

Lifesaving teaches responsibility

By Joan Sterk

Most people view lifeguards as sun-loving bums paid to sit on super high chairs, twirl their whistles, and deepen their tans.

However lifeguarding is a demanding job with a great deal of responsibility.

Advanced lifesaving, a course sponsored by the Red Cross, tries to disprove the myth of the lazy lifeguard by emphasizing the responsibilities of saving lives.

Dede Allen, UNCA's pool manager, is teaching the advanced lifesaving course, Monday and Wednesday, 8 to 10 p.m.

The nine students enrolled in the course are learning rescue techniques for drowning victims.

"The course teaches how to get out of dangerous situations. It makes you less vulnerable to others who may be drowning because you will know how to react to the situation," said Allen.

She said there are approximately 7,000 deaths nationwide each year due to water accidents.

Allen feels this statistic emphasizes the importance of knowing how to save drowning victims.

As a lifeguard at UNCA, Allen has had to save only one drowning victim. She said a boy swam out too far and panicked. She went in after him and pulled him to safety.

This first rescue attempt made her realize the importance of her job. "The adrenalin was really pumping on that rescue.

You just have to be ready for anything," she said.

Allen said preparation is the key to becoming a dependable lifeguard. Her course focuses on possible drowning situations and prepares the students for water accidents.

"We use films to illustrate the procedures for rescues. We do land drills, actual rescues, and teach some CPR," Allen added.

Allen said that lifeguarding is a good first job because "it makes you be responsible, and it toughens you up so you will be firm enough to enforce the rules for safety. You [also] work with people, and you learn about pool maintenance," she added.

Students taking the course may apply for jobs within UNCA's physical education department to guard during the semester.

"I understand how it is for the students. They want money, but they don't have much time to work. Lifeguarding is a good job for them," Allen said.

"We've learned how to fend for ourselves in the water. We're just now beginning to start the actual lifesaving part, but it's interesting," said student Marie Meyer.

"I would know how to act if a dangerous situation were to come up. I would be able to help the victim," added Meyer.

Advanced lifesaving instruction runs for 21 hours, ending in early November.

After passing the test, students receive lifesaving certificates which expire after three years.



Staff photo by Phil Ross.

Advanced lifesaving instructor Dede Allen practices rescue on Scott Robidoux.

ACUI offers variety

By Joan Sterk

Finding one person to play a sport is a lot easier than rounding up five or six.

This realization is the basis of the Association of College Unions International.

The ACUI recognizes not all people are attracted to team sports.

So they sponsor a tournament for activities such as billiards, hackysack, table tennis and backgammon.

The competition begins with university participants dueling it out to see who'll dominate an

This week in sports

Volleyball

*Oct. 10, 6 p.m. UNCA vs. Catawba at Elon.

*Oct. 16, 6 p.m. UNCA vs. Gardner Webb at UNCA.

Golf

*Oct. 10-13, Hargrove B. Davis Intercollegiate Tournament at Campbell University.

Cross Country

*Oct. 12, 4 p.m. at Gardner Webb.

Tennis

*Oct. 11, 3 p.m. UNCA women vs. Gardner Webb.

*Oct. 12 and 13, UNCA men, UNCA Fall Invitational.

Soccer

*Oct. 14, 2 p.m. UNCA vs. Tennessee at Tennessee.

*Oct. 16, 4 p.m. UNCA vs. Lenoir-Rhyne at UNCA.

Basketball

*Oct. 14, 12:01 a.m. "Midnight Madness" Inter-squad scrimmage by men's basketball team.

event. UNCA victors from each event will advance to regionals held at East Tennessee State University, Feb. 14-16.

Top qualifiers at this level go on to national meets.

The athletic department will pay the travelling expenses for those who advance to regionals or nationals. The only cost to the participant is \$2 due at the time of registration.

Billiard and backgammon competition will be Nov. 6-9. Table tennis and hackysack divisions will compete Nov. 12-18.

Interested students or faculty must register at the front desk in Justice Gym before Oct. 26.

For more information, contact Jerry Richman in the Highsmith University Center or Helen Carroll in the Justice Gym.

Bulldogs stay on top

By Anne Snuffer

Though plagued by injuries, UNCA's cross country team managed to win a tri-meet at Warren Wilson last Saturday.

UNCA placed first over Warren Wilson by one point and over Tacona Falls by 11 points.

According to Coach Bob Hartman, "We were having problems because of injuries. Even though we won, it seems like everyone on the team has had problems with injuries."

UNCA runner Roger Kee-see placed first even though he had a leg injury.

Hartman said the team hopes to have a good showing in Friday's tri-meet at Gardner Webb.

"We're still hoping someone will join the team and help us out before then," he said.



Staff photo by Phil Ross

Student Carrie Baker grabs a life ring.

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