Insurance helps pay for abortion

Students able to receive help for alternative surgeries through SIUC insurance

Christian Holt

Female students worried about alternative surgeries may have a benefit they didn’t know about.

The student health insurance, which all students are covered by, was arranged to provide the most relief for the increase of depression. The student health insurance, which all students are covered by, was arranged to provide the most relief for the increase of depression.

In winter holidays, which all students are covered by, they didn’t cover prescription pills, it also does not cover pills that would have the same effect as the surgery.

Hunsaker said the plan does not cover prescriptions because they wanted to make the plan as affordable to students as possible and if prescriptions were included the plan would be too costly.

He also said, although there are alternative surgeries for males that would be covered by the insurance, men cannot use their insurance money for to a woman’s abortion. Hunsaker said he only sees between five and 10 abortion claims come through each year.

According to the health insurance plan, which can be found on the SIUC Web site, “any services rendered outside of the Student Health Center must have a referral by a Student Health Center provider.”

See ABORTION, Page 9

Students deal with stress of December

Local counselors say depression increases during holidays

Allison Petty

Elvis sang about a “Blue Christmas,” but Mary Swanson says it seems a little odd because we are all supposed to think that Christmas is fun and a happy time to get with family.

— Barb Elam, coordinator of the Wellness Center

It seems a little odd because we are all supposed to think that Christmas is fun and a happy time to get with family.

Seasonal Affective Disorder. The National Institute of Mental Health defines SAD as a form of depression related to the decrease in natural light during the winter months.

Barb Elam, coordinator of the Wellness Center, said the disorder is characterized by increased appetite, change in sleeping habits, lethargy and feelings of guilt; however, the disorder’s most effective treatment — light — can be found anywhere.

Elam said exposure to sunlight would provide the most relief.

See DEPRESSION, Page 9

Center helps fight finals pressure

Brandy Oxford

The self-described most wonderful time of the year, the holiday season, can also be the most stressful and unhealthy time for students.

As most university students are under full siege of final projects, final exams and the daunting task of finding seasonal jobs to pay for accumulating bills, many are susceptible to stress.

Barb Elam, the Wellness Center’s stress management coordinator, said she is concerned about students’ habits during finals week and offered suggestions for healthy ways to manage exam stress.

Elam spent the majority of a Monday lecture speaking about dealing with exam stress by walking students through relaxation techniques.

See STRESS, Page 9

WASHINGTON

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See STRESS, Page 9

WASHINGTON

Threatened program gets renewed funding

Federal government admits mistake when it first denied money

Joe Crawford

The future of a university program threatened with the loss of money has become more secure.

The McNair Scholars Program, which lost federal funding in September, has seen its funding approved for the next four years after an appeal to the federal government, said the program’s associate director, Julia Spears.

Spears said she recently found out the university’s application for the $220,000 per year needed to support the program was approved by the Department of Education.

The program, which prepares low-income, first-generation students and those from underrepresented populations for graduate school, must rely for federal money every four years. SIUC’s program, which directly involves 18 students, is only 4 years old, and this was the first time it had to supply for funding, Spears said.

Although there was no formal appeal process for the program, Spears said the university submitted a rebuttal to the department’s decision anyway. The program’s application initially earned a score of 98.31, and a score of 98.67, a third of a point higher, was required for renewed funding.

See PROGRAM, Page 9
CALENDAR

COASTMASTERS THEME MEETING
Today at the Student Center, Multicultural Sorority room.
*Calling all salespersons! Need some refreshments? Come check out sales, fashion show style.
*Free admission

Delta Xi Phi Multicultural Sorority Inc. Informational meeting Thursday at the Student Center, Saline Room.

Interpretation of the Unthinkable: Auschwitz and Birkenau concentration camps
6 p.m. Thursday at the Agriculture Building, Room 209
*Professor Emeritus Dr. John Bunde will present a lecture of his experiences at modern day Auschwitz and Birkenau concentration camps.
*For more information email dh2500@yahoo.com

Alpha Phi Alpha presents SIUC Egyptian Feast
6:30 p.m. Friday at The Egyptian Room, 1208 S. Main St.

The Saluki 5K Indoor Rowing Challenge
10 a.m. – 12 p.m. Saturday at the SIU Student Recreation Center
*Participants will have 15 minutes to warm up on their rowing machine of choice, then they will set the monitor to 5K and commence the test.
*The event is free and open to the public.
*Please contact Mike Magnuson at magnusm@siu.edu for more information

The calendar is a free service for community groups. We cannot guarantee that all items will run.
Submit calendar items to the Daily Egyptian newsroom, 10/24/7, at least two days before event, or call 618-536-3313, ext. 266.

NEWS BRIEFS

Mother who tried to save sons from burning home dies
A 24-year-old woman who rushed inside her burning Chicago home to try and save her kids has died.
Maria de la Luza Rosales’ death comes a day after the blaze killed her sons, three-year-old Jesse Escareno and ten-month-old Juan Escareno Junior.
Rosales led two daughters to safety before heading back into the home early Monday. Testifies say she and her sons were overcome by smoke and collapsed just feet from the front door.
Investigators determined Tuesday that the cause of the fire was too many Knox plinths plugged into an extension cord.
Relatives want to bury the three in the family’s native Mexico. But they say financial and logistical considerations may make that impossible.

Lake Co. applies to federal immigration, identification program
WAUKEGAN (AP) — A 12-city Illinois law enforcement agency has applied for a controversial federal program aimed at training local employees to help deport immigration violations against illegal immigrants convicted of certain crimes.
Lake County Sheriff Mark Curran said he submitted the county’s application to the so-called 287(g) program last week, but decided not to publicize the effort to certify six corrections officers because of outrage over the program elsewhere.
“This is not open to debate or discussion,” Curran said. “We decided no one’s going to bully us. It’s the right thing to do.”
City leaders in two northern Illinois communities — Waukegan, which is in Lake County, and Carpenterville, in nearby Lake County — have said they also have applied to the 11-year-old federal program, which certifies immigration agents and prompts massive protests and boycotts.
An Immigration and Customs Enforcement spokesperson said Montenegro declined Tuesday to identify the other Illinois agencies that have applied to the program, noting none has been approved to receive federal funding to assist and train immigration-hiring grant recipients.
Under the immigration enforcement program, local officers receive training and supervision from ICE officers, then have access to a federal database with photos, fingerprints and information on past arrests and convictions. They can also check the validity of documents and identify deportable persons.
Policier stating, about 54 municipal, county or state law enforcement agencies currently take part, the Department of Homeland Security has applications pending from 100 to 150 more, Montenegro said. The program was created in 1996, but the first agency didn’t begin enforcement until 1999.
The Carpentville Police Department has said it has initial approval for some officers to undergo training in July.
Lake County’s decision to seek certification is raising the ire of those who oppose the program, such as Waukegan, where the proposal prompted a massive downtown demonstration by immigration rights groups and a boycott of businesses that didn’t post signs opposing the application.
Critics of the program say procedures already are in place for deporting criminals through ICE and giving that power to local officials could lead to racial profiling and make it more difficult for additional states, municipal and local immigration officials, and as well as U.S. citizens of Latino decent.
“There’s more to serve the people,” said Lila Fundes, vice president of the Chicago metropolitan chapter of Labor Council of Latin American Advancement. “These [illegal immigrants are people].”
But Curran said Monday that officers will only target illegal immigrants convicted of violent offenses, such as sex crimes and serious drug charges.
“Your efforts are an effort to get violent criminals, child molesters and drug dealers out of a country they have no right to be in,” Curran said. “No one who is involved with a serious offense will be affected.”

Transit issues may carry over into January
CHICAGO (AP) — House Republican leader Tom Cross acknowledges it could take until January to work out a gambling expansion plan that would pay for a state-wide construction program and pave the way for a referendum on slot machines.
Cross said nothing to happen after next week he can’t “feel anything” with. He blames the political climate and personality differences.
House Speaker Michael Madigan didn’t attend a second day of meetings with Governor Rod Blagojevich and the three other legislative leaders to break a logjam that has transit voters facing threatened service cuts and fare increases.
An email from Madigan’s spokesman Steve Brown says no invitation was extend-
Blagojevich spokeswoman Abby Osterholm said meetings are for all legislative leaders.

Macomb high school student arrested after alleged threats
MACOMB (AP) — A 16-year-old girl in western Illinois was arrested Monday on charges of threatening to harm school officials and other students.
Macomb police Lieutenant Chris Mason says the teen is a student at Macomb High School and was arrested on suspicion of solicitation to commit murder. The girl hasn’t been charged and isn’t being identi- 
Mason says police learned about the alleged threats Monday afternoon.
He says the alleged threats were made in online discussion and involved a student apparently unknown to and an unidentified person outside the area.
Classes are in session at Macomb High.

Official: Findings in Marion VA to be revealed in January
MARION (AP) — Findings of a federal investigation into how a veteran’s care at a Marion hospital was provided has been pending for nearly a year. A former doctor who has been linked to the deaths at 10 patients could be made public next month, an official with the investigating agency says.
Dr. David Daigh, assistant inspector general for health care inspection programs for the Department of Veterans Affairs Office of the Inspector General, had his officials’ report “will lay out a number of issues” related to the surgical department at the VA Medical Center.
“There is still data to look through and people to talk to,” he says.
Sen. Dick Durbin, the Illinois Democrat who has pressed for the investigation, after officials apparently noticed a spike in deaths at the hospital, expects to be briefed about the inspector general’s report before it is made public. Durbin spokesman Christina Malik said.

Scrutiny in Marion has mushroomed since August, when Dr. Jose Mendez resigned three days after a Kentucky man bled to death after a VA medical error.

Mendez’s death comes days after a Vailla紅dered home dies.

Overcast with a few showers.

Who do you think will win the Super Bowl? 
A. Packers  B. Colts  C. Patriots  D. Cowboys

Michael Harris, Agent
E-mail: michael.harris@countryfinancial.com
or call 618-457-3373 for a free quote.

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CALENDAR

TODAY
High 46°
Low 25

Friday
High 46°
Low 25

Saturday
High 54°
Low 24

SUNDAY
High 55°
Low 45

Monday
High 60°
Low 45

Tuesday
High 55°
Low 45

Whether you want something fancy... Or not...

Find what you’re looking for with the DE Dining Guide.

http://www.5duck.com/dining
Council approves cab fare increase

Attucks director accuses Cole, Council of being misinformed

Barton Lorimor

Carbondale cab drivers may get the pay increase for which they have been waiting.

A request by Rob Taylor, operator of Carbondale Midnight Taxi, to increase cab fare in Carbondale by a dollar was approved by the City Council Tuesday night. The increase will go into effect beginning Dec. 17.

City Manager Jeff Doherty said the request is fair because rates have not been increased since September 2000.

Cab fares in Carbondale are much lower than those in Chicago, but the cost of maintenance for vehicles are the same and have been continually rising as well, Taylor said. Such increases are reasons Taylor said he had to turn his company into a one-man operation.

“It is not uncommon for cities to regulate cab fares,” Taylor said.

The measure approved also asks city officials to reconfigure a map currently dividing the city in order to be less confusing. Taylor said the cab services in Carbondale would be better if they began using meters to designate the due fare, instead of a confusing map that would require a driver with extreme knowledge.

Though most of Tuesday night’s agenda went smoothly with few citizens comments, debates began when the Council was asked to approve a measure that would financially support worthy community organizations in the fiscal year 2009 budget.

Richard Hayes, of Attucks Community Service, said the Council did not know the entirety of the organization’s progress in correcting tax violations. Such violations, Hayes said, could put members of the organization in prison.

Mayor Brad Cole said Hayes’ tone and accusations had hurt Hayes’ wishes to have the city finance Attucks in the 2007 fiscal year budget.

“I am only being passionate,” Hayes said.

The original measure, as well as a motion made by Councilman Steven Hayes to instantly fund Attucks with a requested sum of $69,000, failed. It would not have approved financing the organization, but to move applications to a review by city officials, Cole said.

The council also authorized Cole to enter into a contract with Public Management Consultants, LLC, of Lake Bluff.

The firm would assist the city’s finance Attucks in the 2007 fiscal year.

Robert Taylor, a Carbondale taxicab driver, proposed a one dollar fare increase to the city council to counter rising fuel prices.

Obama urges college students to vote in Iowa

Amy Lorentzen

GRINNEILL, Iowa

Despite criticism from a few rivals, Sen. Barack Obama on Tuesday kept pressing out-of-state students attending college in Iowa to return over their holiday break and vote in the Democratic caucus on Jan. 3.

“Don’t listen to them, don’t listen to them,” he said of the critics. “Don’t let somebody tell you that you are not part of this process — because your future is at stake, and America’s future is at stake.”

Speaking at a concert hall packed with students at Grinnell College, he said students who attend school in the state have established residency by doing so and are able to take part in the caucuses. The Illinois senator is polling strongly among young people in Iowa and could have much to gain in the close presidential nomination race from those willing to cut short their holiday and take part in the caucus.

Democratic rivals are divided over whether Obama is playing by the spirit of the rules. Sens. Hillary Rodham Clinton and John Edwards have criticized the effort, with Dodd saying, “That may be the way politics is played in Chicago, but not in Iowa.”

Clinton said her campaign is polling strongly among young people in Iowa and could have much to gain in the close presidential nomination race from those willing to cut short their holiday and take part in the caucus.

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Clinton said she’s encouraging people who live and pay taxes in Iowa to show up. But John Edwards said the rules are “fairly liberal” when it comes to out-of-state students caulcusing.

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Storm leaves behind flooded homes

WASHINGTON

Curt Woodward
THE ASSOCIATED PRESS

CENTRALIA, Wash. — A storm that battered the Pacific Northwest for two days moved on Tuesday, leaving behind flooded homes, fallen trees and washed-out roads, including the region's longest highway, which was covered with 10 feet of muddy water.

The storm, which killed at least five people, lashed the area with high winds and heavy rain, and forced authorities to evacuate a flooded town in Washington that was cut off by Hurricane Katrina floods from the Chesapeake River that were the consistency of chocolate milk.

Bush says intelligence reports aren’t vigilant

WASHINGTON

Terence Hunt
THE ASSOCIATED PRESS

WASHINGTON

Defending his credibility, President Bush said Tuesday he had no reason to accept new intelligence indicating that Iran had not launched its nuclear weapons program.

"We should have stopped the saber rattling, should have never started it," said Sen. Barack Obama, D-Ill., who accused Bush of "using the method of intimidation."

"It's pretty devastating, and you can only imagine what it was like for the people trying to get out," said a person who was evacuated from the western tip of Bubba.

Coral reefs get zapped with electricity in fight against global warming

PEMUTERAN BAY, Indonesia — Just a few years ago, the coral reefs off Bali island were dying out, bleached by rising temperatures, blasted by dynamite fishing and poisoned by cyanide.

The coral is thriving on dozens of metal structures in the bay and fed by cables that send low-voltage, high-power electricity, which conservationists say is reviving it and spanning greater growth.

As thousands of divers, researchers and activists debate climate at a conference that opened this week on Bali, the coral restoration project illustrates the creative ways scientists are trying to fight the ill-effects of global warming.


"The two have set up similar structures in some 20 countries, but the Bali experiment is the most extensive," Goreau said.

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Nearly 30 percent of this year's freshmen are enrolled in the Center for Academic Success, a program for students who do not meet university admissions standards, but more students may need the help.

Seymour Bryson, director of the center, said 757 students currently receive tutoring, advisement and academic coaching from the center.

Students who fall below some admissions standards, such as ACT score or class ranking, may be selectively admitted into the university through the center, Bryson said.

In other words, those students cannot attend the university unless they agree to receive academic support.

But Bryson said some students who might qualify for the center are admitted directly into their colleges and do not receive the center's help.

A change in university admissions standards, which included increasing the ACT composite requirement for automatic admission to 22 and placing a greater emphasis on high school class rank, took effect in fall 2006.

Katharine Suski, associate director of admissions, said the university has changed its review policies along with its standards.

For the first time this year, class ranking and ACT requirements are not published with other admission guidelines, Suski said. Instead, admissions personnel have begun a more comprehensive application review process.

Suski said admissions staff review each student's application and determine, along with the center's staff, whether the student would benefit from additional help.

“We want to find people who can be successful with the support we have to offer here,” Suski said. “We are not in the business of taking people's money so they can fail.”

The program has existed under various names, including the Center for Basic Skills, since 1969.

Bryson has been the director since that time.

Undergraduate and graduate students act as academic coaches for students in the program, Bryson said. Additionally, students must take a course called University 101, in which they learn about such subjects as career preparation and time management.

Bryson said students not enrolled in the program could still receive help from the center, which is located on the first floor of Woody Hall, C Wing.

Curtis Sehy began as a participant in the program. Now he serves as a peer assistant, helping freshmen acclimate to university challenges.

Sehy, a junior from Effingham studying radio-television, said students have thanked him for helping them improve as much as a letter grade in some classes.

“In addition to providing academic support, students at the center become friends or even a second family, Sehy said. “We all joke in here. We all laugh. We have a good time.”

“We are serious when we're in our sessions, but we have fun.”

Allison Petty can be reached at 536-3311 ext. 259 or allison.petty@siu.edu.
A union with no teeth and no real power

Charles Groce

SIUC graduate assistants have a right to know what’s in their proposed GA United contract, which is up for ratification on Dec. 10 by a very small union membership of less than six percent of GA's.

For those unaware of GA United, it is the union graduate assistants work to negotiate their contracts.

Some of the more interesting provisions of the contract are the following:

• GA United agrees with SIUC that the minimum credit hours for GA’s should not be raised from the current minimum of six to eight hours. The effect of this will be to make GA United make SIUC happy.

• GA United endorses the ridiculous Illinois state so-called Ethics Test. I don’t think GA United has any business legally binding GA’s to this controversial issue.

What's to prevent this from becoming the fate of next year's six percent raise? Not the GA United contract, that's for sure.

Ron Fields

GA United is making excellent progress

GA United will host its second informational meeting on our tentative agreement with the university on Friday from 4-6 p.m. in Student Center Illinois Room.

Voting on ratification will begin at the end of the meeting on a full day of ballots on Monday from 11 a.m. to 6 p.m. in the Student Center Activity Rooms C and D.

I encourage all graduate assistants to participate in this democratic exercise. Only dues-paying members are eligible to vote, but you may join GAU by signing the appropriate forms at the meeting Monday or even at the polling place Monday.

During the GA United meeting on Nov. 28, individuals did bring up some interesting points, which I feel could be useful to the union for all those who may have similar questions.

First of all, our contract does contain a "No Strikes/No Lockouts" clause, which prohibits graduate assistants and GA United from implementing or participating in a strike. This is required by Illinois State Law to be in every union contract. Essentially, for the duration of our three-year contract, we agree to do our jobs and uphold our end of the bargain. At the end of our contract, if we do not have a new one, we can strike if necessary in order to encourage the university to adopt our proposed measures if such action is appropriate and approved by the membership.

Second, our contract does provide stipend increases of 3 percent, 6 percent and 4 percent each year over the course of our three-year contract. Although this is not as much as many of us had hoped, and probably will not cover the potential increases in fees to come, three things must be kept in mind:

• Prior to this agreement pay raises were not guaranteed each and every year for graduate assistants;

• The agreement is for a 25-percent pickup of student health care fees in 2008-2009 and 50-percent payment in 2009-2010. This is the first recognition by the university that the increase in fees directly affects grad assistants’ pocketbooks.

• Finally, the problem of fee increases is directly related to the State of Illinois not funding Higher Education at the appropriate levels. This requires us to build a strong union that can partner with the Board of Trustees to fight for more resources for SIUC.

We are taking baby steps toward the future of all GA's on campus, and I believe our earliest steps are more than satisfactory.

In three years we go back to the table, and with a stronger GAU, we’ll be able to negotiate a contract that builds on the positions of this agreement and fix some of the problems that will still be with us in three years.

To have successfully negotiated a contract for graduate assistants — a contract that guarantees academic freedom, stipend increases, health benefits, grievance procedures and our union rights — is a tremendous first step toward building a successful union.

We are here to safeguard the rights and privileges of graduate assistants, and we only stand to benefit from ratifying this contract.

Fields is a doctoral student studying English and president of GA United.
Worried about a paper?

Don Mullison

I frequently hear students stressing over writing assignments, so I investigated the Writing Center. It is truly a wonderful resource.

The Writing Center staff offers free one-on-one tutoring and can help you with virtually any writing assignment imaginable. Whether you are writing a brief essay, a term paper, a resume, a research paper or even a dissertation, the Writing Center can help.

The Writing Center’s very helpful staff made me feel I was in good hands from the very beginning. I arrived somewhat embarrassed about not yet having a written draft for them to help me with.

A friendly staffer informed me they could help me even at this “pre-writing” stage of the process. He said they often help visitors with idea generation, identifying an audience, clarifying purpose, finding research sources, and outlining, as well as the later stages of the writing process.

He and other staffers fielded a host of questions for me and showed me a number of handouts designed to help with my particular writing assignment. Each staff member I talked with was friendly, polite and well-informed, and I was pleased to hear they would also be able to help me with later tasks such as organizing and developing my paper, as well as editing a draft.

I have always felt insecure about grammar and punctuation, and was referred to see they had a variety of handouts to help with such things as commas and tense agreement — these and other grammatical facts I have yet to master.

I wouldn’t want to give you the wrong idea about the help they offer. They don’t correct your mistakes or do your work for you. Rather, it is part of their philosophy to guide you and teach you strategies for dealing with the writing concerns you bring them, such as learning to edit your own papers.

The staff is trained to help you learn strategies for effectively dealing with all stages of the writing process. In fact, the tutors seem to be exceptionally well-prepared to help. I learned from their frequently asked questions guide that their staff is made up of graduate assistants, teaching assistants and specially-recommended undergraduate tutors from various departments. All tutors must take part in intensive training before they come to the Writing Center, and they receive special training throughout the semester.

I learned from the tutoring staff that you could meet with a tutor for a one-time, 50-minute help session focused on your current writing concern. Or, you can arrange to meet at the same time every week with the same tutor for as much of the semester as you wish to tackle larger writing issues.

In fairness to the Writing Center and its capable staff, I should say they are not responsible for punctuation, grammatical or any other errors in this column. After all, I received only one unofficial session, and they never saw a draft.

Mullison is a psychologist at the Counseling Center.

**The DAILY EGYPTIAN wants you to**

We want your OPINIONS for a NEW series slated for Fridays. Come see us at the Athletic Hall of Fame in the Student Center today from 11 a.m. to 2 p.m.
**Abortion**

Hussakor, however, said a patient doesn’t need a referral for this procedure.

Even though Hussakor said he doesn’t see very many abortions turn in for insurance reimbursement, the Hope Clinic in Granite City Reports a majority of patients they see are between the age of 18 and 25.

Sally Burgess, executive director for the Hope Clinic, said abortion

**Program**

“We felt like our score was inaccurate and that it didn’t reflect the proposal, and we wanted to make sure that in creating a program, an account for the people who are truly wanted to dispense of our program based on a third of a percent,” Spears said.

The students involved in the program would be those that have trouble sleeping. Burgess said Spears said that her position would have been eliminated with the absence of the program.

**Depression**

Sufferers of the disorder could also have trouble sleeping, which simulates the visible and ultraviolet spectrum of natural light, Elam said.

She said the center had a machine that measured the light, but the treatment is inconvenient because full-spectrum light bulbs are now sold inexpensive.

Some students told Elam they felt better after using tanning beds, but Elam said that conclusion was only temporary.

“Tanning beds are not full-spectrum light so they may give you a temporary lift, a psychological lift,” Elam said.

She said the center also has a machine that measures the light, and it could potentially be cancer-causing over the long haul.

Anti-depressants could also provide help for SAD sufferers, Elam said.

She said the Wellness Center also sees an influx of stressed-out students around the holiday season.

“It seems a little odd because we are all supposed to think that Christmas is fun and a happy time to get with family,” Elam said.

“Just to have that nice to have some outside time with some sunshine.”

**Stress**

techniques — including deep breathing, progressive muscle relaxation and visualizing pleasant imagery.

Elam, a sophomore from Chicago studying psychology, said she has seen: stress and has trouble sleeping.

She said she is going to try progressive muscle relaxation, specifically relax each of her muscles, to help her fall asleep and hopes the technique will help her sleep better.

“I’ve done the deep breathing before a test and trying to put my mind at ease, and it came out pretty good,” White said. “Just relaxing really does work.”

Many students will procrastinate working on what they think is going to be a difficult exam. She said, “I don’t think it really helps,” she said.

“So stress affects us in different ways, maybe all of those ways.”

For students whose stress affects them physically, Elam recommended exercise, “not the kind they take up just to get fit, but regular running for a couple of weeks,” she said.

Students affected emotionally or mentally can help themselves by doing things they enjoy.

Stress, which increases cortisol levels, can cause weight gain.

Therefore, treating stress before it becomes severe is essential, Elam said.

“If you really feel like you’ve been anxious or depressed, it’s interfering with your functioning and has been for a couple weeks or it’s very intense, even if it’s less than a couple weeks, really I encourage you to get more aggressive and get more help,” Elam said.

Animosity and depression are the most common and most treatable mental health disorders for college students.

Elam said some students try to deal with final exams using Ritalin and Adderall, both of which are potentially harmful amphetamines.

The drugs are categorized with cocaine and speed and have similar physical and mental health side effects, including a risk of dependence, uncontrolled blood pressure, heart attack and hallucinations.

“Health centers come onto the scene to help you catch up in a couple of weeks,” Elam said.

She said some students have panic attacks on those and feel very uncomfortable and they’re not at all able to study better. In fact, they feel really miserable and increase their stress.

Caffeine is a safe substitute, Elam said, as long as it is not consumed in excess.

Auntie Westbrooks, a senior from Chicago studying information systems technology, said she drinks multiple energy drinks and coffee to stay up later.

Elam recommended a positive attitude, getting a good night’s sleep and makingmb a plan for what days and times one needs to study.

“Then I choose which classes I need to study for first, so that I put it all together into a time management to be able to get it all done,” Elam said.

Elam said the Wellness Center welcomes students who need help dealing with finals stress.

“Stress is a very personal thing,” Elam said. “It’s handling the stress, I know, how do we relax? There’s infinite ways. There’s no one size fits all.”

Brandt Oxford can be reached at brandt_oxford@siu.edu.
WARNING!
The Daily Egyptian is not responsible for any Sudoku-related outbursts suffered during classes.

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Christmas Guide 2007

The Christmas Guide

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See our complete holiday schedule at wsiu.org after December 10.
Robin Rogers, right, a graduate student from Columbus, Ohio, studying studio glass, and Hyum Fung, a graduate student from Korea in studio glass, tend the Southern Glass Works stand Thursday evening during the 28th annual Holiday Craft Sale in the Student Center. The stand sold various works of glass art, such as vases, made by SIUC students.
Counterfeit money circulates in Carbondale

Some stores refuse to accept $100 bill

David Lopez

Benjamin Franklin’s image hasn’t been this controversial since his octo-
ber days.

For more than a year now, counterfeit $100 bills have been circulating throughout Carbondale, said Officer Randy Mathis of the Carbondale Police Department. Within the past few weeks, the counterfeit money has become so widespread that some businesses have refused to take $100 bills.

Counterfeit bills were reported from various locations around Carbondale in November. Mathis said once a case is investigated, the investigation is turned over to the U.S. Secret Service.

San Nasar, owner of Wise Guys Pizza and Sam’s Cafe, has had some run-ins with the phony money before and said someone tried to pass off a fake $100 bill as real.

“Some stores refuse to accept $100 bills to the store, Nasar said he did not believe the customer was aware the bill was fake. Nasar said before that last time someone had attempted to purchase food with a fake $100 was five years ago.

“I didn’t know about it; it looked real,” Nasar said. “I would think working in a restaurant for so long I would know what a fake looks like.”

Tammie Wooley, an employee at the Egyptian Corner Gas Station, said she knows of several incidents in which customers tried to use counterfeit money in her station.

“People would think working in a restaurant for so long I would know what a fake looks like.”

Nasar, owner of Wise Guys Pizza and Sam’s Cafe, said he did not believe the counterfeit money is in circulation. “I’ve been working here,” Wooley said.

Mathis said some of the bills may have been bleached and then had their denominations changed. This would potentially fool a counterfeit detection pen, since these pens only verify the authenticity of the paper itself.

If you have received a counterfeit bill, federal law states there is no reimbursement for returning a counterfeit bill to authorities.

For weeks now, area McDonald’s locations have posted signs on their front doors stating they would no longer accept any bills larger than $50.

“We feel it’s safe now,” Petsalid said.

Any person with information regarding counterfeit money is encouraged to call the Carbondale Police at 457-3200.

David Lopez can be reached at 536-3332 ext. 273 or at dave.lopez@siude.com

Medical helicopter vanishes in Alaska

Rachel D’Oro

ANCHORAGE, Alaska — Authorities launched a search Tuesday for a medical helicopter that vanished while carrying a patient and medical crew.

The LifeGuard Alaska helicopter, which was heading from Cordova to an Anchorage hospital, disappeared Monday sometime after 5:18 p.m., authorities said. The helicopter crew had made a satellite phone call around that time, but it was not a distress call, said Coast Guard Lt. Joanne White.

A patient, pilot, paramedic and nurse were aboard the helicopter, said Providence Alaska Medical Center spokeswoman Becky Hartberg. Their names were not released.

The helicopter’s last known position was Esther Island in Prince William Sound, about 75 miles southeast of Anchorage, said Lt. j.g. John Rossetti. The trip from Cordova to Anchorage is about 150 miles by air.

A Coast Guard cutter left Cordova just before 5:30 a.m. Tuesday and was making its way through Prince William Sound, Rossetti said. Bad weather had hampered search efforts overnight.

The patient’s condition and the reason for the flight were not immediately known.

LifeGuard Alaska is an air ambulance service operated by Providence Alaska Medical Center in Anchorage.

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SOUTHWESTERN ILLINOIS COLLEGE
Can a bold new ‘eco-city’ clear the air in China?

Kris Heim
McClatchy Tribune

SHANGHAI, China — To the residents of China's most crowded and populous city, the air on nearby Chongming Island has an unusual smell. It's fresh.

About an hour's ferry ride from the edge of the city, the island's farms and fishing villages are a world apart from the pollution that pervades modern life in China — and increasingly spills out beyond it.

A steady breeze rakes through lush green marsh grass, the only sound besides the chirping of migrating birds at the mouth of the Yangtze River. Fields of watermelon and cabbage stretch for miles.

But it could be lodged in the past, before the project attempts to channel a high-profile environmental crisis can torpedo even a high-profile environmental project.

China's environmental problems are massive. Energy needs affect everything from global warming and oil prices to the air quality in Western Washington state. But they also open the door to innovative solutions.

Seattle-area experts, including venture capitalists, urban planners and architects of green buildings, are helping to lead the way. For many, it's more than a business proposition. They believe that only by bringing the best technology and ideas to bear on China's environmental crisis can the world avoid disaster.

"China desperately needs help in cleaning up its environment, not only for its own sake but for the world," said Patrick Tam, a co-founder of the Seattle global-health nonprofit PATH, who now works for the first venture-capital firm in China focused on environmental business.

The scale and ambition of Dongtan exceeds anything in Seattle's planning director or Port of Seattle global-health, Seattle global-health, Seattle global-health, Seattle global-health.

"In Seattle when it rains, it washes your car," said Yang. "Here when it rains, it washes your car dirtier." But it washes off mass protests.

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"I mentor a foster child"
This can happen to “models” brilliant, unexpec

Girls
by Justin Borus and Andrew Feinstein

The Duplex
by Glenn McCoy

THE Daily Crossword
edited by Wayne Robert Williams

ACROSS
1 Make a necessary change 24 "Cheers" setting
6 "Hangs in the Smell of cloth" 25 Negatively
9 Temperate 26 Stage signals 10 Smell
14 Non-social type 28 NYSE overseer 12 Spanish queen
15 "A Bell 22 Extinct bird 13 Cey of baseball
16 "Sign of a Ships" 29 Constituent of 15 Bald raptor
18 Response time 30 Pond growth 16 "Food fad
19 "Sign of a Pond growth" 31 "NYSE overseer
21 Sign of a Pond growth" 32 "NYSE overseer
22 Sign of a Pond growth" 33 "NYSE overseer
23 Go away! 34 Stoic 24 "USNA grad

DOWN
1 "Acquires 4 Hangs in the Atlanta
2 Extinct bir 5 Bless 3 Baldr cover
3 "Food fad 6 "Food fad 4 Hangs in the Atlanta
4 Inscrutable 7 "Food fad 5 Bless 4 Hangs in the Atlanta
5 "Sign of a Ships" 8 "Sign of a Ships
6 "Sign of a Ships" 9 "Sign of a Ships

Sudoku
By The Mepham Group

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SUDOKU

By Philip J. Anderson

4 5 7 1 6 8 2 3 9
5 6 8 3 9 1 4 7 2
7 4 9 2 8 5 3 1 6
3 8 6 4 7 2 9 5 1
1 2 5 6 3 9 8 4 7
2 9 4 8 5 7 6 3 1
6 7 1 3 2 4 5 9 8
9 3 2 1 5 6 7 8 4
8 4 3 7 6 2 1 6 5

Sudoku: The Duplex
by Glenn McCoy

There’s a twenty-minute wait for a table.

Sudoku: By The Mepham Group

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk.

Solution to Tuesday’s puzzle:

1 7 1 5 9 3 8 4 2
2 8 1 6 7 4 5 3 9
3 4 9 2 8 5 7 1 6
4 1 3 7 6 2 9 5 8
5 2 8 4 9 3 6 7 1
6 7 5 3 2 8 1 9 4
7 9 4 1 5 6 8 2 3
8 6 7 8 3 4 2 4 1
9 5 2 6 1 7 3 8 9

By Linda C. Black

Year in review. This can happen to “models.” Brilliant, unexpected.

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7 9 4 1 5 6 8 2 3
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7 9 4 1 5 6 8 2 3
8 6 7 8 3 4 2 4 1
9 5 2 6 1 7 3 8 9

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Alive’ almost as good as real thing

Audra Ord
Daily Egyptian

Daft Punk
“Alive”
Release date: Dec. 4, 2007
Record Label: Virgin Records
www.dafalive.com

Most music enthusiasts know live concerts are infinitely better than CD recordings. Through your headphones, you just can’t recreate the experience of bumping against thousands of sweaty bodies, the cacophony of screaming fans and loud, thumping music and the almost tangible haze of smoke hanging over the venue.

“Chances are you’re not going to be housed and dead the day after listening to your favorite band on your iPod. For many fans, though, a live album is as close as they’re going to get to the real experience.

Fortunately, fans of Daft Punk now have an answer to their prayers: “Alive” by Daft Punk. For fans of electronic, rave house music, this album is the perfect soundtrack to the dance parties my roommates and I throw for our Thursday night parties. A CD of the mellow yet powerful singer is just the trick for relaxing and smiling the week before finals.

A ‘Carnival’ you won’t want to resist

Alicia Wade

1. “Alive” by Daft Punk. Everyone loves a live album because it’s like being at the concert no matter where you are. It’s even more groovy to hear the electronic group that way.

2. “Big Shot” by Cyndi Lauper. A woman from the new generation loves this album.

Jakina Hill

1. “MADE” by Scarface. Scarface is just a lesser rapper. After having proved himself as a lyrical time and time again, I’m sure the new album will deliver more of the Scarface everyone loves.

2. “The Big Doe Rehab” by Ghostface Killah. Ghostface is hilarious, even when he has a serious record. The way he delivers takes a bit of the edge off, making him more tolerable.

A live album because it’s like being at the concert no matter where you are. It’s even more groovy to hear the electronic group that way.

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Gloria Bode says check back tomorrow, but don’t be ‘fashionably late.’
Officer strives to keep athletes legit with NCAA

Scott Mieszala DAILY EGYPTIAN

Amanda Taillefer peaked her head into Christian Spears’ office and asked about her most recent one.

Spears is the assistant athletic director for compliance, but Taillefer wasn’t asking about anything having to do with eligibility.

The SIU women’s tennis player said she was owed money to cover the cost of living off campus, and asked Spears just because she knew he would know where to get the check.

“His office to communicate well with the financial Aid Office.

But if you ask him if I have any questions, he always knows,” Taillefer said. “I always ask him if I have any questions.”

SIU recently went through the recertification process with the NCAA, which takes place every 10 years. With the basketball seasons now underway and the football team in the NCAA Division I FBS Championship, Spears’ job keeps getting busier.

Spears said he makes himself available whenever a coach or student-athlete has any questions at all.

He helps student-athletes retain eligibility and aids the Saluki coaches with NCAA rules and guidelines, such as in recruiting.

Spears said he recently fielded a call from the president’s office, which was looking to give an engineering student-athlete’s permission to prospect a prospective student who is also a country runner.

“His office to communicate well with the Financial Aid Office.

And it makes it a lot simpler. One place, it makes it a lot simpler for each coach to do. They take it to the financial Aid Office and ask for the financial Aid Office.”

Our coaches want to win, but they touch every single area. They look at recruiting, NCAA investigations, and the process sure isn’t easy. The NCAA has lots of rules organized to protect prospective student-athletes, such as how often the coaches are able to contact the players and when it is permissible.

Spears has a recruiting chart he gives to football coaches and a folder for each recruit where the coaches can list all the information and how many times the recruit has been contacted.

Recruiting is now high-profile news, Spears said, so the compliance office has to make sure the coaches are aware of all the rules.

“Of course we want to win, but they want to win with integrity,” Spears said. “They have to do everything that comes out of the Saluki compliance office, they really do. They take it to heart, and we try to make it as easy as humanly possible for them to understand the rules.”

Spears outlines some NCAA rules in the folder and gives all coaches a colored folder chart that outlines the same NCAA document to determine eligibility.

“SIU sports coach Jerry Kill said all coaches are accountable for a lot regarding recruiting, and the folder containing the before- and post-information makes for a simple life on the recruiting trail,” Kill said.

When you get everything in one place, it makes it a lot simpler than trying to keep track of three or four different situations,” Kill said.

Communication

When a student signs a National Letter of Intent with SIU, the time frame for that differs from that of admission, which requires Spears’ office to communicate well with the financial Aid Office.

“Oftentimes we’re issuing a scholarship or a contract to a prospective student-athlete prior to him even applying to the school,” Spears said.

“Spears also works with Records and Registration, the SIUC scholarship coordinator, University Housing and the Registrar’s Office — which shares a database with the compliance office.

“We only have 375 student-athletes, but they touch every single area within the university system,” Spears said. “It kind of keeps you on your toes. You could have some great interaction with some people.”

NCAA investigations

Spears said a few years back, the SIU softball team came under scrutiny after a booster laid off an employee, and the former employee made allegations against the softball program.

Blacklock said the allegations that some softball players were being paid for hours they didn’t work.

“Everybody had a great idea, and figured, hey, there’s a person involved here, and this person’s situation doesn’t fit the legislation,” Spears said.

Smith was able to keep his scholarship and athletic aid as a result of the ruling, and is eligible to practice with the Salukis this season.

“Killed Spears was persistent to find a way to help Smith pass the cleaning house and be eligible for his scholarship and athletic aid,” Kill said.

“If the kid on scholarship and if he doesn’t pass the cleaning house, he doesn’t receive a scholarship and therefore he’s not in school, and it’s just another kid that doesn’t have a chance for a college education because financially, he needed it.”

The waiver process

Alex Smith, a freshman corner back on the SIU football team, took an agricultural course in high school, a class his school classified as a science course.

The NCAA, however, did not consider it a science course, and Spears had to file a waiver on Smith’s behalf.

“We spent a good, solid couple days on that issue,” Spears said.

“Spears also helped SIU volleyball outside hitter Jennifer Berwanger get a redshirt after she tore her ACL last season as a freshman.

The claim was originally denied because Berwanger had played in more than 20 percent of the Salukis’ seasons, but Spears filed a new waiver after the NCAA changed the limit to 30 percent.

The biggest thing he did was just make sure we had an answer quickly so we can plan what we’re going to do,” said volleyball coach Brenda Winkeler.

That’s the most important, as a coach, that somebody’s communicating with you.”

Berwanger said she appreciates Spears’ help and was excited when her redshirt was approved, which will give her four full seasons with the Salukis.

Spears said being able to remediating situations for coaches and players gives him a “great deal of satisfaction,” when he knows he did right by the coach, student-athlete and program.

“So there’s just not all wagging fingers at people, telling them what they can’t do,” Spears said. “It’s like helping their program be successful.”

Christian Spears, SIU’s assistant athletic director for compliance, works with athletes and coaches to ensure they both abide by NCAA rules.

‘DAIL’ is an abbreviation of DAILY EGYPTIAN. For more information, visit www.dailyegyptian.com.
With nearly every team still eligible for consideration, who will nab the six playoff spots in the NFC?

**GUEST COMMENTATOR: JOHN RANDLE**

“I haven’t really been keeping up on that side. I’ve been more on the (NFL). I know the Cowboys will make it for sure, and probably the Packers, I’ve seen them play ... I don’t think Detroit will get in, probably not the Bears or the Saints either ... Either way, I don’t think anybody from the NFC will be able to match-up with the AFC this season.”

— SIU running back John Randle

**Fantasy**

**CONTINUED FROM PAGE 20**

In actual fantasy news, Oakland halfback Justin Fargas has solidified himself as a productive running back, and Cardinals’ receiver Bryant Johnson has performed well with injuries to Larry Fitzgerald and frustrating fantasy receiver Anquan Boldin. Fargas and Johnson are worth giving starts to this week.

But if you really want to go out on a limb, pick up and start another quarterback, Kelly Clemmons. He’s played well in spurts, posting a 95.7 quarterback rating against the Dolphins, and he has a favorable matchup Sunday against the Browns.

Don’t sour on Carson Palmer just yet, either. He turned in a mid-tier in Week 13 but will face the Rams defense Sunday. Last week, St. Louis had the pleasure of facing the Falcons, who have made plenty of defenses look like the 2000 Ravens this season — the Panthers, Vikings and Buccaneers, to name a few.

Whatever you do, don’t forget about the history being made in front of us. It’s impossible to forget that the Patriots are chasing an unprecedented season, but keep an eye on the Lions, Dolphins, and maybe the craziest playoff chase in history that involved so many 6-6 and 5-7 teams in the mix for the final NFC spot.

Now I just wish I could end a column like Tom Brady ends press conferences: “He said two questions. I’m outta here. Bye guys.”

— Scott Misczala

Fantasy can be reached at 536-3311 ext. 224 or mcieszala@siude.com.

### With nearly every team still eligible for consideration, who will nab the six playoff spots in the NFC?**

**Fantasy**

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### With nearly every team still eligible for consideration, who will nab the six playoff spots in the NFC?
Saluki attempt to mimic success, attendance of 1983 championship team

Sean McGahan

As he sat in the stands of McAndrew Stadium watching the SIU football team advance to its first semifinal playoff game since 1983, Joe Lenzini was delighted with what he saw.

Lenzini, a 1984 SIU alumnus, had no problem with the Salukis' performance on the field during their 34-27 win Saturday. In fact, he said it was one of the greatest wins held ever witnessed in the stadium.

The most remarkable thing about the game, Lenzini said, was the visibility of the bleachers. For the most significant game in SIU's history, the stadium was the bleachers normally reserved for students only, with 6,560 fans in attendance — the second-smallest number of fans in attendance at a home game this season.

The lowest figure came in the Salukis' second most significant game, the first-round playoff victory against Eastern Illinois, which garnered only 6,124 fans.

More than 3,000 more fans attended the Dec. 15 quarterfinal game against Quincy, an NAIA team.

The most disappointing segment of the stadium was the bleachers normally reserved for student fans, which Lenzini said made his flash back to a similar situation a century ago.

Lenzini was an SIU student in 1983 when the SIU football team made a postseason run on the way to its only national championship in school history.

More than 8,000 fans attended the Dec. 3 regular season finale against Indiana State that year despite 34-degree temperatures and a freezing hard rain, according to Daily Egyptian archives.

The celebrating fans even rushed the field to tear down the goalposts, delighting the university administration, according to the archives.

For the Salukis' next home game that season, a semifinal matchup with Nevada-Reno Dec. 10, more than 12,000 fans came out to support the team despite similar conditions in a regional broadcast on CBS.

Several fans carried signs featuring the CBS logo as they watched the team rally to a championship berth, according to the archives.

Lenzini said he hopes to see a similar turnout for the nationally televised ESPN game at 3 p.m. on Saturday at McAndrew Stadium regardless of the weather.

"This is football weather," Lenzini said. "This is just getting in to the best time of year."

Also encouraging student turnout is the athletic department, which set aside an unlimited amount of free tickets for students with a valid student ID, athletic director Mario Moccia said.

Roughly 20 donors contributed the money for the tickets, Moccia said, to encourage a large turnout for the ESPN opportunity.

Students must pick up tickets at ticket offices in advance or pay the $6 student admission at the gate on game day.

"It's an ESPN game," Kill said. "It's not ESPN2 or anything like that, it's ESPN, 3 o'clock, national televised all over the country, and this is a great opportunity for students to see what the fan base is and how excited they are about athletics."

Sean McGahan can be reached at sm6@siu.edu.

Football

Saluki flashback: 1983

Salukis' attempt to mimic success, attendance of 1983 championship team

As he sat in the stands of McAndrew Stadium watching the SIU football team advance to its first semifinal playoff game since 1983, Joe Lenzini was delighted with what he saw.

Lenzini, a 1984 SIU alumnus, had no problem with the Salukis' performance on the field during their 34-27 win Saturday. In fact, he said it was one of the greatest wins held ever witnessed in the stadium.

The most remarkable thing about the game, Lenzini said, was the visibility of the bleachers. For the most significant game in SIU's history, the stadium was the bleachers normally reserved for students only, with 6,560 fans in attendance — the second-smallest number of fans in attendance at a home game this season.

The lowest figure came in the Salukis' second most significant game, the first-round playoff victory against Eastern Illinois, which garnered only 6,124 fans.

More than 3,000 more fans attended the Dec. 15 quarterfinal game against Quincy, an NAIA team.

The most disappointing segment of the stadium was the bleachers normally reserved for student fans, which Lenzini said made his flash back to a similar situation a century ago.

Lenzini was an SIU student in 1983 when the SIU football team made a postseason run on the way to its only national championship in school history.

More than 8,000 fans attended the Dec. 3 regular season finale against Indiana State that year despite 34-degree temperatures and a freezing hard rain, according to Daily Egyptian archives.

The celebrating fans even rushed the field to tear down the goalposts, delighting the university administration, according to the archives.

For the Salukis' next home game that season, a semifinal matchup with Nevada-Reno Dec. 10, more than 12,000 fans came out to support the team despite similar conditions in a regional broadcast on CBS.

Several fans carried signs featuring the CBS logo as they watched the team rally to a championship berth, according to the archives.

Lenzini said he hopes to see a similar turnout for the nationally televised ESPN game at 3 p.m. on Saturday at McAndrew Stadium regardless of the weather.

"This is football weather," Lenzini said. "This is just getting in to the best time of year."

Also encouraging student turnout is the athletic department, which set aside an unlimited amount of free tickets for students with a valid student ID, athletic director Mario Moccia said.

Roughly 20 donors contributed the money for the tickets, Moccia said, to encourage a large turnout for the ESPN opportunity.

Students must pick up tickets at ticket offices in advance or pay the $6 student admission at the gate on game day.

"It's an ESPN game," Kill said. "It's not ESPN2 or anything like that, it's ESPN, 3 o'clock, national televised all over the country, and this is a great opportunity for students to see what the fan base is and how excited they are about athletics."

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