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Daily Egyptian Staff

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Daily Egyptian

Southern Illinois University at Carbondale

Tuesday, June 27, 1989, Vol. 75, No. 162, 12 Pages

Senators: Tax proposal will return

By John Walblay
Staff Writer

In the last week of the General Assembly's session, which ends Friday, Illinois legislators are holding their breath on what will come in place of House Speaker Michael Madigan's defeated income tax plan.

The Democratic-backed increase was defeated Friday in the Senate by a 27-20 vote. Thirty votes were needed for passage.

Two senators from the Southern Illinois area believe the income tax increase

proposal will return this week.

"I don't think we'll go home without some type of income tax increase," Sen. Ralph Dunn, R-Du Quoin, said Monday.

Dunn said he thinks the income tax issue will remain up in the air until near the close of the legislative session.

"I suspect pretty well until the end of the week, probably Friday," Dunn said.

Sen. Jim Rea, D-Christopher, also speculated that some type of alternate proposal will return for a vote. He said it has been indicated to

the Republican conference committee, at whose hands a new proposal may come, that it has been left to them to introduce an alternative.

"It's been said, 'OK, here it is, see if you can come up with something better,'" Rea said.

However, Rea was skeptical as to whether the expected Republican-supported proposal would get the support it would need for passage. He compared what may be proposed by the Republican committee to a past income tax proposal by Gov. James R. Thompson.

"We saw what happened with Gov. Thompson's proposal, where there were six or seven taxes together (on one proposal)," Rea said. "It went right down the tubes."

"My guess is some type of proposal will come up, but whether it will pass, I don't know."

Dunn said the new proposal could come from either the conference committee or that Madigan's defeated proposal could be brought up again in a motion to reconsider.

During Friday's vote on the Madigan plan, Dunn was

considered to be the swing vote in favor of the Democratic proposal, much to the displeasure of his Republican constituents.

"I was sorry it didn't get 30 votes the other day," Dunn said. "I had my finger on the button waiting to see if they (Democrats) got 29 votes."

"I said I'd put the 30th on if they got 29 votes," Dunn said. "They didn't, so I figured, 'Why vote?'" Dunn voted absent.

"I told my leaders I was going to do that, though they weren't too happy about it."

685 pints needed at drive

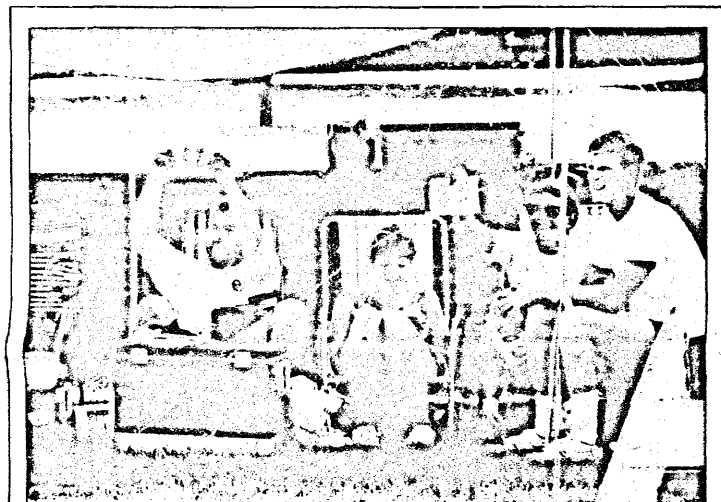
By Micki Delhezate McGowan
Staff Writer

The Red Cross will be holding a blood drive at the Student Center this week with a goal of receiving at least 685 pints of blood.

The upcoming 4th of July will create the need for a lot of blood, Vivian Ugent, Southern Illinois blood drive coordinator said.

"People are going to be going out, driving further, and there will be more accidents than usual," Ugent said.

The blood drive will start tonight from 6 to 9 p.m. at the Church of Latter Day Saints, on Old Highway 13 toward Murphysboro. On Wednesday and Thursday, the blood drive will be from 10:30 a.m. to 4:30



Almost perfect

Scott and Donna Hanson, Janesville, Wis.; Joel Freeman, Bellot, Wis.; and Rich Metster, Rockford; rate cars on a scale of 0 to 10 as they cruise by at the Street Machine Nationals this past weekend. See related story and photos on page 5.

Staff Photo by Heidi Daidrich

Program renewal not likely

By Lisa Miller
Staff Writer

Since the Senate rejected the Madigan-Rock tax proposal, Illinois higher education may have seen the last of the Merit Recognition Scholarship.

According to Larry E. Matejka, executive director of the Illinois State Scholarship Commission, some money from the Madigan-Rock tax proposal would have gone to revive the Merit Recognition Scholarship.

The scholarship provided \$500 to students who graduate in the top 10 percent of their high school class and then go on to attend an Illinois university.

The Merit Recognition Scholarship program was underfunded by 50 percent during the 1988 fiscal year, Robert Clement, ISSC director, said. During FY '89, the scholarship was not distributed because of lack of funding.

"It was the hope of the ISSC that the Madigan-Rock tax proposal would provide the funding to restore the program," Matejka said.

Nearly 125 students at the University received the Merit Recognition Scholarship when it was last given to the University in 1988, Susan Nahliik, coordinator of private scholarships, said.

In addition to the possible demise of the Merit

See TAX, Page 6

Pesticides bring together concerned mothers

By Christine Broda
Staff Writer

If the thought of pesticides has you eating less fruit and vegetables, there may be a way to keep up a good diet and live without the chemicals.

A newly formed group, Mother's and Others for Pesticide Limits, are looking for both short and long term answers to pesticide use.

Two issues that have been addressed by the group are organic farming and integrated pest management.

See related story

—Page 3

"The bottom line is that no one knows the effects of carcinogens in children's bodies," Linda Cherry, a group organizer, said.

The group's definition of organic is that which is grown without the use of synthetic fertilizers and pesticides.

Integrated pest management is monitoring the

crops and using synthetic chemicals only when pests threaten to damage crops.

Organizers of the group hope to encourage a bigger supply of organic produce in Southern Illinois. If that cannot be done, the group has suggested purchasing in bulk through the mail.

Local sources where organic food can be purchased are farmers' markets, and the Neighborhood Co-op as well as some of the supermarkets, Margaret Howard said.

Gus Bode



Gus says an alternative to pesticides may be rooted in organic farming.

University research misconduct to be debated

By Tim Crosby
Staff Writer

Representatives of the Council of Research Policy and Graduate Education, of which SIU-C is a member, will attend conferences today and Wednesday sponsored by the National Institute of Health in Washington, D.C., concerning research misconduct at universities.

The conference, held amid rising concern in both the

scientific and legislative communities over past improprieties by researchers, is expected to yield new regulations that will assist universities in updating and improving policy aimed at dealing with misconduct after it is detected.

Attention was drawn to this area following scandals involving conflict of interest between doctors and the private businesses funding

their research.

John Yopp, associate vice president for academic affairs and research at SIU-C, attended a summer forum for CRPGE last week in Santa Fe, N.M., where he presented a paper on the subject.

In the paper, Yopp stated that Congress is likely to pressure funding agencies like the National Institute of Health to take on more of a watchdog role in their dealings with

universities.

"This is a big concern of institutions," Yopp said. "I'm afraid of that happening. It may be too late for this round to stop it."

Like Yopp, many university policy makers are concerned that lack of corrective action on their part will lead to legislation by the government.

Judith Rowan, associate chancellor for public affairs at

See RESEARCH, Page 6

This Morning

'Batman' draws large crowds

— Page 3

Hart planning 'Stadium Sellout'

— Sports 12

Showers likely, 90's

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Newsrap
world/nation

**Series of protests staged;
pastor's release demanded**

SEOUL, South Korea (UPI) — Students demanding the release of dissident pastor Moon Ik-hwan battled police Monday as Moon and a companion went on trial for violating the National Security Law by making a secret 10-day visit to North Korea. As the hearing opened at the Seoul District Criminal Court, radical students staged a series of protests demanding Moon's release.

Soviet nuclear sub accident 2nd in 3 months

OSLO, Norway (UPI) — A reactor accident Monday crippled a nuclear-powered Soviet submarine off the coast of Norway in the second such incident in three months, but the Soviet defense minister said there were no casualties and no leak of radioactivity. Norwegian authorities reported a fire aboard the submarine but said it appeared to have been brought under control several hours after the early morning accident.

China campaigns against economic reformer

BEIJING (UPI) — China began orchestrating an intense smear campaign Monday against former Communist Party chief Zhao Ziyang to build public support for the decision to purge the popular economic reformer for supporting pro-democracy protests. With the official propaganda machine cranked up, the army tried again to tell the world its version of the brutal offensive against the democracy movement.

Opponents call death penalty ruling 'barbaric'

WASHINGTON (UPI) — Death penalty opponents called Monday's Supreme Court ruling allowing 16- and 17-year-olds and mentally retarded people to be executed "barbaric" and "medieval." But Attorney General William Webster of Missouri, where one of the three death penalty cases decided by the court originated, said he was "pleased the court agreed with our argument" that the state should be allowed to put Heath Wilkens to death for the murder of a liquor store clerk.

Court rules Miranda need not be standardized

WASHINGTON (UPI) — The Supreme Court ruled Monday that police do not have to use the exact words described in court's landmark Miranda decision when they tell a suspect he has a right to an attorney. The court, in a 5-4 ruling by Chief Justice William Rehnquist, said, "We have never insisted that Miranda warnings be given in the exact form described in that decision," but simply must reasonably convey to a suspect his rights.

Oil spill cleanup a race with Storm Allison

HOUSTON (UPI) — Workers raced the clock Monday to clean up the remainder of a 252,000 gallon oil spill before heavy rains and winds from Tropical Storm Allison could force them from the water, the Coast Guard said. The thick, gooey No. 6 oil leaked into the Houston Ship Channel after a barge and Panamanian tanker, the Rachel-B, collided Friday some 40 miles downstream from Houston.

Wright ends speculation about Congress seat

WASHINGTON (UPI) — Former House Speaker Jim Wright of Texas, driven from office by scandal, ended speculation Monday that he would try to stay in Congress, saying it would be "vainglorious" and "pointless" to attempt to hold his seat. Wright, 66, who announced May 31 he would resign the speakership, said in a two-page statement he would follow through on his intention to resign his House seat at the end of this month.

state

Southern Illinois politicians demand apology from Martin

HERRIN, Ill. (UPI) — Southern Illinois politicians Monday demanded an apology from Rep. Lynn Martin and warned her they are "tired of northern Illinois politicians who don't know a thing about us." C. Ray Chancey, Jackson County Democratic Party chairman, and Mayors Ed Quaglia of Herrin and David L. McDowell of Murphysboro sent a letter to Martin demanding she apologize for characterizing Southern Illinois residents as "rednecks."

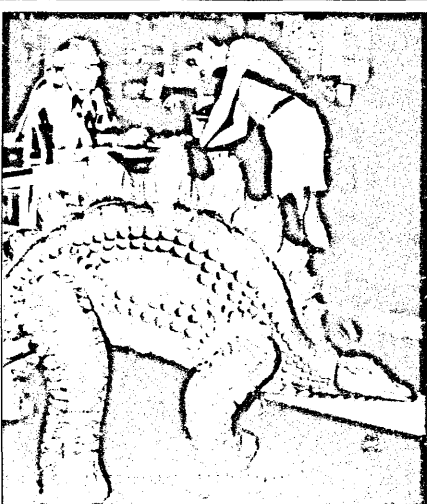
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Staff Photo by Fernando Felio Mogggi

Bloodasaurus

Boyd Butler, volunteer from the University's Emeritus group, helps Ann Markiewicz, SIU-C alumna from Carbondale, sign up for the blood drive organized for Wednesday and Thursday. A plastic blood dinosaur is the mascot for the drive.

'Batman' uses sadistic humor to thrill captivated audiences

By Carrie Pomeroy
Staff Writer

For a huge mainstream hit, "Batman" is a surprisingly dark and disturbing film. Although it's often funny, the humor has a sadistic streak.

Film Review

The film is short on plot, primarily focusing on the psychotic Joker, who aspires to be the world's first "homicidal artist." His canvasses are human bodies, and mutilation and death are his paint. Played with obvious relish by Jack Nicholson, the Joker is gleefully evil with a hideous grin permanently twisting his face because of an accident with toxic chemicals. Dancing, cackling, and joyfully overacting, Nicholson completely steals the film.

Michael Keaton sometimes seems over-awed by his role, doing a little too much melodramatic cape swishing and square-jawed grimacing as Batman and not enough character development as the Winged One's alter ego, millionaire Bruce Wayne. But he makes a likeable, refreshingly human superhero.

In this film, Batman falls down sometimes and often makes mistakes; he is far from infallible.

The real magic of "Batman" is its visual uniqueness. The costumes, the buildings of Gotham City, and the lighting are all dark and shadowy. The

clown-like zoot suits of the Joker and his army of homicidal maniacs make an interesting contrast.

The sets for Gotham City and the Batcave, created by production designer Anton Furst, are like a combination of 1940s' film noir, "Blade Runner" and "Star Wars." Buildings are like Gothic skyscrapers, and the skies over Gotham City resemble black velvet.

The hand of director Tim Burton, whose past efforts include "PeeWee's Big Adventure" and "Beetlejuice," is highly visible. Surrealistic visual touches and black humor permeate the film.

This is the first movie about a superhero to capture the violent campiness of comic book art.

One of the film's major flaws is the general sluggishness of the action scenes. Chases, shoot-outs, and fights are dominated more by Jack Nicholson's facial contortions and Michael Keaton's cape-flapping than by any real action.

The film seems to emphasize the contrast between the good Batman and the evil Joker, explaining why Bruce Wayne chooses to fight crime, why the Joker is so sadistic, and the origin of the archenemies' rivalry.

Although the script answers many questions, it also leaves some things unclear, such as the reason Wayne dresses as a bat. Perhaps this, among other things, will be answered in the sequel that is already being planned by the film's creators.

University Place 8 gets record crowd from all walks of life

By Theresa Livingston
Entertainment Editor

AMC University Place 8 theaters experienced its busiest weekend ever as Carbondale movie goers lined up to see the much-hyped premiere of "Batman." Jeff Martin, University Place 8 manager, said,

"Martin said the movie, screened in three auditoriums, was shown 10 times a day. He said matinee sales were slow, but eight shows on Friday and all evening shows were sold out.

"People would come in 45 minutes before the show and just wait in the lobby to get in," he said.

Several people realized the great demand for the movie and bought their tickets in advance, Martin said.

"I was surprised at the level of response we had. Because of advance ticket sales, we sold out some shows two and three hours beforehand," he said.

The crowds were very well behaved, Martin said, and although many Batmaniaes showed up dressed in costume, the movie attracted viewers from all walks of life.

'Organic' could be redefined

By Christine Broda
Staff Writer

Illinois South.

An official definition of "organic" may soon take root in Illinois.

A bill, if passed by both the House and Senate, will provide protection for organic producers so that only products grown according to an official definition can be marketed as organic, said Kate Duesterberg, coordinator of the agriculture program of

Duesterberg said under the new bill, products may only be labeled as organic if the field, or area where the food is being grown, has gone without the application of various synthetic and compounded pesticides for twelve months prior to the growing. The bill also states that synthetic chemicals may not be used in other stages including the packing and storing.

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Student Editor-in-Chief, Kimberly Clarke; Editorial Page Editor, Daniel Weitenberg; Associate Editorial Page Editor, Alicia Hill; Acting Managing Editor, Wanda Harris.

More aid necessary for Chinese in U.S.

CURRENT LEGISLATION that would allow Chinese citizens to extend the amount of time they are allowed to stay in the United States is something we welcome. Any effort that would help those citizens who wish to remain here, until the turmoil in China subsides or on a permanent basis, should be allowed.

The legislation would help any Chinese citizen currently living in the United States. One of the largest populations of Chinese citizens here is students. It is estimated that the total amount of students at universities across the country is close to 40,000.

Under current visa requirements, Chinese students have only an 18-month period to remain in the United States following their studies.

The legislation would allow Chinese people to apply for permanent status as an American citizen. Already, Chinese nationals have been granted extensions allowing them to stay in the United States until 1990 but when the extension is granted nationals become ineligible for a change in visa or permanent resident status.

U.S. REP. Nancy Pelosi, D-Calif., is the sponsor of the legislation. She feels the bureaucracy in the United States should not send the Chinese home to an uncertain future.

The United States has been proceeding in a careful manner in its opposition of the situation in China. It should also proceed carefully in its decisions to send Chinese people home following the termination of their visas.

Many students at the University hold visas that require them to return home for at least two years following their stay in the United States.

This would be waived if Pelosi's legislation becomes law. Chinese students should be given every opportunity to stay for as long as necessary. The United States should be proud to have the brightest and best Chinese students become part of its society.

THE CHINESE government doesn't seem to care about how foreign countries feel about actions taken against students and protesters. The government also does not seem to care about future political relations with other countries opposing the massacre.

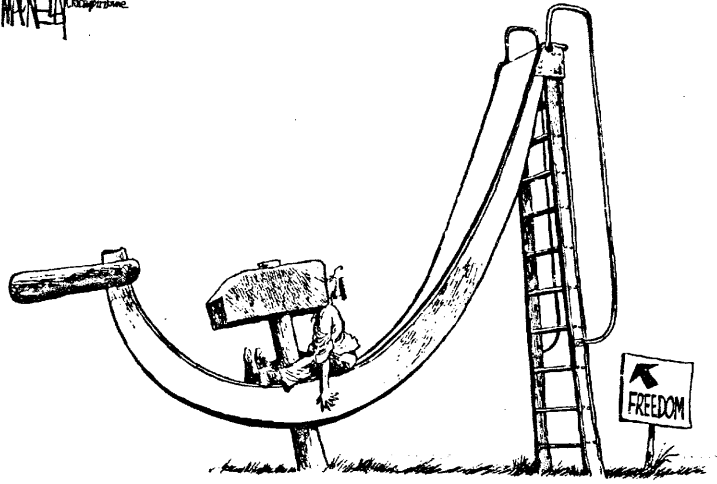
We may not be able to help protesters and students in China, but we do have an opportunity to help Chinese people within our borders.

Although the United States should continue to be careful in its political relationship with the Chinese government, the lives and futures of innocent students and citizens should be a priority.

PELOSI'S LEGISLATION is a good first step but others need to be taken.

If students are given the opportunity to stay in the United States for as long as necessary, it is likely that Chinese government-issued scholarships will be revoked. University communities and U.S. supporters should offer financial assistance in cases where it is needed.

WANDA HARRIS



Letters

Flag burning obscene, but still a right

The Supreme Court made it legal to burn and desecrate the American flag as an act of expression protected by the First Amendment. In a 5-4 decision the Court affirmed a Texas appeals court decision to overrule the conviction of a Texas man found guilty of setting fire to the flag during the 1984 Republican National Convention in Dallas.

The convention saw angry crowds of protesters chanting anti-American rhetoric and attacking the policies of the Reagan administration.

One of those protesters included Gregory Johnson, a 21-year-old warehouse worker. Johnson led a group of protesters to the steps of the Dallas City Hall where he set fire to an American flag and was quickly arrested by police. He was charged under a Texas law which made it an offense to desecrate the flag.

Commenting on the Court's decision, Johnson said, "the flag is a symbol of international plunder and murder."

The Court's majority opinion stated that the issue at hand is not one of flag burning and desecration, but rather of

freedom of expression. Burning the flag, the court said, is an act of political expression which is guaranteed and fully protected by the provisions set forth in the First Amendment.

According to the First Amendment, "Congress shall make no law...prohibiting the free exercise thereof...or abridging the freedom of speech."

I believe in the Constitution and in the First Amendment. Therefore, as nauseated as I was upon hearing the court's decision, I must admit that I concur.

I am a military veteran. I served slightly less than five years active duty, two of which I spent in Europe stationed at a front line NATO base, 20 minutes flying time from Soviet air space.

When I entered the military I took an oath and faced the very flag that Mr. Johnson, in expressing his politics, decided to burn. I swore to defend the Constitution of the United States, and if necessary, to give my life in defense of this nation and for the freedoms protected in that Constitution.

I thank God that the

situation to fight and perhaps give my life in our nation's defense never materialized. But I know that many of my predecessors were not as fortunate.

I remember touring the American military cemeteries at Madingly, England and Normandy, France, where thousands of U.S. servicemen who were killed in the battles of World War II are buried. I remember walking through the immaculately landscaped grounds looking at the graves; and of the tears that formed in my eyes as I looked at the names stamped on the marble crosses and Stars of David.

As difficult as it is to comprehend, the flag symbolizes the very protections that allow people like Gregory Johnson to burn and desecrate it.

The protections granted in the First Amendment allow us to assemble, to practice whatever religion we wish and to express ourselves freely without the threat of government intrusion, no matter how obscene.

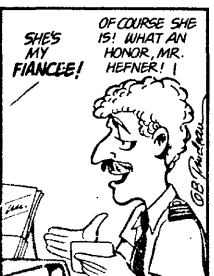
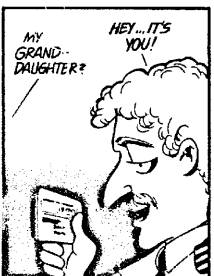
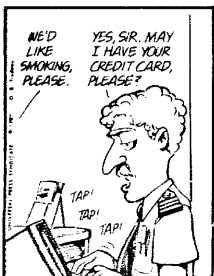
—David A. Cowan, senior in Journalism.

Doonesbury



BY GARRY TRUDEAU

Doonesbury



BY GARRY TRUDEAU

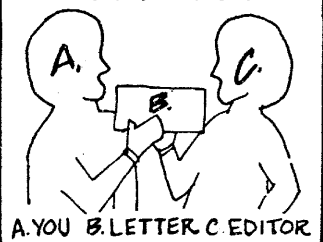
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Signed articles, including letters, viewpoints and other commentaries, reflect the opinions of their authors only. Unsigned editorials represent a consensus of the Daily Egyptian Board, whose members are the student editor-in-chief, the editorial page editor, the associate editorial page editor, a news staff member, the faculty managing editor and a School of Journalism faculty member.

Letters to the editor must be submitted directly to the editorial page editor, Room 1247, Communications Building. Letters should be typewritten and double spaced. All letters are subject to editing and will be limited to 500 words. Letters lower than 250 words will be given preference for publication. Students must identify themselves by class and major, faculty members by rank and department, non-academic staff by position and department.

Letters for which verification of authorship cannot be made will not be published.

HOW TO SUBMIT A LETTER TO THE EDITOR:



'89 Street Machine Nationals rolls to a record attendance

By Kevin Simpson
Staff Writer

Street machines reigned supreme this weekend in Du Quoin, as the 13th annual Street Machine Nationals rolled to the 100,960 spectator mark.

A record 3,521 cars and trucks entered the event this year, scattering across the Du Quoin state fairgrounds and creating the largest event of its kind in the world.

Randy Kron, publicity coordinator for the event, said he was very pleased with the turnout for the weekend.

"It's a worry-free event from a participant standpoint," Kron said. "You can bring your family to the event and have a good time."

Ann Masten, publicity

director, said the Street Machine Nationals will return next year to the Du Quoin state fairgrounds, about 20 miles north of Carbondale on U.S. Highway 51.

"We had a nice turnout without any major problems over the weekend. The weather wasn't as big a factor as it was last year," she said.

There was no shortage of sunshine during the weekend as car enthusiasts put their best effort into showing off investments that reached into the \$30 to \$40,000 range.

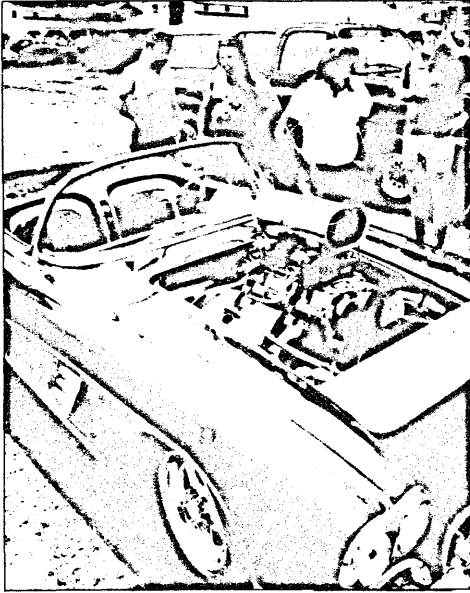
More than 200 vendors and manufacturers displayed their wares at the fairgrounds with everything from t-shirts to six-packs, which are six, two-barrel carburation systems found on early Chrysler

muscle cars.

Penny Frieberg, of Collinsville, was on hand to display a completely restored 1967 Chevy Chevelle, which had been purchased by her and her husband Jan Frieberg for \$1,500 dollars when the car was brand new.

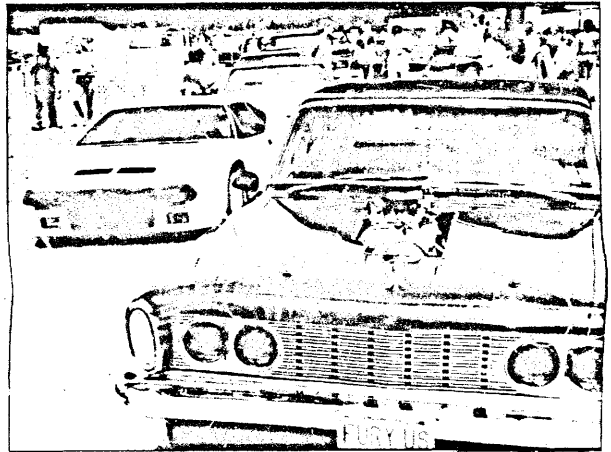
"We think it's unique that we've had the car for so long," Penny Frieberg said. "Jan has done all of the restoration himself. We've probably invested more than \$30,000 since we began to restore it."

Troy Trepanier, of Manteno, said this is his third time in Du Quoin for the car show. Trepanier entered his 1966 Chevy Malibu in the pro street competition, hoping to impress the judges with a lot of chrome.



Staff Photo by John Wagner

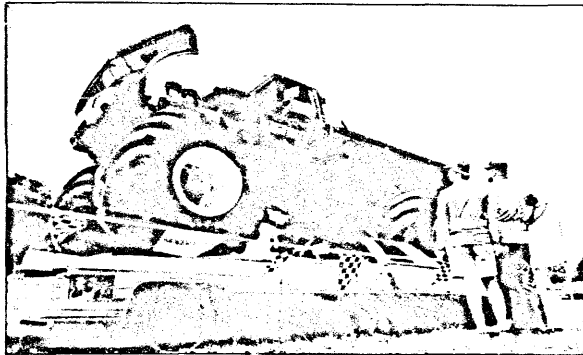
Winslow and Sandy Callicott, left, of St. Louis, admire Rod Saboury's polished 1959 Corvette.



Staff Photo by John Wagner

Classic cars, such as the Plymouth Fury, right, and modern cars, such

as the Lamborghini, left, were on display at the auto show.



Staff Photo by John Wagner

Paul and Josh West, of West Frankfort, take a close look at Bigfoot.

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Simple heart, simple maintenance needs

By Tim Crosby
Staff Writer

Despite many advances in technology, scientists have yet to invent a more simple, more efficient or more reliable device than the heart.

But perhaps because of its resilience, people neglect to care for their heart as a fine piece of machinery. The proper care and maintenance of a heart can provide fun and social interaction, as well as improve the quality of life of its owner.

There are many activities that can increase the level of cardiovascular fitness. All of these have one thing in common — elevating the heart's rate and sustaining it for a certain amount of time.

"You have to keep your heart rate up for about 30 minutes for improvement to occur," Mike Hertz, a graduate student in business administration working at the Sports Medicine Office in the Recreation Center, said. This must be done at least four times a week, he said.

During the workout, the heart rate must be kept up to what is referred to as the target zone, Hertz said.

A simple way to calculate one's maximum heart rate is by subtracting the person's age from the number 220. The difference is then multiplied by 70 to 85 percent. The resulting product is the zone or range to be maintained during the workout, he said.

"This is usually 140 to 170 beats per minute in an average 20-year-old," Hertz said.

Any activity that increases oxygen intake and elevates heart rate can be described as aerobic exercise, though Hertz said he is hesitant to use those terms.

"We prefer to say aerobic-type exercise, so people don't think of aerobic dance classes only," he said.

Aerobic-type exercise improves the cardiovascular system's carrying capacity by requiring it to deliver more oxygenated blood to working muscles



Staff Photo by Ann Schluter

Hordes of students, faculty and staff flock to the Recreation Center gym to get a daily

cardiovascular workout in the 5 p.m. aerobic class.

that burn more oxygen during prolonged exercise. Over time, the overloaded system is trained to carry more oxygen and improvement occurs.

Another benefit of exercise for the heart is that it stimulates the production of high density lipoproteins, a type of cholesterol that retards clogging of the arteries. It also reduces low density lipoproteins that clog arteries.

Hertz pointed out that any activity that works the larger muscle groups likely is sufficient to utilize aerobic-type training.

"It's up to the individual which one to choose," Hertz said. "The exercise that is best is usually the one the person enjoys most."

Many students participate in organized aerobic classes held at the Recreation Center, Peggi Tolliver, fitness programmer, said.

"On average between 100 and 200

students show up," she said.

Other programs offered to benefit the heart include aqua aerobics, fitness walking and low impact aerobics.

Disabled students also can enjoy the advantages of aerobic exercise.

Kathy Hollister, assistant director of Intramural Recreational Sports, said a swimming class for disabled students is being planned. Also planned is "Anything Goes," a program where disabled students and office staff will choose different activities for each week.

Before students start a program, Hollister advises them to get a health assessment test at the sports medicine office. During the test, students have their flexibility, strength, cardiovascular system and body fat tested to determine their fitness level and hence, program alternatives.

Students need to make an appointment to get the test, Hertz said.

"There is no charge for students, and

Weight-lifting helps, harms bone diseases

Moderate weight-lifting exercises can help prevent osteoporosis, but more vigorous workouts may make matters worse for people at risk for the debilitating bone disease, researchers said.

In a study presented at the American College of Rheumatology's annual meeting, Stanford University researchers said they found up to five hours a week of moderate exercise with weights appears to guard against osteoporosis, but exercise routines exceeding five hours per week may be detrimental.

Often called "brittle bone disease," osteoporosis is a condition in which bone mass and strength decrease with age, causing increased susceptibility to fracture.

It affects about 25 million women in the United States and is the major underlying cause of bone fractures.

About this issue...

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Physical, mental education target of organized sports

By Greg Scott
Staff Writer

The University's office of Intramural-Recreational Sports wants to contribute to the total physical and mental education of students through organized team and individual sports, a department sports supervisor said.

"I think the social learning aspect is one of the health benefits," Scott Arey, sports supervisor, said. "Participating in the sports is more wellness for the mind and body to go along with studying in classes."

Team sports offered by the department are softball, volleyball, basketball, soccer and tennis. Individual and double sports such as racquetball, badminton, golf, table tennis and canoeing also are offered.

People who want to participate in one of the team sports can pick up a team roster form at the Recreation Center information desk, Arey said. Schedules can be made, and participants can designate the times they would prefer to play.

The roster must be brought back and a captain must be chosen to represent the team at a mandatory captain's meeting, where rules and regulations are explained.

For individual sports, participants can sign up at the information center and pay a \$1 forfeit fee that is refunded if they do not forfeit any matches.

The reasons vary for people who desire to take part in the amateur sports.

"Some of the students have had an athletic background and just want to continue the competition in an organized fashion," Arey said. "Others are just looking for a structured program to take part in and have fun."

There are 1,000 participants this summer in the intramural sports program — 800 males and 200 females. During the entire year, about 13,000 people take part in the program with the male-to-female ratio staying pretty consistent.

"We do have more male than female participants right now," Arey said. "We are trying to interest more women in joining. There are certain sports that women like more such as volleyball and some of the individual sports."

"Really the women get more fun out of it because they are not as competitive," Arey said.

The program tries to have a smaller turnout of more sports in the summer, he said.

Health Advocates Wellness Center's campus outreach

By Richard Goldstein
Staff Writer

A woman walked up to the receptionist in Kesnar Hall and asked for an appointment with a counselor.

"I've had stomach problems," she said. "Related to stress."

There are reams of pamphlets and mimeographed magazine articles here: Talking About Sex; Alcohol Knowledge Test; Creating Our Own Reality; Managing Stress; The Politics of Food; If a Friend has an Eating Disorder; Characteristics of Healthy Relationships; Characteristics of Unhealthy Relationships.

This is the Wellness Center.

A division associated with the Health Service, which is interested in the prevention of health problems.

Barbara Rester, media and promotions coordinator for the Wellness Center, uses this definition for center, then contrasts it with traditional health care in which "intervention" after an injury or the onset of a sickness is the common procedure.

Rester said people come into the center for stress management, fitness and diet counseling from the six fulltime staff members.

A faculty and staff fitness program is being organized by the center's staff, but this program is yet to "get off the ground," Rester said.

The full time staffers, however, only are a part of the services offered through the Wellness Center. The Health Advocate Program, a peer group counseling service, is what Health Advocate Veronica Crawford calls the representatives of the Wellness Center.

Through offices in the residence hall cafeterias and a system known as the Speaker's Bureau, health advocates give presentations to students living in residence halls. The health advocates give presentations and individually counsel more than a thousand students each semester.

The presentations range from "How safe is sex?" to "Date Rape" to "Healthy Relationships" to, by far the most popular of the Speakers Bureau's presentations, "Controlling College Stress."

Crawford, a graduate assistant at the Wellness Center, said, "In my opinion the stress management talk is the big message of the program."

The stress management presentation attempts to show students how homework, alcohol, sex, exercise and everything else involved in the life of a college student can be brought into

Relaxation important for personal health, stress counselor says

By Lisa Miller
Staff Writer

Relaxation enhances the ability to deal with stress, a counselor for the Wellness Center, said.

Relaxation is vital to everyone's mental health, Colleen Moss, stress counselor, said. Mental health in turn is vital to everyone's entire well being.

Without proper relaxation, the detrimental effects of stress can destroy good health.

The early warning signs of stress include stomach troubles, headaches, irritability, eating too much, high blood pressure and rapid heartbeat, Moss said.

The Wellness Center offers stress management counselors to help University employees and students deal with academic and personal stress.

Moss said she usually helps people who have a hard time dealing with stress on a private basis, but there are times when group counseling is effective.

Stress management counseling tells people to use tools of relaxation to help them control stress, she said.

One such tool is visualization.

"We let the people we counsel listen to tapes telling them to relax," Moss said. "The tapes tell them to first relax their feet, then their calves, then their thighs and so on up the body.

balance, she said.

Crawford said there have been about 300 health advocates in the programs five-year history, and she expects about 40 this fall.

June Hendrickson, a 23-year-old community health major, is a member of this club-class-business. She said she enjoys presenting the birth control lectures.

"I have a lot of fun because it's hands on with the diaphragm," Hendrickson joked.

Nicole Ayd, imitating the reactions of her audience, said, "They say 'Eeew, I'm not putting my hand on that condom.'"

Ayd, a 21-year-old graduate student, said a big reason that the Health Advocate Program is worthwhile is that it operates from a peer vantage point.

"We have a lot of information that gets through on a different level than in a newspaper or a pamphlet," Aydt said. "People really open up at these talks."

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Faculty and staff utilize programs for fitness

By John Wabley
Staff Writer

Health and fitness options for faculty and staff are as wide as the plains, as deep as the oceans, as big as the mountains... and as near as the Arena and the Recreation Center.

Philip Buckenmeyer, assistant professor of physical education, coordinates "Exercise is Heart Work," a supervised program from Lingle Hall at the Arena.

Participants of the exercise and evaluation program receive both pre- and post-testing, which includes an appraisal for health risks, where health history and physical information are recorded.

A cardiovascular test is administered by monitoring the persons heart rate by a walk or walk-jog test. A strength and flexibility test also is given.

The program includes a body composition test, which measures body fat percentage. An electrocardiogram test is given while the person is resting to measure heart functions.

Participants also can have their cholesterol level measured for \$5. "I think the program is excellent," Leonard Gross, assistant professor at the law school, said. "When I started, I was overweight and my cholesterol was at 217."

Gross said by exercising three times a week and taming his diet by cutting down on red meat and high-calorie foods he was able to shed 15 pounds and reduce his cholesterol level to 144.

Buckenmeyer said the exercise program is designed to be regulated to the individual where each person has set guidelines and independent workouts.

Fad diets unsuccessful, nutritionist says

By Irene Oplow
and Micki Delhaute McGowan
Staff Writers

Medi-fast, diet pills, appetite suppressants, and other methods of temporary or fad diets are destined to failure, a University instructor in food and nutrition said.

"The body has not advanced with our technology," Susan Anderson, a registered dietician and food and nutrition instructor, said. "When a dieter reduces caloric intake, the body simply slows its metabolic rate to compensate."

The fewer calories taken in on a diet, the slower the metabolism and the faster the weight gain upon return to a normal caloric intake, she said.

"At the lowered metabolic rate, dieters who return to their regular eating habits will find that weight is gained back more easily than before beginning the diet," Anderson said.

Reducing calories moderately will help reduce weight, according to the Wellness Center. Diets with a very low caloric intake will result in lower calorie burning capability, loss of muscle tissue, irritability, fatigue, frustration and pre-occupation with food.

Although the most effective way to lose weight is to increase physical activity and reduce caloric intake, a variety of foods must be eaten.

Foods low in calories and high in nutrients are the best. More fruits, vegetables, and whole grains should be eaten. Less fatty foods, sugars and sweets should be consumed. An increase in daily physical activity can help lose weight and help keep it off.

All people need to eat foods from these food groups — beans, grains, nuts, fruits and vegetables, milk products, poultry, fish, meat and eggs.

Medi-fast, the diet talk-show host Oprah Winfrey used, is a 420 calorie plan and is designed and moderated by physicians for people who are 60 or more pounds above a healthy weight, according to a leaflet distributed by the

Drinking, socializing: SIU-C students tell difference

By Theresa Livingston
Entertainment Editor

Carbondale has long been viewed throughout the state as a "party school," but how do University students see the connection between socializing, bars and drinking?

Some students see the bars as an opportunity to mix with friends, meet new people and unwind after a hard day of classes.

"Drinking is a social thing. Everyone just seems to relax better with a beer in their hand," John Brown, junior in business, said.

Michelle Kuhn, senior in journalism and speech communication, agreed. "Most definitely. It's that alcohol confidence. What else are you going to do to meet people?" she said.

Happy hours, inexpensive pitchers and mixed drink specials also help entice students ready to blow off some steam after the pressures of the day.

"Sometimes if I stop off for one at four o'clock after a solid day at the

library and classes, it ends up being a couple and I end up drinking my dinner," Jim Miller, senior in mathematics, said.

Although some students limit their alcohol consumption and their nights out to the weekends, the bar scene is still where they go to have fun.

"I like to go out with my friends on Fridays and Saturdays to the bars, but I don't think I have to drink to have fun. It just helps," Susan Smith, sophomore pre-major, said.

However, some students view excessive partying in a negative light.

"It makes you wonder if they actually do their school work or they're just here to party," Michelle Yogerster, junior in foreign language and international trade, said.

Yogerster, who recently transferred from Illinois State University, said Carbondale has more underage drinkers than most college towns she's visited because of the minimum bar entrance age of 18.

Wellness Center.

Much controversy surrounds this diet and it is not recommended for people with an immediate health problem. The success rate of this diet has not been encouraging, according to the leaflet.

Prescription drugs including amphetamines and speed are available through some physicians for dieting, but the effect is only temporary and side affects can include addiction, heart palpitations, and nervousness, according to the leaflet.

Appetite suppressants, such as Dexatrim, Acutrim, Ayds and others, are supposed to decrease the ability to detect sweetness in foods and block natural appetite regulators to the brain, but these diet aids produce only

a temporary effect as well.

Appetite suppressants raise blood pressure and heart rates, react with some prescription drugs and can cause fetal malformations if taken during pregnancy, according to the leaflet.

Every year Americans spend billions of dollars on products that promise weight loss, but researchers continue to find that these diets are ineffective and dangerous, according to the leaflet.

Fad diets fail over and over because they entail only a temporary change of eating behavior, Anderson said.

"If fad diets worked there would not be so many on the market," Anderson said.

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-Illinois Beverage Journal
August, 1988

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Water necessary element in balanced diet, author says

By Jackie Lay
Staff Writer

Maybe an apple a day can help keep the doctor away, but eight glasses of water can help keep the fat away, according to Donald Robertson, author of "The Snow Bird Diet."

Some other interesting facts about water include:

■ It suppresses the appetite naturally and helps the body metabolize stored fat. The kidneys can't function properly without enough water. When they don't work to their capacity, some of their load is dumped onto the liver.

■ It is the best treatment for fluid retention. For people who have a constant problem with water retention, excess salt may be the blame. The more salt eaten the more the system retains to dilute it.

■ It helps to maintain proper muscle tone by giving muscles their natural

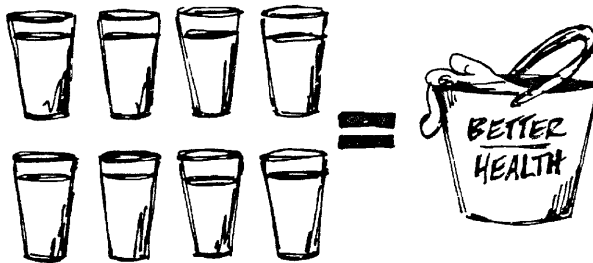
ability to contract. It also helps prevent the sagging of skin that occurs after weight loss.

■ It helps to relieve constipation. When too little water enters the body, it siphons what it needs from internal resources, mainly the colon. Normal bowel functions return upon drinking the necessary amount.

■ Overweight people need more water than do thinner ones because larger people have larger metabolic loads. Although the average person needs two quarts (eight glasses) of water daily, the overweight person needs one extra glass for every 25 pounds of excess weight.

Also according to the diet, water should be cold when consumed because it absorbs into the system more quickly than does warm water. Some evidence even suggests that cold water helps to burn calories.

One quart of water should be con-



8 GLASSES OF WATER

sumed over a 30-minute period every morning and afternoon. In the evening, one quart should be consumed between 5 and 6 o'clock.

People don't necessarily have to get sources of water from a fountain. About 90 percent of juicy fruits and vegetables are water.

Plenty of H₂O can combat dehydration

By Micki Delhaute McGowan
Staff Writer

Complications caused by dehydration can lead to many serious problems, even death, if not treated immediately, a registered dietitian said.

"The best way to treat dehydration is knowing how to prevent it," Sara Anderson, dietitian and University instructor, said.

Dehydration is a concern in Southern Illinois because of the hot, humid weather, she said.

"Once you become dehydrated, it is almost impossible to rehydrate without help," Anderson said.

Water is lost from all parts of the body when dehydration occurs. If there is not enough liquid in the body, muscle contractions will be adversely affected and body temperature will increase.

If two percent of the body's weight is lost through heat, the body's ability to remain at a normal temperature can

be impaired. A five percent loss can cause heat exhaustion, severe heat cramps, heat stroke, coma and even death.

An instructor in animal science and food nutrition, Anderson said the first sign of a heat problem is heat cramps. If dehydration is not recognized, then heat exhaustion can develop, she said.

Signs of heat exhaustion include increase in body temperature, nausea, dizziness, extreme fatigue, ringing in the ears, and fainting. Symptoms can occur during exercise or soon after.

"If people are going to exercise, they should do it early in the morning or in the evening," Anderson said.

People who do not exercise should drink six-to-eight glasses of water a day.

"If you are exercising, you need to drink more water because you are losing more," Anderson said.

It is important to drink plenty of water, not just fluid.



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'Healthy summer glow' could lead to skin problems

By Carrie Pomeroy
Staff Writer

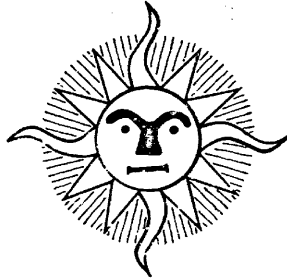
Whether on a beach or in a backyard, sun worshippers everywhere expose themselves to ultraviolet rays in pursuit of a "healthy glow."

But in reality, that glow isn't healthy at all, dermatologists say.

According to statistics from the American Cancer Society, there are 400,000 new cases of skin cancer each year. Cancers found on areas of the body that aren't usually covered by clothes, such as the face, hands, arms and lower legs, comprise 90 percent of cancers.

Repeated sunburns can lead to skin cancer and premature aging of the skin, Tommie Perkins, director of nursing at the Student Health Program, said.

Sunburns also have other, more immediate health hazards. They can cause skin infections, less of body



fluids through blisters and nausea. Edema, a swelling of the skin caused by sunburn, can occur and should be treated by a professional.

Dr. Eugenia T. Poulos, dermatologist at the Carbondale Clinic, said people need to know what kind of

ultraviolet rays make up sunlight in order to protect themselves.

Most rays are in the form of visible light. Only about 10 percent of light, the UV-A and UV-B rays, cause burning of the skin.

On cloudy days, a lot of harmless visible light is filtered out, as are many of the UV-B rays. But Poulos said that UV-A rays still can reach the skin and cause damage.

"When you apply light energy onto the skin, you are changing the electrons in the skin and the DNA is damaged. Our skin constantly has to repair this, and it can only do so much," Poulos said.

There are many ways of protecting skin from the sun's harmful rays. Perkins recommends the use of a sunblock or a sunscreen during the hours of 11 a.m. to 3 p.m., when the sun is strongest.

Sunscreens are marked with SPF,

which indicates the amount of time people can stay in the sun without being burned. For example, if people usually burn after 30 minutes, but they wear a sunscreen with SPF 15, they can stay in the sun for seven and a half hours.

"Don't bother with anything under 15," Poulos said.

Other protective measures include wearing hats, eye shades and light-colored clothing to reflect the sun's rays.

If sunburn does occur, it should be treated like any other burn, such as a scald.

Perkins said that blisters should be washed carefully with soap and should be treated with a burn ointment.

Other treatments are suggested in a leaflet from the Student Health Program.

Cool, wet cloths should be applied to burned areas to ease pain.

Shades of style can cost money

By Christine Broda
Staff Writer

RayBans, Wayfarers, Blues Brothers, Risky Business, Cats, Aviator, Glacier Glasses or maybe just a big, ugly pair from the dime store.

There are as many different styles of sunglasses as there are people who want them, and they range in color, shape and most noticeably, price.

Well, what is the difference between a pair of \$5 sunglasses and a pair of \$45 dollar eye wear? Moving up in price means the name changes to eyewear.

It's expressing ones self or possibly creating a look that is distinct is a big difference, salespeople said.

Bryen Wood, optician at Pearl Vision Center at University Mall, said, "The effects of prolonged exposure to the sun's rays can cause cataracts and glare."

Dr. G.A. Spears, optometrist from

Carbondale, said the functions of sunglasses include reducing glare, creating a greater contrast of vision, providing protection from infrared rays and light transmission.

The difference between the more expensive and the cheaper glasses is that the more expensive are optically ground, which means that they are non-prescription and are of zero power. They also will not distort objects.

The cheaper quality glasses are either poured into a mold or cut from a flat sheet of plastic.

Wood said the cheaper quality glasses contain some perscription because of the way they are made and therefore there will be some distortion.

With a dark lens, your pupil opens up wider, allowing in more ultraviolet rays, and if the darker lens is not providing quality protection, then you are doing more harm than not wearing anything at all," Wood said.



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An 'everyday' health craze —walking

By Carrie Pomeroy
Staff Writer

In the last decade, walking has become one of the most popular forms of exercise, a University fitness programmer said.

This isn't surprising, since walking is inexpensive, convenient, and enjoyable. When done correctly, walking has many of the same health benefits as running and fewer health risks.

Walking for exercise requires some technique, Peggi Tolliver, fitness programmer at the Recreation Center, said. When walking to increase the heart rate, it is necessary to swing arms high with each stride. "Lazy arms don't reap fitness benefits," Tolliver said.

The walkers should keep their backs straight, but not stiff, and should walk heel-to-toe. Tolliver said a target breathing rate should determine how fast the walker strides. Stretching before and after walking

is important to prevent cramping and muscle strain. Tolliver suggests the hurdle stretch for calf muscles.

Other stretching exercises are listed in a handout from the Wellness Center. For the toe touch, bend forward from the waist with knees slightly bent and touch toes. Hold for 20 seconds, then slowly lift body.

In another exercise, pushing the tree, place palms at eye level against a wall or tree. Point feet straight ahead with one foot about 12 inches from the wall, the other 3 feet back, and push hips forward to stretch back leg.

For shoes, she said the walker should make sure the shoes have a good fit, snug, but not tight.

Soles should fit to permit a rocking, heel-to-toe motion. The front one-third of the foot should be able to bend in the shoe. Also important is sufficient cushioning to protect the foot.



Staff Photo by Heidi Dietrich

Green leaves

Chin-Luan Huang, of Carbondale works on a lettuce plant near Pleasant Hill Road across the street from Evergreen Terrace.

Cyclists face flat tires, dogs on highway to good health

By Curtis Winston
Staff Writer

Saddle sores, big dogs and blown tires haven't kept this intrepid bicyclist off the road, at least not permanently.

As an avid cyclist, I am offering some insight into this brutal world of discomfort and danger and, hopefully, I can either encourage or discourage anybody who wants to take up the sport.

Viewpoint

Of all the pain an athlete must endure, saddle sores must be the worst. They occur in a strategically located part of the anatomy and get worse as you sit on your saddle. No amount of shifting around on the seat helps, either. But like any pain, after awhile it becomes numb and it is no longer painful, until the next time you get on your bike.

The best way to avoid this menace is to wear clean shorts every time you ride, but this is nearly impossible when you are on a self-contained tour. The next best thing is to have some baby powder handy, but it offers only a temporary solace.

Big dogs are a hazard that cyclists and mail carriers have had to deal with since the dawn of time. Small dogs are no problem. Their short legs are no match for a cyclist on a tall bike. Usually, rural folk keep packs of small dogs to make noise and alert them of any intruders. By the time you get down the road, the farmer will scarcely have his shotgun loaded.

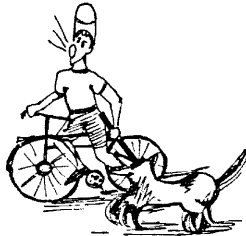
Big dogs are a hazard that cyclists and mail carriers have had to deal with since the dawn of time. Small dogs are no problem. Their small legs are no match for a cyclist on a tall bike.

But there are few things scarier than having a rottweiler try to eat your front tire. However, there are a few techniques to discourage the beast.

Shouting a loud "No!" usually causes the dog to stop briefly and tilt its head in amazement, giving you enough time to gear up and get out. But sometimes this doesn't work.

Squirting the dog with a water bottle (don't leave home without it) works wonders on the small, noisy variety, but it just makes big dogs angrier.

Smacking the dog on the snout with a



tire pump (another item that shouldn't be left at home) works fine for some timid, large dogs but not so well on the stubborn ones. Also, the logistics of pulling the pump off of the frame, watching the dog and trying to get away can cause an accident. It's still better to yell at the dog and pedal fast.

Another favorite remedy that's a favorite of long-distance tourists (and mail carriers) is a can of "Halt!," a kind of mace for dogs. The can is small and includes a bracket for easy attachment to the handlebar bag.

"Halt!" (\$5.95 at better hardware stores) is a cruel but effective tool that usually keeps the dog from chasing the next passing cyclist. Care must be used when using the stuff on a moving bike. Too many times, I've seen cyclists squirt themselves when the spray came back in their face, causing great pain and usually a fall from the bike, right in front of the big dog. The end result isn't too pretty, unless you work in a butcher shop.

Mechanical problems include flat tires, broken chains, broken brake or gear cables, broken spokes and bent wheels. There is nothing funny about being miles from nowhere with a chain that's in 100 pieces.

You can make mechanical problems easier to deal with by not leaving home without a few tools. These include a crowbar, sledgehammer, hacksaw, boltcutters and a propane torch. These tools work great when you are frustrated at your bike, however, if you want to actually fix the bike, there are a few other things to bring along also.

Flat tires are easy enough, but you have to have a set of tire levers, an innertube patch kit and a pump. Carry a spare tube and they repairs get easier. Flat tires are difficult if the actual tire has a hole in it. The best way to avoid this is to go on the road only with a fairly new tire.

Basically, you can avoid hauling a tool box around if you take good care of your bike.

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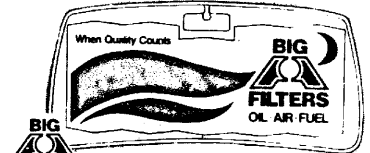
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COMPLETE AUTOMOTIVE SERVICE

Great outdoors provides fun and entertainment for all

Outdoor recreational areas; provide camping, boating

By Alicia Hill
Staff Writer

It's summer, and Southern Illinois outdoor recreation areas are a great place to spend it.

Giant City Park, Crab Orchard Lake and Little Grassy Lake are just a few of the areas that offer safe and enjoyable recreation for just about everyone.

Giant City State Park provides about 18 miles of marked trails for those interested in serious hiking or leisurely walking.

Bob Kristoff, the park's superintendent, advises people to arm themselves against ticks and poison ivy.

"The ticks are especially bad this year, we advise people to wear long clothes and spray themselves," Kristoff said.

The high cliffs in the area also involve a potential for danger.

"We have our share of accidents.

People should stay on the marked trails," Kristoff said.

On or off the trails, three kinds of poisonous snakes make the area their home.

Scott Ballard, a graduate student in zoology specializing in snakes, said these snakes, the copperhead, the timber rattlesnake and the water moccasin are not aggressive.

"Just leave them alone," Ballard said.

The copperhead and the timber rattlesnake can be found in rocky, bluffy areas, and the water moccasin in swampy areas.

An information center located in the center of the park provides self-guiding trail maps that mark trail highlights and make the hikes more interesting, Kristoff said.

For groups interested in organized activities, the Touch of Nature Environmental Center, a University extensional education service near Little Grassy Lake, is a good place to start for guidance.

Organized sessions are offered for various age groups throughout the

ARC can help find adventurous fun, supervisor says

By Kevin Simpson
Staff Writer

Want to paddle, rock climb or camp the weekend away in the great outdoors?

The Outdoor Adventure Center in the Recreation Center is the place to start.

The ARC will help people interested in any outdoor aerobic activity find and coordinate their summer fun. Hiking, canoeing, climbing, caving and biking are just a few of the activities the center can help coordinate.

People unfamiliar with the area

can use the ARC's vast library of outdoor information. It has travel and campsite files on all state and national parks.

For enthusiasts who are in Southern Illinois wanting an activity for the day or weekend, the ARC has a wealth of information on the area.

Kathy Pattison, student supervisor of the ARC and an exercise science major, said not enough people take advantage of the natural beauty in the area.

"There's a lot to do and see in Southern Illinois that a lot of people aren't aware of," Pattison said.

summer, but arrangements also can be made for private group instruction.

The center offers instruction in several outdoor activities including rockclimbing, rappelling and canoeing.

Laura Wampfler, treasurer for the

club, said students will be taught how to sail good enough to earn a skipper's license, which will provide them with access to the club's sailboats docked at Playport Marina on Crab Orchard Lake.

Deer ticks still hazard of outdoor activity, forester says

By Sean Hannigan
Staff Writer

Hiking or camping in the woods always has inherent dangers, but coming this summer to a local forest or backyard is something different to be wary of — ticks carrying Lyme disease.

"Our first reported case in the area was a Carbondale woman who came down with Lyme disease," Ralph Wells, forester at the Murphysboro Ranger Station, said.

The disease is transmitted by the bite of an infected deer tick.

"Authorities strongly suspect she got it in her back yard," Wells said.

Though not fatal, Lyme disease can cause heart problems and arthritis

One of the common early symptoms of Lyme disease is a "bull's-eye" rash around the bite mark.

during the later stages of infection. The damage done by this stage is irreversible.

Fortunately, when detected Lyme disease is treatable. Antibiotics can be used to combat the disease.

One of the common early symptoms is a "bull's-eye" rash around the bite mark.

"If you get some sort of circular rash surrounding a white mark, you've been bitten by a deer tick," Wells said.

Deer ticks arrive in the area by hitchhiking on the backs of white-tailed

deer — their primary host.

"We've been quite concerned about the tick. It's just now being recognized for what it is," David Gillespie, section manager of the Division of Forest Research in Springfield, said.

One problem with deer ticks is that they are considerably smaller than the common dog tick, he said.

"They are very, very small. About the size of the head of a straight pin," Gillespie said.

The ticks size can make them difficult to detect, he said.

"We have to learn to deal with recognizing them," Gillespie said.

The key to combating Lyme disease is prevention, Wells said.

When walking through the woods or long grass, people should wear long sleeve shirts and pants, he said. "Tuck the tuff of your pants into your boots," Wells said.

Both Wells and Gillespie recommend wearing repellent.

"The same stuff you would wear normally like Deep Woods Off will work," Gillespie said.

He said he hates wearing the stuff, but often finds it necessary.

Much of the prevention is the same as that recommended for the prevention of mosquito bites and poison ivy.

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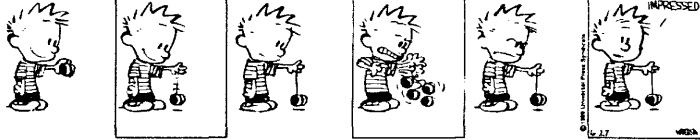
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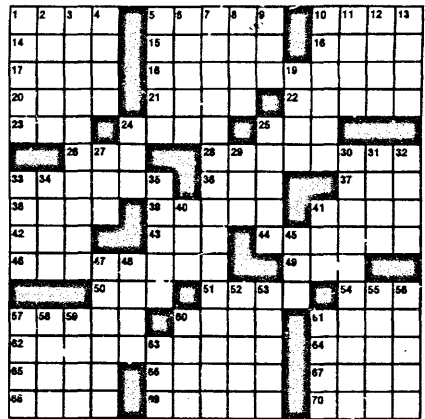
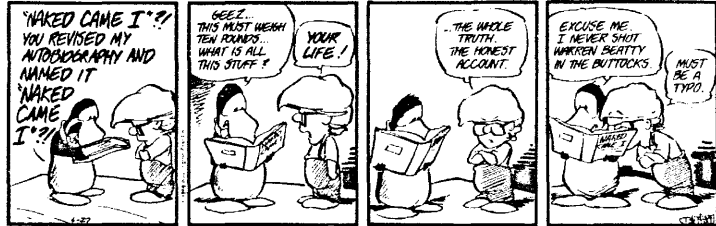
Calvin and Hobbes

By Bill Watterson



Bloom County

By Berke Breathed



- ACROSS**
- 1 Chopped
 - 5 Before film or wave
 - 10 Tito
 - 14 Gr. bastards
 - 16 Son of Jacob
 - 18 Wander
 - 17 Funny Tomlin
 - 18 Playground
 - 20 Reputations?
 - 21 Transmitt
 - 22 Lathagie
 - 23 Evergreen
 - 24 Celebration
 - 25 King beater
 - 26 "How was — know?"
 - 28 Less rough
 - 33 Ties
 - 36 Auricle
 - 37 Epoch
 - 38 Wan
 - 39 Not spoken
 - 41 Panache
 - 42 Desses' hem
 - 43 — du lieber!
 - 44 Homes
 - 46 Hanger-on
 - 48 Like, suff.
 - 50 Spoiled
 - 51 Mile queen for short
 - 54 Phenol
 - 57 Zones
 - 60 — out (makas last)
 - 61 Kind of jerk
 - 62 Candy from Holland?
 - 64 Lab burner
 - 65 —, "Brute?"
 - 66 Crazy
 - 67 Tweak's kin
 - 68 Females
 - 69 Eng. letters
 - 70 Canasta card
 - 1 Like Swiss cheese
 - 2 Roman magistrate
 - 3 Penny thrower?
 - 4 Some yotes
 - 5 Billiards stroke
 - 6 Dot of land
 - 7 Bo-jing taxi?
 - 8 Mr. Fox
 - 9 Miner's ind
 - 10 Brown-haired
 - 11 Function
 - 12 Finished
 - 13 Gusto
 - 14 Blood vessel
 - 15 Puerto
 - 16 Clerk —
 - 17 Adder?
 - 18 Blood vessel
 - 19 will be done"
 - 20 — fall
 - 21 Scalfat leader?
 - 22 Scottish
 - 23 Fern's noise
 - 24 Notnom nomad
 - 25 Global section
 - 26 Assured
 - 27 Play a part
 - 28 John
 - 29 Passos
 - 30 Funny Buzz!
 - 31 Cigar end
 - 32 Astrodome's son
 - 33 Clerk — (Superman word)
 - 34 Obi
 - 35 Category
 - 36 Park, CO
 - 37 Intoxicating
 - 38 Fruit drinks

Puzzle answers are on page 10

Entertainment

Beatnigs debut with intense music, ever-changing lyrics

Groups use lyrics with serious beat to get point across

By Aaron Nauth
Carrle Pomeroy
and Theresa Livingston
Staff Writers

Beatnigs, "Beatnigs,"
Alternative Tentacles Records

The Beatnigs' first album is a powerful presentation of versatile music and intense ideas from the first to last song. They combine creative layers of industrial percussion, funky bass lines, synthesizers, poetic vocals and vocal overdubs along with severe, relevant political and social issues.

A Review

Each song stresses certain issues without preaching from a dogmatic view. The song "T.V.," criticizes the government for using television as a tool to brainwash the masses into ignorance and apathy.

Another song called "Burritos" points out that the plight of the poor is largely due to the excessive waste of the wealthy and the government. "Two hundred fifty thousand dollars for each missile we fired in Libya ... We may as well had a White House dinner ... or bought 700,896,001.4 burritos ... (background track cuts in) ... Can you spare a dime, brother?"

Rather than pretending to be "politically correct" (even though they may be), the Beatnigs point out complex problems of society and let the listener decide for themselves.

This album comes with a lyric booklet for the concerned listener. The full effect of the Beatnigs' sound comes across best when using headphones because they manage to compile a lot of tracks that only can be heard when listening closely. An album to

break the barriers that keep people from opening their minds to fresh music and ideas.

Darling Buds, "Pop Said,"
CBS Records

The Darling Buds' debut album reveals the band's passion for killer guitar hooks and catchy vocal melodies. This is ear candy, sweet but not sticky, made by musicians who seem to take pop too seriously.

The theme of these sunny, memorable tunes is love and its joys and sorrows. Lyrically, the Darling Buds don't have anything very original to say about the matter. On various songs, the album depicts all the phases of a romantic relationship, from the giddy nervousness of falling in love on "Spin" to "You've Got To Choose," which depicts a woman confronting her unfaithful boyfriend.

These are songs reminiscent of a time in rock 'n' roll when musicians didn't have to "make a statement," but just had to make you want to dance. The band succeeds in that area.

The band's vocalist echoes the early GoGo's and Debbie Harry of Blondie with her wistful, girlish singing. The wispy, delicate sound of her voice is anchored by solid drumming and energetic guitar playing.

Lyrically and musically, everything the Darling Buds do has been done before. But the band's obvious enthusiasm for the craft of making pop songs makes the record enjoyable. These songs are tailor-made for cruising around with the windows down and the radio blasting on a hot summer day.

The Fine Young Cannibals, "The Raw and the Cooked,"
IRS Records

Promising new bands unfortunately often suffer from what's known in the music business as "the sophomore



jinx," — that is, after releasing a stunning debut album, there is an immediate, although mediocre, follow-up effort.

Not so with the Cannibals. Infusing funk and dance with the traditional soul sounds that marked the group's 1985 self-titled debut album, The Cannibals have a winner here, both artistically as well as commercially.

This English trio, which formed in the wake of the demise of one of the great bands of the early eighties, the English Beat, has taken its time, creating a style uniquely their own that consistently delivers.

The album, which has passed the number one slot here and abroad, has a harder edge and a focus on the darker side of romance than the group previously has shown, but which is belied by the upbeat tempos.

On FM-radio hit, "Good Thing," doo-wop lyrics wind themselves around a thumping bass line as frontman Roland Gift laments about his disappearing lover and their on-again, off-again relationship to form a song that would be perfect for a '60s line dance, while the album's first single, "She Drives Me Crazy," also at the top of the charts, bleakly declares, "She drives me crazy, and I can't help myself."

The album also includes the group's slowed-down, though excellent cover of punk demigods, the Buzzcocks', "Ever Fallen In Love With Someone," which was earlier released with the movie, "Tin Men."

Gift's unique, deep voice and a strong, lingering nostalgic feel are the focal point of the group's message, which seems to equate love with pain.

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CHEP, from Page 12

games before." Kessel has been retired since 1973. He has held 78 paying jobs in his life and draws pensions from three of them. For the 16 years leading up to his retirement, Kessel with help from his wife, was the parking recreation director and truant officer at the school district. "I worked from 6 a.m. to 11 p.m. for 16 years," said Kessel. Kessel graduated from high school in 1929. He was part of the first SIU golf team to advance to the state tourney in Champaign (1928). He was also a catcher back in the days when there were

not any chest protectors, masks, or shin guards. "All I had was a glove," said Kessel. "I never got hit once either." A few years later, after being injured on the railroad, Kessel became a certified umpire and took care of the baseball diamond for 20 years. Kessel, along with being the top Legion fan, has been a Saluki baseball follower since 1969. He saw the Salukis play the last three times it participated in the College World Series ('71, '74, '77). He is a big fan of SIU-C baseball coach Itchy Jones. "Itchy is about the swellest guy I was ever around," said

Kessel. "We don't want for anything when we're around each other." Kessel has collected game balls from Jones' 500th and 600th career victories. Kessel and Allene, who have four daughters, have also adopted the Saluki players as their sons. "We have a motor home and when we travel to games, Allene makes hot chocolate, tea, and cookies," said Kessel. "We feed the players and just adopt the whole team." Kessel, who never has trouble getting Saluki tickets, also travels on the team bus at times. "If they go on a short

trip somewhere, I travel on the team bus and talk to the players," said Kessel. "It is interesting to see what makes them tick." Kessel is also a No. 1 Cubs fan, being a charter member of the Cubs' Fan Club. A Cub fan since 1937, Kessel saw the team play in its last World Series (1945) against the Detroit Tigers. Kessel estimates that he attends about 250 baseball games a year. This summer, he will go over the 4,000 mark in scorecards. However, baseball season

eventually ends and Kessel keeps busy in the off season with other hobbies. He is also a talented carver and string designer. One of Kessel's best carvings is of the Lord's Supper which took him two and a half years to put together. He also makes creative butterflies, owls, and cows out of wood. He once sent Cub broadcaster, Harry Caray, a 'Holy Cow' that Caray displayed in front of his microphone during telecasts. "The winter gets pretty long without baseball," said Kessel. "I have to find something to do."

ROSE, from Page 12

Speaking on Cincinnati radio station WLW, Rose said: "It's 225 pages of ugly hearsay. I don't know how anyone can (write) 225 pages and have only two paragraphs positive to Pete Rose." Giamatti's appeal of Nadel's 14-day temporary restraining

order barring the Rose hearing was filed by the commissioner's lawyers Monday morning. "The ability of the commissioner to protect the integrity of baseball, the purpose for which his office was created, is at stake," Giamatti said. Giamatti had scheduled a hearing for Rose Monday and if the commissioner had determined that Rose had bet on baseball, he could have

suspended him for one year. If Rose was found to have bet on the Reds, he could have been banned from baseball for life. Rose denies he bet on baseball games, and filed a lawsuit claiming Giamatti had already decided his guilt. Nadel's ruling Sunday agreed with Rose that Giamatti had pre-judged the case and delayed the hearing. "The sport of baseball will be severely damaged if the commissioner is barred from

completing his investigation and taking the actions he sees as appropriate — steps consistent with his mandate to uphold the integrity of the game," Giamatti said. "The image of a sport no longer capable of policing itself in a matter as serious as a manager betting on his own team's games could only erode public confidence in and respect for the national pastime." Rose's lawyers were given

until Wednesday to respond to Giamatti's appeal, but no hearing on the appeal was scheduled. If Giamatti is unsuccessful in overturning Nadel's decision, the next step in the case will be a July 6 hearing ordered by Nadel on Rose's request for a preliminary injunction against Giamatti. Such an injunction would block Giamatti from hearing the Rose case until a full trial on a request for a permanent injunction.

Puzzle answers

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 L A S H E S B A R E R A
 A S M Y T A C I T D A S H
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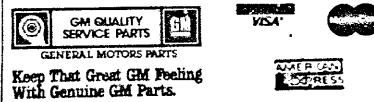


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Sports Briefs

WIMBLEDON, from Page 12

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RESISTANCE WORKOUT has been cancelled. The Rec Center apologizes for any inconvenience. For details, contact Karen James at 536-5531.

AQUA AEROBICS are offered from 5 to 6 p.m. Mondays and Wednesdays in the Rec Center pool. Suitable for beginning or intermediate fitness levels. You do not need to know how to swim to participate.

A.M. AEROBICS are offered from 7:15 to 8:15 a.m. Tuesdays and Thursdays in the Rec Center Dance Studio.

LOW IMPACT AEROBICS, designed to maintain the aerobic intensity of exercise while minimizing injury to the legs and knees, are offered from 5 to 6 p.m. Tuesdays and Thursdays in the Rec Center east gym.

PRE-BEGINNER AEROBICS, gentle exercise for people 40 or more pounds overweight or for people who find beginning aerobics too strenuous, are offered from 5 to 6 p.m. Mondays, Wednesdays and Fridays in the Rec Center Multi-Purpose Room.

Queen's two weeks ago. He was not intimidated by Lendl's big serve, and though he was less consistent, proved capable of notching service winners.

In the first set he staved off four break points in one game, two with aces, to force the tie-breaker which Lendl won. After falling behind an early service break in the fourth set, Pereira forced another tie-breaker, which he won to even the match.

Lendl's stamina and experience made the difference in the final set. The 29-year-old Czechoslovakian opened the deciding set with a pair of aces and raced to a 5-0 lead before clinching victory two games later with a pair of service winners.

Ederg, who lost in the final of the French Open two weeks ago, returned to the scene of his 1988 Wimbledon triumph.

"You can hear the crowd and you have some memories from last year," he said. "Luckily I got off to a good start, so I didn't think much about being nervous."

Ederg was never seriously challenged during the 1-hour, 29-minute match, conceding just 11 points in his 13 service games. He said he found it strange to play Pridham after training with him during his Wimbledon build-up.

"Then we actually drew one another and we couldn't find anyone else to practice with so we had to practice with one another on the day the draw

was made. It felt awkward."

Becker was even more impressive, serving up 19 aces against Shelton, ranked 439th in the world. The 23-year-old American had never played on grass until his arrival in Britain two weeks ago and failed to take a point off Becker's service in the opening set.

No. 6 Jakob Hlasek of Switzerland became the first notable casualty of the tournament, losing 6-3, 7-6 (7-5), 6-1 to Sweden's Thomas Hogstedt.

No. 4 Mats Wilander of Sweden scored a 6-2, 6-2, 6-2 victory over compatriot Magnus Gustafsson and No. 7 Miloslav Meir of Czechoslovakia, the Olympic gold medalist, defeated

American Scott Warner 6-2, 6-2, 6-4.

Jimmy Connors, almost a Wimbledon institution, beat an opponent who wasn't even born when the 36-year-old American made his first visit to this tournament.

The No. 10 seed, champion in 1974 and 1982, showed his old zest in dispatching Andrei Cherkasov, 18 of the Soviet Union, 6-3, 6-2, 4-6, 6-3.

French Open champion Michael Chang beat fellow-American Bill Scanlon 6-3, 6-2, 4-6, 6-2.

Tuesday, No. 1 Steffi Graf of West Germany begins her title defense against Julie Salmon of Britain. No. 3 Gabriela Sabatini of Argentina meets Diane Ballestrat of Australia.

SELLOUT, from Page 12

men to beat the WIU Leathernecks, which are the defenders of the Gateway Conference championship. "It will be the greatest aid in the world for the team. We haven't beaten (Western) in years," he said.

Hart agreed, noting that the last time the Salukis beat the Leathernecks was in 1983, when SIU-C went all the way to capture the NCAA Division I-AA title.

Huff also said the "Stadium Sellout" would quell the controversy over the validity of the Saluki football program,

which was started in the spring by Anthropology Professor Jerome Handler, who proposed dropping football and channeling money spent on the program to academic areas of the University.

Although the promotion wasn't created in direct response to Handler's debate, Huff said the controversy could work to be a benefit to the promotion. "This is one of the good spinoffs," he said, adding "Anytime you're challenged I think it's good."

The controversy sparked

University-wide scrutiny of the football program, with major campus governance panels discussing the matter in meetings.

Huff said: "I remember telling Jim (Hart) a time that we would look back on this as something really positive." He claims that letters of support have been pouring in

since the spring.

The promotion also will tap community and area support. Hart met last week with civic leaders throughout the region, seeking support of 21 municipalities.

Huff said he feels confident that the challenge to the football program will fuel community support.

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✓ Indiana Jones PG-13 1:45 (4:30 TWL) 12:00 9:30	✓ Ghost Busters II PG 12:30 2:45 (5:15 TWL) 17:30 9:55
✓ Dead Poet Society PG 11:45 2:00 (4:30 TWL) 17:00 9:30	✓ Road House R 12:15 3:00 (5:30 TWL) 7:45 10:15

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FOX EASTGATE

457-5685

No Holds Banned (PG13)
5:00 7:00 9:00
See No Evil (R) 5:00 7:10
9:20
Baron Munchausen (PG)
4:30 7:00 9:30

ALL STATE TV
STATIONS

549-6522

Rain Man (R) 7:00 9:30
Pet Sematary (R) 7:15 9:15

Intramural-Recreational Sports

536-5531

Intramural Sports Volleyball

6-On-6 and 4-Person
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Mandatory Captain's Meeting:
Wednesday, June 28, 4 p.m.
SRC Assembly Room East

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Mixed Doubles

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fee required. Register at the SRC Infor-
mation Desk. Call 453-1273 for details.

Intramural Sports Domino's Team Tennis

Co-Rec League

Mandatory Captain's Meeting:
Wednesday, June 28, 4:30 p.m.
SRC Assembly Room East

Call 453-1273 for details.

Sports

Hart wants a 'Stadium Sellout' Sept. 9

By Sean Hannigan
Staff Writer

SIU-C Athletic Director Jim Hart has announced a "Stadium Sellout Day," which is a promotion designed to do what has never been done — fill McAndrew Stadium.

The promotion is scheduled for the first home football game on Sept. 9 against Western Illinois. If successful, it would be the first time the

17,324 seat facility has been sold out.

"Any time you attempt to do something that has never been done before, you're taking on a major challenge," Hart said. He added that the plan would take aggressive action and promotion.

Fred Huff, director of the men's sports information office, said students would be the main target of the plan. "They'll start hearing about

the plan as soon as they get back (in the fall)."

Huff said he hopes that he would have, "a marketing plan that hits them right between the eyes." He said that if the students get involved the rest would be easy.

"Everyone enjoys being part of a success," Huff said, noting that the idea of being at a major event sometimes sells itself. "The excitement comes into being at a happy ending."

Part of the plan includes starting the Sept. 9 game at 4 p.m., rather than at 1:30, when the afternoon sun is at its hottest. The second home game, Sept. 16, which is the "Great Saluki Tailgate," would also start at 4 p.m.

"There's no question that the later starting time should be beneficial to players as heat is always a concern at that time of year," Hart said. When Hart became AD last year, rolling

back the starting times of football games was a prime concern.

Hart also said the later starting time would be a boon to the fans. "It will make the game more attractive for fans as it allows more daytime hours for golf, yardwork or anything else," he said.

Huff said one of the goals of the plan is to inspire the Saluki

See SELLOUT, Page 11

Baseball's No. 1 fan makes sport his life

By Greg Scott
Staff Writer

Baseball is not just a game to Chester Kessel. It's a way of life.

Kessel, a 77-year old Murphysboro native, is the self-proclaimed No. 1 Legion, SIU-C Salukis, and Chicago Cubs baseball fan.

Kessel has attended the American Legion National Tournament for 28 consecutive years. He has followed the Salukis since 1969 and has been a Cub fans since 1937.

Known as "Chep" to his friends, he has collected loads of baseball memorabilia throughout his years of following the sport. He has collected sacks of caps, T-shirts, a piece of Busch Stadium Astroturf from the first time it was laid, and baseballs autographed by some of the game's greats.

Kessel has rubbed elbows with baseball's elite and once had an autographed picture taken with St. Louis Cardinal's all-time leading base stealer Lou Brock.

"I just get autographs from Hall of Fame players," said Kessel. "The others are not really worth anything."

Kessel is especially proud of a baseball he had autographed by all-time leading career hitter, Cincinnati Reds Manager Pete Rose, who now at risk of being suspended from Major League Baseball for life on gambling charges.

On the same ball is former big league catcher Ray Fosse who is a native of Marion. Rose and Fosse were the



Staff Photo by Fernando Felau-Moggi

Chester 'Chep' Kessel, a self-proclaimed No. 1 American Legion, Saluki and Cubs baseball fan, holds autographed balls from Pete Rose, left and Pete Rose Jr., right. He and his wife Allene, attend about 250 various baseball games each year.

principal parties in a famous collision at the plate ending the 1971 All-Star Game.

"They had Pete throwing out the first ball at a Legion tourney in Boyertown, Penn.," said Kessel. "I talked to him a little when he came over toward the fence and received his autograph."

Kessel also met Rose's ex-wife, Karolyn, and their son Pete Rose Jr. at a tourney last year in Middletown,

Conn. The younger Rose was playing shortstop for Cincinnati in the finals of the College World Series. Kessel and his wife, Allene, were seated by a scout from the Baltimore Orioles. Little did they know, that Karolyn was sitting behind them.

"The scout next to me asked me for a roster and was inquiring about Pete Jr.," said Kessel. "I told him

that Pete was number 14 out there playing shortstop but he had some baby fat to lose.

"This lady behind me then patted me on the back and said 'Let me tell you something, that isn't baby fat, that's all muscle,'" Kessel said. "She was at the game with a married couple (the Ott's). Mr. Ott then introduced me to Karolyn Rose. I had to put my foot in my mouth."

What started out as an embarrassing moment for Kessel, turned into a new acquaintance with Karolyn who he describes as a lovely lady.

"We talked in the parking lot after the game," said Kessel. "I then asked her to autograph a baseball for me and have Pete Jr. sign it as well. I asked her to never sign another one like that with her son again. Karolyn took the ball back to the hotel for Pete, Jr. to sign and swore she would never sign one with him again."

Kessel has been accompanied by his wife of 54 years, Allene, at each of the last 28 national tourneys. "The main reason I go is because Chester goes," said Mrs. Kessel. "I would be lost without him."

The couple has become pretty well known at these Legion tourneys. The Kessels actually receive standing ovations at the banquets and get into the games free.

"I was actually going prior to the 28 years," said Kessel. "We organized the senior citizens and my wife did not want to give that up for the

See CHEP, Page 10

Copy of Rose file released

CINCINNATI (UPI) — Baseball Commissioner Bart Giamatti, saying the "integrity" of the game was at stake, Monday appealed a judge's ruling delaying a hearing for Pete Rose on gambling allegations.

In another development Hamilton County Common Pleas Judge Norbert Nadel released a report detailing the allegations against Rose. It was sealed by Nadel after being submitted into evidence last week.

The Cleveland Plain Dealer filed suit to have it released, and the Ohio Supreme Court ordered it done by 5 p.m. Monday. Nadel agreed, but court officials said the 225-page report would not become available until 9:30 a.m. Tuesday because of the many copies required.

United Press International obtained a copy of the report, which said on page 3 that Rose denied under oath betting on baseball games or associating with anyone who did.

But the report said the investigation "developed evidence to the contrary," saying Rose bet "in particular" on the Reds during the 1985-87 seasons. The report found no evidence Rose wagered against the Reds.

Court testimony said the report, compiled by Giamatti's investigator John Dowd, including betting sheets bearing Rose's handwriting and fingerprints and statements from people who claimed Rose bet on baseball games.

See ROSE, Page 10

Nurnberger set to play pro German basketball

By Kevin Simpson
Staff Writer

Kai Nurnberger, recent graduate and former guard for the Salukis, has announced his plans to play basketball in Cologne, Germany.

Nurnberger, who recently returned from Germany, is visiting Carbondale until he returns to Cologne in late July to play basketball. He said he plans to sign a one-year contract with an option for another year. "The main reason I had for going back was to find a team to play for," he said.

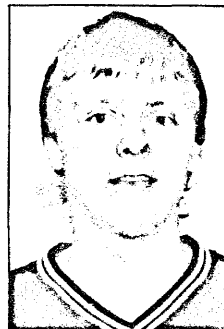
Kai returned to his homeland in May after graduating SIU-C with a degree in business

management. He had been staying with his family and playing on the national team during his stay in Germany.

After he has fulfilled his obligations with basketball, Nurnberger said he would like to return to the United States and put his degree to work for him.

Nurnberger, originally from Wolfenbuttel, West Germany, came to Benton in 1983 as an exchange student, playing under SIU-C head basketball coach Rich Herrin when he was the coach there.

Among his accomplishments as a Saluki, Nurnberger has started 89 games over his four year career, his 1,348 points, ranks ninth on the SIU-C career scoring list and is the



Kai Nurnberger

career all-time leader in three-point field goals with 181.

He was a unanimous pick by the coaches and press for the first team All Missouri Valley Conference and All Tournament team this last season.

Lendl extended to five sets in opening day at Wimbledon

WIMBLEDON, England (UPI) — Ivan Lendl needed five sets to beat Venezuelan teenager Nicolas Pereira on the opening day of Wimbledon Monday, while defending champion Stefan Edberg and two-time winner Boris Becker won in straight sets.

Lendl, chasing the only major title to have eluded him, struggled for 3 hours, 14 minutes on Court No. 1 before downing his 18-year-old opponent 7-6 (7-4), 4-6, 6-3, 6-7 (6-7) at the \$5.3 million tournament.

"I am always nervous before the first round in any tournament," Lendl said. "I think it's a good sign. It's harder to get into my rhythm on grass than any other tournament. I was in the fifth set before I

broke a sweat because there were no rallies."

Edberg, the No. 2 seed, crushed his Canadian practice partner, Chris Pridham, 6-3, 6-4, 6-1, in the center-court opener. Becker, seeded No. 3, had more trouble with a gate guard than American qualifier Bryan Shelton in winning 6-1, 6-4, 7-6 (7-2).

"I didn't have a pass, I forgot it," said Becker, the 21-year-old West German who won in 1985 and 1986. "I had to go through another entrance. The security guard did not believe I was a player."

Pereira won the French, Wimbledon and U.S. Open junior titles last year. He beat Edberg in the first round at

See WIMBLEDON, Page 11