



# REND LAKE COLLEGE TIMES

November 1997

By the students, for the students.

## RLC Students are Well Prepared

**Amanda Pillers**  
*Staff Writer*

Rend Lake College is doing a wonderful job of preparing students for four-year universities. We've even got the numbers to prove it.

A recent report by the Illinois Community College Board indicated that RLC transfer students performed better in the 1995-96 academic year than transfer students from other community colleges. Those students that transferred from RLC also fared better than "native" students, those who began as freshmen at four-year

institutions, at five out of six state universities.

A similar report was produced by Southern Illinois University at Carbondale for the Fiscal Year 96. SIUC is an extremely popular university among RLC students. The majority of RLC transfer students matriculate there. This recent report included 618 former RLC students who are currently attending SIU. On a 4.0 scale RLC transfers achieved a mean grade point average of 2.80. This was no small feat when compared to 2.66 mean GPA for students from all other public

community colleges and 2.54 for "native" students.

It seems that RLC students have got a leg up on the rest of the students at several other state universities as well. Reports from Eastern Illinois University in Charleston, Southern Illinois University in Edwardsville, Illinois State University in Bloomington-Normal, and Northern Illinois University in Dekalb all show RLC transfers holding the highest GPA.

There is one exception to RLC's dominant pattern. Transfer students from Rend Lake College at the University of Illinois in Urbana-

Champaign have been coming up a little short gradewise when compared to "native" students at the university. RLC students averaged 2.89, which topped other community colleges average of 2.86, but fell short of the "natives" 3.02 standing.

Nancy Kinsey, the director of admissions and records had a few comments about the achievements of RLC transfer students.

"Once again, we have documentation that, in most instances, students transferring to four-year colleges and universities from Rend Lake College perform as

well if not better than the students who initiated their post-secondary education at the four-year institutions. Furthermore, these figures illustrate Rend Lake College transfer students consistently perform better than transfer students from all public community colleges."

There have been several studies done over the past few years by SIUC ranking RLC transfer students at the top or very close to the top of all community college transfer students. These reports reflect both total number of students attending and grade-point averages.

## RLC Boasts New Cheerleading squad



**Kara Tinsley**  
*Staff Writer*

Rend Lake College basketball games will definitely be a lot more "cheerful" this upcoming season, thanks to our new squad of RLC Cheerleaders.

The squad is made up of seven freshmen, Amy Baltzell (Mt. Vernon), Lesli Flatt (Christopher), Ashley Harlan (Mt. Vernon), Rachel Sanders (Mt. Vernon), Kylie Watts (Ina), Jamie Webb (Sesser), and one sophomore, Kelly Smith (Benton).

The Cheerleaders practice an average of four hours a week and everything seems to be falling into place quite well. The talented women are excited to be cheering for the Warriors and are looking forward to the first home game against Lincoln Land on Friday, November 8.

Even though most of them

before, one cheerleader commented on how well they all get along. There are many different minds coming together to produce a great variety of cheers. Most the girls having been rivals as high school cheerleaders have now all come together to produce an awesome squad.

For a squad to be success, there must be a talented sponsor close behind. Julie Oxford (West Frankfort) has taken on the responsibility as Cheerleading Sponsor. Oxford is an alumni of RLC and has worked as the Athletic Administrative Assistant for the past 11 years. With a permanent smile on her face she seems to be doing a wonderful job and having a super time in doing so.

*cont. on page 7*

# RLC in IAI

**Anda Pillers**  
*Staff Writer*

and Lake College has recently become a participant in the Illinois Articulation Initiative. This program was designed to help facilitate the transfer of students among Illinois colleges and universities. It is a major step among public, private, two-year, four-year, associate and baccalaureate degree-granting institutions. The IAI was started in January of 1993 by the Illinois Community College Board, the Illinois Board of Higher Education and the Transfer Coordinators of Illinois Colleges and Universities. The main purpose is to improve the transfer process for college students who begin college at one institution but finish their degree at a different institution. Before the IAI was developed, courses to be transferred between each community college and university were accepted on an individual institution basis. A course that would transfer to one institution would not necessarily transfer to another. This resulted in lost time and money for students who were forced to repeat coursework because of non-transferability. The first step for the IAI is to develop a list of courses that would fulfill the

general requirements in math, oral and written communications, social and behavioral sciences, physical and life sciences, fine arts and humanities. A panel of faculty members representing all the institutions throughout the state was convened to compile this list. They came up with a "package" of coursework entitled the General Education Core Curriculum which ensures transferability between Illinois colleges and universities.

After creating the General Education Core Curriculum several more panels were convened to identify courses in various majors which are appropriate for students to take their freshman and sophomore years. This group of more specific courses rounds out the requirements for the first two years of college. After which, students can transfer as juniors without having to repeat courses.

A database is currently being compiled for IAI which contains all of the articulated courses for each participating institution. This information is readily available to students planning to transfer through the World Wide Web at <http://www.iTransfer.org>. If you would like more information about IAI feel free to contact Bob Kelley in the Administration Building at 437-5321, Ext. 234.

## Kara Tinsley

*Staff Writer*

Before you sign up for a class taught in the Aquatic Center you might want to know exactly what the classes that are offered entail.

**Aquatic Aerobic Fitness I:** After the orientation and physiological testing, the student will be given a printout of the test results and a proposed workout schedule that will provide opportunities to increase cardiovascular efficiency, improve muscle tone and reduce the percent of body fat by engaging in a multi-station water aerobic circuit and lap swimming. Workouts may be conducted anytime the pool is open. It may be taken for a letter grade or pass-fail, but that determination must be made at the time of registration and may not be changed. Prerequisite is that you must be 16 years of age.

**Water Aerobics:** This class is a structured water aerobic fitness program. Students will conduct

activities as a group and the exercise routine will be set to music. There are no prerequisites for this class.

**Lifeguard Training I:** Lifeguard training is designed to develop skills, knowledge, and attitudes needed to prevent and respond to aquatic emergencies required to become a certified American Red Cross Lifeguard. Prerequisites do apply to this class. You must be able to tread water for 2 minutes using legs only, swim 500 yards continuously using at least 100 yards of the crawl, breaststroke, and sidestroke. You must submerge to a minimum depth of 7 feet, retrieve a 10 pound object and return to the surface.

**Prenatal Aquatics:** This is a structured water aerobics class with exercises designed and adapted to meet the needs of women who are pregnant. The American College of Obstetricians and Gynecologists guidelines will be followed. Prerequisite for this class is that you must be pregnant and have the

approval of your medical caregiver.

**Arthritis Aquatics:** This is a water exercise program designed to give people with arthritis an opportunity to do gentle activities in warm water which may result in some physical benefits, such as decreased pain and stiffness. Swimming ability is not necessary to participate.

The prerequisite is that you must be diagnosed with arthritis and have the approval of your personal physician.

**Arthritis Aquatics Plus:** This is for those persons with minimal joint involvement and an active daily routine who might not find the Arthritis Aquatics class sufficiently challenging. It includes all that is in Arthritis Aquatics plus 10 to 20-minutes of endurance building activities and additional muscle strengthening exercises. Again, swimming ability is not necessary to participate. Prerequisite is that you must be diagnosed with arthritis and approval of personal physician.

## RLC Culinary School Cafe

on Tuesdays

Dinner is served on Tuesdays starting at 3:00 until 8:00 pm.  
Reservations are suggested call (618) 437-5321 Ext. 288 or after 2:00 on Tues. Ext. 254. Limited service will be provided in the student center dining room. To go orders are encouraged. To speed your orders, please call ahead. Cafe may close without prior notice.

### Sandwiches

Spicy Cajun Burger/topped with Swiss or American....4.00

Grilled Cafe Burger/topped with Swiss or American....4.00

Filet Mignon/topped with grilled onions, Swiss or American....5.00

Blackened Chicken Breast....4.50

Sauteed Lemon Herb Chicken Breast....4.50

Farm Raised Catfish/topped with Swiss or American....4.25

Grilled Cheese....3.50

All sandwiches are served with chips or pretzels.

### Cafe Specialties

Carolina Barbeque-Ribs hot or mild....6.50

Filet Mignon....7.50

Sauteed Tenderloin Tips with Mushroom Sauce....7.00

Chicken Parmesan....5.75

Sauteed Chicken Breast with Fine Herbs Sauce....5.75

Pan-seared Pork Chops with a Garlic Butter Sauce....6.25

Grilled Yellowfin Tuna/with choice of Garlic Butter or Anchovy Caper Butter....6.50

Southern Fried Catfish Dinner....6.50

Cafe Specialties include Homemade Bread, Vegetable of the Day and Baked Potato or Wild Rice Pilaf.

### Pastas

Fettuccine Alfredo with a Grilled Chicken Breast....5.75

Pork Medallions with Mushrooms and Crabmeat....5.75

Pastas include Homemade Garlic Bread.

Soup of the Day....1.25

Coffee and Tea....0.75

An Assortment of Desserts will be available.

**It Tastes Terrific at the Culinary Cafe on Tuesday**

## Security Notes

Laura Adams  
*Staff Writer*

**Alert:** A few items have come up missing from the ACA building. Chief of Security Jerry Bate is aware of who took these items. If the items are returned to the security office, no questions will be asked. Simply return these items and go about your business. Time is of the essence. "I know who took these items. If you don't want to return these items then have a friend return them. No questions will be asked," Bate said.

**Pay your parking tickets.** Some RLC students have outstanding tickets that have not yet been paid. If these parking tickets are not paid then security will be forced to take more strict measures.

**Monitor your speed:** The security office will be issuing speeding citations to students who speed. Please drive safely...

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# Haunted House to Open

**Amanda Lindsey**  
Associate Editor

The RLC Student Senate, in addition to several Psychology Club and Travel Club members, are sponsoring a Haunted House on October 29th-31st in the West End of the Industrial

Tech building. The House opens at 6:00 p.m. on Wednesday, and will run sequentially until Halloween. Entrance fees are \$2 for adults and \$1.50 for children of the age six and under. Volunteers are definitely needed. Some of the volunteer work

available is as follows: help with the construction of the Haunted House, donations of costumes, makeup, hay bales, and participation in the Haunted House itself. Full-time commitment is not necessary, so whatever spare time one can donate would be appreciated. If you would like to help out, or if you have questions regarding the Spooky Residence, please contact Sue Tomlin or Carolyn Stewart, at ext. 288, or Lynn Nimtz, at ext. 321. All Rend Lake College community members are encouraged to participate in the fright!



## Student Senate

**Gina McClerren**  
Staff Writer

Greg Hollmann of Mt. Vernon, Joshua Haile of Belle Rive, Jennifer Clark of Mt. Vernon, and Student Senate advisor Lynn Nimtz attended a conference held in Elgin, IL on October 10. The conference was held by the Illinois Community College Student Services Association (ICSSA).

Other Student Senate members are Monica Brady and Mendy Conner of Mt. Vernon, Nichole Hargett, Russell Jay, Nikki Labuwi, Ashley Stewart, Alisha Treece, all from Benton, Glenda Mills of McLeansboro, and Kevin Loucks of Tamaroa.

The purpose of the ICSSA meeting was to bring together community college organizations and teach them how to be effective leaders at this level. About 160 people from community colleges all over Illinois were in attendance.

The Senate members attended a "get to know you" mixer the first evening at the conference. This helped them become acquainted with students from other

community colleges.

The next day the Senate learned useful techniques on how to get to know one another so that they may be better leaders.

Senates from each college shared their ideas from successful projects and activities.

The Senate members were taught various ice breakers at the conference. These ice breakers are important because they help to create a relaxed environment while allowing the participants to become familiar with one another.

"It was a very valuable conference," Hollmann said, "where we learned a lot of leadership skills, met a lot of people, and had a good time."

Hollmann also mentioned that the Student Senate was planning a **Haunted House**, to be held at RLC on October 29, 30, and 31 from 6:30 PM until 10:30 PM. The cost of admission is \$1.50 for children under six and \$2.00 for everyone else. RLC community members are urged to come support the RLC Student Senate and have a haunting good time!

## Psi Beta

**Amanda Lindsey**  
Associate Editor

If you like to wonder why people do the things they do, if you spend your free time analyzing your friends, or if you wish you could have conversations with Freud, then perhaps you would be interested in the most recent addition to Rend Lake College's clubs. Carolyn Stewart, full-time Psychology instructor here at RLC, has started a Psych Club. The already-existing Psi Beta is still going full swing with several activities planned for this fall and winter, and Stewart is planning on combining the Psych Club with Psi Beta. Why create another group of wanna-be head-shrinkers when there is already one, you might ask? Stewart says she would like to get the people who do not qualify for Psi Beta, those people with not enough credit hours or too low of a grade point average, and work towards getting them accepted into the Psi Beta chapter at RLC. Psi Beta is the national honor society in psychology for community and junior

# Club News

## College Bowl

**Travis Donoho**  
staff writer

The RLC College Bowl team kicked off its season last Monday with a practice tournament at Kaskaskia.

The first league tournament will be held at 10 a.m. at Shawnee on November 4. Other college bowls matches will be against Paducah, John A. Logan College, Southeastern Illinois College and Frontier.

The "Bare Bones" Tournament is the biggest event for the team this year and will be held on November 7 and 8. It is held at Tullahoma Area College in Motlow, Tennessee, and 10 schools will compete.

The final league meet of the semester will be on November 19 at John A. Logan College.

The college bowl team is coached by Steve Kennett, associate professor of philosophy and psychology, and Mike Mullen, English and journalism professor. The team is Dale Houseworth of Benton, Vera Whiteside of Mt. Vernon, Denny Leathers

of Mt. Vernon, Dwayne Naas of Christopher, Kelley Deichman of Mt. Vernon, Amanda Payne of Benton, Ken Clifford of Christopher, Jennifer Clark of Mt. Vernon, Darren Hiller of Pinckneyville, and Geoff Kaak of Benton.

The game is arranged as a Jeopardy-like trivia contest. Categories of questions include questions from across the curriculum: science, literature, history, social sciences, math, current

events, sports, and pop culture. Not only is college bowl fun and an opportunity to get out of class on occasion, it's also a good way to win scholarships and letters of recommendation.

"I think we're going to have a good team this year," says Kennett, "We have some new players and some returning players. We're always looking for new players."

Students are encouraged to join the college bowl team. Those interested should contact Steve Kennett in the South Oasis, ext. 288.

**Kara Tinsley**  
Staff Writer

Rend Lake College's musical production, *Seven Brides For Seven Brothers*, is well on its way. The musical's opening night will be January 29, 1998 with the cast call being at 6:00 p.m.

Following performances will be on January 30-31 at 6:00 p.m. The final performance will be a Sunday

matinee on February 1, 1998.

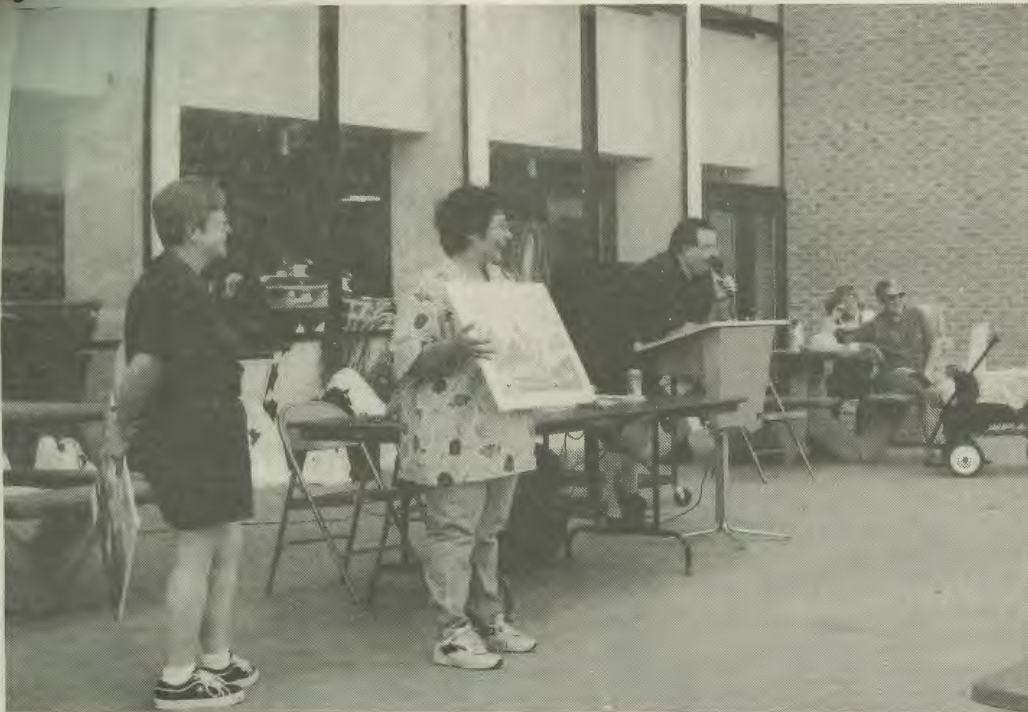
"I believe that the cast is strong", says Production Director, Tracy Brouillette, "they intend to put on a terrific show for the community."

The cast hopes that RLC students come out and support their efforts to make *Seven Brides For Seven Brothers* a fantastic Rend Lake College Production.

colleges, and was founded for the purpose of stimulating, encouraging, and recognizing students' outstanding scholarship and interest in psychology. Psychology students become members by invitation of the chapters at their colleges.

The Psi Beta/Psych Club are doing several various activities in the next few months. These include the Haunted House project, which the members are working on with the Travel

Club and Student Senate, Pumpkin Painting at the Methodist Children's Home in Mt. Vernon on Oct. 30th, a junior-high dance in support of DARE, and several members are planning on attending a National Psych Conference in January of 1998. If you are a psychology student interested in becoming a Psi Beta member, or merely if psychology is a hobby for you, contact Carolyn Stewart in the South Oasis, ext. 148.



*Therese Howard happily displays a peice of art as Rob Little auctions it. Sarah Capps and Cathy and Cejae Cross look on.*



*"Brother can you spare a dime?"*



*"Lets keep the T.P. out of the trees and in the toilet!"*

**Travis Donoho**  
*staff writer*

The Second Annual Students for Students Art Auction was held on October 11.

Associate English Professor Rob Little auctioneered, selling many donated items varying from Boos (ghosts constructed of cheesecloth, styrofoam, starch and dowel rods) to works donated by area artists Sarah Capps of Belle Rive, Therese Howard of Whittington, Melissa R. McClement-Engler of West Frankfort, and Sara Scott of Mt. Vernon, Samantha Lewis of

Mt. Vernon Jessica Payne of Mt. Vernon, Megan Mitchell of Mt. Vernon and others.

"There was a lot of artwork, there was something for everyone," said Scott, "Everyone should have gone. They would have all benefited from it."

All proceeds of the auction go toward art scholarships. If anything is left over after scholarships are given, the money is used to help students buy art supplies. This year's profit was around \$3000, about a thousand dollars less than the initial auction last year. Therese Howard, Associate Art Professor, attributes the drop to the weather.

"It sounds absurd, but the warm weather had a lot to do with it. People wanted to do other stuff, like fishing and boating."

The event was spread out across campus and brought around 250 people. Though the primary focus was the auction, there was a fair atmosphere. While Julie Wilkerson of Dahlgren and Marie Rodriguez of Mt. Vernon provided the vocal entertainment, local artists set up booths to market their works and art students conducted games for the kids.

"I thought it was better this year than it was last year," said Carrie Norris of Sesser, "But we didn't have

quite as many people as we did last year."

"I thought it was really neat," said Kristin Dains of Mount Vernon, "I only wish more people would have come."

Brenda McCollum of Benton exhibited embossments on handmade paper and offers art classes in water color and acrylics. If you are interested in her classes, she can be contacted at (618) 438-0017. Ruby Reinhart of Pinkneyville showed paintings, Leslie McGuire, a painter from Mt. Vernon showed some of her works, Jessica Luschen and Sarah Richard, both of Mt. Vernon, sold handcrafted

hemp necklaces and bracelets, as did Bobby Thompson and Angela Richardson of Mt. Vernon. The organization Promoters Of Childhood Education (P.E.C.E.) had a bake sell, Phi-Beta Psychology club sold caramel apples, iced tea and cider and auctioned several items. The American Institute of Architectural Students (A.I.A.S.) sold food to raise money for a trip to Columbus, Indiana. The Rend Lake College Travel Club had a bake sell to help raise money for a trip to London, Nichelle Hutchison

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**THURSDAYS at 10:00 a.m.**

If you can't make either of these times, stop by the Refrence Office to make an appointment.

## B.A.S.I.C. Begins

Travis Donoho  
staff writer

"B.A.S.I.C. is a non denominational Christian group dedicated to the fellowship of believers," explains Vice President Robert Mooney, Wayne City.

B.A.S.I.C. stands for Brothers and Sisters in Christ and there are quite a few people involved in the club. They gather together to learn about and discuss Christianity and to get closer to God.

"B.A.S.I.C., a meeting of fellow believers. This group is very encouraging," says President Kevin Arnett, Zeigler. "I'm glad that we can all meet together and build one another up. It's a good thing."

Officers were elected at the October 20 meeting. Arnett was elected president, Robert Mooney of Wayne City is vice president, Aimee Pittman of Mt. Vernon is secretary, Tiffany Champ of Mt. Vernon is treasurer, and

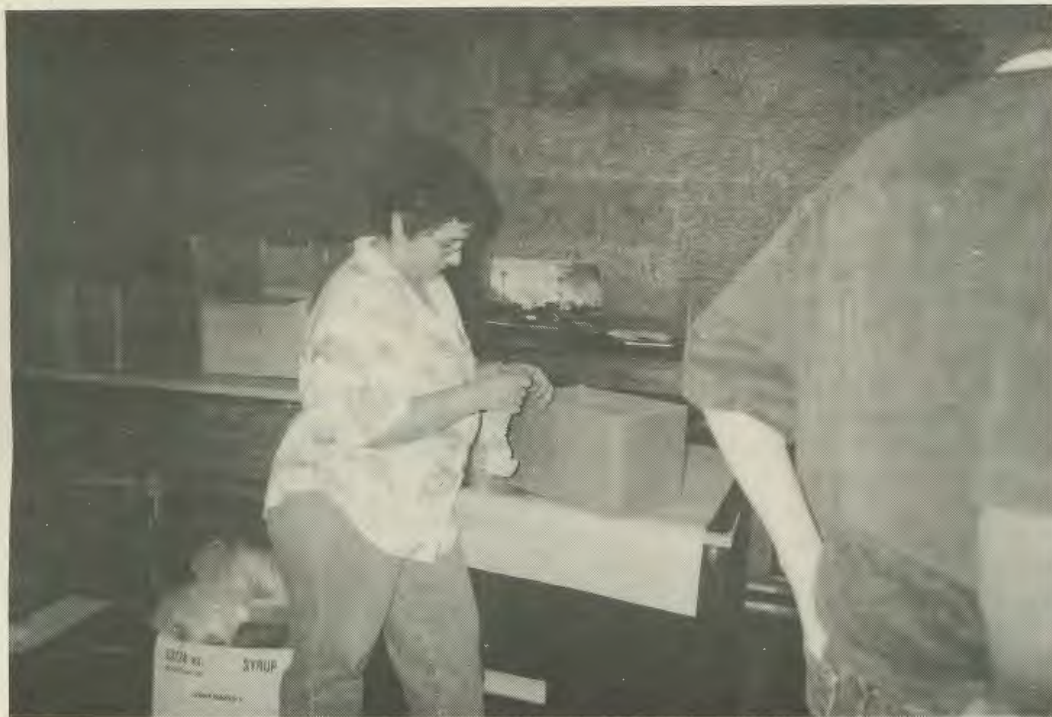
Luke Crawford and Travis Donoho, both of Mount Vernon, are in charge of promotions.

Other members of the club are Kylie Watts of Ina, Michelle Adams of Bonnie, Amy Walker of Woodlawn, Rhonda Panzier of Woodlawn, Beth Moyer of Mt. Vernon, Terah Trusty of Zeigler, Chris Jones of Woodlawn, Katie Smith of Orchardville, Kent Hails of Opdyke, Shayna Staggs of Wayne city, and Sara Holz of Mt. Vernon.

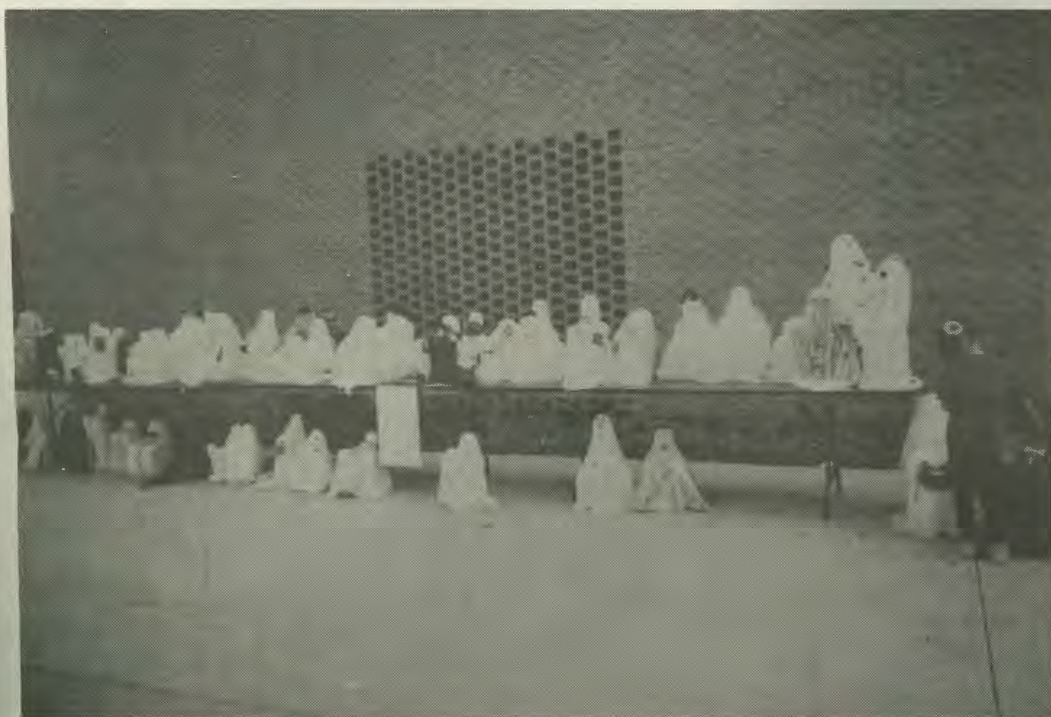
"Unity and community among Christians is essential," says Crawford. "I'm so happy."

"You can do all things through Christ who strengthens you," adds Hails. "so i'm sure B.A.S.I.C. will continue to grow in size."

Meetings are on Mondays at 4 p.m. in the cafeteria. Anyone interested in being in B.A.S.I.C. or just visiting is invited to do so.



*Therese Howard prepares for the Art Auction.*



*These BOOs are so cute you don't know whether to scream or smile.*

Auction from page 4

of Mt. Vernon and Melissa Capps of Belle Rive sold crafts and Sue Tomlin of Mt. Vernon read palms.

For the kids there were games for prizes like ring toss, pop-the-balloon dart throw and more creative games like candle shoot and the toilet toss. Painting, sculpting and sidewalk chalking were also available.

Therese Howard mentioned possibly moving the auction to the Rend Lake Resort next year. The location would attract bored wives from their husbands' boat shows or fishing trips.

### Amanda Lindsey Associate Editor

Do you like food? Do you enjoy eating so much your toes curl? If the answer to these questions is yes, then perhaps you should try the all new Culinary Cafe (dubbed the Tuesday Cafe by some of its regulars). Instructor Tim March and a group of extremely talented students have gotten together and created a type of "food lab". The lab is offered in the Advanced Food and Pastries

and the Principles of Food Preparation classes taught. March says that these classes form a solid foundation for those hoping to go into food preparation or restaurant management. The students fill different positions every time that the Cafe is open. They get to experience being a server, a chef, and a manager, and this helps them relate to all aspects of the restaurant. March states that the best outcome that the Cafe is the experience on the

students involved. "I really think that the most effected people by this are the students. It builds tremendous self-esteem by showing them [the students] that they can produce some truly excellent food that people genuinely enjoy."

So far business has been very good, although March notes that it would help if people called in pick-up orders beforehand. There are only three more dates to rendezvous with some tasty

treats; ~~November~~ fourth and eighteenth, and December second, from 3:30 to 8:00 p.m. If you are interested in taking these classes, or would care to sample some of the delicacies produced, contact Tim March, ext.332.



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## Blood Drive

**Laura Adams**  
Staff Writer

On October 28th, there will be a mobile blood drive unit stationed in front of the Student Center. The goal of this blood drive is to collect 50 pints of blood. The unit will be there from 11 a.m. to 4 p.m. Chief of Security, Jerry Bate would like to encourage everyone to donate.

On October 29th, the blood drive will continue in the gym. The goal of this blood drive is to collect 100 pints. Students who wish to donate can do so from 9 a.m. to 2 p.m. Volunteers and donors are needed. Any student who would be interested in volunteering to help can contact Jerry Bate ext 212. "I would like to make this a record blood drive," Bate said.



**B. A. S. I. C.**

**(Brothers & Sisters In Christ)**

Whether you're.....

A Seeker

Or

A Believer

**Come & Join in the Fellowship!!!!**

When: Mondays @ 4:00p.m.

Where: RLC Cafeteria

*Golf from page 8*

who finished in a three-way tie for ninth at 74-77 (38-39) - 151.

Hudgens (West Frankfort) and Penman (Brazil, IN, Northview), probably the two most consistent Warriors season-long, struggled at times in the regional but took turns counting as the fourth-man. Hudgens finished at 78-77 (40-37) - 155; Penman shot 83-75 (39-36) - 158.

"It got pretty close the last four or five holes," Smith conceded. "We were struggling a bit for awhile there on the back nine. I told them, 'You're about even. You're going to have to figure out a way to get it into the house,' and they did a good job of it.

"Bornack knocked two balls out of bounds and another in the water on the back nine, but he was still able to get it done in the end and win the tournament. Ramey also hit it out-of-bounds on No. 15.

"But then Bornack, Ramey and Penman all birdied No. 17, and Hudgens birdied 18. They

put it together there when they had to and got it in the house. This means everything."

It is the fourth team title for Smith and the Warriors, and Bornack is the fourth individual Region XXIV medalist for Smith & Co., following Craig Zinzilieta (Benton) in 1990, Jason Holtman (Belleville East) in 1992 and Jeremy May (Staunton) in 1995.

Bornack, winner of the DuPage Classic earlier in the fall, and mates will be joined in Vass, NC, by the top five individuals off teams other than the winners. That will include Long and his Lincoln teammate, Todd Hancock at 74-76-150; Hendrian and his Logan mate, Brad Kunz at 77-73-150, and Illinois Central's Jason Cargill at 71-78-149. Cargill tied Ramey for fourth overall, while Kunz and Hancock were tied for sixth overall.

Also named All-Region as a result to top 10 finishes, in addition to Carr, were Illinois Central's Thomas at 75-76-151 and Parkland's Sebastini at 77-74-151.

"Bornack played real well," Smith said. "The two shots he

hit out of bounds were a result of the adrenaline flowing . . . both were over the green, including one second shot on a long par-five. Hudgens and Penman were neither one playing that well, but they shoot 77 and 75 when they don't play well, so that's important."

Smith's crew takes a break at this point and will renew its golfing interests early in the spring, playing an abbreviated tournament schedule in preparation for the NJCAA Championships.

For Logan, thwarted a fourth straight year in its frustrating bid to overtake Rend Lake College, Hendrian and Kunz were supported by Travis Hogan at 77-76-153, Kevin Tilley at 77-77-154 and Brad Dunker at 76-83-159.

Team results behind RLC and Logan - 3. Illinois Central, 308-307-615; 4. Lincoln, 309-308-617; 5. Parkland, 315-306-621; 6. John Wood, 309-318-627; 7. Lincoln Trail, 324-308-632; 8. Southeastern Illinois, 330-309-639; 9. Danville Area, 340-328-668; 10. Lewis and Clark, 323-347-670.

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**Blood Drive**

This Tuesday, in the mobile unit, and Wednesday, in the gym, October 28 & 29 Please come to volunteer and donate

A shortage of blood is the real **Horror**

from page 8

has not logged all that minutes during his career in Senior and RLC, where he came off the bench in 28 games as a freshman to average 11.2 points and 1.6 rebounds.

Walker (Hopkinsville, KY / Christian County H.S.), Copple (Woodlawn) and the leaping newcomer Croney (Hopkinsville, KY, H.S.) will be defended in the backcourt by

first signee last spring, Mike Burnham (Metropolitan / Massac County), 6-3 Eric Anderson (Effingham / St. Ann) and 6-1 Jeff Morrison (Cape Girardeau).

off-court contributions were counted on from 6-6 Dirk Dirnberger (Cape Girardeau, MO/Notre Dame), Ryan Maurer off Mt. Vernon's Elite Eight Class AA qualifiers, 6-5 Jason Bigham of Woodlawn, 6-5 Mike Anderson (Belle Rive / Clark Township) and 6-4 Matt Dwyer (Crab Orchard).

who came to RLC on a architecture scholarship last year and made the team this year as a walk-on candidate along with Wilkerson and Anderson.

"I have a bunch of 'em" to play, Wills said. "All of them have a chance to be quite a bit, depending on how we match up against other teams. I could see as many as 12 who can play significantly at times."

Wills promises to be Wills' team.

"Every kid we've got is executable. It makes it difficult to practice every day. We are a close-knit group. I can compare favorably to any year or two I was here. All of us played well together and were totally unselfish. The biggest difference may be in this team, from top to bottom, is a little more talented."

is very good chemistry going this team, and they are extremely hard workers. The lead of our sophomores is what they do what we (second) Assistant Coach Brian Wills is a member of Wills' team. Ask them to do. As you think you will see us

get better as the season progresses.

"We shoot the ball well, and defensively we will have the opportunity to press a little more than we were able to do the last couple of years because we do have at least 12 who can play. I much prefer to play a pressing, up-tempo style, and it will help us to overcome the fact we are not extremely big or strong, with average quickness."

The sophomores give Wills a solid quintet to build around.

Parker led the Warriors in assists 12 of the last 19 games, 17 in all (high of 14 vs. Springfield; 4.5 average). He also averaged 6.6 points per game, scored in double-digits seven times and had a high of 24 in a late-season loss to Olney Central.

Copple hit for 10.8 ppg, second only to his graduated prep teammate, Derek Hood (Cumberland College signee), but he was even better in RLC wins. The son of former Woodlawn Coach Tom Copple and brother of ex-Lady Warrior softball hurler Stacey Copple scored 10 or more in 10 of the team's 14 wins, averaging 13.4; he tallied in double figures in just five of the 18 setbacks.

Copple had 24 points, five rebounds and four assists in a 90-86 mid-season win over Parkland, 20 earlier against Shawnee and 19 against Division I national contender Wabash Valley. Bigham scored 13 points on two occasions, led the team in assists in seven games and had a high of seven rebounds.

Two regulars who were being counted on from a year ago will not be back due to an altercation the second week of classes. The two combined to lead the Warriors in 20 of 32 games as frosh and averaged a combined 17.3 points and 12.2 rebounds.

Last season didn't start off on the right foot, either. Brian Shaw suffered a season-ending knee injury in the final minutes of the first game in Florida then.

Wills is hoping the similarities end there for a team that hit 50% or better from the field only three times all season,

waited until the end of the season to put together its only three-game winning streak and lost nine times by nine points or less.

He would like to repeat a few of the highlights, however. The Division II Warriors (no room-and-board scholarships allowed) finished 6-8 in the Great Rivers Athletic Conference, the fourth year in a row they have won at least five games in a powerful league that finds everyone else competing (and spending more) at the Division I level.

Included were sweeps of John A. Logan, for the second straight season, Belleville Area and Lincoln Trail. The Warriors also were 2-0 against Division II foe Shawnee, went 3-0 against St. Louis opponents (Meramec, Washington U. JVs and Florissant Valley) and avenged a regular-season loss with an 85-84 overtime win over Lincoln Land in their first Region XXIV Tournament test.

"Our sophomores, for the most part, are known quantities, so I think a lot will depend on how our freshmen come along," concluded Wills.

"If they continue to do as well as they have shown in pre-season scrimmages and improve, we can have a very good year. If they don't, it can be less than that. But I'm confident we can be very competitive, although the conference will be as good as it has been in my six years here, from top to bottom.

"If we don't play hard all the time and execute well, we could be very average. If we do, we could be well above average and win around 20 games."

cont. from pg. 1

To raise money, the cheerleaders are putting together a bake sale for October 29. There will also be a 50/50 drawing, tickets for the raffle are available now from any of the eight cheerleaders.

Be sure to stop by the athletic office on campus and ask for a basketball schedule, the RLC cheerleaders are sure to put on a terrific show. Come out and show your support for the Warriors and their fantastic cheerleaders, you're destined to leave with a smile across your face!

Ladies from page 8

Banks, especially, "really worked hard over the summer to improve her game, and she is doing the things she needs to work on in the pre-season. As a result, she is a lot stronger, more confident and more aggressive."

Ressel still thinks others will be ranked ahead of these Lady Warriors. John A. Logan, Belleville Area, Southeastern Illinois, Wabash Valley "and then Rend Lake College," he says. "All of those teams, from what I have seen in pre-season scrimmages, may have more physical talent than we will.

"But the last two years, what we have done better maybe than some of the others is play pretty good defense. Last year, for example, we held our opponents to 36% shooting from the field. I think the other teams in the league would agree with that . . . that we play good fundamental defense.

"We really stress the fundamentals," Ressel added. "Every day in practice we break it down and go through the fundamentals of defense, concentrating a lot on one-on-one defense, running 'shell' drills four-on-four. We probably spend a half-hour to 45 minutes - half of our practice - on the fundamentals of defense. That's just my mentality; if you can learn to play good, basic, man-to-man defense, you can play any kind of defense."

Potentially, the hard-nosed Sanford, White and Hale are all considered good defenders in the backcourt. Banks is sound underneath.

Three-point shooting is expected from Sanford, Logan from the small-forward slot and Hale, with Withrow helping Banks inside. Taaka outside and Mosby inside are others who will provide scoring periodically. Cassidy runs the floor well and can rebound.

"Considering what we lost, I knew coming in to this season we would be young and it might take us some time to get our confidence. But I like what I've seen so far," Ressel said.

"I don't know if we can duplicate late season, but we are a

better shooting team from the outside - Sanford, Taaka and Logan can all shoot the three - and inside we could end up better simply because we've got more size and strength. The potential is there to be as good."

Memories of last season should serve as inspiration. In particular, a 78-75 double-overtime victory in the last conference tilt at Logan. It was the first win ever by an RLC team against a foe which has advanced to the NJCAA finals almost yearly in the past decade. The decision earned the Lady Warriors a piece of the league championship in dramatic fashion on foreign turf.

The verdict also points out it takes a few breaks along the way to capture a championship of any sort, and last season in its entirety was no exception. Ressel & Co. was far from dominant.

In winning 11 of their last 13 GRAC outings, they won three overtime encounters. The Lady Warriors won three games by two points, another by three and three more by seven. Overall, a 22-9 campaign was aided by a 4-1 record in overtime games, and three more non-conference games were won by six points or less. RLC lost only three close encounters (six points or less).

# WARRIOR SPORTS

## Lady Warriors Focus on Upcoming season

### FYI

Pity poor Rend Lake College mentor Ronnie Ressel, who must figure out what to do for an encore after winning "Coach of the Year" laurels as a rookie two years ago and then guiding the Lady Warriors to a first-ever Great Rivers Athletic Conference basketball championship (share) last season.

For sure, he will be looking for an assist from anywhere he can find one this season.

Three inside players, all inside contributors, combined for less than 10% of the team's assists in 1996-97. Gone via graduation are two of the top three single-season assist leaders in the college's history.

Also missing from a squad that held opponents to an all-time low of 59.7 points per game are three All-Region XXIV and All-GRAC performers.

But enough of that. There is no need. No one is feeling sorry for the 28-year-old Ressel, who will rebuild around the experienced returnees.

In 6-foot Anna Banks (Harrisburg), the Lady Warriors boast a potential all-star with unlimited offensive potential. She accounted for three of the team's top five individual showings last season, with a team-best 31 points versus McKendree in the second-highest scoring game in team annals (98-96 overtime triumph), 27 vs. hometown rival Southeastern Illinois and 24 vs. Shawnee. She had 20 in a regional win vs. Olney Central.

Banks also nabbed 11 rebounds against both McKendree and Shawnee and took more charging fouls (26) than any of her mates. Among those with an average of at least one

free throw per contest, she led with 63.6%.

Top reserves Sharna Withrow (Wayne City) and Dee Wildermuth (Pinckneyville) are expected to earn even more playing time as veterans. The 6-foot Withrow recorded a double-double against Lincoln Trail (11 points, 15 rebounds), pulled down 10 boards vs. Danville Area early and enjoyed four other outings of 10 or more points. Wildermuth, 5-11, will not be available for 6-8 weeks while recovering from a strained achilles. She was outstanding last season against the likes of non-conference foes Shawnee (12 points, five rebounds) and Lincoln Land (10/5). Wildermuth was third in charges taken with 19.

But the three returnees combined for only 61 assists as freshmen insiders (Wildermuth

had 29). And they were 1-for-3 from 3-point range, thanks to Wildermuth.

That's where some of the newcomers enter the picture.

Assists and perimeter shooting will have to come from a half-dozen first-time contributors.

The freshman class of guards and small forwards includes Banks' former prep partner, 5-8 Alisha Logan (Harrisburg), who transferred at mid-semester a year ago after attending Kentucky Wesleyan on a volleyball scholarship, and Kelsey White, 5-6 (Brazil, IN / Northview H.S.), a softball standout who was not playing either sport at Indiana State prior to another mid-year transfer in 1996-97.

True freshmen include yet another two-sport (softball) stalwart, 5-7 Heather Taaka of

Mt. Vernon; 5-5 Tara Sanford of Scott City, MO; 5-7 Kristal Hale of Fairfield, and 5-2 Tylene Dixon of East St. Louis (Senior).

Like the trio of holdovers, three other insiders are all listed as forwards rather than post players. That includes a third 6-footer in Heather Cassidy of Magnet, IN (Perry Central), 5-10 Kim Bartholomew of Decatur (Mt. Zion) and 5-10 LaTrecia Mosby of East St. Louis (Senior).

"My biggest worry is whether our young guards can handle the pressure out front and not turn the ball over. I think we'll be solid inside as far as scoring is concerned; we've got decent size and good strength," commented Ressel.

See Ladies page 7

## Wills Optimistic with Men's Basketball Squad

### FYI

Warrior shortcomings could very well be their long suit this season as basketball, circa 1997-98, gets down to business at Rend Lake College.

Three of the four smallest players on a 14-man roster — 6-foot-1 Marcus Parker, season-long starter at the point as a freshman; long-range sophomore bomber John Copple, 6-0, and one of the more athletically gifted freshmen to come along in a long, long time, 6-foot Tim Croney — may hog a big portion of the playing time. And 6-1 walk-on Jeff Morrison is proving to be a very pleasant surprise backing up Parker.

The long and short of it, then, may be the ability of the rest of the team to get the ball off the boards and provide a force to be reckoned with down

low. Former Warrior standout Tim Wills will begin his sixth season at the controls when the season opens November 1-2 in the John A. Logan Classic, followed by a home debut November 7 against Lincoln Land (7 p.m. in Waugh Gymnasium).

That may not be easy for a squad that is relatively small overall by college standards, with only one player as tall as 6-7.

Shouldering the biggest share of that responsibility will be the other three members of the sophomore class, 6-7, 230-pound veteran Andrew Dagner, versatile swingman Bart Bigham, at 6-6, and relatively inexperienced, 6-5 Dexter Clay.

Dagner (Pinckneyville) brings considerable experience to the court. He was fourth a year ago with 140 rebounds (4.5 average) and an 8.4-point

scoring average. He scored in double-figures in six of his first 11 collegiate outings, including a season-high of 22 versus Shawnee and a team-best 16 the next game against Danville Area, but that production tailed off along with his confidence the second half; he did not score as many as 10 in any of the last seven games, and he didn't lead in rebounds any after doing so four times the first 15 games (13 vs. Shawnee).

Bigham, by his style of play and slender build, is more of a guard than an inside threat, but at 6-6 will be counted on some inside. He came off the bench in every game of a 14-18 campaign last winter, ringing up 21 3-pointers and averaging 4.9 points, half that many rebounds.

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## Golfers in Full Swing

### FYI

SPRINGFIELD — On a warm, balmy fall afternoon, the upcoming spring season took on new life once again for the Rend Lake College golf squad.

The Warriors of Coach Dave Smith captured Region XXIV honors for the fourth year in a row Saturday afternoon, with medalist Dave Bornack and Friends fending off Southern Illinois rival John A. Logan in a two-team showdown, 597-603, at The Rail Golf Course. None of the other eight entries were closer than a dozen strokes off the runner-up pace, 18 behind the winners.

The end result of birdies on No. 17 by Bornack, Chris Ramey and Chad Penman and a birdie on 18 from Trent Hudgens: Rend Lake College qualifies as a team for its fourth National Junior College Athletic Association (NJCAA)

Division II Golf Championships in early June in North Carolina. RLC used Region XXIV titles as a springboard to finish second in the 1995 finals, third in 1996 and fifth this past spring.

Bornack, a sophomore from Itasca, seized the individual lead after Friday's initial round with his three-under par 69 and came home Saturday in 34-41-75 for a 144 total. That was two better than the 70-76 posted by Lincoln's Justin Long and three ahead of John A. Logan's Brian Hendrian at 76-72-148.

Complementing Bornack were two other All-Region XXIV selections (top 10) from the championship entry — freshman Ramey (Paducah, KY, Tilghman), fourth at 75-74 (37-37) — 149, and sophomore Mike Carr (Freeport),

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