those who seek abortions are often amotionally immature and unstable

It is disturbing to those who perform the abortions also. Dr. Bernard Nathanson, a leading liberalizer of New York abortion laws, explained why he gave up his lucrative abortion practice in an article in the New England Journal of Medicine: He confessed his clinic had performed 60,000 abortions, and he had a growing certainty he had presided over 60,000 deaths.

Finally, abortion is wrong because it is immoral. Ask any pregnant woman or mother whose child is already born. The mother senses and knows at an early stage that a child is within her body and that child is alive and inherently human.

Scientists in California state, "It is a scientific fact that human life begins at conception and is continuous whether intraor extra-uterine, until death.

The baby is not just a part of a woman's body either. The genetic code of the mother's body and the baby's body are entirely difterent. The baby is a separate, growing life.

The laws of America demand that abuse of a 2-year-old child be punished. Death of a child in your care means life imprisonment. Breaking an eagle's egg draws a \$500 fine.

Have an abortion, kill an unborn child, and the federal government pays for it if you

Abortion is wrong because it is unnecessary, dangerous, unfair and immoral. But it should be illegal because it is murder.

Susan Burgess



Ardell Kimmel of Rend Lake College recently attended the fall meeting of Illinois vocational education administrators and local advisory council members in Springfield, where he received this handmade plaque as the outgoing president of the group. The plaque was designed and made by students in the **Eloomington High School** vocational program. Kimmel, career placement advisor, is the former vocational technology dean at RLC.

27% of RLC students Uninformed about ERA

Although the Equal Rights Amendment was presented to the state legislatures over seven years ago, 27 percent of RLC students responding to a recent "Pressing Times" survey "do not know enough about the ERA to form an opinion for or against the amend-

However, many students did feel they knew enough about the amendment to form an intelligent opinion. Of the total responding to the questionnaire, 45 percent are against the amendment and 27 percent of RLC students are for the amendment.

It might be tempting to conclude that those against ERA are men and those for are women. Actually 61 percent of those who indicated they are against ERA are women. But the percentage of women for ERA was a lower 50 percent. Women made a total of 51 percent of all students surveyed.

That means that 54 percent of all women are against ERA and 26 percent of all women are in favor of the proposed constitutional amendment. The rest do not have an opinion.

However, more men were unable to form an opinion because of lack of knowledge than women. Practically all of those who felt they were not up to date on the subject were under the age of 20. Many of the 18-year-olds may not have voted yet. When the Equal Rights Amendment was first introduced in Congress in 1923, their parents weren't even born.

Rectifying that lack of knowledge must begin with the amendment itself. It reads in

Columnist at large:

its entirety as follows:

Section 1. Equality of rights under the law shall not be denied or abridged by the United States or by any State on account of sex.

Section 2. The Congress shall have the power to enforce. by appropriate legislation, the provisions of this article

Section 3. This amendment shall take effect two years after the date of ratification.

If the 27 percent read that, they probably know as much about the amendment as anyone. The major part of the controversy over the ERA has been an argument over what it actually means. As one student answered, "I'm for some parts. I'm against some parts.'

But lack of knowledge has rarely kept the American public citizen from forming an opinion. This generalization ran true in the survey last week, too. After respondants admitted they were uniformed, almost 1-3 of them went ahead and took sides anyway.

Surprisingly, one 30-year-old female college student said she did not know enough about the amendment to form an opinion. If she wants to influence her legislators one way or another, she has until June 30, 1982, to make up her mind. That is the extended deadline for ratification which was granted by congress when ERA failed to be ratified by enough states by its March 22, 1979, deadline.

Coming in the next issue of "the Pressing Times" two members of the college faculty and staff will give opposing views on the Equal Rights Amendment.

to the

Letter

Editor

CLASSIFIED SECTION

I was just wondering why the school newspaper does not have a Classified Section?

Surely there must be others who have stuff they would like to buy and sell, and-or trade. It seems to me the paper could serve a good purpose to the students, faculty and employees by allowing us a space to advertise. You know the old saying: "One man's junk is another man's treasure."

Or there may be others who do craft-works to make extra money, or have truck gardens. Or some would like to trade services, e.g. sewing for babysitting, etc.

Another suggestion is a "Personal Column," wherein people can

send messages to each other

If it is a matter of money, perhaps there could be a charge for

It might also be nice to have a Holiday Column at New Years or Valentines Day, for special messages. It could be a good way for the paper to pick up some quick bucks.

Other people's suggestions and-or gripes are often interesting to read, and sometimes very funny.

Editor's Note: In the past we have offered to run a classified section or personal column but a lack of response caused its

However we will gladly run personal ads at the rate of 10 cents

Monster won 'Worst" prize

On October 31 when all the goblins and ghosts appeared, a few were running around the RLC campus, too.
The Interior Designers Guild celebrated

Halloween by having a party in the North

A prize for the best dressed went to Tanaro Troyan. Runner-up for best dressed was instructor Janet Alred who was a Spanish dancer. Worst dressed was captured by Lisa

Grather who had blue and green hair and was classified as a monster. Runner-up for worst dressed Ruth Seyler, came in street clothes.

Most original prize went to Chris Granger who dressed as a pregnant Mother Nature. Jamie Jones dressed as a Baseball player to become that runner-up.

Winners were chosen by secret ballot.

By Jim Waters Some students feel an education at Rend Lake College isn't quite up to par. Well, to this I say, "Bunk!"

The duty of any college is to inform, and I feel that in my one semester at Rend Lake I've learned a tremendous amount about bureaucracy, a plague that only spreads and hardly ever stops.

To the best of my knowledge (which is highly limited), we are one of the few colleges to put six water fountains together. For instance the library has six water fountains in a recession in the wall.

First of all, I wonder out of those fountains to justify six in one place. The colors of the rainbow or perhaps assorted liqueurs?

Obviously Rend Lake designers must be thinking of the future, a possible drought perhaps? See how they look out for you? Now when we have a rush on water all we have to do is pack outselves in at the water fountains (at the expense of the bathrooms since most fountains are next to the doors).

That brings me to another question: How come the fountains are stationed so close to the bathroom doors? Is that for the peeping

Learn bureaucracy here Tom (or Thomasea?) who is a minority also?

But let's leave that subject now and just congratulate the people who built Rend Lake. After all, they saved all that money for the extra plumbing needed to spread out those fountains.

The chief concern of a college is to make sure that students have access to materials for their classes, and I applaud them in this department.

At the beginning of the semester one of the typewriters in The Pressing Times office wasn't working; so we asked to have it fixed. It was explained that we had to wait for several typewriters to break so t typewriter company could come out and fix the whole batch.

The repairman came, and presto our typewriter is fixed But only for a week. Once more it bit the dust.

Not to worry, though, because I have now organized the Sabatoge Squad, whose mission is to wreck enough other typewriters to get ours fixed and back in the saddle again. Rend Lake College has taken the term "red

tape" and brought it to its highest pinnacle. About two weeks ago I looked at the phone book in The Pressing Times Office and

Publication Policy

"Pressing Times" is published as a nonprofit activity of the Rend Lake College Student Body for students. and community members. Opinions expressed are those of the writer and do not represent the views of the staff, the student body or the staff and faculty. Located upstairs in the Student Center, the paper's phone number is (618) 437-5321 ext. 282.

Editor: Susan Burgess Ad Manager: Jim Waters Photographer: Amy Roffmann Sports Editor: Cindy Caldwell Reporters: Leonard East, Rosie Gibson.

Barbara Hamilton, Gayla Mattox,

Linda Summers Adviser: Bob Kelley Printer: The Christopher Progress

Mick wins cheerleading Scholarship at U of TN

By Barbara Hamilton

Tom Mick, a former Rend Lake College student from Benton, is one of the first students to benefit from a cheerleading scholarship at a major university.

Mick graduated from RLC in 1976 with an associate in applied science. He is currently a senior at the University of Tennessee at Knoxville and majors in architecture.

During both of his two years at Rend Lake College, Mick was on the cheerleading squad. He has been a cheerleader at Knoxville for the past three years. This year he was chosen captain of the squad.

Besides serving on the cheerleading squad,

Future LPN's Train at Mall

Hospital volunteers and students from the LPN class at Rend Lake Collegs participated in a health fair at the Times Square Mall, Mt. Vernon, Nov. 4.

Rhonda Bennett, Sue Clarke, Ann Boling, Kathy Kozuszek, Kathy Hauschild and Peggy Keller took blood pressures and checked for lead poisoning and iron deficiency

Chadren were also given free inmunizations and tuberculin tests. Students had an opportunity to practice Cardio Pulmonary Resuscitation also.

The LPN class has just finished working in nursing homes in the area. The students gave each home a Halloween party before that section of their training was finalized. Salem, Jefferson County, Pinckneyville, Centralia and Mt. Vernon nursing homes provided training for these future nurses

The LPN class will now study the fields of pediatrics and obstetrics.

he is also an elected member of the College Athletic Board.

Last summer Mick served as an instructor and chaperone for a cheerleading camp, held on the University of Tennessee campus.

Mick travels with the cheerleading squad to various college campuses, including Boston, Mass., Birmingham, Ala., and Notre Dame.

Minorities in **RLC** increase

The number of minority students who are attending Rend Lake College has increased greatly, according to Robert Graham, dean of student services. Approximately 64 minority students are now attending RLC.

Graham said that one of the reasons for the increase was that more of an effort to recruit minority students had been made. In the summer of last year Mt. Vernon high school assigned Bob Brown, minority hgh school counselor, to contact and make visits with minorities to inform them about RLC's programs

In the future, RLC plans to start out earlier in recruiting minority students. Plans to visit high schools and talk to interested students on an individual basis

Program and financial help available will be explained.

Since Brown was so successful in recruiting minority students, RLC wishes to continue

According to Graham, RLC is going to offer more evening programs in Mt. Vernon in order to better the transportation problem.

Page 3 — The Pressing Times — Tuesday, Nov. 13 (Continued from page noticed it was a '74 vintage. (Unlike wine, a phone book doesn't get better with age). I decided we needed a new one.

When I inquired at the information desk in the administration building, I was told they didn't have any phone books. But I could file a requisition for one and in about three months get it. When I asked why three months, I was told that Rend Lake sent the order to a company which sent it to another comapny which sent it somewhere else.

So I just called the phone company. They sent us one in about a week, just two months and two weeks ahead of the original schedule.

Cheer up. It isn't that bad. Just don't forget to support your local committee for "The Advancement of Stronger and Longer Forms and Red Tape to Thoroughly Confuse and Baffle the Minds of All Mankind.

Who knows? If you do good, maybe the IRS

Greenhouse Sells plants

By Gayla Mattox

Now is the time to start your Christmas shopping. Rend Lake College's greenhouse is selling a variety of plants at the college book

The greenhouse has sold plants in the previous years, but this is the first group taken to the book store this semester

Some of the plants being sold include the Norfolk Island Pine, different kinds of cacti, palm's and many others.

Dr. Eugene Estes, biology and botany in structor, is in charge of the greenhouse.

Since the only money the greenhouse has to operate on comes from the sale of its plants, Lynn Nimtz, one of the workers, said that the greenhouse staff is hoping for some successful sales.

The plants are sold to maintain the greenhouse, and materials that are purchased for the greenhouse come from its own funds. The only thing that it does not have to pay for is the heat.

Coming up in 1980 term

lazz course

"Music in America: An Introduction to Jazz" will be offered next semester as an introductory course to modern jazz. No prerequisite is needed for this survey nontechnical, three-credit course.

The class, offered on Monday, Wednesday and Friday at 9 a.m., will include lectures, filmstrips and demonstrations from instructor Robert Luckey. Luckey will trace jazz through Africa, ragtime, dixie, swing, bebop, 50's, 60's and 70's up to current per-

The music of modern musicians Maynard Ferguson, Blood, Sweat and Tears, Buddy Rich, Dave Brubeck, Herbie Hancock, Chick Correa and Weather Report will be studied. Past musical greats to be reviewed include Dizzy Gillespie, Duke Ellington, Count Basie and Stan Kenton.

Luckey says this course was extremely successful when he taught it at Plymouth State College, New Hampshire. Two sections of the course were offered every semester, and an average of 50 students a section attended.

Luckey invites Rend Lakers to get into the swing of things and sign up for the new music elective. He says jazz is the only true musical form that America has contributed to the music era Luckey hopes this course will become 'the most popular elective course on campus.

A jazz performer as well as a specialist, Luckey plays with a jazz group of his own that includes a four piece band. "The Luckey Four" perform in the area for receptions, private parties and special events.

CORRECTION: Ron Brookins is president of the Student Senate. Brookins' name was incorrectly given in an article in the October 30 issue of "The Pressing Times."

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Member F.D.I.C.

Page 4 The Pressing Times — Tuesday, Nov. 15

Six returnees play for Basketball Warriors

The men's basketball season has started, and the Warriors have a busy schedule. All together the team has 27 games, one tournament and a sectional to play this season.

Returning Warriors are Ron Brookins (Benton) guard or forward, Mark Craddock (Benton) guard, Doug Creel (Mt. Vernon) forward, Doug Dunbar (Benton) forward, Glen Ramsey (Christopher) center and Kevin Toney (Christopher) center.

The remaining team are Bart Draper (Scottsburg, IN) forward, Pat Herbert (Rantoul) guard, Brad Rainwater (Wayne City) guard, Mark Schwitz (Evansville, IN) forward, Fred Settle (Mooresville, IN)

center, and Wendell Wheeler (Fort Morgan, CO) guard.

The head coach is Jim Waugh, and the assistant coach is John Kretz.

The cheerleaders on the sideline for the Warriors will be Kaye South, Crystal Miller, Teresa Murry, Sharon Wade, Dawn Webb and Lorree Helm.

The games for the next two weeks are listed below

Nov. 15 — Aquians, TN., (T) Nov. 16 — Belmont, TN., (T)	7:30
	3:00
Nov. 17 — Volunteer State, TN., (T)	7:00
Nov. 20 — Greenville, (H)	7:30



Ball Resting - It would seem this ball would need a rest after the hot match Rend Lake had with Logan. Logan won the match. In this

picture, 54, Ellen LeGrand from Mt. Vernon, is spiking the ball for Rend Lake.

Sports by Cindy Caldwell, Sports

Fitness advocate WAYNE ARNOLD

Lady Warriors' hopes washed away When they lose Sectional 8 Tourney

By Cindy Caldwell

The Rend Lake volleyball team had high hopes on Nov. 2 for going to state, but the Logan Volunteers washed the Warriors dreams down the drain.

The atmosphere of the gym was tense and excited. Both teams knew that winning this match meant a trip to state.

From the start of the match to the end, a person couldn't even think to themselves. To even talk to the next person, required shouting.

With all these distractions, Logan won the match (Rend Lake scores are first) 15-11, 9-

15, 15-7, 4-15, 5-15.
Volleyball Coach John Kretz commented,
"When we won the third game, I felt confident. But the girls lost their aggresiveness and seemed physically drained. It was

disappointing for me and the girls because we expected to go to state."

Kaskaskia Angels won the Sectional 8 Tournament by beating Logan (Kaskaskia scores first) 13-15, 15-8, 16-14, 15-12.

scores first) 13-15, 15-8, 16-14, 15-12.

Kaskaskia and Logan go to the state tournament which is played at Parkland in Champaign.

The Lady Warriors ended their season with nine wins against five losses and came in second place in the conference. Kretz boasted about the volleyball season, "The sophomore group, the graduating group, has been a precedent for the team. They are good people to be around.

"Those girls have done a lot for the women's athletic program. They would pull together as a team. I think the school and the girls, themselves, should be proud of their team."

The volleyball team may have ended on a bad note, but overall the ladies had a good season.

Crystal Miller was named recently to the All-Section VIII volleyball squad along with five others.

Miller, from Enfield, was joined by two players -- Laura Raver and Mary Lampe -- off

Kaskaskia's Section VIII championship team, plus Susan Smothers and Donna Jones of John A. Logan and Debbie Ludwig of Wabash Valley.

Miller was a regular last season, also, when Rend Lake reached the state tourney.

Special Olympics At RLC today

Participants representing 21 counties and six area agencies will be on the Rend Lake College campus today, to take part in the Southern Illinois Special Olympics Volleybali Tournament.

Seven different matches are scheduled involving between 100-125 mentally handicapped students from Benton, Brownsville, Christopher, Fairfield, Mt. Vernon and Murphysboro. Awards will be presented following the competition of each match.

Activity in the college gymnasium gets under way at 10 a.m., with the last match slated to begin at 12:15 p.m. This is the second year Rend Lake's physical education program has served as host.

Aerobics: new way of life For college's Coach Arnold

Wayne Arnold has taught health and physical education at Rend Lake College (formerly Mt. Vernon C.C.) for the past 17 years, but it wasn't until last spring he introduced a new fitness course: Aerobics.

This one-hour credit course has proven to be quite popular and will again be available to students during the 1980 spring semester on Tuesday and Thursday mornings at 9.

Arnold says the purpose of aerobics is to provide an individualized program that is both meaningful and appealing to students wanting to improve their level of physical fitness. It stresses those exercises which stimulate heart and lung activity for a period sufficiently long enough to produce beneficial changes in the body.

Some typical aerobic exercises include walking, running, jogging, swimming, cycling and handball. The course is designed to fit each individual situation and is based on a person's age, sex, and level of fitness.

Although the course is based on individualized instruction, the entire class will meet together for the first three weeks, according to Arnold. During the remainder of the course, students will be permitted to work out at a time and place convenient for them.

Students are expected to average four or five workouts per week, as well as to attend at least one of the two class sessions each week during the remainder of the semester and demonstrate their activity twice at class sessions. The entire group meets for the final class meeting in order to review their progress.

Dr. Kenneth Cooper began using aerobics for military training in the Air Force. Cooper has written several books on the subject such as "The Aerobic Way," "Aerobics for Women" and "Aerobics for Men."

Arnold has studied aerobics for nearly three years and plans to attend Dr. Cooper's clinic in Dallas over spring break this year. Last spring the Rend Lake instructor attended an aerobics at Oral Roberts University in Tulsa, OK.

Arnold is "very pleased with the response of students who are interested in aerobics and their physical fitness," he said.

A devoted adherent of the fitness plan, Arnold has been a daily runner for 15 years. He now runs 334 miles a day, five days a week.

The approaching winter won't slow him down, either. "Some people are concerned about freezing their lungs if they run in cold weather," he said, "but that's not true. It would have to be 20-25 degrees below zero in order to prevent the body's warmth to fail the lungs."

Besides, he added, "There's nothing like the sensation of running in the snow to ease a man's mind from daily tensions and pressures."

Pros share knowledge with RLC baseball coach McClure

Baseball greats Warren Spahn, Billy Williams and Vada Pinson are just a few of the professionals imparting their special knowledge to Mike McClure, RLC's baseball coach.

McClure received this valuable advice when he attended the Major League Baseball Instruction League, October 24-28 in Phoenix,

The trip was sponsored by the Indiana State High School Baseball Coaches Association.

Ris 17st morning in Phoenix. McClure heard canterna Angels pitching coach and basebah Hall of Famer Spahn speak on pitching. He also watched the California Angels beat the San Diego Padres 1-0.

That afternoon McClure went to Grand Canyon College in Phoenix and watched Arizona State University beat Grand Canyon College 6-4.

Friday morning McClure attended a Los Angeles Dodgers practice and heard two speakers, Leo Pesada, Dodgers hitting instructor, and Williams, Chicago Cubs hitting That afternoon, McClure went through the baseball facilities at Arizona State University and talked with their pitching coach Larry Smith. He also watched the junior varsity practice.

Saturday morning McClure watched the Chicago Cubs practice. Jack Hyatt, manager of the Chicago Cubs Tripple A Ball Club demonstrated all their pitch-off plays. McClure then saw Arizona State beat Utah State 28-14

Sunday McClure attended the practice of the Seattle Mariners and heard coach Bill Plummer speak on catching. Other speakers included Pinson who spoke on hitting and outfield play and Ed Crosby who spoke on infield play.

McClure was also privileged to talk to San Diego Padres pitching coach Warren Hacker and hear him speak on pitching. Before returning home, McClure attended a game between the Seattle Mariners and the San Diego Padres.