Alcoholic energy drinks newest campus craze

LEAH STOVER
Daily Egyptian

The combination of alcohol and caffeine is not a new concept, but one that recently created hospitalizations after drinking alcoholic energy drinks such as Four Loko. University health care officials have begun to learn the common stages from campuses across the country.

Drinks like Four Loko, Tilt, House and Liquid Charge received media attention after reports of students at Tampa College in New Jersey and Central Washington University being hospitalized after drinking the beverages caused a sharp rise in health concerns related to the drinks.

"What happens in this combination is the stimulant can mask the side effects of alcohol," Chris Fralish, alcohol and drug abuse coordinator in the Wellness Center said. "You may have a very high blood alcohol concentration, but you don't feel it."

The masking effect has led to hospitalizations throughout the country because people who consume the product can have too much alcohol in their blood and they overdose, Fralish said.

According to the Four Loko website, the highly-caffeinated alcoholic beverage is sold in a 23.5-ounce can which contains either six or 12 percent alcohol by volume, depending on state regulations. The product was introduced to the market in August of 2008 and has approximately the same alcohol content as wine, but far less alcohol by volume than hard liquor, the site says.

Aaron Gholar, a junior SIUC student from Chicago, said the popularity of caffeinated alcoholic energy drinks, like Four Loko, has gained national media attention after several college students have been sent to the hospital after consuming the product. Caffeine in the drink can cover the side effects of alcohol, which leads the consumer to feel less intoxicated and may lead to alcohol poisoning.

LAUREN LEONE
Daily Egyptian

"We have all these undergraduate program directors but they are also faculty - and being faculty is their (main) job," he said. "They go to open houses, but it's hard to get them out on the road far away to just recruit for their department."

Despite the college's slight increase in enrollment numbers this semester, numbers have been, as a steady decline for the last five years, he said.

"We're the traditional core of the university, and I think an awful lot of our recruitmentFully rises and falls with the university's recruiting," he said. "It's really critical. We certainly do our share, but if it's going well, we do well. But if it's going poorly, we do poorly."

Austria Hutson, assistant director of recruitment and retention, student and curricular affairs and the college's entering program, said there are some well-established programs that help the college's enrollment.

"The Eastern Program, coordinat ed by SIUC Alumni Association, is used as a retention tool, she said. "The program is similar to an internship but occurs only during spring break and is available for juniors and seniors. It enrolls 200 students each year and is offered within all SIUC's colleges."

"Students get paired up with a professional in their field," Hutson said. "‘We’ve had students go on a job offer and some more lines on their resume.’"

The program also helps students decide whether to solidify or modify their academic career choice based on their experience, she said. "A student’s indecisiveness regarding his or her major is not necessarily bad as many of the college’s majors complement each other."

"I try to let parents know that high school students can double major or earn a couple of minors without delaying graduation," Hutson said. "I do this especially with high school students because they have a vague idea of what they want to do."

"I said the main issue the college struggles with is getting the word out about all the departments within the college."

Please see RECRUITMENT 14

Liberal Arts' large size, diversity helps and hurts recruitment

PHOTO ILLUSTRATION | DAILY EGYPTIAN PHOTO STAFF

Four Loko, among several other alcoholic energy drinks, has gained national media attention after several college students have been sent to the hospital after consuming the product. Caffeine in the drink can cover the side effects of alcohol, which leads the consumer to feel less intoxicated and may lead to alcohol poisoning.
Former chancellor to run for mayor’s seat

CHRISTINA SPAKOUSKY
Daily Egyptian

Sam Goldman says he spent two years as chancellor of SIUC running on adrenaline, and now he intends to run for mayor of Carbondale as a new challenge.

"Now the adrenaline is starting to oom out, and that scares me," Goldman said. "So I would like to pump that back up again, and I need the challenge, I really do." Goldman, who retired as interim chancellor of SIUC in June, announced his intentions to run for Carbondale mayor Friday at the Civic Center, making him the fourth candidate competing for the position.

Bob Koch, a longtime friend of Goldman, said in light of a weak economy and a struggling university, the city needs someone who can draw on ideas that have actually worked.

"Most people can sail a ship on smooth water, but when the storm comes, that's when you hope the skipper in charge has been in a few storms already," Koch said.

Goldman admitted his inexperience in running for political office, but said his experience as chancellor and a track record of bringing people together would set him apart from the rest of the candidates.

"I have never run for political office, I've been involved with politics for a lot of years, but this presented a very unique opportunity for me. The only promise I make, with assurance that it will never be broken, is that as mayor I will devote my abilities and energies to meeting our city's challenges," Goldman said.

Maintaining and enriching the bond between the city and the university near the top of Goldman's campaign, he said. He promised putting up a "Welcome to Saluki Country" sign isn't enough, but working with and listening to student concerns and ideas would benefit the city.

"Should (students) volunteer some ideas that sound very reasonable, I will see to it that it gets done," Goldman said.

Lee Hayden, president of Liberty Village Retirement Center, said he has been Goldman's neighbor for two years. He said Goldman would make an excellent mayor.

"Now that Sam's not chancellor, he says 'I'm bored. I don't know what to do.' Hayden said.

Goldman joins ex-hospital administrator George Martiney, Councilman Joel Fritter and local business manager Dem Rizal as competitors for the office held by Mayor Hal Cole. Three seats on city council will also need to be filled, but only two people have announced intentions to run.

Donald Montgomery, a former assistant city manager and longtime Carbondale resident, and Jerrold Hennick, an SIU graduate and homeowner, said they both have enough signatures to be registered candidates, which must be done by Nov. 22.

The general elections for mayor and city council are scheduled for April 5. If five or more candidates file for the position of mayor and/or 13 or more candidates file for the three city council positions by Nov. 15, a primary election will be held Feb. 22.
Students network with top executives

**SARAH SCHNEIDER**  
Daily Egyptian

Getting the top industry executives to come to Carbondale should be attributed to magic, Mehta said. 

"I approach these individuals after I spend weeks, if not months, reading about them and their work, and how relevant to SIEU and the students" he said. "Then I approach the individual with the offer that their work truly relates to our school!"

Dhima said coffee socials, banquets and dinners at the conference gave students one-on-one interaction with lecturers. 

"The other night we had a dinner at Hansen. We were just sitting and talking with a keynote speaker who is the president of Aerospace Defence, Rolls-Royce," he said. "I mean, that's a big person coming down here to Carbondale, and having that one-on-one interaction is great."

Speakers ranged from Dan Korte, president of the Defence Aerospace division of Rolls-Royce Inc., who discussed the development of low-cost, longer-lasting hardware that will save money and reduce carbon footprints, to Fadi Hithag, senior researcher in computer vision for Motorola Research and Development, who spoke about the multimedia revolution and how energy saving has resulted from new compression technology. 

Mehta said while the speaker's discussions are relevant and important for students the underlying theme of the conference is career networking. 

He said he wants the students to know of the enormous opportunities available to them and the conference can provide them with the tools they need to be successful with those opportunities after they leave SIUC.

"My goal is to ignite the fire in these students so they can start believing they can be entrepreneurs and innovators and not say "The economy is doing badly. I don't know what to do," but say "The economy is not doing so great so here is what I will do to change that. We want that innovative thinking in them," he said. 

Mehta said the conference is completely student-run. Nine teams of students were involved with the organization, including a web team, a publicity team and a management team, he said.

Lee Saruwatari, a senior from Bloomington studying computer engineering, said he became involved as the student projects coordinator after he attended the conference two years ago and realized it is never too early to start a networking circle. 

"We have social hours set aside for students and speakers for open discussions and exchange of ideas," he said. "The goal is for a speaker to remember a student and say 'Hey! I need to remember this kid,' and when he goes back to his company and they are going through the hiring process he remembers the kid from Carbondale.'"
The ladies of Sigma Kappa would like to thank the SIUC staff and faculty for all their hard work.

...Continued From Page 1

"The cost of marketing is a big issue for us in terms of our majors," she said. "A lot of our programs have tried to develop new brochures, but it's hard to get the money to do that."

Ashley Jordan, a senior from Blue Island studying psychology and an underwrite student government senator for the College of Liberal Arts. said she is surveying students about improvements needed to be made within the college, particularly in the website. She said she believes most students are not aware of the website or do not use it as an additional resource.

"The one thing I hear students talk about most is wanting more information," she said. "Maybe if there is something on the website that walks them through courses they can take, they would use it more."

Jordan said she is a member of SIUC's McNair Scholars Program, which is for first-generation college students or individuals in underserved groups in higher education. The program is a mentoring network, sponsoring activities that lay foundation for research and academic skills, according to the SIUC website.

"SIUC is predominantly first-generation students, but (the university) shouldn't stop mentoring students after their first year. (The university) needs to continue mentoring until the student completes their degree," Jordan said.

Jordan said although she believes the College of Liberal Arts is doing well with recruitment, there is always room for improvement.

"I think the college doesn't know what the students think about COLA and want to find out," she said. "It's challenging (with such a large college), but not impossible."

Under the guidance of Dr. Meera Konaraju, associate professor of psychology, Jordan and...Continued From Page 1

Loko continued from page 1

Kenneth Heidemann, a senior from Chicago studying political science, said though he doesn't drink the beverages, he has heard of students dying because of excessive stimulant intake. Some students use stimulants such as prescription medicines intended to treat attention deficit hyperactivity disorder with energy drinks to keep them awake while they party or study, he said.

Frishl said a majority of students don't take into account the negative effects caffeine-fueled alcoholic drinks can have, said it could be because of a lack of accurate information.

"A lot of information that students receive on substances are from their peers," he said. "Those sources might have justification and rationalizations for what they believe, but they may not know the facts."

Though Four Loko isn't sold in southern Illinois, Frishl said there are substitutes that have similar effects. He said when it comes to prevention, regulation tends to be the best technique. With Red Bull and other energy drinks readily available in the Student Center and in off-campus gas stations, he said providing information on risk and harm reduction would help to reduce the problem.

Max Schramm, a junior from Winnebago studying sociology, said he wasn't aware the drinks were sold in the southern Illinois area. He said he heard of students drinking too much and was familiar with the use of other stimulants, but didn't think it happened at SIUC.

Frishl said the popularity of the drinks in southern Illinois is likely to grow, especially with the recent media attention. He said it's important for students to be aware of the dangers, especially because other psychology students are researching the differences between student's expectations and experience at SIUC, she said.

"With this research, we are trying to detect how we can better improve retention and enrollment by looking at degree commitment."

Ashley Jordan, a student studying psychology at SIUC, said students like Jordan are key to discovering the best methods of recruitment by communicating with the rest of the university community.

"We may have an idea about what students want, but students may have a different idea about what would be beneficial," Frishl said. 

Lauren Leone can be reached at leone@dailyEgyptian.com or 536-3111 ext. 255.

Actor Gharal former SIUC student from Chicago the product is usually purchased with the intent of intoxication.

"It's a little harder to quantify, frequency, over time," Frishl said. "The more you drink it, and the more often you drink it, it won't be beneficial in the long run."

Gharal said he considers himself an advocate for drinking responsibly and believes it's possible to consume the drinks without problems, as long as the drinker is aware of what is happening to his or her body.

"The only problem is that you might not know when you've reached your point and you might go too drunk," he said.

Leah Stover can be reached at stoverdailyEgyptian.com or 536-3111 ext. 259.
Volleyball

Salukis fall to eighth in MVC

BRANDON LACHANCE

Daily Egyptian

The Salukis fell to eighth place in the Missouri Valley Conference after they lost 3-0 to Illinois State Friday and 3-2 to Indiana State Saturday.


SIU coach Brenda Winkler said her team’s exceptional good play was overshadowed by poor passing and errors.

“There were points where we played very well, but dug ourselves in a hole of deep holes by not executing on passing, (and) turning digs into kills. We just didn’t come out with intensity,” Winkler said.

She said SIU made comebacks late in both matches but they were a little too late.

Sophomore setter Rachael Brown said the Salukis’ inconsistent play in both matches resulted in the two losses.

“We would get a good hit, serve well and then we would make a mistake and go on set of two or three points where we would lose,’ Brown said. “You just can’t have that in a competitive match.”

The Salukis’ next two matches are against Missouri State and Wichita State 7 p.m. Friday and Saturday at Davies Gymnasium.

Basketball

Continued from B

“It was very good for us and I let it happen. I wanted them to see what it’s like when you don’t come ready to play and anybody can beat you.”

The team found a way to get Sophomore Gene Teague involved in the game in the second half, as Indianapolis heavily guarded him to limit scoring and rebounding opportunities, senior guard John Freeman said.

“We saw they were trapping Gene every time he touched it and started doing some crossing as well,” Freeman said. “Gene’s a great passer so we figured that’s what we want them to do is trap Gene, so it will open up for the guards even more.”

Despite Indianapolis’ double team on Teague, he led the Salukis with 13 points.

The women’s team started off with a slow offense. They missed their first five shots until sophomore guard Teri Oliver hit a jumper with 16 minutes 15 seconds on the clock. SIU shot 9-of-37, or 24 percent from the field. In the first half, but woke up in the second to go 17-of-39, or 44 percent.

Tiber said she thinks her team experienced first-game jitters because she has seen them shoot better in practice.

“I know our team shoots better than we shot today. I know we will shoot better,” Tiber said. “But I was discouraged of how flat we came out.”

Oliver said the team went into overtime after Tiber challenged them. Oliver finished with a game-high 19 points and five steals, because they respond well to competitive drills, goals, challenges and expectations, she said.

Other contributors in the game were senior forward Kaitrina Swingler and freshmen center Gigi Shannon with nine points and nine rebounds apiece.

The women’s season opens against University of Illinois at 7 p.m. Saturday in Champaign while the women’s team will play University of Tennessee-Martin 7:30 p.m. Friday in the first official game at the renovated SIU Arena.

Brandon Lachance can be reached at bdlachance@dailyEgyptian.com or 536-3311 ext. 282.
**Legal Notices**

DAILY EGYPTIAN NOW accepting Public and Legal Notices. Notary Public services now available - call 618-549-3311.

**For Sale**

**Auto**

WANTED TO BUY: vehicles running or not. Yamaha 660 cars, $255-500 call anytime. 216-6280 or 439-6561.

2001 TOYOTA AVENGER 4cyl. at ex. new tires & brakes 172,000 mi. ext cond. 35k $600 618-567-3167.

BUYING JUNK CARS! running or not. Call 680-2062 or 616-2114.

BUY, SELL, AND TRADING AAA Auto Parts, 600 N. Office Ave. #117-616.

**Parts & Service**

STEVE THE CAR DOCTOR, Monroe. Matthew 525-0824. 417-7949 or mobile 525-8393.

**Furniture**

PILLOW TOP QUEEN matresses set w/box springs and mattress pad $195. Manor 616-594-5964.

**Appliances**

$1500 EACH WASHER, DRYER store (507) 830-8549. Buy Apparatus 417-796-7167.

WE BUY MOST appliances, table tops, etc. 100% cash on the spot. Buy Apparatus 417-796-7167.

**For Rent**

BOSCH 200 W. WALNUT, 2bdrm apt, $425. 616-414-7361.

$200 2 BDRM APT NEAR SUC: 6500 W. 450-4722.

APARTMENTS & HOUSES: close to SIU. $2 & 3 bdrm, avail. now. Br. Univ. undergraduates. 616-347-4010.

AVAS, DEC. 1 bdrm bldg close to campus. All bdrms have own windows. 627-3559.

CAIRNS APARTMENTS 1-710 min. from SIU, large 1 bdrm suits, under $450. 627-3559. Also spacious 250, 3 bdrm suites, high ceilings, East Village, 627-3559.

$850 2 BDRM APT NEAR SIU: 6500 W. 450-4722.

2 BDRM APT, 100 W. WALNUT, 2bdrm apt, available. 616-414-7361.

$1000 3 BDRM APT, 100 W. WALNUT, available. 616-414-7361.

$450 2 BDRM APT, 100 W. WALNUT, available. 616-414-7361.

APARTMENTS & HOUSES: 2 bdrm apt, 100 W. WALNUT, 2bdrm apt, available. 616-414-7361.

$500 2 BDRM APT, 100 W. WALNUT, available. 616-414-7361.

$950 2 BDRM APT, 100 W. WALNUT, available. 616-414-7361.

$550 2 BDRM APT, 100 W. WALNUT, available. 616-414-7361.

2 BDRM APT, 100 W. WALNUT, available. 616-414-7361.

2 BDRM APT, 100 W. WALNUT, available. 616-414-7361.

$450 1 BDRM APT, 100 W. WALNUT, available. 616-414-7361.

$550 2 BDRM APT, 100 W. WALNUT, available. 616-414-7361.

$650 2 BDRM APT, 100 W. WALNUT, available. 616-414-7361.

$750 2 BDRM APT, 100 W. WALNUT, available. 616-414-7361.

$850 2 BDRM APT, 100 W. WALNUT, available. 616-414-7361.

$950 2 BDRM APT, 100 W. WALNUT, available. 616-414-7361.

$1000 3 BDRM APT, 100 W. WALNUT, available. 616-414-7361.

GIGANTIC LOFT apt, w/tk, chl, w/d, and heat. 2 bdrm, 1 bath apt on 5th fl, 457495, pet req, 927-9283.

LD APARTMENT, W. UPLAND, NEAR SIU, 2 bdrm apt, sep. entrance. 627-3559.

GROUP APARTMENTS FOR GRAD STUDENTS ON PROFESSIONAL STREET: 616-536-7684.

DID YOU GET DICE OF AUTO’S PLATES last? Go to Get-A-Plate at 927-2542, 1:30-5:30 Mon-Fri 8:30-noon to apply for your application by Jan 1. 616-347-4010.

www.alphapartners.net

2-2 BDRM APARTS, newly remodeled, Carpeted, heat, hot water, & heat, all new, down to campus, 618-457-7237.

Placing an Ad

- Call us at (618) 549-3311, ext. 229.
- Log on to our website at Advertising.DailyEgyptian.com, room 1108 Southern Illinois University at Carbondale.
- Email a copy of your ad to adser@daily-egyptian.com.
- For faster service, if you would like printed/advertised look.

Rates

All rates are based on non-resident rates.

Rates are effective for 2011.

For more information, contact Sarah at (618) 549-3311 ext. 321

Payment Options

The Daily Egyptian will accept cash, check or credit card payment. There are no cash refunds. The deposit must be paid in full prior to the placement of your ad. There is a $10 return charge for $25.00 per Adline.

Deadline:

Line Ads: 12 n. 1 day prior to publication.

Display Ads: 12 noon, 2 days prior to publication.
SIU men's and women's basketball teams worked out more kinks as they won exhibition games Saturday at the SIU Arena.

The men beat the University of Indianapolis 65-58 in their second exhibition game while the women beat the University of Illinois Springfield 72-46 in their only exhibition game of the season.

Both teams started off sluggish, then woke up in the second halves of the games to get the wins.

"Everything was casual. We're Southern and they're Indy, that's complete disrespect to them. We knew they lost at Purdue; we're going to do the same thing and do this and that. They showed up and we didn't."

— Chris Lowery
SIU men's coach

"Everything was casual. We're Southern and they're Indy, that's complete disrespect to them," Lowery said. "We knew they lost at Purdue; we're going to do the same thing and do this and that. They showed up and we didn't!"

Indianapolis shot 61 percent from the field in the first half but struggled when SIU played better defense, going 6-of-23 for 26 percent in the second half.

Although his team struggled, Lowery said he didn't change anything because he wanted his team to use this game for what an exhibition is: a learning lesson.

Please see BASKETBALL | S

---

**FOOTBALL**

Southern Illinois drops third straight conference game

**NICK JOHNSON**
Daily Egyptian

Not even a puny-ridden Missouri Valley Conference can help the Salukis into the NCAA postseason. The Salukis are minus-9 in the giveaway/takeaway margin.

The SIU game put North Dakota State (6-3, 3-3 MVFC) up plus-3 in the turnover margin for the season.

"We came up on the short end with the turnover margin, and that's kind of been something we've struggled with all year long," SIU coach Dale Lennon said.

If the Salukis can't stop the run, they can't win.

Lennon said his team needs to play better defense to be competitive in the Missouri Valley Conference.

"Our defense is working on the same things that we've been fighting on all year," Lennon said.

For the full story, please see daily-egyptian.com

---

**GYMNASTICS**

**BRANDON COLEMAN**
Daily Egyptian

Joann Waclawek said she had to tune out other gymnasts competing simultaneously during her third-place balance beam routine at the first Saluki Style Invitational hosted by Saluki Gymnastics Club at Ultimate Gymnastics in Carbondale.

Events such as the uneven bars, vault and floor routines were going on while Waclawek, a senior from West Frankfort studying recreation science, was on the beam Saturday, she said.

"I can only focus on once a week for an hour, so I just do what I know I how to do," she said.

Brandon Marcia, a graduate student in kinesiology, and the event's organizer, won the men's floor event for the Saluki Gymnastics Club.

Junior Tyler Jus-Bajac competed in his first gymnastics meet and placed second in the men's vault behind Doug Buchols, an alumnus of the National Association of Intercollegiate Gymnastics Clubs.

The first gymnastics meet held in Carbondale since 1989 brought club teams from Purdue, Northern Illinois, Xavier, Sun Elite Gymnastics Club and NAIGC alum to compete, Marcia said.

Senior Laura Collebassos, Saluki Gymnastics Club president, ran the meet with Marcia, he said.

"Everything we ran into was the scoring software ... jumbled up the scores (and) the names and the affiliation to the school. She jumped right in and fixed that," Marcia said.

The Saluki Gymnastics Club and their opposing club form comradely sportsmanship among each other at every club meet because of constant interaction at meets and while teaching gymnastics, Marcia said.

"At the end of the meet, everyone goes over and watches the event. It's not like as soon as they're done ... they hangout. They're hoping to see something cool or something big," Marcia said.

Waclawek said every gymnast who competes at the club level is more relaxed. If someone attempts a difficult trick and doesn't quite land it, he or she breaks it off and doesn't worry about it as much as a NCAA or professional gymnast would, she said.

Please see GYMNASICS | S

---

**ISAC SMITH**
DAILY EGYPTIAN

Senior forward Carlton Fay struggles for a rebound Saturday during the Salukis' home exhibition game against the University of Indianapolis Greyhounds. The Salukis won 65-58.