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Daily Egyptian Staff

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Rape suspect testifies at trial

Snowden claims hateful feeling came over him

By Dave Saelens
Staff Writer

"I am a person with a problem. A criminal is a person who willfully commits a crime." Arron Snowden testified Wednesday in the second day of his bench trial in Jackson County on four charges of rape.

The 25-year-old Carbondale man, a former SIU-C maintenance employee, is charged with raping two women on April 29, 1983, in their Giant City Road apartment. He also faces various rape-related charges, including deviate sexual assault, home invasion and armed violence.

Snowden testified Wednesday that he does not deny sexually assaulting the women, nor does he deny any of the events which occurred that night.

He said that on April 29, he

began to drive home after drinking with friends, but "something inside of me said no."

"I had a real hateful, evil feeling like something's got a hold of my mind and won't let go," he said. "I can't really explain it, except that I had that feeling." He said he had experienced the feeling many times before that night.

Dr. Lawrence Richards, a Champaign psychiatrist who was assigned by the court to examine Snowden after his arrest last year, was one of four witnesses called by defense attorney Harvey Welch of Champaign. Welch is basing his defense on the premise that Snowden's crimes are the result of mental illness brought on during childhood.

Richards testified that after examining Snowden for seven hours, he concluded that



Arron Snowden, accused of raping two Carbondale women, hides behind Harvey Welch, his attorney, as he leaves a Jackson County courtroom on the second day of his trial.

Staff Photo by Neville Loberg

Snowden was aware of what he was doing and had sufficient cognitive capacity, but was unable to maintain his conduct in accordance with the law.

Richards said he is familiar

with the substantive insanity law in Illinois, and testified that Snowden was legally insane when he committed the rapes. Snowden, who took the stand in his own defense, testified that

he was raped by an uncle at age 15, forced to have oral sex with a 20-year-old man when he was 6 and had sexual relations with

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Daily Egyptian

Southern Illinois University

Thursday, February 2, 1984, Vol. 69, No.91

Reagan budget strong on arms; Democrats call for deficit cuts

By Cliff Haas
Of the Associated Press

WASHINGTON (AP) — The \$925.5 billion budget President Reagan sent to Congress on Wednesday mirrors his goals for the nation: to increase its military strength and to do it without the pain of raising taxes. But the plan is burdened with a projected \$180.4 billion deficit.

It recognizes the reality that in an election year Congress would oppose cuts in domestic spending.

Absent from Reagan's package for the 1985 fiscal year that begins Oct. 1 is any comprehensive blueprint for significantly cutting the deficits within the next several years.

That is being left for bipartisan negotiations among members of Congress and White House officials. Reagan

hopes those talks, expected to begin next week, will lead to a three-year, \$100 billion "down payment" on the deficits.

But Democrats — sensing the big dose of red ink in Reagan's budget may be a potent campaign issue — said they would raise the ante and call what they claim is an election-year bluff by the president.

"We'll call you and raise you and we'll be prepared to make some really big reductions in the deficit," said House Majority Leader Jim Wright, D-Texas.

He said Democrats now are looking at finding \$200 billion in reductions. Much of that likely would come from tax increases and military spending cuts Reagan has ruled out.

At a news conference on the budget, key administration officials repeatedly made a pitch for Congress to begin

work on the "down payment."

Budget Director David Stockman said the administration assumes measures will be taken in 1985 and 1986 to substantially reduce the deficits.

"It is not our intent that deficits of this magnitude of \$180 billion in 1987 should actually unfold," he said.

Without deficit-paring actions, he said, the red ink could swell to more than \$200 billion in 1985 and 1986. "That's what we're trying to avoid," he said.

On Capitol Hill, House Speaker Thomas P. O'Neill Jr., D-Mass., sharply criticized the budget, complaining of its "ridiculous spending" on the military and the enormous deficits.

In a message included with the budget, the president said the nation's economic health is

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Democrats call for Marine pullout

WASHINGTON (AP) — House Democrats gave overwhelming support Wednesday to a resolution calling for prompt withdrawal of U.S. Marines from Lebanon, but President Reagan said he would not pay any attention to their demands.

No vote was taken in the closed meeting of the Democratic majority in the House, but Speaker Thomas P. O'Neill Jr., D-Mass., said, "Everybody was pretty much in agreement."

House Majority Whip Thomas S. Foley, D-Wash., said no date was set for floor action, but it could come before Feb. 10,

when Congress takes an 11-day recess.

O'Neill told reporters, "There is no excuse for the president. Somewhere, they have messed up. The Marines ... were over there for diplomatic purposes and now they are over there huddled down defending themselves.

"I think we all unanimously agree with the fact that the president has failed in his policy."

Reagan, posing for photographs with Yugoslav President Mika Spiljak, was asked to comment on the resolution and replied, "It's too happy an occasion to talk about

anything the Democrats are doing."

When reporters pressed him for his views, Reagan said, "I'm not going to pay any attention to it."

Asked to comment on the president's remark, O'Neill said: "The onus is on the president of the United States. We tried to build a bipartisan policy, but when it fails we have a responsibility to speak out against it. We would be derelict if we did not."

"We are saying to the president of the United States, 'Mr. President ... the safety of the Marines is at stake. Get them out of there.'"

By Rod Stone
Staff Writer

Former U.S. Rep. Kenny Gray pledged Wednesday to "bring Washington to Southern Illinois" by creating a chain of regional offices to develop the economy if he's re-elected to Congress.

Gray, speaking at a news conference at his Carbondale campaign office, said that the staff of these offices would be knowledgeable about federal laws and funding, and would concentrate on bringing industry and jobs to Southern Illinois.

"(The offices) would make every effort to help existing industry here and, above all, bring in new industry to provide new jobs," Gray said.

He said he would only maintain a staff of three to four people in his Washington, D.C., office. Most of his staff would consist of volunteers in a string of offices across the 22nd District.

"It's going to be like a chain," he said, "and that chain will reach all the way from the local congressional offices here to my office in Washington."

Gray said because members of Congress are only allowed federal funds to maintain three offices in their districts, any additional offices would depend on a volunteer staff and donated office space.

Gray said another part of his plan to regenerate the Southern Illinois economy would be to work for jobs laws to reduce unemployment.

"We need additional laws to provide more jobs," Gray said. Gray also said he would push to restore Illinois to its rightful position in receiving federal funds." He said Illinois ranks last among the 50 states in per capita federal funding.

"That's got to change because we've got a greater need," Gray said. "We want our rightful share."

Gray said he wants to rebuild basic industries, such as auto manufacturing, and "turn loose" the Army Corps of Engineers to build up the railroad industry, which he called "a disgrace."

He said the country needs to overhaul and stimulate industry to rebuild its plants to compete with foreign industry.

Gray said he also is in favor of extending unemployment benefits until jobs can be provided and increasing aid to education.

Gray, calling Southern Illinois a "sleeping giant," said he would push to increase recreation and tourism in the region. Gray said that many people were passing up Southern Illinois recreational areas, such as the Shawnee National Forest and Lake of Egypt, in favor of better-advertised places in Tennessee and other Southern states.

"What's wrong with bringing billions of dollars in tourism right here?" Gray asked.

Gray said that the high acidity of soils in New England and Canada is the cause of acid rain problems in those regions and not smoke from plants using high-sulfur Midwestern coal. He called for legislation to solve the acid rain problem, which he called a "red herring," and said it should be paid for by everyone, not just the Southern Illinois coal industry.

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Gus Bode

Gus says Kenny Gray apparently didn't ask people what they think about Washington before he told 'em he would bring that mess to Southern Illinois.

City Council may boost water rate

By Bruce Kirkham
Staff Writer

City water and sewer customers will see a 14 to 20 percent increase in their bills before August 1 if a proposed rate increase is approved by the Carbondale City Council.

High-use customers of city water and sewer services, such as SIU-C and large industries, were notified this week of the pending rate increase.

The rate increase will come about as a part of the city's fiscal year 1984-85 budget process.

City Finance Director Paul Sorgen said that water rates have not increased since November 1981 and sewer rates were last raised in August 1980. The last rate increase prior to those were in 1972, he said.

The city originally expected

rates to increase by as much as 30 percent, Sorgen said.

The rate increase will be discussed along with the city budget at a public hearing April 9, and could come before the City Council for approval on April 16, Sorgen said. The city's budget calendar sets April 30 as the last date for council action on the rate increase.

Monthly water rates are

currently \$1.10 per 1,000 gallons for consumption up to 100,000 gallons. The rate decreases to \$1 per 1,000 gallons for consumption between 100,000 and 500,000 gallons per month, and drops to 95 cents per 1,000 gallons for usage of more than 500,000 gallons per month.

Sewer rates are set at \$1.09 per 1,000 gallons regardless of usage.

O'Neill endorses Mondale for nominee

WASHINGTON (AP) — House Speaker Thomas P. O'Neill Jr., the nation's highest-ranking elected Democrat, today broke personal precedent and endorsed former Vice President Walter F. Mondale for the 1984 Democratic presidential nomination.

"I will do everything I can to

make sure that Walter Mondale is elected president of the United States," the speaker said in a statement.

Mondale will visit the Capitol later today for a private meeting with O'Neill and a reception by his congressional supporters.

News Roundup

Small staff hampers agency

WASHINGTON (AP) — Efforts to stop criminal dumping of hazardous wastes are hampered because only four agents are assigned to Illinois and nine other Great Lakes states that produce more than 40 percent of the toxic material, officials testified Wednesday.

Investigators also told the senators horror stories of illegal toxic waste disposal, such as 200 pounds of cyanide hidden in a small, Southern Illinois town in a building located between two restaurants.

"You've heard of the cyanide killings in Chicago," said Gary Long, Illinois Department of Law Enforcement special agent. "We were only talking about milligrams of cyanide there."

Radioactive table legs found

SPRINGFIELD (AP) — State police intercepted a shipment of metal table legs bound for a suburban Chicago restaurant after a random check found the cargo was dangerously radioactive, the state Department of Nuclear Safety reported Wednesday.

The contamination was spread by radioactive scrap metal from a Mexican junkyard that has tainted tons of steel imported into the United States, principally the Southwest, said officials of the federal Nuclear Regulatory Commission.

Dixon calls proposals 'ludicrous'

WASHINGTON (AP) — Sen. Alan J. Dixon said Wednesday that Capitol Hill probably will foil the Reagan Administration's plan to reduce mass transit operating funds next year, including an estimated \$10 million to \$20 million cut for the Chicago Transit Authority.

Dixon told a news conference following release of President Reagan's fiscal 1985 budget that funds for mass transit and other domestic programs targeted for cuts can be obtained by reducing a "ludicrous" administration proposal to raise defense spending by 18 percent. He said 6 percent would be in order.

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his sister starting at age 7.

He said that at around age 10 he began using alcohol, marijuana and pills. He said his alcohol and marijuana use increased when he started high school, and he began using aerosols, paints, cough syrups and "anything we could find to get a high off of."

Snowden said he dropped out of high school at 17 to join the Navy, but served only eight months of active duty before leaving the service in 1977.

He said he then went to live in Hawaii with a girlfriend named Roxanne and during that time "experienced episodes of extreme violence." He said that many times he struck and kicked Roxanne, but "didn't know why I did it."

Snowden said he knew he had to do something after he found himself placing a gun to his son's head, and threatening to kill the boy and Roxanne.

Snowden returned to Carbondale in 1980 and said he began receiving "desensitization" therapy for his "problem" from the Carbondale Mental Health Clinic.

About two years after his return to Carbondale, he married Darnella Snowden, who testified that although they are still legally married, they lived together for only six months.

Snowden's mother, Pauline Ray, described her son's home life as "pretty rough," because of frequent moves by the

family, the absence of Snowden's natural father and a series of three live-in boyfriends, all of whom she said were heavy drinkers and the first of which she said beat Snowden.

The Rev. C.W. Gillespie, pastor of the Church of God in Christ in Carbondale, testified

that when he first met Snowden two years ago, he found him on the church steps crying. He said Snowden told him he "had a drive in him that he couldn't handle."

The trial is to continue Thursday, when Circuit Judge Richard Richman is expected to hand down a verdict.

Daily Egyptian

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Brochures available in
Rehn Hall (Gen. Cl.) Rm. 114

Career Enhancement Week

Brochures available in
Rehn Hall (Gen. Cl.) Rm. 114

1pm

How to Write the Successful Resume

Dr. Marilyn DeTomaso will discuss the importance of a resume and how to write it with the most impact.

Mississippi Room
Sponsored by COBA

6pm

Monday, Feb. 6

Illinois Bell Marketing Strategies

Mr. Schump will discuss marketing strategies that are used at Illinois Bell and throughout the industry.

Ballroom C
Sponsored by PSE

7pm

Job Outlook for 1984

Mr. Brower will discuss areas of labor that will show increases and decreases in need for college grads and why.

Ballroom A
Sponsored by Alpha Kappa Psi

Thursday, Feb. 9

5:30p.m. Career Enhancement Week Banquet

Everyone Welcome
\$8.00 Ballroom B

Tickets available at the Dean's Suite Rehn Hall

Thursday, Feb. 9

1pm How to Succeed in the Interview

Dr. DeTomaso will discuss successful interviewing skills.

Illinois River Room
Sponsored by COBA

Wednesday, Feb. 8

1pm Sales Opportunities Within Xerox

Mr. Hagenhoff will discuss the operations and sales opportunities with the Xerox Corp.

Ballroom A
Sponsored by SAM

6pm Job Seeking Strategies for the Job You Want

Dr. Brown will discuss a variety of strategies to obtain the job you want.

Mississippi Room
Sponsored by COBA

7pm IBM Computer Technology and Career Opportunities

Mr. McLaughlin will discuss the rapidly changing industry of business machines.

Ballroom A
Sponsored by Alpha Kappa Psi

8pm Entrepreneurship: Starting a New Business

Mr. Eversden, an entrepreneur himself, will discuss the question of whether or not to start your own business

Ballroom C
Sponsored by AMA

Tuesday, Feb. 7

1pm Changes and Opportunities in the Insurance Industry

Mr. Truesdale will discuss some of the changes in the insurance industry.

Ballroom C
Sponsored by SAM

3pm Marketing of a New Product

Mr. Hannon, President of Bite Size, Inc., will discuss marketing techniques of new products.

Ballroom B
Sponsored by AMA

6pm Operating Anheuser-Busch

Anheuser-Busch will be showing how this multi-billion dollar company operates.

Ballroom C
Sponsored by PSE

7pm G.T.E.-Ma Bell Breakup and Career Opportunities

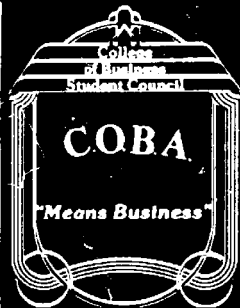
Mr. Manis will be discussing the breakup of the telephone industry and how it will affect the consumer.

Sponsored by Alpha Kappa Psi
Ballroom A

8pm Retailing Techniques

A panel Discussion concerning different retailing strategies of 4 major department stores.

Ballroom B
Sponsored by AMA



GS revision report due soon; no major changes are expected

By Anne Flasz
Staff Writer

No major changes will be made in a final report on the revision of the General Studies Program due out before the end of the month, Larry McDougle, chairman of the General Education Curriculum Council, said Wednesday.

The council, formerly known as the General Studies Advisory Council, will review a progress report on Friday, McDougle said. A final report will be sent to the office of John Guyon, vice president for academic affairs, by the end of February.

McDougle said the council will recommend that the five hours of requirements in English composition be maintained. The council's first comprehensive report came out in September 1983 and called for a three-hour requirement in English composition with a two-hour proficiency alternative, he said.

"This was an item that caused a great amount of concern when the report first came out," McDougle said. "We found that although the

concept may be acceptable, it would be impossible to handle administratively."

Citing the difficulties of giving proficiency tests to virtually all students at the junior level, he said the council "felt it was important to restore the five hours of requirements."

But McDougle said this will be the only substantial change from the previous report and that the number of courses originally recommended for elimination would probably stand. In September, the council recommended that 66 of 120 courses in the General Studies Program be eliminated.

Bruce Appleby, director of

the English Department's general studies program, said his office has asked the GECC to approve a three-hour general studies requirement in literature.

Appleby said the decision to push for the new requirement is based "on the fact that most universities have literature requirements."

"We're suggesting that it be required as a basic part of a general studies program," Appleby said. "We will continue to negotiate."

McDougle acknowledged the request and said it is "under consideration."

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proof that his fiscal program over the past three years has been the right medicine.

In all, Reagan is asking for 1985 defense outlays of \$264.4 billion, a 14.5 percent increase over current spending. Discounting for inflation, it is a 1.3 percent boost.

Defense budget authority — an indicator of the direction of future spending — is \$305

billion, an 18.1 percent increase over current authority, 13 percent after inflation.

But Democratic and Republican leaders alike in Congress have said the president will have to settle for less Pentagon spending, as he has in previous years.

Overall domestic spending is pegged at \$523.1 billion.



Staff Photo by Neville Loberg

Kenneth Gray makes a point Wednesday at a news conference.

GRAY from Page 1

Saying President Reagan's budget is out of balance, Gray proposed spending more federal money on domestic problems and less on defense. He said he is in favor of scrapping the B-1 bomber and the MX missile and using the money to put unemployed Americans back to work, although he said he would "beef up" America's cruise missiles and submarines.

He also said that closing tax loopholes and foregoing the

third year of the tax cut would help balance the budget.

Gray said he is "anxious" to debate his opponent for the nomination, State Sen. Ken Buzbee, D-Makanda, who he said was conducting a "mean and dirty" campaign. He said debates had been tentatively scheduled for March 15 at Southeastern Community College in Harrisburg and March 18 at SIU-C.

608 S. III.

TRIFLETS

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2 FOR 1 DRINK NITE
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Tonight

Moon Rocker
9pm-1am No Cover

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Pizza mug offer good at participating Pizza Hut restaurants through Feb. 25, 1984 or while supplies last. Refill offer good through March 25, 1984. This offer is not valid in combination with any other Pizza Hut offer.

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Editorial

Time to end dangers of satellite weaponry

IN HIS STATE of the Union address last week, President Reagan called for an \$8 billion permanently manned space station to be built within the next 10 years. Although the American space program has led to many important discoveries in science and medicine, recent events show that the heavens are not reserved strictly for humanitarian purposes.

On Jan. 21, the Air Force conducted its first test flight of a missile designed to destroy Soviet satellites. Supporters of the project noted that the Soviets extensively tested anti-satellite weapons before putting a self-imposed moratorium on such testing.

But critics, including Dr. Robert Brown, the former director of the Air Force's advanced space program, have suggested that the American test may cause the Soviets to resume their tests. Brown and other prominent scientists condemned the test as an impetus for escalating the arms race into outer space.

THE DANGERS of satellite weaponry were highlighted last week by retired Admiral Bobby Inman, the nation's former No. 2 spy. During an arms control seminar in Atlanta, Inman casually mentioned that U.S. satellites can mistake the flames from a ruptured Soviet gas line for those of a launched intercontinental nuclear missile.

Equally disturbing are U.S. intelligence reports that the Soviets may be building a radar-equipped anti-ballistic missile system in Siberia. It is doubtful that the Soviet's ABMs will be any less likely to malfunction than the United States' system.

Certainly the United States cannot expect to leave space weaponry completely to the Soviet Union. But the Soviets, in the past, have been amenable to negotiations. However, agreements such as the 1967 Outer-Space Treaty have been surpassed by technology, and loopholes exist which allow the type of testing that is now going on.

IN 1978 the Carter administration attempted to reach an agreement with the Soviets on banning anti-satellite weapons, but ran into problems when the Soviets claimed the space shuttle was a weapon. After the Soviet invasion of Afghanistan, the talks broke off.

In this election year, Reagan has put on a few dove feathers. He recently softened his anti-Soviet rhetoric and called for a renewed effort in arms control talks. He now should put some top-notch negotiators on the job.

It's time for President Reagan to get his head out of the clouds and provide some leadership in ending the escalating development of these "Star Wars" weapons — before space becomes, literally, "The Final Frontier."

Letters

Volunteers at Synergy respect callers' right to private counsel

I'd like to clarify a point regarding the news item titled "Dorm resident survives suicide attempt" that appeared in the Jan. 26 issue of the Daily Egyptian. The reference to the Synergy worker as an "employee" is misleading: All the workers behind Synergy phones are volunteers and have been since Synergy's inception in 1970. The work done the other night was the work of several SIU-C students who are volunteering at Synergy, working very hard to save the life of another student.

I would like to emphasize that it is not standard operating procedure at Synergy to involve any outside persons in a call made to us. Confidentiality is

extremely important in counseling situations and only in the most extreme circumstances (e.g.: a suspected suicide in progress) is anyone else involved. Persons who call Synergy to discuss suicidal thoughts or feelings are treated with the utmost respect and confidentiality, as befits any other counseling situation. The decision to involve outside persons in a crisis situation is always a difficult judgement to make. In this case a life was saved, and those Synergy workers, dorm personnel and security personnel involved deserve commendation for a job well done. — Laura Rutter, Administrative Coordinator, Synergy

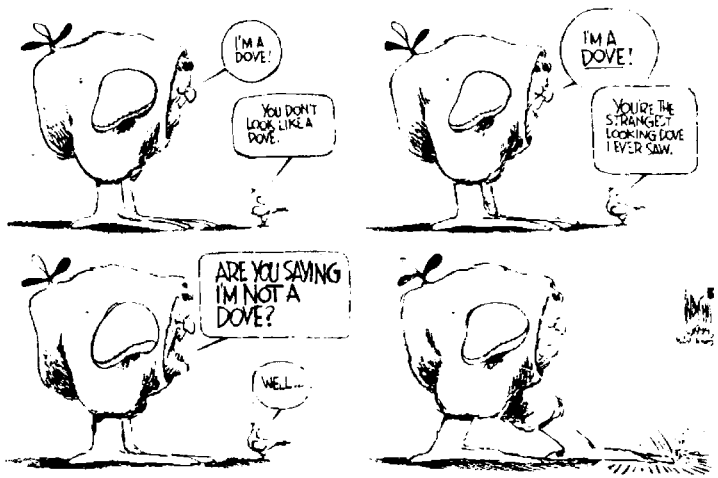
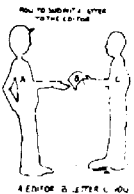
Party-busing hurting police

Oh how very small of you, Carbondale police. You won't be satisfied until you've stamped out the partying spirit of SIU-C completely.

You may argue that the participants at the party you raided at 407 W. Cherry St. were

indeed violating the city's liquor ordinance — they no doubt were. Big deal! Are you going to tell me that that party (or any other house party, for that matter) posed a threat to Carbondale — to society? Utter nonsense, gentlemen. I suppose your next step is a systematic search-and-destroy mission to rid Carbondale of all the "evil" that takes place at parties.

It is your random "make an example out of 'em" mentality that further strains the police's relations with students. Is it a wonder so many people scoff at you? No — in this case it is understandable — you deserve it! — Morgan Falkner, Junior, Journalism



Victims' rights have sinister fan

THE NATIONAL ENQUIRER, a magazine with mass appeal if not masses of taste, has begun publishing reader submitted samples of judicial travesties brought on by "bleeding heart" judges who give criminals too-light sentences.

And plenty of examples are out there, too. One of the more recent is the release of assassin Dan White. White served five years for gunning down San Francisco Mayor George Moscone and Supervisor Harvey Milk. The light sentence was due, in part, to a plea of diminished capacity based on the effects of junk food.

White's release came in close conjunction in time to the nomination of Edwin Meese to the attorney general's seat. White's release, and sentences like it, plus the popular interest in judicial actions are fuel to the fire of criminal reform. Ed Meese, a strict law and order man, likes to stoke that fire.

"VICTIMS' RIGHTS" is the general heading that most get-together measures fall under. The phrase is one — like cleanliness and motherhood — whose very sound gives it a certain amount of force. It sounds so humane. But when Meese speaks of victims' rights, he sounds sinister to those interested in civil liberties.

For Meese is the man who called the American Civil Liberties Union a "criminals' lobby" and "another reason why crime has continued to increase." He is also a proponent of a constitutional amendment to allow victims a seat and a voice at the bar during criminal trials. And he strongly supports doing away



Patrick Williams

Assistant Editorial Page Editor

while his attorney cross-examines witnesses along with the prosecutor, destroys any pretense of a fair trial.

Removing the exclusionary rule eliminates virtually any reason for police to obey Fourth Amendment requirements to obtain search warrants before conducting evidence hunts. If the outcome of an illegal and legal search are the same, what, one would like to ask Meese, will motivate officers to get warrants?

Nothing. Except, Meese and the Task Force members would say, the "good faith" of the police. Trusting in the good faith of the cops, with no or few solid rules to bind them, is a strange idea for a democracy to consider. And it no doubt warms the heart of the hob-nailed boot set. If the exclusionary rule shoots the patient, eliminating it is similar to slow suffocation.

with the exclusionary rule that bans admission of evidence that police gathered improperly.

The President's Task Force on Victims of Crime called the rule a measure that cures the disease of government intrusion by shooting the patient.

When another Reagan crony, William Clark, was appointed national security advisor, he embarrassed himself during his confirmation hearings by admitting ignorance on several foreign policy issues. When the president's pal Meese goes before the Senate Judiciary Committee, the senators should ask him if he has ever heard of the presumption of innocence or the right to privacy.

APPARENTLY HE HASN'T.

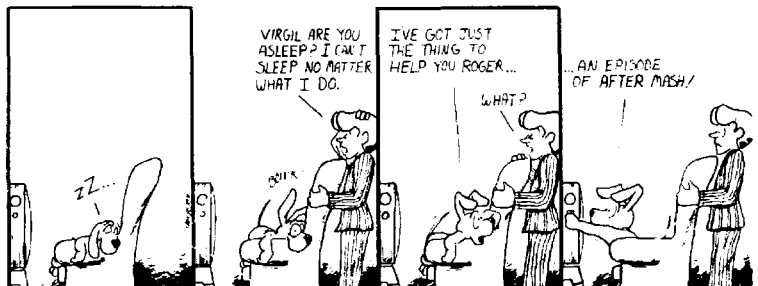
Take the constitutional amendment for example. To consider a victim's suffering during sentencing is reasonable and is likely to help combat outcomes similar to that in the White case. But having a victim glaring across the court,

THE DANGER posed by Meese lies not so much in him personally, but in the policies of the president behind him. By placing the vocal Meese in the attorney general's slot, President Reagan has found a loyal point man for his war on crime. In an election year when most Americans are battle weary from ever growing crime rates, the direction that war could take may create dangers to basic freedoms more deadly than Detroit streets at night.

The response to the National Enquirer's "bleeding heart" section shows a nation weary of crime and desiring measures to stop it. Unless the administration is willing to pay due respect to civil liberties, those measures may amount to judicial vigilantism.

VIRGIL

by Brad Lancaster



Entertainment Guide

LIVE ENTERTAINMENT

Airwaves — Thursday night, **The Hip Chemists** — formerly **The Dead End Kids** — will get ya up and dancin' Friday night, **Radio Brooklyn** will play danceable tunes and Saturday **The Uptown Rulers** will reign over the dance floor.

Bleu Flambe — Friday and Saturday nights, **Rave Form** will entertain for no cover charge.

Carbondale Elks Club — Area Code #18 will play country music Saturday night. Cover is \$2.

Fred's Dance Barn — Saturday night, **The Barr Stars** will be fiddlin' around, playing the finest in country-flavored music. Cover is \$2.75 for adults.

Gatsby's — The hard rockin' sounds of **Moonrocker** will take you out of this world Thursday night and Friday for happy hour. Friday night is **W.D.B.**'s playing top tunes and awarding trivia prizes. Saturday night features the disc jockeys from **WTAO**. Sunday and Monday, spend a quiet evening with the laid-back sounds of **C.R. & Gither**.

Hangar 9 — No cover Wednesday night for 911. Friday and Saturday nights, **Playn Men** will play some brassy jazz and rock. Cover is 50 cents.

Oasis Lounge — Friday night, caged go-go dancers dance to music from the 1960s 'til midnight when contemporary tunes take over. Saturday night, current tops in pop will be spun by a D.J. No cover.

Pinch Penny Pub — Sunday night, the jazz of **Mercy** will be featured for no cover.

P.J.'s — Friday and Saturday nights, **Austin Renegade** will play country rock for \$2.50 cover.

P.K.'s — Friday and Saturday nights, **The Barr Stars** will play country, rock. No cover.

Prime Time — Four on the Floor will play Thursday through Saturday nights. No cover.

Stan Hoye's — Easy as Pie will play mellow rock music Thursday through Saturday. No cover.

The Club — Thursday night, **Pecos Stone** will play, and Friday and Saturday night, **Code Blue** will jazz things up. No cover.

T.J.'s Watering Hole — Thursday night, **Spectra** will play rock hits. Friday and Saturday, pay a buck to hear the rock-n-roll of **The Jets**.

Tres Hombres — Sunday night, **Feedback** will play rock from the '60s. Monday night, **Gus Pappelis** and **John Moulder** will play jazzy tunes.

composed of SIU-C students and faculty members, will make its debut Friday at 8 p.m. at the Old Baptist Foundation Recital Hall. The free concert will feature three original compositions. Carbondale native **Curtis T. Stollar** will present a piano recital Monday at 8 p.m. in Shryock Auditorium. Stollar is a visiting artist at SIU-C. His appearance is sponsored by the School of Music. There is no charge for admission.

SPECIAL EVENTS

'A Moon for the Misbegotten' will be performed in McLeod Theater Thursday through Saturday at 8 p.m. and Sunday at 2 p.m. Tickets are \$4 for the performances on Thursday and Sunday and \$5 for the Friday and Saturday performances. For more information, call the box office at 453-3001.

The Stage Company has rescheduled a performance of **'Summer and Smoke'** for Sunday at 3 p.m. For more information, call the box office at 549-5466.

Della Reese stars in the hit Broadway musical **'Blues in the Night'** Tuesday at 8 p.m. in Shryock Auditorium. Tickets can be purchased for \$12.50, \$11 and \$10 at the box office on weekdays between 11:30 a.m. and 6 p.m.

SPC FILMS

Thursday night, a young Elizabeth Taylor stars in **'National Velvet'** at 9:00.

Friday night, **'Born in Flames'** will be shown at 9 p.m. Two Luis Buñuel films will also be presented. **'Un Chien Andalou'** will show at 11 and **'Los Olvidados'** will show at 11:30.

Saturday night, three more Luis Buñuel films will be presented.

'The Discreet Charm of the Bourgeoisie' will be shown at 1 p.m., **'Phantom of the Liberty'** be shown at 3 p.m. and **'Viridiana'** will be shown at 11.

Monday and Tuesday nights, **'Say Amen, Somebody'** will be shown at 7 and 9.

Wednesday night, **'Diner'** will be shown at 7 and 9:15.

Films competing in the Big Muddy Film Festival will be shown Tuesday through Friday from 11 a.m. to 5 p.m. Animated entries will be shown Saturday night at 9:30. Special screenings will be shown from 1 to 5 p.m. Sunday and the Best of the Big Muddy Film Festival will be presented Sunday at 7 p.m.

SPC VIDEOS

Tuesday and Wednesday nights, **'Cool Hand Luke'** will be shown at 6:45 and 9:00.

As part of the Big Muddy Film Festival, competition videos will be shown Tuesday through Friday from 11 a.m. to 5 p.m.

CONCERTS

Gordon MacRae will perform Thursday at 8 p.m. at the Marion Cultural and Civic Center. For more information, call 997-4030. The New Music Ensemble,



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Survey: Whites fear Washington racist

CHICAGO (AP) — Mayor Harold Washington has failed to dispel fears among many white ethnic groups in Chicago that his administration is favoring blacks at the expense of whites, a recent survey concludes.

The Chicago Reporter, a monthly newsletter devoted to reporting racial issues, says in its most recent edition that

residents of the predominantly white Northwest and Southwest side, of the city expressed that sentiment.

"Yet, most were hard-pressed to cite specific instances of neglect (by Washington's administration) and some of their dissatisfaction seems to stem from the fact that Washington is black," the Reporter said.

VALENTINE SPECIAL

(thru Feb. 14)

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Mak a sure your tattoo is displayed.

Monday: The Double J. in Mt. Vernon.

Disc: country.

Tuesday: Bill Gooden (local, never do well) says

'Fred's is the highest spot they specialize in 25p

drinks.' And Bill should know where the best

local place is because he can't go too far while

he has 2 DUFS

Wednesday: 210 Cherry St., Harrisburg. Live Top

40 Rock

Thursday: Con-Cee's, Carversville. Video Rock. Lots

of women & free champagne.

Friday: Du Mar's, DeSoto. Male strippers first part

of night. Lots of men come by for later part of

night to meet women who want to see male

strippers for the first part of the night.

SATURDAY: FRED'S. It goes without saying.
This week: Doug McDaniel & The Bar Stars
w/Wayne Higdon on fiddle.



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For further information
Contact Paul J. Raffaelli
453-3786

'Silkwood' Streep's best yet; solid cast makes film intriguing

By Sherry Chisenhall
Associate Editor

Meryl Streep is like a vintage wine — the longer she stays around, the better she gets. Streep's performance in "Silkwood" is the apex of her still-young film career. She is the lifeblood of the movie, rising to the occasion of her newest film with her best performance yet.



Streep's versatility is highlighted in "Silkwood," in which she portrays a plutonium plant worker in Oklahoma. In previous films she perfected British, German, Southern and Polish dialects, and she does equal justice to an Oklahoma drawl.

The film is based on the true story of Karen Silkwood, an employee at a Kerr-McGee factory which manufactured parts for a nuclear reactor Washington state.

Silkwood became involved in a union election at the plant and subsequently discovered and reported safety violations and falsification of safety inspection records to the union and the Atomic Energy Commission. That's when her conflict with upper management began.

The film is more than a "no nukes" advertisement — Streep brings a multiplicity of

dimensions to the character, the result of extensive interviews she had with Silkwood's friends and family. In the film, Silkwood grows from a gum-chomping, breast-baring laborer to a woman fighting to expose what she believes is wrong.

On Nov. 13, 1974, Silkwood was on her way to a meeting with a union official and a reporter from the New York Times, supposedly with additional evidence in her possession. She never made it to the meeting. She was involved in a car accident and died when her car crashed into a culvert.

Union officials claim she was forced off the road and killed. The Oklahoma State Police say it was a one-car accident. An autopsy revealed traces of alcohol in her system and undissolved Quaaludes in her stomach, and police concluded that she fell asleep at the wheel. No documents were found.

Silkwood's death has never been resolved, which adds to the mystery of the movie. Director Mike Nichols ("Carnal Knowledge," "The Graduate") carefully researched the characters and events and brings realism and detail to the film.

Kurt Russell portrays Silkwood's live-in boyfriend, Drew, and Cher adds a surprisingly well-done supporting performance as Dolly, Silkwood's lesbian roommate. Nichols uses the three to convincingly por-

tray working-class life. The film finally gives Russell a chance to portray a character with more of an assignment than appearing bare-chested in occasional bedroom scenes and flexing his muscles in tight shirts.

"Silkwood" derives most of its power from its exploration of the danger of nuclear products. The film moves slowly at times, but doesn't fail to point up the distasteful and frightening effects of nuclear contamination.

Nichols portrays the threat of contamination eerily, with one of Silkwood's co-workers first being rushed off for degrading showering and scrubbing after being exposed to radiation.

Silkwood is next to be "cooked," as Kerr-McGee employees refer to the experience, which opens her eyes to the lack of safety precautions the company takes.

The film is a classic case of a lower-echelon worker taking on something infinitely bigger. In Silkwood's case, the challenge possibly cost her life. One week before her questionable accident, Silkwood was again exposed to a massive radiation leak. The plant closed one year after Silkwood's death.

But Streep is the drawing card for "Silkwood." She comes up with a strong performance in a film about a frightening subject, which makes for a powerful movie. And that's what "Silkwood" is.

Prices for roses may not smell so sweet
Of the Associated Press

Cupid's victim will have to shell out up to \$100 for a dozen roses for his sweetheart: this Valentine's Day, thanks in part to the winter's record cold. But in some places he can still get a nice bouquet for less than half that.

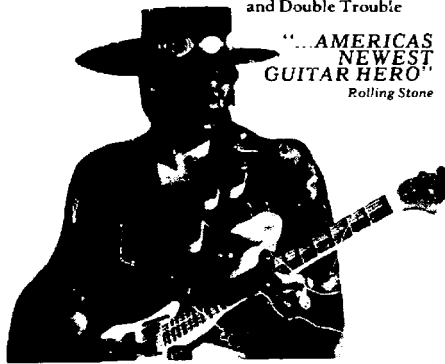
The price of roses often takes a jump at florist shops just before the holiday for lovers, but the increase will be even greater in some cities this year

because of higher costs of heating greenhouses

However, florists in the Southeast and elsewhere who get their roses from Colombia, which was not affected by the cold, foresee little increase in prices.

A random survey of a few of the 30,000 florist shops around the country showed the price of a dozen long-stemmed roses ranged from \$36 in Macon, Ga., to \$100 in some Manhattan shops.

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'Lonely Guy' predictable, but fun

By Lisa Nichols
Staff Writer

If you laughed at Steve Martin in "The Jerk," you're bound to find him equally as funny in "The Lonely Guy."

In "The Jerk," we watched Martin meet the girl of his dreams, become an instant success with a weird invention, lose the girl of his dreams, get her back and become excited about getting his name in the phone book.

In "The Lonely Guy," we see Martin meet the girl of his dreams, become an instant success with a book, lose the girl of his dreams, get her back and become excited after he finally gets his phone — even though it required "a \$500

deposit and a sperm sample."

In "The Lonely Guy," Martin plays Larry Hubbard, a successful writer of greeting card



sentiments who is happy in his relationship with Danielle, played by Robyn Douglass. But Larry soon becomes a lonely guy when he finds Danielle in bed with another man. Danielle not only kicks Larry out, saying she no longer loves him, but she makes him take out the garbage on his way.


Larry is forced to join the ranks of the thousands of other lonely guys in the city. He is initiated into his new role by

Warren, another lonely guy whose best friends are his plants and life-size cardboard cutouts of celebrities.

But Larry's life changes when he finds himself without his job at the greeting card firm. He is forced to write a book to make some money, so he writes about the thing he knows the most about: how to be a lonely guy.

The book becomes an instant success, and Larry along with it. His face graces magazine covers and he appears on talk shows and hosts lavish parties. But things just aren't the same without one special woman to share it all with.

This movie is so much like "The Jerk" that it is predictable. But that doesn't ruin the nonsensical fun.

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Events Ticket Office (9-4:30) or
Student Center Ticket Office
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SIU Arena
453-5341

Campus Briefs

MEETINGS: Sailing Club, 9 p.m. Thursday in Lawson 201; Forestry Club, 7:30 p.m., Mississippi Room; Students for Amnesty International, 7:45 p.m., Troy Room.

CYCLING Club will meet at 7 p.m. Thursday in Activity Room A in the Student Center to discuss a new constitution and promotion of the annual bicycle race.

PETER DUDLEY, grants administrator of the National Institutes of Health, will speak at 9 a.m. in Lindgren Hall 205 on the grants process at NIH.

THE AMERICAN Marketing Laboratory will sponsor a presentation on marketing techniques of Miller Brewing Co. at 7 p.m. Thursday in Morris Library Auditorium.

THE PHYSICAL Education Research Laboratory is conducting an exercise study on fat metabolism. Interested 20 to 30-year-old, overweight men will participate in three testing sessions. For further information contact Lenny Kaminsky at 453-2296 ext. 53.

I'VE ENGLISH Department will sponsor a program of drama, poetry and fiction readings 8 p.m. Thursday in Quigley Lounge.

WOMEN IN International Development will meet at noon Thursday in the Thebes Room.

SU-C PHILOSOPHY professor James Diefenbeck will speak on "Causing and Other Ways of Bringing Things About," at 4 p.m. Thursday in Faner 1326.

WOMEN'S Rugby Club will hold a pre-season meeting 6 p.m. Thursday in the Iroquois Room. Interested persons call Maria Erickson at 453-3543.

SPECIALIZED Student Services is holding a coffee break for persons wanting to practice sign language skills and meet others, 9-10 a.m. each Thursday in Woody Hall Cafeteria.

A STEP-PARENTS Support Group is being formed by Women's Services and the Counseling Center. Male or female step-parents who would like to share and explore personal issues involved in developing a successful parental relationship should call 453-3655.

STUDENT Recreation Center is sponsoring a Time Out, 4-6 p.m. Thursday in the SRC lounge.

RECREATION for Special Populations is sponsoring motorball. All athletic persons in electric wheelchairs should contact the Student Recreation Center, 6-8 p.m. on Fridays. For further information call Rick Green at 536-5531.

BLACK HISTORY Month will hold a lecture and discussion on "Slave Folklore and the Origins of Black America" at 7 p.m.

Thursday in Ballroom B of the Student Center.

THE FELLOWSHIP of Christian Athletes will meet at 7 p.m. Thursday in the Ohio Room of the Student Center to discuss reorganization to develop a more active group. Ken Neuhaus, spokesman for the group, said men and women, athletes or not, are invited to attend.

PRE MEDICINE and Dental Club will meet at 7 p.m. in the Illinois Room at the Student Center. Evelyn Jackson will speak on study strategies for MCAT-DAT exams.

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Sat(2:15 5:15@1.75), 7:30, 9:45
Sun(1:30, 3:45@1.75), 6:00, 8:15



Seven men with one thing in common...

UNCOMMON VALOR

Thurs(6:00@1.75), 8:30
Fri 9:45 Sat 5:15, 9:45
Sun 1:30, 8:15

Come to terms.

DEBRA WINGER
SHIRLEY MacLAINE

Terms of Endearment

HELD OVER!

Thurs(5:30@1.75), 8:15
Fri(4:30@1.75), 7:15, 9:55
Sat(1:30, 4:30@1.75), 7:15, 9:55
Sun(12:15, 3:00@1.75), 5:45, 8:30

Sacred Ground

A different kind of love story... His child was born between two cultures.

Thurs(6:00@1.75), 8:15
Fri 5:15, 7:30
Sat 2:00, 7:30
Sun 3:45, 6:00

HOTDOG

Thurs(5:00@1.75), 7:15, 9:30
Sat(2:00, 5:00@1.75), 7:15, 9:30
Sun(1:15, 3:30@1.75), 5:45, 8:00

MIDNITE MOVIE EXPRESS

THIS WEEKEND'S STOPS

Quadrophenia

Call 457-6758 for show time

Animal House

call 457-6758 for show time

THE ROCKY HORNER

call 457-6758 for show time

BIG MUDDY FILM FESTIVAL

TONIGHT

Competition films 11am-5pm

Judy Peiser's presentation 7pm

Judy Peiser is the director of the Center for Southern Folklore. The Center's goal is to document the rapidly disappearing folk traditions in the South. The film's subjects are blues singers, Mississippi crafts people and southern lifestyles. Ms. Peiser will present 3 films produced by the center.

NATIONAL VELVET 9pm

ELIZABETH TAYLOR

Video competition screenings 7pm, 4th floor video lounge.

FRIDAY

Competition films 11am-5pm

PATRICIA EREN'S presentation 7pm

BORN IN FLAMES 11pm

UN CHIEN ANDALOU 13pm

LOS OLVIDADOS 11:30pm

SATURDAY

THE DISCREET CHARM OF THE BOURGEOISIE 1pm

PHANTOM OF THE LIBERTY 3pm

PAMELA YATE'S presentation 7pm

WHEN THE MOUNTAIN TREMBLES

NICARAGUA: REPORT FROM THE FRONT

ANIMATION 9:30pm

VIRIANA 11 or 11:30pm

SUNDAY

Special Screenings from entries and jurors' work 1pm-5pm

BEST OF THE BIG MUDDY FILM FESTIVAL 7pm

VARSETY 023

DOWNTOWN CARBONDALE • 457-6100

Summer Of '72

Starring Penthouse's Loni Sanders

Rated (X)

ALL SHOWS BY FOX TV

NO ONE UNDER 17 ADMITTED.

LAST DAY!

DAILY 1:00 3:00 5:00 7:00 9:00

On November 13, 1974, Karen Silkwood, an employee of a nuclear facility, left to meet with a reporter from the New York Times. She never got there.

SILKWOOD

MERYL STREEP
KURT RUSSELL
CHER

20th CENTURY-FOX

ALL SHOWS BEFORE 9PM

DAILY 1:00 3:45 6:30 9:15

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Two of a Kind

LAST DAY
MON. THURS. 7:30

SALUKI 02

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"YENTL" (PG)

LAST DAY!

REAR WINDOW (PG)

WEEKDAYS 3:00 7:10 9:20

VARSETY 023

DOWNTOWN CARBONDALE • 457-6100

SILKWOOD

DAILY 1:00 3:45 6:30 9:15

THE LONELY GUY (R)

DAILY 12:45 2:45 4:45 6:45 8:45

SUMMER OF '72 (X)

LAST DAY! 1:00 3:00 5:00 7:00 9:00

SALUKI 02

E. GRAND/CARBONDALE • 549-5622

JAMES STEWART
IN ALFRED HITCHCOCK'S
REAR WINDOW

WEEKDAYS 3:00 7:10 9:20

Students to celebrate the 'Year of the Rat'

By Charles Victor
Staff Writer

On Thursday many SIU-C international students, especially those of Chinese origin, will be dropping the customary "Hi, how ya doin'?" for a more exotic "Hong Hee Fatt Choi," loosely translated as "Happy Chinese New Year." Chinese people all over the world will celebrate the Chinese New Year.

At SIU-C Chinese students and faculty have made different plans to celebrate Chinese New Year from "doing nothing much" to an elaborate dinner organized by the Chinese Student Association. The dinner will be held at 7 p.m. Saturday in the Lutheran Center, Carbondale.

CSA Vice President Stephen Young, a doctoral student in Business from Hong Kong, said, "In many ways this dinner will replace the traditional New Year Eve family gatherings at home. It is also an opportunity to give the Chinese here a sense of cultural togetherness and identity."

The dinner is open to everyone and at \$5 a ticket presents an opportunity for non-Chinese to taste a variety of Chinese dishes.

"We would like to have as many Americans and non-Chinese internationals as possible," Young said. "It would cost more than \$7 to try two dishes at any Chinese restaurant, but we will be having about 10 different dishes." He said fried wontons, broccoli and chicken hors d'oeuvres, hot and sour soup, crispy chicken and ma po tofu, a spicy Szechuan bean curd dish will be part of the menu. Other

items on the menu include lion head, a meatball and bean curd delicacy made from a secret China House recipe and three types of chow mein or fried noodles.

This is the Year of the Rat and, according to Chinese beliefs, Young said people born under this sign are supposed to be charming, attractive, hardworking, thrifty, ambitious, successful and honest. He said they also have the negative qualities of being short-tempered, shallow-minded and prone to gossip.

"For a rat person it would be disastrous to marry anyone born in the Year of the Horse but would make great matches with those born in the years of the dragon, monkey and ox," he said.

But many, especially younger generation Chinese take these horoscopes with a grain of salt. Jeffery Goh, a Malaysian Chinese born in the Year of the Rat, does not think he has all those qualities "rat kids" are supposed to have.

"These descriptions are all so general they could fit anyone," he said.

The highlight of a traditional Chinese New Year celebration is the family dinner on the eve of the new year. It is common for people to travel thousands of miles to be with the family on that night.

For David Kuan, a Malaysian Chinese freshman, missing this special meal for the first time in his life is the saddest part of Chinese New Year in America.

"I will be attending classes when the folks at home will be gathering for the dinner," he said.

However, others had different reactions. Chen Huan Ping, who

will not take his place at the family table for the second time, said he misses "my girlfriend, the two-day holiday and the fun I have with my friends most of all". His compatriot from Malaysia, Choong Kwei Mooi, who has missed five New Years, longs for the traditional foods like love letters — a thin, brittle wafer baked over an open fire — and bean cookies. Even Young, whose studies have kept him in the United States for eight years, playfully admits to missing the "ang pows," red envelopes containing money gifts.

Ang pows present a special problem for newlywed Mary Liew.

"In our tradition the married elders give younger family and friends ang pows. I am being teased to no end by my unmarried student friends."

She said "My American husband says if they pester us long enough we will give them ang pows of a penny each."

According to Agnes Lee and her brother Hiu Man of Hong Kong, Chinese New Year was originally a bad time for the Chinese.

"Actually it was a time when monsters were supposed to roam the streets," she said.

Hiu Man said, "Noise and the lingering smell of gunpowder were found to keep these monsters away and" so exploding fireworks became an important part of the celebration. Even the custom of visiting relatives came as a result of people checking on their kin to see if they had survived monster attacks."

Agnes Lee described other

more curious customs.

"During Chinese New Year we are not allowed to sweep the house for fear of sweeping away bad luck. We are not allowed to curse, buy shoes or touch books. The Chinese word for book is similar to the word for losing money," she explained "but here not hitting the books this Thursday may mean flunking an exam."

For people interested in the Chinese dinner, tickets are available at the China House or by calling 549-4183 or 549-1957.

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Grenada welcomes cruise passengers

ST. GEORGE'S, Grenada (AP) — An honor guard of Royal Grenadian police, the rhythmic beat of a steel band and words of welcome greeted passengers on the first cruise ship to steam into St. George's harbor since the U.S.-led invasion last October.

Governor General Sir Paul Scoon, flanked by top officials of the interim government, was on

the pier Tuesday to welcome passengers of the Cunard Countess and thank them "for the confidence and trust you have in Grenada and the Grenadian people."

This tiny spice island at the southern tip of the Windward chain, once a favorite stop for cruise ships, was plunged into chaos Oct. 19 when a military junta seized power.

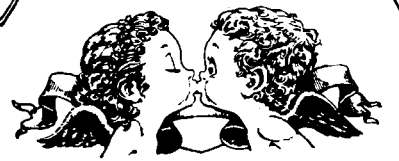
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Gets You All Draft Beer
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Old Rt. 13 East (Behind the Wall) 529-4155

Program will help identify missing

De Soto children fingerprinted

By Jeff Wilkinson
Staff Writer

Little children file in, led by their teachers or carried by their parents. One by one, they step to a long table between two police officers in street clothes. The children's tiny fingers are carefully pressed on an ink pad. Even more carefully, their prints are transferred to a fingerprint form.

At first the procedure seems strange. Fingerprinting is for criminals, right? Wrong.

The National Child Safety Council warns that 150,000 children are reported missing every year in the United States. Thousands are found, but, unfortunately, police are unable to identify them.

The NCSC and the Fraternal Order of Police are trying to solve that problem by promoting a fingerprinting service. Wednesday they were fingerprinting children at De Soto School.

"Kids disappear everyday," said De Soto Police Chief Brent Nausley, member of F.O.P. Lodge 117, "and are used for things like child prostitution and pornography. It's sick what these kids are put through. Many times they're killed and the parents never know what happened to them. I would want to know if my child was dead."

It is not a pleasant subject. It is one that no one wants to think about. But it is a problem thousands of parents and children are confronted with every year. Fingerprinting is the only method, police said, that the problem can be solved.

The procedure is simple, and completely voluntary. "We don't keep the files," Nausley said. "We do the fingerprinting on a form provided by the NCSC and give it to the parents to keep with their important papers."

We hope the parents will never have to take it out of that box," he said. "But if the worst happens, it's there."

Nausley said that fingerprinting is not a prevention or a deterrent to child abduction, but an investigative tool.

"The only prevention is to keep an eye on your child," he said. "A well-supervised child is a safe child. The fingerprint form is just a place to start."

The form is a simple one: biographical data at the top with spaces for fingerprints underneath, room for physical descriptions, dental records and a current picture on the back.

Lisa Sullivan, a De Soto mother who brought her 4-month-old daughter, Conchetta, to be fingerprinted, said she



Staff Photo By Scott Shaw

David Graff, of the Jackson County Sheriff's Department, fingerprints Conchetta Sullivan, age 4.

feels the program is a good one.

"I'm just doing it as a safety precaution," she said, "in case something ever happened to Conchetta. I think it's a good idea to do it in the schools. At least the police would have some information to go on if something should happen."

Nausley said the response at De Soto school was better than expected. Of the 260 students enrolled, about 80 percent of the children brought notes from their parents giving permission to participate.

"It was fun," said 10-year-old Doug Jones. "You get to see how big your fingers are."

Bobby Miller, 11, a fifth-grader said he had fun, too. "You get out of class to do it," he said.

"It's great. No work in the morning, then recess," said Jack Doan, 11.

Although getting out of class was the most important thing to most of the children participating, all of those interviewed said they knew what the program was about.

"So they know who we are if

we're kidnapped," Jack said. "So they know who we are when we're dead," said one of his classmates.

Any person interested in having their child fingerprinted or any organization interested in supporting the program should contact the Fraternal Order of Police or their local police department.

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Searching for Health

Published by the SIUC Student Health Program

Spring Semester, 1984, Vol II, No. 1

Interview with Rollie Perkins: Saluki Sports Doctor

Dr. Rollie Perkins, his wife, Michelle, and their three children drove into Carbondale on a steamy summer day in August, 1982. They had recently returned to the U.S. after a four-and-a-half year stay in the Marshall Islands. They were here in town for Dr. Perkins' interview with the SIUC Health Service, one of several arranged all over the country.

Sixteen months later, Rollie was heading back from Charleston on the plane with the winning Saluki football team — as the team's sports medicine physician! Excited as he was about the team's impressive 43-7 win, he was also looking forward to spending weekends at home for a change, something he hadn't done since the season began.

The following interview with Dr. Perkins was conducted by Janice Kulp of the Wellness Center on December 7th, 1983. In the interview, Dr. Perkins discusses his reasons for coming to Carbondale and his involvement with SIUC's athletic teams, specifically the football Salukis.

J. Kulp: I'm curious about your medical background and what you were doing before you came to SIUC.

Dr. Perkins: I spent four years at the University of Iowa, then four years of medical school at the University of Iowa. And I served an internship in Phoenix, Arizona, at St. Joseph's Hospital. Then spent two years with the Navy — they had me 1971 through 1973. They stationed me at a little base out in the middle of the Mohave Desert called 29 Palms, California, and I was with the Marines for two years.

I went back to Phoenix and started a residency in pediatrics and ran out of money. That's when I came back to my hometown, Davenport, Iowa, and worked the emergency room there for about a year. Then I went into private family practice. In 1978,

my wife and I decided that it was either, never see my family again, or, do something else. That was when I found the job out in the Marshall Islands — on the island Kwajalein.

J. Kulp: What were you doing there on the Marshall Islands?

Dr. Perkins: Well, it was family practice, basically. It was a small island — three miles long and a half mile wide. It contained a great big radar and computer complex for a missile defense system. They'd fire missiles into our lagoon from California and we'd look at them on radar and use the computers and figure out which ones were real warheads and which ones were dummy warheads. That was the game they were playing and I was just playing doctor. They needed doctors to support the civilians who were out there doing this work. So I worked for a company that provided medical coverage for all the dependents and civilians who were working out there.

Shortly after I went there, I knew I did not want to go back into private family practice. I enjoyed having most of my nights free. I enjoyed spending the time with my family. So I started thinking — where can I take care of people and be able to try to educate people, to some extent, on their health and still have most of my time free. That's when I started getting ideas about health services.

J. Kulp: How did you choose SIUC?

Dr. Perkins: I interviewed at North Carolina, Alabama, and Tucson and Flagstaff, Arizona. Over time, I interviewed also at the University of Montana, and there were some others, I just don't recall. See, I spent three summers — every time we'd come home in the summer, we'd go somewhere and while I was there, I'd interview at the different schools and we'd look

Continued

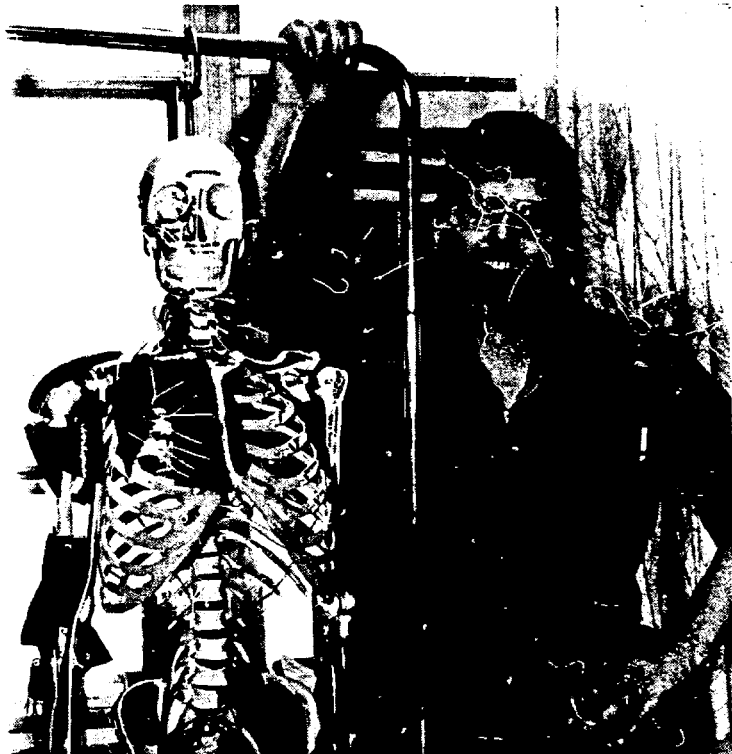


Photo by Alan D. Duvall

Dr. Perkins, with his favorite way of explaining injuries to his students.

Fighting The Winter Blahs

What happens to you during the winter months? Do those cold winds and gray skies drive you inside? Do the holidays leave you with extra pounds and homesick feelings? Make a change this year and shake those winter blahs.

You can't change the weather, but you can make the winter season count for you by getting involved in outdoor activities. Snow provides a beautiful turf for cross country skiing, and walking, hiking, or jogging on cold, crisp days also lets you enjoy the beauty of Southern Illinois. Remember to dress warmly since each person reacts differently to the cold. Here are a few tips which can help you to plan your winter excursions:

Dressing for Winter

1. Wool is recommended for winter exercise, with a nylon windbreaker which can be zipped up or down as needed or taken off if necessary.

2. Wear a good insulated cap and ear muffs since most of your body heat leaves through your head.

3. Keep your hands warm with mittens instead of gloves.

4. The chest and legs are primary sources of generated heat. These areas should be covered in layers so that at any time of overheating, one of these layers may be removed.

5. Dress in layers; natural fibers are better than synthetic fabrics, with one exception. A new synthetic fiber called polypropylene is an excellent choice for the layer closest to your skin. This new fiber acts as a wick to draw perspiration away from your body, which keeps you from getting chilled.

Not only does getting outside help keep you in shape, it can help you improve your mood. During exercise sessions, many runners experience decreased anxiety and depression. The

term "Runner's High" is an accurate one since it is a physiological change that is caused by an increased production of a substance called "endorphin." Endorphins are natural pain killers that scientists have recently discovered. Continuous exercise that increases your heart rate can actually release these endorphins and produce that feeling of well-being.

Joyce Combes

Lifestyling Run April 7

This 6th annual run promises to be one of the area's biggest and best. The 10,000 meter and 2-mile fun run will be held on Saturday, April 7th, at 9 a.m. in front of the SIUC Health Service, in a TAC-RRCA certified course.

Pre-registration and entry fee required. For more information, call Ken Carr at the SIUC Health Service 453-3311.

Inside This Issue

- ★ How to eat cheaply in Carbondale
- ★ The sponge: The latest in birth control
- ★ 24 hour health advice
- ★ Relieving your cold symptoms

Today's Newest Birth Control Method

The pill for men may still be in the experimental stages, but a new method of birth control has been recently approved by the Food and Drug Administration (FDA) and is now available across the country. The method is the vaginal sponge, brand name "Today". This innovative, disposable device is made of soft polyurethane foam and contains a well-known chemical that kills sperm — nonoxonyl-9, a familiar ingredient found in many foams and suppositories. What's new about the sponge is the length of time it is effective — 24 hours. (Originally tested as a 48-hour device, the FDA cut the time in half due to insufficient data to support the 48-hour claim.)

After adding water to activate the spermicide, the sponge is inserted into the woman's vagina, covering the cervix, similar to a diaphragm. The device works by blocking the cervix and by absorbing and killing sperm. Like a diaphragm, it must remain in place for at least 6 hours after the last act of intercourse. Unlike the diaphragm, it can only be used once. The cost is not cheap, about \$1.10 each, sold in boxes of 3. The SIU Pharmacy, located in Greek Row across from the Health Service, is now selling them at \$3.30 a box.

The effectiveness of the sponge is 85-92 percent, slightly lower than for other barrier methods (diaphragm or con-

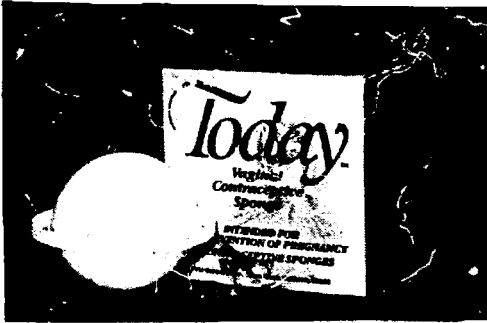


Photo by Alan D. Duval

doms). Using an additional method such as a condom is recommended, especially the first few times the sponge is tried. It is also a good idea to check the position of the sponge after intercourse, since there have been reports of it falling out. If the sponge does fall out, a new sponge should be inserted immediately. Each package comes with excellent, but lengthy instructions for use. It is a wise idea to read them completely before attempting to use this method, especially if the woman isn't familiar with her anatomy.

The sponge's primary selling point is an increase in spontaneity or "avoiding interruption during lovemaking", since the sponge can be inserted well in advance of sexual activity. Its other advantage is

the reduction of "messiness" associated with foams and suppositories.

How safe is it? Safety issues regarding the sponge have been questioned by some women's groups. The National Women's Health Network (NWHN) has expressed concern about the high dosage of spermicide which is in contact with the vagina for a 24-hour period of time. Another concern of the NWHN is the possibility of toxic shock syndrome (TSS) since polyurethane foam was an ingredient used in Rely Tampons, which were associated with TSS. Although the NWHN has voiced these concerns about the sponge, Susar Seidler of the NWHN has stated that the sponge is an acceptable barrier method of birth control for women. Suzanne DePester

Eating Well on a Student Budget

Are you ordering pizza so often that the driver knows you by name? Cooking spaghetti for the third night in a row? Feeling a little bit guilty but telling yourself you can't afford to eat well on your meager student budget?

The truth is — you CAN eat well on a budget here in Carbondale. The following is a selected tour of Carbondale's good food bargains where you can get high quality, healthy foods at low prices! It's true, some of these places require a car and take a few extra minutes driving time, but the money you'll save will more than make up for the extra effort.

Megi's Market: Every Saturday morning starting at 7:30 a.m., rain or shine, this outdoor market opens in the parking lot of Chen's Restaurant on South Route 51, about 1/2 mile south of Arnold's Market. Megi's carries a good selection of fruits, vegetables, grains, beans, nuts, cheeses, tofu, pita bread, juices, and many other good foods at prices much cheaper than any supermarket in town. Aside from the cheap prices, the invigorating open air atmosphere gets you going on Saturday mornings. On Tuesday afternoons, a scaled-down version of the open market is run at the same spot. Try to get there early because it gets crowded.

Wal-Mart: On the packaged health food front, believe it or not, the new Wal-Mart has an entire aisle devoted to foods ranging from jams and jellies to whole wheat spaghetti, snack foods and juices. The prices are actually competitive with their junk food counterparts.

Borens IGA: The local IGA supermarkets (Lewis Park and West Main Street) are finally catching up with the 80's and adding natural food sections to their stores. Both stores have new natural foods sections, which include reasonably-priced bulk grains and beans that you scoop up and package yourself.

Mr. Natural's: Mr. Natural's on Jackson Street, open since the late 1960's, is the only bonafide natural food store in the area. They've got a good

selection of grains, beans, herbs, spices and other natural products. Their prices are no particularly cheap but you can get some good deals on yogurt and spices.

The Vitamin Stores: Then there are the vitamin stores. Nutrition Headquarters on Jackson Street and General Nutrition Center at the University Mall. Good buys are on their peanut butter (no added salt), yogurt and their weekly specials advertised in the Southern Illinoisan. Watch out for their vitamin supplements, though. Aside from the question of whether they are necessary, they can be overpriced, too. You may be better off buying vitamins at K-Mart or Wal-Mart instead.

Ozark Ovens: Southern Illinois' only whole grain bakery makes wonderful whole wheat rye, raisin and other breads and personally drives them into town. They may cost a little more than the commercial breads, but the weight, quality of ingredients and the good energy that owners Nancy and Jim put into their products make them worth it. You can buy Ozark Ovens' products at Arnold's Market, Nutrition Headquarters, Mr. Natural's, and Farmer's Market.

Farmer's Market: Spring may still be far away, but the folks from the Farmer's Market are already planning their fruit and vegetable gardens. Starting in mid-May and continuing until Thanksgiving, this open air market offers fresh produce, all locally grown. You'll hear local musicians playing, sample bakery goodies, and get some great deals on whatever is in season. Look for their ads in the spring.

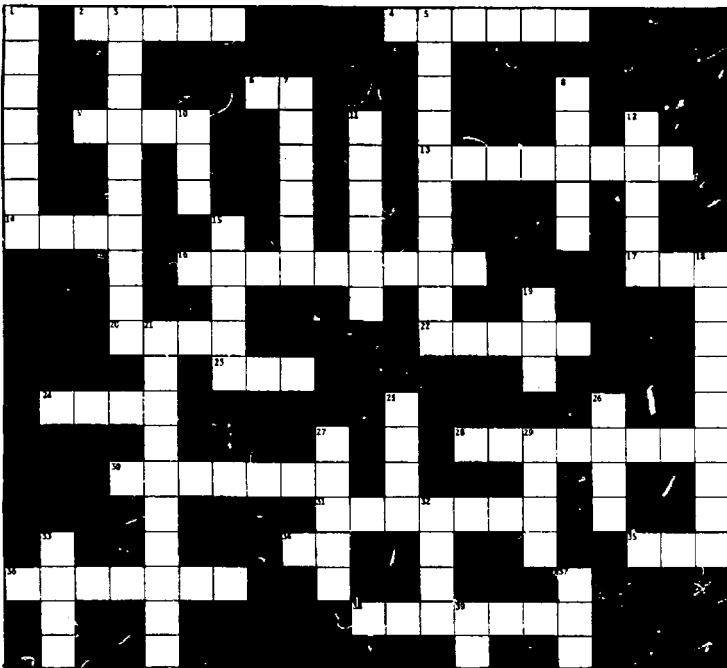
This list is certainly not all-inclusive, but it gives you some idea of what Carbondale has to offer. Good eating can be inexpensive, and besides, it's fun to break out of the grocery store rut.

Marc Cohen



Test Your Alcohol IQ

Maureen Kartheiser



ACROSS

2. One who drinks and drives
4. Group most affected by problem drinking
6. Part of the psyche unleashed by intoxication
9. ASA, LSD, alcohol, for example
13. Sick aftereffects of drunkenness
14. If you want to live longer, drink
16. Scarred liver from prolonged heavy drinking
17. Draft beer; beer on
20. The only thing that can sober you up
22. Not drunk
23. Settled, tedious routine

DOWN

1. Any potable liquor containing ethyl alcohol
24. An ounce of liquor
28. Any non-alcoholic substance in a drink, including chemical's
30. How our attitudes towards drinking are learned
31. Involuntary trembling of the body or limbs; symptoms of alcohol withdrawal
34. An option; to say
35. The law, slang expression for police officer
38. Alcoholism
39. Intoxicating ingredient

Alcohol classification

5. Those who have lost control over the use of alcohol
7. Slang expression for depressant
8. A term denoting twice the actual alcohol content
10. Beer belly
11. Distilled beverage
12. Single-celled fungi that produce ethyl alcohol
15. Organ in the body which aids in metabolizing alcohol
18. Persons affecting drinking behavior (2 words)
19. Container for large amount of beer
21. That which makes a person drunk

Hot Off The Press!

NEW "SEARCHING FOR HEALTH" BROCHURES

Contains information on: your medical-dental insurance (and some recent policy changes), Wellness Center, Student Health Assessment Center, some self-care tips, and other good-to-know information concerning your student health program.

If you would like a brochure sent to you, please call the Student Health Program-Central Administration office at 453-3311, ext. 245, or stop by the Student Health Program at 112 Greek Row (across from the Health Service Clinic). We will be happy to answer any questions you may have.

Searching for Health is published by the Student Health Program, Southern Illinois University, Carbondale, Illinois Spring Semester, 1984, Vol. II, No. 1

Editor: Janice Kulp
Asst. Editor: Ken Carr
Director: Sam McVay

Special thanks to Mark Misunas and the Student Health Program staff who contributed to this issue.

Answers on next page

The Nurse is Always "In"

Did you ever wait 'til 8 o'clock at night with your flu or cold and then wish you had gone to the Health Service? Well, the Health Service realizes that students have questions about their health at night and on the weekends, too. So they started a new service last fall called the "After Hours Nurse Advisory Program." The service is designed to help students who think they may need medical care when the Health Service is closed.

Before this service started, you had only two choices when the Health Service was closed: 1) Tough it out until the Health Service opened; or 2) Pay a visit to the Memorial Hospital Emergency Room, which could cost you money. Currently, your medical fees will pay for the first \$35.00 of your bill if you visit the hospital for a non-emergency. However, it pays 30

percent of your bill if it is a true emergency (the Emergency Room doctor decides what is an emergency). A non-emergency visit, therefore, could cost you lots of money — \$50.00 or more.

With the new service, you no longer have to decide alone what to do or how to take care of yourself. Just call 536-5585 from 5 p.m. to 8 a.m. weekdays and from 5 p.m. Friday to 8 a.m. Mondays and talk to a Health Service nurse. She will give you advice about your problem, get you the next available Health Service appointment if necessary, or help you decide whether to visit the hospital.

This new service has been well-received by students who have used it, especially those in university housing. So the next time it's midnight and you're sick or injured and need some advice, just call 536-5585 and the nurse will be "in."

A cold is caused by a virus and typically goes away by itself in 10 to 14 days, with or without treatment. Cold symptoms such as sore throat and congestion are your body's way of trying to eliminate the virus and heal itself. You have the power to help this healing process by using the self-care measures listed.

There are no antibiotics that will cure your cold or lessen its severity. Antibiotics may be appropriate, though, when you have a secondary bacterial infection.

To find out if your symptoms are more serious than a common cold, visit The Student Health Assessment Center (SHAC), located in The Student Center main floor, south end.



Hot Tips for Cold Sufferers

Drink plenty of liquids, especially water or juices.

Get plenty of rest and abstain from vigorous exercise until you are feeling better.

Humidify your room with a vaporizer.

Take hot, steamy showers when feeling congested.

Do not take someone else's medication, or penicillin tablets you may have saved. You may be causing a more serious problem than you already have.

Don't bundle up to sweat out a fever. It only increases your temperature. If you feel cold, cover up; if you feel warm, dress lightly.

Avoid products containing antihistamines for your cold symptoms. They may cause excessive drying and make secretions too thick for the body to eliminate. Antihistamines

are more helpful for hayfever-like symptoms.

Avoid nasal sprays unless prescribed. Prolonged use (3-4 days) may cause rebound nasal membrane swelling, making your symptoms worse.

Don't smoke. Smokers have 3 times as many complications from colds as non-smokers.

Don't gargle with aspirin. It has

no topical effect on a sore throat.

If you are prescribed an antibiotic, be sure you take it until it's all gone, not just until you feel better.

Don't spread your cold. Wash your hands often. Colds are transmitted by carrying viral droplets from a recently contaminated surface to mucus membranes with your hands.

Self-Care For Your COLD

Getting Rid of your "Winter Weight"

Barbara vowed THIS holiday break she would keep exercising and say no to most of the goodies tempting her around the house. She wasn't very successful.

Kevin was hoping to avoid some of the usual partying with his hometown friends. It didn't work, however, and now he's got a "Milwaukee Tumor" from all that beer he drank.

Recognize yourself in any of these situations? Did you go home for the holidays with lots of good intentions, but came back to school disappointed in yourself? December and January are months notorious for MORE — MORE parties, alcohol, TV football, and inactivity, which all contribute to unwanted weight gain.

When most people decide to lose weight, they immediately think of "dieting". They skip meals, fast for days, starve themselves one way or another, and in a week or two they start a familiar wail of frustration — "I'm hardly eating anything... why aren't the pounds coming off?" Here's why:

Drastically cutting back on food intake clicks on a physiological process which slows the body's metabolism and stores the reduced amount of food as FAT. Your body refuses to let go of any fat it already has and even stores up more fat because it thinks it is being starved and wants to carefully conserve for future energy use. The result is discouraging: You eat less but don't lose (or even gain) and the resulting discouragement leads you right back to the old, unhealthy eating habits.

So if stringent dieting doesn't do it, you ask, what will? The solution to losing weight isn't eating less; it's exercising more! Of course, reducing those unnecessary calories is essential, too, but current research shows that exercise is far more important than "dieting"! You simply need to burn more calories than you

take in. It's not an easy or quick solution — you won't lose 15 pounds in two weeks (about 1 to 2 pounds a week is the best) — but it works. Regular aerobic exercise is recommended for overall cardiovascular fitness and maximum burning of fats. Jogging, fast walking, cycling, swimming, aerobic dancing, or rope jumping done 3 to 5 days per week, 20 to 30 continuous minutes per session is suggested.

You may want short cuts to look thinner, feel better, become more fit, but there are no magic cures and instant results. The solution to the "I want to lose weight" problem is to be aware of your present eating and exercise habits and be willing to make some active changes in your lifestyle.

Nancy Logan

Relieving Your Cold Symptoms

Symptom	Home Treatment	Over-the-Counter Medications	Additional Advice
Stuffy nose	Humidify with a vaporizer and take steamy showers.	Decongestants Look for products containing pseudoephedrin (Sudafed).	Avoid decongestants if you have high blood pressure, heart disease, diabetes, or hypertension. Decongestants may cause wakefulness, irritability, increased blood pressure, and faster heart rate.
Mucus producing cough	Drink lots of clear fluids. Water is best. Humidify. If you smoke, STOP.	Cough syrup with an expectorant of Glyceryl guaiacolate (Robituss... or Triaminic Expectorant)	Milk and milk products may increase congestion. Do not try to suppress a mucus producing cough. It is an important natural healing aid.
Frequent dry hacking cough	Humidify with a vaporizer. Drink lots of fluids. Use throat lozenges.	Cough suppressants Look for ingredients with Dextromethorphan.	Dextromethorphan may cause drowsiness or upset stomach.
Headache, body aches and fever	Rest in a peaceful, calm environment. Try relaxation exercises. Drink fluids for fever.	Aspirin or Acetaminophen (Brand names don't make a difference.)	If you are on other medications, be sure that there are no adverse drug interactions. Avoid aspirin if you have ulcers or bleeding problems. Before taking aspirin check to see that the other products you are taking do not already contain aspirin.
Sore throat Hoarseness	Rest vocal cords. Humidify with a vaporizer. Drink lots of fluids. Gargle with salt water (1/4 tsp salt in 8 oz. warm water). Use throat lozenges.	Throat lozenges with topical anesthetics such as Benzocaine (Surores), Chloraseptic lozenges)	Throat lozenges with Benzocaine provide temporary relief but may alter your sense of taste and smell.

Making an Appointment at The Health Service

Did you know that between 200 and 300 SUU students use the Health Service every day? Developing an appointment system that matches each student to the right staffperson, and also reduces the time a student spends per visit, was no easy task. However, the new system, which eliminated "walk-in" visits (except for emergencies) seems to be working fine.

Health Service, just call 536-2291 during weekdays, from 8 a.m. to 5 p.m. for an appointment. Your appointment will be made for a time between the day you call for the appointment up to three weeks in advance, depending on your situation. It breaks down this way:

1. Routine Care — Pap tests, birth control, etc., are scheduled up to three weeks in advance.

2. Illnesses-Injuries — Stomach flu, bad colds, sore throats, sprains, etc., that require care but are not emergencies will get an appointment in 24 to 48 hours.

3. Urgent Conditions — Sudden serious illnesses that need immediate attention will usually be seen the same day.

All visits to the Health Service now cost you \$3.00 EXCEPT allergy shot visits which are

\$1.00.

You'll need to arrive 15 minutes before your appointment to fill out paperwork. If you don't get there ahead of time, you may be asked to reschedule; however, you will still be charged a \$3.00 visit fee. This may seem harsh but it is unfair to students who are prompt to have their time used by students who are late.

When the appointment clerk asks you questions regarding

your visit, it is important to answer as accurately as possible. If you give inaccurate or incomplete information, you may be given an inappropriate appointment and then have to reschedule.

With this system, the Health Service staff hopes to give you quicker and more efficient care. If you have questions or comments about the system, write them down and put them in the suggestion box.

When you want to visit the

Interview with Dr. Perkins (cont.)

around. I was never really satisfied. They were all nice programs but I was looking for something more. And actually I saw the ad in one of the journals for this school (SIU) and I had almost — I had basically accepted a job at the University of Alabama. And on my way back (from Alabama), I was going to stop and look here. I liked the concept of the Wellness Center. I got here and we just fell in love with the place.

J. Kulp. You mentioned you came here because, partly, the wellness concept, the fact that it's a small town, Carbondale, and also the possibility to do athletic medicine which you had been doing, on an informal basis, in the Marshall Islands. That's one thing I don't know that much about. I know you travel with the football team — what's your role with them?

Dr. Perkins: When I first came here they'd just moved Athletics under Student Affairs. Dr. Swinburne had said

practices until 6 o'clock at night. The football team, which I know the best, go back for meetings in the evening and then around 9 o'clock, they have enforced study.

J. Kulp: So they have even less flexibility than the average student.

Dr. Perkins: Right. So we needed to set up a program where we could work them in to specialists. We needed to sit down and define what my role is as the doctor, how do we get them over here, how do we make time for them so I'm not just sitting around twiddling my thumbs, waiting for athletes. So we set aside a period of time each day where I see just athletes.

J. Kulp: To what extent do you feel that this program is responsible for the fact that we have a winning football team?

Dr. Perkins: I think probably what it's done is give the

care of their colds and runny noses. They come and see me if they've got problems during the night. I'm there when they tape. We talk about any kind of problems that we have. Then after the game, we look at injuries and so forth, and when we meet again on Sunday mornings, we take care of those injuries.

J. Kulp: So you speed up the process.

Dr. Perkins: Right. The next stage is to try to get the coaches to understand illness to some extent so they will allow us to isolate their players when they get viruses, to put them to bed and let them get better, instead of having them work sick.

J. Kulp: So you're primarily with the football team and you don't deal with any of the other sports?

Dr. Perkins: I deal with all the other sports. I see the gymnasts, the swimmers, the hockey players, all of them — I just don't travel with them. I'm just not at all their games. There's just no way.

J. Kulp: Right, and you've got a family and other things you need to do.

Dr. Perkins: We're got 500 athletes, or in the neighborhood; we're responsible for all of them. We did physicals on every single one of them last fall and we'll do it again next fall. We identify an awful lot of disease.

J. Kulp: This is your busy season winding down now. Will things slow down in the spring?

Dr. Perkins: We'll have all the sports except football going in the spring. But a hundred of those athletes won't be part of it. And, also their injury rates just aren't as high, so things will slow down a little bit after the first of the year.



Photo by Alan D. Duvall

Rollie Perkins, M.D. examining a Saluki player during the University of Nevada-Reno playoff game.

"We're going to take over (Men's Athletics), and we're going to develop a program, and — it's yours!" Dr. Frisch (Medical Chief of Staff at the Health Service) said "I'd like you to look into what your responsibilities could be during a game. He turned me loose, basically.

I also put together a panel of physicians. If we need a cardiologist, we can get one right away, an internist, a surgeon, ear, nose and throat, whatever. We've got access immediately for any of the athletes.

The problem is, an athlete gets up in the morning, goes to class all morning, and then

trainers the go-ahead to push a little harder so they can get people rehabilitated a little faster. I've been able to say, "Yes, this is safe. He doesn't have such and such. Go!" We have an injury clinic on Sunday mornings after the game so we can really identify who's injured and get started on him on Sundays instead of waiting until Mondays. So I'd like to take some credit. I think it's mostly the team itself, though.

We're as much a part of that team as the football players. You know, I travel with them. When we leave on Friday mornings on the bus or whenever, I'm with them. I take

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Hot Soup for Cold Days

Nothing tastes better than a bowl of steaming hot soup on a crisp winter day. With the holidays behind you (and also perhaps an extra few pounds), soups can help take off that extra baggage you've picked up from too many candy canes and helpings of stuffing.

Here are two soups that will surely please the fussiest of eaters while offering a low calorie way to get the New Year off to a slimmer and more nutritious start.

Winter squash soup (recipe taken from Laurel's Kitchen) has a delightful color and texture and is a tasty, low calorie alternative to cream soup. Gypsy soup offers a cream-pourri of vegetables in a tangy broth that puts most other vegetable soups to shame. Serve either one with a chunk of whole grain bread and crispy green salad to make a healthy and delicious meal.

- 1/4 cup chopped onion
- 1 tablespoon oil
- 1/2 cup chopped parsley
- 2 teaspoons salt
- 1 teaspoon basil
- 1 cup skim milk powder
- OPTIONAL — 1 pound fresh spinach

If you use raw squash or pumpkin, cook it in the broth until it is tender. Blend or puree the cooked squash and put in your soup pot to heat.

Saute the onion in the oil, and when the onion is soft, add the parsley. Cook just long enough to soften parsley, then add, along with the seasonings, to the squash in the soup pot.

Remove a cup of the soup and put in the blender. Add the milk powder and blend until smooth. Pour this mixture back into the soup pot and bring the soup to a simmer. Don't boil or it will stick. For a lighter soup with a strangely satiny texture, omit the milk.

Squash and spinach are the best of friends, so at the very end of the cooking time, add fresh spinach, chopped bite-size, for a colorful and vitamin-rich variation.

Makes about 7 cups.

WINTER SQUASH SOUP

- 5 cups cubed raw winter squash
- OR 3 cups cooked winter squash
- 2 1/2 cups vegetable stock

Is Your Diet SAD?

The acronym for the Standard American Diet is SAD and for many of us it is sad indeed. If you're the average American student, chances are that you're eating 130 pounds of sugar, 5 pounds of chemical food additives and 15 pounds of salt per year. In addition, you're probably getting far too much fat and far too little fiber in your diet. So what does all this mean? It means that you may be contributing to tooth decay, high blood pressure, stomach and bowel disorders, diabetes, stroke, heart disease, and cancer. There's simply no getting around it — the food that you eat (or don't eat) is having a profound impact on your health — both now and in the future.

Although human nutrition is a complex yet relatively new science, and the research is often contradictory, there are some basic, scientifically substantiated approaches to nutrition that can help you maintain and improve your health. Here are some general suggestions:

1. Decrease your sugar intake. There are hidden sugars in many of the foods that you eat. One can of Coke contains nine teaspoons of sugar!
2. Reduce your salt intake. Taste your food before salting and watch out for canned and

packaged foods which are often highly salted.

3. Avoid chemical additives and preservatives whenever possible. Some additives and preservatives are perfectly safe, but others are questionable or even dangerous.

4. Cut your fat intake by eating less meat (especially steak, hamburger, bacon, etc.) high fat dairy products, and vegetable fats and oils. Eat more chicken and fish and have meat broiled or baked instead of fried.

5. Eat more fresh vegetables and fruits, which are high in vitamins, minerals and fiber. Fresh or frozen are generally more nutritious than canned.

6. Try more whole grains (i.e., brown rice, whole wheat flour, and oats) and beans. Go easy on refined carbohydrates (white flours, white rice).

7. Eat a variety of foods so you can get a balance of vitamins and other nutrients.

8. Eat your meals in a relaxed atmosphere. Instead of eating standing up or in front of the television, take a few minutes to set the table and eat in a quiet, unhurried way.

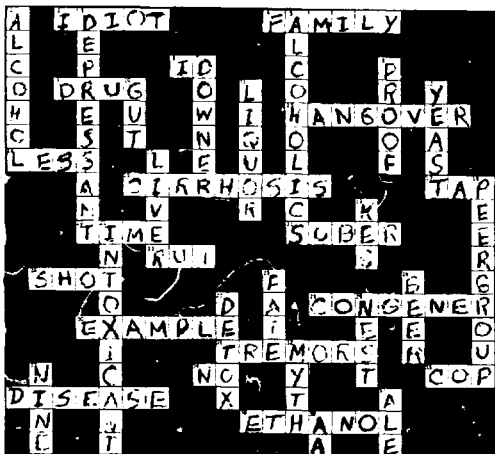
Marc Cohen

GYPSY SOUP

- 8 tablespoons olive oil
- 4 cups chopped onion
- 4 cloves garlic
- 4 cups chopped sweet potatoes
- 1 cup chopped celery
- 2 cups chopped tomatoes
- 1 1/2 cups chopped green pepper
- 3 cups cooked garbanzo beans
- 6 cups vegetable stock or water
- 4 teaspoons paprika
- 2 teaspoons turmeric
- 2 teaspoons basil
- 2 teaspoons salt
- 2 dashes cinnamon
- 2 dashes cayenne
- 2 bay leaves
- 2 teaspoons soy sauce

Saute onion, garlic, celery and green pepper lightly in oil. Add remaining ingredients and cook on low heat till vegetables are tender (about 1 hour).

Kate Zager



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January grocery bills boosted 1 percent by meat, egg prices

Higher prices for meat and eggs helped boost supermarket bills during January, as summer heat and winter cold combined to put pressure on food costs, an Associated Press marketbasket survey shows.

Last month's increase in the cost of a selected list of food and non-food items — a rise of almost 1 percent — was the third straight rise. But price decreases in the first half of 1983 mean that consumers are paying about the same for the marketbasket items as they were at the start of last February.

The AP survey covers 14 items which were priced at one supermarket in each of 13 cities on March 1, 1973 and have been repriced on or about the start of each succeeding month. The figures are not adjusted to reflect seasonal variations. Nor are they weighted to show what percentage of a family's actual spending goes for each item on the checklist.

Among the highlights of the latest survey:

—The marketbasket bill rose last month in nine cities and decreased in four. Overall, it went up by an average of nine-tenths of 1 percent. That compared with a 1.2 percent rise in December and an eight-tenths of 1 percent increase in November.

—Meat and eggs were to blame for the rise in marketbasket bills. They represent 28.6 percent of the items in the AP survey, but accounted for 55.4 percent of the January increases. Eggs went up in more cities — nine — than any other item. The price of center-cut pork chops rose at the checklist store in eight cities last month, all-beef frankfurters were up in five cities and chopped chuck increased in four cities.

The increases had been predicted. Last summer's hot, dry weather damaged crops, raising feed prices for farmers, and the higher costs are showing up in stores. Recent storms and freezing and sub-freezing temperatures also have disrupted the flow of

livestock to market, and have caused hens to lay fewer eggs.

—Comparing prices today with those a year earlier, the AP found the marketbasket bill rose in eight cities and fell in five, for an over-all average rise of one-tenth of 1 percent.

The day of the week on which the price checks for the survey were made varied according to the month. Standard brands and sizes or comparable substitutes were used.

The items on the AP checklist are: chopped chuck, pork chops, frozen orange juice concentrate, coffee, paper towels, butter, medium white eggs, peanut butter, fabric softener, laundry detergent, tomato sauce, whole milk, all-beef frankfurters and granulated sugar. A 15th item, chocolate chip cookies, was originally included in the survey, but was dropped when the manufacturer discontinued the package size used as a check.

Bus driver nubs governor

CHICAGO (AP) — Gov. Thompson on Wednesday got the same treatment as other commuters who try to flag down a bus between officially-marked bus stops. The driver blithely ignored him.

Thompson, in an effort to promote a 10 percent fare reduction on Regional Transportation Authority commuter trains, wanted to take a train from suburban Arlington Heights to the downtown station, then hop a Chicago Transit Authority bus to his office in the State of Illinois Building in the Loop.

The train leg of the trip went smoothly. Then the governor, surrounded by RTA officials, stood outside the station's main concourse to await the shuttle

bus. The vehicle arrived punctually and, hemmed in by traffic, slowed to a stop directly in front of Thompson.

The driver refused to open the door, however. As an irate Thompson banged on the glass doors and RTA officials grew more embarrassed, the driver continued to shake his head.

Then as traffic started to move, the bus accelerated and finally pulled to a stop a block down the street — at the designated bus stop.

The driver waited until Thompson could sprint down the street to the correct place.

Under RTA rules, bus drivers are prohibited from picking up passengers who are not waiting at stops marked with the official blue-and-white signs.

Farm research program proposed

WASHINGTON (AP) — President Reagan's spending blueprint for the Agriculture Department includes more money for research, notably \$28.5 million in a new program aimed at seeking space-age answers to some ancient questions.

The \$28.5 million sought in Reagan's proposed budget delivered to Congress on Wednesday is to be used as competitive grants to state, federal and private institutions to stimulate projects aimed at feeding the human race.

Deputy Secretary Richard E. Lyng told a USDA budget briefing that research is one of the "clear priorities" of the administration. The new \$28.5 million in research funding will be used for research in biotechnology.

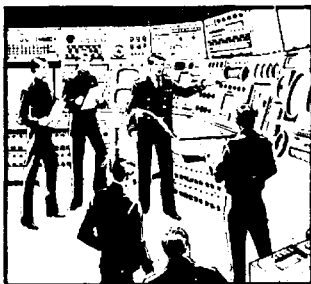
"This is the age of some major scientific and technological breakthroughs in biological and livestock and poultry research," Lyng said.

Puzzle answers

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Navy Officers Get Responsibility Fast.

Big Muddy Festival features five student-produced films

Five films made by SIU-C cinema and photography students will be screened Thursday and Friday as part of the Big Muddy Film Festival competition.

"Patterns and Bonds," by senior Rick Wright, "House on AnAmerican Activities," by Fred Marx, who completed a Masters of Fine Arts degree last May, and "Sneak Previews," by senior Bill Wolfram, will be shown between 3 and 5 p.m. Thursday in the Student Center auditorium.

"Fixated Whereabouts," by Scott Miller, who graduated in December, and "Happy Face Button," by Chuck Gee, who graduated last August, will be shown between 3 and 5 p.m.

Friday in the auditorium.

There will also be a screening at 1 p.m. Sunday in the auditorium of student-made films which were not entered in the festival competition.

The films are "Lonely Boy," by Steve Timpe, "A Bout de Vent Rouge," by Chris Dennis, "No. 9," by Bob Dennis, "Five Days Notice," by a MFA seminar class, "Adorned Affair," by Edgar Bahrens, "Murder in B Flat," by David June, "Shawnee Solar Project," by a summer film workshop directed by Mike Covell, an assistant professor of cinema and photography, and "Future Tense," by David Curry.

Jackson calls for discussions with Jews

BOSTON (AP) — Democratic presidential contender Jesse Jackson, dogged by questions about his relations with Arabs, appealed to Jews on Wednesday to "talk with me rather than talk about me."

"We need to get a dialogue to work out the basis for mutual respect," the black civil rights leader and minister told an audience of Boston Globe executives and editors. "I wish the Jews who are nervous would talk with me, rather than talk about me and then write mean things about me."

Jackson has faced persistent questioning in recent days since it was disclosed that the Arab League had made two separate \$100,000 donations to organizations with connections to him. He defended the donations as legal.

"There is no particular concern that Jewish people contribute to the PUSH

Foundation, or when Irish people do, or when blacks do."

Jackson has long been regarded with some suspicion by Jews, in part because he greeted Palestine Liberation Organization chief Yassir Arafat with an embrace when the two men met several years ago. Jackson himself recalled that when he traveled to the Middle East in 1979, Menachem Begin, then the Israeli prime minister, refused to meet with him.

On another subject, Jackson said his formula for lessening tension in Lebanon includes having Israel "move back" from its present military position. The United States ought to move out, he said, and Syrian President Hafez Assad and Lebanese President Amin Gemayel ought to start a dialogue.

Wheelchair games' site could change

CHAMPAIGN (AP) — Officials of the World Wheelchair Games say there is little hope the events will be held at the University of Illinois this summer.

Timothy Nugent, who was executive director of the games, said Wednesday that "a miracle" still could make it possible for as many as 3,000 athletes from 40 countries to compete here June 19-July 4.

However, he said it is more likely the games will be held at another site — perhaps outside the United States.

The latest blow to the wheelchair games came Wednesday when the University of Illinois officially cancelled its contract to host the games because promoters had failed to raise the necessary \$3 million.

"The ball is back in the hands of the board of directors of the World Wheelchair Games... absent University of Illinois participation," said UI vice chancellor Stan Levy, who served on that board until Wednesday.


Levy also said Nugent, a UI employee who had been on leave of absence to serve as executive director of the games, returned to his regular

duties.

Promoters of the games have several choices, said Levy. They could cancel the event, move it to another location, or continue to try to raise the \$3 million and renegotiate the contract with the university.

Levy said, however, that the




promoters did "not even come close" to raising the money. He said they failed because wheelchair sports are not well understood by the public, fundraising started late and in the middle of the U.S. recession, and there was internal "conflict and tension" among those trying to organize the games.



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SPRINTS from Page 22

school athletes in Barbados, Blackman claimed the championships in the 100- and 200-meter dash in her junior and senior years. She was recruited by former SIU-C Coach Claudia Blackman (no relation) and came to the United States for the first time in August, 1982, to start her freshman year at SIU-C.

Blackman is a child and family major, which involves working with pre-school children in a daycare center. Blackman said the biggest adjustment she has made in living away from home is getting used to the frigid Illinois weather.

"Barbados is in a tropical climate and we get summer weather the entire year," she said. "The coldest it gets is about 68 degrees and it gets as high as 94 degrees, but it is never humid."

Blackman said she was extremely happy when she went home to Barbados during Christmas break. It was the first time she had seen her parents in 16 months.

"I really got homesick last year," she said. "After close to a year and a half I had to do something."

Denise has a twin sister, Carlon, who is a standout for the track team at Drake University. Carlon finished third in the 400-meters at the NCAA indoor championships last year and was invited to the Olympic trials this spring by the Barbados Olympic Committee. She cannot compete for the U.S. Olympic team because she is not an U.S. citizen.

"Carlon was invited to the trials, but I haven't talked to her in a while so I'm not sure if she is going to go," Denise said.

Denise said she has aspirations of running for the Barbados Olympic team in the future.

"I don't think I'm ready this year, but maybe in 1988," she said with a smile.



Staff Photo by Stephen Kennedy

Sophomore Denise Blackman tied the SIU-C indoor record in the 60-yard dash in the squad's first meet of the year. Last year she scored a season-record 184 points for the Salukis.

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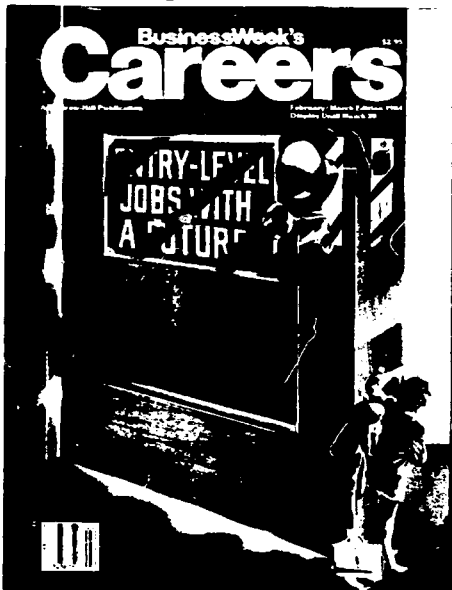
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SMILE TODAY

U of I accused of NCAA violations

CHAMPAIGN, ILL. (AP) — The University of Illinois was accused Wednesday of violating National Collegiate Athletic Association rules, UI chancellor John Cribbet said.

Cribbet said a letter from the NCAA outlining the allegations arrived Wednesday, but he would not reveal the specific charges.

Cribbet said he appointed Chicago attorney Philip Tone, a former federal judge, to in-

vestigate the charges, which follow a two-year NCAA investigation into Illinois' football program.

Cribbet said it would be inappropriate to comment on the specifics of the letter since it contains only unproven accusations of wrong doing.

However, athletic director Neale Stoner told the Champaign-Urbana News-Gazette last month:

"As far as I can tell, the

NCAA is trying to nickel-and-dime us to death with a lot of small, procedural things. I am not aware of anything big."

And, UI faculty representative John Nowak said at that time:

"Every athletic program in the country is susceptible if the authority decides to turn over every rock. It's like an Internal Revenue audit. There's always some mistake."

SUCCESS from Page 24

the offer.

"Coach came and got us," Franks said. "Nobody else was going to give us the opportunity. He has heard how we ran in the state meet and offered us a scholarship."

Franks enjoys being a part of this year's track team and he relishes the atmosphere that he is surrounded by, much more than in high school.

"It's different here," he said. "The guys are more into it. They're always trying to help. I've never been on a team like this. All that positive that's around me is all right. Our team is well-balanced. When you have all that talent, everyone pushes each other."

Besides his teammates, Franks said that Hartzog is the main man behind everything.

"He's the first coach Mark and I have ever really had," Franks said. "He has helped me a whole lot. You can see by how I run now from when I was in high school. He's a motivator. He tells us what to do and puts it on us to get it done. He has faith in us to go out and work. He'll get on you if you don't perform at a meet like he knows and we know we can."

Unlike other athletes, Franks said he never had any bad streaks when he considered giving track up and moving on to something else.

"I always liked it," he said. "It's fun and I've never been down on it. Whenever you stop having fun, it's time to quit."

"I used to let a lot of little things get to me. Now I take things the way they come. If you let too many things bother you, you get into a mess and small problems become large ones."

Franks doesn't think that the lack of an indoor training facility hurts the track team much, but admits that "we are limited." Looking at the team's accomplishments so far this season, one would believe they have been training as much as any other team.

The relay squad's world-best time was originally reported to be a world record. It was later discovered that the International Amateur Athletic Federation only recognizes

right."

Franks said he is looking forward to the Olympic tryouts that will be conducted at the end of June or early July. He thinks his chances of making the team are "pretty good. I've run against most of the guys I'll compete against at the trials."

To make the team, Franks has to place among the top three finishers. He plans to compete in his specialty, the 400-meter, but said he "may even try for the 200-meter."

When is a world record not a world record?

The men's track mile relay team of Parry Duncan, Mike Franks, Tony Adams and Elvis Forde did not officially break a world's record Saturday at the Salukis' meet.

Though the group's time of 3:08.94 is the fastest ever run, Coach Lew Hartzog said that the International Amateur

Athletic Federation only recognizes world records when they happen outside. The Salukis competed on an indoor track Saturday at Bloomington, Ind.

The performance does rank as a world's best, but does not qualify as a world record because it happened indoors.

records that are set outdoors.

Franks said that the Salukis aren't "too far out of shape," but admitted that the world's best time came as a surprise.

"We weren't looking to do that," he said. "We wanted to place high in dual meets and win the nationals. The record was a shock. I like to think we can run as fast or faster. If we do, then I'll be happy. If we don't, we still did it once."

"We're pretty much where we want to be. As long as we can maintain this level, we'll be all

Franks said he realizes he is at SIU-C for school, not just for track.

"School comes first," said Franks, "but 3 to 5 p.m. is track time and I block everything else out then. Track has helped pay my tuition to go to school. I'm here to run track and go to school."

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'Something to prove' thought has Blackman on NCAA trail

By Steve Koulos
Staff Writer

SIU-C sprinter Denise Blackman said she feels she has something to prove this year. Last season Blackman said she thought she had qualified for the NCAA outdoor championships in the 200-meter dash with a 23.6 timing at the Illinois Intercollegiate Meet in Normal, Ill. The 23.6 timing was one-tenth of a second better than the NCAA qualifying standard and set a school outdoor record.

But the judges said the race was aided by the wind and her time was nullified.

"I was upset with the decision but there was nothing I could do," recalled Blackman, a sophomore from Barbados, West Indies. "They told me I qualified, then they said I didn't qualify because of the wind."

"The ironic part is the wind was blowing the entire day but then it died down in the race. All the other runners who competed in the race agreed the wind wasn't blowing but it didn't do any good."

That was the only setback Blackman experienced last year. In addition to the 200-meters, Blackman set an outdoor school record in the 100-meter dash and two indoor school records in the 300-meter dash and the 400-yard dash. She registered a single-season record of 184 points last year.

Blackman also played a key role for the Salukis' relay team, which set school indoor records in the 880-yard, 800-meter, 1600-meter and the mile relays. They set two school outdoor records in the 400-meters and the 600-meters.

"God gave her the ability and she has worked hard," track Coach Don DeNoon said. "Denise is probably the fastest we have from the 60 through the 300-yards and she is as quick as Debra Davis in the 400-meters."

"Denise said she is going to qualify for the NCAA indoor championships in the 60-yard dash. I don't know what her actual potential is at that event."

Blackman picked up where she left off last year in a quadrangular meet at the University of Indiana last Saturday. Blackman tied the school indoor record in the 60-yard dash with a 7.1 timing, while posting a third-place finish.

DeNoon said Blackman might have finished higher than third place if she did not pull her hamstring during the last 10 yards of the event. The hamstring injury prevented Blackman from participating in the 300-yard run and the 1600-meter relay.

Blackman said the injury could have been prevented if she did stretching exercises before the race.

"I ran straight off the bench

into the race and I showed a lack of professionalism," Blackman said. "On this particular occasion I didn't stretch. I was talking to one of my teammates and before I knew it, I had to run."

Blackman said she enjoys running outdoors rather than indoors.

"There is no such thing as an indoor track in Barbados," she said. "I think it is more difficult to run indoors. An indoor track is a closed complex, the atmosphere is more stagnant, the track is shorter and the curves are deeper."

In the national meet for high

See SPRINTS, Page 20

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High school junior scores 72 points to lead girls' team

OAKWOOD (AP) - Stacie Calhoun did what entire girls basketball teams often fail to accomplish — she scored 72 points Wednesday night.

The 5-9 junior forward scored 32 in the first quarter, as she led Oakwood to a 125-26 home shellacking over Potomac in the East Central Conference.

Oakwood exploded to a 40-6 first quarter lead, then widened the margin to 68-12 at the half. Oakwood continued the romp, outscoring Potomac 57-14 in the second half.

The victory gave Oakwood a 9-2 record, and dropped hapless Potomac to 0-6.

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Men to face Bradley

By Daryl Van Schouwen
Staff Writer

It's getting down to the point in the season where men's basketball Coach Allen Van Winkle has finally tagged an upcoming game as "critical."

Thursday's Saluki-Bradley clash, slated for 7:35 p.m. at the Arena, is significant for the 5-3 Salukis, 13-6 overall, if they hope to maintain their place among the top teams in the Missouri Valley Conference.

Van Winkle said that the Salukis must win their next two home games, with Bradley and Creighton, in order to finish fourth or better in the MVC. That is because SIU-C has two games remaining with Tul. and one with Illinois State, and three of the five other games on the road.

SIU-C is tied for third place with Wichita State, trailing Illinois State and Tulsa, both 6-1. At 4-4, Bradley is right behind the Salukis. Bradley could move into a tie with SIU-C with a win tonight.

The Salukis caught a break when Voise Winters, Bradley's leading scorer and rebounder, injured his ankle at practice Monday. Bradley Coach Dick Versace said Winters will not play Thursday and could miss Saturday's game at Creighton.

"We were thinking of not making the trip (to SIU-C and Creighton) and taking a ski trip to Colorado instead," Versace

said. "We're not the same basketball team without him."

Winters, a 6-8 forward, is third in the MVC in scoring with 22.3 points per game and second in rebounding with 9.3 in conference play.

He led Bradley with 30 points in the Salukis' 71-58 overtime win at Peoria Jan. 19. That win snapped SIU-C's 17-game road losing streak and started a three-game winning streak for the Salukis.

Versace talked down the Salukis' win at Bradley.

"We moved around like casual ice skaters at Rockefeller Plaza," he said. "I'm sure they (the Salukis) didn't expect to win. But we just didn't get any effort, or enough effort, against Southern Illinois. And in this league, you can't let up."

Versace said that his team was looking past SIU-C toward its upcoming encounter with Tulsa, which they lost at home, 80-66.

Bradley has struggled of late. Saturday's 93-81 win over West Texas State in Peoria snapped a three-game losing streak that started with SIU-C. After falling to the Salukis and Tulsa, the Braves lost at Indiana State 79-64.

Bradley should show the Salukis a new look with three different starters. Six-foot-four Roosevelt Davison, Bradley's talented sixth man, will probably replace Winters at

forward. Cairo's Anthony Webster, a 6-8 center, hasn't been playing well and will be replaced by 6-7 freshman Bruce Mordini. Mordini started Saturday but played just five minutes, collecting two points and two rebounds.

Melvin Hardin, a 5-11 guard, started his second game of the year Saturday and responded with 13 points. Hardin will start alongside point guard Jim Les, the MVC assist leader with 8.9 per game. Les, a scrappy player, is the Braves' spark plug on offense.

Although Winters' absence will weaken Bradley, Versace said he won't throw in the proverbial towel.

"It will be an interesting matchup because we plan on playing a competitive game even without Voise," Versace said.

The Salukis are expected to start Kenny Perry, Chris George, Cleveland Bibbens, Bernardo Campbell and Nate Bufford, the same lineup used by Van Winkle in SIU-C's last four games. Guard Roy Birch, though, may receive an unexpected nod against Bradley, Van Winkle said.

The Salukis, unbeaten at home this season and riding a 13-game home winning streak dating back to last season, had won three straight games before getting beat 90-62 Saturday at Illinois State.



Staff Photo by Stephen Kennedy

Coach Cindy Scott's Salukis still are unranked in the NCAA top-20 poll despite rolling up a 14-3 record.

Scott 'not surprised' at team's no-show in poll

By Dan Devine
Staff Writer

Despite a 14-3 record and an 8-0 burst to start the Gateway Conference season, the SIU-C women's basketball team has not cracked the top 20 in the NCAA coaches' poll.

"That didn't surprise me," said Saluki Coach Cindy Scott, while admitting that she voted her team 19th in the latest poll.

After last weekend's twin crushings of Wichita State and Southwest Missouri State, Scott said her team deserved to be in the top 20.

But playing in the unevenly talented Gateway Conference doesn't mean much to the coaches who vote in the poll. Also, the Saluki have not played any top-20 teams.

"The biggest way to get in the top 20 is to beat a top 20 team," Scott said. The other way, she said, is to "go undefeated in conference."

"I think we missed our chance (to be ranked) at Vanderbilt and DePaul," said Scott.

SIU-C was beat 80-75 by highly regarded Vanderbilt and was stunned 63-62 by lowly DePaul earlier this season.

Still, the Salukis maintain their two-game GCAC lead, which is what really matters to Scott and the Saluki squad. The winner of the conference automatically gets a bid to the NCAA tournament.

Eastern Illinois is 6-2, two games behind, while Drake, Illinois State and Wichita State are 5-2. Those teams have regularly destroyed the lesser teams in the league.

SIU-C has already downed Drake and Wichita State at home and has beaten Illinois State on the road. The Salukis play Eastern Illinois Saturday for the first time.

"The caliber of the top four teams is very good," Scott said. "We're all surprised that Drake has two losses. Certainly they were upset at home (by Illinois State) and we were fortunate to beat them here."

"Illinois State has proved once again that it can be a real contender for the conference

championship and I think Eastern can be a contender." Defense, rebounding, and a smart, balanced offense have brought SIU-C to the top of the standings.

SIU-C leads the league in scoring margin, rebounding margin, team defense and field goal defense. The Salukis have outscored teams by 15 points per game and outrebanded them by nine per game. SIU-C has held its opponents to just 55 points per game and 39 percent field goal shooting.

A tenacious player-to-player defense is the key to that defensive dominance. At the other end of the court, SIU-C also relies on a team concept. Four players are scoring in double figures.

GCAC standings

	conf.	overall
SIU-C	8-0	14-3
Eastern Illinois	6-2	11-6
Drake	5-2	11-6
Illinois State	5-2	9-5
Wichita State	5-2	7-10
Southwest Mo	3-4	7-10
Western Illinois	2-5	5-11
Bradley	1-6	4-12
Indiana State	1-6	4-13
Northern Iowa	0-7	1-15

Forward Char Warring is averaging 14.6 points and 7.9 rebounds per game and is shooting more than 60 percent, mostly converting offensive rebounds and short jump shots. D.D. Plab's point production is up slightly from last year — the senior point guard is scoring 14.4 points in addition to leading the team in assists and blocked shots.

"I'm not shooting more, I'm just making more," Plab said.

Forward Petra Jackson leads

See UNRANKED, Page 23

Women seek unbeaten season

By Scott Rich
Staff Writer

The only thing standing between the 4-0 SIU-C women's swimming team and an undefeated dual meet season is 5-3 Cincinnati, and swimming Coach Tim Hill said the Bearcats don't have the depth to beat the Salukis at home.

The meet, scheduled for 2 p.m. Saturday at the Recreation Center pool, is the team's last dual meet of the season and its final stepping stone to an unblemished record.

SIU-C defeated Cincinnati 94-55 in last year's dual meet and expects to win by a sizable margin this year.

The Bearcats put their fifth notch in the win column by dumping Indiana 89-51 Saturday, a team the Salukis

defeated 73-67 early in December.

Tom Keefe, the Bearcats assistant head coach, said he agreed with Hill's assessment of the meet.

"We just don't have the team depth to beat SIU at this point in the season," Keefe said. "They're a tough dual meet team and they're swimming at home. From the times they have swam this season, I don't think we have a chance to beat them, and we're going into the meet with that attitude."

Cincinnati, while compiling a 5-3 record this season, has yet to qualify a single individual or any of its relay teams for the NCAA championships in March.

The Salukis, ranked No. 6 in the latest NCAA poll, have qualified all five relay teams

for the NCAAs while being ranked among the top six nationally in their respective events.

Seven Saluki women have met NCAA standards in eight different events and sixteen of the women are ranked in the top 15 nationally by Swimming World.

Hill said that although the statistic gives his team the edge over Cincinnati it will be up to the seniors to get up for the meet and swim well.

"The key to the meet is how well our seniors perform," Hill said. "If they rise to the occasion the meet won't even be close."

Although Hill is looking to seniors Pam Ratcliffe, Barb Larsen, Laura Brown and

See CINCINNATI, Page 23

Franks has run a long, bumpy road to success

By David Wilhelm
Staff Writer

For someone who didn't know a lot about track in high school, Mike Franks has come a long way.

He is ranked third in the world in the 400-meter dash and runs a leg on the Salukis mile relay team that set a world-best time Saturday with a 3:08.94.

Franks is a 20-year-old junior from St. Louis, Mo. Since coming to SIU-C from O'Fallon Tech High School, he has enjoyed success and happiness, thanks to some key people around him and a sort of hidden determination.

The road to success was at times unstable and not a lot of fun, Franks said.

"In high school I had four coaches in four years," Franks said. "My sophomore and senior year coaches were good, but until my senior year, track wasn't fun."

Franks started his high school career as a distance runner, but he soon changed his mind. He

ran cross country and the two-mile then, but began to realize that was too far for him and decided to "let the distance people have it."

Franks said he quickly took a liking to SIU-C and the people around him. Though he realizes his success, he is not one to take all the glory. He credits many people for his accomplishments, including his parents and other teammates. His main motivator and best friend at SIU-C is his roommate, Mark Hill, also a sprinter on Coach Lew Hartzog's team this season.

"What keeps me going is my roommate," Franks said. "When I get down, he gets me going again. We both like it down here. The people are nice and easy to get along with. There are a lot of places where people aren't friendly."

Franks and Hill went to high school together and when Hartzog recruited both of them, they decided to take him up on

See SUCCESS, Page 21



Staff Photo by Stephen Kennedy

Mike Franks is ranked third in the world in the 400-meter dash.