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I usually just stand there and hope the building will come to me, or I wait until I can sneak across with someone else. I am afraid to cross the street.

LOIS THOMSON victim of a crosswalk collision

To enhance campus safety, lower speed limits and new pedestrian signs have been placed across campus. The new speed limit has been lowered to 20 mph.

Speed limit falls 5 mph after accidents

Chancellor reminds cyclists to be courteous of drivers

WILLIAM ALEMBI Daily Egyptian

The mud dash for parking spaces and the rat race of students blazing from class to class just became a tad safer. In response to a series of University traffic accidents last semester, SIUC Chancellor Walter Wendler lowered the speed limit on campus from 25 to 20 mph, which took effect Monday. Accompanying the lower speed limits are new pedestrian signs that have been added to all University crosswalks, with additional signs instructing cyclists to walk bikes.

The changes are part of Wendler’s four-phase plan to improve campus safety for pedestrians. The safety plan comes about after the death of SIU student Aaron Coleman on Sept. 21. Coleman was killed after being struck by a car while riding her bike through a crosswalk. In October, Lori Thornton was struck by a car and seriously injured as she walked through a crosswalk. The following month, an unidentified male student was injured after being struck by a car while riding her bike through a crosswalk near the Engineering Building.

Wendler said it is too early to gauge how adequately the reduction will improve safety. "We haven’t had another accident, thank goodness, since the speed limits have been lowered. It would be foolish of me to suggest that is only because the speed limits have been lowered," Wendler said. "The long-term impact of the lowered speed limit, hopefully, will be a heightened sense of awareness on the part of drivers, pedestrians and cyclists."

Thornton, a junior in cinema and photography from Lockport, received a broken collar bone, a fractured skull and a blood clot after her crosswalk collision. She said she is making progress in her recovery but is still haunted by the memories of the accident.

Teen murdered for throwing out suspect, cop says

Michael Brenner
Daily Egyptian

A Murphysboro man accused of killing a teen last month allegedly did so because he did not want to lose his victim’s residence, a police officer testified.

Robert Jackson, 22, faces first-degree murder charges from a Dec. 26 shooting in which 17-year-old Cameron Allison was killed and Brianda Woods, 20, was injured in their Carbondale home.

Carbondale Police officer Mark Grothard testified that Woods was the only person to witness the crime and that he told police Jackson had been drinking when he was asked to leave the home. In owen St. Jackson did so only later to return with a revolver.

With Allison sitting on the couch, Jackson allegedly shot the teen’s "petite Bulp" in the hind and shot Woods in the legs. Wood told police Jackson then allegedly went back to shows Allison again, but was tackled by the woman.

Judge David West found probable cause to bind Jackson for trial and set a pre-trial hearing for April 4.

Woods told police he had been sitting alone at home on the morning of Dec. 26, while Allison and their friend, Kernan Fox, showed up with Jackson. After Fox left Allison and Woods asked Jackson to leave. He would not, and allegedly produced what Woods described as an "old west revolver."

Murphysboro police arrested Jackson later that day, after stopping him in a brown Fords Astro that fit the profile of the vehicle witnesses described to police. He also fit Woods' description of the shooter, and according to Goddard, Murphysboro police found red stains on Jackson’s clothing.

"He had a large red stain on his shirt," Goddard said. "A stain or his sweat pants that appeared to be blood."

Goddard also testified that both Woods and Fox positively identified Jackson in a picture line-up.

Jackson maintained his innocence at Tuesday’s hearing. He mouthed "I love you" to his mother but otherwise said nothing.

No weapon was found on or near Jackson at the time of arrest, and Jackson, who lives in Murphysboro, told police he had never even been to Carbondale.

Report-G Michael Brenner can be reached at mbrenner@dailyegyptian.com

Ryan packs bags for Cuba to lend aid, boost state economy

Alexa Aguilar
Daily Egyptian

In late January, Gov. George Ryan will make his second trip to Cuba, this time with five pharmaceutical companies in tow.

Ryan is returning to the communist island with hopes of supplying medicine in the aftermath of Hurricane Michelle while establishing business ties that may help Illinois’ drug economy, according to Ryan’s associate press secretary Karen Finchett.

"This could be another opportunity to establish an additional market for Illinois companies," Finchett said.

Finchett defended the governor’s trip in the midst of a budget crisis by saying that the pharmaceutical companies would take place on this trip. The U.S. government restricts American travel to Cuba, but Ryan said his party will go under a humanitarian license from the New York-based organization Americans for Humanitarian Trade with Cuba.

It is illegal for a party to close a sale to Cuba while visiting under a humanitarian license.

Lisa Weimann, executive director of AHTC, said if the pharmaceutical companies wish to conduct a business sale, they must return home and obtain a license from the Department of Treasury and Commerce. This bureaucratic process usually deters businesses from trying, she said.

Weimann said that "scores" of politicians and high-level policy makers use the humanitarians license to go to Cuba, but Ryan is the first governor to have such as open status.

Sen. Paul Simon, director of the Public Policy Institute, made a groundbreaking trip to Cuba in February 2002 with a delegation of SIUC and Illinois officials. He said he opposes Gov. Ryan’s return.

"In response to the grumbling about the visit involved with taking a trip is that the governor has the club of the Midwest in disinclude the cost as "misleading."

"There is no question that there are trade advantages and opportunities," Simon said.

But most important, Simon said, were the humanitarian benefits of a
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U.S. seeks new
targets
WASHINGTON — U.S. forces are seeking new targets after a series of attacks last week, and leveling 60 buildings in eastern Afghanistan. U.S. planes have struck the caves and al-Qaeda site at Zawar Kili every day since Jan. 9.

Pentagon spokesman Rear Admiral John Stufflebeem said the operation was a "fresh new attack against the core of al-Qaeda, as the new administration, which has won pledges of support from major countries around the world, has found where it took office in December that the defeated Taliban rulers had empowered the local Taliban and government ministry officials. It has no suspects in the theft of books and tapes from libraries and remove security strips.

U.S. forces searched the caves to glean any intelligence information, then directed air strikes against specific targets so the caves or buildings couldn't be used again, the admiral said. There were 30 minutes from 8:52 and 8:53 bombers and F-16 strike jets from aircraft carriers were used, Admiral Stufflebeem said. He said the area was a significant center of al-Qaeda activity.

Afghan government searches for funds
KABUL, Afghanistan — Afghanistan's 4-week-old interim administration could fail if foreign donors do not come up with $160 million within 45 days to help pay its civil servants and police, a U.N. spokesman said yesterday.

The new administration, which has won pledges of support from major countries around the world, has found where it took office in December that the defeated Taliban rulers had empowered the local Taliban and government ministry officials. It has no suspects in the theft of books and tapes from libraries and remove security strips.

U.S. and foreign diplomats worry that public support for the government could fade if it cannot come up with cash for wages. Donor countries also have been slow in paying into a U.N.-sponsored "start-up fund" for the Kabul government.
"I believe that if you want to make a difference in people's lives, there is no better position than the chief law enforcement official."

State Sen. Lisa Madigan

Democratic candidate for attorney general Lisa Madigan (right) chats with Suzanne Schmitz (far left) and former senator Paul Simon's daughter Sheila Simon, just before speaking to SIU students, faculty and local residents at the Loe's Law Building Tuesday. Madigan is a state senator from Chicago.

State Sen. visits SIU Law School

Molly Parker

The daughters of two legendary Illinois Democrats had a reunion Tuesday at the SIU Law School when Lisa Madigan stopped to speak to several high school and law students about her run for attorney general.

State Sen. Madigan, D-Chicago, the daughter of House Speaker Mike Madigan, was at the Law School talking with students and community members when Sheila Simon walked through the door and greeted her with a hug.

Lisa Madigan worked for Sheila's father, former presidential candidate and U.S. Sen. Paul Simon, on Capitol Hill when she was in college.

In fact, it was Jeanne Simon, Paul Simon's late wife, who was a big influence on Madigan's decision to step into state politics and make a name of herself.

"Jeanne Simon, what an unbelievable role model she was," Madigan said. "As much as Paul Simon is great, so was she. She was just so dynamic."

Madigan has served in the Illinois Senate since 1998. Before running for state office, she worked as an attorney for the law firm of Sackhoff & Weasen, Ltd. and as a teacher and assistant dean for Continuing Education at Willard Wright College.

Madigan said she enjoys politics because of the opportunity it presents to affect public policy and people's lives, and this has a lot to do with why she wants to run for attorney general.

"I believe that if you want to make a difference in people's lives, there is no better position than the chief law enforcement official," she said to a crowd of about 25 standing in front of her podium.

The petite brunette does not like the restraint of standing behind the podium, instead preferring to pace the stage with animation and energy.

Madigan pointed to her record in the Senate to demonstrate her toughness on criminal activity in the state.

During her first year in the Senate, she helped get a bill passed to confiscate cars with secret compartments where guns or drugs could be stored. Madigan said this was quite a challenge given that she was a young Democrat in a Republican-controlled Senate.

"So I was laughing with the Republican in the room," she said, "about how difficult it is to pass bills as a Democrat in the Senate — especially with a name like Madigan."

Madigan also unveiled her labor plan, which among other things, is meant to protect workers in the state from unfair wage cuts, dangerous working conditions, discrimination and other unfair labor practices.

Madigan will face John Schmidt, a Chicago lawyer and former Justice Department official, in the March primary. On the Republican ticket, DuPage County State's Attorney Joseph Birkett is running for the position.

Reformer Molly Parker can be reached at mmparker@dailyEgyptian.com

Each month, the Illinois Department of Transportation has put nearly $40,000 in the escrow account from July to December.

He added that the state had no choice but to put the money in the account until an agreement can be reached.

"I could go to court," he said, "but I've chosen not to. The state based its appeal on the 1990 census, it faces losing nearly a million dollars a year."

"What we are seeking is for the appellate court to affirm the circuit court's decision, and now the case is before the appellate court."

"At this point, the state is not losing out on tax money."

"The three-judge panel is expected to rule on the census case sometime in the next two to six months."

Reformer Brad Brodscma can be reached at brbrodsena@dailyEgyptian.com

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Walker, Wendler named in lawsuit

SIUC goes beyond call of duty for work study

Program exceeds requirements for using federal money

Mark Lambird
Daily Egyptian

In a report released by the Washington Monthly this month, more than half the nation's totals were below the national average for the amount of work-study used for community service. Previously, the requirement had been 5 percent.

The federal work-study program promotes employment to help students who qualify for financial aid. The federal government provides 75 percent of the funds that is paid by students; the remaining 25 percent is provided by the college.

Every year the U.S. Department of Education doles out more than $1 billion for work-study programs across the nation.

For the 2000-2001 academic year, colleges were required to make 7 percent of their work-study funds go to community service. Previously, the requirement had been 5 percent.

The federal government said that community service jobs that could be counted for the program are those that improve the community or quality of life or solve problems in the community.

Along with the percentage requirement, at least one student must be involved with the America Reads program. This program sends students into community schools to read and tutor students.

SIUC exceeded the current requirement for 2000-2001 with 13 percent of work-study funds being used to benefit the community. The funds that were used totaled more than $317,019 and included 562 students.

Dan Mann, director of the Financial Aid Office, said SIUC ranks high in the state in the amount of work-study funds that are spent on community endeavors.

"The interesting thing about [the University] is that all the jobs we have are on campus," Mann said.

Mann said 114 jobs qualify as community service jobs, including Disability Support Services, Public Television Broadcasting, the Daily Egyptian and the Student Recreation Center.

Mann said this year there was an increase of 1.2 percent in the total funds allotted to community service. He said this could be attributed to a change in some rules dealing with support services for students with disabilities. He said rules were changed this year so more students could be hired for that particular program.

Jeffrey R. Andrade, adviser to the director of career education, told The Chronicle of Higher Education there was no specific penalty in place when an institution fails to meet requirements.

Andrade said students play a large role in deciding where they work, and it is sometimes out of a university's control to place them.

"This is ultimately a student choice issue, and service advocates have really raised the boat in that regard," Andrade said.

Reprint: Mark Lambird can be reached at mlambird@dailyEgyptian.com

Walker

Local bookstores help to lessen student concerns

Samantha Edmondson
Daily Egyptian

Expensive. Hassle. Hector. These are students' reasons for not buying their textbooks because they believe they get an unfair deal. Some students see the bookstores as making money off already expensively priced books.

"We have to buy books, so they are taking advantage of us," said Nick Grant, a sophomore in zoology.

However, bookstore managers assure students they do not pick the books that are on their shelves — the professor does.

"We don't decide what is going to be used next semester," said Chris Crosson, manager of University Bookstore. "Professors can pick a textbook for each semester or use the same book for three or four semesters."

Frequently, students' concerns mask how a bookstore operates and what it has to offer to its customers.

All the bookstores begin pricing their books the same way: Used books are usually marked 25 percent less than new books, according to Crosson. Near the bookstores, a sign is usually posted indicating the prices for students to view. Sometimes, there is a whole range of prices, according to Crosson. "It's more who has the most used books."

Used book supply is a major key for both selling and buying back books from students. Randy Johnson, manager of 710 Book Store, said students are always better off getting used books since they are cheaper than new books and are bought back for the same price.

Furthermore, Johnson said used books sold back from the students actually save the bookstores and students money in the long run.

"If they are using that book here on this campus, then we are much better off getting that book from [students]," Johnson said. "If not, we then have to try to find the book somewhere else and pay to get it here."

Students are also concerned with the small amount received in selling back books to stores, despite some 50 percent buyback guarantees.

Michelle Bartham, a sophomore in information science, said there has been a 50 percent buyback guarantee. However, she allows the proper buyback price for each book up to 50 percent. She said the competition has to be careful which ones put 50 percent guarantee back on because if it is a book that is not going to be used, then they are stuck with it.

Crosson said the biggest impact for bookstores is to increase competition between them such as not buying books from students and using new books. This is due to the publishers' buyback guarantees.

"We compete with each other," Crosson said. "We don't compete with them."

Reprint: Samantha Edmondson can be reached at sedmondson@dailyEgyptian.com

Wendler
COBA ponders expansion to Asia, should know by summer

Taiwan, Singapore, Hong Kong eyed for business training

Ben Bobkin

The island of Taiwan could become the next training ground for SIUC business students.

The University offers an executive master’s degree program in business and administration to working professionals in Hong Kong and Singapore. The program might also become available in Taiwan, according to Richard Rivers, associate dean of the College of Business and Administration.

Rivers said he would probably know by June whether or not the program will add Taiwan to the list of locations. If a Taiwan location is added, COBA will use fewer professors in Hong Kong, Rivers said.

The master’s M.B.A. program offers overseas students the chance to earn a master’s degree through intense periods of classroom time conducted during weekends. Individual courses take six or seven weeks to complete, and students complete the program in 15 months, usually while continuing to work full-time jobs.

“When I talk to students, the best analogy I get is that it’s like taking a drink from a fire hose,” Rivers said.

Competitions for entry into the program is intense, and in addition to having a bachelor’s degree, applicants are also required to have at least five years of professional business experience. The program has been offered in Hong Kong since 1994 and expanded to include Singapore in 1996. Singapore and Hong Kong are key markets for international business, a factor that brings diversity to the program’s students. The program has drawn students from countries such as Australia, Germany, the Philippines and Israel.

Such diversity makes teaching the course an interesting experience, said Ardy Melcher, a professor for management courses.

“A good number have held jobs in different parts of the world,” Melcher said. “The students are very sophisticated in terms of world views.

And rather than taking several classes at a time, options are restricted for students in the program. Classes are offered in a consecutive order, and each class takes six to seven weeks to complete.

Teaching the classes to working professionals in weekend sessions has the advantage of attracting dedicated students, Melcher said.

“The students have to work hard because during the week they work too,” he said.

SIUC business professors typically spend 10 to 14 days abroad, but that is “far and away not the only commitment,” Rivers said. Professors also stay in touch with students via e-mail in the weeks before and after the courses.

And traveling to teach business students in an international setting has its pressure tactics and commitments to cash or check, if necessary, hang up.

Report telemarketing fraud to the National Consumer League at 1-800-243-0607. Any telemarketer claiming to represent the Illinois Sheriff’s Association can be reported to the local sheriff or the Association at (217) 496-3371.

Dance classes to be offered

Anyone interested in taking dance classes that include smooth, Latin and swing dances may register for Ballroom Dancing classes. Beginning and Intermediate Ballroom Dancing I is in session from Jan. 30 to March 6, and Beginning and Intermediate Ballroom Dancing II is from March 26 to April 30.

Lessons will be located on the 2nd floor of Davies Gymnasium. The fee is $30 per participant for a six-week course.

For additional information or to register, contact the SIUC Division of Continuing Education at 536-7775, or visit the website at www.dce.siu.edu.

SCUBA classes available

Students willing to underwater exploration may sign up for one of two Open Water SCUBA Classes at the Student Recreation Center Information Desk starting Jan. 25.

SIUC business professors typically send $275 to receive their SCUBA certification card upon satisfactory completion of the class. $50 is due at registration.

The class meets from 6 to 9 p.m. on Mondays and Thursdays. The first session lasts from Jan. 24 to Feb. 25; the second session lasts from March 21 to April 25.

The course consists of 10 evening sessions of alternating classroom work and underwater SCUBA equipment work.

For more information, call Joe Mabell at 687-3903.

Correction

In Tuesday’s slide “Proposal may require DNA from all felons,” Joe Birkett unveiled a proposal calling for DNA collection for convicted felons.

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WASHINGTON, D.C. - President George W. Bush and Mrs. Laura Bush address a crowd of 30,000 at the National Prayer Breakfast.
Our Word

SIUC's budget crunching should not take too big of a bite out of students' needs

SIUC has a tough budget dilemma on its hands. Due to a $500 million shortfall in the Illinois state budget this year, the University will have to cut $5 million from its own budget. Cutbacks are expected to occur in departments across campus. A few that were spelled out by Chancellor Walter Wendler may come from eliminating some summer classes and reducing the number of student workers in the vice chancellor for Administration Office.

As another money saver, Wendler threw out the possibility of not immediately filling the positions of retiring faculty. Summer classes necessary for students to graduate will not be eliminated, Wendler said. The University "will have to cut from somewhere and every corner will have to suffer a little. However, any cuts directly affecting students should be well thought out in advance.

The University may lose money from cutting back on summer classes, but what about the money lost from summer tuition? The University already experienced a $548,000 drop in enrolment last fall, which reportedly accounted for $1.5 million in lost revenue. Summer classes with frequently low enrollment are another matter. Eliminating those makes sense.

We just don't want to see SIUC turned into a ghost town during summers because students can't take classes. With that said, it is understandable that SIUC has to make up for the lost funds. No one has all the answers. SIUC is in this predicament due in part to circumstances out of our control.

The University has its own budget priorities to worry about, let alone having to deal with the ramifications from a shaky state budget. Policy makers are quick to point to the "sputtering" economy and the Sept. 11 terrorist attacks, which "momentarily stifled consumer spending," as reasons for the shortfall.

For that reason, the economy has slowed since early 2001, and Sept. 11 certainly had a negative impact, but this is not the first time the state's budget has come up shorter than expected. Too many officials think they can blame all our economic woes on Sept. 11, when in fact the shortfall may derive more from bloated revenue projections by officials.

All this adds to the significance of the University's Capital Campaign highlighted by President James Wilker last fall. Our efforts to raise money for University initiatives will spare us from having to tighten the school's pocketbook when the folks in Springfield can't come through.

As we traverse through this murky economic tide, let's proceed wisely.

Words Overheard

"Lack of money is no obstacle, lack of an idea is an obstacle."

Claudia Smith Brisson

Their Word

A measure of our online curiosity

Claudia Smith Brisson

Google, my favorite search engine, calls it the "Zeitgeist," a German word for the spirit of an age, the trend of thought in a particular time. The Zeitgeist is Google's weekly, monthly -- and with 2001, its annual -- review of what we collectively investigate.

All day every day, a count is taken as we read news, celebrities, says, sports, movies, music. Thus is the measure of our curiosity aroused.

With more than 150 million queries a day, and extensive logs on those queries, Google should have a sense, as it claims, of "the collective focus of the online mind." In 2001, our just-departed year, our online minds ranged from our successes to celebrations, from patriotism to ancient prophets. And always, it seems, back to babies.

The Google search engine offers a blank page, and a blank slot in which to type, with no prompts, topics such as your horoscope. "Enter what you're thinking. It comes basically from the person's head to the fingertips to Google," explains Barry Schuld, a spokesman for Google.

"So Google suspects it's counting exactly what we're thinking.

In January 2001, our fingertips were most often typing "Chinese New Year." In April, what we found most interesting was looking up our grandchildren and grandparents. That's because the American Family Immigration History Center runs online (www.ancestrydirectors.org). In June, we wondered about Timothy McVeigh, convicted of the Oklahoma City bombing and put to death by lethal injection. For his final statement, he read William Ernest Henley's "Invictus." We looked up the poem.

You might remember this poem because, like me, you might have recognized it as an addendum -- as justification for defiance of parental edicts. It begins, "Out of the night oferror that comes to one, Black as the Pit from pole to pole," and ends, "I am the master of my fate, I am the captain of my soul."

In July, we were interested in Chandra Levy, the Washington intern who disappeared in April, then became a cause celebre when linked with U.S. Rep. Gary Condit.

In August, we Routinely moved on to Aladdin, a 23-year-old singer who died with eight others in a Bahamas plane crash.

In September, for Americans, the world stopped. When we could take a shuddering breath, we wanted to see the World Trade Center, before and after. We wanted to know what happened, who died, who survived.

And we wanted an American flag to pledge allegiance to, to assemble, to fly. So that's what we typed on our World Trade Center and American Flag.

CNN was the place people went online to find out what was going on, and in a fashion rate more than 6,000 queries a minute on Google. After CNN, our second-most-frequent destination was the World Trade Center, then the BBC, then the Pentagon, then MSNBC.

Next, with a certain logic, we moved on to the end of the world and Nemo... , a proton whose fate likely exceeds his skill, "he had the honor of being one of the founders of our firm and a stimulus, but also the most misguided query for the month.

When the "war on terrorism," began, our obsessions shifted to terms of war: daisy cutter, a bomb we've used: booker, better, a laser-guided bomb used against caves and those in them; and AC-130, a gunship.

But, by the time winter approached, we had moved onto other online concerns, such as mourning Beatles George Harrison, comparing the X-ray to the Playstation 2, comparing "Harry Potter" to "Lord of the Rings."

Are we curious or shallow? Or both? It could be that online queries reflect only transitory concerns. Or this really could be the zeitgeist of America: celebrities and entertainment, interwoven with intense but transitory concerns about early-rising crises.

It's possible that the deep and lasting don't show up on our web searches. For that purpose, we have to examine bedrooms and kitchens, classrooms, librarians, therapists' offices or at least, Google polls.

If you care to ponder this in depth, survey the Top 10 and Top 20 lists provided at www.google.com/press/zeitgeist.html. Just this kind of mind? We might have been raised about authors and drama, but we didn't stop looking at Jennifer Lopez.

While Terrorism and bin Laden are the men on our minds, Britney Spears and Pamela Anderson are the women. I'm so uncomfortable with how we might define the American zeitgeist, according to Google. Hey, guys, anyway: taking Numbers Uno from rooster Strut Britney Spears, The Shrek, Harry Potter, The Big Easy, Counterstrike, Anna Kournikova, Windows XP.

I've always thought curiosity was a mark of intelligence. To keep learning, keep asking "What?"

Online, evidently, what we ask is "What?" and "Why?"

And the answer for 2001, the "spirit of the age," well, that seems to boil down to a bonbon blonde chanting about "Lost Story" on her Noki phone, while ordering Windows XP from amazon.com.

This is it, the land that we love, and this is what we think about -- online.

Claudia Smith Brisson is a columnist for The State in Columbia, S.C. Her views do not necessarily reflect those of the Daily Egyptian.
COLUMNS

WHAT'S IN A NAME?

Ladies and gentlemen, Tommy Curry has not left the building. In a futile attempt to abandon the only life he has known, he is but the barest of strangers. He returns to the comfort of their presence in order to fuel their anger and alienate their sympathies for humanity in blind fits of ignorance. Now that we have become acquainted for the third remitter in a row, what else can I say to shock you? What else can I write that might not nudge you into peeking in a time about my mere opinion? I don't know. I am not a journalist and my opinion never really appealed to me, but there is one "unchanging theme," the Jemtel that each of me, in my lonely nights, her voice asking me to spew the last of poet and racist domination. She speaks of my name. The name "Tommy Curry" that has become synonymous with ideas of black nationalism, separation and some would say unprofitable nation and hate. But let's ask ourselves something, shall we? What is it about this "race problem" I speak of what matters so much that the social structures and identities of hundreds of students and citizens are fundamentally bothered.

He returns to the comfort of their presence in order to fuel their anger and alienate their sympathies for humanity in blind fits of ignorance. Now that we have become acquainted for the third remitter in a row, what else can I say to shock you? What else can I write that might not nudge you into peeking in a time about my mere opinion? I don't know. I am not a journalist and my opinion never really appealed to me, but there is one "unchanging theme," the Jemtel that each of me, in my lonely nights, her voice asking me to spew the last of poet and racist domination. She speaks of my name. The name "Tommy Curry" that has become synonymous with ideas of black nationalism, separation and some would say unprofitable nation and hate. But let's ask ourselves something, shall we? What is it about this "race problem" I speak of what matters so much that the social structures and identities of hundreds of students and citizens are fundamentally bothered.

Back to school blues

Over Christmas break, I moved back in with my parents. It amazes me how simple my life has become since then. I don't have much to look forward to anymore. My days of niggling the family's toilet paper and light bulbs back to my poverty-stricken apartment are over. It's so exciting to walk into a kitchen where kitty crackers don't have to be saved, and the spices aren't kept in the salt shaker.

I think the coolest part of living with my parents is the ease mystical force existing between these walls. I think my family has house elves, like in Harry Potter. Ed forgot my red room having an enchanted floor. Seriously. Simply scatter dirty clothes all over the carpet, and the next day they're clean and folded. Hours later, I come home to find newly pressed jeans dangling from my closet and a clean floor. It's better than a hotel. The only way I can explain my life getting me back in that room was second of my sanity, self-medicating.

Somehow, though, it's powers only exist as my parents' house. I think my apartment must have contained happy, because my bed was unable to perform its magical roles when I moved away.

I was working three jobs and still living off Ramen noodles.

My professors felt sorry for me.

But now, with all of this time on my hands, I have a new dilemma. I don't know how to get any more for being a lousy student, and that hurts. Before, it was okay that I was incapable of doing "A" work and performing at the level of my major, but now I'm working three jobs and still living off Ramen noodle dinners. My professors felt sorry for me. Some of them actually brought me food. Now I have to actually be a responsible student, and I'm not sure I'm up to the challenge.

Munday night I sat at home, popping at the pile of fan-day assignments ahead of me and couldn't help wishing I could get called into work every night this week so I wouldn't have to think about not studying. I'm not ready for the semester yet. I spent most of the holiday moving. The tiny remaining slice of my Christmas break was squandered between learning that skiing is sort of an endurance sport I never wanted to do, and something else I never should have tried, and the tiny remaining slice of my Christmas break was squandered between learning that skiing is sort of an endurance sport I never wanted to do, and something else I never should have tried.

So maybe I'm not that far from where I was after all. I don't know, having house money any time soon, so perhaps I don't have to be a totally lousy student just yet. I can stay in my comfort zone of poverty and sub-standard student performance and not even do my days at @bu thirty shampooing gas to get to Carbondale and humming lunch off at Wain Comma. But what can I say? I'm Doey's girl.

BRAIN RIDDLE APPLYING YOUR KNOWLEDGE

Not Just Another Priddy Face

Jude E. Priddy

Ladies and gentlemen, this country are infinite and deserving of critical examination, especially in light of the realization of a certain ration at the end of the day. America for its imperialism. At the end of the day, does anything change for Africans? Does the transfer of power and legitimacy of a marginal people change? These questions incorporate Tommy Curry into the curriculum, or does he become a conversation, only before the lesson of the day?

Now bigotry and Joseph Johnson both display critical points about issues affecting people in this country, but with fewer accusations and indictments of their character. Why? What is about my opinions that bothers so many? We live in a racist society, and I want to know who directly contributes to the perpetuation of this problem seem to shun the accusation. Professors, administrators, students, women and patriotic Americans all fuel some marginal quality towards Africans. What can Africans do about this? We don't want our dirty laundry aired in the DAILY EGYPTIAN, but we also don't make the political decisions necessary to defend my identity we are under to our people. Yet, we are potential towards anything that represents white nationalism.

I know many people of my racial background. Maybe they're now, so what? The structures of America and their prior cause support this racist ideology. Maybe our resistance should be more than this. If you have a name and misrepresentations, African people represent change, not the blc student, and I'm not sure I'm up to the challenge. I have seen students construed ideas. African people represent change, not the blc student, and I'm not sure I'm up to the challenge. I have seen students construed ideas. African people represent change, not the blc student, and I'm not sure I'm up to the challenge. I have seen students construed ideas. African people represent change, not the blc student, and I'm not sure I'm up to the challenge. I have seen students construed ideas. African people represent change, not the blc student, and I'm not sure I'm up to the challenge. I have seen students construed ideas. African people represent change, not the blc student, and I'm not sure I'm up to the challenge. I have seen students construed ideas. African people represent change, not the blc student, and I'm not sure I'm up to the challenge. I have seen students construed ideas. African people represent change, not the blc student, and I'm not sure I'm up to the challenge. I have seen students construed ideas. African people represent change, not the blc student, and I'm not sure I'm up to the challenge. I have seen students construed ideas. African people represent change, not the blc student, and I'm not sure I'm up to the challenge. I have seen students construed ideas.
Standing policy "strictly a political embargo against Cuba was imposed in 1960, after Fidel Castro seized power. Simon called this a long "walk," Thornton said. "My skull is still healing, so I have headaches and sleep a lot.

Thornton said she doesn't believe lowering the speed limit will deter drivers from speeding, but she has seen more cars stopping for pedestrians. She said her accident has made her wiser when stepping through crosswalks. "I usually just stand there and hope the building will come to me, or I wait until I can sneak across with someone else," Thornton said. "I am afraid to cross the street." The University Parking Division ordered a total of 350 signs advising students of the new changes at a cost of $7,000.

The signs advise students of the new speed limit and to walk bikes through crosswalks. Other signs will soon be posted near bike racks across campus, reminding bicyclists of the crosswalk rule. Students are encouraged to become aware of the new changes. Wonder said drivers, pedestrians and bicyclists should make it a point to exercise more caution. He said he is aware of the potential danger crosswalks present.

"Bicyclists" come up on the crosswalks pretty fast, and a driver is left by surprise with a bicycle in front of them. It has happened to me before," Wendler said. "I would encourage people just to be very careful."

Reporter William Allen can be reached at walonso@dailyEgyptian.com

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LINDELL W. STURGIS MEMORIAL PUBLIC SERVICE AWARD CALL FOR NOMINATIONS

Established in 1979, the Lindell W. Sturgis Memorial Public Service Award is presented by the SIU Board of Trustees to an SIUC employee to recognize public service efforts— contributions to the community, area, state or nation—based upon activities unrelated to his/her job responsibilities.

Deadline for nominations: February 28, 2002

Please direct nominations to: Dorothy L. McCombs, Committee Chair Constituent Relations and Special Events, Mail Code 6525 1004 S. Elizabeth For more information, please call 453-5105.

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Reviewer loves Apple's new iMac

Craig Crossman
Knight Ridder/Tribune

Apple's new flat screen iMac follows in the company's tradition of creating beautiful works of art that do wonders with a spreadsheet. I predicted its unveiling at this week's Macworld in San Francisco, but I didn't foresee how appealing this iMac would be until I saw it. But no ESP is needed to know that this iMac's simple yet elegant design will appeal to anyone looking for an all in one computer that can get the job done.

All that looking great begins with what you see on the iMac's flat 15-inch color LCD screen that can be raised, lowered and rotated around the base with a mere touch thanks to the precisely balanced arm that holds it in place and is anchored at the top center of the dome. After tilting the screen to your ideal viewing angle, the mechanical arm preserves the screen's position even while raising and lowering the screen. This ability makes the screen feel as if it is floating on air. The screen displays millions of colors at a 1024 by 768 resolution. The rest of the computer is housed in a compact 16-inch dome base. All the necessary connections are conveniently located at the lower back of the base and include two Firewire, three USB, Ethernet, headphone, speaker, modem and VQA video ports. Even the power supply is in the base so there's no bulky transformer at the end of the power cord.

Three models will be initially available starting with the top of the line version that includes an 800 MHz G4 processor, 256 MB of memory, 60 GB hard drive and Apple's SuperDrive that reads and writes CD and DVD formats. This model also comes with Apple's external speakers that compliment the built-in speaker.

Apple also announced that all Macintosh computers shipping now on with OS 10.1 installed as the default operating system. Announced prices for the new iMacs are $1,299, $1,499 and $1,799.

Apple's other newly announced item is iPhoto. This software application lets you organize and manage your 'digital shoe box' of photographic images you've taken with a digital camera, scanned or downloaded. iPhoto lets you crop, rotate, image and place them into an online photo album hosted by Apple's servers so that anyone online with access may view your images. You can also send images to Kodak to be printed out on sizes starting from 4 x 6 to a 20 x 30 inch glossy poster size for $19.99. The photos are delivered right to your door.

One of the nicer iPhoto features is being able to scan thumbnail images on the fly so you can more easily locate pictures. iPhoto can organize them into related groups, export them into QuickTime movies and create slide shows.

A brand new feature is the ability to print a real hard-covered book that contains your images and text. A book printing starts at $29.99 depending on the number of pages in the book. And possibly the best feature of all is that Apple lets you download the iPhoto application for free on their web site.

www.apple.com

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Pick Enterprise. We'll pick you up.
It is probably the most anticipated event in a college student's school year. It is the week that students everywhere drop their books, pick up their swimming suits, and head to the best warm-weather location that their college budget will allow. It is SPRING BREAK.

Spring Break is not simply a week off of school anymore. Students spend months researching, planning, and saving for this weeklong getaway to their chosen party-central. And these are the top ten places they flock to:

**Top Ten Destinations To Let Loose This Spring Break**

Lindy Brown
Daily Egyptian

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**Top Ten Hottest Spring Break Destinations**

1. **Key West, Florida**
   - Its biggest draw is the fact that it is a party town, but it also happens to be quite expensive.

2. **Rosarito Beach, Baja California, Mexico**
   - A little town with a wide range of hotel accommodations, it is cheap, and of course the drinking age (18) is a plus for many college students.

3. **Mazatlan, Mexico**
   - A bit more upscale but still very inexpensive. There are great package deals for students, and again: the drinking age is 18.

4. **Bahamas (Nassau and Paradise Island)**
   - Beautiful, laid back, and a drinking age of 18. But it is expensive.

5. **Daytona, Florida**
   - A little town with a wide range of hotel accommodations, it is cheap, and of course the drinking age (18) is a plus for many college students.

6. **Lake Havasu, Arizona**
   - A Colorado River community with wall to wall watercraft and houseboats.

7. **Jamaica (Negril)**
   - Anything goes here. There is non-stop partying, nude beaches, and varied hotel possibilities.

8. **South Padre Island, Texas**
   - Miles and miles of clean beach, consistently warm weather, and it's not too expensive.

9. **Cancun, Mexico**
   - Ideally set for spring break with loose drinking laws and tons of nightclubs. This is definitely a spring break hotspot.

10. **Panama City, Florida**
    - Beautiful beaches and a community accustomed to the rowdy spring break crowds. Most of the southeast U.S. seems to flock to Panama City through the months of March to June.

Top Ten determined by: The Travel Channel

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- **AUDI ROTARY**, not meeting our criteria, no pet cond., $2,995.
- **1990 CHEVY 1500, 88,100 miles, automatic, clean, good cond., $4,995, 492-3930.
- **1980 CHEVY 1500, automatic, 9,500 miles, good cond., $5,995, 529-5161.
- **HONDA CRX**, 1,000 miles, excellent cond., $5,995, 529-5161.
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The Daily Egyptian is accepting applications for the spring 2002 semester. All applicants must be in good academic standing and must be enrolled for at least 6 credit hours.

Web Designer

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Any refund under $2.50 will be forfeited due to day's publication.

classified advertising must be received by 10 am to appear in the next day's publication.
By Linda C. Black

Today's Birthday (Jan. 16) - You're a do-it-yourself person. That's why you'll be most content in a self-contained pro-
gram, designed by you. How can you teach yourself what you
don't know? Buy books, attend classes, read the Web. It's
work, and this is the perfect year for it.

To get an advantage, check the daily rising: 10 is the
easiest day; 0 is the most challenging.

Denis (March 21-April 19) - Today is a 1 - Take extra time to
must do work before making any changes. Work your plan
out thoroughly in your head before you start in motion. You
might decide to stay, and that might be wise.

Neptune (April 20-May 20) - Today is a 4. If you really like
like on more responsibility? You might get the chance winter
than you thought. Be nice to a person you periodically find
intriguing. This is an ending, not the final word.

Centauri (May 21-June 21) - Today is a 3 - Cool it just a little.
You may have to curtail how you've been spending your time.
If this is company time, we're talking about "making new
friends." It's not a good time to "network" with influential
contacts who can help expand our business!

Cancer (June 22-July 22) - Today is a 7. As you continue to
puzzle over the situation, strange eggs seem to hatch. Some
of your controlling problems seem to have a cause. There are
other issues at work, so just wait. Keep on course and
stay cool. There'll be a lot of fog on the next.

Leo (July 23-Aug. 22) - Today is a 5. You're right in the
middle of the project, and new expenses are coming. Consult
with somebody who's been there before. If your money is being
spent, make sure your opinion is taken into consideration and
that you understand the proper use of your funds.

Virgo (Aug. 23-Sept. 22) - Today is a 7 - Did you recently
have to do any work on the home front? Maybe you brought it
to yourself. If you thought you were only busy with the job, remember: We say, you're somebody to help.

Libra (Sept. 23-Oct. 22) - Today is a 1 - You're happy and
psychically alert. A job you've been dreading is finally over.
You'd rather play, but you'd better take care of it before you're in trouble.

Scorpio (Oct. 23-Nov. 21) - Today is a 7 - The most frustrat-
ing part is almost over. You've now come to the point where
James wears a kipper. Keep plugging away at the technical chores as calmly as you can.

Sagittarius (Nov. 22-Dec. 21) - Today is a 7 - Is there some-
thing you've heard about that'd like to try? Like your life is coming. Take time to follow the instructions. Even then, things won't go exactly as expected. If you get frustrat-
ed, by looking at the project from a different perspective.

Capricorn (Dec. 22-Jan. 19) - Today is a 4 - You're doing
well now but will this trend continue? How can you ensure
that it does? Stay on top of the situation, that's how.

Taurus (April 20-May 20) - Today is a 3 - Some might say
you live in a fantasy world, and sometimes you do own.

GEMINI (May 21-June 21) - Today is a 5 - Does your
opinion line up with the others? You've got to keep your
mouth shut, or you're going to get caught in a jam.

Cancer (June 22-July 22) - Today is a 7 - Cool it just a little.
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you live in a fantasy world, and sometimes you do own.
Crossword

ACROSS
1. Batronized girl
5. Rings around
10. Jews
14. Legal stance
15. Courting
16. Flamenco dancer
17. HD system
19. Battle on
20. Spanish beat
21. Gathering
22. Competition for
25. Ullmen
26. Took a king to
31. Lieutenant's
33. Related to the environment
34. Related to the environment
36. Runny Reneh
37. Respond
38. Wilde, drama, Town
39. Fad
40. Low card
41. Cross-examined
43. Downset
44. Clear tables
45. Beginnings
46. Comic/actress Delaria
47. Shenandoah
48. Primal dance
49. Shapely
50. Luck
51. Main course
52. Avad
60. Thouless, once
61. Singer Aimee
62. Uneven CUI

Solutions

1. Houston pis
2. Growthink
5. Contemplation
6. Programming
7. Pin box
8. Singer Ave
9. Undies off
10. Sees
11. Minority acts
12. Dignitary of
13. Down
14. Sales
15. Winning bid
16. "Gambit"
17. Composers
18. Parked cars
19. Poorly
20. "Drop it"
21. "Armed" animal
22. "Toes"
23. "Lunch"
24. "Shoosh"
25. "Lame"
26. "Lost"
27. "Widow"
28. "King"
29. "Unstrung"
30. "By word of mouth"
31. "Core"
32. "Welcome"
33. "Weary"
34. "Within"
35. "Fend"
36. "Yield"
37. "Have"
38. "Eager"
39. "Worship"
40. "Dream"
41. "Andes" animal
42. "Ucorlce"
43. "Navoring hemp fiber"
44. "Puccini's peace"
45. "Shakespearean king"
46. "Danced" to
47. "Ucorlce"
48. "Vinaigrette"
49. "Aimee"
50. "Steinbeck's eastot"
51. "Warded -""Hand"
52. "Yacht"
53. "Shaving a hair"
54. "Pueblo people"
55. "Sheng's eastot"
56. "Winned"

League Bowlers

Faculty/Staff Leagues Begin
Monday January 14
6:30 pm
Student Mixed
Leagues Begin
Tuesday January 22
6:20 pm
For more information call Bill Null at 453-2803 or check out our web site @ www.siu.edu/~struct/bowl.html

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VISA MASTERCARD DISCOVER
Illinois State University gears up for conference game

Illinois State U. men strive for consistency, road win tonight

By Chris Jamrozy

The Illinois State men's basketball team heads back out on the road tonight for a 7:01 p.m. Alomini Valley Conference matchup against Creighton.

"We turned the ball over during that game at crucial times," ISU head coach Tom Richardson said. "We really can't give them easy looks. They're too tall."

A key for the Redbirds in their second meeting with the Bluejays will be to cut down on those easy scores, which is where junior center Andy Strandmark comes in.

"The best thing we've done over the last couple of games is to lock up the ball," Richardson said. "They gave us some bad looks last year. This year we've really been pleased, especially with the last two games, with our rebounding. We've had double digit rebounding advantages the last two games."

With this trip the Redbirds will be looking to get their first road win since defeating UC-Louisville in the second game of the season at the University Hoops Classic in Philadelphia.

According to Strandmark, the veterans on the team are used to this trip and he said he believes it won't be a factor on the Redbirds.

"The key to our rebounding will be to cut down on those easy scores," Richardson said. "That's a big one that we have to correct."

Although Richardson has stressed those things, for improvement there have to be aspects of six team's play in which he has seen strides being made in the right direction.

"Ve need to handle their press the first ten minutes of the game and slow the game up a bit," Richardson said. "That's a key to our game. We want to fight through their press and keep the ball out of the paint."

A key strategy for Richardson in the previous win was the 19 points that the Bluejays scored off lay-ups or shots close to the basket.

"In that game (the Jan. 2 contest) we gave up 19 lay-ups and they shot a terrible field percentage, with a lot of those shots in transition, so that something's we've really got to stop," Richardson said. "We really can't give them easy looks. They're too tall."

"A key for the Redbirds in their second meeting with the Bluejays will be to cut down on those easy scores, which is where junior center Andy Strandmark comes in."

A front court lineup of Strandmark and Baboucarr "Boo" Bojang gives ISU a combination of bulk and speed, which would be ideal according to Richardson.

"That's a strong one that we have to correct," Richardson said. "It's (the lineup of Strandmark and Bojang) really helps us defensively because of Andy's size. He runs it first up into a guy to get a physical, smaller guy. Andy's as big as anybody in the league so he can take the big guy out there."

"It gives us a better rebounding lineup and it gives us a 5-2 punch down low."

Another factor Richardson has been stressing to his players is the need for more consisten phyically and mentally.

"We just need consistency from the guys," Richardson said. "Home, away, we need con-

**Books**

*Continued from page 4*

buyback is the professor's decision about the books. If the same book was used every single semester, we would pay back half on every book we sold," Croson said.

Professors are given the option usually three to four months in advance, to tell the stores their choices for the next semester. Croson said if professors do not choose back until the first part of January to make their decision, then it's too late to price the book properly for buy back.

Aside from the economic incentives which provide the bookstores' pricing and buying units, the stores try to help students get the most for their money.

During buyback, Sibshi Bookstore offered students 75 percent of the purchase price, new book purchases for the following semester with every $100 dollars sold back to their store.

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"I was pretty upset at first, but I looked at it in the long run, and it really helped," Brooks said.

After a stellar senior season at Jennings High School in St. Louis, where he averaged 25.0 points and 6.2 rebounds per game, it was hard for Brooks to sit on the sidelines.

SIU head coach Bruce Weber said the decision to sit Brooks was due to the fact he didn’t always play at a high intensity level. Weber said by the end of the year, he could’ve contributed to the Salukis, but earlier he just wasn’t ready.

“He’s very cool and composed, and nothing seems to rattle him,” Weber said. “But at the same time, when you play a team that the intensity level’s up, now you’ve got to pick up your level of intensity, and he had to kind of get used to that.”

Although he was denied the opportunity to show his stuff right away, when Brooks looks back on the year off, he feels it gave him an advantage over the other players.

“It helped me physically to develop my body. It just helped my confidence and my game,” Brooks said. “When I came back, I just felt like I had an edge. I’m more professional since I’ve already been to practice. I just felt I knew a lot more than most guys coming in.”

One of the most noticeable changes in Brooks’ game since he arrived in Carbondale is his transformation from more of an offensive-minded player to one of the more complete players on the Salukis’ roster.

Brooks credits SIU’s coaches with helping him realize you have to play solid defense to be successful at this level and endless defensive drills for his improvement.

“Everybody out here can score points, but you’ve got to defend,” Brooks said. “In high school I really didn’t have to defend much because there weren’t many good players, but at this level everybody can score, so you go get you get down and you gotta play hard defense.”

Brooks’ teammates feel redshirting not only helped Brooks develop his body and his game, but also gave him an inner fire to show the skills he had to put on the back shelf the previous year.

“You want to be out there playing, and you get mad when you’re just sitting there, so it kind of sparked him and got him going now and eager to just get out there and show something,” Kent Williams, junior, SIU basketball, said.

No matter how much he shows, you’ll be hard-pressed to hear the laid-back Brooks boast about it.

“I don’t talk a lot on the court to the opposing team,” Brooks said. “I just play and let my game speak.”

Report renewable at djedu@dailyEgyptian.com

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Although Brooks redshirted last year, this season he is averaging more than 10 points and four rebounds per game. A St. Louis native, Brooks has also risen to take the position as the Salukis’ “sixth man.”

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LATE REGISTRATION HOURS FOR SPRING SEMESTER

January 16:
8:00 AM to 7:30 PM

January 17:
8:00 AM to 12 Noon

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**SPORTS BRIEF**

**Lineups for upcoming Alumni Game announced**

SIU men’s basketball coach Bruce Weber has announced the lineups for the Alumni Game that will take place at 5 p.m. Saturday at the SIU Arena.

The game will feature 18 former players from as far back as 1968, and they, with 20 additional former Saluki players, will meet fans and sign autographs during half-time of the Indiana State game that evening.


Doors at the Arena will open at 4:30 p.m.

**Athletic Department advises students to steer clear of lines**

Nobody likes lines, and the SIU Athletic Department is advising students to take the necessary steps to avoid them.

Due to the large crowds that have been attending Saluki men’s basketball games this winter, these have been problems with long lines building up to buy tickets and enter the SIU Arena on game day.

Julie Beck, who handles ticket matters for the Athletic Department, strongly urges students to come to the ticket office in Hinkle Hall during business hours prior to gametimes to avoid unnecessary congestion.

Beck said people arriving just a few minutes before tip-off are needing to purchase tickets causing many fans to miss the start of games. Fans can begin entering the Arena an hour before gametime.

"The more people we accommodate, the less we want to make it as comfortable as we can for our customers," Beck said.

With students back on campus and expected to show up to watch games in large numbers, the problem could worsen unless they start securing their tickets earlier. Students who bring valid ID can nab free student tickets between the hours of 8 a.m. and 4:30 p.m. Monday through Friday. Tickets are also available beginning at noon for the remaining Saturday-night games.

The next Saluki home game is Saturday at 7:05 p.m., when SIU welcomes Indiana State.

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**Student Alumni Council**

**SUPER STUDENT PROGRAM**

you may be eligible to receive:

- **Super Student Scholarship** - available to juniors
- **Distinguished Senior Award** - available to seniors

For details, contact the SIU Alumni Association office by phone at 453-2417 or by e-mail at alumni@siu.edu.

Applications are due February 28

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**Chi Alpha**

Christian Fellowship

**Welcome Back All Students!**

**Friday, Jan. 18th**

**6:30PM**

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Alumni Name 105

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-Bible teaching
-Charismatic worship
-International & American Fellowship

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**Saluki Bookstore**

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**Bradley University**

**Alumni Game announced**

and you’re at a social and everything’s controlled. It’s going to be tough up there at Bradley."

Fresenius wing Sutton Hairston thinks the Salukis can eventually pull away from the MVC pack, provided they continue to play defense like they did against Northern Iowa.

"It’s a big game for us," Hairston said. "If we’re playing hard and playing defense like we did against Northern Iowa, everything will work out.”

Report: Jay Schaub can be reached at jschaub@dailye Egyptian.com
The sports world was rocked earlier this month by the announcement that Michael Jordan's wife had filed papers to begin divorce proceedings with the basketball superstar. Although it has become commonplace in recent years for athletes' family problems to become public, this recent announcement seemed to strike a nerve in the media as well as the sports community.

The personal problems of such a high-profile celebrity have given rise to some to evaluate the relationship between sports and the personal lives of its stars, and the pressure each puts on the other.

Perhaps the most obvious strain athletes can put on a relationship is the amount of travel involved. Players and coaches are constantly traveling back and forth across the continent while their loved ones are often forced to stay at home, tending to family business and raising children.

Jordan, who recently came out of retirement for the second time in his career, said, "I wouldn't be here." Megan, his wife and children, who reside in Chicago.

Jordan, who had been married to wife Juanita for 12 years, said it took her some time to adjust to the lifestyle. "It takes a real special wife to be a coach's wife," Kill said, "and my wife is a real special lady."

SIU men's basketball head coach Bruce Weber said he's lucky because he found just that kind of lady and married her a little more than 20 years ago.

"Weber said there are two sides to being in a coach's family — the wife and kids have to understand the job and have patience, but the coach also has to be willing to give them his free time, when he has it."

"I think the most difficult part is you get so involved in the coaching part of the game, and if you allow it, it overwhelms you," Weber said. "You have to have the discipline to go home and block it out and give your wife and kids quality time."

"Weber also said that having a family can have its advantages as far as coaching. He said that if he didn't want his son to carry before the age of 36 because he believed a wife would interfere with his son's accomplishing his goals in golf."

"Let's face it, a wife can sometimes be a deterrent to a good golf game" }
Dawgs ready to pounce Braves

Jay Schwab
Daily Egyptian

Bradley's Carver Arena has been one of those old haunts for Bruce Weber filled with frustration.

The fourth-year Saluki head coach has never beaten the Braves on their home court, stumbling through heart-stopping, momentum-altering moments along the way. Seeing his Salukis squander a 17-point second-half lead and fall to BU last season, he naturally redemption for the game, and then you go on the road from Gilbert at Belleville East last year or so, he can get it in his body, he gets it out of the ball. He added more to his game over the last year or so, he can shoot the ball. He added more to his game over the last year or so, he can shoot the ball. He added more to his game over the last year or so, he can shoot the ball. He added more to his game over the last year or so, he can shoot the ball. He added more to his game over the last year or so, he can shoot the ball.
Intramural Sports

Fun for EVERYONE!!

Competing, exercising, and socializing are just some of the benefits from participating in Intramural Sports. Maybe you are looking to play a sport that wasn’t offered in high school? All year long Intramural Sports will keep your competitive drive at high gear with its wide variety of sports and leagues.

Do you think that you aren’t athletic enough or don’t know how to play a certain sport? Well, no more excuses! Three levels of play including novice, intermediate, and advanced ensure everyone can participate and have fun. Both individual and team sports are offered with men’s, women’s, and co-rec leagues in most sports.

Basketball, volleyball, wally-ball, softball, and flag football are some of the traditional team sports you can play. Individual and dual events include table tennis, racquetball, and wrestling. Want to get away from the traditional? Sign up for inner tube water polo or team handball. Whatever your sport interest, you can be sure that we have an outlet for you! To sign up, go to the SRC Information Desk or check out our website at www.siu.edu/oirs to see our sports calendar with a complete list of registration dates and instructions.

Cut this section out and post it on your refrigerator for easy reference!

### Intramural Programs Registration Form

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<th>Intramural Sports SPRING 2002 SCHEDULE</th>
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**Team Sports**

- **Basketball**: 1/14-1/22, 1/22
- **Wallyball**: 1/14-1/26, 1/28
- **Intramural Water Polo**: 1/24-2/04, 2/04
- **Indoor Soccer**: 2/24-3/18, 2/18
- **4 on 4 Flag Football**: 1/21-2/25, 2/25
- **Soccer**: 2/25-3/18, 3/19
- **Softball**: 2/25-3/18, 3/18
- **Wiffleball**: 2/25-3/18, 3/18
- **4 Person Volleyball**: 3/04-3/25, 3/25
- **Team Handball**: 3/04-3/25, 3/25

**Special Events**

- **Wrestling Meet**: 3/04-3/26, 3/27 and 3/28
- **Grad/Fac/Staff Golf Outing**: 3/26-4/25, 5/03

* One or two day event

Listed dates & times are tentative.

Call 453-1273 for current information.

### Need a Job?

More than just a fun time, Intramural officials will learn valuable leadership and decision making skills. This student worker position will give you an opportunity to meet people, learn more about sports, practice self-discipline, and earn money. For more information call 453-1273 or stop by the OIRS Administrative Offices on the upper level of the Student Recreation Center.

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**Cut this section out and post it on your refrigerator for easy reference!**

**INTRAMURAL SPORTS SPRING 2002 SCHEDULE**

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<tr>
<th>Team Sports</th>
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<td>Basketball</td>
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**Team & Individual Event**

- **Registration**: 3/26-4/8
- **Captains’ Meeting**: 4/8

**Individual/Dual Events**

- **Registration**: Schedules Posted
- **Tentative Dates**: 2/04-2/12, 2/14
- **Racquetball Singles Tourney**: 2/25-3/19, 3/21

**Special Events**

- **Registration**: Tentative Dates
- **Wrestling Meet**: 3/04-3/26, 3/27 and 3/28
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* One or two day event

Listed dates & times are tentative.

Call 453-1273 for current information.

www.siu.edu/~oirs (618) 536-5531
Spring 2002

Campus Recreation
Your complete guide of information for the
Office of Intramural-Recreational Sports
Student Recreation Center

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www.siu.edu/~oirs

Important Phone #'s
General Info. 536-5531
Adventure Resource Center 453-1285
Aquatics 453-1376
Base Camp 453-1287
Campus Lake 453-2076
Disabled Student Recreation 453-1265
Group Fitness 453-1275
Instructional Programs 453-1263
International Student Recreation 453-1267
Intramural Sports 453-1273
Racquetball/Squash/Tennis Reservations 453-3028
Sport Clubs 453-1376
Sports Medicine 453-1292
Youth Programs 453-1267

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T'AI CHI SYSTEM PROGRAMS
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A Moving Meditation
(for beginning and continuing students)
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CHI POWER #311201
Min: 10 Max: 20

Prices:
S/M/E U/C
T'ai Chi Relaxation $22 $25*
Chi Power $22 $29*
T'ai Chi Self-Defense $22 $29*

Register for any two of the above classes and receive a 10% discount.
(May be 2 sessions of the same class or a combination).
Discounted Prices (-10%):
1 Section - $40 $70
2 Sections - $60 $105

T'ai Chi Sword $31 $48*
Chinese Foot Massage $21 $25*

S/M/E = Student/SRC Member/Enteritus
U/C = University Affiliated/Community
*Includes entry into the Student Recreation Center

For more information call
Instructional Programs at 453-1263.

(618) 536-5531

www.siu.edu/-oirs
Get Outdoors!

Outdoor Adventure Programs

Caving Trip
Trip Date: Saturday, January 26
Mandatory Pre-Trip Meeting: Wednesday, January 23, 7:00 pm in the ARC
RecTrac #: 341202
Experience a series of caves and passages you can walk and crawl through. Adventurers can be expected to express interest in caving safely. Helmet and caving lights will be provided.
S/M/E: S23 U: S21J

Eagle Watching & Canoeing at Horseshoe Lake
Trip Date: Saturday, February 9
Mandatory Pre-Trip Meeting: Wednesday, February 6, 7:00 pm in the ARC
RecTrac #: 341051-A
Spend the day paddling on Horseshoe Lake in search of majestic bald eagles. Many of these magnificent birds of prey make southern Illinois their nest, g home in the winter months. You will get a chance to watch them in their natural environment and do some winter canoeing amidst Cypress and Tupelo trees. A unique opportunity indeed! Don’t forget your binoculars.
Price includes equipment, transportation, and trip leaders.
S/M/E: S29 U: S32

Climbing Trip to St. Louis
Trip Date: Saturday, February 23
Mandatory Pre-Trip Meeting: Wednesday, February 20, 7:00 pm in the ARC
RecTrac #: 341255
Want to climb during the winter? Travel with us to St. Louis, where you will be able to climb at one of the best climbing gyms in the country. Climbing indoors offers the opportunity to improve techniques or to learn the basics. Climbers of all skill levels are invited.
S/M/E: S38 U: S35
SPRING BREAK TRIP
Spring Break Backpacking in the Great Smoky Mountains National Park
Trip Date: Saturday, March 9 - Sunday, March 17
Mandatory Pre-Trip Meeting: Wednesday, February 20 and Wednesday, March 6, 7:00 pm in the ARC
RecTrac #: 341410
We will be backpacking for 7 days in the mystical Smoky Mountains. The terrain will be rugged so the mileage will be moderate. 6-7 miles a day. The pace will allow plenty of time to take in the inspiring beauty of the Smokies. We will get to explore through some of the legendary Appalachian Trails and possibly do some mining near Cade’s Cove. The Smokies are rich with wildlife. We may catch glimpses of bear, birds, and re-introduced elk in their natural home. Price includes equipment, transportation, and trip leaders.
S/M/E: S20 U: S40

Cache River Kayak Trip
Trip Date: Saturday, March 30
Mandatory Pre-Trip Meeting: Wednesday, March 27, 7:00 pm in the ARC
RecTrac #: 341353
This is always a favorite and for a good reason. This time we are going to give it a little twist by using kayaks. But don’t worry, there’s no white water and the kayaks are extremely easy to use. The Cache River Natural Area is one of the premier areas in southern Illinois for a weekend day adventure.
Price includes equipment, transportation, and trip leaders.
S/M/E: S29 U: S32

Rock Climbing/Bouldering at Ferne Clyffe
Trip Date: Saturday, April 20 - Sunday, April 21
Mandatory Pre-Trip Meeting: Wednesday, April 17, 7:00 pm in the ARC
RecTrac #: 341200
Enjoy a weekend climbing at one of the premier areas in southern Illinois and neighboring states. It’s hard to believe that climbing is such a good location here right in Illinois. Participants will be traveling routes moderate to advanced difficulty, as everyone is invited. Price includes equipment, transportation, and trip leaders.
S/M/E: S22 U: S26

Camping/Climbing Trip to St. Louis
Trip Date: Saturday, April 27
Mandatory Pre-Trip Meeting: Wednesday, April 24, 7:00 pm in the ARC
RecTrac #: 341006
Enjoy a weekend in the heart of the St. Louis area. Put on your backpack and venture into the scenic woods. Witness the spring time rebirth of nature. The area offers activities such as bird-watching and mushroom hunting. We will explore on and off trail practicing minimal impact wilderness travel.
S/M/E: S27 U: S33

Rock Climbing/Backpacking
Trip Date: Saturday, April 27
Mandatory Pre-Trip Meeting: Wednesday, April 24, 7:00 pm in the ARC
RecTrac #: 341006
Enjoy a weekend climbing at one of the premier areas in southern Illinois and neighboring states. It’s hard to believe that climbing is such a good location here right in Illinois. Participants will be traveling routes moderate to advanced difficulty, as everyone is invited. Price includes equipment, transportation, and trip leaders.
S/M/E: S22 U: S26

Trips requiring travel are not open to members of the community.
For more information, call Outdoor Adventure Programs at 453-1285.

Free Clinics

Elke Maintenance Clinic
Wednesday, January 16, 7:00 pm
Location: SRC Adventure Resource Ctr.
Learn basic bike repairs and maintenance from the local pros. Don’t miss this chance to get your bike in perfect condition. Be sure to bring your bike.

Map and Compass Clinic
Wednesday, February 13, 7:00 pm
Location: SRC Adventure Resource Ctr.
Discover how map and compass skills can help you find your way off the trail and into the back country. Maps and compasses will be provided or feel free to bring your own.

Rock Climbing Clinic
Wednesday, March 20, 7:00 pm
Location: SRC Adventure Resource Ctr.
This clinic will introduce you to the basics of rock climbing. Instruction will include an introduction on the art of climbing, safety instructions, climbing techniques, and an open practice session on the SRC Indoor Climbing Wall. Beginners are welcome!

Outdoor Gear Clinic
Wednesday, April 10, 7:00 pm
Location: SRC Adventure Resource Ctr.
This clinic will offer anyone with questions about outdoor gear an opportunity to ask and learn. Demonstrations will be presented and various types of gear will be displayed.

Kayaking Clinic
Wednesday, April 24, 7:00 pm
Location: SRC Pool (West End)
Learn how to handle a kayak! This clinic will give you the chance to paddle in a controlled environment without buying all of the equipment. SIUC kayaking club members will be on hand for one-on-one kayak roll instruction. All equipment will be provided. Participants will practice critical skills, including the Eskimo Roll, in the SRC Pool.

Backpacking Clinic
Wednesday, May 1, 7:00 pm
Location: SRC Adventure Resource Ctr.
Plan a backpacking trip and learn about equipment, selecting a destination, route planning, and minimal environmental impact carrying skills.

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S/M/E=Student/SRC Member/Emeritus
U=University Affiliated
Health, Fitness, Yoga
Exercise for the Body, Mind, & Spirit

Hatha Yoga
Instructor: Susan Feinleitner
Explore the ways that Yoga can improve your physical health by facilitating the integration of your body, mind, and spirit.

Beginner (Level 1) #311313
As an introduction to the various yoga postures and breathing practices. The focus is concentrated in alignment, coordination of breath, and learning how far to go in the stretch and how long to safely hold it without injuring your body.

Section A: January 28 - March 4
Mondays: 6:45 - 8:15 pm
Section B: January 31 - March 7
Thursdays: 5:15 - 6:45 pm
Section C: March 28 - May 2
Thursdays: 5:15 - 6:45 pm
Location: SRC Room 158
Min: 12 Max: 20

Beginner (Level 2) #311314
A class designed to use the increased awareness you have gained through Level 1 practice. You will attune to your internal sensations and you’ll begin to hold the postures longer. You’ll discover new movement, more strength, and a greater range of motion.

Section D: March 25 - April 29
Mondays: 6:45 - 8:15 pm
Location: SRC Room 158
Min: 12 Max: 20

Prices for Levels 1 or 2:
S/M/E = $31 U/C = $48*
Purchase any two sections and receive a 10% discount.
Both: S/M/E=$56 U/C=$89*
Continuing Students (Level 3) #311313
A class for continuing Hatha Yoga students. The focus is on building stamina, strength, and flexibility as more advanced postures are introduced.

Section A: January 28 - April 29
Mondays: 6:45 - 8:15 pm
Prices: S/M/E = $50 U/C = $77*
Location: SRC Room 158
Min: 12 Max: 20

NOTE: Yoga can improve your personal health by facilitating the integration of your body, mind, and spirit.

Pilates
Pilates, pronounced pil-AH-tces, is a method of exercise designed to both physically and mentally educate your body by setting patterns of movement in limited repetition. Unlike workouts that stress exercising to exhaustion, Pilates focuses on executing movements with good technique to maintain the mind and muscles. Its guiding principles are concentration, control, precision, and breath.

Beginner Classes: #311260
Section A: January 31 - March 7
Section B: March 28 - May 2
Both sections: Thursdays 7:30 - 8:15 pm
Location: Dance Studio
Section 1: S/M/E=$32 U/C=$49*
Purchase any two sections, receive a 10% discount.
Both: S/M/E=$55 U/C=$89
Min: 8 Max: 20
Instructor: Barbara Tyler

Continuing: #311255
This is a continuing Pilates class for those who have completed a Beginner Pilates Class. It is also open to those who regularly exercise or those who have permission from the instructor.

Section A: January 31 - March 7
Section B: March 28 - May 2
Both sections: Thursdays 8:15 - 9:00 pm
Location: Dance Studio
Section 1: S/M/E=$32 U/C=$49*
Purchase any two sections, receive a 10% discount.
Both: S/M/E=$55 U/C=$89
Min: 8 Max: 20
Instructor: Barbara Tyler

Body Spirit: #311113
Experience the true joy of free movement as you dance to your heart’s content. Tune in to your body’s own rhythms and ways of moving for a cardiovascular workout and a true mind-body-spirit connection. No dance experience necessary.

Time: Tuesday, February 26 7:00 - 8:30 pm
Location: Room 158
Prices: S/M = 57 U/C = 612*
Min: 8 Max: 20
Instructor: Matt Vargas

For more information call Instructional Programs at 453-1263.

Cultivating Mindful Awareness #311261
Meditation is the practice and process of paying attention and focusing your awareness. This class will explore some basic skills that will start you on your path to mindful awareness. As your commitment to meditation deepens, you will experience the benefits of regular meditation practice, such as reduced tension, anxiety and stress, increased understanding and self-awareness.

When: March 20 - April 9
Tuesdays, 7:00 - 8:30 pm
Location: SRC Conference Room
Price: S/M/E = $14 U/C = $18*
Min: 8 Max: 20
Instructor: Matt Vargas

Small Group Strength Training Nautilus Equipment
Introduction to Nautilus Machines (U/C=University Affiliated/Community)
A general orientation for those who want to learn the correct and proper techniques (seat adjustments, body position, use and setup of machines and a review of the muscle group applications) for using the weight training machines in the SRC Fitness Forum.

Section A: January 29 & 31
Tuesdays and Thursday, 6:30 - 7:30 am
Instructor: Doug Salmon

Section B: January 29 & 31
Tuesdays and Thursday, 6:00 - 7:00 pm
Instructor: Wendi Conwell
Location: SRC Fitness Forum
Price: S/M/E=$17 U/C=$21*
Min: 4 Max: 6

For students and SRC members only: #311257
Section A: February 5 - 21
Tuesdays and Thursdays, 6:30 - 7:30 am
Instructor: Doug Salmon

For women only: #311257
Section B: Feb. 9 - March 7
Tuesdays and Thursdays, 6:00 - 7:00 pm
Instructor: Doug Salmon
Location: SRC Fitness Forum
Price: S/M/E=$36 U/C=$53*
Min: 4 Max: 6

For Active Adults (ActAD)
Active Adults is a workout designed for participants age 55 and over. This class is perfect for men and women who want to increase flexibility, improve muscle tone, and increase cardiovascular endurance. Enjoy the company of fellow ‘active adults’ while gaining an increased level of fitness.

When: January 14 - May 10
(except Jan. 21 & March 11 -15)
MWF: 8:45 - 9:45 am
Location: SRC Aerobics Room
Price: $35* for 18 classes or 4 months from date of purchase, which ever comes first.

Note: If you’re not a member of the Student Recreation Center, you will be issued an entry pass at the time of registration. If parking in the lot, you will be issued a sticker at the time of registration.

Min: 20 Max: 30
Instructor: Lynn Cumblff

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U/C=University Affiliated/Community

www.siu.edu/~oirs
(618) 536-5531
Why Hire A Massage Therapist?

We’ve all thought it, heard it or said it before, “I need a massage.” Massage Therapy provides relief to people from all walks of life. The weekend athlete, the home gardener, the over stressed executive, secretaries, college students, laborers, virtually anyone can feel a need for massage therapy sooner or later. A massage therapist’s trained and caring touch can have profound effects on your physical, mental, and emotional health.

BENEFITS TO THE QUALITY OF LIFE:

Massage...

* Instantly stimulates the “Relaxation Response” by promoting deeper, easier breathing.
* Reduces head, neck and shoulder tension caused by poor posture, injury, and mind/body stress.
* Relieves eye fatigue from long periods of reading by improving circulation & releasing tension around the eyes.
* Helps manage stress of note-taking and keyboard typing by rejuvenating tired hands and wrists.
* Helps to relax nervous “fight-or-flight” energy which accumulates in the belly region.
* Can boost overall “study stamina” by making it more comfortable to focus on academic activity.
* Enhances sports performance by promoting increased circulation, flexibility, and reduction of delayed-onset muscle soreness after activity.
* May reduce test anxiety.
* Stimulates the brain’s production of beta endorphins, which are natural painkillers.

On Site Educational and Stress Management Workshops

Our therapists will visit your office or dorm to help you learn tonic massage and stress management techniques to use on oneself or a partner. For a list of topics and prices, please call 453-1263.

MASSAGE THERAPY SERVICES:

Seated “Chair” Massage

Offered at the SRC Sports Medicine Office as an excellent opportunity to relieve tension in neck, back, and shoulder muscles. Clients remain fully clothed and no oils are used.

Chair Massage Prices:
15 minutes: $/M/E=$14
30 minutes: $/M/E=$24

Table Massage

These massages are done on a specially-designed table in the SRC Sports Medicine Office. A variety of massage techniques will be used. Generally 1-3 areas of the body can be treated in a 30-minute session. A 60-minute session is appropriate for either a full-body massage or therapy geared toward a client’s problem areas.

Techniques Used:

* Swedish Massage
* Neuromuscular Therapy
* Myofascial Release
* Shiatsu & Acupressure
* Sports Massage
* Reflexology

Table Massage Prices:
For treatment of 1-3 areas of the body:
30 minutes: $/M/E=$26 U=$30
90 minutes: $/M/E=$63 U=$70

Full Body Massage:
60 minutes: $/M/E=$43 U=$50

Package of 3:
30 minutes: $/M/E=$126 U=$150
90 minutes: $/M/E=$316 U=$315

THE IDEAL GIFT:

Gift Certificates make it easy and affordable. Certificates are available in any dollar amount. They are perfect gifts for:

* Valentine’s Day
* Birthdays
* Graduations
* Employee Appreciation

Note: The price of the massage you choose as a gift is determined by your status, not the status of the recipient.

* The price of the massage includes entry fee to the SRC

For more information about Massage, call 453-1263.

S/A/E=Student/
SRC Member/Emeritus

U/C=University Affiliated/Community

Certified Staff:
Bill Connell, LMT, MA
Sheryl Hinchcliff, LMT

All of our therapists are licensed by the city of Carbondale and are members of the American Massage Therapy Association.

Appointments for Massages
SRC Sports Medicine Office: 453-1292

Campus Workplace Seated Chair Massage: 453-1263

Gift Certificates: 453-1263

On Site Educational and Stress Management Workshops: 453-1263

Listing of Massage Techniques: 453-1263

Therapist Information: 453-1263

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Doc Spackman Triathlon

Registration Form 1 of 4 Waves:
Elite Wave: Top 5 winners from 2001, or predicted time under 40 minutes, or males under age 30.
Competitor Wave: All individual participants who do not want to be in or do not qualify for the Elite Wave.
Team Wave: Teams consist of 3 individuals. Each team member is responsible for their own equipment and are responsible for their own safety at all times.

General Information:
Swim aids will not be permitted, wet suits suggested but not necessary. Water temperature is usually between 55-65 degrees. Bike helmets are strongly recommended. All participants must provide their own equipment and are responsible for their equipment at all times. Please use caution in high risk areas including but not limited to the open water swim and the bike ride on the road with car traffic. Participants are responsible for their own safety at all times.

For more information about the Doc Spackman Triathlon, call 453-1267.

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(618) 536-5531
Youth Programs

Swim Lesson Levels
- Infant/Parent (ages 6-36 mos.): An introduction for infant and toddler age swimmers in the water. (#331001/#332001)
- Toddler (ages 3-5 yrs.): This is an acclimation class for children with no swimming skills. It will help them become comfortable in the water and with teacher instruction without the aid of the parent. (#331002/#332002)
- Skills 1 (4-6 yrs.): Helps students become comfortably in and safely enjoy the water. (#331004/#332004)
- Skills 2 (6-9 yrs.): Builds on Skills 2 abilities by providing guidance and practice. (#331005/#332005)
- Skills 4 (6-10 yrs.): Intermediate

Strokes develops confidence in the strokes learned previously and improves aquatic skills. (#331006/#332006)
- Skills 5 (7-12 yrs.): Advanced Strokes coordinates and refines key strokes. (#331007/#332007)
- Skills 6 (8-18 yrs.): Advanced skills polishes strokes focusing on ease, efficiency, power, and fluidity over greater distances. (#331008/#332008)

Session 1: Registration: January 7 - 25 Program Dates: Saturdays, March 1 - March 29

Location: Pulliam Pool
Price: $/M=$30 U/C=$53
Registrar: SRC Information Center

Family Swim Time (#333250)
Dates: January 22 - April 16 (except March 12)
Day and Time: Tuesdays, 7:30 - 8:30 pm
Location: Pulliam Pool

Swimming for children and their families is the perfect opportunity to practice swimming skills and simply enjoy warm water in a safe environment. No instruction is offered but lifeguards are provided.

Price: $20 per family for 6 session passes or $35 per family for 12 session passes.
Registration: SRC Information Center

Minimum Enrollment: 4 families
Price: $/M=$28 U/C=$38

Youth Aikido (#321109)
Ages: 7 - 15
When: January 29 - May 2 (Except March 12 & 14)
Time: Tuesdays & Thursdays. 4:30 - 6:00 pm
Where: Participants will meet in the SRC Alumni Lounge. The instructor will escort the class to the Martial Arts Room.
Description: Aikido is a martial art whereby the student develops a spiritual concept. The actual practice of Aikido, correctly done, is strenuous but not violent, demanding but not rough. The goal is smooth completion of action with no sense of conflict between partners.

Price: $/M=$30 U/C=$50

Fencing I (#32114A)
Ages: 8 - 12
When: January 27 - March 3
Time: Sundays, 4:00 - 5:00 pm
Where: Participants will meet in the SRC Alumni Lounge. The instructor will escort participants to the activity area.
Description: This program will introduce classic foil fencing that will develop hand-eye coordination, reflexes, poise, and self-confidence. Foil fencing is an exciting sport with a focus on strategy, athletics, friends and fun.

Price: $/M=$28 U/C=$48

Fencing II (#32114B)
Ages: 8 - 14
When: March 24 - May 5 (except March 31)
Time: Sundays, 4:00 - 5:00 pm
Where: Participants will meet in the SRC Alumni Lounge. The instructor will escort participants to the activity area.
Description: Previous fencing experience needed. New skill will build on previously learned classic foil fencing techniques. Enjoy this exciting sport and work on reflexes, coordination, and control.

Price: $/M=$28 U/C=$48

Youth Tennis (#321154)
Ages: 7 - 10
When: March 23 - May 4
(Except March 30)
Time: Saturdays, 11:00 am - Noon
Where: Participants will meet at the Law School Tennis Courts.
Description: This is a program designed specifically for young children to learn the basics of tennis and to prepare them for the next level. Join us for some action on the courts!
Price: $/M=$31 U/C=$41

Youth Basketball (#321167)
Ages: 7 - 12
When: January 27 - March 3
Time: Sundays, 1:00 - 2:15 pm
Where: Participants will meet in the SRC Alumni Lounge. The instructor will escort participants to the activity area.
Description: Basic skills such as free-throw shooting, three point shooting, dribbling, ball handling, and passing are covered.
Price: $/M=$39 U/C=$50

Youth Baseball (#321115)
Ages: 4 - 6
When: March 24 - May 5
(Except March 31)
Time: Sundays, 1:00 - 2:00 pm
Where: Participants will meet in the SRC Alumni Lounge. The instructor will escort participants to the activity area.
Description: Tackle the Recreation Center's 28 foot climbing wall and climbing roof! Participants will learn a variety of skills such as knot tying, bouldering, belaying, and rappelling.
Price: $/M=$33 U/C=$43

Youth Pee Wee Tennis (#321156)
Ages: 4 - 12
When: March 23 - May 4
(Except March 30)
Time: Saturdays, 11:00 am - Noon
Where: Participants will meet at the Law School Tennis Courts.
Description: This is a program designed specifically for young children to learn the basics of tennis and to prepare them for the next level. Join us for some action on the courts!
Price: $/M=$31 U/C=$41

Youth Basketball (#321167)
Ages: 7 - 12
When: January 27 - March 3
Time: Sundays, 1:00 - 2:15 pm
Where: Participants will meet in the SRC Alumni Lounge. The instructor will escort participants to the activity area.
Description: Basic skills such as free-throw shooting, three point shooting, dribbling, ball handling, and passing are covered.
Price: $/M=$39 U/C=$50

Youth Baseball (#321115)
Ages: 4 - 6
When: March 24 - May 5
(Except March 31)
Time: Sundays, 1:00 - 2:00 pm
Where: Participants will meet in the SRC Alumni Lounge. The instructor will escort participants to the activity area.
Description: Tackle the Recreation Center's 28 foot climbing wall and climbing roof! Participants will learn a variety of

Price: $/M=$33 U/C=$43

Youth Tee-Ball (#321115)
Ages: 4 - 6
When: March 24 - May 5
(Except March 31)
Time: Sundays, 1:00 - 2:00 pm
Where: Participants will meet in the SRC Alumni Lounge. The instructor will escort participants to the activity area.
Description: This program is designed to teach the fundamentals of Tee-ball and is an introduction to baseball. Soft gloves, t-shirts, and helmets will be provided.
*The 20% MULTIPLE PROGRAM discount applies to each second child or program of equal or lesser value.

www.siu.edu/~oirs

(618) 536-5531
Youth Dance Programs

Pre-Ballet
(323106/A)

Ages: 4 - 6
When: January 26 - May 4
(Except March 9, 16 & 30)
Time: Saturdays, 3:15 - 4 pm
Where: Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.
Description: This technique class, which includes barre, center, allegro, and more, will present the fundamentals of classical ballet emphasizing the joy of dance.
Price: S/M=S46 U/C=S56

Ballet I
(323106/B)

Ages: 5 & 6
When: January 26 - May 4
(Except March 9, 16 & 30)
Time: Sundays, 10:00-11:00 am
Where: Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.
Description: Previous ballet or dance experience is not necessary for participation. Young dancers will learn ballet routines, which include barre exercises, center work, corner work, stage details and French terminology.
Price: S/M=S46 U/C=S56

Ballet II
(323106/C)

Ages: 5 & 6
When: January 26 - May 4
(Except March 9, 16 & 30)
Time: Saturdays, 1:00-2:00 pm
Where: Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.
Description: Previous ballet or dance experience is not necessary for participation. Young dancers will learn ballet routines, which include barre exercises, center work, corner work, stage details and French terminology.
Price: S/M=S46 U/C=S56

Ballet III
(323106/D)

Ages: 9 & Above
When: January 26 - May 4
(Except March 9, 16 & 30)
Time: Saturdays, 9:00 am - Noon
Where: Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.
Description: This beginner/lower intermediate class will begin with classical barre exercises and progress to center floor work including basic combinations and jumps. Stretches to improve flexibility will also be included.
Price: S/M=S53 U/C=S63

Teen Ballet I/II
(323106/E)

Ages: 14 & Above
When: January 27 - May 5
(Except March 10, 17, 24 & 31)
Time: Sundays, 2:15 - 3:30 pm
Where: Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.
Description: This beginning/lower intermediate class will include barre work and center floor exercises as well as jumps. Stretches to improve flexibility will also be included.
Price: S/M=S53 U/C=S63

Pointe I/II
(323106/F)

Ages: 7 & Above
When: January 27 - May 5
(Except March 9, 16 & 30)
Time: Sundays, 3:30 - 5:00 pm
Where: Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.
Description: This class is open to both boys and girls. Students taking intermediate classes are encouraged to register for both in one class.
Price: S/M=S53 U/C=S63

Beginning Tumbling and Rhythmic Gymnastics
(323106/G)

Ages: 6 - 10
When: January 26 - May 4
(Except March 9, 16 & 30)
Time: Saturdays, 2:00 - 3:00 pm
Where: Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.
Description: This class is open to both boys and girls. Students taking intermediate classes are encouraged to register for both in one class.
Price: S/M=S53 U/C=S63

NOTE: All dance classes are open to both boys and girls. Students taking intermediate classes are encouraged to register for both in one class.

NOTE: There will be an Annual Spring Recital held during the month of May where all students can show off their talent!!

*The 20% MULTIPLE PROGRAM discount applies to each second child or program of equal or lesser value. Youth Swim Lessons are also available for this discount.

S/M = Student/SRC Member
U/C = University Affiliated/ Community

For information on Youth Programs, call 453-1267.
Southern Illinois University Carbondale boasts an international student enrollment of over 1,500. Our large and culturally diverse population is a tremendous asset to the University, making it a wonderful place to live and study. The OIRS International Student Recreation programs are provided FREE to all International Students at SIUC. Our purpose is to help make the college transition easier, provide fun, recreational activities, and opportunities to meet new friends. In April 2002 the International Olympic Track and Field Meet is a great finale to a year full of events. Sponsored by both the International Student Council and International Student Recreation, this track meet promises fun for teams and spectators!

International Student Recreation is here to make your SIUC experience the greatest that it can be. A great time to interact with other cultures, the OIRS invites EVERYONE to take part in these programs. For more information on International Student Recreation, call Kathy Hollister at 453-1267 or check out our website at www.siu.edu/~oirs.

**Special Events & Sparring Activities**

International Night at the Rec: Fridays, 6 - 10 pm
March 22, 2002: Volleyball
April 12, 2002: Badminton Doubles
April, To Be Announced: International Olympic Track & Field Meet.

This program will emphasize using the "boxer's workout" to get into the best shape of your life. The benefits will be an increased sense of confidence and overall fitness, while teaching you some form of self-defense. Boxing is a great cardiovascular workout and the exercises and drills (jumping rope, bag work, and road work) are very good conditioning. Participants will learn the basics of boxing: stances, punches, defenses, and strategies. The program will focus on training for the first month or two, then as you become more familiar and comfortable with the skills of boxing those who are interested will be eased into controlled sparring sessions. Sparring is where two individuals simulate an actual boxing match. Headgear and mouthpieces will be used and the intent is to practice what you have learned in an actual boxing situation. Sparring will occur when individuals have proven that they have gained the skills and mentality it takes to practice boxing with a partner. First timers will be sparring with the coach. There will be same equipment provided but it is recommended that you get your own hand wraps and bag gloves. This is a program full of excitement and energy. You will also have the opportunity to attend several actual matches.

Section: 311501 A
January 28 - March 6
Mondays & Wednesdays,
6 - 8 pm

Section: 311501 B
March 25 - May 1
Mondays & Wednesdays,
6 - 8 pm

Location: SRC Martial Arts Room
Min.: 10
Max.: 20
Price: One Section
SM/Em $573
UC/Em $503
Both Sections:
SM/Em $1314
UC/Em $1162

**Disabled Student Recreation**

Disabled Student Recreation (DSR) program sponsors recreational activities with modifications and adaptations to meet the needs of students with hearing, vision, or mobility disabilities.

**Instructional Programs**

**Individual Fitness**
Jan. 23 - May 3
This partner-assistance program will focus on cardiovascular improvement, strength and endurance, and physical conditioning. Call 453-1265 to sign-up for a workout partner.

Note: Program orientation meeting Tuesday, January 22, 7pm, SRC Alumni Lounge.

Adaptive Horseback Riding*
March TBA
Mondays 7 - 9 pm
Boisjard Riding Stables
Come horse around with DSR in an indoor riding hall. Get professional instruction on riding techniques, assistants and transportation available. Call 453-1265 for more information.

* Fee Required

Bowling & Billiards
January 24 - May 6
Thursdays, 6:00 - 8:00 pm
Student Center Bowling Alley
Whether a beginner or already familiar with the sport, you'll have a great time bowling with us or come play pool! Adapted equipment, instruction, and league format provided.

D.A.W.G.
(Discover Adventure Wilderness Group)
D.A.W.G is a group of adventurous young people who wish to enhance the quality of life for people with and without disabilities through implementation of vocational opportunities, therapeutic recreation interventions, and adventure-based programs. Check us out for activities.

Swimming
January 25 - May 3
Fridays, 5:30 - 5:50 pm
Pulliam Pool
Specially-designed exercises and equipment are provided to assist individuals in strengthening muscles and cardiovascular workouts. Suffix available for assistance in pool and locker room. Flotation devices provided.

Big It!!!
Join us in one of our newest ventures - cultivating gardens! This program is designed for anyone with any level of ability, from the beginner to the experienced gardener. The how-to's, appropriate and adaptive tools, and an accessible location are available for participants who wish to enhance their creativity by getting in touch with the natural world.

We'll design a garden bed, take a trip to a gardening center, purchase plants, and plant them. Beyond periodic maintenance, all we need to do is watch our garden grow!

Can you Dig It?

Call 453-1265 for more information.
Aquatics

Private Swim Lessons
Days and Times: Scheduled on an individual basis. Lessons can be tailored to fit any swimming level.
There is a 1:1 or 1:2 instructor-to-student ratio. Sessions are 30 minutes in length.
Sponsors/RRC Member/Experiment
Per session (#334203) $15
5 session pass (#334204) $60
University Affiliated/Community
Per session (#334203) $17
5 session pass (#334204) $75
Registration: Information Center

Lifeguard Training (#331115)
Lifeguard Training uses American Red Cross course curriculum in basic lifeguarding skills. Topics to be covered include care for injuries, illness, and medical emergencies. Skills of water rescue will also be taught emphasizing pool lifeguarding only. Lifeguard training classes are conducted by American Red Cross Lifeguard Instructors. Course completion does not guarantee employment.
Course Prerequisites:
*15 years of age
*500-yard swim including 100 yards of each: freestyle, breast stroke, and sidestroke
*Tread water for 2 minutes using legs only

Adult Group Swim Lessons (#333201) 8 Lessons
Session A: Mondays and Wednesdays
January 26 - February 20
Time: 6:00 pm - 7:00 pm
Session B: Tuesdays and Thursdays
Dates: April 1 - 25
Time: 6:00 pm - 7:00 pm
This program provides adults with beginner-level swim instruction. Classes are offered on an instructor-to-student ratio of 1:7. The sessions focus on fundamental skills designed to increase comfort and confidence in the water.
Price: $10; $55
Registration: Information Center Minimum Enrollment: 4

Swim For Fitness (#331202)
Time: Mondays and Wednesdays
6:00 pm - 7:00 pm
Session A: January 28 - February 27
Session B: March 18 - April 17
Location: Student Recreation Center Pool
This class will teach the fundamentals of swimming for fitness. These skills will help you to enjoy the water, to be safe, and to discover a new exercise environment. You will learn fitness fundamentals and healthy life-style alternatives. This class will be instructed similarly to competitive swim team practice sessions for adults.
Price: $10
Registration: Information Center

SCUBA
SCUBA equipment work. Students will achieve four open-water dives and will be issued a certification card upon satisfactory completion of the class.
Price: $275 ($50 made payable to SIU at registration. $225 payable to the instructor the first night of class)
Registration: SRC Information Center
Minimum Enrollment: 4

For more information call the Aquatics Department at 453-1376.

Who Should Take a CPR Class?

Teachers, parents, babysitters, ...basically everyone.
All CPR and First Aid classes offered through the Office of Intraunaid-Recreational Sports are taught by American Red Cross Certified Instructors. The classes are offered in conjunction with the Little Egypt Chapter of the American Red Cross. The fees for each class are split into three payments: Registration fees, Instruction fees, and Red Cross fees. Registration fees are paid at the Information Center on the upper level of the Student Recreation Center. Certification cards will be mailed to participants who have successfully completed the certification process.

Adult CPR (#333051)
Session A: Wednesday, Feb. 27
Session B: Monday, March 8
Session C: Wednesday, April 24
(You only need to attend one of the above sessions.)
Time: 6 - 10 pm
Location: Student Recreation Center
Skills taught include rescue breathing, care for choking victims, and adult CPR. Price includes text, instruction, and certification processing.
Price: $10 payable to SIUC at registration. $18 payable to American Red Cross at the beginning of class. $5 payable to the instructor the first day of class. Minimum Enrollment: 4

CPR For The Professional Rescuer (#331051)
Session A: February 5 & 7
Thursday, 6 - 9 pm
Location: Student Recreation Center
(You only need to attend one of the above sessions.)
This class teaches the skills for adult, child, and infant CPR. Price includes text, instruction, and certification processing.
Price: $10 payable to SIUC at registration. $17 payable to American Red Cross at the beginning of class. $10 payable to the instructor the first day of class. Minimum Enrollment: 3

Community First Aid & Safety #331051)
Sunday, April 28
Noon - 8 pm
Student Recreation Ctr.
This class teaches participants the skills for adult, child & infant CPR. Care for choking victims, rescue breathing, and First Aid techniques. Price includes text, instruction, and certification processing.
Price: $10 payable to SIUC at registration. $18 payable to American Red Cross at the beginning of class, $10 payable to the instructor the first day of class. Minimum Enrollment: 5

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For more information call the Aquatics Department at 453-1376.
WEIGHT TRAINING
Do you want to increase your metabolism and lean muscle mass? Do you want to lose fat? This class is for you. Weight training will teach safe and proper techniques to sculpt and define the upper and lower body. Weights and resistance bands are used and can be checked out from the Equipment Desk. Cardiovascular aerobic conditioning not included.

WATER WORKOUT
This water fitness class is guaranteed to leave you refreshed! This class is great for those participants with bad knees and backs. Non-swimmers are welcome since participants' heads never go under water. If you're looking for a great way to cross-train, this class is for you. This 1-hour step, strength and sports conditioning workouts or Latin variations designed to keep you motivated and active. Variety is the spice of life!

STRETCH AWAY THE BLUES
The perfect answer to a hectic day. Blues music will set the tone for this incredible class. Stretch away the blues! This class uses techniques from kickboxing and boxing in an aerobic format to increase muscle definition and improve fitness. It is a fun way to get in shape and improve your confidence.

DOUBLE STEP
Add a little spice to your step workouts. Try the power of two. You can do the two.

ENERGY MIX
A variable workout combining hi/lo step, strength and sports conditioning workouts or Latin variations designed to keep you motivated and active. Variety is the spice of life!

HIP-HOP
An awesome dance session combining the latest moves with the hottest new music.

STEP-N-JAB
If you love a high intensity & challenging workout, you will want to come to this 1-hour interval class. You have the opportunity to do step and box aerobics all in an hour packed cardio jam session! The first half hour will be step and the second half-hour will be box aerobic combos and interval drills. Come check it out!!

STRETCH AWAY THE BLUES
This traditional class offers you a chance to learn aerobics with others who are at the same level as you.

SWEET-N-LO
Experience the benefits of cardio fitness while learning the fundamentals of hi/lo and step exercise. This traditional class offers you a place to learn aerobics with others who are at the same level as you.

VARIETY PACK
A 60-minute class designed to introduce various types of cardio fitness into your workout!

CARDIO BASICS
Good, old-fashioned Cardio!! Burn calories, have fun, get ready for summer!

CARDIO KICKBOX
This 60-minute class designed to introduce various types of cardio fitness into your workout!

POWERS YOGA
This is Yoga you can do. In Power Yoga, learn the basic poses and effective breathing at your level in a friendly group setting that is individually geared. Discover new energy, balance, sustainability and high level wellness for your journey through life.

BOX AEROBICS
This aerobic exercise is an interval training program incorporating the sport-specific techniques used in boxing and martial arts to provide a high level of conditioning for both the aerobic and anaerobic systems of the body. Various equipment will be used such as jump ropes, cones, and tubes.

COCO PARTY
This is Yoga you can do. In Power Yoga, learn the basic poses and effective breathing at your level in a friendly group setting that is individually geared. Discover new energy, balance, sustainability and high level wellness for your journey through life.

DOUBLE STEP
Add a little spice to your step workouts. Try the power of two. You can do the two.

High Intensity Training System: This hi/lo workout takes traditional cardio to the next level in fitness. An extended Cardio section combined with interval training, abdominal floor work, and a relaxing stretch make this a challenging workout.

CYCLE-FIT
This group spinning class will challenge you at any level. The energy of a group, combined with great music, will keep you going strong. Class size will be limited to 15 participants per class. Registration for cycles must be made through the Equipment Desk at 453-3020 up to 24 hours in advance of the class in which you would participate.

SPRING 2002 FITNESS SCHEDULE

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<th>Times</th>
<th>Monday</th>
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<td>Box Aerobics</td>
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Dance

Spring 2002

Campus Recreation

Swing Dance (#311109)

Section A: Swing Dance 1
(East Coast Swing)
Time: January 31 - February 20
Thursdays, 8 pm - 9:30 pm
Location: SRC Aerobics Room
Instructor: Arccrat King
Prices: S/M/E = $23 U/C = $40*
NOTE: No partner is required.
Min.: 20 Max.: 20

Section B: Swing Dance 2
(East Coast Swing)
Time: March 28 - April 18
Thursdays, 8 pm - 9:30 pm
Location: SRC Dance Studio
1 section: S/M/E = $23 U/C = $40*
Purchase both sections, receive a 10% discount.
Both sections: S/M/E = $41 U/C = $72*
NOTE: Partners are recommended.
Min.: 20 Max.: 20
Instructor: Arccrat King

Salsa & Merengue (#311114)

Section A: Jan. 29 - Feb. 19
Time: Tuesdays, 7 pm - 8:30 pm
Section B: March 26 - April 16
Time: Tuesdays, 7 pm - 8:30 pm
Location: SRC Dance Studio
Prices: S/M/E = $25 U/C = $40*
Feel the beat of Latin music. You will learn the basic techniques of Salsa and Merengue. This class is designed for beginners wishing to learn the basic steps for these exciting dances as well as people who want to improve their techniques.
NOTE: Partners are not required.
Min.: 8 Max.: 20
Instructor: Georgette Eden

Cha Cha (#311110)

Time: January 30 - February 20
Wednesdays, 8 - 9:30 pm
Location: SRC Dance Studio
Instructor: Barbara Niechciol
Prices: 1 section: S/M/E = $23 U/C = $40*
Spice up your life with Latin moves! This Cha Cha dance is easy to learn and lots of fun.
NOTE: Partners are required.
Min.: 8 Max.: 20
Instructor: Arccrat King

Bullet (#311101)

Section A: January 28 - March 4
Section B: March 25 - April 29
Time: Mondays, 7 - 8 pm
Location: SRC Dance Studio
Prices: 1 section: S/M/E = $22 U/C = $40*
Purchase both sections, receive a 10% discount.
Both sections: S/M/E = $41 U/C = $72*
Dance is the most enjoyable way to develop flexibility, strength, balance, and grace. Learn the fundamentals of ballet which help to develop self-confidence, posture, and body awareness while serving as a foundation to all other forms of dance.
NOTE: For both beginning students and those familiar with modern dance.
Min.: 20 Max.: 20
Instructor: Barbara Niechciol

Tango (#311103)

Time: March 28 - April 18
Tuesdays, 6 pm - 7:30 pm
Location: SRC Dance Studio
Prices: S/M/E = $22 U/C = $40*
Tango. It takes two... bring a partner to practice. No required.
Beginning tango will teach you leading, following, and enough moves to feel comfortable on the dance floor.
NOTE: Partners are recommended.
Min.: 8 Max.: 20
Instructor: Georgette Eden

* Price includes entrance fee into the Student Recreation Center

For more information call
Instructional Programs at 453-1263.

Capoeira

Pronounced ka-poh-e-rra. Capoeira is best described as the "Art of Survival," which integrates the elements of martial arts, dance, music, acrobatics and ritual into a dynamic, artistic form. Gathered in the roda (circle), players clap and sing in response to the calls of the leading master or instructor, and the sound and drone of the lead instrument, the berimbau. Its rhythm sets the pace of the game being played by the two capoeiristas in the center of the roda. The players, energized by the call and response of the singers and percussion ingredients around them, respond in physical conversation of wit and agility, spontaneously flipping through the air or gracefully folding low to the ground. The beauty of their movements does not come from aggressive rivalry, but instead from a colorful balance of give and take, strong and light, and positive/negative.

Professor Zmolek, an interdisciplinary artist with an MFA in Dance ('96), an MA in Interdisciplinary Arts ('90) and a

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