

Southern Illinois University Carbondale

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Issue 83, Volume 75

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Brrrr!

Polar Bear Club braves the cold waters of Campus Lake.



page 3

DAILY EGYPTIAN

www.dailyegyptian.com

Southern Illinois University at Carbondale

Tuesday, January 13, 1998

Health:

Herbal remedies provide alternatives to traditional healing.



page 5

Vol. 83, No. 75, 16 pages

single copy free

'WF' grade takes some by surprise

TRAVIS DE NEAL
DE POLITICAL EDITOR

Students often stop attending a class without officially dropping it and receive a failing grade, but an SIUC policy enacted last semester can cause additional problems for students.

The new withdraw/fail grade, initiated by Vice Chancellor for Academic Affairs and provost John Jackson after a federal mandate, gives truant students a failing grade and withdraws them from the class.

It is a way for the government to recoup student loans when students stop attending a class.

A WF not only can wreck a student's grade-point average, it also can cause a temporary insurance ineligibility. If a student is covered by a parent's insurance, the terms of coverage often require the student to be enrolled in college full-time.

If a student is taking the minimum 12 hours but receives a WF, then the student can lose coverage at least from the time that the grade is received until the student is registered for 12 hours in the next semester.

Jackson said the WF policy requires instructors to keep an attendance record of students, paying particular attention to the last date of contact the instructor has with the student.

If a student stops attending before 60 percent (10 weeks) of the semester is completed, the University requests that the instructor give a WF to that student.

The WF grade has opened a can of worms for the University that has Admissions and Records and Financial Aid scrambling to re-evaluate the status of students receiving such a grade.

Steve Foster, associate director of Admissions and Records, said his department is operating on a case-by-case basis for each student who receives a WF.

The University must track whether or not a refund is due, whether or not a loan was used to pay tuition, and whether or not portions of the loan must be returned by the students.

For instance, if a student stops attending a class before the deadline to receive a refund (full or partial), then the University must give up the proper amount of money due.

In addition, if a student has taken a loan and receives a WF in a class, the student must repay a portion of the loan.

Foster said the frequency of the grade was high last semester.

"Right now we're working through the mechanics of dealing with each one, and it's taking a lot of time," Foster said.

Both Jackson and Foster say that the federal mandate is costing SIUC an undetermined amount of extra time and money.

Jackson said that although differentiating between students who try and fail a class and those who simply stop attending is important in grade reports, the government's plan may be causing a tangled bureaucratic mess.

If the University refused to record the WF grades, the government can refuse to send federal money to the school.

"It costs time and money, but we don't have any other option," he said. "We can't give away the tens of millions the feds send us each year."



STRONG STUFF: Eric Talley, assistant director of the Center for Environmental Health and Safety, examines a bottle of hazardous waste in a storage room in the center.

TOXIC WASTE

KEEPING A LID ON SIUC'S MOST HAZARDOUS PROBLEM

BRIAN S. EBERS
DAILY EGYPTIAN REPORTER

The word volatile serves as an indication of the hazardous wastes stored in the Center for Environmental Health and Safety behind a heavy, protective door.

But there is nothing unstable about the methods the University employs in keeping a lid on hazardous wastes generated on campus through research, film developing and other sources.

Following troubled times with the Illinois Environmental Protection Agency in 1990 and 1991 for unsafe storage of wastes, SIUC has stepped up its hazardous waste program and since has remained in good standing with the EPA.

Since 1992, the University has exercised extreme caution in the handling of materials which are classified as toxic, carcinogenic and corrosive. Such materi-



TOXIC TESTING: Talley runs a silver analysis on photo waste through a spectrophotometer to see if it meets EPA standards.

als would cause a potential problem for human health if released into the environment.

Last year, more than 4,300 containers of assorted chemicals and chemical compounds totaling more than 40,000 pounds were accounted for at the Center for Environmental Health and Safety.

Many of the wastes came from solvents, corrosives, oxidizers and toxics such as ethidium bromide and mercury, both used for research.

Erik Talley, assistant director of the Center for Environmental Health and Safety and a member of the Hazardous Waste Oversight Committee, cited 611 locations on campus where hazardous wastes originate.

Wastes come to the center from several academic units and locations on campus, such as the Chemistry, Plant Biology and Engineering departments, Life Sciences Building and the Physical Plant.

And unlike the industrial community, which produces mass amounts of a handful of chemicals, the University produces small amounts of a large number of wastes.

"The first thing to consider with the University as opposed to an industrial setting is that we can literally produce every kind of waste imaginable, but in real small quantities," Talley said.

"Being a larger research institution, that's your job to research the hazards or properties of a specific chemical."

EPA guidelines for the removal and storage of the hazardous wastes generated

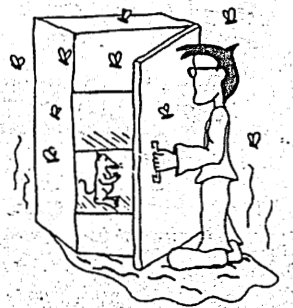
at SIUC periodically are inspected by Gerald Steele of the Illinois EPA.

Steele, acting regional manager of the Bureau of Land of the Illinois EPA, makes random, surprise inspections of SIUC's storage sites and verifies paperwork that documents the movement of hazardous wastes on campus until they are hauled away.

Steele's last inspection in May 1996 found SIUC in complete compliance with regulations of the Illinois Environmental Protection Act of 1970. The act covers all

SEE TOXIC WASTE, PAGE 6

Gus Bode



Gus says: You can start by cleaning that funky stuff out of my fridge.

Police Blotter

UNIVERSITY

- Brocklin J. Bittle, 19, of Alto Pass was arrested at 1:40 a.m. Sunday on South Illinois Avenue near the Physical Plant for driving under the influence of alcohol, unlawful possession of drug paraphernalia and illegal window tinting. Bittle posted \$300 cash bond and was released. Bittle awaits a court appearance.
- Kevin J. Polka, 19, of Bailey Hall was arrested at 1:45 a.m. Sunday at West College and South Ramiro streets on an outstanding Clay County warrant for failure to appear in court for previous traffic charges. Polka was seen by a Saluki Patrol officer arguing with a family member when it was discovered that there was a warrant out for his arrest. Polka was taken to Jackson County Jail where he posted bond and was released.
- A 21-year-old SIUC student reported Sunday that between 2:50 and 7:45 p.m. someone broke into their car in Lot 94 behind the Student Recreation Center and stole books and other personal property. Police have no suspects, and there is no estimated cost of the loss.

Almanac

On this day in 1978:

- SIUC students were granted an extra two days of vacation when 16 inches of snow shut down Carbondale and the SIUC campus at the beginning of the spring 1978 semester. It was the largest snowfall in 60 years. However, the Daily Egyptian continued to publish both days.
- The Saluki men's basketball team defeated Tulsa 67-58 to improve their record to 7-6 overall and 2-2 in the Missouri Valley Conference.

Corrections

If readers spot an error in a news article, they can contact the Daily Egyptian Accuracy Desk at 536-3311, extension 229 or 228.

Saluki Calendar

TODAY

- Southern Illinois Repertory Dance Theater planning and organizing meeting, January 13, 6 p.m., Furr Auditorium, Pulliam 42. Contact Donna at 453-3123.
- Clay Pigeon Team meeting, everyone welcome, January 13, 7 p.m., Rac Center Alumni Lounge. Contact Jim at 536-7961.
- Outdoor Adventure Programs mandatory pre-trip meeting for River to River Trail backpacking trip, January 13, 7 p.m., Rac Center Adventure Resource Center. Contact Geoff at 453-1285.

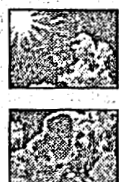
UPCOMING

- Library Affairs "Introduction to WWW using Netscape" Seminar, January 14, 10 to 11 a.m., Morris Library Room 103D. Contact the Undergraduate Desk at 453-2818.
- College Republicans meeting, January 14, 5 p.m., Student Center 103as Room. Contact Erik at 549-9771.
- Golden Key National Honor Society organizational meeting, January 14, 6 p.m., Student Center Roman Room. Contact Lorretta at 536-6821.
- Library Affairs "Introduction to Constructing Web Pages (HTML)" Seminar, January 14, 6:30 to 8:30 p.m., Morris Library Room 103D. Contact the Undergraduate Desk at 453-2818.
- the Undergraduate Desk at 453-2818.
- Little Egypt Grotto caving club meeting, open to all interested, January 14, 6:30 p.m., Longbranch Coffee House. Contact Geoff at 453-1285.
- Outdoor Adventure Programs Free Clinic: Introduction to caving and underground exploration, January 14, 7 p.m., Rac Center Adventure Resource Center. Contact Geoff at 453-1285.
- International Wives Friendship Group activity planning session, January 15, 1 to 3 p.m., University Baptist Church (South Oakland and West Freeman St.). Contact Bob at 453-5774.
- Library Affairs "E-Mail using Eudora" Seminar, January 15, 2 to 3:30 p.m., Morris Library Room 103D. Contact the Undergraduate Desk at 453-2818.
- Civil Airplot meeting, Thursday, 7 p.m., Marion Airport. Contact Wayman at 684-6838.
- Campus Girl Scout new member meeting, January 15, 7:30 p.m., Student Center Macdonald Room. Contact Karan at 529-8175.
- Library Affairs "Introduction to Constructing Web Pages (HTML)" Seminar, January 16, 10 a.m. to noon, Morris Library Room 103D. Contact the Undergraduate Desk at 453-2818.

- Internarsity Christian Fellowship meeting with guest speaker Scott Hodgson, worship time, and student interaction, January 16, 7 p.m., Ag 209. Contact Shannon at 536-7091.
- Universal Spirituality Pagan and New Age discussion and networking group, January 19, 7 p.m., Longbranch Coffee House back room. Contact Tara at 529-5029.
- Library Affairs "InfoTrac and InfoTrac SearchBank" Seminar, January 20, 11 a.m. to noon, Morris Library Room 103D. Contact the Undergraduate Desk at 453-2818.
- Library Affairs "Introduction to Constructing Web Pages (HTML)" Seminar, January 22, 9 to 11 a.m., Morris Library Room 103D. Contact the Undergraduate Desk at 453-2818.
- Library Affairs "SilverPlatter Databases" Seminar, January 22, 2 to 3 p.m., Morris Library Room 103D. Contact the Undergraduate Desk at 453-2818.
- Library Affairs "Intermediate Web Page Construction (HTML)" Seminar, January 26, 9 to 11 a.m., Morris Library Room 103D. Contact the Undergrad Desk at 453-2818.
- Library Affairs "Introduction to WWW using Netscape" Seminar, January 26, 3 to 4 p.m., Morris Library 103D. Contact the Undergrad Desk at 453-2818.

CALENDAR POLICY: The deadline for Calendar items is two publication days before the event. The item must include time, date, place, admission cost and sponsor of the event and the name and phone of the person submitting the item. Items should be delivered or mailed to the Daily Egyptian Newsroom, Communications Building, Room 1247. All calendar items also appear on the DE Web page. No calendar information will be taken over the phone.

Southern Illinois Forecast




TODAY:
Partly Cloudy.
High: 46
Low: 32

WEDNESDAY:
Cloudy.
High: 37
Low: 25

DAILY EGYPTIAN

Southern Illinois University at Carbondale

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CANNON BALL! Members of the SIUC Polar Club jump off boat docks into campus lake Monday afternoon as Associate Dean of Special Collections and Services David Koch looks on from his desk. The event was to promote the Feb. 25 Informational Technology Seminar at Morris Library.

Polar Bear Club dives for a reason

SWIM: Staff members take a swim to make students aware.

MIKAL J. HARRIS
CAMPUS LIFE EDITOR

It is a tradition for Bill McMinn to leap into the often chilly waters of Campus Lake on the first class day of each spring semester. He has been doing it for 12 years.

It also is somewhat of a tradition for David Koch to be found among the vast amount of information available at Morris Library. Working first as a graduate assistant at the library in the

1960s, Koch returned to the library in 1970 and has worked in the same department for almost 30 years.

Monday, at the Campus Lake boat dock, the annual Polar Bear Club swim united these two SIUC staff members to promote the Feb. 25 Informational Technology Seminar at Morris Library.

So McMinn, director of the Recreation Center, plunged into Campus Lake wearing only a pair of blue sweatpants on a 40-degree day. Six fellow Polar Bear Club members jumped with him, clad only in swimming trunks.

Koch, associate dean for special collections and services at

Morris Library, remained seated at a table placed on the boat dock.

"I really didn't care to jump in," he said, laughing. "My web is the Internet, not anything having to do with webbed feet and swimming."

And after McMinn dried off, he made sure to remind the small group of people present of the reason why the Polar Bear Club jumps into the lake each year.

"The library is what the campus is built around actually," he said. "I'm glad to do anything to get students interested in what the library has to offer."

The Polar Bear Club began in 1986 when a graduate student, taking a cue from a club in his

hometown of Chicago, brought the idea to the attention of administrators as a way to promote the Recreation Center. Club members usually are Recreation Center lifeguards and other aquatic program workers.

At the time of the first Polar Bear Swim, McMinn was the Recreation Center's director of aquatics and intramural recreation. Later, as an associate director in 1991, he decided to use the swim to benefit Morris Library.

McMinn's job titles may have changed, but his annual decision to jump into Campus Lake never

SEE POLAR, PAGE 3

Police offer women's safety techniques

ASSAULT: Classes will cover precaution, prevention methods.

CORINNE MANKINO
DAILY EGYPTIAN REPORTER

The Carbondale Police Department is offering a personal safety class for women throughout the spring to inform them of precaution and prevention methods on how to escape from an attack and prevent attacks from occurring.

Although the session beginning Wednesday is full, classes will be scheduled throughout the semester as long as there is interest. Classes are

limited to 15 people and usually fill up quickly.

The program, adapted from a similar program at the University of Georgia, is designed to give women options in the event of an attack. The Carbondale Police Department has offered the class for four years.

"What we teach are escape techniques. We don't teach fighting techniques," said Carbondale Police Sgt. Luanne Brown, who is one of the instructors of the class.

The class does not encourage women to go head-to-head against their attacker. Instead, it teaches techniques on how to stop their attacker long enough to get away so that the woman can act as a witness.

There were 18 assaults reported to

SIUC Police in 1996, and 13 were reported in 1995.

The class begins with a three-hour lecture focusing on alertness, prevention, precaution and preparation. There are then two three-hour workshop sessions where students learn what it feels like to be attacked and what options they have to escape.

"Many women don't know how getting hit feels," Brown said. The philosophy, she said, is that once over the initial shock of being knocked down, women will know what it feels like, and there will never be a first time.

Brown said that many women tend

SAFETY

For more information call the Carbondale Police Department at 457-3200 and speak with Sgt. Luanne Brown, ext. 443, or Officer Jeff Vaughn, ext. 428.

SEE SAFETY, PAGE 3

Jobs, businesses boom in Carbondale

EXPANSION: City commercial growth decreases tax burdens.

SARA BEAN
DAILY EGYPTIAN REPORTER

SIUC students will begin to feel the ripple effects of Carbondale's recent boom in business expansion, says City Manager Jeff Doherty.

"One of the impacts of this

growth for the community as a whole and the students in particular, is the job opportunities provided," Doherty said. "Many retail businesses are providing the types of jobs that attract SIUC students."

Carbondale has seen several new retail businesses arrive in the area in the past year as almost 40 new businesses were established in the area.

"I think 1997 was the biggest single year for business expansion I've seen in the area in the 28

years I've lived here," said Vice-Chancellor for Academic Affairs and provost John Jackson. "It is really booming right now; its amazing how many businesses are springing up."

Among some of those businesses: Lowe's, Barnes & Noble, Blockbuster Video, Staples and the newly opened Lonestar Steakhouse and Saloon.

Office Max and Arby's are under construction and expected to open soon.

Doherty cited an increase in

sales tax revenue and a decrease in the tax burden for residents of Carbondale as additional benefits of the economic growth.

"Another general aspect of those businesses is the continuation of overall commercial developments in the community and surrounding area," Doherty said.

Doherty said though it is uncertain whether or not 1998 will bring the same growth, he

SEE BOOM, PAGE 3

Illinois

CHICAGO

Chicago Fraternal Order of Police endorse Poshard

The Chicago Fraternal Order of Police Lodge No. 7 endorsed Democratic gubernatorial candidate U.S. Rep. Glenn Poshard for governor Monday, giving the Marion congressman his second major campaign endorsement in two days. The organization represents more than 13,000 active law enforcement officers and more than 16,000 retirees.

Poshard was met with congratulations at a press conference in Chicago Monday after learning of the endorsement. The state AFL-CIO endorsed him Friday.

The March 17 Democratic primary contest includes Poshard, a former U.S. Justice Department official; John Schmidt, a former state attorney general; and Jim Burns, a retired U.S. attorney.

Nation

SACRAMENTO, CALIF.

Unabomber suspect began competency test Monday

Unabomber suspect Theodore Kaczynski began mental competency tests Monday as reports surfaced of a renewed interest in plea bargain talks.

A spokesman for the U.S. Marshals' service in Sacramento says government psychiatrist Sally Johnson arrived at the jail Monday morning and began testing Kaczynski in his cell. The tests are to be conducted all week.

During a succession of hearings in the trial last week, Judge Garland Burrell ordered competency tests to determine whether Kaczynski could fire his lawyers and represent himself. A competency hearing is scheduled for Jan. 22nd.

Justice Department officials say they have told attorneys for Kaczynski they would be willing to reopen discussions about a possible plea bargain. But the officials denied a report that prosecutors had rejected an offer from Kaczynski's attorneys for him to plead guilty to avoid the death penalty.

DALLAS, TEXAS

Tobacco companies negotiating settlements

Texas and the nation's tobacco companies are said to be negotiating the fine details of a \$15 billion settlement to the state's Medicaid lawsuit against the industry.

Sources say industry executives have agreed to pay Texas about \$15 billion, but the two sides are still negotiating the details of other parts of the deal. These include restrictions on the tobacco companies' advertising.

A spokesman for Texas Attorney General Dan Morales says the settlement should be announced Wednesday.

Jury selection in the lawsuit is scheduled for Wednesday in federal court in Texarkana. It was originally set for today but was delayed 48 hours to give the two sides time to reach a settlement.

WASHINGTON

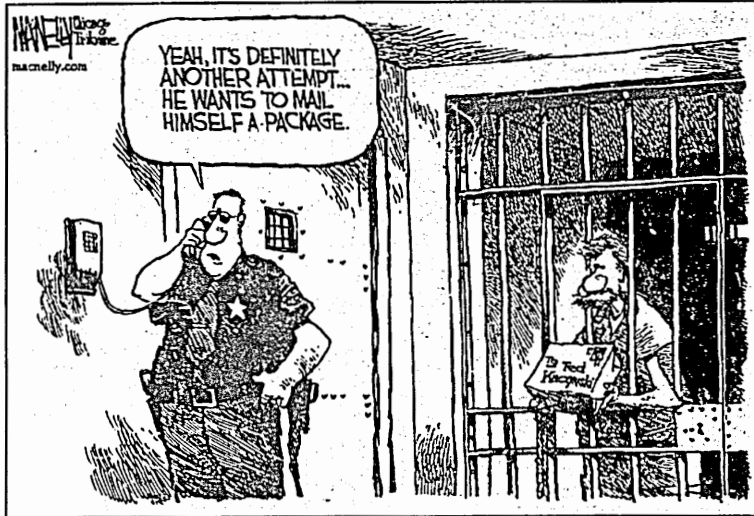
Clinton orders crackdown on prisoner drug use

President Clinton today ordered new steps to crack down on drug use by prison inmates.

The White House says he will propose nearly \$200 million in additional measures to fight drugs in prisons.

Clinton ordered Attorney General Janet Reno to require states to report annually on their progress in fighting drugs in prison. He also asked Reno to develop legislation requiring states to boost penalties for drug trafficking in prison.

— from Daily Egyptian news services



Our Word

Diplomas in December a success

Pomp and circumstance, caps and gowns, tears of joy, tassel-turning and empty diploma folders. All of these items require one common denominator — a commencement ceremony.

Until December, students who finished course requirements at the end of the fall semester had only two options: return to SIUC in May to attend commencement or forego the festivities completely.

For many students and their families, the graduation ceremony is a culmination of at least four years of hard work and thousands of dollars in tuition. It is a chance to celebrate and participate in a long-standing tradition. But many students had to miss the event because they could not return in May.

Finally, the University did something last semester. The administration decided to institute a winter commencement. The University showed that student concerns are important at SIUC.

More than 700 students participated in the ceremony. The arena was standing-room-only for the 6,300 family and friends who attended, prompting plans for change to the next winter commencement.

Students have often complained about a lack of consideration from the administration. The handling of Select 2000 and athletic fees have left some students feeling the University does not care what students think.

The inaugural winter commencement Dec. 20 was an excellent example of cooperation between the students and administration.

First, the University took a student concern to heart. Often students feel their concerns go un-

answered or ignored.

In this case, however, the students' voice was heard, and answered. The University acknowledged a legitimate student concern and addressed it.

Second, the students did not disappoint the University. Attendance exceeded the University's expectations and predictions. Sometimes, when student concern is addressed, students do not take advantage of the opportunity.

One example occurred last fall, when several greek leaders were given the opportunity to draft ideas and changes for the Select 2000 initiative. Those students were lazy and required an extra meeting be scheduled to prepare the information. Such actions reflect poorly on the students and make getting the University to address future concerns difficult. If students act in such a fashion, why should the University be expected to take students seriously?

But the students showed up at this event. More than 160 faculty attended and even the weather cooperated to make the event a success.

Stephen Foster, associate director of records information for Admissions and Records said there was an estimated 20 percent increase in attendance at the winter ceremony, compared to the last combined commencement in August 1996.

Large turnouts at future winter commencements should make it a successful tradition at SIUC, and serve as a reminder of cooperation between students and administrators.

"Our Word" represents the consensus of the Daily Egyptian Editorial Board.

Solutions for New Year's resolutions

Since it is a New Year, a great many of us have probably made a number of New Year's resolutions. We humans are notoriously adept at fooling ourselves into thinking we can improve. After all, once the New Year begins, red meat will not look as appetizing and all of our relationships will be considerably lower maintenance, right?

In reality, the only good thing about New Year's resolutions is that they allow us to indulge ourselves guilt free for the latter portion of December.

Humans, though noble and beautiful in our own right, are also pathetic and weak. We will try to lose weight, but most of us will fail. We will attempt to balance our check books, but the majority of us will continue to write bad checks. Why? Because we suck. And not only that, but after we fail, we feel bad about failing, which means we are bound to go out and write a bad check for a side of beef.

However, I believe I have come up with a workable solution to this problem, and it has a great deal to do with lowering our expectations. Instead of coming up with noble and lofty goals, we should calm down and put those goals easily within reach. The following is a list of New Year's resolutions I think we can all achieve if we really put our hearts into it.

1. Help out the local economy by charging more on your credit card. Sure, business is booming, but if we all dedicate ourselves to purchasing just one more meal a week via our magic wands, just think how much more fake money will be funneled into our community.
2. Go crazy and pay your water bill on time! Sounds wacky, but just imagine how many trees will be saved if the city does not have to mail out those zany disconnection notices.
3. Walk up to some stranger that you find physically attractive and say, "Boy, I bet you'd look cool naked." This will bolster a sense of community and well being within the student body, and you might not even be charged with sexual harassment.
4. If you see a child riding an escalator, do your part and tell him to get off! Five to six children a year are sent to the emergency room because of escalator accidents that could have been easily avoided. Children should not ride escalators — or cattle.
5. Start running across those pedestrian cross walks on campus. This way, we drivers will not have to slow down, and you burn off extra calories.
6. Seriously consider reading the chapter prior to the night before the test. Go for two nights before the test, then try to work up to two nights and seven hours before the test.

And that is all. More than six resolutions per year and you are setting yourself up for heartache. You can create your own, easy-to-achieve goals but remember one thing: If your goals are hard, you are probably going to fall on the floor, which is also hard, unless it is heavily carpeted.



Josh Robison

Cancel My Subscription

Josh is a senior in history/education. Cancel My Subscription will appear weekly on Wednesdays. Josh's opinion does not necessarily reflect that of the Daily Egyptian.

Mailbox

Letters to the editor must be submitted in person to the editorial page editor, Room 1247, Communications Building. Letters should be typewritten and double spaced. All letters are subject to editing and will be limited to 350 words. Students must identify themselves by class and major, faculty members by rank and department, non-academic staff by position and department. Letters for which verification of authorship cannot be made will not be published. The DE reserves the right to not publish a letter for any reason.

Police need to keep closer eye on crime reports

Dear editor,

Not too long ago my sister-in-law and I attended an auction at the Carbondale Civic Center. While perusing the items on display, we came across a stack of paperwork that seemed out of place among the various items for auction.

On closer examination of the documents, we discovered them to be SIUC Police crime reports. Not only did they contain detailed descriptions of recent crimes (including a sexual assault), but they also had the names, addresses and statements of victims, assailants, and witnesses.

It is impossible to express how deeply disturbed we were to have found these papers openly displayed in such a thoughtless manner,

and in such a public place!

We asked ourselves, "What if those were OUR names and addresses... what if evidence of OUR tragedies were displayed for all to see?"

Not wanting to turn those highly sensitive documents over to just anyone, we decided to deliver them to the Carbondale Police, where we hoped someone could handle them more responsibly than the SIUC Police.

We can only guess whether the SIUC Police officer responsible for such an unforgivable mistake was forced to take responsibility for his gross carelessness.

We are left questioning the competence, reliability, and integrity of the SIUC Police, who we are expected to trust and respect. Certainly this experience has left us with very little of both.

Georgiana Hoffmann
 Resident, Carbondale

Overheard

"We've got to get the ball in the basket because you don't get any points if you don't put it down. We rebound very good, but you still don't get points if you don't get it through the net."

SIUC Men's Basketball Coach Rich Herrin on winning games.



"I think everybody does it because it's New Year's, and you were drunk when you made it anyway."

Jon Emery, undecided sophomore from Lake of Egypt, on why people make New Year's resolutions.



"It is a must-win situation for us. The whole season will be a waste if we do not make it to the (MVC) Tournament."

O'Desha Proctor, SIUC women's basketball guard, on the importance of winning Monday night's game against the University of Evansville.

WANTED: Your name, face and opinion here Tuesdays for Guest Columns. Bring typewritten, double-spaced columns, with your ID and phone number, to the Communications Building, Room 1247. Students provide year/major, faculty include position/department and non-academic staff include position/department. Community members include city of residency. All columns should be about 500 words and are subject to editing. The DE reserves the right not to publish any Guest Column.

Herbal perk replaces coffee

Herbal Remedies	
Herb	Uses
Passiflora Flower/Valerian Root	Helps calm nervousness, agitation, and/or insomnia.
Golden Seal	Natural antibiotic to stop infection and kill poison in the body. Also is a natural insulin.
Hawthorn Berries	Helps strengthen heart muscles.
Dong Quai	Aids in female problems, low blood sugar, high blood pressure, and breathing.
Geranium	Pain reliever.
White Oak	Cleanser for inflamed areas of the skin, vaginal infections, hemorrhoids and varicose veins.
Ginseng	Stimulates physical and mental activity, concentration and prevents fatigue.

By Lynn Tish, Daily Egyptian

DANA DUFIRWY
DAILY EGYPTIAN REPORTER

While many students are downing their second cup of coffee, Jeff Fullerton begins his morning by ingesting nearly a thousand milligrams of herbal supplements.

Fullerton, a junior in English education from Algonquin, has found through trial-and-error exactly what herbal doses are most beneficial for his needs.

"It is very important to do research before taking herbs," he said. "Different people have different needs, and you need to know what dosage is right for you."

Fullerton began using and reading about herbal products when a friend, who worked at a health and nutrition store, suggested ginseng as a way to perk up. He began taking other herbs last year but has been an avid user of ginseng for about three years.

Ginseng, a derivative of the root

of a variety of ginseng plants, is used to stimulate both physical and mental activity. It also improves concentration and prevents fatigue.

Those varieties of ginseng, and other herbs in natural forms, can be mixed according to recipe or taken in pill form. Most people, including Fullerton, prefer the convenience of the pill form.

"Now that I'm a student with busy schedule, I find that I don't have enough time to mix herbs myself," he said. "I've had to experiment with different amounts to see what is good for me." I discovered that more isn't always better."

But extensive herb research is needed before choosing either method.

A 1996 Consumer Reports article featured 10 brands of ginseng supplements with differing amounts of ginsenosides in each brand. Ginsenosides are the active

SEE HERBS, PAGE 7

Chicken soup still the best remedy

COMMON COLD:
Students fight sniffles with juices, sleep, garlic.

TAMEKA L. HICKS
DAILY EGYPTIAN REPORTER

Once battling the flu, Lala Olin missed an anthropology final. Refusing to let that happen again, she uses a few remedies of her own instead of the typical drug store medication.

Olin, an unclassified graduate student from Springfield, said her personal remedies work better for her than cold medicine.

"My freshman year I got a bad flu, and it caused me to flunk my exam because five minutes before I was throwing up," she said. "So I take garlic, chicken broth and hot baths."

As chilly temperatures surface, several students, like Olin, choose to avoid runny noses, itchy coughs and sore throats without the expense of cold medicines. Lot of fluids, sleep and exercise are daily routines to stay healthy.

Dressing warm in the cold weather is another tactic used by Olin. And when in her apartment, she often relies on the heater.

"If I get sick it actually kills me," Olin said. "I always turn the heat up as high as possible."

Christine Labyk, Wellness Center coordinator, said weather affects the health of many people, but people are exposed to viruses more when inside than outside.

"When it's freezing, any germs or viruses are killed," she said. "When it's not cold, the virus stays indoors where the virus may live.

And we're more indoors than out." Outdoor exposure is what Casey Parker, a junior in psychology from Flat Rock, said is the cause for her sniffles.

She drinks plenty of fluid including water, orange juice and grape juice along with exercising. She said this usually guarantees a healthy lifestyle — free of severe head colds and flus.

"If I know I'm getting sick I usually drink some juice," Parker said. "I sleep a lot, at least eight hours a night. I can't survive on less. And I go to aerobics about twice a week for about an hour."

But Parker does not always have time for her personal therapy. Although she knows her sniffles will disappear in about two days, she occasionally resorts to cold

and vitamin C. People who exercise are more resistant to head colds and flus, but, Labyk said, those methods are not the best prevention.

Viruses enter the body through the nose, mouth and eyes, which are often touched by the hands. Therefore, she tries to keep her hands clean at all times.

"It's not so much of taking anything," Labyk said. "The No. 1 thing to do to prevent a cold or flu is to wash your hands throughout the day. After I work out the first thing I do is wash my hands. I think about all the surfaces I touch and all the other germy hands."

Dan Brennan, a first-year law student from Springfield, takes special care to cover his hands — along with other body parts — with layers of clothing in the cold.

Because of changing weather, Brennan said he is tormented with a cold almost each semester. But, he shuns cold medicine. He takes some of the preventive measures of drinking fluids and acquiring vitamin C.

But, exercise is not an option for him.

"I refrain from exercise when I'm sick because I need the energy to heal," he said. "When I go out I keep my hat on. I heard somewhere that 80 percent of heat is lost through the top of your head, and I believe it."

When all else fails, Brennan refers to some old remedies given by his parents to last for a lifetime.

"Well, mom says orange juice and chicken soup," he said. "And dad says sleep. I drink the orange juice and try to get more sleep. But the chicken soup, you have to go out and buy it and heat it up. That's too much."

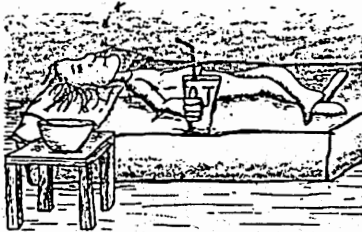


ILLUSTRATION BY BOBBI SHAMHARI/Daily Egyptian

medicine.

"When I start getting the sniffles, sometimes I will take some medicine," she said. "I've got the sniffles right now, and I just took some cold tablets. If I don't have the time to do anything else, then I'll take them."

Of course, no medicine or antibiotics can cure the common cold or the flu because these ailments are the result of viruses. Labyk said some good preventive measures are adequate rest, well-balanced meals

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TOXIC WASTE

continued from page 1

facets of waste handling from roadside litter to air emissions and water cleanliness.

Although completely compliant in 1996, SIUC was cited by the Illinois EPA for illegal storage of waste. During 1990, the University was found in non-compliance in the areas of training and storage.

Steele recalled an inspection in 1990 where he discovered numerous incidents of EPA violations.

"There were areas scattered around campus that were being used to hold wastes that was not the permitted storage site," Steele said. "At that time period, they were only training pollution control people. They were not providing any generator training to the academic members who were actually generating the waste, which is where a lot of the unauthorized storage came from, and there was illegal dumping of wastes down drains."

Talley said chemical storage rooms in the Neckers Building held in excess of 400,000 containers, most of which were new products. All of the violations brought about changes.

After the warnings in 1990 and 1991, pollution control became the responsibility of the Center for Environmental Health and Safety. The EPA did not levy any fines against the University.

The Center for Environmental Health and Safety started to address the problems discovered in 1991, Steele said, and now the center handles all hazardous waste generated on campus.

Wastes are classified partially by toxicity, commercial use and corrosiveness on several lists created by the EPA.

SIUC stores wastes listed under the EPA's U-list and P-list. The U-list contains items of a commercial nature such as benzene and acetone, and the P-list is comprised of acutely toxic materials such as some pesticides and herbicides that

are extremely dangerous to human health.

"[The University] occasionally find[s] some acutely toxic wastes either through research or someone has ordered it and not used it," Steele said. "Particularly from pesticides used through operation of the farms."

All materials of a hazardous nature are disposed of every 90 days by means of Enesco Inc., a waste removal company based in Arkansas.

Last year 41,942 pounds of hazardous materials were hauled away at a cost of about \$80,000.

John Mead, acting director of the Center for Environmental Health and Safety, said the costs of hauling waste would remain fairly constant no matter what methods are employed.

"While it is conceivable that different practices could be developed, the risk of having the University cited for storing materials for too long a period or storing them in such a way that would trigger a different set of standards could, in the long run, cost us much more than the contract price of moving the materials does today," Mead said.

Waste removal is not the sole concern of the Center for Environmental Health and Safety.

Mead is involved with SIUC's remaining in compliance with EPA guidelines and other issues of pollution control.

"Compliance is one of the things we're interested in," Mead said. "In addition, the state and U.S. EPA are becoming more and more interested in what's known as pollution prevention."

"And so we're active in identifying opportunities to reduce waste streams, and in some cases turn what might be a waste stream into a recyclable or useful by-product."

One way SIUC capitalizes on pollution reduction is through the method of silver recovery. There are three main silver recovery units available on campus: metallic exchange, resin based ion exchange and electrolytic recovery.

Silver can be recovered through

such mediums as photo fixer solutions and x-rays. In the case of black and white photographs, the fixer solution pulls silver from the film creating the negative. The fixer solutions are then gathered and are ready for silver recovery.

Each method of recovery is used to correspond with the quantity of silver-containing waste produced. The ounces of silver recovered help offset the expense of disposing of the wastes. The wastes can be disposed of easily once reduced to a silver count of less than 5 parts per million.

"The silver recovery program in a sense is recycling but it's not recycling in the sense of solid waste recycling that you see going on with the paper bins around campus," Mead said. "It's more in the area of our chemical waste recovery and disposal."

SIUC has implemented an annual training program through a chemical training guide. Those people who work near generation points are taught the dangers and proper disposal of chemical wastes.

Talley instructs different groups of people about the regulations and dangers of chemicals. For example, the janitorial staff is taught independent from University chemists and undergraduate researchers.

"They have to know that you can't just throw [wastes] into a milk carton," Talley said. "If it were sulfuric acid it would eat right through the container."

Compliance and safety will continue to be the most important functions of the Center for Environmental Health and Safety, Mead said.

"The first priority is to ensure that the handling and ultimate removal of the waste material is done in absolute compliance with the law," Mead said.

"There's a degree of estimating that goes on each year and there is a degree of latitude that the law permits that I think is very important for the University to remain in very strict compliance when it comes to fulfilling the requirements, both for our own safety and our legal liability."

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PHIL 104-3	Ethics
PHIL 105-3	Elementary Logic
PHIL 201-3	Human Physiology
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AJ 408-3	Criminal Procedure

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Ac. Education & Mechanization	
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AD 347-3	Survey-20th Cent. Art *
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FIN 322-3	Real Est. Appr. *
FIN 350-3	Small Bus. Finance *
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JRNL 442-3	The Law of Journalism *

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MGMT 350-3	Small Bus. Mgmt. *
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MKTG 350-3	Small Bus. Mktg. *
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Political Science	
POLS 250-3	Pol. of Foreign Nations *
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POLS 443-3	Public Fin. Admin. **
POLS 444-3	Policy Analysis *

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HERBS

continued from page 5

ingredients of ginseng root, and brands with lower amounts are essentially a waste of money.

Other research can reveal potential hazards with herb usage, although many people assume herbs are safe because they are natural. Sara Anderson, director of the Didactic Program in Dietetics and a licensed dietitian for 22 years, warns against misusing and abusing herbs for that reason.

"There are more than 500 herbs on the U.S. market right now," she said. "One of the riskiest is coltsfoot. You wouldn't know that unless you've researched it."

Teas brewed with coltsfoot herbs are used to treat the persistent cough associated with diseases such as bronchitis and emphysema. However, it also shrinks tissues, prevents fluid secretion and inter-

feres with iron absorption.

Anderson suggests "Herbs of Choice" and "The Honest Herbal," two books by author Tyler E. Varro, for help when deciding to investigate herbs. These books provide research on herbs, and the history of herbs as well.

The use of herbs as medicine is an ancient practice, but it is quite new to the United States. The Egyptians began using herbal remedies in 1500 B.C. The Chinese began to prefer herbs to conventional medicine by the Chinese by 2800 B.C. Herbal medicine came to the United States only 100 years ago.

Out of the \$4 billion Americans spend on vitamin supplements, \$1.5 billion is spent on herbs annually. And this number is growing 15 to 20 percent each year.

Rene Cook, supplement manager of the Neighborhood Co-op, 104 E. Jackson St., says many local consumers find herbs at the store. She agrees that the herbal industry is growing at a fast rate, and believes

that it is due to modern farming practices.

"Ideally you would get enough nutrients from our food," she said, "but our soil is depleted, so our nutritional value is depleted. We must replace them with natural, organic products."

Cook turned to herbs in 1973 when doctors told her that her gallbladder needed to be removed. After a change in diet, coupled with herbal additions, Cook's gallbladder remains healthy today.

Instead of putting her complete trust in medical doctors, Cook encourages taking responsibility for one's own healing. She also stresses the importance of self-education.

"You have to know your limits as a self-healer," Cook said. "No one herb or supplement is for everyone. We're all different with different bodies."

And while Fullerton agrees everyone may not be the same, he advocates investigating herbs as an alternative to medicine.

POLAR

continued from page 3

has — in spite of all the last-minute impulses to change his mind.

"We originally thought it was a ridiculous display of human recklessness," he said.

"We debate it every year, but we do it."

But Polar Bear Club member Paul Fawcett, coordinator of aquatics and sports clubs at the Recreation Center, said helping a worthy cause is what keeps everyone coming back to Campus Lake.

"We try to tie it in with something worthwhile," he said. "That way I can assuage my conscience as to why I keep jumping into that cold water."

Koch was also glad to be a part

of the swim this year by filling in for Library Affairs Dean Carolyn Snyder. Snyder usually participates in the event but is away from campus.

But McMinn and Koch were able to participate together this year, and both men's dedication to Morris Library is especially evident.

"You lead by example," said McMinn, "and this is a very good way to do that."

SAFETY

continued from page 3

to have a false perception as to what they can do to keep themselves safe. They can keep weapons by the bed and think that they are prepared, but unless they have hands-on experience, it may only

trip them up. If they are unable get to that hidden weapon, many of them do not know what else to do.

Women in the class range in age from young girls to women in their 80s. Brown said that by the completion of the course, a drastic change can be seen in many of the women.

They begin to realize that while they cannot control anyone else's

behavior, they can be in control of what happens to them.

Another main goal of the class is to make sure women realize that when they are attacked, they are the victim, not a suspect.

"Many women tend to blame themselves after an attack," Brown said. "It is important to learn how to cope. It's not over just because you hit the ground."

BOOM

continued from page 3

is hopeful the trend will continue.

"We hope, that to some degree, that the growth we are seeing is a reflection of Carbondale becoming a regional retail center," Dolerty said.

Jackson said SIUC plays a key

role in the economic development in the area.

"The University is, after all, the biggest economic engine in the area," Jackson said. "In addition to this, dozens of area businesses have got their start at the small business incubator on campus."

He said that the University, through the Dunn-Richmond Economic Development Center, is

trying to help build up the area business sector by helping with marketing and businesses plans.

"It is good for the students and the faculty to have the options and the competition provided by the new restaurants and high-scale bookstores like Barnes and Noble," Jackson said. "The new job opportunities provided along with that are very important."

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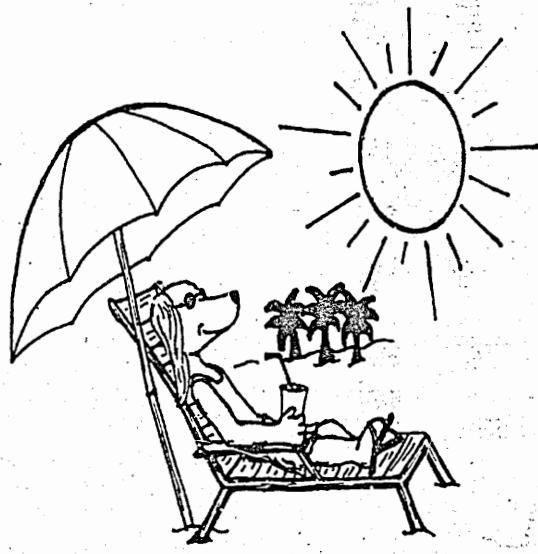
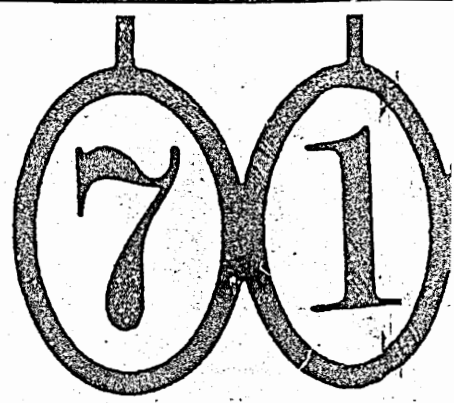
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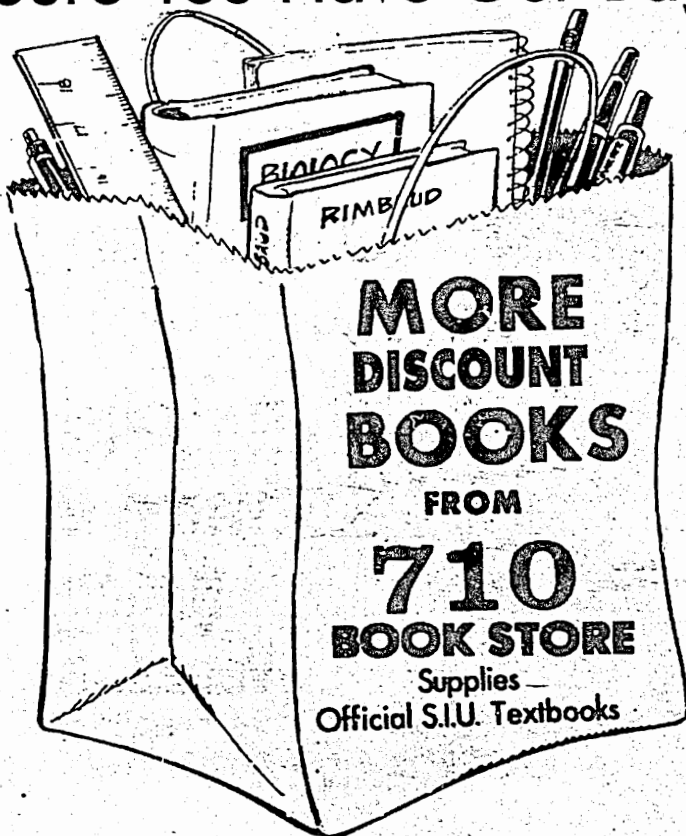
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Skiersch. "We also want students to realize that they actually own this store and that they'll get the same or better prices in their own bookstore as they might get elsewhere," he adds.

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"If we verify that a competitor has a lower price on a textbook, we'll mark all those remaining textbooks with the lower price," he added. "Customers have five (5) days from the date they purchase the book to bring a price discrepancy to our attention."

Since students found the whole process so simple and easy last semester, nothing was changed.

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- Stylish lute
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- Washington city
- Open roughly
- Actor Minoa
- Like Batman and Robin
- U.S. uncle
- Find the answer
- Dumblounds
- Kind of action
- Palmas
- Crop pests
- Syran's "The Confessions of Turner"
- Language of Vikings
- Eye convulsively
- Brown strama
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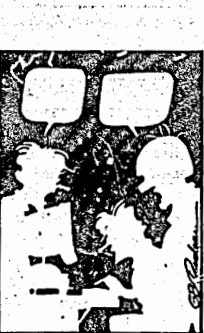
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OPEN MEETINGS WITH CANDIDATES FOR THE POSITION OF INTERNATIONAL PROGRAMS AND SERVICES DIRECTOR

Open 1-1/2 hour sessions to meet with candidates for the position of Director of International Programs and Services have been scheduled, as follows. Please feel free to come to all, or any part of the sessions, as your schedule permits.

Candidate: **GEORGE EISEN**

Date: Thursday, January 15, 1998, 9:00 a.m. - 10:30 a.m.
Location: Museum Auditorium

Candidate: **ROBERT GUREVICH**

Date: Thursday, January 22, 1998, 9:00 a.m. - 10:30 a.m.
Location: Museum Auditorium

Written comments assessing the candidates should be sent to the Vice Chancellor for Academic Affairs and Provost's Office, Anthony Hall. Mailcode 4305, by January 30, 1998.

College athletes at risk

GAMBLING: Mobster speaks to NCAA about perils of college game wagering.

LOS ANGELES TIMES

ATLANTA — The NCAA took perhaps its strongest public stance on sports gambling here Monday, putting on a session at the group's annual convention that was clearly designed to get the attention of member schools.

Among those speaking were Tom French, who said he has been with the FBI's Organized Crime Unit for 28 years, and Michael Franzese, a self-proclaimed former member of the Colombo family of the New York Mafia.

French said gambling is a \$170 billion-a-year industry, and that two-thirds of that number is wagered, illegally, on sports. Sports gambling is legal only in Nevada.

"Seven out of 10 (adult) Americans gamble," French said. "I'm not sure baseball is the national pastime anymore. I think it is gambling."

As jarring as French's statements were, the appearance of a former Mafia member before a

gathering of collegiate educators and administrators was even more so.

"What amazed me more than anything else was how easy it was to reach out to your athletes and get them to accept money in violation of NCAA rules," said Franzese, who was released from federal prison in 1994, after nearly a decade there for tax evasion.

Since his release, Franzese has been working with the NBA and major league baseball, delivering speeches and conducting seminars on the dangers of gambling leading to fixed games.

He said his main connection with sports gambling was with former agents Norby Walters and Lloyd Bloom, who had taken over representation of more than 20 of the top players in the NFL in the mid-1980s before they were thwarted by criminal charges. Franzese indicated that the goal of his group was to get control of enough players so they could manipulate games for betting purposes.

French told how a one-room bookie operation in the Queens borough of New York City — one table, two phones — generated \$600,000 in wagers on the day before one recent NCAA basketball final.

He also told of a 19-year-old who was \$9,000 behind in bets and so despondent that he plotted his own death by speeding on a New York freeway, then taking out a toy pistol when he was stopped by the police and pointing it directly at the officers.

"Don't let anybody tell you about how gambling is a victimless crime," French said.

Franzese's closing message was even more chilling.

"Sports gambling is going on in the high schools," he said. "And in the larger cities especially, the gangs are setting up their own bookmaking operations."

"Oh, yes. We are even finding gambling on the elementary school level."

According to Bill Saum of the NCAA enforcement staff, there were printed lines on every game of the NCAA women's basketball tournament last year, not just the Final Four games.

"We are in danger of this getting out of control," he said. "Our coaches must stop talking about the line. We must ask lots of questions of the people who are around practice all the time. Our people must understand that it is a violation of our rule 10.5 to give out any sort of information that can help a gambler or gambler."

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KEITH continued from page 16

attack with impressive work on the backboards.

3. Rebounding SIUC has been nothing but dominating on the backboards this season, and the increase in rebounds makes this team a contender for an MVC Tournament championship.

Heading into Monday night's battle with the University of

Evansville, the Salukis have out-rebounded each of their 14 opponents this season, an outstanding feat for any mid-major Division I team.

But the accomplishment is even more impressive considering SIUC's starting frontcourt has one 6-foot-9 player (Chris Thunell) and two 6-foot-7 players (Rashad Tucker and James Jackson). Tilton, a 6-foot-7 sophomore, has seen increased playing time off the bench recently, while the 6-foot-8 Watts also has contributed.

Last year's team was not much

different than this year's squad, but the extra depth off the bench has paid off big time. The Salukis have been as consistent as any conference team in their rebounding effort.

Now, the Salukis must continue the effort to have a shot of playing for a conference crown in March. A showing like Saturday night will spell certain doom in the postseason. But consistent play from the entire team can prevent a repeat of last year's disappointing first-round exit in St. Louis.

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L.A. Kings recognize faults

LOS ANGELES TIMES

The Los Angeles Kings will make the playoffs this season, if only because at least five other Western Conference teams are worse than they are.

Not a ringing endorsement, but it's more than the Anaheim Mighty Ducks can say.

The Kings see their deficiencies and make corrections. "The Ducks see their deficiencies and make excuses.

Dave Taylor, the Kings' general manager, needed a first-line center, a big right wing, an experienced defenseman and scoring on the left side.

He traded for Jozef Stumpel and Sandy Moger, signed Garry Galley and dealt Kevin Stevens for Luc Robitaille. Despite the 2-5-2 slump they took into Monday's game against the Ducks, the Kings are making progress.

Not that it's time to plan the Stanley Cup parade. Their offense is spotty and their defense isn't forceful enough. They're allowing opponents too many shots, which will wear down their goalies. Still, Taylor has shown he can be decisive and will pay the price to get what he needs.

Jack Ferreira, the Ducks' general manager, said he tried to sign Luke Richardson. He said he tried to sign Sergei Nemchinov. He said he tried to acquire Roman Hamrlik from Tampa Bay before Edmonton

grabbed the still-salvageable defenseman. He said he tried to sign Joel Otto two years ago. Notice a pattern? Here's another ugly pattern: the 3-8-2 slide the Ducks were fighting before Monday's game.

Some free agents won't come to Anaheim because Western Conference travel is too taxing, and Ferreira can't change that. Others said the Ducks weren't close to contending for the Cup. Ferreira can change that.

The Ducks haven't developed enough skill players to compete with elite teams or provide trade fodder to get the brawny defenseman they need.

They won't deal draft picks for impact players, yet besides Paul Kariya, their top draft picks have done little. And although Ferreira claims he has no budget ceiling and can acquire high-salaried players, his actions and the whispers of others in the organization say otherwise. Disney still considers the Ducks a marketing tool. It wants huge profits and cuts corners everywhere. The Kings got off to a fast start, but the rest of the NHL caught up. Taylor's next move will be crucial — but at least there's reason to believe he will make a move. Ferreira's next move will be equally telling. If he merely waits for the Ducks to duplicate the 13-3-7 surge that carried them into the playoffs last spring, it will tell fans and rivals

the Ducks are content to be profitably mediocre.

Allan Eagleson got off easily with an 18-month jail term after pleading guilty to three counts of fraud in connection with his diversion of thousands of dollars from the NHL Players Association for his own use.

There is still a class-action suit pending against him in Philadelphia, filed by five former players who named Eagleson, former NHL President John Ziegler, Chicago Blackhawks owner Bill Wirtz and the 21 clubs that were in the NHL in 1991. It alleges that Eagleson accepted deals that artificially depressed players' salaries while benefiting owners and himself.

The debate now is whether he should be booted out of the Hall of Fame.

He lied. He cheated. He skimmed \$15,000 off an insurance payment to Glen Sharpley, whose career was ended by an eye injury, and did the same when Mike Gillis suffered a knee injury. Those transgressions and other shady dealings outweigh whatever good he might have done.

Note that letters of support read in court last week came from former stars such as Bryan Trottier, Bob Clarke, Darryl Sittler and Bob Gainey, not the fringe players who were hurt most by his collusion in keeping salaries down and diverting pension funds.

SALUKIS

continued from page 20

didn't take it on a positive note," Scott said. "I think she's playing angry right now, and if she continues to play like this, I hope she stays angry the rest of the year."

Niebrugge scored eight early points, but saw no second-half action after going down with an ankle injury late in the first.

"I thought Maria was super in the first half," Scott said. "I think that really hurt us because we know how important she is to us."

A late first-half run allowed the

Aces to get back into the ball game. Evansville went to a full-court trapping zone press and forced the Salukis to commit nine first-half turnovers to cut the lead to 41-34 at the half.

The Aces were without top scorer and rebounder Shyla McKibbin. Devonne Mullis filled in, leading all scorers with 21 points.

The Salukis built a 48-38 lead early in the second half, but a strong performance by the Aces on the offensive boards kept it close.

Evansville outrebounded the Salukis 15-9 on the offensive glass.

After an Alison Langham three-point basket and steal for a layup,

the Salukis' lead was cut to one. The Aces then gained their first lead with 5:17 remaining.

But seniors Theia Hudson and Hasheider stepped up and made key plays down the stretch to ensure the win. Hasheider hit the important free throws, and Hudson forced Evansville's Beth Voellinger to dribble the ball off her feet with the Salukis ahead 69-68 late in the game.

"The key thing is obviously we're trying to take each game one at a time," Scott said. "To get a win was important, but we've got to fight like heck to get into the conference tournament."



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Sports
Talk

Ryan Keith
DE Sports Editor

Dawgs haven't
rolled over yet

The Missouri Valley Conference season is just beginning and the SIUC men's basketball team is hovering at the .500 mark. It must be about time for coach Rich Herrin to look forward to next year, right?

Not so fast. A closer look shows these Salukis passed one of their toughest tests of the season with flying colors in December. And continued improvement could put fear back into their opponents' eyes come late February.

Saturday's 105-70 loss to Illinois State University was an embarrassment, but it should also serve as a wake-up call. If they didn't know it before, the Salukis now know they can't compete with the league's top teams when they don't come to play their best for 40 minutes.

But when they do show up and play together as a team, as they have done for 90 percent of this season, the Salukis have the ability to return to their championship form of the past.

Here are my three reasons why SIUC has a solid chance for a return to success in the Missouri Valley Conference season.

1. Non-conference schedule
The Salukis played their toughest non-conference schedule in recent years — one that has prepared them for a style of play similar to the MVC.

SIUC's eight non-conference opponents had a combined record of 34-19 at the end of the Salukis' opening stretch. That mark included undefeated starts by the University of Miami (8-0), St. Louis University (7-0) and the University of Hawaii (4-0).

Hawaii earned the most impressive win by a Saluki non-conference opponent. The Rainbows, who defeated SIUC 80-66 Dec. 7 in the championship of the Power Isar Invitational, knocked off No. 2 University of Kansas 76-65 to capture the title of their own Rainbow Classic Dec. 30.

But most importantly, the Salukis did not suffer a blowout loss during the non-conference season. In each of their four losses, SIUC had a chance to win the game only to falter after halftime.

Herrin may not have wanted to play such a tough non-conference schedule, but his team is already reaping the benefits.

2. Depth
This point has been hammered home by everyone involved with the program, but it cannot be treated lightly or be overlooked. The Salukis are a much better team this year because of their depth — period.

Last year, the Salukis had two five-game losing streaks primarily because they had no depth. This season, Herrin has the luxury of calling on 10 different players for quality playing time.

The Salukis have been able to play an up-tempo, full-court pressure game while giving short rests to their starters. The result has been a team that has 10 players playing hard for 40 minutes, rather than a team that is forced to play six tired players for the entire game.

The loss of sophomore center Derrick Tilmon to a stress fracture in December hurt, but juniors James Jackson and James Watts filled in nicely. Now that Tilmon has made his return, look for the Salukis to combine a fast-paced offensive



Curtis K. Bass/Daily Egyptian

CARRYING A BIG STICK: Ryan Lovelace, a sophomore from Carterville, practices the javelin Monday afternoon at the Recreation Center.

Salukis fall apart at Evansville

FREE THROW WOES:
Aces outscore SIUC 33-13 from the charity stripe.

RYAN KEITH
DE SPORTS EDITOR

The SIUC men's basketball team beat the University of Evansville for 32 minutes Monday night. But the Purple Aces won the other eight minutes at the free throw line and the game.

The Salukis appeared to have solved their problems in its recent two-game losing streak in taking a nine-point second half lead. But Evansville took advantage of an eight-minute SIUC scoring drought and outscored the Salukis 33-13 at the free throw line in earning a 77-69 win at Roberts Stadium in Evansville, Ind.

The win improved Evansville's record to 11-6 overall and 6-1 in the Missouri Valley Conference. SIUC dropped its third straight game, falling to 7-8 overall and 2-3 in conference play.

"It's pretty tough to win a basketball game when they shoot twice as many free throws as you do," Saluki head coach Rich

Herrin said in his postgame radio show. "They shot 41 and we shot 21. We really work on not hand checking and not fouling, but it's tough to overcome."

Kyle Runyan once again keyed the Aces' attack with a career-high 25 points. Runyan scored 23 points and made seven three-pointers in an 82-72 win over SIUC Wednesday.

After a solid first half, Saluki senior forward Rashad Tucker sparked a hot start for the second half as SIUC took a 56-47 lead with 14 minutes left.

But SIUC went frigid from the field and failed to get the ball in the hands of Tucker. With a 61-57 lead in hand, the Salukis scored just two points in eight minutes until senior guard Shane Hawkins hit a layup to draw within 67-65 with 3:35 left.

The Salukis had their chances down the stretch, but Runyan and teammate Chris Hollender hit six free throws for the eight-point margin.

After a disappointing 105-70 loss to Illinois State University Saturday night, the Salukis appeared to have stopped the bleed-

ing in the first half against the Aces. Hawkins keyed a Saluki run with six points to give SIUC a 29-19 lead with six minutes remaining.

But Runyan stepped up and nailed another long three as the Aces used a 13-2 run to take a 32-31 lead.

Both teams traded baskets until the first half's final seconds, when junior forward Monte Jenkins found Tucker on the right baseline for a fadeaway three-pointer to give SIUC a 40-39 lead heading into the locker room.

Tucker finished the half with 12 points, followed closely by Hawkins with 10. SIUC out rebounded Evansville 19-16 and made three more field goals than the Aces in the first half, but Evansville hung close by making all 13 of its free throw attempts.

"We outscored them 24-19 from the field, but we lost the game and that's kind of disappointing," Herrin said. "We had an opportunity to win the basketball game tonight, we just had the crucial mistakes."

BASKETBALL

•The Salukis play host to Southwest Missouri State at 7:05 p.m. Thursday at SIUC Arena.

SIUC	69
Evansville	77

Women's cagers win in tough battle with Aces

DISABLED LIST:
Salukis lose freshman Niebrugge to ankle injury in first half.

SHANDEL RICHARDSON
DAILY EGYPTIAN REPORTER

Somebody had to win. Both the SIUC and the University of Evansville women's basketball teams were in the midst of losing streaks before Monday's contest in Evansville.

But Beth Hasheider sank three free throws in the closing seconds to preserve the Salukis' 72-68 victory

over the Aces. The senior point guard scored 12 points, including nine of 11 free throws as the Salukis ended a six-game losing streak. The Salukis moved out of last place in the conference, improving to 4-9 and 1-4 in the Missouri Valley Conference.

The loss for the Purple Aces was their eighth straight setback and dropped them 5-8 overall and 0-5 in the conference.

"It was a hard-fought ballgame, obviously," said SIUC coach Cindy Scott. "I'm happy for our kids because we've really been struggling. I can't say that we feel real good yet, but at least it's a step in the right direction."

SIUC appeared to be headed for an easy victory after opening up 17-point lead in the first half. Sophomore guard Meredith Jackson hit four three-pointers on her way to 15 points in the half, and the Salukis shot 57 percent from the field in first half.

Scott had benched Jackson and sophomore center Melaniece Bardley, placing freshmen Courtney Smith and Maria Niebrugge in the starting lineup.

Jackson entered the game early in first half and ended up leading the team with 20 points.

"It really made her angry, and she

SIUC	72
Evansville	68

•The Salukis travel to Peoria to face Bradley University Thursday.