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November 2009

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Today:
High: 74, Low: 45
Wednesday:
High: 66, Low: 38
Thursday:
High: 64, Low: 39

DAILY EGYPTIAN

TUESDAY



COLUMN, PAGE 5: Gus Bode says health care has passed the House.

VOLUME 95, No. 56

NOVEMBER 10, 2009

8 PAGES

Soldiers-turned-students share experiences

Veterans organization provides services

Christina Spakousky
DAILY EGYPTIAN
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Alan Beck tried to hold onto the bottom of his seat when the armored vehicle that was speeding down a highway in Iraq hit a bump on the road and began to roll.

Beck said his patrol was heading back to its base near Fallujah, Iraq when the armored vehicle hit the bump causing the driver to lose control. The 14-ton vehicle spun and rolled, and Beck was thrown 155 feet into a ditch, he said. Beck said when the vehicle stopped rolling, it was only a few feet away from crushing him; he laid pinned beneath the machine gun, which had detached from the top of the vehicle.

"All I remember is seeing the ground rolling from side to side," Beck said.

Beck, a senior from Steepleville studying kinesiology, said even though he does not look disabled, more than three years later, his body is still recovering from the trauma of the collision. When he arrived at SIUC in fall 2007, Beck said he didn't know what to do or where to go for help. He said besides Disability Support Services, there weren't any veterans' services available.

Since then, the university has extended many services to veterans. Beck is now the president of the Registered Student Organization for veterans, and Chris Piha, a senior from Carol Stream studying history, was recently named

"You kind of question things. At the moment I felt like I did the right thing; I had no doubt in my mind. But now I question it."

— Alan Beck
president of the SIUC Veterans Organization



PROVIDED PHOTO

Infantryman Alan Beck, a senior studying kinesiology, on the stretcher to the left, said he was thrown from an armored vehicle on its way back to base near Fallujah, Iraq in March of 2006 during a routine patrol. Beck was pinned beneath a 1-ton machine gun during the accident, causing extensive back, knee and hip injuries, two separated shoulders and a collapsed lung. Beck was medically discharged from the Army in May 2006.

veterans coordinator. Piha said his job would be to make sure veterans know about the available services.

"As a veteran, letting (other veterans) know there's a place to turn and that there's someone else who has done what they're going to do is the most important aspect of my job," Piha said. Piha said during his deployment to Iraq with the U.S. Air Force, his job was to pick up wounded soldiers and transport them by plane to respective hospitals, depending on the injuries.

"Anyone and everyone coming out of the desert went through our airports," Piha said. "I've seen the human aspect of war a lot of people don't get to see."

Brenda Gilbert, director of the

clinical center, said the center has counseling available for veterans suffering from psychological problems such as post-traumatic stress disorder. She said the center also offers family and child therapy.

"These are young people, some starting families," Gilbert said. "Their families are important as well."

Beck said when he arrived home with separated shoulders, a collapsed lung and injuries to his spine, knees and hips, he just felt happy to be alive. But after awhile, he said he started having nightmares and drinking alcohol to numb the pain.



Alan Beck, a senior studying kinesiology, recounts his accident from three years ago when a 14-ton armored vehicle came within a few feet of rolling on top of him during his deployment in Iraq. Beck is the president of the SIUC Veterans Organization and will offer veterans free fitness assessments at the Recreation Center on Veterans Day.

SUZANNE CARAKER
DAILY EGYPTIAN

Please see **VETERANS** | 3

Final chancellor candidate makes presentation

Stile T. Smith
DAILY EGYPTIAN
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The last of two finalists in the chancellor search made a presentation to the university community Monday, and now the search committee will prepare to make a recommendation to SIU President Glenn Poshard.

Barbara Couture, senior vice chancellor for Academic Affairs at the University of Nebraska-Lincoln, said she is a leader who has the ability to make tough decisions.

"I do think of myself as a leader who consults, but then decides," Couture said.

Couture said she would hear everyone's voice and have the ability to make controversial decisions.

Tom Britton, co-chairman of the search committee, said talks with administrators from the University of Nebraska-Lincoln

have confirmed that Couture would make a strong chancellor.

"I'm sure she's grown a little weary of telephone calls saying, 'I just talked with so and so from Southern Illinois University,'" Britton said. "But those telephone conversations have confirmed our view that she is an extraordinary leader."

Britton said each member of the search committee had the responsibility of talking to his or her counterpart at the University of Nebraska-Lincoln.

Couture said she is interested in coming to SIUC because it is an open and inviting campus.

"I've found this to be a very collegial campus," Couture said. "I had an opportunity to visit (the) campus earlier in the year, and all of the folks I met there were very positive about the university."

Please see **COUTURE** | 3

Universities struggle to operate as state fails to make payments

Madeleine Leroux
DAILY EGYPTIAN
MLEROUX@SIU.EDU

The state of Illinois owes the university \$105 million in appropriations payments, but SIUC is not the only one feeling the fiscal pain.

SIU President Glenn Poshard said the university has not received any appropriations payments for this fiscal year, which began July 1. This past weekend, the university did receive a check from the state for a little more than \$5 million Poshard said, but that money is for the fall 2009 Monetary Award Program reimbursements.

Poshard said for November, he is still hopeful the university would receive at least enough money from the state to make payroll. And while the immediate future would most likely entail further cuts and efficiencies, Poshard said, without additional revenue coming into the state, the next fiscal

"This is a crisis unmatched historically, and the downward spiral is accelerating. ... The fiscal situation has never been worse, especially so early in the fiscal year."

— Dan Hynes
Comptroller

year is looking worse.

"You're talking about the most dire forecast that you can imagine," Poshard said.

The next fiscal year for the university would include a 7 percent shortfall in the budget from federal stimulus money received this year that will not be distributed next year, Poshard said.

Please see **DEBT** | 3

The SIUDE.com Poll is brought to you by...



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siUDE.com Question:
What is your favorite part of Halloween?

Dressing up and going to costume parties.	33%
Knowing that Thanksgiving break is that much closer.	29%
Scaring little kids when they come trick-or-treating.	8%
Watching really bad TV horror movies.	29%

This is not scientific and reflects the opinions of only those Internet users who have chosen to participate. The results cannot be assumed to represent the opinions of Internet users in general nor the public as a whole.

The search for a new chancellor has come down to two female finalists; which one would you choose?

A. Rita Cheng, provost and vice chancellor for Academic Affairs at the University of Wisconsin-Milwaukee
B. Barbara Couture, senior vice chancellor for Academic Affairs at the University of Nebraska-Lincoln
C. Chancellor? What does that person even do?
D. I think Chancellor Sam Goldman should keep his post.

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JULIA RENDLEMAN | DAILY EGYPTIAN

TREES NEED HELPING HANDS

Opie Piper, of Elkhart, removes trees from a flatbed on campus near Wheeler Hall Monday. Piper, who works for the grounds department, said it is preparing to plant the trees Friday and needs volunteers to help to get the 200 trees planted quickly. Those interested in volunteering should call the Student Development office at 453-5714 by 4 p.m. today. Holes and equipment will be prepared in advance to speed the process of planting 200 trees in one day.

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 **1:40 4:10 6:40 9:10

A CHRISTMAS CAROL PG
 **12:10 2:40 5:10 7:40 10:10

COUPLES RETREAT PG13
 **1:50 4:50 7:30 10:15

MICHAEL JACKSON-THIS IS IT PG
 **12:30 **1:00 3:50 4:20 *6:30 7:00 *9:20 10:10

WHERE THE WILD THINGS ARE PG
 **1:00 3:40 6:05 8:45

LAW ABIDING CITIZEN R
 **2:10 5:00 7:45 10:20

SAW VI R
 **1:30 4:30 7:10 9:40

METROPOLITAN AID ENCORE 11-11-09 6:30
 *NOT SHOWING ON 11-11-09
 **WEDNESDAY MATINEE TIMES

UNIVERSITY PLACE 8 AT CARBONDALE
 BY SUPER WAL-MART—1-800-FANDANGO 1553#

MEN WHO STARE AT GOATS R
 **1:30 4:00 7:00 9:30

THE FOURTH KIND PG13
 **1:50 4:50 7:40 10:10

THE BOX PG13
 **1:10 4:30 7:20 10:15

ZOMBIELAND R
 7:45 10:00

THE INVENTION OF LYING PG13
 **1:40 4:40 7:15 9:40

AMELIA PG
 **1:20 4:10 7:10 9:50

ASTRO BOY PG
 **2:10 5:15

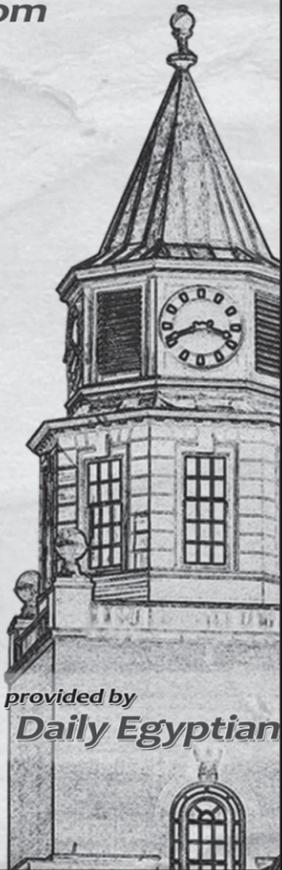
PARANORMAL ACTIVITY
 **1:00 *3:15 5:30 7:50 10:20

THE STEPFATHER PG13
 **2:00 5:00 7:30 10:05
 **WEDNESDAY MATINEE TIMES

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Calendar

- "Barriers or Opportunities": A Woman's Agenda for SIU**
 • Speaker Dr. Michelle Miller, SIUC Associate Professor of Sociology and UWPA Director
 • Noon today at 1000 South Elizabeth
 • For more information, contact 618-967-8206
- SIU Amateur Radio Club Meeting**
 • 7 p.m. today in Engineering D102
 • For more information, contact Kay at 618-559-6190
- "A Star Is Born" Blu Cypher Open Mic and Ice Cream Social**
 • Blu Cypher: 7:14 p.m. today at the Big Muddy Room in the Student Center
 • Ice cream social: 9:14 p.m. today at the lower level of Grinnell
 • For more information, contact Brandon at 708-698-1193
- Sigma Education Table**
 • 12-5 p.m. Wednesday at lower level of Grinnell
 • For more information, contact Brandon at 773-983-9419
- InterVarsity Christian Fellowship**
 • Speaker Dave Hohulin, "What is Love?"
 • 7 p.m. Thursday at Life Science III Auditorium
- Bowling & Billiards**
 • 9 p.m. Thursday at the Student Center
 • Free bowling and billiards
 • For more information, contact Brandon at 773-983-9419
- Fourth Annual "Final Four" Greek Basketball Game**
 • 7 p.m. Friday at Pullium Gymnasium
 • \$2 with canned good; \$3 without
 • Featuring Alpha Phi Alpha, Kappa Alpha Psi and Iota Phi Theta
 • For more information, contact Brandon at 773-983-9419
- Grandparents Game Night**
 • 5:30 - 7 p.m. Nov. 17 at Rainbow's End Activity Room
 • Special Guest: Kathy Heinz
 • Free games and activities for grandparents and their grandchildren
 • For more information, contact Florence at 453-8622

Submit calendar items to the DAILY EGYPTIAN newsroom, Communications 1247, at least two days before the event.

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COUTURE

CONTINUED FROM 1

Couture said SIUC has its challenges, but nothing more extreme than any other public university.

Couture said she also likes what she has seen of the Saluki Way project, and athletics are an important part of a university.

“Faculty sometimes are concerned that we give too much attention to athletics, but they are a very strong experience for students on campus, and they are how alumni also connect to a university,” Couture said.

Along with competing for the university’s chancellor position, Couture is also a finalist for the presidency at New Mexico State University.

Steve Middleton, president of the Graduate and Professional Student Council and member of the search committee, said Couture would have to curb the rising cost of tuition for students.

“Students have expressed their concern about their ability

“**They’re looking for an experience when they come to college. Not just to get a degree.**

— Barbara Couture
chancellor finalist

to afford their education here,” Middleton said.

Couture said she would strive to create programs more affordable for students.

“Tuition is not sky-high here, but it’s a little higher than it is at Nebraska,” Couture said. “That’s a concern for the population you have here.”

Couture also addressed the university’s struggle with retention.

She said implementing more online courses and enhancing the undergraduate experience could help retain students.

“They’re looking for an experience when they come to college,” Couture said. “Not just to get a degree.”



EDYTA BŁASZCZYK | DAILY EGYPTIAN

Barbara Couture, the senior vice chancellor for Academic Affairs at the University of Nebraska-Lincoln, makes her presentation to a crowd Monday at John C. Guyon Auditorium in Morris Library. Couture is one of two finalists in the search for the new chancellor.

DEBT

CONTINUED FROM 1

The university also lost \$4 million in non-reimbursement for veterans’ grants, he said, and the uncertainty of MAP in fall 2010 makes the situation even worse.

“You’re facing a real dire situation because we are not going to capitulate and raise tuition and fees through the sky anymore to make up for what the state can’t do for us,” Poshard said. “If you combine all of those factors together ... you’re looking at a situation where we will be forced without any doubt to get into personnel. We will have put it off as long as we could have by that time.”

Darcie Schinberger, director of university relations for Western Illinois University, said the state

owes \$26 million in appropriations payments to the university. She said the last time the university received a check from the state was over the weekend for a small amount of MAP reimbursements for fall 2009. Schinberger said Western Illinois President Al Goldfarb posted a letter to the campus community Wednesday urging all university offices to limit spending as much as possible.

“We need to safeguard the university’s remaining budget until we gain a clearer picture from the state for the remainder of this fiscal year and fiscal year 2011,” Goldfarb said in his letter.

Melanie Magara, assistant vice president for Public Affairs at Northern Illinois University, said the university has not received any payments from the state since the start of

“**You’re facing a real dire situation because we are not going to capitulate and raise tuition and fees through the sky anymore to make up for what the state can’t do for us.**

— Glenn Poshard
SIU president

the fiscal year on July 1.

According to the Associated Press, the University of Illinois has received only \$400,000 of the \$317 million owed from the state.

Carol Knowles, spokeswoman for Comptroller Dan Hynes, said the money owed to universities throughout the state is part of a \$3.9 billion backlog in state bills.

“This is a crisis unmatched historically, and the downward spiral is accelerating,” Hynes said in a press

release. “By any quantifiable measure: the bills outstanding, the payment delays and overall borrowing — the fiscal situation has never been worse, especially so early in the fiscal year, and there’s no end in sight.”

Hynes said he predicts these difficulties would continue well into the next fiscal year and warns of record and prolonged payment delays to most state programs and operations, including universities and community colleges.

VETERANS

CONTINUED FROM 1

“You kind of question things,” Beck said. “At the moment I felt like I did the right thing; I had no doubt in my mind. But now I question it.”

Beck said he wouldn’t be graduating if it weren’t for Disability Support Services and the people he works with. He said the services now available provide a place all veterans can go if they need help or just to talk with someone.

He said despite the negative aspects of war, there were good things too. Beck said he spent a lot of time just talking with the locals, bringing them bags of rice when they hadn’t eaten in days and playing soccer with the children.

“I would do it all again in a heartbeat,” Beck said.

Come Hear From the Highest Ranking Republican Woman in Illinois



Christine Radogno

Illinois Senate Minority Leader

Wednesday, Nov. 18 at 7:00 p.m.
SIU Law School Auditorium

Presenting the John J. White Lecture for the
Paul Simon Public Policy Institute

Christine Radogno became the highest ranking Republican woman in Illinois when she was elected Senate Minority Leader in 2008, which also made her the first woman in state history to hold one of the four legislative leader posts. Radogno became active in politics in the 1980s as a response to a local issue in her suburban Chicago village and later ran for a spot as a trustee. In 1996, she challenged her incumbent state senator and won the first of three elections to that office. The Loyola graduate was a social worker before choosing to be an at-home mom, prior to running for elective office.



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Abortion could roil Senate health care debate

Ricardo Alonso
THE ASSOCIATED PRESS

WASHINGTON — Abortion opponents in the Senate are seeking tough restrictions in the health care overhaul bill, a move that could roil a shaky Democratic effort to pass President Barack Obama's signature issue by year's end.

Sen. Ben Nelson, D-Neb., said Monday it's unlikely he could support a bill that doesn't clearly prohibit federal dollars from going to pay for abortions. His spokesman said Nelson is weighing options, including offering an amendment similar to the one passed by the House this weekend.

The House-passed restrictions were the price Speaker Nancy Pelosi, D-Calif., had to pay to get a health care bill passed, on a narrow 220-215 vote. But it's prompted an angry backlash from liberals at the core of her party, and some are now threatening to vote against a final bill if the curbs stay in.

Obama said the legislation needs to find a balance.

"I want to make sure that the provision that emerges meets that test — that we are not in some way sneaking in funding for abortions, but, on the other hand, that we're not restricting women's insurance choices," Obama said.

Senate Democrats will need Nelson's vote — and those of at least a half-dozen other abortion opponents in their caucus. They face a grueling debate against Republicans who are unified in their opposition to a sweeping remake of the health care system. It's unclear how the abortion opponents would line up; the pressure on them will intensify once the legislation is on the floor.

"This is a very important issue to Sen. Nelson, and it is highly

"I want to make sure that the provision that emerges meets that test — that we are not in some way sneaking in funding for abortions, but, on the other hand, that we're not restricting women's insurance choices.

— Barack Obama
President of the United States

unlikely he would support a bill that doesn't clearly prohibit federal dollars from going to abortion," said his spokesman, Jake Thompson.

An intraparty fight over abortion is the last thing that Majority Leader Harry Reid, D-Nev., needs. Reid is already facing a revolt among Democratic moderates over the government-sponsored health plan that liberals want to incorporate in the legislation as a competitor to private insurance companies.

Reid, who is himself opposed to abortion, will have to confront the issue directly as he puts together a Democratic bill for floor consideration. The committee-passed Senate versions differ on abortion, but none would go as far as the restrictive amendment passed by the House.

The House bill would bar the new government insurance plan from covering abortions, except in cases of rape, incest or the life of the mother being in danger. That's the basic rule currently in federal law.

It would also prohibit health plans that receive federal subsidies in a new insurance marketplace from offering abortion coverage. Insurers, however, could sell separate coverage for abortion, which individuals would have to purchase entirely with their own money.

At issue is a profound disagreement over how current federal restrictions on abortion funding

should apply to what would be a new stream of federal funding to help the uninsured gain coverage.

Abortion opponents have sought to impose the same restrictions that now apply to the federal employee health plan, military health care and Medicaid, the federal-state health program for the poor. Abortion rights supporters say such an approach would threaten women's right to a legal medical procedure already widely covered by private insurance.

The Senate health committee bill is largely silent on abortion, a stance that abortion opponents interpret as permitting coverage by private insurance plans that would receive federal subsidies.

The Senate Finance Committee bill attempts to craft a compromise, as the House unsuccessfully tried to do before this weekend's vote tightened restrictions.

The Finance plan would require insurance carriers to separate federal subsidy moneys from any funds used to provide abortions, and it would prohibit abortion coverage from being included in a minimum benefits package. It would require that state and regional insurance markets offer one plan that covers abortion, and one plan that does not.

Abortion opponents — including U.S. Catholic bishops — rejected a somewhat similar approach in the House, saying that the approach of keeping federal

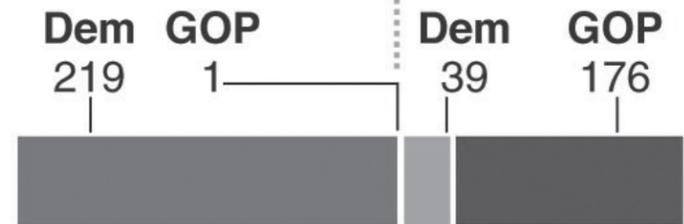
House vote on health care

House Democratic leaders compromised with factions within the party to get enough votes to pass a health care overhaul bill.

Final vote

For 220

Against 215



Source: AP
Graphic: Judy Treible

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funds separate amounted to little more than an accounting gimmick.

For now, the liberals are saying they will fight. Abortion rights supporters in the House were circulating a letter to Pelosi, threatening to vote against a final bill that restricts access to abortion coverage. At least 40 lawmakers had signed by early Monday.

"I, along with the other pro-choice members in the House, intend to push very hard to ensure that language is not included in the final conference product," said

Rep. Debbie Wasserman Schultz, D-Fla.

They're likely to have help in the Senate from two Republican women who support abortion rights, Sens. Olympia Snowe and Susan Collins of Maine. Collins indicated Monday that she thinks the House went too far.

"I think the Senate Finance Committee did a good job of putting up a firewall that would prevent federal funds from being used for abortion," she said. "Generally, I prefer the Senate approach."

QUOTE OF THE DAY

“It’s kind of like the Civil War, where brothers fought each other across the Mason-Dixon Line.”

Abdi Akgun

32, of Lindenhurst, N.Y., joined the Marines in 2000 and was deployed to Iraq, on the complicated position of U.S. soldiers who are Muslim

Mission Statement

The DAILY EGYPTIAN, the student-run newspaper of Southern Illinois University Carbondale, is committed to being a trusted source of news, information, commentary and public discourse, while helping readers understand the issues affecting their lives.

About Us

The DAILY EGYPTIAN is published by the students of Southern Illinois University at Carbondale, with fall and spring circulations of 20,000. Free copies are distributed on campus and in the Carbondale, Murphysboro and Carterville communities.

Notice

The DAILY EGYPTIAN is a “designated public forum.” Student editors have authority to make all content decisions without censorship or advance approval. We reserve the right to not publish any letter or guest column.

Submissions

Letters and guest columns must be submitted with author’s contact information, preferably via e-mail. Phone numbers are required to verify authorship, but will not be published. Letters are limited to 300 words and columns to 500 words. Students must include year and major. Faculty must include rank and department. Non-academic staff must include position and department. Others include hometown. Submissions should be sent to voices@siude.com.

Publishing Info

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SCHOOLHOUSE ROCK

Health care reform passes in the House

NATHAN BUCKLIN
vault713@siu.edu



The House of Representatives passed the first ever health care reform bill Saturday. The Affordable Health Care for America Act passed 220-215 with 39 Democrats voting against it and only one Republican voting for it.

While this is the first health care reform bill to be passed by the House or the Senate, it will still need to be passed by the Senate before it can become a law.

This is made more complicated by the fact that the Senate is trying to pass its own health care reform bill.

If it does pass, the House and the Senate will have to work together to create a bill that they will both pass.

Under the House bill, health care providers will not be able to deny patients coverage for pre-existing conditions or drop them for any condi-

tions that arise. They will also not be able to charge different rates based on a patient’s past medical history or gender.

Most employers will be required to provide their employees health care insurance and will be penalized if they don’t.

All citizens will have to have insurance, and if they are not able to afford it the government will pay for them. The government will create an agency that oversees all health care plans and will work with the people to help them find the best plan. In addition to that, the plan will contain the controversial “government” or “public option,” in which the government will provide insurance directly.

The government option simply seeks to create competition. The government’s view is that competition will reduce prices and the plan will be competitively priced against other insurance companies.

In fact, if you live in areas where there are lots of insurance providers you might not even have the ability

The purpose of this bill is not about winning, losing or gaining political power. It is to help Americans, and people need to realize this.

to sign up for the government option.

In some states, such as Mississippi, one health care provider covers 98 percent of the entire state. It is in situations such as this that the government option would be beneficial.

The plan will not give any money for abortions, which is ironic because all these services will be provided through Medicare, which already does not provide money for abortions.

I find it highly disturbing that only one Republican voted for the bill. The purpose of this bill is not about winning, losing or gaining political power. It is to help Americans, and people need to realize this.

Republicans didn’t support the bill because they don’t want to help people or they fear a government take-over. They opposed it because they are a minority in government and they want to make a statement. They want

to show their constituents that they are still here and they are still doing something. And more than that, it’s how our system works.

Republicans and Democrats oppose each other, they don’t work together, and if they did, what would be the point of a two party system?

However, there are times when ideological differences must be put aside. Disagreeing because you don’t want to be ignored is childish, and disagreeing because you didn’t get your way in the 2008 elections is ignorant.

When the health of the general public is on the line, and something is proposed that will do nothing but help people, then sometimes you have to put differences aside and work with others to do what’s best for everyone.

Bucklin is a senior studying political science.

EDITORIAL CARTOON



THE COUNSELING CENTER

How to regulate your emotions

Jen Beckjord, Dawn Coulter and Adrienne Monty
GUEST COLUMNISTS

In this second column of the emotion regulation series, we will be talking about skills you can use to understand your emotions, reduce emotional vulnerability and decrease emotional suffering.

One of the goals of emotional regulation includes understanding the emotions you experience. One way to understand your emotions is to identify your emotions by observing and describing them.

In order to begin this process, it is helpful to first understand what event or situation prompted the emotion. Then notice how you interpreted the event. For example, what were your beliefs and assumptions about the situation? The next step in observing and describing your emotion involves paying attention to changes in your body.

Ask yourself, what are you feeling in your body? Do you feel tense or jittery? It is important to pay attention to body language as well. For example, what is your facial expression?

The next step in observing and describing your emotions involves identifying any action urges. Your emotions can give you clues about what it is you feel like doing or saying, and can ultimately act as a guide to tell you what you need.

Once you are able to observe and describe your emotions, you are better able to understand and accept them.

One strategy for reducing vulnerability to negative emotions is to remember the term “please mastery.” It covers all of the base areas of self-care and can be a helpful reminder of how lifestyle habits affect us emotionally.

Treat physical illness: Take care of your body. See a doctor when necessary and take prescribed medication.

Balance eating: Don’t eat too much or too little.

Stay away from foods that make you feel overly emotional.

Avoid mood-altering drugs: Some drugs, such as alcohol, can make you more vulnerable to negative emotions.

Balance sleep: Try to get the amount of sleep that helps you feel good. Stick to a sleep program if you are having difficulty sleeping.

Get exercise: Do some sort of exercise every day, and try to build up to 20 minutes of vigorous exercise.

Try to do one thing each day to make yourself feel competent and in control. Implementing these basic skills can go a long way toward reducing the intensity and duration of negative emotions.

There will be times when you feel intense, unpleasant emotions regardless of your daily habits, and you may wonder what to do to lessen your suffering when this happens.

The key to decreasing our emotional suffering is to let go of it. Again,

this does not mean we need to get rid of our emotions; we need to let go of the suffering by being mindful of our current emotion. It’s important to first observe your emotion by noting its presence, stepping back from it, and getting unstuck from it.

Next, we need to experience the emotion — think of it as a wave that comes and goes, and instead of pushing it away or holding onto it, we need to allow the emotion to just come and go.

It’s important to remember that you are not your emotion. Just because we feel something, it does not define who we are, and it does not mean we have to act on the emotion.

Finally, our suffering decreases when we allow ourselves to experience emotions without judging them, or ourselves for feeling them.

Beckjord, Coulter and Monty are professional psychology interns at the counseling center.

Classified Ads

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- Fax us a copy of what you would like printed/advertised at (618) 453-3248
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All advertising submitted to the Daily Egyptian is subject to approval and may be revised, rejected or cancelled at any time.

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THE DAILY EGYPTIAN is now offering a "Legal Notices" category in the classified section of the newspaper, please call 618-536-3311, ext. 225 to place your legal notice.

PUBLIC NOTICE IS hereby given that on October 30, A.D., 2009, a certificate was filed in the Office of the County Clerk of Jackson County, Illinois setting forth the names and addresses of all of the persons owning, conducting and transacting the business known as Southern Illinois Capital Management, LLC located at 309 Midland Hills Road in Makanda, Illinois, 62958, dated this 30th day of October, A.D., 2009, signed, Larry W. Reinhardt, Jackson County Clerk.

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THE DAILY EGYPTIAN is now offering a "Foreclosure Notices" category in the classified section of the newspaper, please call 618-536-3311, ext. 225 to place your foreclosure notice.

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98 DODGE DAKOTA SPORT, removable box, black, extended cab, 4 x 4, 1 yr old AT tires, new shocks & brakes, \$4500, 712-540-9053.

BUY, SELL, AND TRADE, AAA Auto Sales, 605 N Illinois Ave, C'dale, 457-7631.

WANTED TO BUY: vehicles, running or not, trucks & cars, \$25-\$500, call anytime, 218-6289 or 439-6561.

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STEVE THE CAR DOCTOR Mobile Mechanic, he makes house calls, 457-7984 or mobile 525-8393.

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SUBLEASER NEEDED AT Saluki Reserves, all util except elec incl, \$448/mo, call 309-269-0796.

1 BDRM AT the Reserve, \$479/mo, all util incl except electric, avail by Dec 20th, call (309)714-1660.

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3 BDRM, 2 bath, Creekside Apts, 709 Wall Street, w/d, d/w, microwave, c/a, patio, current rent: \$895 per month but will discount substantially for lease through 08/09/10, call Mike at 312-720-7323.

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1, 2, 3, BDRM APTS and 2 bdrm townhome starting at \$525, short term leases avail, call rainier property management at 618-549-2390.

C'DALE, NICE, LARGE, 1 or 2 bdrm, May or Aug, 400 N. Westridge, upscale neighborhood, laundry, \$480-\$550, 529-3581 or 549-1028, no pets, www.trailswestapts.com

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CLEAN, QUIET, grad student pref, water/trash incl, laundry avail, no pets, \$305/mo, 529-3815

AVAIL SPRING, 1 BDRM, ACROSS from SIU, hi-speed internet, satellite TV, laundry, parking, water & trash, 559-4763.

WALK 2 CLASS, 2 BDRM, avail now 1 bdrm avail dec 09, 618-549-0895. www.schillingprop.com

ONE BDRM APTS, for Aug, must be neat and clean, no pets, CarbondaleHousing.com Call Liz at 924-1965.

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WEDGEWOOD HILLS, 2 bdrm, 1.5 bath, appl, fireplace, pool, grad or prof, for Jan & Aug 2010, 549-5596.

1, 2, 3, 4, & 6 BDRM HOUSES & APTS rental list at 310 W Cherry, walk to SIU, 549-4808, 9-4 pm.

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BRAND NEW 3 BDRM, quiet prof area, 2 car garage, 2000 sq ft, w/d, d/w, pets considered, \$850 to \$1000/mo, 457-8194.

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3 bdrm-310, 313, 610 W Cherry 405 S Ash, 106, 408 S Forest, 306 W College, 321 W Walnut

2 bdrm-305 W College, 406, 324, 319 W Walnut

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Help Wanted

SALES CLERK, PT, MUST be 21yrs old, apply in person, SI Liquor Mart, 113 N. 12th St., M'boro.

GRAPHIC ARTIST, duties incl graphic design, ad building and light web design, bring or send resume to 701 West Main, Carbondale, IL, 62901.

PIZZA COOK, ARE you an experienced pizza maker used to a high activity environment? P/T, apply at Quatro's Pizza, 218 W. Freeman.

PIZZA DELIVERY DRIVER, neat appearance, PT, some lunch hours needed, apply in person, Quatros Pizza, 218 W Freeman.

PT AFTERNOONS, TOP wages, manual labor, some heavy lifting, call after 6pm, 457-8372.

WEB DESIGNER, MUST have working knowledge of Dreamweaver, PHP and MySQL, no degree req, flexible hours, good pay, full and part time avail, send resume to Design Personnel, 1809 W. Main Street, #188, C'dale, IL, 62901 or: designpersonnel@yahoo.com

SANTAS AND HELPERS needed for photos at University Mall, real beard a plus, good pay, call (800)687-1675 or (618) 364-7418.

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Saluki Insider

Cleveland Browns coach Eric Mangini said he would wait until Wednesday to name the Browns starting quarterback. This is the third time he has done that this season. Does it even matter anymore? Has the "Mangeni" already run his course in Cleveland?



RYAN VOYLES

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@siu.edu

Yes, he is horrible. Fire him and be done with it. Give the Cleveland fans something to cheer about this year; lord knows they'll need it once LeBron James leaves next season.

Mangeni is my favorite nickname in all of sports. It is so, so far from the truth that it is comical. For the Mangeni to do this yet again seems kind of futile. Derek Anderson and Brady Quinn are both very similar quarterbacks. They are both terrible. A quarterback contest between Ryan Voyles and Ryan Simonin would be more entertaining. For the sake of Cleveland, I hope the Browns fire the Mangeni; Cleveland is going to lose LeBron James after this year, so you have to give them something to be happy about.

DEREK ROBBINS

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@siu.edu



JEFF ENGELHARDT

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@siu.edu

The only reason I knew Cleveland had a football team is because the Chicago Bears beat them this season. I would venture to guess Mangini is waiting to name the starting quarterback because he heard Allen Iverson had left the Memphis Grizzlies and he is probably hoping the Browns can sign him. At least this way, Iverson can have a terrible game and then put on an entertaining press conference about how he doesn't need to practice because after all ... we're talkin' about practice.

COACHES

CONTINUED FROM 8

Lowery said the event had been in the works for several years, but this was the first time they were able to clear up their schedules together.

SIU assistant coach Brad Korn, who was diagnosed with skin cancer on the back of his left calf in February, took the stage at the beginning of the event and asked those who had been affected by cancer in any way to stand up — nearly everyone in the room stood up.

Korn said he wanted to show how cancer affects almost everybody. He

then discussed how the event could help people who shared his condition.

"There is an opportunity for all of us in this room to speak out," Korn said. "This event here is the perfect example of using basketball to help — not letting basketball use us."

Korn then introduced the coaches, who took the stage and had some friendly banter about why their teams have not played each other.

"In my five years as head coach, we've played UCLA and Duke — national champions. Kansas — national champions. Indiana — national champions," Lowery said. "We decided we're only going to play BCS

schools with national championships, so that's why were not going to play Illinois."

Weber said there are several conflicts with the non-conference schedule for his team that would make scheduling anything other than a non-conference home game difficult for the Illini. He said he would more than welcome the Salukis to come up to Assembly Hall and play.

When he took the stage, Weber had a different explanation for why the teams have not yet played each other.

"I don't want to play Chris. He would kick our ass," he said.

WOMEN

CONTINUED FROM 8

"This year is just going to be a grind for us," Tiber said. "I think you see when we do good things how it triggers the break and how fun we can be. We just don't have the players to concentrate on doing what they are capable of doing, and that is setting us back too, unfortunately."

Tiber said the goal for the team this week was to have fewer turnovers than assists. Turnovers were something the team struggled with in its Nov. 1 game, as it ended play against Quincy with 25.

SIU turned the ball over 26 times and had only 12 assists Saturday.

The team was leading 33-32 at the half with 12 turnovers and six assists. Tiber said she outlined three keys to victory during halftime.

"Halftime, we were practicing on three things," Tiber said. "Contesting shots ... better defensive rebounding and then taking care of the ball. We did none of the three in the second half. That is probably the most frustrating."

Tiber said the team played poorly with a six-point lead. She said the Salukis came out at the half and immediately gave up a wide-open three, something they tried to prevent.

Senior Stephany Neptune was a bright spot for the Salukis. Neptune was inserted as the starting point guard in the game and shot 62 percent from the floor with a game-high 25 points.

Neptune cared more about the team's performance than her individual statistics.

"We need to find some players that know how to play together, work the offense and then just run and play hard," Neptune said. "We have a D-1 school coming up, and



ISAAC SMITH | DAILY EGYPTIAN

Stephany Neptune drives down court during the Saluki's 84-74 home loss exhibition game against the Washington University Bears Saturday. Neptune, a point guard, led the team in points and helped lead the Salukis in the tight game against the Bears.

they just beat their (opponent) by 30 points."

The team now prepares for the regular season opener against Saint Louis University Friday. The Salukis defeated Saint Louis last season 85-77 in Carbondale for the season opener.

Tiber said she was ready for exhibition season to be over.

"To be honest, I'm glad it's over," Tiber said. "It's a learning process for us. We played two decent teams, which is good. I just want to get better, and I am not certain we did that."

Freshman guard Teri Oliver said the loss still affects the team, even if it was just an exhibition game.

"A loss is a loss," Oliver said.

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MEN'S BASKETBALL

SIU basketball coaches reunite



EDYTA BŁASZCZYK | DAILY EGYPTIAN

University of Illinois head basketball coach Bruce Weber, left, and SIU head basketball coach Chris Lowery answer questions and poke fun at each other during the Southern Illinois Tip-Off dinner for the Coaches vs. Cancer program. The event helped raise money for the American Cancer Society by having donations and silent and live auctions.

Ryan Voyles
DAILY EGYPTIAN
RVOYLES@SIU.EDU

While they will not meet on the court anytime soon, two familiar faces to southern Illinois basketball met Monday to start a new yearly tradition.

SIU men's basketball coach Chris Lowery and University of Illinois men's basketball coach Bruce Weber met Monday at Rent One Ballpark as part of the first Southern Illinois Tip-Off Dinner. The event was set up to benefit Coaches vs. Cancer, a foundation set up by the American

Cancer Society.

Weber, who coached the Salukis from 1998 to 2003, said he enjoyed coming back to southern Illinois for a great cause and hopes it can continue every year.

"My wife and I have really jumped on the cause, and the community has welcomed us," Weber said. "We've done some nice events that we've helped start. We're hoping that this event is something that will go on for a long time."

The sold-out event included a dinner and silent auction — with all proceeds going toward the American Cancer Society. The event also

featured banter between the former coaching duo — Lowery served as Weber's assistant coach for two years at SIU and one season at Illinois — about the upcoming season.

Amy Wisser, income development representative at the American Cancer Society in Marion, said having two SIU coaches come together for the event was great for the fundraising and were the reason roughly 800 tickets were sold.

"It's a unique situation, and I think that's why we were able to draw in so much interest for the event," she said.

Lowery said he has looked for

more ways to help the organization since he lost his father-in-law to cancer two years ago.

"When we played in the Coaches vs. Cancer tournament last year and got a chance to play in Madison Square Garden, I took my players to the American Cancer Society there," Lowery said. "They just saw the things they were doing. And they got to see that it was more than basketball. It's about life, and they should be extremely thankful for the opportunities they have."

Please see COACHES | 7

MEN'S BASKETBALL

Watson returns as Salukis beat Eagles

Former assistant coach is back as opponent's head coach

Derek Robbins
DAILY EGYPTIAN
DROBBINS@SIU.EDU

It was a happy return to SIU for a familiar face.

Former SIU assistant coach Rodney Watson, who has been with the Salukis for 21 years, returned to Carbondale on Saturday as head coach of NCAA Division II Southern Indiana. SIU defeated Southern Indiana 71-69.

Watson said he was grateful to SIU head coach Chris Lowery for the chance to play against the Salukis.

"I thanked him for the game. It's

hard to get D-I games in this situation," Watson said. "I was so grateful he would play us; he didn't have to play us. I said we are both going to have good teams."

Watson said teams were afraid of risking a loss to the powerhouse Division II program, and he was happy Lowery would take the risk.

The Eagles almost stole a victory from the Salukis. Southern Indiana held a two-point lead with 1:14 left in the game. Junior guard John Freeman tied the game with two free throws with 53 seconds left to give him a team-high 14 points.

The game was looking to go into overtime when senior guard Kevin Dillard missed a shot with 4 seconds left, but sophomore center Nick Evans tipped in the missed basket for the go-ahead points and the win.

Evans was a player Watson recruited to join SIU.

"It was awful," Watson said of the

tip-in basket while laughing. "I'm really proud of him. Nick and I have a really long relationship, and it's great to see Nick just really getting better and being a major factor on this team."

Evans, who led both teams with eight rebounds and scored eight points, said he was happy to play against his former assistant coach.

"He means a lot to me, 10 times more outside basketball, just as a person," Evans said. "He's been with me through a lot of personal things. I said, 'I know you can coach, I know you know what you're doing. Let's go out and make each of us proud.'"

Evans said he did not think about how he was playing his old coach.

"We knew this game was coming for six months, and I was kind of scared about where my mentality would be," Evans said. "I try not to think about it on the court."

Evans said as soon as the game ended he gave his former assistant

coach a hug and told him he loved him.

Lowery said Watson has done a good job in his short time as coach at Southern Indiana.

"Coach Watson has done a tremendous job over there; they are a tough and hard-nosed team right now," Lowery said. "They've got good athletes, and they share the ball."

Lowery was just as grateful for the opportunity to play against Watson.

"I wanted to play a high-end team to see if we could guard well," Lowery said.

Watson said he would have liked to get a win from the Salukis in his return visit.

"I thought we could get them into overtime and maybe steal one out of here," Watson said. "It was a great college game. It was what we both needed for a practice game. It is exactly how the game needed to go."

Ryan Voyles contributed to this report.

FOOTBALL

Salukis No. 1 in country

Ryan Voyles
DAILY EGYPTIAN
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The Sports Network Poll has declared a new No. 1 team in the nation. The SIU Salukis.

With their 34-15 win Saturday at No. 9 South Dakota State, the Salukis (8-1, 7-0 MVFC) leaped into the No. 1 spot on the Sports Network FCS Top 25 poll released Monday.

SIU received 37 out of the possible 135 first-place votes and 3,196 total points to jump ahead of Montana (9-0), who was close behind with 64 first-place votes, but only 3,172 total points. The No. 1 spot became vacant after top-ranked Richmond, who was last season's national champions, fell to the now No. 3 Villanova.

It is the 19th time in SIU history it has been ranked No. 1, but the first time since Oct. 10, 2005, where it was ranked No. 1 for two weeks. The Salukis were ranked No. 1 for six weeks during their 1983 championship season and for 10 weeks in 2004.

The Salukis were also No. 1 in the Any Given Saturday FCS Poll. However, the FCS coaches' poll has SIU at No. 2 in the country, behind Montana.

The Salukis play Saturday at McAndrew Stadium against Missouri State before wrapping up the regular season the following week at Southeast Missouri State. The Salukis have already clinched a share of the conference title and have a guaranteed berth in the postseason.

WOMEN'S BASKETBALL

Women lose to Division III program

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Exhibition season ended on a low note for the SIU women's basketball team.

The Salukis lost to Washington University (Mo.) 84-74 in the final exhibition game for SIU. Washington University is in the National Collegiate Athletic Association Division III.

Washington is the preseason No. 1 in NCAA Division III and played in the national championship game last season.

SIU head coach Missy Tiber said the performance was an indicator of what the season's future could hold.

Please see WOMEN | 7