## Southern Illinois University Carbondale OpenSIUC

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Daily Egyptian Staff

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# Daily Egyptian

Southern Illinois University at Carbondale

Tuesday, June 25, 1991, Vol. 76, No. 161, 12 Pages

## eans await word on budget cuts

#### By John Patterson Staff Writer

The prospect of budget cuts is nothing new to anyone at SIU, but University deans are

waiting to see where the ax will fall. Although it is impossible to make final decisions until the budget is approved, the individual colleges are preparing now for what could happen at the end of the fiscal year July 1.

"Even in the best case it's going to be an extra tough year for all of us," said Harry J. Haynsworth, dean of the School of Law.

Haynsworth said all colleges will suffer, but rovisions are being made. SIUC President John C. Guyon said at the

June 13 Board of Trustees meeting, the Univer-sity doesn't have a hiring freeze, but each new

position is being approved on an individual basis.

"We've put them in the refrigerator, but

haven't frozen them," Guyon said. Haynsworth said the School of Law has received permission to fill two vacancies, but will not be able to fill the director of alumni affairs and development position, the main fund-raiser for the school.

Faculty positions, however, have been filled and no adverse effects on teaching are expected, Haynsworth said.

ed, Haynsworth said. "It's going to hurt us, but we'll be able to limp along for several months with no permanent damage," he said. What will cause permanent damage would What will cause permanent damage would

be any reduction in the budget or, even the loss of the income tax surcharge and its \$111.2 million for higher education, he said You might as well take a bomb and blow

the place up," Haynsworth said. If the surcharge should fail to be passed, he said it would no longer be a matter of not fill-ing vacant positions, but the University would

have to start firing people. Even a the same budget as FY 1991 or reductions from it would be disastrous, Haynsvorth said.

Cuts would have to be made that could include cutting summer school entirely, he said

"Cuts like that you try to avoid, but there's no way around it," Haynsworth said. Other deans agreed cuts wouldn't be easy to make, but nothing is concrete until the Legislature passes a budget for higher education.

James A. Tweedy, dean of the College of Agriculture, said equipment purchases and operational expenses would have to be cut ack besides keeping open positions on hold. Russell R. Dutcher, dean of the College of

Science, said vacant positions also will remain unfilled for his college.

"We're not committing any new or open positions until we find out what our budget vill be," Dutcher said.

Besides current administrative/professional and faculty openings, he said people are wor-ried about filling positions in 1993. Dutcher also said teaching ability would not

be affected by the current vacancies, but peo-ple are afraid the effects of budget cuts could

See DEANS, Page 5

## **Red Cross calls for blood;** drive to start on campus

#### Outdoor accidents in summer cause need for reserve

By Cyndi Oberle Staff Writer

Students at SIUC could lend a hand, or a pint, to help a desperate situation.

The American Red Cross is holding its only summer blood drive from 10:30 am. to 4:30 p.m. Wednes-day and Thursday in Ballroom D and the International Lounge of the Student Center.

Vivian Ugent, Southern Illinois blood drive coordinator, said the Southern Illinois' Red Cross is "desperate for blood" and wants to urge anyone willing to give blood to donate

THIS

MORNING

NEWS

Street machines

SPORTS

**Baseball coach** 

to head to Cuba

INDEX

WEATHER

Partly sunny, high 80s

Opinion

Classified

Crossword

- Page 3

-Page 6

-Page 12

-Page 7

Page 8-10

-Page 5

draw 102,000

Corner of jail

demolished

"We have been desperate since the middle of May, with an inven-tory 20 percent below the normal level," Ugent said.

"People were patriotic about giving during the war and every pint was used, but now the war is over and our situation is critical. The war may be over, but the need for blood is anything but over.

Ugent said during the summer months and holidays the blood demand automatically rises because farm, traffic and sports accidents are more abundant because people spend more outdoors.

She also said patients schedule more surgery in the summertime. As it stands, hospitals have no

blood on reserve and only are able to

supply it for emergencies and surgeries

The original goal for this week's drive was 635 pints, but Ugent said

was delaying the Democrats' plan

for new legislative districts has

changed his mind and will vote for

the proposed map. Sen. Jim Rea, D-Christopher, was

withholding his vote for the map released last week because he would

have to share representation of some

Southern Illinois, yet I feel most of the map for the rest of the state is not

too bad," Rea said in a written state-

This map is not the best for

counties with other senators.

Staff Write

ment.

at least 100 more pints are needed to rectify the critical situation.

"Hopefully we will go over our goal by more than 100," Ugent said. "SIUC and this community always has been a leader in giving blood end enwir the meet of the triped income and now is the most critical time we have ever faced.

We had no idea the need would be this great. If anybody has ever thought about giving, now is the time to do it.

In order to give blood, a person must be over 16 years old and weigh at least 110 pounds. Sixteen-year-olds must have a parental consent form in order to donate.

Donors may give every 56 days and those who gave in the April blood drive are able to donate again, Ugent said.

The SIUC Emeritus Association is sponsoring the blood drive and refreshments will be provided.



Anna Kolygina, student from Vladimir, USSR, and Natasha Kudatchkina, English instructor from Vladimir Polytechnical Institute, examine a bud on a magnolia tree Sunday.

## Soviet teachers visit SIUC to ready exchange program

#### **By Christina Hall**

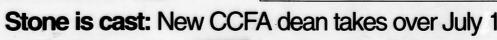
University apartment, bulky testaments of their late-night researching. As Tanja Koikova and Natasha Kudatchkina rush to prepare for a dinner it seems that even free time must be itemized into their schedule.

Koikova and Kudatchkina, English instructors from Vladi-mir Polytechnical Institute, USSR, have worked all day, every day since their arrival early in June to make arrangements for a group of students coming to SIUC from Vladimir to study in the fall.

Their main goals are to pre-pare the curriculum for the Russian students and to gather material on language teaching methods to take back to Vladimir, said Linda Grace, assistant dean of the college of technical careers who is helping with the exchange. The two instructors from Vladimir

have gathered information about the curriculum and analyzed the contents of textbooks to choose courses that will best suit their students.

See SOVIETS, Page 5



#### By Omonpee O. Whitfield Staff Writer

After a search of nearly two years. a dean has been named to College of

Communications and Fine Arts. Gerald C. Stone, formerly a direc-tor of graduate studies for Memphis State University's journalism pro-gram, was named dean of CCFA and will officially begin serving as dean on July 1.

Stone said he found no difficulty in deciding to come to SIUC.

"SIU is a great school, and this sounded like a great job," Stone said

Stone said he is not yet familiar enough with the college to determine if changes should be made. I want to meet

the faculty, learn the programs and learn what exists," Stone said. "If there is

Gerald Stone

an agenda, I'd like to see all of the programs be as high quality as possible." He did say the first addition he would like to make to the college is to start a development office to secure more grants for CCFA.

"The development officer would do nothing but look into grants and endowment funds and help secure monies from the government," Stone said. "I don't think this college or many other colleges has tapped its (financial) sources too well." SIUC President John Guyon said

he is pleased with Stone

I'm pleased with Professor Stone and will be glad to have him on campus," Guyon said.

tone is a graduate of Louisi ana State University, where he did under-graduate and graduate work. He obtained a doctorate in journalism from Syracuse University.

Before beginning work at Memphis State in 1985, Stone's career included serving as a distinguished visiting professor at E.W. Scripps School of Journalism at Ohio University.

**Gus Bode** 

Gus says be careful not to remap Southern Illinois out of the state.

See REA, Page 5





Staff Writer Books are piled on almost every bit of free table space in the

Rea OK; accepts plan for redistricting state "Rep. Jim McPike's (D-Alton)

By Leslie Colp intent was to make sure former Rep. Charles Goforth (R-Tamaroa) and A Southern Illinois senator who

Southern Illinois Eniversity at Carbondale

## Sports

## Daily Egyptian Coach to teach in Cuba

By Rob Neff

Page 12

Head Salukı Baseball Coach Sam Riggleman will leave July 10 for Havana, Cuba, where he will teach international coaches American methods of coaching pitchers as part of a program sponsored by the United States Baseball Federation.

USBF Program Director Scott Bollwage said the Ambassadors Program was created

said the Ambassadors Program was created fifteen years ago to help countries worldwide develop baseball programs. The program helps spread good will and understanding, Bollwage said. "It gives coaches the opportunity to serve as an ambassador to a country where there aren't any diplomatic relations," he said. "It remainde a concentruit to armed aced will provides an opportunity to spread good will through baseball."

This is the first time in the history of the program that the USBF has sent ambass coaches to Cuba.

Bollwage said because the Cuban Baseball Federation has sent out its own ambassadors rederation has sent out its own ambassadors in the past as part of programs similar to the USBF program, it didn't need other countries to send ambassadors to its country. This year, however, the CBF is having some trouble and asked the USBF for

assistance, he said.

Bollwage said Riggleman was selected for Bollwage sau roggiernan was selected to the job because of his knowledge of pitching. Under Riggleman's guidance last season, the Saluki pitchers produced a team ERA of 3.72, its lowest in 11 years. Riggleman is no stranger to coaching

baseball in foreign lands and has coached abroad for more than a decade.

He first became involved with the international baseball scene in 1980 when he toured Mexico, Guatemala and Venezuela with Sports Ambassadors.

Riggleman also worked clinics with Unlimited Potential in Puerto Rico in 1986 and again in the Dominican Republic in 1988

By Jackie Spinner Sports Editor Racket stringer Theresa Sheidt leans over a bright pink squash racket with a strand of nylon thread between her teeth.

But the senior in consumer economics and Her hands move meticulously around the racket as she weaves the new string from a cage behind the equipment desk at the SIUC the credit.

"It's been a group effort even up to the administrative level giving me the freedom to try different things," he said. The three-year-old service offers restringing for racquetball, tennis, badminton and squash rackets.

The restringing service also regrips rackets

Wilson Pro Staff colored grips and \$6 for tennis and racquetball leather grips. Ashley said the service isn't trying to

\$4 with an owner's grip, \$5 for as

compete with local restringing businesses.

See RACKET. Page 11

Staff Photo by Heidi Diedr

Coordinator Gerald Ashley, a senior from Chicago, restrings a racquetball racket Monday at the Rec Center. Student turns around Rec Center service

# The cost to restring a racket is 57 for all rackets if the owner provides the string. The Recreation Center charges 58 for standard string and 512 for high performance string in white and natural and neon blue, yellow and

from Centralia, is one of coordinator Gerald ey's four summer stringers.

Since Ashley took over as head of the estringing service last July, business has ncreased by almost 300 percent.

family management from Chicago won't

### Owners put time, care into machines

Recreation Center.

A \$935 professional stringing machine holds the racket steady as she prepares to tighten the tension of the strings.

tighten the tension of the strings. Sheidt, a senior in elementary education

By John Sommerhof Staff Writer

na Stone spent four years ust building a car. But the auto mechanic from

Pontiac had a restored 1964 Ford Falcon to show for his work Saturday at the 1991 Street Machine Nationals in Du Quoin.

Stone said he spent a lot of time walking through salvage and junk yards searching for parts for his restored Falcon.

Diane Daugherty knows her chance of making the final cut of the Mazda LPGA Championship

this week in Maryland is a long

The Saluki women's golf coach is only one of five LPGA Teaching

Division pros in a championship field of 144.

"I am competing against people who play every day," Daugherty said. "It's a real outside chance."

But it's a chance Daugherty is willing to take.

By Jackie Spinner Sports Editor

shot

"My wife got a little tired of spending our weekends in junk yards but now that it's built, she sure does enjoy going for rides," he s nid

Stone said he didn't plan on winning any awards this year and noted he still has some work to do on his car before it is ready for competition.

Judging at the nationals is done by the car owners themselves. Each participant is given a ballot with 22 categories on it.

Coach to play LPGA tourney

Chris Radke, promotion manager of the nationals, said it is more of an honor for the car owners to be judged by their peers than by a panel of judges. The 1991 Grand Champion

as Keith Eickert of Flagler Beach, Fla. Flagler won the award for his 1987 Monte Carlo. The 1991 best paint award went to Chuck DeVries Sr. of

See CARS, Page 11

Westmont

Washed out Weather postpones Wimbledon play

pink.

WIMBLEDON, England (UPI) — Rain washed out play on the opening day of the \$6.5 million Wimbledon Tennis Championships Monday, the first time since 1987 that an entire day's program was lost to the weather.

Stefan Edberg, who was due to open the defense of his men's singles title against Switzerland's Marc Rosset, was one of the players put on 24-hour hold as 66 matches were rained out.

With a similarly bleak weather forecast for Tuesday, Wimbledon could suffer its first back-to-back wipeout in 82 years, since June 24-25, 1909.

The rain postponement resulted in the Edberg-Rosset clash being relegated to the second match on Center Court Tuesday following the appearance of nine-time women's champion Martina Navratilova against South African Elna Reinach

Top-seeded German Steffi Graf is scheduled to open the Court 1 action against Belgian Sabine Appelmans.

Fourth-seeded American Jim Courier, holder of the French Open title, goes against Frenchman Rodolpho Gilbert on the No. 14 showcourt.

Third-seeded Czechoslovak Ivan



Lendl and fifth-seeded American Andre Agassi, two other rain-hit victims, had their matches postponed until Wednesday. Lendl had been due to 'ay New Zealander Kelly Evernden, while Agassi was matched against Canadian Grant Connell.

While the covers remained on Winde the covers remained on Wimbledon's 18 grass courts Monday, the 25,000 spectators on the grounds were left counting raindrops instead of aces. Although not a single ball was hit, there is no reimbursement and some fans had paid more than 10 times the face e of tickets for seats.

But the biggest loser turned out to be Monica Seles, who was fined \$6,000 by the Women's Tennis Association for pulling out of the tournament last Friday because of an injury. Seles won the Australian and

French Opens this year and was bidding to become the first player since Graf in 1988 to complete the Grand Slam.

nd 70 in the two rounds.



sectional tournament. Tournament golfers will play 18 holes Thursday and Friday. The top 70 golfers make the LPGA cut.

Last year Daugherty missed the cut by five strokes after hitting a 80 Because she played the tournament course last year, Daugherty said she knows what to







Hours: 11 am - 1:30 pm Daily

The Old Main Restaurant is located on the 2nd floor in the Student Center

inges of address to Daily Egyptian, Sputhe and Class Postage paid at Carbondale, IL

June 25, 1991



More than 102,000 people attended the 15th Annual Street Machine Nationals Saturday at the Du Quoin State Fairgrounds.

## Rain dampens rowdiness at Street Machine Nationals

By Cyndi Oberle Staff Writer

The 15th annual Street Machine Nationals did not pull the crowd or the trouble that was expected after last year's rowdy celebration ended in chaos.

The crowd this year of 102,543 fell short of last year's 106,865, and the darkened skies that covered the Du Quoin State Fairgrounds Saturday and Sunday may have dampened the spectators' spirits.

In fact, the rain may have worked in favor of crowd control, said Chris Radke, public relations manager of The Promotion Co., which handled publicity for the event. The thundershowers kept the turn-out down, which made it easier on the police forces working the event, she said.

Ken DeMent, Du Quoin police chief, said it was a much better crowd this year and arrests were down less than half of what they were last year. He said overall, his officience were last year of the said overall, his officers only arrested about 30 people, and it was the best control they have had in the six years the Street Machine Nationals have een coming to Du Quoin. Illinois State Police reported

approximately 420 arrests and 17 accidents, two of which involved injuries. Both police forces reported the most common arrests were for the illegal transportation of alcohol.

"The people who pose the biggest problem to us are those biggest problem to us are inose who come to party at night and haven't even been on the fairgrounds that day." DeMent said. "We really didn't even have any major problems though after the closing of the grounds. We did have one large fight on Main Street



Dawayne "Big D" Baugus, from Paducah, Ky., reflects while he air brushes a car motif onto a shirt during the street machine show Saturday In Du Quoin.

which one individual got stabbed, but that was the most significant incident of the weekend

DeMent also noted the ordinance camping helped keep arrests to a minimum. He said it also helped keep trash from clogging up the

city. "We had all the debris cleaned we had an the devise treated up by mid-day Monday," DeMent said. "It did not get near as bad as it was last year. This year we only had trash where the crowd was and not throughout the entire city.'

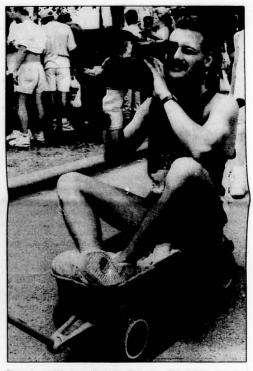
Another factor that helped Du Quoin was the new route of traffic into and out of the grounds. Northbound traffic on U.S. 51 was detoured to Illinois Route 14 south of the fairgrounds so all traffic would be one-way around the grounds. "This arrangement did facilitate

getting out of the fairgrounds easier," DeMent said. "We had a little traffic backed into and through the city, but we will address that next year if the Nationals come back." Carbondale Police Chief Don

Strom also reported a positive

feeling about the event. "When it comes to actual offenses reported, this weekend was not any greater than a normal weekend," Strom said. "The officers found the crowds to be well-behaved, but the amount of people was not terribly substantial. It was just a little greater than a normal weekend."

Strom said there were 86 traffic citations issued, twice the number normally issued, and 18 arrests associated with a large crowd—underage possession of alcohol, public urination and open consumption of alcohol.



Steve Lapadat, from Ontario, Canada, videotapes events at the automobile exhibition as he rides around in his miniature street machine Saturday at the Du Quoin State Fairgrounds.

> Staff Photos by Mark Busch



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## **Opinion & Commentary**

#### Daily Egyptian

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## Permanent solution sought for education

EDUCATION JUMPED THE first hurdle in the state funding issue last week with the House voting to extend the 1989 temporary income tax surcharge for another two years.

Claiming an extension on the tax isn't a permanent answer for education's problems, all of education's fans weren't cheering as this hurdle was cleared.

Gov. Jim Edgar, who has rooted for state education funding from the beginning of the budget shuffle, is among this group of unhappy fans and has promised to veto the bill.

THE IDEA THAT EDUCATION has become dependent on revenue generated from the 1989 temporary surcharge tax is not in question. The surcharge provided the Illinois higher education system with \$111.2 billion in fiscal year 1991, with \$47.8 million going to SIU. A 24-percent tuition increase would be needed to balance the loss of the surcharge

With education already on the state budget's cutting block the loss of the surcharge would be devastating.

**EDUCATION NEEDS A SOLUTION to its funding** problem instead of a patch-up job every two years. Edgar was pushing the Legislature for a real solution by taking a stand for the surcharge to be made permanent by promising to veto an extension.

Opponents of a permanent surcharge claimed extending the surcharge would allow for time to look at education's needs and to see if the financial picture changes because of budget cuts and the end of the recession. However, there was an apparent need for the surcharge two years ago in 1989 before the recession began. It is unlikely that the end of the recession will end education's need to be adequately funded.

PEOPLE IN THE EDUCATIONAL system are in a nowin situation. They cannot afford to argue whether or not the surcharge is made permanent because by fighting for a permanent surcharge they take the risk of completely losing surcharge funding. Education needs the money supplied by the surcharge too much to take this chance.

But simply extending the surcharge is a small victory that leaves education suspended above the final hurdle, keeping the declaration of a winner in the race from being declared until 1993 or, at this pace, even later.



## Voters can help save Shawnee forest

A government agency, the U.S. Forest Service, is out of control. The American people must stand up and take our national forests

Forest Service The is encroaching on the last remnants of every national forest. Because of this agency's perverse obsession to this agency's perverse obsession to get the cut out at any cost, the people of Southern Illinois have been "pushed to the verge of popular insurrection." We, the voters of this country, refuse to allow our taxpayers dollars to subsidize the destruction of our national forest heritage. If we must subsidize logging dependent areas for economic reasons, we can fund tor economic reasons, we can fund forest rebuilding projects. It's time to stop funding the destruction and start funding the protection of our last native forest canopies, whether it's the ancient old growth of the Northwest, or the 100 year old regenerating hardwoods of the Midwest.

On Feb. 27, 1991, in response to public pressure, our Illinois congressional delegation advised Forest Service Chief F. Dale Robertson to put a "hold on all

pending Shawnee National Forest timber sales." We've got to hold everything to get a handle on billions of lost taxpayer dollars. Time is needed to research the precious Forest habitat that we have left in the public trust. Robertson refused to honor the request of our elected representatives!

The defenders of the Shawnee canopy have tested the courts, law enforcement, and forest service personnel. They all pass the buck saying that, "Congress decides how much to cut, then designates public much to cut, then designates photoc funds to do it." Now we're putting our elected congressmen to the test. Our message: Eliminate the timber sale budget! Why are citizens of Illinois and Indiana so outraged? While California has 5.9% of its buddense mine canrornia nas 5.9% of its landbase in wilderness preservation, Illinois only has 0.1% of the state preserved, Indiana only has 0.05% preserved.

The Shawnee and the Hoosier, the two smallest national forests have already suffered devastating fragmentation. We can't afford to give up one more acre! The lives of hundreds of endangered forest

species are at stake. Our planet's best defense against a worsening greenhouse effect from billowing carbon dioxide emissions is being thoughtlessly sacrificed.

If you care about life, call your congressman today. Make it clear that your vote depends upon his stand for stopping the destructive reign of the Forest Service bureaucracy in our National Forests NOW, starting with a "special congressional BAN on the logging of Fairview", the watch tower woodlands in the Shawnee National Forest in Southern Illinoi

We've drawn the line in the Shawnee and are holding that line at Fairview, because it symbolizes every last place the Forest Service every last place the Forest Service has set it's deadly sights on in the name of bureaucratic greed and corporate profits. We are faced with the urgent challenge of stopping the Forest Service in mid-step. If they put their big, blundering foot down one more time. America's national forest time. America's national forest treasures will disappear!-Jan Wilder-Thomas, Defense Fund. Shawnee

the as the state

#### Doonesbury



#### REA, from Page 1

Rep. Terry Deering (D-DuBois) would no longer be from the same district in Perry County," he said. Sen. William O'Daniel, D-Mount Vernon, also withheld his vote because of a promise to Rea. Rea's announcement releases O'Daniel of his commitment so he may vote for the proposed districts.

The proposed area for District 54, O'Daniel's district, includes all or parts of 14 counties. O'Daniel said he and Rea agreed

neither would vote for the districts until both were satisfied with the way the lines were drawn. Sen. Ralph Dunn, R-Du Quoin,

said he did not understand why

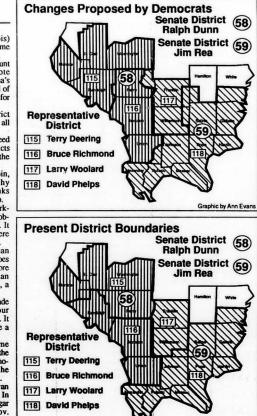
said he did not understand why there was a problem. He thinks Gov. Jim Edgar will veto the map. The Republicans also are work-ing on a redistricting map but prob-ably will not vote on it, he said. It would not pass the Senate, where Democrats hold a 31-28 majority. Cindy Huchner spokesymman

Cindy Huebner, spokeswoman for Senate Democrats, said she does not think there will be a vote before June 30. If no redistricting plan becomes effective by that date, a commission will be formed.

The commission would be made up of eight members, with four Democrats and four Republicans. It would have until Aug. 10 to file a

map with the Secretary of State. If no map is filed, the Supreme Court has until Sept. 1 to submit the names of a Republican and a Democrat, one of which will cast the deciding vote for the commission.

Secretary of State George Ryan would draw a name out of a hat. In 1981, then-Secretary of State Edgar drew former Democratic Gov. Samuel Shapiro's name and the Democratic plan was approved.



Daily Egyptian

## **DEANS**, from Page 1

last for years to com Acting Dean of the College of Communications and Fine Arts Marvin D. Kleinau said faculty vacancies are nothing new, and although not the "end of the they could make things world. difficult, especially if cuts are "There is no way we can

The courses that the students may be taking are in the electronics, computer information

and automotive departments,

Koikova and Kudatchkina interviewed faculty in the College

of Technical Careers to gain a

general idea of what courses best would fulfill the requirements of

the students at their level and area of studies in Vladimir, Grace

Koikova said.

said

continue without money. We don't know how bad it's going to be, but anything less than what we got last year will be a problem," Kleinau said. All contacted deans agreed the

University would be hard pressed for funding if the surcharge is not

"I'm not big in doomsday

plotting," said Thomas Gutteridge, dean of the College of Business and Administration. "That goes above deans. Despite the possibility of no new ersonnel, Gutteridge said personnel.

Graphic by Ann Evans

employees under contract need not worry about their jobs. "It's been made clear were not

going to tear up paper," he said.



Page 5

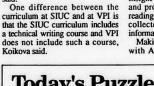
#### SOVIETS, from Page 1 itions and government will en-hance their language studies and cultural background, Kudatchkina To fulfill their second goal they have studied books on language Student Center Recreation Area

This is necessary because of the close relationship between VPI and SIUC and beneficial if the relationship is to go on," Koikova

Much of their schedule is reserved for dinners with different families, making way for an incidental third accomplishment finding new friends.

We have dinner at someone's house every night, so making friends is maybe the third goal," Koikova said.

Today's puzzle answers are on Page



ACROSS	36 Gadabout	DOWN	29 "- Bulba"
1 Zenana	37 Toward the	1 Brick troughs	30 Get on a
6 Tore	mouth	2 USA word: abbr	soapbox
10 Shape	38 Fjord city	3 San -, It.	31 Make over
14 Subatomic	39 Rara —	4 Self-esteem	32 Toot
particle	40 "Republic"	5 Thane of	33 Interlaced
15 Beguiling trick	author	Cawdor	36 Epic poem of
16 Singer Adams	41 Greeted warmly	6 Scytne stroke	India
17 Practicing social	43 Get up	7 Gist	40 Make believe
equality	44 Alg. port	8 Actor Wallach	42 Metallic earth
19 Bereft	45 Cartel letters	9 Wine server	
20 Theater sign	46 Knitted fabric	10 Depressed	43 Egypt's sacred bull
21 The two	49 Step!	11 Fragrance	45 Pungent
22 Noah's landing	50 A Gabor	12 Monza money	vegetable
22 Noari Standing 24 Interlock	53 Eden dweller	13 Fender mishap	46 Wear out
	54 Very clean	18 Betsy or Diana	47 Henry James
25 Soon 26 Makes fun of	57 Where to find a	23 Caviar base 24 Like a miniature	biographer
28 Airport	58 Alliance	24 Like a miniature world	48 Chest sound
surveillance	acronym	25 Mosquito genus	49 Preminger
tem	59 Lariat feature	25 Mosquito genus 26 Rib	50 Eng. school
32 Tree	60 Energy type:		51 Carpenter's to
33 Ford	abbr.	27 Composer Kurt	52 Tennis serves
34 — Krishna	61 Like - of bricks	Kurt	55 - King Cole
35 Haunt	62 Has a meal	28 Letterman of TV	56 Taro food

instruction and taken notes to write articles about new methods of teaching English as a second language, Kudatchkina said.

They also have gathered practical materials, such as language recordings to use in classes in Vladimir.

To help their students gain more insight into the English language and provide context for English readings, the two instructors have collected historical and cultural information about American

Making students more familiar with American lifestyles, tradsaid

said



June 26, 6:00 p.m. 9-Ball Tournament (Billiards) Entry Fee: \$4.00

Summer Tournaments

July 3, 7:00 p.m. 9-Pin No Tap Bowling Tournament Entry Fee: \$4.00

July 10, 6:00 p.m. **8-Ball Tournament** (Billiards) Entry Fee: \$4.00

July 17, 7:00 p.m. **3-Person Scratch** Tournament (Bowling) Entry Fee: \$12.00 per team

July 24, 6:00 p.m. **8-Ball Doubles** Tournament (Billiards) Entry Fees: \$8.00 per team

For more info. call Marie at 453-2803 or stop by the Student Center Rec. Area Counter. urnament awards donated by the University Bookstore and Student Center Dining Servic

......

Daily Egyptian



A backhoe with a hydraulic hammer from Morgan Construction in Murphysboro, breaks down the east wall of the Jackson

Staff Photo by Fred Ha County jail Friday morning. The corner of the jail was collapsing because it was built on top of an old landfill.

#### Valls come tumblin' down

By Wayne Frazer Staff Writer

The walls came down at the Jackson County Jail Friday morning in Murphysboro-but the police weren't worried.

Demolition began on the jail because an addition built three years ago sank more than a foot into the ground. Bill Orrill, president of Morgan Builders, said the problem was the earth under the building.

"fears ago there was a dump here," Orrill said. "It was covered up with dirt because it would have cost a lot more to pull all the junk Another building had been on the site, but it burned. The structure was demolished and pushed into the foundation before being covered up. Ray Nowacki,

Ray Nowacki, associate professor of structural engineering, said soil samples should have told the builders whether the ground

"The purpose of the soil borings is to get the condition of the earth underground," Nowacki said. Morgan Builders built the addition, but Openil togic the source of the source of the source of the builders built the addition, but openil

but Orrill said his company was unaware the ground was unstable. "The Building Commission did the land samples work," he said.

We had no idea this problem

would come up." Eugene Chambers of the Building Commission said the rest of the structure will be evaluated.

"There will be no rebuilding on the site," Chambers said. "They may have to do a little more to the rest of the jail to stop the problem." The Building Commission is

currently suing the architects and structural engineer involved in the original work. Chambers said the demolition is

not causing any problems at the

The entire contract will cost about \$500,000, which will come from interest on the bonds sold to finance the building of the jail.

Grand opening

#### Injury at car show: **Lightning strikes 6** at Du Quoin fair

By Cyndi Oberle

Black clouds that covered the Du Quoin State Fairgrounds Saturday brought rain and lightning. They also brought injuries to six spectators attending the Street Machine Nationals

Two of those injured remained under observation Saturday night at the Marshall Browning Hospital in Du Quoin and were released Sunday.

James Remy Sr. and James Remy Jr., of Milan, were reported to have sought cover from the rain under a tree next to a pond, Lightning struck the tree and both men were knocked ove

Two other victims were struck in the next bout of lightning that occurred about 20 minutes later. Kenneth Myers and Barbara Taylor, of Haysfield, Kan., also were admitted to the hospital but declined to stay for 24-hour observation.

Two other individuals were injured from the first lightning strike, but those reports were unconfirmed, said Illinois State Police officials.

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### Briefs

#### Announcements

CATHOLIC CHARISMATIC PRAYER group neets Tuesdays from 7:30 to 9 p.m. at the Newman Center, 715 S. Washington St. For tails call 549-4266.

June 25, 1991

UNIVERSITY CHRISTIAN MINISTRIES will talk about the history of the Palestinian people featuring Gary Wolf at 12 p.m. Interfaith Center 913 S. Illinois Ave. Call 549-7387 for details

LITTLE MISS AND MR. SOUTHERN Illing will be June 29 at the University Mall. Contesta must be ages 0 to 17, attire is sportswear and all nestants must pro-regist own at (502) 442-5472. rister. For details call Mrs

REGISTRATION CLOSES July 1 for the Graduate School Foreign Language Test July 5. APPLICATIONS MUST BE RECIEVED by

the Educational Testing Service for the Aug. 3 Test of English as a Foreign Language and the Test of Spoken English on July 1.



## Information on asthma makes breathing easy

By Cyndi Oberle Staff Writer

SIUC students and members of the community can breathe a little easier about asthma information during the Adult Asthma Program at St. Joseph Memorial Hospital, Wednesday.

Joseph, located St. Murphysboro, and the American Lung Association organized the program, which will be presented by family practitioner Dale Blaise. Asthma is a lung disorder that causes difficulty in breathing,

wheezing and coughing. Someon suffering from it will generally feel short of breath and suffocated, said Helen Saunders, regional director of the American Lung Association. Saunders said no one knows the

exact cause of asthma, but there is

an indication it is hereditary. Asthma could be related to genetics or just the inheritance of super-sensitive lungs, she said.

"We do know what will cause it to flare up though. In children it is allergies, pets and second-hand smoke, and in adults it is less because of allergies but more because of pollutants, chemicals in one's workplace and viral viral infections,"she said.

Saunders said asthma should be taken seriously because it could be fatal.

"In 1987 alone, 4,030 people died with the underlying cause being asthma. But with proper management most people with asthma can live normal, productive lives," she said.

Saunders said currently 9.6 million people in the U.S. suffer from asthma with symptoms such as chronic coughing, chest tightness and wheezing when resting or after 

short exercise More than 5 percent of adults are afflicted with asthma and it is the

fourth leading chronic condition for children under 18. Saunders said asthma is an affliction that is steadily becoming more common because of the in-dustrialization in society and the

increase of pollutants in the air. With the disease becoming more prevalent, the need for asthma information is increasing and is one reason for holding the program, she said.

The focus of this program will be to educate individuals on how to control asthma," Blaise said. "Through the advice of a physician, a patient can learn to notice early

a patient can learn to notice early signs of asthma episodes and know when to get medical help." Taking prescribed medicines and avoiding activities that cause asthma episodes will aid in the prevention and control of attacks,

While there is no present cure for asthma, treatments focus on controlling asthma attacks, as well as stopping attacks once they have started, Blaise said. He said treatment of asthma

begins with a diagnosis, which includes a medical history, a physical examination and laboratory tests. Once the diagnosis is made, the treatment can begin.

"Nearly 20 percent of people with asthma suffer some limitation in their daily activities," Saunders said.

The Adult Asthma Program, starting Wednesday at 7 p.m., is the first program on asthma to be held at the hospital and pre-registration is required for persons attending. To register, call St. Joseph Memorial Hospital at 684-3156. of Sam's Club brings shoppers

By Omonpee O. Whitfield Staff Writer

Attention Wal-Mart shoppers! Sam's Club opened the doors to its warehouse stocked with everything from food to the kitchen table.

Sam's Club, a division of Wal-Mart Stores Inc., held the grand opening of its store in Marion Monday. The The invitation-only event began at 10 a.m. as members and potential members browsed the warehouse in search of bargains.

Sam's Club Manager Curt Wharton said only club members may purchase merchandise. There are two types of club memberships available, business and individual, he said.

Anyone holding a valid tax permit or a current business or professional license is eligible to join as business members.

Anyone who works for the city, state or federal government or federally-funded organizations are eligible to be an individual member, including students who work for and receive a

paycheck from universities. Wharton said membership costs \$25 and business members may pay \$10 for up to four additional associate memberships.

Wharton said 123 people are currently employed at Sam's.

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### NOTICE FROM THE FINANCIAL AID OFFICE ALL UNDERGRADUATE STUDENTS MUST COMPLY WITH THE FOLLOWING SATISFACTORY PROGRESS POLICY IN ORDER TO RECEIVE FINANCIAL ASSISTANCE.

### SATISFACTORY PROGRESS POLICY FOR UNDERGRADUATE STUDENTS AT SOUTHERN ILLINOIS UNIVERSITY AT CARBONDALE

The Federal Government, the States, and Southern Illinois University at Carbondale have invested large sums of money in order to provide financially needy students the opportunity to obtain a post-secondary education. Financial aid recipients are responsible for using the funds provided in an acceptable manner. Therefore, a student who wishes to benefit from the receipt of financial aid funds must maintain "satisfactory progress" as defined in this policy.

#### AUTHORITY

The Higher Education Act of 1965 as amended and the final regulations set forth by the Department of Education in 34 CFR 668 require that institutions of higher education establish reasonable standards of "satisfactory progress". A student who does not meet these standards is not eligible to receive federally funded financial aid. Southern Illinois University at Carbondale shall make these standards applicable to all state and institutional aid programs for the purpose of maintaining a consistent and reasonable financial aid policy.

#### SATISFACTORY PROGRESS STANDARDS

Southern Illinois University at Carbondale requires that a student be making "satisfactory progress" toward a degree if he or she wishes to receive financial	MODEL FOR FULL-	TIME ATTENDANCE
aid funds. A student is making "satisfactory progress" toward a degree if successfully meeting two basic academic standards. First, a student must complete a reasonable number of credit hours toward a degree each academic year. Second, a student must maintain a scholastic standing, derived from grades, that allows for continued enrollment at the University under current academic guidelines. The following parameters will be used to define these two basic academic standards:	SIUC Academic Terms <u>Completed</u> 1 2 3	SIUC Cumulative Hours <u>Passed</u> 8 16 24
1) Maximum time to graduate: A full-time, eligible student is expected to complete a degree in six academic years (12 semesters). A half-time, eligible student is expected to complete a degree in twelve academic years (24 semesters). In order to be sure that a student is progressing toward that goal, each student's progress will be measured annually after Spring Semester to determine the progress made for the last academic year of attendance. Each term of at least half-time attendance shall be included in the annual review whether each the during the former of the term. The term of at least half-time attendance shall be included in the annual review.	4 5 6 7 8 9 10	32 42 52 62 72 84 96
whether or not the student received financial aid for the term. The fc ving chart will serve as a model to determine if each student is meeting this requirement of "satisfactory progress".	11 12	108 120

2) Grades: A student must remain in compliance with the University's policy concerning scholastic standing, grades, and grade point average as defined under the topic "Grading, Scholastic Regulations, and Credit" in the current <u>Undergraduate Catalog Bulletin</u>. A student who is on Scholastic Suspension is not maintaining "satisfactory progress". A student who is scholastically suspended may be readmitted under Scholastic Probation status by the appropriate academic dean and remain eligible for financial aid. Each student's scholastic standing will be monitored after each semester or term of attendance:

A student who does not meet both of the standards set forth above and who cannot show "mitigating circumstances" is not maintaining "satisfactory progress" toward a degree and is no longer eligible to receive financial aid funds. (See Appeals)

Nothing in this policy shall be construed as a reduction of external requirements by other federal, state, public, or private agencies when they award or control financial aid. Examples of such agencies are: Veterans Administration, Vocational Rehabilitation, and the NCAA.

#### DEFINITIONS

<u>Credit hours completed</u> shall be defined as the total number of academic credit hours for which a student receives any grade other than a failing grade. Incompletes, withdrawals, audits, and remedial courses which do not count toward a degree shall not be considered as credit hours completed. Credit hours received for repeated courses shall be counted only once.

Eligible students shall be defined as those students who are admitted to the University in a degree-seeking classification. All other students are not eligible for financial aid.

Eul/time attendance for undergraduates shall be defined as enrollment in twelve (12) hours or more per semester. Half-time attendance for undergraduates shall be defined as enrollment in six (6) or more hours, but less than twelve (12) hours per semester. <u>Undergraduate</u> shall be defined as a student who is a freshman, sophomore, junior, senior or a senior with a bachelor's degree seeking a second bachelor's.

#### NOTIFICATION OF TERMINATION

It shall be the responsibility of the Financial Aid Office to publish this policy and to notify by letter any student who is no longer eligible to receive financial aid funds. Said notice shall be addressed to the student's most current permanent address on file with the University. IT SHALL BE THE RESPONSIBILITY OF THE STUDENT TO INFORM THE UNIVERSITY OF A CORRECT PERMANENT ADDRESS AT ALL TIMES.

#### REINSTATEMENT

Students will have their eligibility to receive financial aid reinstated when they have reached the level of satisfactory progress required of them by this policy. They may achieve this status by the completion of incomplete grades, correction of incorrect grades, and by earning sufficiently more than the required number of completed hours for a term or terms of attendance without the benefit of financial aid.

#### APPEALS

Any student who cannot meet the grades requirement, or the cumulative credit hours completion requirement shall have an opportunity to appeal in writing to explain "mitigating circumstances". The appeal should be sent to the Financial Aid Office within 15 days of the notice of termination. The Financial Aid Office will review the "mitigating circumstances" documented in the appeal and provide a written decision within 20 days after receipt of the appeal.

## Self-instruction center helps faculty students prepare for coursework

By Christiann Baxter Staff Writer

Students willing to put forth that extra effort to get the most out of their classes, and faculty concerned with improving their teaching skills, will find the answers at Learning Resources Service in SIUC's Morris Library.

LRS's Self-Instruction Center provides materials for students to supplement coursework, said Douglas Bedient, director of LRS.

Practice exams and lecture tapes are placed in the Self-Instruction Center by faculty members for use by students, he said. Learning materials jointly developed by faculty and LRS also

are available. "This gi

"This gives students the opportunity to make up work.

clarify points they may have missed and reinforce their learning," Bedient said.

Students have access to computers and typewriters in the center, he said. Computer training programs are provided for those who need help with certain computer programs, he said. The Student Media Design Lab

can be used by students who need to make overhead transparencies, Bedient said.

An instructional rental film/video library is another feature of LRS, he said. Video material and graphics also are produced for classroom use.

Faculty members benefit from LRS through the use of the Instruc-tional Development Department.

Improving lecture skills, preparation of tests and organization are among the things Instructional Development helps

faculty with, said. "We're very interested in working with faculty to address teaching and learning," Bedient hies

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Regina Glover, an associate professor in the recreation department, said she has used Instructional Development to evaluate her teaching skills. Glover said she'd like to see

more recent audio-visual productions provided.

LRS is putting a lot of effort into hooking video and computers together to produce an interactive video disc, which uses a computer to interact with a laser disc, he said.

This allows the user to choose segments of a program to develop.

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The Daily Egyptian cannot be responsible for more than one day's incorrect insertion. Advertisers are responsible for checking their advertisements for errors on the first day they appear. Errors not the fault of the advertiser which lessen the value of the advertisement will be adjusted.

All classified advertising must be processed before 12:00 Noon to appear in the next day's publication. Anything processed after 12:00 Noon will go in the following day's publication. Classified advertising must be paid in advance except for those accounts with established credit. A 25¢ charge will be added to billed classified advertising. A service charge of \$7.50 will be added to the advertiser's account for every check returned to the Daily Egyptian unpaid by the advertiser's bank. Early cancellation of a classified advertisement will be charged a \$2.00 service fee. Any refund under \$2.00 will be forfeited due to the cost of processing.

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June 25, 1991



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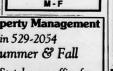
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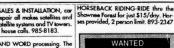
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## Hockey league approves use of instant replays

BUFFALO, N.Y. (UPI) -National Hockey League board of governors Monday approved several rule changes for the 1991-92 season, including the use of video instant replays in disputed goal, no-goal situations.

The governors, ending two-days of meetings in Buffalo, also tightened penalties for players cross-checking other players into the boards, adopted a number of new rules to protect goaltenders and decided to change the goal frame anchoring system. The league will use video

replays on disputed goal situations

such as the puck crossing the goal line, the puck in the net prior to the goal frame being dislodged, a puck in the net prior to the expiration of time at the end of a period and a puck directed into the goal by a hand or foot.

We can at least draw upon the assistance (of technology) in making these (goal) decisions, NHI, President John Ziegler Ir. said, adding that the resolution was approved unanimously. "By no means will this eliminate all controversies.

Use of the video replay will be at the discretion of the on-ice referee, who will then consult with a video replay supervisor, who will review e replays available to him and then advise the referee. The leave has set a two-minute limit on the review period.

As part of the use of video replays, the league also approved the use of game time clocks to measure time in tenths of a seco during the final minute of each period.

The governors decided to prohibit players from standing in a goaltenders crease, and officials will penalize any opposing player who skates through or stands in the

crease and makes contact with the goalie.

The league will also get tough with players who cross-check other players from behind into the boards, with the offending player receiving a major and a game misconduct penalty. "A number of these rule changes

were made clearly to protect the safety of the players," Ziegler said. The governors voted to scrap the

current magnet goal anchoring system, and to instead use the Marsh Peg system in which the net is anchored with a flexible peg. The new pegs will not prevent the

LPGA, from Page 12

net from coming off, but are expected to cut down on the number of times it comes off when players crash the net or when goalies lift it off.

Another rule change approved by the governors limited the number of players a team may dress for a game to 17 players and two goaltenders, as opposed to the current 18 players and two goalies per team.

Players on the ice when a fight starts also must immediately separate and go to their respective benches to cut down on secondary pushing and shoving matches.

## Carter may be headed to All-Stars

TORONTO (UPI) - After four seasons of driving in more than 100 runs and one season of more than 30 homers and 30 stolen bases, Joe Carter might finally be headed for the All-Star Game

Carter, in his fist year with Toronto after spending six seasons with Cleveland and one in San Diego, should make the All-Star team this year on his June numbers alone. He tied a Blue Jays' record with 11 homers

in the month and added 25 RBI. He led the major leagues with 17 homers entering Monday's game, with 158 total bases and 38 extra

AL, a . 312 batting average was 80 points higher than he hit last season with San Diego, and for good measure he also had 11

"I sure hope he makes it, he's had some pretty good stats,"

"We don't go for a profit," he

said. "We just try to break even." It's a concept Ashley would like to see go one step farther at SIUC.

"What the University needs is a pro shop down here," he said. "I'd

love to see one where we sell

rackets, not for profit but as a

being made about their rackets

**RACKET, from Page 12** 

Toronto Manager Cito Gaston said.

"Joe's the kind of guy who just goes out and gives you 100 percent everyday, whether you play him in left or right (field) or hit him third or fourth."

Carter and Roberto Alomar joined Toronto in an off-season deal that sent Tony Fernandez and Fred McGriff to the Padres. Carter said he won't be upset if

he misses it again this season, after seasons of being passed up.

expect out of the course. She also knows the course will

demand a lot from her as a golfer. 'It's a real tough golf course," Daugherty said. "It will challenge our accuracy, distance and putting—that's about the whole golf game."

Daugherty will play against 143 golfers, four of whom are sectional champions in her division, the Teaching Division.

Cindy Miller of New York, Kathy Farrel of Texas, Carol Hogan-Gallagher of California and Michelle Mackall of Florida are sectional champions in the Teach ing Division.

Elaine Cottrell, tournament operations assistant for the LPGA, said teaching section champions have the same opportunities in the championship as the rest of the field.

on tour is a disadvantage here but they are still professional," she

LPGA Teaching Division pros are allowed to play in one event nearest or next nearest to their homes. All section champions qualify to play in the LPGA finals.

Even if she misses the cut again this year, Daugherty said she still has an opportunity to make a name for SILIC

Carrie Hall, a New York recruit, approached Daugherty about playing for the Salukis after she appeared in the championship tournament in 1990.

Daugherty was named LPGA Coach of the Year in 1990 by both the Gateway Conference and the LPGA Midwest Section.

The Saluki coach won the 1981 Missouri State Amateur before turning to professional golf in fall 1983.

She was the top money winner on the Futures Tour in 1985 and played in the U.S. Open. Knee injuries halted her

professional touring days in the mid-1980s.

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base hits His 50 RBI and 20 doubles placed him in the top five in the

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#### CARS. from Page 12

Stone said deciding on the right color for a car is an important and tough decision.

"I went to about every car show in the area over the past four years before I finally decided on the deep

"I know it just looks like a blue car," he said. "But I thought the color was the most important part of the restoration.

Steve Victor owns vintage hot pink 1957 Chevy.

"A few years ago people wouldn't of dreamed about putting this color on a car,'

"Now it seems the wilder the better," he said.

Victor, a bankruptcy consultant from Chicago, said he has been a car enthusiast for about 10 years and tries to go to as many car shows as he can.

"I've never gotten any awards and don't even come for the competition," he said

For Victor the best part of the show is the camaraderie.

"I've got a lot of friends at the shows and really this is the only chance I get to see them," he said.

The 1991 award for best personalized license plate went to Amy Goldesberry of Dawson. Goldesberry's Dawson. Goldesber plate said, "IZAPRO 1."



That's something Ashley's supervisor, Wendy Darius, said has made the Recreation Center SALUKI CURRENCY EXCHANGE 5 CHECKS CASHED WESTERN UNION 1992 Passenger Car & Truck **Renewal stickers** \* Private Mallboxes for rent \* Travelers Checks

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restringing business boom since Ashley took over. "Gerald's somebody when he

gets a challenge, he meets it," said. "He reads a lot of magazines and stays top with what is current." The restringing service at the Recreation Center isn't the only

recreation now," he said. "I would love to start my own restringing business

when the grip begins to ruffl

Ashley advises players to restring their rackets as many times

Ashley said he also understands the racket stringing business isn't just about restringing rackets. He spends time learning about all the latest strings and grips and lets the customers in on the decisions

as they play in a week. Racket strings lose their tension

thing that has changed since Ashley took over.

"A lot of other schools have a pro shop, and it works out fine," he said. "Maybe in the future we will get one, too." Ashley says it's changed him,

too. "I'm seriously looking into

with age, he said. A racket should be regripped

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Page 11

# **Health and Fitness**

## Smokers light up despite hazard

### Stress, pressures make quitting habit hard to do

By Wayne Frazer Staff Writer

A s America turns toward a smoke-free environment, Carbondale students are far from giving up their habit.

Despite health warnings and the scorn of onsmokers, smokers light up outside University buildings and in bars and restaurants.

How do students get started smoking and why don't they stop? "My friend and I bought a pack one night just to try it," Kerri Wiman said. "We smoked them and I liked it " smoked them and I liked it.

Wiman, a senior in administration of justice from Ashmore, said she smokes about a pack a day. She has tried to quit but hasn't succeeded.

"The longest I've ever quit for is a month," Wiman said. "When I hung ground with my friends, though, I started again. It was just the wrong environment." The ordeal of trying to quit seems to be the

common factor binding all smokers together. Ben Bourdon, a junior music education major from Spring Valley, started smoking when he came to college. He said he also has

when he came to conege. He said he also has attempted to kick the habit. "It lasted for about a week," Bourdon said. "but then I got frustrated with school and my job and I started again. It's a good stress reliever.

Smoking causes many serious health problems. People who smoke between one and two packs of cigarettes a day have a 100 percent higher death rate than nonsmokers. Smoking also has been linked to cancer, membumen and heard disease emphysema and heart disease.

The health risk is almost as great for nonsmokers who are around smokers. A National Academy of Sciences report said 3,800 people die each year from secondary or "involuntary" smoke.

The SIUC campus has responded to non-smokers' rights by setting off designated smoking areas in all campus buildings. Jill Hein, senior in speech communication

from Peoria, said she is happy to use them.

"I completely support a person's right to be away from smokers," Hein said. "It bothers occasionally that I have to go some-

## Grain, fruit cheap diet for students By Jennifer Kulier Staff Writer

The most valuable foods for a college student, both nutritionally and economically, are whole grain carbohydrates, fruits and vegetables, said a professor of food and nutrition. Jan Endres said foods such as potation with the work of the state state of the state state state.

toes, whole grain breads, pastas and

tice are high in carbohydrates, low in rice are high in carbohydrates, low in fat and usually inexpensive. Fruits and vegetables are a bit more expensive but still a good value because of their nutritional content, she reid said.

said. A 1990 report by the Committee on Diet and Health of the National Re-search Council recommends people eat about 11 combined servings a day of breads, cereals, fruits and vegetables.

See FOOD, Page 3



For every 100 nonsmokers that die at a certain age, 200 smokers die at the same age.

where to smoke, but I'm willing to do it."

Brandy Steinhouse, a senior in clothing and textile retail from Olive Branch, agrees. "I don't think people who don't smoke want to be around smokers," Steinhouse said.

"As long as we have a designated place to smoke, I'll use it."

Many other SIUC students deem themselves "social smokers," using cigarettes only when drinking or in a social atmo-sphere. But people who smoke less than 10 cigarettes a day still have a death rate 30 percent higher than nonsmokers. Janet Barber of Carbondale has been a

social smoker for eight years. "I smoke mostly when I drink or when I study," she said. "I got started because the people I hung around with smoked."

Barber said she is aware of the health problems. She has bronchitis and gets sick more often than she did before she started.

Staff Photo by Fred Hale

But she says she won't quit because she likes to smoke With the creation of the Illinois Clean Indoor Air Act, smokers are finding it harder to find indoor quarters for their habit, but the bill specifically excluded bars.

#### **AIDS risks:** Studies show students know about dangers. but ignore tips on how to protect themselves

#### **By Brandi Tipps** Staff Writer

ith the threat of AIDS in today's world, people want things categorized into what is safe and wat is dangerous, but risks don't work that way, said an SIUC professor in the School of Medicine.

The recent story of the Florida dentist who infected five of his patients with AIDS now has people wondering whether the virus can be transmitted through other means than medical researchers previously believed.

John Caster, chairman of the educational subcommittee for the SIUC AIDS task force, said any time there is a possibility of transmission of blood there's a possibility of

transmission of blood there's a possibility of transmitting the AIDS virus. The virus does vary in strains from one individual to another and it appears that the dentist was very infectious, he said. The task force's primary goal is to establish a policy of how people infected with HIV will be treated on campus. Caster said the policy is an anti-discriminatory one and each case is reviewed scnartely.

separately. There have been members of the

University community that were infected with the virus, but Caster could not say

whether there are cases on campus at pres-

At present there are no controversies involving HIV on campus, he said, adding that if any should come up the task force would handle the problem. Most students have at least some

knowledge about how to prevent AIDS, but studies have shown that students' behavior does not follow their knowledge, said Sam McVay, director for the Student Health

McVay said a lot of s dent behavior is

McVay said a lot of s uch behavior is directly related to abuse f substances, with alcohol being the main s., stance abused. McVay said students have told him some of the sexual experiences they have had would not have occurred if the students had being heavy draw the students had not been drunk or under the influence of some other type of substance.

Part of the problem in dealing with AIDS is the "lack of awareness caused by the way society socializes us about sexuality, making it difficult to communicate about it," said Carren Summerfield, coordinator of sexuality education at the Wellness Center.

Other reasons why people don't change their behavior or take precautions is that "they think it can't happen to them and a few people still cling to the stereotype that it is a homosexual disease," she said.

#### **Total AIDS cases** as of March 1991 \*United States.....171.876 \*\*Illinois......5,067 \*\*Jackson County......8 \*according to the U.S. Center for Disease Control.

\*\*according to the Illinois Department of Public Health.

The cumulative number of AIDS cases in the United States is 171,876, according to the U.S. Center of Disease Control reports from March 1991.

"That is a rather large number, wouldn't you say?" said Kyaw Naing, director of health education at the Jackson County th Departmen He

In the state of Illinois 5,067 cases have been reported which is about 1,000 more

than were reported as September. In Jackson County only eight cases have been reported, according to Illinois Department of Public Health reports.

## Students play, stay fit with summer sports

#### By Rob Neff Staff Writer

Organized sports in Carbondale this summer offer students plenty of opportunity for fun in the sun and healthy competition.

The sports available to students this summer include volleyball, softball, basketball, racquetball, tennis and table

The most popular sports at the Recreation Center are softball and volleyball, said Sarah He lin, assistant director of intramural recreational sports.

For Robert Geist, a graduate student in counseling psychology from Nashville, Tenn., intramural softball is a chance to have some fun outside of his department.

"I spend a lot of time working and going out with people in my department," he said. "It's a way to play with other people out of my department." Playing softball is not the only way to have fun with intramural ball. Many students where to efficient the some instruct

choose to officiate the games instead.

Anthony Williams, a senior in radio and television from Rockford, is one of the officials the Rec Center hired to keep the action from getting out of hand.

He has been an official there since September 1990 and said his toye for fair

play as well as sports motivated him to become an official. "I guess fair play is what it's all about," he said

"I love sports, and this is a good way to

stay in it." Volleyball also is among the students' favorite sports, and there are leagues at a couple of Carbondale bars as well as the Rec Center

Sidetracks, Pinch Penny Pub and the Rec Center all provide different atmospheres

conducive to playing volleyball. Sidetracks offers a more relaxed atmosphere, said Ed Klienschmidt, manager of Sidetracks.

"The average person who wants to drink and have fun will play here," he said. Lisa Zimmerman, business senior from Peoria and captain of the co-rec team Last

Call, said she agrees. "There are less rules here, it's more lenient and there's a better prize," she said, referring to the party Sidetracks throws for the winners

of its playoffs Students that are more interested in

igorous competition and strict enforcement of the rules play volleyball at Pinch Penny Pub or the Rec Center.

Mike Grefsheiim, a junior in recreation from Chicago, is playing for a team called Hansen's Helpers at Pinch Penny because he

Hansen's repers at mich Peinly because he likes the competition and the court here. "It's a good hard court. This isn't the only volleyball here," he said referring to the different volleyball leagues in Carbondale. "But the volleyball here is really competitive. Some other places are a little lax in the rules

Both Pinch Penny Pub and Sidetracks have open volleyball hours, and Sidetracks will be offering various tournaments on weekends all summer.

For those wishing a volleyball game away from the bars and alcohol, the Recreation Center is the place to play.

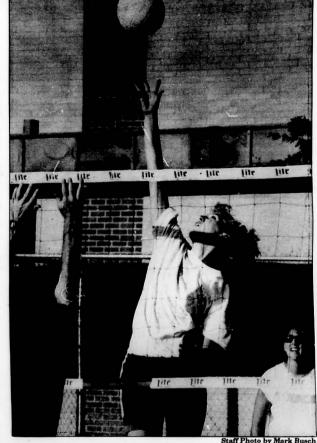
Warren Carr, a senior double majoring in adio and television and music from Irving, NJ., said he likes playing at the Recreation Center because of the variety of activities available there as well. The Recreation Center will be sponsoring

a basketball league and tournaments in tennis, racquetball and table tennis.

The deadline for basketball team rosters has already passed, but those interested in the racquet tournaments should register at the information desk.

The deadline for registering for the tennis and racquetball tournaments is 8 p.m. June

25. The deadline for registering for the table tennis tournament is 8 p.m July 16.



Amy Johnson, senior in history from Minnesota, leaps high to hit a ball during a volleyball league game at Pinch Penny P



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Summer 1991

## tressed out

#### Too many worries cause problems for students

By Omonpee O. Whitfield Staff Writer

Stress causes many of the health problems SIUC students have, a Wellness Center coordinator said.

Rob Sepich, coordinator for stress management at the Wellness Center, said stress is the main cause of headaches, stomach aches and even skin problems among SIUC students.

"Stress really causes a variety of problems," Sepich said. "It can cause stomach aches, which can result in ulcers on the more severe end and stomach cramps on the less severe end. It can even cause students to to have difficulty concentrating on their studies

Sepich said while depression is often associated with stress, depression may or may not be caused by stress, depending on "For some people," Sepich said, "stress

and depression are closely related. A lot of people feel stress chronically ... and if they

feel they cannot manage their environment (due to high levels of stress) they may then fell depressed.

Sepich also said that, despite the misnomer, there are no causes of stress that are common to any two people. However, he said, the three most frequently mentioned causes of stress among SIUC students are academics, finances and relationships, both intimate and familiar.

We're all so differ int in what causes us stress," Sepich said. "One person might have a loud, obnoxious roommate, another person may have a difficult semester, another person may have a difficult semester in terms of classes. It just depends upon the individual."

While more people are seeking help in dealing with stress, stress is not increasing, Sepich said. Instead, stress is now being thought of as more of a health problem e people have become less ashamed to admit that they feel stress. "There is less of a taboo of seeking mental

health services now than there was in the ' Sepich said. past,'



Staff Photo by Rob Lingle

Depression not only affects a student's health but may also interfere with his or her college career.

## outdoor exercise good for heart, burns t

By Christiann Baxter Staff Writer

Whether jogging, walking or biking, students need to take precautions against

injury and use proper equipment. Knee injuries are common among joggers, said Dan Vaultonburg, a student worker at sports medicine in the Recreation Center.

The pounding motion on pavement that occurs while jogging produces tremendous amounts of stress on the knees, he said.

Jogging does have its benefits, however. It burns about 600 calories an hour and produces great cardiovascular fitness, Vaultonburg said. Running shoes are the only equipment

required for jogging. Lisa Crews, assistant

anager of Lady Footlocker in University Mall, said running shoes feature an elevated heel for Achille's tendon comfort. The shoes are usually made out of nylon because it's light-weight and breathable, she said.

Running shoes have a lot of heel support and a rounded sole for free-flowing motion, she said.

"It's hard to say that one brand is better than another," Crews said. "Different shoes meet different needs. It depends on what type of foot the person has and the distance of the nu

Brenda Jankowski, a senior in English and ournalism from Nashville, said she runs for

the high it gives her. "It's a feeling like your entire body can do anything," she said.

Vaultonburg said walking might be preferable to jogging as an outdoor exercise because it is low-impact. Walking burns about 500 calories an hour

"Walking is more popular with the older crowd than college students," he said. Crews said walking shoes aren't as bulky as running shoes. There's not as much heel

support and they tend to be made out of er, she said. Bicycle riding is an outdoor exercise many

students turn to as a practical means of transportation to and from class. Vaultonburg said an hour of bike riding burns about 600 calories.

Bike riding won't produce the knee injuries associated with jogging but has hazards all its own. Many riders are injured

in traffic accidents.

"Cycling down here is dangerous," Vaultonburg said. "Most college students don't have helmets."

The cost of a good bike is another problem. Doug McDonald, owner of Phoenix Cycles Inc., Carbondale, said that the average racing bike costs \$375.

The most popular bike sold at Phoenix is the all-terrain bike. These bikes are designed for trail riding, and Southern Illinois has an abundance of trails, McDonald said. Trail riding is more physically challenging than riding on roads, he said. The average cost of trail bike is \$425.

Biking shoes have a very firm sole, McDonald said. This gives the rider a platform to push against.



## Tans fade; cell damage lasts longer

By Leslie Colp Staff Writer

Sunny days now may mean dark

days ahead for tanners. According to the American Cancer Society, more than 600,000 new cases of skin cancer are reported each year in the United States, making it one of the most common forms of cancer. Tanning increases the risk of getting some form of skin cancer.

Dr. Eugenia Poulos, a dermatologist at the Carbondale Clinic, said some people have a higher risk than others, including those with fair skin and red or blond hair. Those who spend excessive amounts in the sun or use tanning beds also increase their risk.

Sun creates cellular damage "Sun creates cellular damage — not just a tan," she said. "Tans fade, but the damage is not reversible."

Poulos said limiting the amount of sun exposure between 11 a.m. and 3 p.m. when the rays are strongest and using sun screens with a sun protection factor of at least 15 will help reduce the chances of getting skin cancer. A sun protection factor of 15 means

a person can stay in the sun 15 times longer than if not wearing a sunscreen.

Different geographic regions also affect the probability of getting skin cancer. Areas closer to the equator receive more direct rays from the sun, which increase the risk.

Poulos said most people do not realize the amount of damage sun can do and like to tan because it is popular. "It's in to be tan," she said. The first signs of skin cancer often

include rough red spots and a change in a mole's appearance, Poulos said.

## Changing habits best way to diet

By Allan Towell Staff Writer

The best bet to lose weight is forgeting about temporary or fad diets, and considering some long-term lifestyle changes. Sara Anderson, lecturer in the Animal

Science Food and Nutrition department, said studies show that youths in the United States are generally heavier than they were a few years ago. This can be a problem because the onger time one spends overweight, the more difficult weight loss becomes.

Anderson said the traditional view of

dieting can be self-defeating from the start. "The way most people go about losing weight — temporary dieting — can be a trap. There is no doubt that dieters lose weight, but after they stop cieting, they usually go back to their prior cietary habits and gain ve lost, and often more." back all they' Anderson said.

#### FOOD, from Page 1

The report also places much less importance on including meat in the diet. "If students have time, their no. 1 choice is

to prepare food on their own. It's generally cheaper," Endres said.

The main problem college students have concerning diet is that they are too rushed, which usually translates into non-nutritional.

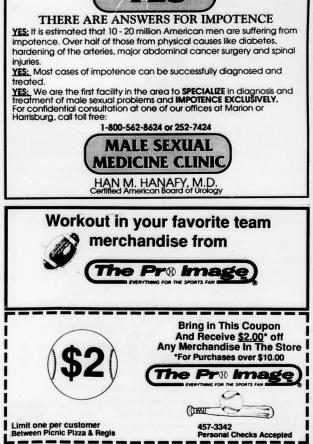
The foods college kids can consume quickly are often calorie-dense and high-fat, such

as hamburgers and french fries, Endres said. "Those foods aren't bad, but they have to be eaten in moderation, not every day," she said

Students should try to cut down on foods high in fat, such as fried foods and foods rich in cream or whole milk, Endres said.

#### Health and Fitness Guide

Editor - Brian Gross Ad Manager — Lisa Wiemken Student Editor — Jerianne Kimmel



Anderson added that recently published research shows that the more often one goes through the cycle of dieting and gaining, the faster weight is gained and the slower it comes back off during the next diet.

"The body's defense mechanism against dieting is to lower the metabolic rate. This is what causes quick weight gain when a dieter resumes his or her prior eating habits," she said

The only truly successful way to achieve and maintain weight loss is to make changes in one's lifestyle, Anderson said. The most important element in weight loss is exercise.

"There is no substitute for regular exercise in any effective weight loss plan. Cutting back on calories is a start, but generally you don't see people who work out regularly having the same kind of weight problems as those who don't," Anderson said.

She suggested that people should find a nutrition and exercise program they can live

with permanently. Kim Schroeder, graduate student in community nutrition and graduate assistant in the nutrition and fitness department of the Wellness Center, agreed with Anderson's comments concerning dieting. She said the Wellness Center prefers not to recommend diets to students who come in for counseling.

"We try to get across to people that there are no real short-term solutions to the weight-loss question," Schroeder said. "The Wellness Center suggests to students that they make healthier long-term choices in their nutritional and exercise habits," she odded habbe

Schroeder noted that more women that men seek dietary assistance from the Wellness Center, but she said weight problems seem to effect both sexes equally. The Wellness Center offers individualized

nutritional counselling, dietary workshops and suppor groups. The number is 536-4441.

