



RLC TIMES



November 2000

Fall Semester

Three RLC Students Participate in Walt Disney College Program

Ryan Dodson
Student Editor

Ever dreamed of vacationing to Walt Disney World? How does living and working there sound? Co-Op offers the Walt Disney World College Program which places you in a residence and puts you to work for a semester in Orlando, Fla.

Students from more than 1,000 colleges and universities across the United States have taken part in this program. This program is open to students of all majors and offers you the chance to gain real work experience as well as taking part in the regular classroom environment.

"Students are recruited from all over the United States," said Co-Op Director Ed Ruffino, "who are

interested in going and spending a semester at Disney World, doing an internship there."

Participants are provided with a fully furnished two or three bedroom apartment, access to full-size swimming pools, a clubhouse, a fitness center, and various community activities.

"We currently have three Rend Lake College students," said Ruffino, "who are participating for the fall semester in that program."

The three students are Jessica Jablonski (Tamaroa), Shawnika Lucks (Mt. Vernon), and Shari Sizemore (Pinckneyville). These students are receiving first-hand experience learning about the traditions and philosophies of one of the most recognized entertainment companies in the world. They are receiving Rend Lake College credit through

Cooperative Education and Employment Services Department.

"Students work in various capacities with Disney," said Ruffino, "a lot of them work in the food and beverage area, but it just depends on your major."

"We've had students participate in this program off and on for the last ten years," said Ruffino.

"The recruiters usually come in February," said Ruffino, "and we had eight applicants from Rend Lake College and four of them were selected but one ended up not going."

For more information or if interested in participating, contact Mark Clark in the South Oasis, room 149, or Ed Ruffino in room 150. Also, this program has a web site at www.wdwcollegeprogram.com.



(Front Row Left to Right)
Shawnika Lucks, Mt. Vernon, Shari Sizemore, Pinckneyville,
Jessica Jablonski, Tamaroa
(Back Row Left to Right)
Mark Clark, Rend Lake College, Ed Ruffino, Rend Lake College
Submitted Photo

Co-Op ready to serve you

Ryan Dodson
Student Editor

Are you interested in finding a job? How about a job that earns your college credit on top of your salary? Then the Rend Lake Co-Op program is the place for you.

Co-Op places students in jobs pertaining to their major. This program is available to basically any major here at Rend Lake College. This gives students experience in the work force, references and contacts for future job interviews, college credit, as well as their salary.

Students can sign up for Co-Op anytime during the school year. You're required to have and maintain a 2.0 grade point average and must have completed 12 credit hours before signing up. You can earn up to eight credit-hours in Co-Op which fall into the elective requirement for graduation.

"We have 75 students this semester that are participating in the Co-Op program," said Co-

Op/Job Placement Director Ed Ruffino.

"We have students who are Education majors, Psychology majors, Sociology majors, working in the school systems working as teaching assistants," said Ruffino, "we have pre-engineering students working for an environmental engineering firm in Woodlawn as well."

"Something we've added this semester is that students can actually go on the Rend Lake web site," said Ruffino, "and look under Co-Op and we're featuring different Co-Op students on the web, so if students want an idea of what others are doing, they can go here"

Also, actual Co-Op job openings are being posted on the web, so students can look at the listings available any time.

If anyone has questions or would like to join Co-Op, come by Ed Ruffino or Mark Clark's office in rooms 150, and 149 in the South Oasis respectively.


In this edition of RLC Times

| | |
|---------------------------------------|--------|
| Meet the Staff..... | Page 2 |
| Fall Exam Schedule..... | Page 2 |
| Student Spotlight..... | Page 3 |
| Beverly Hillbillies..... | Page 4 |
| Campus Life..... | Page 5 |
| The Science Guy..... | Page 6 |
| Security Notes..... | Page 6 |
| Weather Related College Closings..... | Page 6 |
| Warrior Sports..... | Page 7 |
| Warrior Sports..... | Page 8 |

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"If you don't like the results you get, just demand a recount until they are to your liking."

Clinton Jones

**FALL SEMESTER 2000
Exam Schedule**

| NORMAL CLASS TIME | | EXAM DATE | EXAM TIME |
|---|------------------------|------------------------|--------------|
| Mon/Wed/Fri | 8 - 9 am | Monday, December 11 | 8 am - 10 am |
| Mon/Wed/Fri | 9 - 10 am | Monday, December 11 | 10 am - Noon |
| Mon/Wed/Fri | Noon - 1 pm | Monday, December 11 | 1 pm - 3 pm |
| Mon/Wed/Fri | 3 pm - 4 pm | Monday, December 11 | 3 pm - 5 pm |
| Tues/Thur | 8 - 9:30 am | Tuesday, December 12 | 8 am - 10 am |
| Tues/Thur | 9:30 - 11 am | Tuesday, December 12 | 10 am - Noon |
| Tues/Thur | 2 pm - 3:30 pm | Tuesday, December 12 | 1 pm - 3 pm |
| Mon/Wed/Fri | 10 am - 11 am | Wednesday, December 13 | 8 am - 10 am |
| Mon/Wed/Fri | 11 am - Noon | Wednesday, December 13 | 10 am - Noon |
| Mon/Wed/Fri | 1 pm - 2 pm | Wednesday, December 13 | 1 pm - 3 pm |
| Mon/Wed/Fri | 2 pm - 3 pm | Wednesday, December 13 | 3 pm - 5 pm |
| Tues/Thur | 11 am - 12:30 pm | Thursday, December 14 | 8 am - 10 am |
| Tues/Thur | 12:30 pm - 2 pm | Thursday, December 14 | 10 am - Noon |
| Tues/Thur | 3:30 pm - 5 pm | Thursday, December 14 | 1 pm - 3 pm |
| EVENING CLASSES | | | |
| Monday Evening | Monday, December 11 | | |
| Tuesday Evening | Tuesday, December 12 | | |
| Wednesday Evening | Wednesday, December 13 | | |
| Thursday Evening | Thursday, December 14 | | |
| SATURDAY CLASSES | | | |
| Saturday, December 16 | | | |
| ART CRITIQUES | | | |
| All Art Critiques are scheduled by the Liberal Arts Department. | | | |

**Meet
The
Staff**



Camille V. Bowman
Staff Writer
Freshman
Major:
Journalism
Age:
21
Residence:
Mt. Vernon
Favorite Sport:
Basketball
Favorite Movie:
Mahogany
Favorite Author:
Edgar Allen Poe
Plans after RLC:
Be an entrepreneur and travel
Motto to live by:
"Just Do It!"



Ben Detwiler hoped to make the world a better place. That hope died when he was killed by a drunk driver.

Friends don't let friends drive drunk.

If you have a class that doesn't fit into this format, you need to set a time with the class and notify your chairman and dean.



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Alexis Wampler
Student Writers.....Jim Peters
A-Keya Bowman
Ryan Martin
Advisor.....Michael P. Mullen

The RLC Times is a student produced publication for the benefit of the student body. Participation in the publication of the RLC Times by anyone readily willing to accept the responsibility, is welcomed.

Advertising rates, as well as classified rates are available upon request. All ads, whether classified or non-classified, need to be submitted one week prior to publication and must be pre-paid. Opinions expressed or implied are those of the writer and do not necessarily reflect those of the entire staff, student body, faculty, administration, or Board of Trustees.

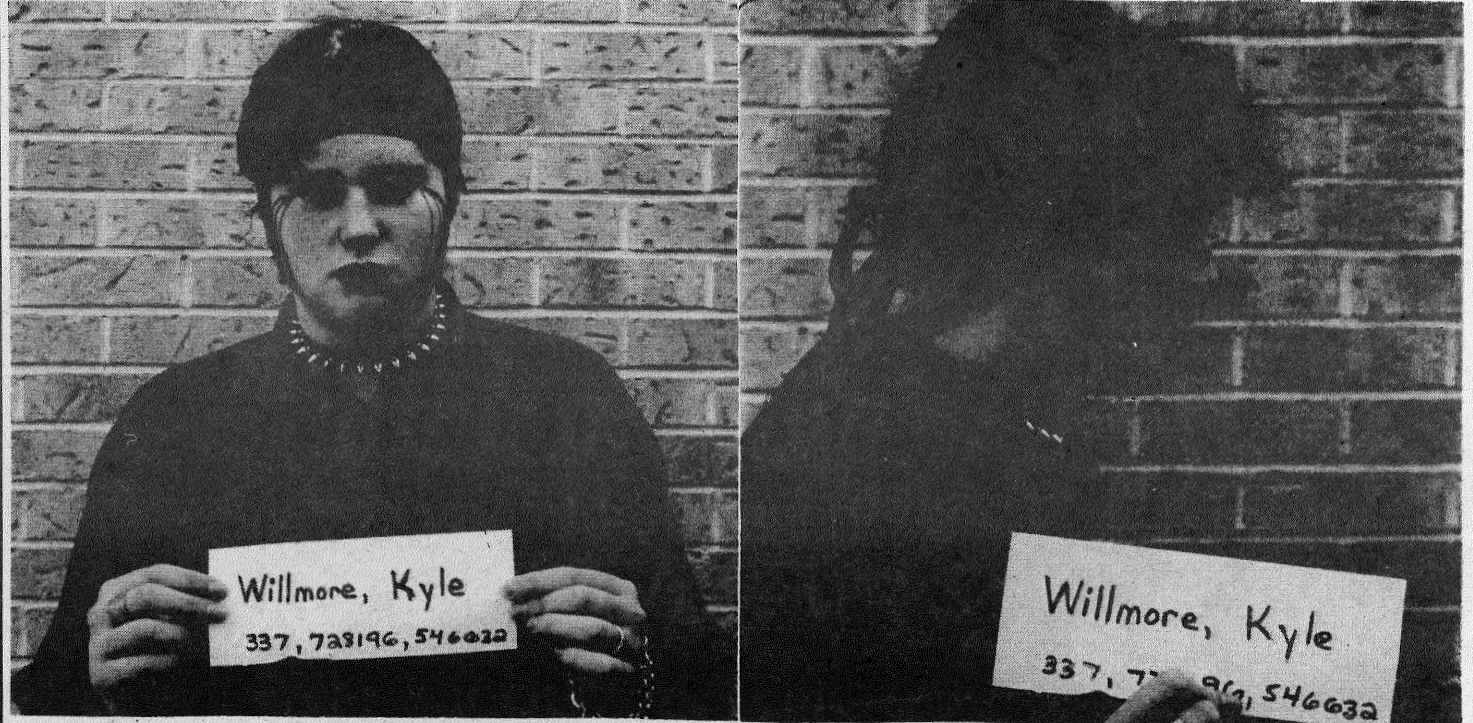
The RLC Times welcomes comments by the students. All comments need to be addressed to the editor; typed and accompanied by the author's signature one week before publication. The editor reserves all rights to edit material that may be unsuitable for print.

Express your thoughts, opinions, and feelings on any issue facing the college or world by writing a letter to the editor. All letters should be sent to the RLC Times office located in the North Oasis 154, or sent via e-mail to rlctimes@rlc.cc.il.us titled *letters to the editor*.

A name, phone number, and hometown must accompany your letter if desired to be published.

All letters are subject to editing by the editors.

Student Spotlight



Photos by Sara Cairns

Kyle Willmore
Sophomore
Major:
Art
Age:
19
Favorite Movie:
Muppets take Manhattan
Favorite TV Show:
Digimon
Favorite Director:
Tim Burton
Favorite Author:
Neil Gaimain
Favorite Book
Neverware
Favorite Saying:
"Morituri te salutant."(Latin)
Favorite Band:
Marcy Playground
What do you hope to live to see?
Flying cars. I was told in grade school that by the year 2000 we would have flying cars. They lied.
What do you want to do before you die?
Travel the world. See Japan and Antartica.
Finally, which do you prefer, African or European Swallows?
African Swallows.

Clinton Jones
News Editor

This is Kyle Willmore. Are you scared yet? There is no need to be frightened. Kyle is actually a pretty good guy. He is very easy to talk to and he laughs constantly. He may be a little different, but then again there is nothing wrong with that.

Kyle was born in Kenai, Alaska. He spent a lot of his childhood growing up in Kenai and Anchorage. Kyle attributes his "pasty white skin" to the harsh Alaskan climate. Kyle eventually moved with his father to Mt. Vernon, Illinois where his father had a job. From there Kyle moved to where he currently resides in Carterville.

Kyle is often asked why he drives all the way to Rend Lake College when John A. Logan Community College is so much

closer to his home. "RLC's art program is what convinced me to come to here. The art program is great, it is so diverse." replied Kyle. Kyle plans on using RLC's art program to help him get in to The School of the Art Institute of Chicago, where he wants to pursue an education in 3D Computer Animation. With that degree, Kyle hopes to procure a job in the Video Gaming and/or Movie industries. Kyle also wants to try his hand at directing movies eventually.

After college Kyle hopes to begin a family. "I want a couple of kids, but I think it would be much safer to start with a couple of pets, the kids could come later." jokes Willmore.

Whatever Kyle Willmore decides to do, he should be very successful. With a great personality and some talent behind him he has the potential to go very far in life.





Jethro (Kyle Wilmore) impresses Mr. Drysdale (Josh Conner) with his herculean strength. Photo By Sara Cairns

Beverly Hillbillies strike oil at RLC

A-keya Bowman
Staff writer

On November third, fourth and fifth the play "The Beverly Hillbillies" was performed by the RLC Thespians.

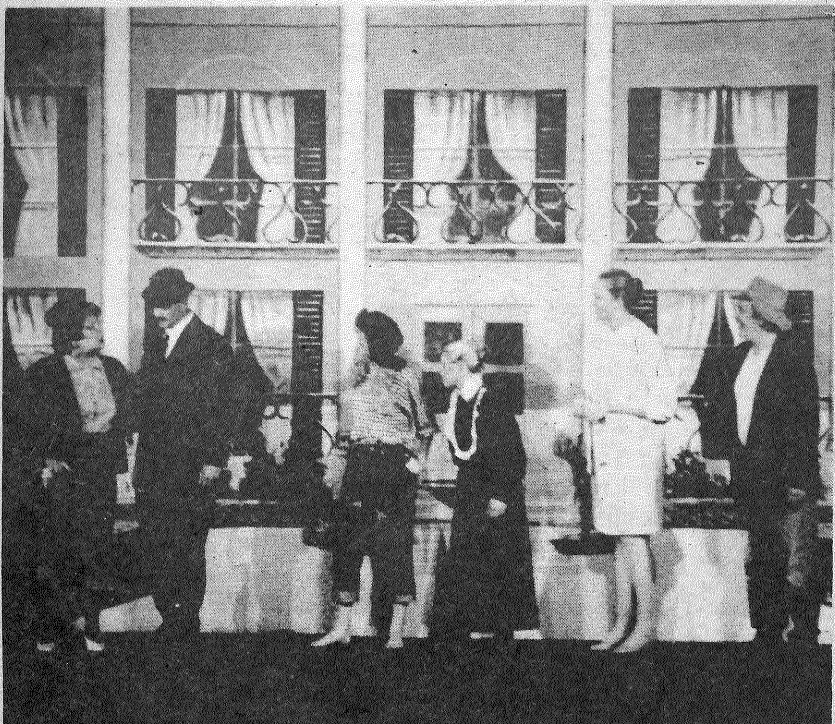
The play received standing ovations on each of the four performances. Each performance was unique in its own way. The different scenes helped bring the play to life which created realism for the audience while the cast naturally portrayed their characters.

"The actors hear what the audience likes and it affects them,"

said Director Tracey Webb, "I was very pleased with the outcome and audience, it was very rewarding to see it all come together."

The Beverly Hillbillies was chosen because it is a good script that is extremely funny, and its a name everyone can identify. The audience responded with laughter and applause. The Beverly Hillbillies was an extremely funny play and an overall great production.

For pictures of the cast and play go to the web site www.geocities.com/rendlakehillbillies



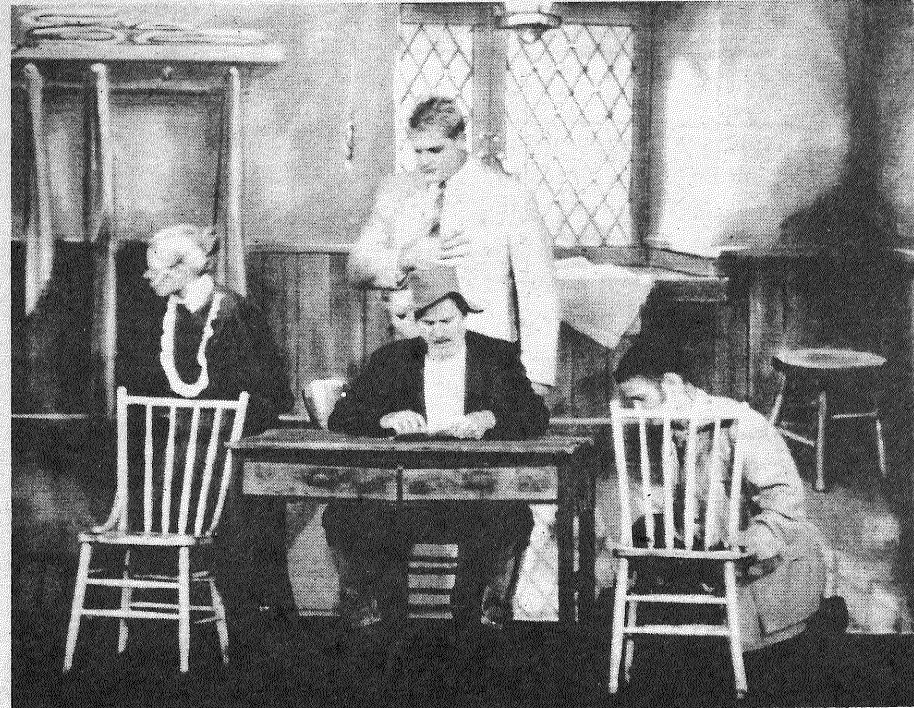
Mrs. Drysdale(Marvel Simmons) pleads with her husband (Josh Conner) after meeting their new neighbors the Clampetts. Photo By Sara Cairns



Miss Hathaway (Cassandra Upchurch) tells Jed Clampett (Larry Marrs) about the luxuries of the families new home. Photo By Sara Cairns



No Elly May (Kelly Schubert) you can't keep him (Turner-Chris Kujawa). Photo By Sara Cairns

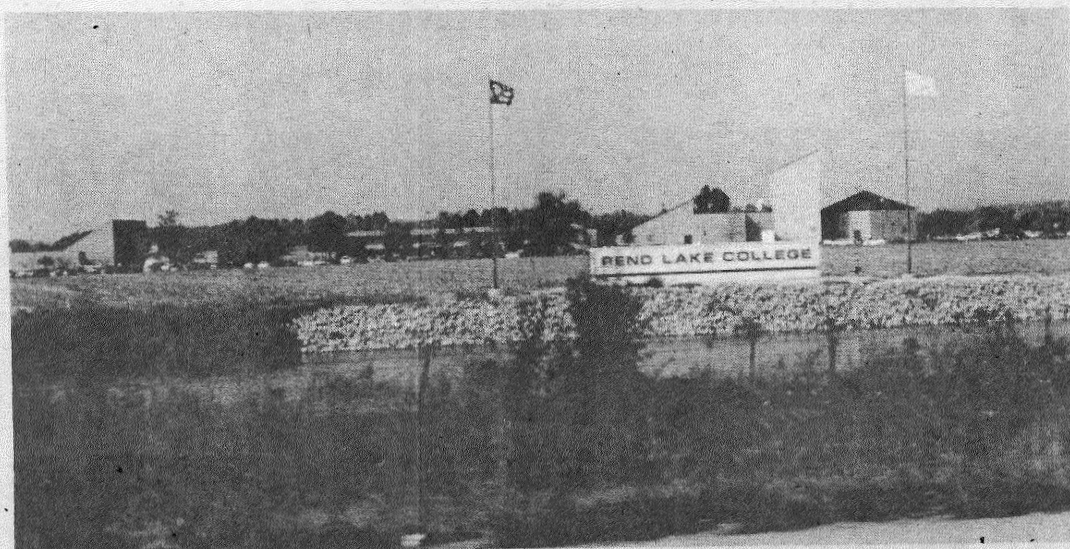


Just Sign the paper Mr. Clampett and you will become a millionaire. (Brewster-Victor Leber and Jed-Larry Marrs) Photo By Sara Cairns

CAMPUS LIFE



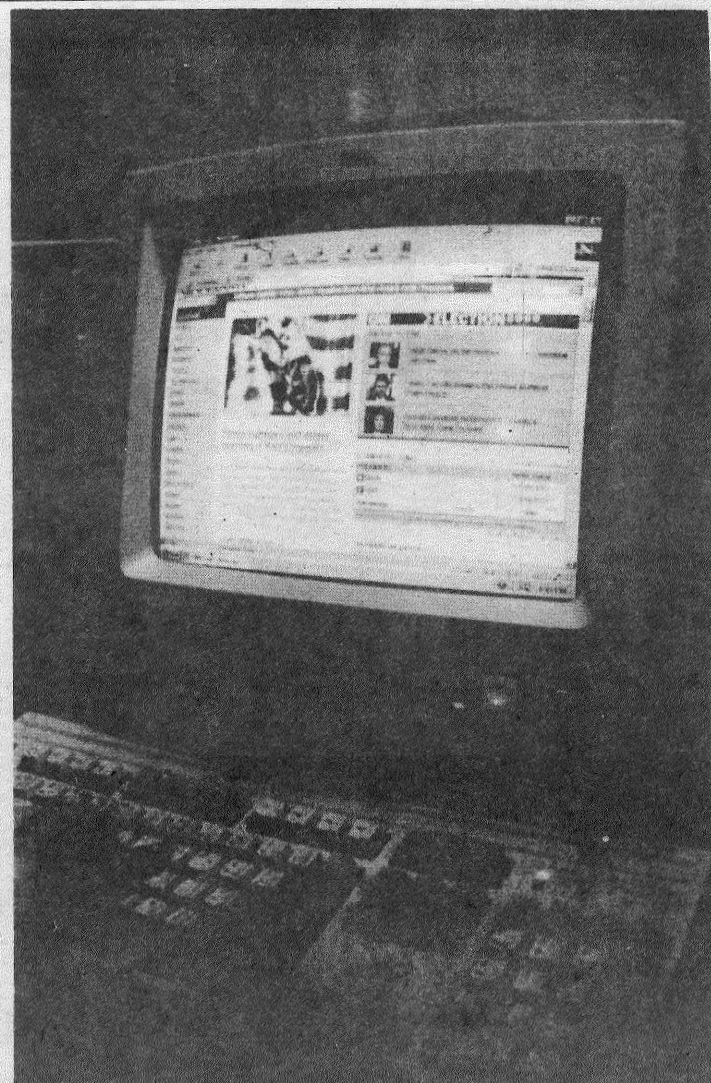
Is parking still a problem? This huge pile of rocks taking up four parking spaces doesn't seem to think so. (Photo Clinton Jones)



Rend Lake College as seen from the interstate I-57 south. Photo By Sara Cairns



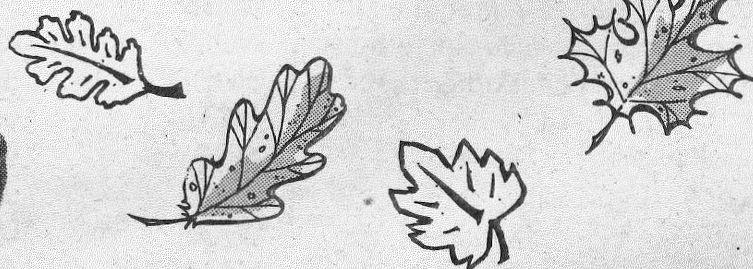
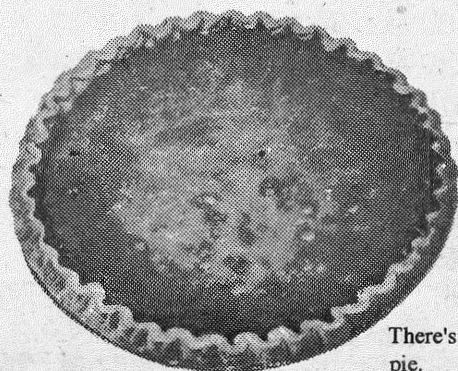
Some RLC students take the parking problem into their own hands by finding any where to park, even if it isn't a parking spot. Photo By Sara Cairns



It's Gore! No it's Bush! No it is Gore! No it is Bush! With the confusion and constant recounting of votes, it seems the only way to stay abreast with the Presidential Election is to check the web every half hour. (Photo Clinton Jones)



In case two wasn't enough here is another frightening picture of Kyle Willmore practicing his GQ pose. Photo By Sara Cairns



There's nothing better than warm apple pie...I mean pumpkin pie.

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The Science Guy

Ryan Martin Student Writer

Well it's almost winter time at RLC. In the near future we are almost guaranteed snow. Well now you ask, what does that have to do with science? I know you have all seen the IDOT workers out spreading salt on the roadways. Most of us know that salt melts ice. Well you are about to find out why it does this.

The salt spread on the ice will lower the temperature at which

water freezes, in turn melting the ice. The freezing point can actually be lower almost fifteen degrees, just by normal table salt. The amount the freezing point is lowered depends on the amount of salt in the solution.

There are a few reasons why we use salt to melt ice and not other materials. The first is that it's fairly cheap. The second is that it is fairly safe for the environment. Finally, because of salt's properties.

Salt is an electrolyte, which

allows it to form ions easily, or dissolve. Most substance solubility, the amount that can be dissolved in a solution, depends on the temperature. For salt, there isn't much of a change.

Don't believe me? Next time you get a glass of ice tea, try stirring sugar into a glass full of tea and ice, and a glass of the room temperature tea. See which one the sugar dissolves in faster.

Now you have a basic idea of why salt melts ice, now let's put it

to use. Here is a lab that you can do any where. The items that you will need are:

- 1 quart size Zip-Lock bag
- 1 gallon size Zip-Lock bag
- 1/2 cup of sugar
- 1 cup of milk
- 1 cup of half and half
- 1 teaspoon of vanilla
- Tape (duck tape works the best)
- 1 cup of rock salt
- 1 cup of water

Ice

First, you take the smaller bag

and add the sugar, milk, half and half, and vanilla. Close the bag and tape it shut. Mix the ingredients together by shaking the bag. Then place the smaller bag inside of the bigger bag. Fill the with full of ice, add the salt and water after it is filled. Then close the bag and tape it shut. Shake the bag for around 10-15 minutes. Finally you take the smaller bag out, open it up and enjoy your ice cream. This is a fun and tasteful way to show freezing point depression.

Security Notes

Sara Cairns Staff Writer / Photographer

This holiday season security would like to inform all students that when driving to school during the winter months they should drive carefully and reduce speed when the roads are icy. In addition they advise all students driving long distances to carry a winter emergency road side kit just in case something goes wrong.

For those students worried about school cancellations be sure to refer to the "Weather-Related College Closings" chart located on this page. Also students concerned about their attendance during the winter months should contact each of their instructors and find out their policy.

WEATHER-RELATED COLLEGE CLOSINGS

In situations where inclement weather may affect the normal operation of Rend Lake College, or when circumstances beyond the college's control may affect working conditions and create a need to call off classes or close the campus for whatever reason, students should refer to one of the following radio or television stations for information.

The college will notify the following stations and try to have information on the air by 6-6:30 a.m. whenever necessary, or as soon as possible at other times.

| Call letters | Frequency/Channel | Community |
|--------------|-------------------|----------------|
| WMIX | 940 AM/ 94.1 FM | Mt. Vernon |
| WMCL | 1060 AM | McLeansboro |
| WQRL | 106.3 FM | Benton |
| WDML | 106.9 FM | Mt. Vernon |
| WFRX/WQUL | 1300 AM/ 97.7 FM | West Frankfort |
| WDQN | 1580 AM/ 95.9 FM | DuQuoin |

| Call letters | Frequency/Channel | Community |
|--------------|-------------------|----------------|
| WJPF/WXLT | 1340 AM/ 95.1 FM | Herrin |
| WUEZ | 103.5 FM | Herrin |
| WROY | 1460 AM/ 97.3 FM | Carmi |
| WFIW | 1390 AM/104.9 FM | Fairfield |
| WILY/WRXX | 1210 AM/ 95.3 FM | Centralia |
| WCIL | 1020 AM/101.5 FM | Carbondale |
| WJBD | 1350 AM/100.1 FM | Salem |
| WOOZ | 1240 AM/ 99.9 FM | Carbondale |
| WDDD | 810 AM/107 FM | Marion |
| WTAO | 105.1 FM | Murphysboro |
| WNSV | 104.7 FM | Nashville |
| WSIU | 91.9 FM | Carbondale |
| WXAN | 103.9 FM | Ava |
| KZIM/K103 | 960 AM/103 FM | Cape Girardeau |
| WSIL-TV | Channel 3 | Carterville |
| WPSD-TV | Channel 6 | Paducah, KY |
| KFVS-TV | Channel 12 | Cape Girardeau |



Warrior Sports

Results from the Rend Lake College Warrior Invitational tournament

Ryan Dodson
Student Editor

The RLC Warrior invitational tournament was an exciting one, yet heartbreaking at the same time. Entering the tournament were Shawnee Saints, Lewis & Clark Trailblazers, and Danville Area Jaguars. In the opening game of the tournament, Lewis & Clark defeated Shawnee 102-86.

Fans were hyped Friday night as the Warriors faced the #4 ranked team in the country, Danville. Brian Tucker put RLC on the board after a steal by Stuart Heinzmann. Danville came back with two free throws.

Freshman forward Bronson Smith, ignited the "War Zone" with a one handed slam. Immediately after, the in-bound pass was picked off by Jeremi Taylor who went in for the easy lay-up, giving the Warriors a four point lead to start the game.

The Warriors' stingy man to man

defense gave the Jaguars trouble early on in the first half. After five minutes of trading field goals RLC led 10-9 in a tight game that had more than ten lead changes.

Harvey Smith drained a three to put RLC on top 26-21. Danville then goes on a 9-1 run, taking the lead 30-27. The first half ended with a one point Danville lead 32-31. Danville's Oscar Sanders led all players in the first half with 13 points. RLC's Harvey Smith had 9 points. Turnovers, fouls, and missed free throws plagued the Warriors, as neither team played their best basketball in the first half.

Antonio Willett gave the Warriors a one point lead 27 seconds into the second half, which was taken right back by Sherman Foster's jumper to put Danville back on top 34-33. Danville kept the lead for six minutes until Harvey Smith hit a jumper to tie the game at 45. After an RLC free throw, Paul Matthews scored a field

goal in the paint to put the Warriors ahead 48-45. Daniel O'Conner nailed a three capping a 17-4 run by the Warriors, giving them a 51-45 lead.

Coach Tim Wills rotated his lineup often, trying to throw the Jaguars off guard. Danville took the lead with just over seven minutes left in the game at 59-58. Later, Willett sunk a three to tie it at 63. With 5:24 left, John Goughenour made two free throws to put the Warriors on top for the last time.

Danville grabbed the lead with under five minutes left 69-68. The Warriors stayed close and fought hard, but Danville's sophomores Oscar Sanders and Sherman Foster were just too much. The Warriors lost a heartbreaker 83-79, falling to 2-4 on the season. Antonio Willett, who got off to a slow start finished with 20 points. Harvey Smith finished with 17, and Matt Burkett had 11 points off the bench.

Ryan Dodson
Student Editor

In the second day of action, Danville defeated Shawnee 93-78. The late game featured, the Lewis & Clark Trailblazers vs. the Rend Lake College Warriors.

RLC started off the game with sloppy turnovers and careless fouls giving the Trailblazers the lead 6-0. O'Conner got RLC on the board seven minutes into the game. Jeremi Taylor and Bronson Smith picked up two quick fouls as Lewis & Clark came out the gates 13-4.

Andre Morgan nailed a three, half-way through the first half bringing Rend Lake within four points. RLC went on a 8-0 run, bringing them as close as one point. Turnovers soon haunted the Warriors again as Lewis & Clark extended their lead 22-12. The Trailblazers led 30-19 at half-time. Matt Burkett led RLC with 7 points in the first half.

Three minutes into the second half, Antonio Willett brought RLC within four points 34-30. Jeremi Taylor hit a beautiful up and under lay-up to make it 38-36.

Matt Burkett hits two consecutive three pointers to give Rend Lake their first lead, 44-42. Lewis & Clark drained two three pointers of their own, regaining the

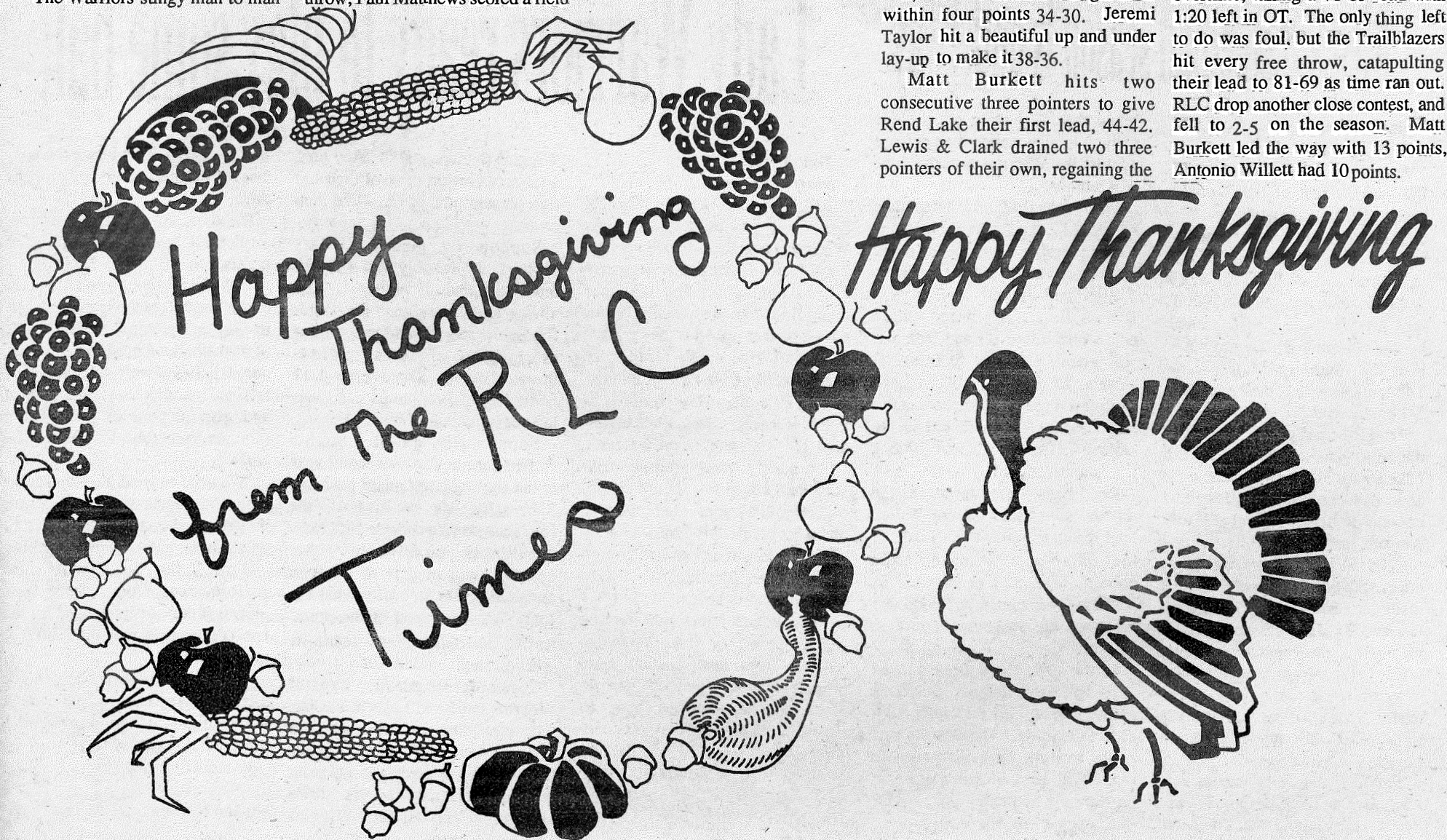
lead 50-44. Kyle Kirkpatrick decided he'd join in the fun too, and nailed a three, to make the score 50-47.

Kirkpatrick made two more field goals to make it a 53-50, Rend Lake lead. Jeremi Taylor forced a turnover and gave Harvey Smith a nasty no-look pass for the lay-up. This made the score 55-50, forcing Lewis & Clark to call a time-out.

After the time-out, Harvey Smith hit a three to give RLC it's biggest lead 58-52. O'Conner stole the ball and launched an outlet to Willett for the lay-up making the score 62-57. Lewis & Clark came storming back, and tied the game at 64.

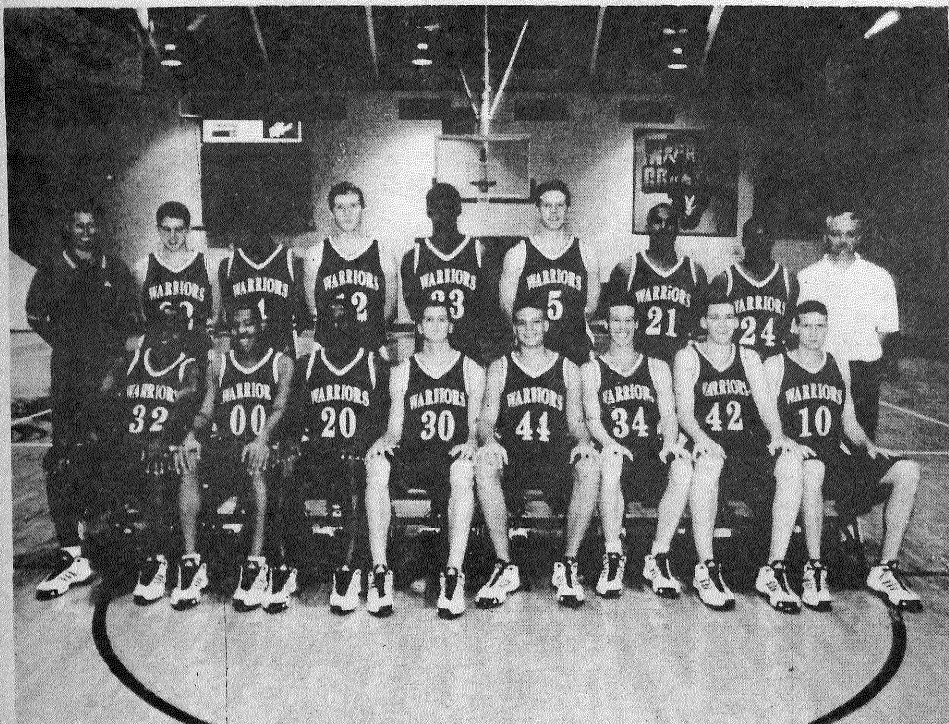
Lewis & Clark stalled until ten seconds left in the game. Steve McGee missed a 25-footer that would have won the game. The rebound was batted to the half-line where Antonio Willett drove it down the court with time running out and missed a three at the buzzer. The game went into overtime tied at 64.

Lewis & Clark took over in overtime, taking a 71-65 lead with 1:20 left in OT. The only thing left to do was foul, but the Trailblazers hit every free throw, catapulting their lead to 81-69 as time ran out. RLC drop another close contest, and fell to 2-5 on the season. Matt Burkett led the way with 13 points, Antonio Willett had 10 points.





Warrior Sports



(front row from left to right) No.32 Patrick Hearn, No. 00 Justin Hill, No. 20 Harvey Smith, No. 30 Stuart Heinzmann, No. 44 Kyle Kirkpatrick, No. 34 Paul Matthews, No. 42 Brian Tucker, No.10 Troy Maurer

(back row) Assistant Coach Brian Laur, No.22 Matt Burkett, No.4 Andre Morgan, No.12 John Goughenour, No. 33 Bronson Smith, No.5 Daniel O'Conner, No. 21 Antonio Willett, No.24 Jeremi Taylor, Head Coach Tim Wills (Submitted Photo)



(front row from left to right) No. 40 Candice Owen, No. 54 Tranelia Aldridge, No. 50 Clarissa Russell, No. 42 Brittney Heins, No. 22 Hillary Phillips, No. 30 Kira Crocker

(back row) No. 24 Melissa Lillie, No. 32 Sophia Ruffin, No. 44 Karly Crittenden, No. 20 Latasha Woodson, No.12 Nicole Ashnon, No. 34 Crystal Wiggins, No. 10 Amy Murphy (Submitted Photo)

Men's Basketball season is underway

Jim Peters
Staff Writer

Antonio Willett (So., Evansville, IN) and the rest of the Warriors basketball team must have saved their best for last. After struggling to score against Meramec's stubborn zone defense all night, Willett nailed two consecutive 17 foot jumpshots as the shot clock buzzed to zero and time ran out to beat the Meramec Majic 72-68. The win improved their record to 2-3 on the season.

Rend Lake had trouble scoring on the zone defense all night. Rend Lake guards refused to penetrate the zone with the dribble and seemed content to fire away at 23 foot jumpers, few connected.

Rend Lake's offense was most effective when they forced the ball inside. Head Coach Tim Wills inserted six different post players throughout the game who were effective scorers when they were able to muscle the ball inside against Meramec's zone. There was no doubt that Rend Lake would have to figure out a way to score on the zone if they intended to win. Meramec stayed with the zone defense the entire game. Meramec

knew that they were not athletic enough to play man to man defense against the Warriors and the zone was working.

With under 3:00 minutes to play, and Rend Lake down by five, the Warriors realized the urgency of the situation. Full-court traps by Willett and Jeremi Taylor (So., Evansville, IN) forced three consecutive turnovers and Meramec was unable to score in the final minutes of the game. Rend Lake had played tough full-court man to man defense all night, but in the closing 3:00 of the game, they took it to another level.

Rend Lake forced turnovers and ran the shot clock before Willett iced the game with two clutch 17 foot jumpshots from the right corner. The 300 or so fans in attendance went crazy as Rend Lake congregated at center court in celebration.

In the end, Rend Lake played more aggressive defense, made the extra pass, and hit the clutch shot as time expired. The Warriors go on the road for the next few weeks but will be back in action at home on Saturday, January 20, at 3:00 p.m. against Lincoln Trail.

Lady Warriors ready to play some ball

Jim Peters
Staff Writer

After months of early morning preseason practices, the Lady Warriors basketball season is off to a solid start. The Lady Warriors are 4-0 in non-conference play and could finish the preseason schedule with a perfect record if they can top Division I Vincennes University on Saturday, November 18, in Indiana.

"Vincennes University is a good division I basketball team," said Head Coach Ronnie Ressel, "they have a good program with some real athletes, it should give us a good guideline of where we're at and what we need to improve on."

If the Lady Warriors improve on last year's performance, they will be a tough team to beat.

Rend Lake's hopes ride high on the shoulders of three returning starters from last season's team which won well over 20 games. Rend Lake has a serious chance to do well with the return of last year's starters Hillary Phillips (Sophomore, McCleansboro), Sophia Ruffin (Sophomore, Chicago Heights), and Crystal

Wiggins (Paducah, KY). Any time a team can return three of their top five players, you have to like their chances.

Sophomore guard, Hillary Phillips, is probably Rend Lake's most consistent player. You always know she's good for double figures in scoring and rebounding every night. She's also a great free-throw shooter. She averaged 12 points and 10 rebounds per game last season as a freshman.

Sophomore guard, Sophia Ruffin, returns for her second year at the starting point guard position. She's salty, she can do it all, she can break down a defense with ease. She'll break you down and either score on you or dish to an open teammate. She's exactly what the Lady Warriors need at the point. Ruffin led last year's team in scoring, steals, and assists.

Sophomore guard, Crystal Wiggins led Rend Lake in forcing turnovers. She was never afraid to get on the floor for a loose ball. She did a lot of scoring in the paint and benefited from Ruffin's dribble penetration and assists. Wiggins

shot over 60% from inside the paint last season and could also hit the three.

Rend Lake Lady Warriors basketball teams score a lot of points.

"We like to get up and down the court," said Ressel, "in order for us to play an uptempo, pressing style of basketball we need lots of depth, and I believe we have plenty of talented players that can come in and give us four or five quality minutes each time they enter the game."

"We need concentration and effort from our girls the entire time they're on the court regardless of who's in the game," said Ressel.

Rend Lake will need solid performances from young post players if they are to contend for the conference title and the National tournament.

"It's a well balanced conference this year. Anyone can beat us on a given night if we don't come prepared to play," said Ressel.

If the Lady Warriors play like they're capable of, they should win big and win often this season.