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Daily Egyptian Staff

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Gus says make a mark for Mark, and not on the installment plan.

Daily Egyptian

Friday, September 12, 1980—Vol. 65, No. 15

Southern Illinois University

Installment plan for tuition approved

By Michael Monson
Staff Writer

Beginning in spring, SIU-C students will be able to repay their tuition and fees on an installment plan.

A plan enabling students to pay tuition and fees in three equal amounts over the course of the semester, gained unanimous approval Thursday from the Board of Trustees. The plan was widely heralded, with President Albert Somit

describing it as "an important step whose merits are almost self-evident."

"We need to take into consideration activities which would make the student's life easier on campus," Somit said at the meeting held at the Student Center.

According to Roland Keim, associate director of admissions and records, the installment plan will allow students who register in advance to pay

tuition and fees in three one-month intervals. Keim said the first installment this spring for pre-registering students would be due on Jan. 8, the second on Feb. 15 and the third on March 15.

For students who register late, but before the first day of classes, an alternative plan is offered. Students who register late and opt for the installment plan will be required to pay two-thirds of their tuition and fees

by Feb. 6 and the final third by March 15, Keim said.

Keim said that students who register after the first day of classes are not eligible for the plan.

Students on the plan who fail to pay their first installment will have their registration canceled, Keim said. Students who fail to pay the second or third installment will be charged a 1 percent interest charge per month against the

amount they owe. That amounts to \$1.57 a month for full-time students.

A \$5 service charge per semester will also be added to the second installment to help defray administrative costs, Keim said.

Paul Matalonis, president of the Undergraduate Student Organization, said he approved of the plan but opposed both the interest and service charges.

More money OK'd for Sheriff's Office

By David Murphy
Staff Writer

The Jackson County Board Wednesday granted Sheriff Don White's request for an additional \$16,550 to help his department meet expenses for the rest of the year.

The board also decided to put a referendum to raise property taxes next year on the Nov. 4 general election ballot. The new tax revenue would be used to cover expenses in the Jackson County Sheriff's Department.

The board approved the sheriff's request for the \$16,550 with the stipulation that White bring a list of his expenses to the board's finance committee each month for approval. White told board members that he expected to run in the red this year if he didn't have additional funds.

The reasons cited for the projected cost overruns are expenses for gasoline, food, office supplies, and medical care for prisoners.

"I think that these expenses are justified," board Chairman William Kelley said. "If a

prisoner is sick, you have to get medical help for him.

"What the board is saying is 'Hey, look, money is tight; let's look and see if all these expenses are necessary,'" he said.

The money would be transferred from the contingency fund to the Sheriff's Department, and would not affect other county agencies.

If the tax referendum is approved, it would increase taxes on assessed value of property by .10 percent the first year it is levied. The tax, which would go into effect in 1981, would also allow for an increase of an additional .05 percent the second year.

This would provide "roughly \$150,000 in additional funds yearly," Kelley said. "This money would be used solely to cover operating expenses in the Sheriff's Department."

The proposal needs the approval of a simple majority of election voters to become effective.

The Sheriff's Department currently operates on an annual budget of about \$500,000, Kelley said.



Staff Photo by Melanie Bell

Mark Hemphill and his father, Obra, await Mark's return to McAndrew Stadium.

'I won't be fast, but...'

Mark's dream is of running

By John Ambrosia
Staff Writer

Saluki running back Vic Harrison had just hit his stride into a hole in the Illinois State defensive line when a tackler dislodged the ball. Sophomore Mark Hemphill, playing wide receiver, saw the fumble, dived for the ball and was hit hard, straight on.

Long minutes later, Hemphill was carried on a stretcher to an ambulance and to the hospital. Doctors said the hit had damaged his spine, that he would be paralyzed from the neck down and probably would never walk again.

Saturday, almost a year after that fateful Oct. 6—ironically, it was Shrine Hospital Day—Mark Hemphill will return to McAndrew Stadium. He will come onto the field in the wheelchair that, in his words, has become his prison. Saturday is Mark Hemphill

Day at McAndrew Stadium. A record crowd of 18,000 or more is hoped for to cheer him for being the athlete he was and that he dreams of being again.

"I don't even remember that play anymore," Hemphill said in an interview this week at his St. Louis home. "People have to tell me how I was hurt."

Hemphill spoke as he wheeled himself down the street in his wheelchair. Therapy has restored partial use of his arms and hands and has helped him begin to get his life back together.

"I was getting physical and occupational therapy," he said. "They were teaching me how to get around. Helped me exercise. It was doing a lot for me."

But then the money ran out. Hospital bills and doctors' fees ran into the tens of thousands of dollars. And the university's insurance couldn't cover the total cost, Mark said.

Hemphill's parents—Obra and Edna—are paying a nurse more than \$400 a week to help him. But he says they can't afford it much longer. Mr. Hemphill is a construction worker. Mrs. Hemphill has taken a clerical job at night to help meet the expenses.

"This wheelchair I'm in isn't even paid for," Mark said. "They can come get it anytime. My social worker helped me get it but couldn't pay for it. If they wanted to come get it Saturday, they could lift me up, put me down on the field and take the chair."

Saturday is a day Mark has been holding close to his heart, for reasons beyond the fund raising effort by the SIU-C Athletics Department. More than \$20,000 has been raised to help cover Mark's medical bills.

"It's going to be good to be back at the campus and be with

(Continued on Page 3)

in Focus

'80s bring a health food trend

Spinach or hot dogs? Granola or ice cream? In the '80s, people have been choosing foods with lesser caloric and better nutritional value. But some experts say you don't have to cut those snacks completely.

—Page 5

People have fat selection of diets

A person wanting to diet has many methods to choose from—Scarsdale Diets, hunger suppressants, Nine-day Wonder Diets, all kinds of tricks. But experts say it takes a while to lose—and keep off—excess weight.

—Page 6

Students find exercise helpful

Exercise is boring, sweaty and uncomfortable, right? Many SIU students would disagree. They find relaxation, relief and good looks come from a thorough workout. Find out more about why and how they do it.

—Page 11

Budget, development requests OK'd

By John Ambrosia
Staff Writer

SIU system's '82 operating budget and capital development requests were approved by the Board of Trustees at its meeting Thursday.

The board is asking for more than \$168 million from the state for next year's operating budget, a 14.6 percent increase over the current fiscal year's appropriations.

An additional \$13.4 million will be requested for capital improvement priority items, down nearly 50 percent from preliminary figures prepared in July.

State appropriations for the 1981 fiscal year were also approved. A total operating appropriations budget of more than \$154 million, representing an increase of 9 percent over fiscal year 1980, received board approval. The legislature passed SIU's budget in July and it has been signed by Gov. James Thompson.

The top capital improvement priority for 1982 will be \$330,000 for equipment for Davies Gym, which includes bleachers, desks and other materials. The \$500,000 livestock funding program has been added to other agricultural requests for next year.

Salaries make up the largest part of the operating budget request, with a 4.61 percent catch-up plan sought in addition to a 10 percent annual increase.

The catch-up plan, approved by the board in July, is an attempt to bring the salaries of faculty and staff up to the level of other state systems. The plan will grant faculty and staff a 13.83 percent increase over the next three fiscal years in addition to their annual state-determined increases.



Staff Photo by John Cary

SIU-C President Albert Somit (left) and Medical School Dean Richard Moy.

Other items in the proposal include an 8 percent increase for general prices, a 15 percent increase for library materials and increases for utility services at SIU-C, SIU-E, and the School of Medicine.

Presentation of the operating budget and capital priority requests will be made to the Illinois Board of Higher Education in October, with a decision on the requests expected in January. If approved by the IHBE, the proposals will be sent on to the General Assembly and Thompson for approval about June.

"We're getting a very positive response from the governor," Chancellor Kenneth Shaw. "A couple of weeks ago when he came here to announce the Davies Gym bill had been

signed, he also announced that salaries would be a priority item in capital spending next year.

"He said it was up to each system to make the decision on how important faculty and staff salaries are," Shaw said. "Our first priority is faculty and staff salaries. The governor is very interested in attempting to resolve this area."

Shaw said Thompson's recent actions have also had an effect on the capital development priority requests made by the board.

"In July, when we first prepared the 1982 priority items, we had included the Davies renovation money and didn't include the agriculture department 'Century III,' he said.

News Roundup

Import quotas could fail, ITC says

WASHINGTON (AP) — Quotas or higher tariffs on imported autos from Japan could fail in their goal of helping the U.S. auto industry, the U.S. International Trade Commission said.

The commission may have to decide whether to recommend import restriction as part of its investigation of a politically sensitive complaint by the United Auto Workers union that U.S. automakers are being hurt by imports.

In an interim report, the commission didn't indicate what it will recommend, but it cited "potential drawbacks" to restrictions such as quotas and tariffs.

It said that while they could reduce the number of imports, they probably wouldn't force Americans to buy the current line of U.S. cars if they don't want them.

"Since many consumers are able to delay purchases of new automobiles, there is no guarantee that the import restrictions would immediately induce large numbers of buyers to switch from imports to domestic products," the report said.

Court says no to prayers on map

RALEIGH, N.C. (AP) — The state of North Carolina has no business distributing "official prayers" on road maps, even if it is intended to save lives, a federal appeals court ruled.

Gov. Jim Hunt is considering an appeal to the U.S. Supreme Court, but civil liberties organizations and even some religious leaders hailed the ruling as a major victory.

The 4th Circuit Court of Appeals in Richmond, Va., in overturning a lower court's decision, ruled that the "Motorist's Prayer" that has appeared on the official state map for 16 years is an unconstitutional violation of the separation of church and state.

The appeals court said, "In this country, it is no part of the business of government to compose official prayers."

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Contract to fund mining handbook

By Karen Gullio
Staff Writer

The Carbondale Mining Research Center will receive a \$250,000 contract from the U.S. Department of Energy to conduct research for a coal mining operators' handbook, the Daily Egyptian has learned.

George Fumich, DOE assistant secretary for fossil energy, will announce the contract plans when he meets with officials and employees of the center, located on Old Route 13 in Cartersville. Fumich will address employees at the center and will appear with U.S. Rep. Paul Simon, D-Carbondale, at a press conference.

The handbook will outline land control and reclamation standards for surface miners

and should be completed within two years, according to an official at the center. Standards for restoring mined land were set by the Surface Mining and Control Reclamation Act in 1977.

A proposal to develop the handbook was made by a group of SIU-C faculty members and presented to the center last spring. The proposal was approved by the DOE.

The center, established in 1975 and which has 25 employees, is federally owned and operated. The center is primarily involved in surface and underground mining research and development of oil shale. Director Alphonse Van Besien said.

Private firms are contracted by the DOE through the center

to conduct research and development projects. Selection of firms is based on technical merit and costs, he said.

The center has a contract with SIU-C under which students and faculty in engineering and forestry work part-time at the center. Van Besien said.

Utilization of the center's facilities for research has been criticized by Simon. He said this week that the center has been "underutilized and understaffed" since it opened, and the DOE has done little to promote the use of coal in Southern Illinois.

The center's budget this year was cut from \$24.5 million to \$13.4 million, according to Simon.

Running remains Mark's dream

(Continued from Page 1)

all the people who care about me and want to help," Mark said.

Mark has visited the campus once since his injury—when he attended a spring practice football game.

"I enjoyed it a lot, saw my friends again. I like seeing friends," he said.

One friend he especially wants to see is a "pen pal," a Carbondale woman who has been sending him cards and letters and signing them "Granny." She is Mrs. Gladie Marlow, who will meet Mark at halftime.

Mark Hemphill was an All-America football player and track star at Northwest High in St. Louis. At SIU, he saw a chance to realize his dreams—to be a professional football

player, to run in the national track championships. His hobby was working on and racing drag cars—and he enrolled in automotive technology.

Those dreams are still with him.

"Every night when I go to sleep I dream of me running in the nationals and playing in that Tennessee State game, my last one before I was injured. It's me before I was hurt. Me when I could get up and run as much and as far as I wanted to.

"It's so great that I look forward to it," he continued. "I forget I'm in a wheelchair, and I'm playing again. That's how real it is."

There are a lot of children in Mark's neighborhood. He sometimes sits and watches them play.

"I feel so different about it every time I see them running

around," he said. "Sometimes I'm happy for them. Sometimes I'm just bitter. Often I'm jealous. But I always tell myself that's going to be me again. I will run again."

"My doctors say I'll never be able to move out of this chair under my own power, but I figure maybe they don't know what they're saying. If you listen to them, you want to throw yourself off a building."

"Maybe my dreams are gone," he said. "I know I won't play pro ball or compete in the track nationals. But I will walk again. And I'll run. I won't be fast, but I'm gonna run."

Mark Hemphill sits in his wheelchair by a window and watches children running in a park. He has visions, not of the football game which was his last, but of an athlete running. That's his dream.

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Keep it clean—Keep it proud

Carbondale Clean-Up Day '80

LET'S PITCH IN TOGETHER

"Carbondale Clean-Up Day '80," scheduled for Saturday, September 20, will be a day in which students, student organizations, off-campus organizations, and the citizens of Carbondale can pitch-in and clean-up our environment. By cleaning-up and getting local/state/national attention, we at the Undergraduate Student Organization hope to increase the prestige of both Southern Illinois University and the City of Carbondale Communities.

THE FESTIVAL

Clean-Up Day festivities will begin after the opening ceremonies at Attucks Park (North Wall Street). Live music, community/university booths, exhibitions, food and beverages, are just some of the activities planned for the day.

Attucks Park is the central dumping site for literally hundreds of pounds of trash collected in the contest.

Get involved

The following USO committees have vacancies.

Any one interested in working on one of these committees is encouraged to call or stop by the USO office located at the third floor of the Student Center.

J-Board of Governance
Campus Safety Board
Commencement Committee
Parking and Traffic Appeals
International Education Advisory
Synergy Board of Directors
Honorary Degrees Committee
Naming University Facilities Committee

BELIEVE IT OR NOT

The world's largest working broom (documented by "Ripley's Believe It Or Not") will begin sweeping Carbondale off its feet during opening ceremonies at 9 a.m. on Southern Illinois Avenue.

The broom, designed by University Graphics, built by interested students and supervised by the Design Department, spans some 32 feet wide and 40 feet long.

Don't miss this world record!

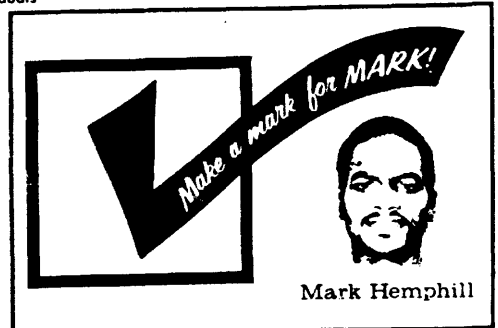
THE CONTEST

Any individual, groups, or organizations (on/off-campus) can compete for prizes. It is as easy as 1, 2, 3.

1. Pick up contest rules, roster sign-up sheets and sponsorship forms available through the USO Office (3rd Floor Student Center) or call 536-3381.
2. Sign up before 5 p.m., Friday, September 19.
3. Register anytime Saturday morning, September 20, at Attucks Park.

Categorizations:

Greek organizations (fraternities and sororities)
Floors off/on-campus or sophomore approved housing
Off campus organizations
Students organizations
Individuals



Mark Hemphill

*USO will have one half-page ad each week for all RSO's to promote their interests.

Let's make a mark for Mark

Almost a year ago, the collegiate football career of a 20-year-old sophomore flanker for the Salukis was suddenly ended.

On Oct. 6, 1979, Mark Hemphill was paralyzed from the chest down when he collided with another player.

This Saturday, that flanker is coming home to a day in his honor.

At 1:30 p.m., students and local residents will have a chance to give him a helping hand by attending the Salukis football game against Eastern Illinois University.

Part of the proceeds from the day will be donated to a fund in Mark's name. That money is important, but the day is special for another reason, too.

It is a chance for people of this area to show their love for a person who hasn't given up despite the odds against him.

Filling McAndrew Stadium to capacity for "Mark Hemphill Day" would give 20,100 people that chance.

Yet, student ticket sales are slow at this point. People in this area have developed a habit of following only a winner.

Some people will not come to the game because the Salukis lost last week.

So what!

Others won't come because the Salukis lost to Eastern Illinois last year.

Again, so what!



Mark Hemphill

Who cares if the team wins or loses on this special day? Sure, a win would be great, but Saturday is for Mark. And, Mark Hemphill is a winner.

Some people would have given up after an injury of this sort. Mark hasn't. Some people might have been bitter after something like this. Mark hasn't been.

The cost of rehabilitation from an injury of this sort is enormous, so the money will be important.

Something else is important, also—giving a boost to a guy who has been down but never out. Last spring, Hemphill himself put things in perspective when he said, "I have the strength

and patience to overcome this."

He can overcome his injury. The money will help, but Mark will benefit more from the love shown him on Saturday.

That's where the people from this area and the students come in. Mark Hemphill needs a helping hand. Saturday is the chance to give it to him.

Whether the Salukis win or lose this one particular game really is of little consequence compared to what the day itself means. If McAndrew Stadium is full on Saturday, everyone will be a winner.

Especially one special person. Make a mark for Mark.

IF YOU DON'T
WELL STRIKE A
MATCH TO THIS
GASOLINE, AND...

OKAY, OKAY, WE'LL TAKE
YOU TO CUBA!! BUT THE
PENTAGON IS GOING TO BE
PLENTY MAD WHEN IT
FINDS OUT YOU REFUGEES
HIJACKED OUR STEALTH
AIRPLANE!



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Viewpoint

University, governor have wrong priorities

By Dan Sitarz
Student Writer

Where are the priorities of the University and the governor? On Sept. 5, Gov. James R. Thompson vetoed a bill that would have provided funding for SIU-C's research into ethacal production. SIU officials expressed little surprise or concern at the action. After all, they said, Davies got its funding and the SIU-E campus also got building money.

The Carbondale campus is located in the heart of a coal mining area, yet because of the high sulfur content of that coal, many industries have switched to the lower-sulfur Western coal. This has helped to cause the unemployment rate in Southern Illinois to jump to more than 20 percent.

The SIU ethacal project was aimed at relieving part of that high unemployment.

Ethacal production is a process that combines high-sulfur coal and grain-derived ethanol and converts the mixture to low-sulfur coal and a liquid diesel-type fuel.

This process is practical for several reasons. First of all, both necessary components, grain and high-sulfur coal, are abundant in the United States. Secondly, the coal that is produced gives off less pollution as it burns because of the lowered sulfur content. And the diesel-type by-product could aid in relieving our dependence on foreign oil.

This type of program is exactly what government energy policies seem to support, but apparently such government support is rarer lip service.

What was the cost of this worthwhile project? SIU asked for \$500,000 to build a proto-type demonstration plant, but indicated it would have been content with \$100,000 to develop the technology necessary for construction of the unit.

Renovation of an old gym was worthy of \$3.5 million, and the SIU-E multi-purpose building was good for another \$11 million. The ethacal research funds would have amounted to less than 1 percent of this total.

Somewhere along the way, SIU administrators lost sight of the goals of this institution—community service, research and the expansion of knowledge. They got caught in the game of pursuing legislative funding on the sole basis of the dollar sign.

And our governor lost sight of some of the major aims of this state—reduction of unemployment, sane use of our natural resources and cleaning up the environment.

SIU and Gov. Thompson need to re-examine their priorities.

Letters

Kittens not really free

When I picked up my copy of the Daily Egyptian Tuesday, I was very distressed to see the photograph of a young woman giving away free kittens on a street corner in Carbondale. Furthermore, I was appalled that the photo ran on top of an article about the most recent in a series of outbreaks of rabies in Jackson County.

I believe someone should point out that these are far from being "free kittens." The cost in time and money that is necessary in order to have a healthy and happy pet is extensive. The shots and other medical expenses that are required by law can add up quite quickly—and that is

barring any other factors such as accidents and poisonings, common mishaps in pets. What's more is the cost of neutering your pet—which I believe is the only kind thing to do to yourself and your pet unless you are a breeder or intend to keep the offspring.

Please print this letter as a reminder that a pet is a responsibility and a privilege if it is well cared for and loved. And please also remind the student community that there is a very good Humane Society here whose business it is to care for all the pets that are cast off when no homes are found for them.

Sarah W. Berry, Carbondale

SIU insane to put 3 in a dorm room

I don't care what anybody says: putting three people in a dorm room is insanity. Two people isn't much better. I'd bet the inmates at Marion State have more room per person.

Dr. Somit is trying to improve SIU's image, but I don't think there is any way possible to explain to future enrollees that they stand a very good chance of living with two other people in a room the size of a walk-in closet for at least nine months and not have them shrug off SIU as a lousy bin.

How would some administrators like living under those conditions?—Tim Cawley, Junior, Radio-Television

DOONESBURY



by Garry Trudeau

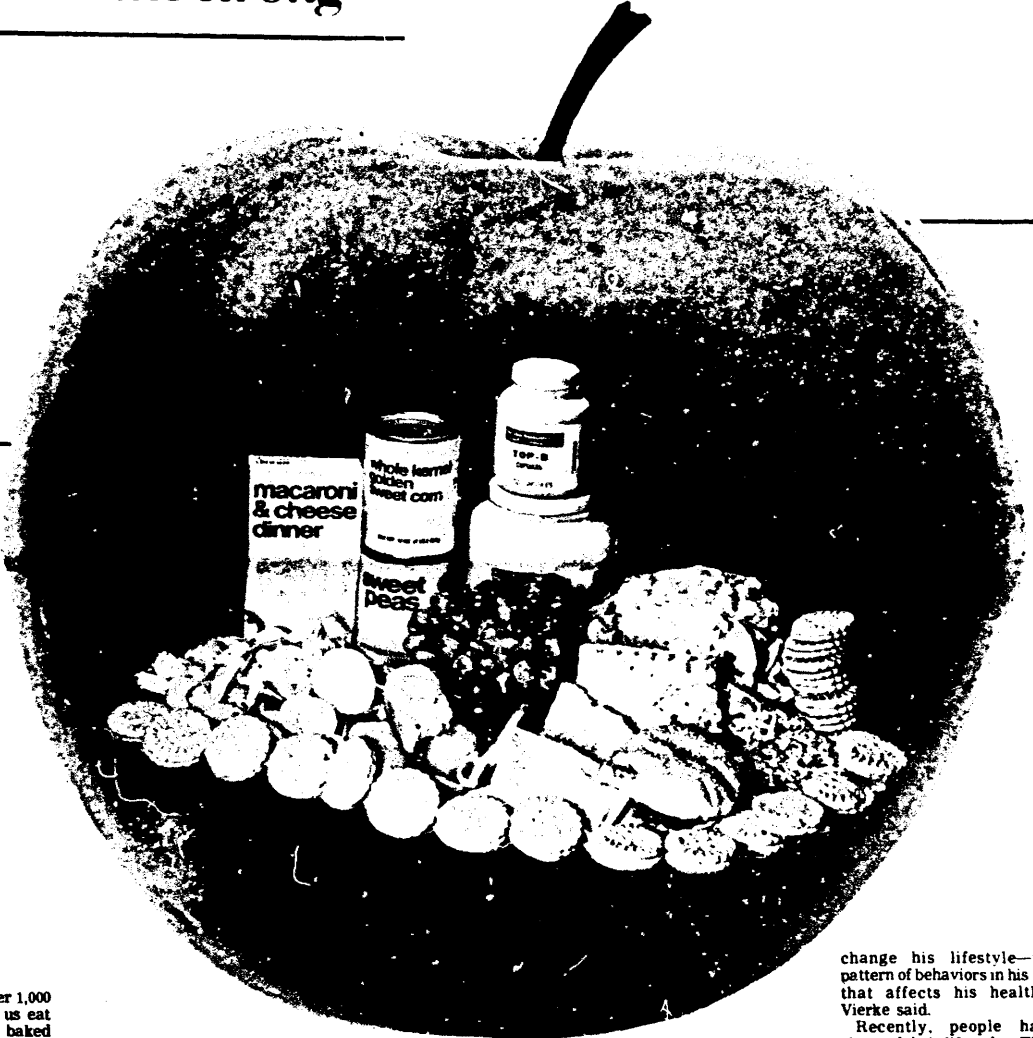
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typewritten, double spaced and should not exceed 250 words. All letters are subject to editing and those which the editors consider libelous or in poor taste will not be published. All letters must be signed by the authors. Students must identify themselves by class and major faculty members by rank and department. Non-academic staff by position and department.

Good nutrition tough to attain

*Hot dogs, milkshakes
tempt even the strong*



By Carol Knowles
Staff Writer

Each person eats over 1,000 meals a year. Most of us eat our spinach and our baked potato, but some of us still gorge on hot dogs at carnivals and delight in palating that extra whipped cream on top of a banana split. One already oozing with sweet syrup. And, rarely do we think about the food we eat—or do we?

Surfacing in the '80s is an increased consciousness in regards to health. Americans today are more concerned with how they look—and more importantly—how they feel. This increased awareness was further reinforced by a recent Surgeon General's report that stated that the population of the United States has never been healthier.

According to the report, mortality rates have been

falling throughout the century and life expectancy at birth is continuing to rise. Mortality rates for coronary heart disease, the number one killer of Americans, is currently falling at a rate of 2 percent each year. Death rates from cancers are also leveling. Some are even falling.

Recommendations by the National Research Council's Food and Nutrition Board include an adequate diet that incorporates a variety of foods from the basic four food groups. A reduction in salt and an adjustment of caloric intake was also recommended.

In a controversial report released by the Board, reduced intakes of

cholesterol and sugar were not recommended, except for heart disability patients and those individuals classified as obese. The report, however, is controversial because six of the 15 board members are linked to corporations with a conflict of interest.

Despite continued research, no conclusions have been reached in the ongoing debate over the effects of cholesterol or what foods should be eliminated from the diet to prevent cholesterol build up. One

thing is certain, however, cholesterol is produced by the body whether or not you eat foods that contain it.

For someone attempting to reach his health peak, the battle is tough. Additives, fats, sugars and even some natural foods stand in the way of progress. Scott Vierke, coordinator of the SIU Lifestyling Program, explained that although the obstacles preventing good health appear ominous, they can be overcome.

"A person must learn to

change his lifestyle—the pattern of behaviors in his life that affects his health," Vierke said.

Recently, people have changed their lifestyles. They have learned to wipe away their old habits of snacking on fast food burgers, Twinkies and Cokes. In addition, the overwhelming concern about the ingredients in packaged foods has led to the requirement of listing nutritional information on most labels and packages.

The past few years have also stirred a concern that people are not getting enough bulk in their diets. When whole grains are refined, as in the case of white bread, the highly nutritious germ and bran are removed. Enriching the flour replaces some of the vitamins and iron, but the product is still not as nutritious as whole grain food.

(Continued on Page 9)

*The obstacles
to good health
are numerous*

Experts see 'fat chance' of developing miracle diet

By Dean Athans
Staff Writer

If, like millions of other Americans, you looked down at the floor today and couldn't see your feet, you may be deciding to diet. You could be anything from a terminal glandular case to a model who needs to lose four ounces so she can stay a size three.

But more than likely, you just need to lose a few pounds and trim up the rest—fat chance, right?

You can take your pick between Scarsdale Diets, Nine-day Wonder Diets, over-the-counter appetite suppressant pills, prescription amphetamines, water diets, lettuce diets, jaw wiring, intestinal bypass, hypnosis, acupuncture, biofeedback or good old-fashioned willpower.

Whatever dieting method you choose, experts agree that it will take you longer than over night to lose weight. It will probably take a few months to sustain yourself at a lower weight level, and maybe even a lifetime.

A National Health and Nutrition Examination Service study found that about 30 percent of middle-aged women and 15 percent of middle-aged men are obese. Obese is defined by H-NES as a weight 20 percent or more above a person's desired weight.

Nutritionists blame this ever-bloating statistic on modern work styles, childhood eating habits and sedentary leisure activities, such as spectator sports, television and depen-

dence on the automobile.

But many obese people rarely admit that their lifestyle or childhood is the cause. They often attribute their size to a low metabolism rate, "eating the wrong foods," or even "big bones."

Louis Baez, associate professor of psychology at SIU, said metabolism "is unlikely to be a major factor in weight gain."

Elwin Zimmerman, a psychologist specializing in weight control at the SIU Counseling Center, disagrees. He said that "metabolism," or the rate that food is digested and "put into your system," is different in all people.

He added that heredity and early childhood weight gain are also reasons some people gain weight only in certain areas of the body.

Baez, who teaches psychobiology, said that studies in the 1940s and 50s correlated the behavior of humans with those of laboratory animals with brain lesions.

Baez said that obesity is environmentally acquired in most cases, but that obese people do share the same eating patterns of the brain-picked laboratory rats.

"Animals with lesions in the brain are influenced more by taste—good or bad. An obese rat, when given slightly bitter food, will not eat it at all. They hate it. If you give them the things they like—like chocolate—or put them strictly on a milkshake diet, they often eat until they are unable to

move." Sound familiar?

Baez added that the brain-altered rats also eat on a different schedule than the normal rats, just as obese humans eat on an erratic schedule.

He added that experimental humans who were pathologically obese, or those with observable brain damage, often diet by skipping lunch. They then eat the equivalent of two dinners because they reward themselves for their apparent "will power."

"The only way to diet is on a long-range plan," he said. "You must explore your motivation for eating, your habits. Then try to correct them."

On this point, Zimmerman agreed. He said he is opposed to quick-loss or fad diets.

"They help you lose weight," Zimmerman said, "but they also help you get heart attacks and cases of malnutrition. The best diet is a life time plan of eating good foods and altering consumption to maintain your weight," he said.

When asked whether a long-range diet pill will ever be developed so that weight loss over long periods won't be such a test of the will, Baez said he doubted that it would occur in his lifetime. Unfortunately, Baez is only 33.

So if you're going to diet, don't wait for the miracle drug, the miracle diet, miracle treatment or even a miracle from heaven. Just watch caloric intake, exercise, and do the other things you've heard so many times, but can't seem to get too excited about.

There is one consolation—Zimmerman added that studies have shown that people with zero to 5 percent more fat than recommended are actually healthier than those who have no fat or who are underweight.

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Stimulant-based diet pills may be thing of the past

By Dean Athans
Staff Writer

Diet pills have long assisted people in losing weight. During the 60s, these over-the-counter pills also helped dieters become addicted to drugs, said Louis Baez, associate professor of psychology at SIU.

But, that may be changing. Baez added that amphetamines were the most popular of all the diet pills, but that by the early 50s their use—and abuse—was widespread.

"They were eventually controlled by the government because for each person in the country, there was just an unbelievable number of amphetamines being consumed," he said.

Baez said that the day of the stimulant-based appetite suppressant may be over.

"Pharmaceutical companies tried to synthesize the appetite suppressant from the stimulant. And, with all these new diet pills being marketed so easily now, they may have done it," Baez said.

He added that data on the subject is inconclusive and that "we just aren't sure whether the new pills are actually a true appetite suppressant."

Baez stated he believes pills alone aren't a very effective diet aid—even if they work—because they are short-acting.

"Short-acting pills may curb your appetite for awhile, but they wear off quickly and then you eat. Besides," he said, "you have to get people to take them first."


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Staff photo by Brian Howe

Fred Smith, 68 (left) and Jim Eddings, 76, ride a jaunt around the block—they ride an average of 18-20 miles daily. But it's not just

Senior citizens stay active, healthy

By Linda Albert
Staff Writer

They are physically active. They are health conscious. They are senior citizens. "I have a drive for activity," said Grace Loos, a retired home economics teacher and resident of Carbondale. "My goal was to enjoy retirement through having good, clean, honest fun. And that's just what I've been doing."

Loos, who is in her 60s, lives by the motto, *love yourself*. "I believe it's imperative to have a positive philosophy for living. Sure, we all have problems in our lives. But if we can think positive—minimizing the problem and maximizing the positive points—we'd all be

healthier and happier," she explained with a hint of conviction in her voice.

For Loos, the basic four food groups of meat, cereals, milk and fruits and vegetables are essential because, she said, there is real truth to the statement, you are what you eat.

"If we don't eat the proper food, our body becomes a picture of what we should and don't eat," Loos said. Although she rarely snacks, she admitted that her downfall is potato suppers. "They're just too tempting for me," she said with a soft chuckle.

Whether she's attending such night classes as swimming, typing, square dancing or ballroom dancing, serving as vice president of the Jackson County Retired Teacher's Association or as the secretary of the American Association of Retired Persons at Carbondale, Loos' vitality and enthusiasm for life seems unending.

"I've had young people tell me they just couldn't keep up with me," Loos said, with a laugh.

According to 70-year-old Jim Eddings, attitude has a lot to do with the way you feel.

(Continued on Page 12)



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Focus

Women's nutritional needs different, more varied than male counterparts'

By Karen Clark
Staff Writer

A woman may argue that she's every bit as equal to her male counterpart in brains, but one thing's for sure: a woman's diet is different; physiologically. Nutritional needs are different and more varied during a woman's life cycle than during a man's.

Learning good nutritional habits, as well as knowing your own individual dietary needs is important for women of all ages. Most women, however, haven't been informed of what their basic body needs are. Those using birth control pills who smoke and especially those who are pregnant need to be especially careful. Careful that they are giving their bodies the right vitamins and nutrients in the right amounts—in order to stay healthy.

Although iron is one of the most important nutrients for women of all ages, a recent study reported that 40 percent of women aged 15 to 30 show indications of an iron inadequacy.

"We need a lot more iron than men do," said Sara Anderson, a registered dietitian at Carondelet Memorial Hospital. "Especially during the teenage years, it wouldn't hurt to take an iron supplement."

Menstruating women on the average need a daily intake of 18 milligrams of iron according to the Recommended Dietary Allowances. But it is often difficult for women to obtain sufficient amounts of iron because the average American diet provides only six milligrams of iron per 1000 calories. Anderson explained. She added that the average calorie intake for woman is about 1550 a day.

"Women need extra iron not only to make up for the blood loss during their monthly menstrual period, but also because their bodies don't absorb all that they have

consumed. On the average only about 10 percent of the amount consumed is actually absorbed.

Janis Knip, coordinator of the SIU Health Activation Program, said vitamin C taken with iron-containing foods will aid in iron absorption.

"You may be eating a lot of iron, but it's not being used," she explained. "Orange juice with eggs is a good combination."

Women who are using an intrauterine device or IUD, need a high iron intake.

Women who have IUDs need even more iron because of the increased blood loss. Up to 100 milligrams of iron a day," Knip said.

She added that good sources of iron include liver, egg yolks, wheat germ, brewer's yeast, apricots, beans and peas.

Anderson recognized a woman's increased need for iron, but added, "As long as she's careful in food selection, she'll probably get what she needs."

In the last few decades, a new nutritional hazard has surfaced for women—the pill. Since women who are using birth control pills tend to have a reduced amount of blood loss during their menstrual period, their iron requirements are lower. Additionally, researchers have found an increased vitamin A level in pill users. Therefore, a decrease in the intake of vitamin A has been suggested.

Chris Ellis, a graduate assistant in nutrition at SIU, said that it is important for women on the pill to receive greater amounts of other nutrients, namely vitamin B-6 and folic acid. Ellis suggested regularly eating a good balanced diet from the four basic food groups to counteract the effects of the pill.

Good sources of B-complex vitamins are bran, brewers yeast, wheat germ, brown rice, organ meats, bananas,

avocados, peas and peanuts. Ellis said.

Women who smoke also have special dietary needs to counteract the damaging effects of nicotine on their bodies.

Women who smoke have an increased need for vitamin B-6. Ellis said. "But that increase is not just for smokers. It's for anyone who lives in polluted areas. Smoking also increases the need for vitamin B-12."

Anderson added that smoking also increases vitamin C destruction.

"Smokers do have lower blood levels of vitamin C, but we don't know why," she said, theorizing that the heat from smoke causes the vitamin C destruction.

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Nutrition among the key ingredients to good health

(Continued from Page 5)

The fiber in whole grain helps to prevent constipation and may even help protect against cancer and heart disease, according to a statement made by Nutrition Action.

People have also shown a concern in regards to fat consumption. Fat disguises itself in milk, butter, cheese, animal meats and several other products. The fat content in foods of animal origin and hydrogenated vegetable oils also contribute to heart disease, according to a "Healthy People" statement released by the Surgeon General. The report further stated that a diet high in any kind of fat, may increase the risk of cancer. High in calories as well, fat also leads to midriff bulge.

Although meat contains a high percentage of fat, it also contains protein. The Center for Science in the Public Interest, in Washington D.C., reported that although vegetarians generally eat a more varied, nutritious and possibly tastier diet than the rest of the population, there is no need to become one. Instead, the group suggested that meat be eaten judiciously.

According to Vierke, even snack foods are not banned

from a nutritious diet. The key, he said, is to keep nutritious, tasty snack foods around for every eating mood.

"People should cut down on the number of fattening foods they eat—but they don't have to cut them out entirely," Vierke added. "Being healthy has to be fun or people lose interest."

The worst enemy to health is sugar. According to the Nutrition Action report, each person consumes about 100 pounds of sugar a year. Even more so, sugar rots teeth and Americans spend about \$3 billion each year repairing them. Sugar also pushes good nutritious foods out of our diets

and leads to an excess of body fat.

Along with a good diet, exercise should be incorporated into a person's lifestyle. Frank Konishi, an SIU nutritionist, said.

"People don't have to run marathons to keep in shape—walking is good exercise too,"

he added. "Walking is an exercise that is often overlooked."

Whether or not this health conscious trend is permanent—or a passing fad like the hula hoop—remains to be seen. But regardless of the reasons why, Americans are healthier than ever before.

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Daily Egyptian, September 12, 1980, Page 9



Expert says snack food eating not total 'junk' for everybody

By Jeffrey Smyth
Staff Writer

Digging in his pocket—past the keys, under the handkerchief and among the line—he finds them. Two quarters. Enough for a quick snack. Enough to settle his stomach and give him enough energy until dinner.

Junk foods are a popular item with most students. The number of vending machines located around campus is proof of that. But is the food really junk? Or is this term misleading?

"The United States Department of Agriculture prefers to call it 'food with minimal nutritional value,'" said Jeannette Endres, an associate professor in the College of Human Development. "Junk food is food that fails to provide 5 percent of the United States Recommended Daily Allowances."

But that doesn't mean, it's total junk. According to Endres, junk food can be of some nutritional value to some people. Twenty-five percent of the daily caloric intake of many individuals is made up of snack foods—foods eaten between

meals, including food obtained at fast food restaurants and junk foods—states a report on junk food compiled by Edres.

For an athlete, the 200 calories a candy bar may provide could prove beneficial. He or she may need those extra calories to burn up while competing. For a person not so active, however, those extra calories will be used up at a slower rate and will be of less benefit, Endres said.

The Index of Nutritional Quality is used to systematically evaluate the nutritional worth of snack foods. The INQ measures nutrient-to-calorie density and is the ratio between the amount of a particular nutrient in a portion of food and the total calories in that portion, the report states.

"It depends on how the food is used," added Edres, a member of the Illinois State Council of Nutrition. "It depends a lot on the individual's diet."

"Eating a cookie would be worse for my body than for a younger, more active person," she said. "Of course the sugar that is found in most junk foods

promotes tooth decay and makes it bad for both of us in that respect."

The nutrition council, Endres said, has testified at hearings in regard to the battle over whether junk food should be sold in elementary and secondary schools. She said that she believes there is no need for this type of food to be competing with subsidized lunches provided for public schools.

"The proposal is to ban the sale of this type of food in schools that serve USDA lunches," Endres explained. "Those foods are chewing gums, certain candy, soda water and water ices."

She added that junk foods shouldn't be served in schools because children should be educated on nutrition.

"Why should we have it in there when we can't afford to eat junk food the rest of our lives? In a social perspective, they shouldn't learn to eat junk foods in our educational systems," she added.

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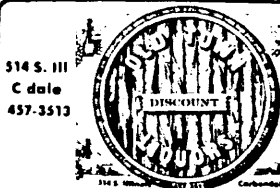
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Focus

Colon treatment cleanses innards for the 'new-age mentality' eaters

By Dean Athans
Staff Writer

Although colonic irrigation may sound like a new farming technique, it is actually a 2,000-year-old holistic medicine approach to cleansing the body—as well as the soul—from "toxins and poisons."

Marge Timper, of the Holistic Health Clinic in Carbondale, said colonic irrigation can be an aid to anyone who has been on a strict diet or is planning one. But, it's more than that.

"It is a cleansing of the soul as well as of our psychological

desire to crave meats and sweets. It is something for the new-age mentality," Timper said.

But what is it?
"It" is a process of cleaning the entire colon, or large intestine, with 40 gallons of water over a period of 40 minutes.

"The colon can't clean itself out, and an enema only goes half way. The stuff that comes out of some people is incredible—the colors and odors, old mucous and everything imaginable," she added.

"Meat is very bad today."

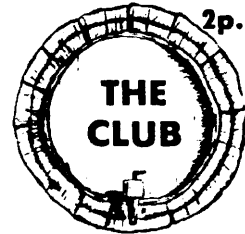
said Timper, a vegetarian for three years. "It's all full of hormones. Vegetables take one day to digest, but meat takes seven days. What's interesting is that it rots before it can get through you," she said.

Timper, 30, a 1975 psychology graduate from SIUE, has worked in colonic irrigation for nine months. She said a younger person, who hasn't yet built up the "poisons and toxins" in the colon to the extent an older person has, may only need one treatment.

(Continued on Page 12)

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Exercise better your attitude as it builds your body

By David Murphy
Staff Writer

Every day at the Recreation Building it's the same thing. Crowds of men and women running, sweating, grunting and generally looking uncomfortable. Why do they keep doing it?

"For one thing, I don't fall asleep in classes as often when I exercise," said Mindy Wilson, a senior in speech communication. "I don't need as much sleep when I exercise regularly and I think that it improves my mental outlook."

For other people, it's a case of releasing pent up aggression.

"If I didn't get over here and slug that punching bag a few times a week, I'd go crazy," said Mark Larose, a second year law student. "It definitely helps my mental attitude."

Sallie Gross, a sophomore in radio and television, plays racquetball for two reasons.

"I think it improves the way I look and it also reduces stress," Gross said. "I'm concerned about the way I look and if I like the way I look, I feel better mentally."

Barb Minton, a junior majoring in forestry, likes to swim and lift weights.

"I can do this on my own, without a team or coach," Minton said. "I like that and I like the feeling that difficult physical work gives me."

"I'm preparing to be a cop and I want to be in good shape for the job," said Jim Chervinko, a junior in law enforcement. "I lift weights just about every day. I feel guilty if I don't do it."

Pressure from friends and classes is also a motivating factor for some people who exercise.

"My boyfriend told me to get in better shape," said Julie Spellman, a freshman in administration of justice. "I'm glad he did because I feel a lot better when my body looks fit. I lift weights and stretch out a few times a week."

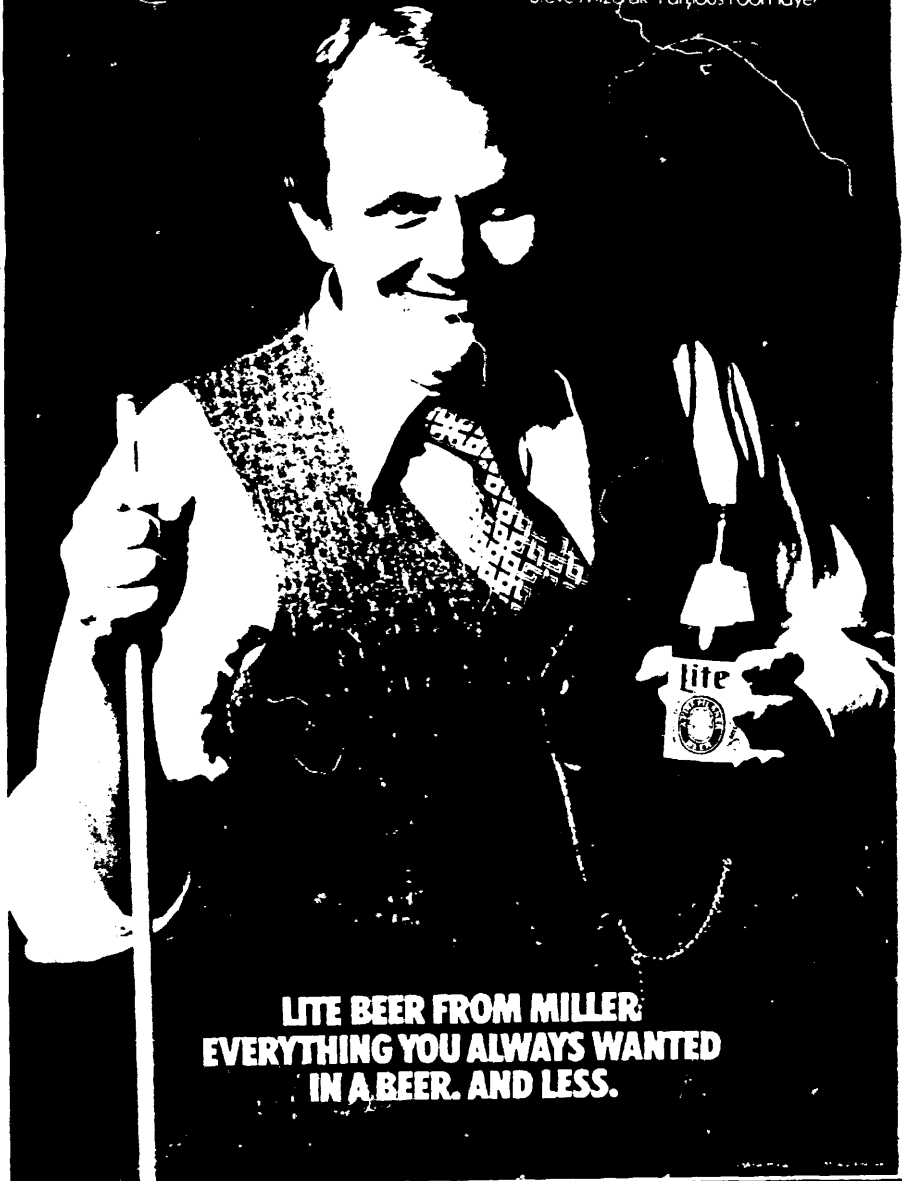
"I think it's a relief from the pressure of always studying," said Sharron Easton, a sophomore in food and nutrition. "The work gets hard, but coming in and exercising and using the sauna makes it easier to study."

"I just like to improve my muscle tone," said Lisa Bell, a sophomore in microbiology. "I lift weights and do stretching exercises, and I think that it improves my mental attitude."

There are also some people who just like the idea of doing good things for their body, even if it sometimes hurts.

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Colon treatment cleanses innards

(Continued from Page 11)

"I have one man that comes in who has had 60 irrigations in the last year," she said.

Timper added that since January, she's had about 300 customers, mostly young people.

"Their awareness of total health is an outgrowth of the hippies' attitudes that their parents' medical cures weren't always necessary," she said.

She explained that the technique was invented 2,000 years ago by the Essenes, although back then it was performed with a long-rooted gourd. The Essenes were a brotherhood of Palestinian Jews who, according to Webster's Dictionary, "practiced a community of rigorous discipline and shunned the company of women."

"It's like cleaning out a sewer

pipe with a Roto-Rooter, although that's a bad analogy," Timper said. "It's important. For instance, people don't understand the seriousness of constipation. The muscles become inactive because of that kind of 'sewer' corrosion. It's lethal. Deadly."

She added that the technique should catch on, but that it is difficult for people to believe in colonic irrigation.

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Senior citizens stay healthy with exercise, good nutrition

(Continued from Page 7)

"Sometimes people sit at home and make themselves feel sick and old. Oh, it's true that as you get older you have more aches and pains, but I believe you have to learn not to let them bother you," said Eddings, a retired partner of Eddings Brothers Heating and Air Conditioning in Carbondale.

Eddings and 68-year-old Fred Smith, a retired construction worker, say they try to ride their three-speed bicycles at least twice a day. Often riding a total of 18 to 20 miles a day, they bike throughout the area surrounding Thompson Lake and Evergreen Park.

"We usually find roads where there are hills," Eddings said. "It doesn't do any good to ride on flat roads."

And, we move right along," Smith added as he spit the tobacco out of his mouth. "We usually travel at about 10 mph."

According to Smith, bicycle riding is a way of keeping young active and it gets him out of the house. He added that it also keeps his legs limber.

"Whenever I get a pain in my knee, I just get on the bike and work it right out," he said.

During the winter months when the bicycles are stored in the garage, the two friends of many years spend much of their time rabbit hunting.

"I've been teaching him bad habits, like showing him how to fish," Eddings said, as the two men laughed. "He never fished before I started him on it."

"I think I'm doing pretty good," Smith said. "And I'm doing anything I want to do." Restricted to a bland diet, Smith said he just eats what doesn't hurt him and doesn't eat what does.

Although Eddings says he does know senior citizens who don't make the best of a situation, he added that if he ever got down in his health, he'd

keep himself occupied.

"There's a lot to learning to be happy with the situation you are in," he said.

"I went to the doctor the other day and he told me to keep doing what I was doing," Eddings said with a soft laugh. "I betcha I haven't taken 25 aspirin in my life. I guess I'm one of the lucky ones."

"Young people keep me young," Elizabeth Floyd, a resident of Carbondale, said with a pleasant smile. "I like to be interested in what they are interested in and I think one loses out if you don't keep up with youth."

Within an attractive and comfortable cottage that overlooks a lake, Floyd and her husband of 48 years, Raymond, are joined in their home by such musical instruments as a piano and a cello.

"I enjoy music of all kinds," Floyd, a music graduate from Monmouth College, said. "And I like the kind of music my grandson's band, Nos Natas plays."

Over the years, Floyd said the diet intake of she and her husband has changed considerably. Now, she explained, they eat more of the simple foods like fruits and vegetables, which she cans herself.

Along with her participation in the Etude Club, a musical organization, and the Educational and Philanthropic organization, Floyd attends a two-hour yoga class each week.

"It's great. I've gained so much from the class. It helps me deal with stress and teaches me how to relax and relieve tension," Floyd said with enthusiasm.

"I'm 68 years old, but I don't feel any age. I just feel good," she said.

"Maybe it's because I'm older, but senior citizens just seem to look and act younger than they used to years ago."

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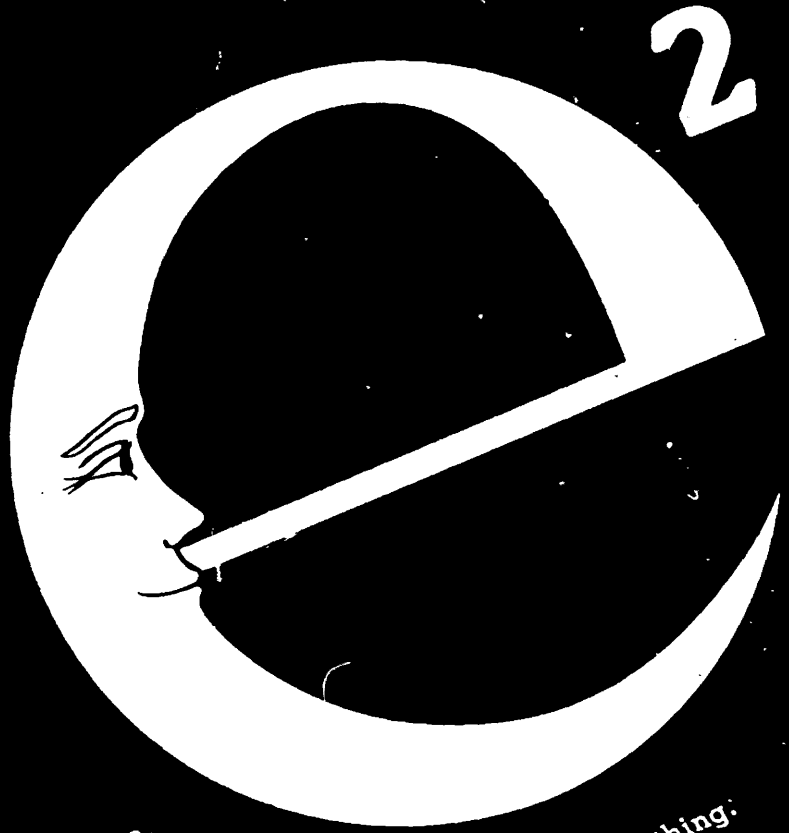
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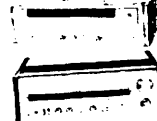
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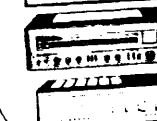
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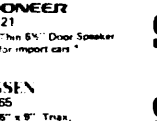
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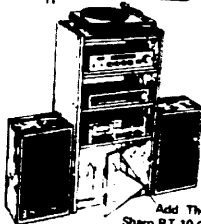
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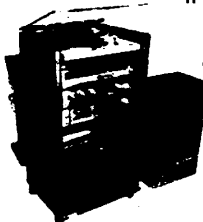
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Pretenders' sell-out audience surely got their money's worth

Editor's Note: The English Beat, an exciting reggae band on its first American tour, opened the show for the Pretenders with a fantastic set of dance tunes. See Monday's DE for a review of the Beat's concert and an interview with band members Andy Cox and Everett Mercein.

By Bill Crowe
Entertainment Editor
"Stage presence"—the ability

Billboard's hits

led by Diana Ross

By The Associated Press

The following are Billboard's hot record hits for the week ending Sept. 20 as they appear in next week's issue of Billboard magazine.

TOP SINGLES

1. "Upside Down" Diana Ross (Motown)
 2. "All Out of Love" Air Supply (Arista)
 3. "Another One Bites the Dust" Queen (Elektra)
 4. "Fame" Irene Cara (RSO)
 5. "Lookin' for Love" Johnny Lee (Asylum)
- TOP LP's**
1. "The Game" Queen (Elektra)
 2. "Hold Out" Jackson Browne (Asylum)
 3. "Diana" Diana Ross (Motown)
 4. "Emotional Rescue" Rolling Stones (Rolling Stones)
 5. "Panorama" The Cars (Elektra)
 6. "Christopher Cross" Christopher Cross (Warner Bros.)
 7. "Give Me the Night" George Benson (Warner Bros.)
 8. "Xanadu" Soundtrack (MCA)
 9. "Urban Cowboy" Soundtrack (Full Moon-Asylum)
 10. "Crimes of Passion" Pat Benatar (Chrysalis)

Review

to grab a sell-out audience of 1,257 and have them in the palm of your hand for 90 minutes; never letting go for a single moment. That's exactly what Chrissie Hynde and her fellow Pretenders demonstrated in Shryock Auditorium Wednesday night.

Displaying a stage persona that was both street tough and passionately tender, Hynde proved unquestionably that the Pretenders are just another novelty rock act fronted by a screaming female. She's the real thing—a rock 'n' roller worthy of superstar status.

Whether pumping out frenetically paced rockers such as "Precious" and "The Wait" or slipping into a softer, more lyrical mode with "Kid" and "Stop Your Sobbing," the audience's attention was riveted to the stage. The Pretenders were in command and making the most of it with a superior show that highlighted the talents of all four band members rather than just Hynde's alluring charisma.

Bassist Pete Farndon and drummer Martin Chambers pounded out driving rhythms throughout the night without

ever sounding overbearing or overwrought. Farndon's throbbing reggae-influenced bass and Chambers' sledgehammer style—which looked like a caveman banging a club into the ground—perfectly fit the Pretenders' dark and often ominous sound, especially on the instrumental "Space Invader" and "Mystery Achievement," the first encore.

Farndon, sporting a greased-back wavy hair style, exuded a dark sensual presence himself—confidently grinning and talking to the audience while never missing a beat. He often served as a perfect counterpoint to Hynde's mascara-eyed center stage figure, which easily could have dominated the entire show but never did.

Guitarist James Honeyman-Scott played a scorching lead guitar, highlighted by solo fills which prove that he's capable of some quick picking. A quality which is much less prevalent on the band's self-titled debut album. However, he seemed to have a few problems with an extremely loud sound system that from time to time tended to muddle his power chording style.

Playing nearly 20 songs in all, the Pretenders wisely spaced their best and most

(Continued on Page 19)

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Cassidy, Rundgren's collaboration in 'Wasp' proves Shaun can sting

By Randy Lynch
WIDB Music Director

Let me preface this article by saying that it contains no sarcasm. As usual, all the opinions expressed are genuine and sincere. I really mean it when I say that "Wasp," the new release by Shaun Cassidy, is an excellent album by any standards.

Yes, I do mean the very same Shaun Cassidy who had bubble-gum hits on AM radio, who was one of the "Hardy Boys" on television and who your little sister fantasized about. As a heart throb or a headache, he was always fairly innocuous. But that is all in the past. This former wimp has an album that stings.

After the "Hardy Boys," Cassidy dropped out of television for awhile. He returned in a sensitive role as a mentally retarded young adult who was determined to make it in the real world. That's probably the same image people have of Cassidy trying to make it in the music world. Just like in the movie, Shaun is making it with the help of a partner.

The partner, in this case, is Todd Rundgren who has much more to offer than most record producers—namely the musical talents of his band. In fact, "Wasp" is more like a Utopia album with Cassidy on lead vocals than a Shaun Cassidy solo album. The more you listen, the more you hear Todd's influence, starting with the songs.

Todd wrote four of the ten tunes on "Wasp," with the title cut as the best one. It's sort of an acid-funk tune. Danceable, but truly heavy. Cassidy speaks-screams the lyrics, bringing to mind the opening of "Wolfman Jack," a cut off of Todd's "Something-Anything?" album. It also features a guitar solo graced with the ferocity that Todd usually reserves for live performances.

The title of "Selfless Love" basically says it all. This ballad is lyrically sub-standard for Rundgren, but it is a big jump forward compared to the message contained in Cassidy's past work.

Shaun collaborated with the band to write "Cool Fire," a warning about deceptive appearances. The guitar is uncharacteristically up front in this sparsely mixed reggae tune.

The other six songs are all remakes of originals from the past two decades, none of which were particularly big hits. "So Sad About Us" was on the Who's "Happy Jack" album, and is quite a joyous rocker.

Juggler-comedian to perform at Student Center

A fresh blend of comedy and juggling is coming to the Student Center Ballroom D in the form of A. Whitney Brown. Appearing Friday at 7:30 p.m. as part of E-Night, Brown will perform a comic routine of his own material.

A comedian who started his juggling career with oranges, Brown has twice been a finalist in the International Comedy Competition and has achieved national exposure over the Show Time television networks.

Following Brown's performance will be a laser light show and Off Broadway.

Review

"It's My Life" retains the sinisterness of the Animals' original and is quite an appropriate tune for Cassidy to cover. "Shake Me, Wake Me" was originally done by the Four Tops, but this rocking version holds on to just a trace of soul.

Whereas these 60s' tunes are lost gems that truly deserve to be dusted off, the other three cuts are cult favorites from the past few years. "The Book I Read" is a David Byrne tune from the Talking Heads' first album. The differences between this version and the original are mainly due to the differences between Rundgren and Brian Eno as producers.

David Bowie had a small hit five years ago with "Rebel Rebel" and in this fully revitalized version, the only thing that sounds the same is Cassidy's vocals. So, Todd mixed in a falsetto voice.

It took true grit and real guts to do the last song on the album, Ian Hunter's "Once Bitten, Twice Shy." It is arguably the best rocker Hunter has ever written and is the song he starts off all his concerts with. It also deals with a side of rock life that Cassidy has probably never seen.

The inclusion of these remakes on "Wasp" brings up the question, when did Shaun Cassidy pay his dues to earn the right to cover these songs? The answer is that it doesn't matter when Todd Rundgren is in control. Just ask Meatloaf.

From a Rundgren and/or Utopia point of view, "Wasp" is like a follow-up to Todd's "Faithful" album, which also featured covers of oldies. But on "Faithful," Todd tried to make exact copies of the songs. Here the songs sound refreshed, like they would at a Utopia concert.

From a Shaun Cassidy standpoint, he proves to be quite a vocal stylist. His voice consistently sounds like the originals. He sounds like Todd. The main point is that Cassidy's voice is strong and evocative. And real, not just a production gimmick.

Cassidy shows the potential to be a male Linda Ronstadt. Neither one writes songs or plays an instrument, but both are fantastic at interpreting other people's tunes. They both work with excellent musicians and they're both very pretty.

It will be interesting to see if Shaun remains serious about music. "Wasp" is proof that he does have talent. I think it's time we gave the man credit for growing up.

(Album courtesy of WIDB)

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Pretenders fill Shryock with fans, then fill audience with rock and roll

(Continued from Page 16)

recognizable tunes throughout the show. But the highlight definitely came when the band rattled off "Private Life," "Brass In Pocket," "The Wait" and the Kinks' "Stop Your

Sobbing" in succession. Not surprisingly, this is where Hynde displayed, and almost flaunted, her dark sensuality. Shedding her guitar for "Brass In Pocket," she acted out the now-famous arms, legs, etc... chorus and proved that she's

really as "special" as she contends in the song.

But Hynde's talents include more than just a tough but tempting personality. This woman can play guitar, sing and even dance (as she displayed on "Mystery Achievement") with the best of them. No male chauvinism intended, but Hynde is quite unique—female rockers who possess instrumental precision, songwriting finesse and onstage charisma are few and far between.

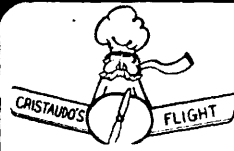
In fact, the entire Pretenders' show seems to be gaining a sense of confidence which was missing in many of its first efforts in the United States earlier this year. Opening for the Who at the 18,000-seat St. Louis Checkerdome in April, the band looked unsure of itself.

Wednesday was the Pretenders' night and Hynde grabbed at the opportunity without pulling any punches. She proved that the Pretenders, and especially herself, are destined to be taken as a serious musical force for a long time to come.



Staff photo by Brian Howe

Singer-songwriter Chrissie Hynde displayed an alluring stage persona during the Pretenders sold-out concert Wednesday night at Shryock Auditorium.



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11-year-old boy, 'bored' at school, goes on to college

McHENRY (AP)—Eleven-year-old Thomas Irwin says he found grade school "boring," so he moved on to something more challenging—college.

"I like working in the college atmosphere a lot more than with my own age group," the McHenry youngster says. "There was a lot of teasing and harassment by kids my own age."

Tom did so poorly in the third grade that his teachers thought he had a learning disability, but he explains that he simply found the work "boring." Later tests showed Tom's IQ is 170—genius level.

The Irwin family was dissatisfied with the public school system's efforts to develop a program to suit Tom's special educational needs, so Tom is taking correspondence courses in mathematics—his worst subject—and other courses from the Culver School in Maryland.

And for the second year now, he's taking two courses at McHenry County College—Spanish and theater.

Tom rides a commuter train and two buses to get to the McHenry campus on class days and says he has no problem getting around on his own. Other days, he plans to do his correspondence course work at the Barrington law office of his father.

Ronald Irwin says his son gets along well with college students because "he is on the same plane with them. He is respected by the older students."

Tom says he once in a while feels out of place. "But then I would be (out of place) in the seventh grade, too," he says.

Tom says he has no problem socializing with kids his own age but that he had to put up with a lot of teasing at school from the other youngsters.

So far this semester, Tom has attended his first class in theater and was given an outline of the course and a list of plays to read for the term—including some by Edward Albee and Shakespeare's Romeo and Juliet and Hamlet.

But he hasn't read them yet. He's still finishing Richard Henry Dana's "Two Years Before The Mast."

Motorecycle

courses offered

The Safety Center will offer two more free motorecycle riding courses during September.

Course No. 15 will meet 4-7 p.m. on Mondays, Wednesdays and Fridays and will run Sept. 15-26. Course No. 16 will meet 4-7 p.m. on Tuesdays and Thursdays and 10 a.m. to 1 p.m. on Saturdays and will run September 16-27. Motorcycles, helmets and insurance will be provided for all participants. All participants must be at least 15 years old.

Persons interested in registration should contact the Office of Continuing Education at 536-7751.

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Campus Briefs

The women of Zeta Phi Beta Sorority are sponsoring their fall rush at 3 p.m., Sunday in the Mississippi Room. All interested young ladies are invited.

Recreation for Special Populations will be holding their first Canoeing Workshop from 9 a.m., till noon Saturday at the Campus Boat Dock. All interested persons are encouraged to attend. Bring your swimming suits.

TGIF announces their first gathering at 7 p.m., Friday in front of the Student Center. They will take any interested persons to the Murphysboro Apple Festival.

Women's Weightlifting Workshops will begin from 9:30 to 11:30 a.m., Saturday through November 1, in the Weight Room of the Recreation Center. The workshops sponsored by the Intramural-Recreational Sports will include familiarization with weight room equipment, as well as more advanced exercises and routines.


LaBoss, the lady boosters of Saluki sports, will hold its annual Maroon and White Dance, at 9 p.m., Friday at the Elks on Jackson Street. Music is by Mel Stener's Combo. Tickets are \$5.

Sigma Tau Gamma fraternity invites all interested students to a rush party at 9 p.m., Saturday at 506 South Poplar. For rides, call 529-9270.

Semper Fidelis Society will hold a meeting at 7:30 p.m., Friday at Southern Hills 134, apartment 13.

The Egyptian Divers are holding a car wash from 10 a.m. till 2 p.m., Saturday in the parking lot of the Derby gas station on South Illinois Avenue. They are charging \$2 per car.

A special lecture on Biblical prophecy sponsored by Student Bible Fellowship will be given at 7 p.m., Friday in Quigley Hall Lounge.



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Board delays decision on adoption of SIU-C student trustee handbook

by John Ambrosia
Staff Writer

A decision whether to adopt a handbook for use by SIU student trustees was delayed until next month by the Board of Trustees at its meeting Thursday.

The matter was delayed because SIU-C student trustee Mark Michalic requested more time to study the proposal, according to William Norwood, board chairperson. Several members of the board had expedited for a decision at the meeting.

Guidelines for the proposed handbook were designed to assist student trustees in gathering large amounts of administrative information during their one-year terms in office, according to the resolution presented to the board. Included among the guidelines is information concerning the roles of board members—student trustees in particular—and background information on meetings, expense accounts, travel and miscellaneous items of importance to board members.

The proposed handbook will so specifically outline the role

of the student trustee to be parallel to governor-appointed board members, with some exceptions. The handbook points out that student trustees

are handicapped by their short term in office, are not provided with the right to vote and are elected by students rather than appointed.

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Deadlines set to register for admissions tests

Closing dates for test registration have been announced by Harley Bradshaw, Testing Services Coordinator. Several of the tests are required for admission into certain post-graduate programs.

The closing dates are:
—Graduate Record Examinations, Sept. 18, for test to be held Oct. 18.
—Law School Admissions Test, Sept. 18, for test to be held Oct. 11.

—Optometry College Admissions Test, Sept. 20, for test to be held Oct. 18.

—Graduate Management Admissions Test, Sept. 22, for test to be held Oct. 25.

—Practice Law School Admissions Test, Sept. 22, for test to be held Sept. 27.

For more information and registration materials, students should go to Testing Services, Room B 204 of Woody Hall, or call 536-3303.



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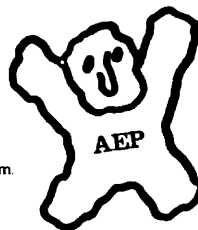
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Benefit dinner to help raise money to fund home childbirth court case

By Scott Canon
Staff Writer

In an attempt to help offset legal expenses accumulated from a lengthy court battle, the Association for Childbirth at Home International is holding a benefit dinner at the Lutheran Center in Carbondale Saturday night.

The ACHI, an organization that provides educational information on home childbirth and trains people to give home childbirth classes, became involved in a court battle with Catherine Feral, midwest coordinator of the association, who received a subpoena from the Illinois Attorney General's Office in October 1978.

The subpoena asked for the names and addresses of all doctors, midwives, teachers and parents who participated in childbirth preparation classes and home births. Feral said. She added that ACHI didn't feel the attorney general had the right to gain such a subpoena without someone lodging a complaint and charges being filed.

Feral said she and the ACHI refused the subpoena because they believed it was a form of harassment.

"We haven't been charged

with anything and they're harassing us," Feral said. The legal battle has financially crippled the ACHI, Feral said.

Susan DeWitt, assistant attorney general and chief of consumer protection, said her office doesn't have to file charges to perform an investigation on an organization.

She said the Consumer Fraud Protection Act gives the attorney general's office the power to investigate any organization that deals with consumers.

"We're not questioning what they are doing. We just want to find out who ACHI is, so that Illinois consumers can find out who they are dealing with," DeWitt said.

Judge Simon Friedman, of Sangamon County, said he dismissed the case in August 1979 because the subpoena was signed by an assistant attorney general instead of former Attorney General William Scott.

The attorney general's office then appealed Friedman's decision only to have the case dismissed again by the Illinois Court of Appeals. The case was dismissed because the appeals court ruled that the Consumer Fraud Protection Act did not apply to ACHI's case. DeWitt

said.

DeWitt said the case is now being appealed to the Illinois Supreme Court. She said the court will probably decide in the next month if it will review the case.

Feral said the long legal battle has chalked up \$3,000 in legal fees for her organization. She said lawyers for the ACHI are asking that their legal fees be paid before they prepare for the meeting with the Illinois Supreme Court.

Warren Pierce, national director of ACOG, said although his organization has stated its opposition to home childbirth, it has never contacted the attorney general or any other office in relation to ACHI.

DeWitt said the investigation was prompted when the existence of ACHI was brought to the attention of the attorney general's office by the Saline County State's Attorney. Feral lived in Raleigh in Saline County at the time the subpoena was delivered to her.

The benefit dinner for the ACHI legal defense fund will be at 7:30 p.m. Saturday at the Lutheran Center. There will be dinner, live music, an auction and a raffle for a handcrafted mirror.



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APPOINTMENT SUGGESTED call 453-5101

Personnel appointments approved

By Michael Monson
Staff Writer

An acting vice president, a dean and three department chairmen were among the SIU-C personnel appointments ratified Thursday by the Board of Trustees at a meeting held in the Student Center.

John C. Guyon, who is also dean of the Graduate School, was approved as the acting vice president for academic affairs and research. Guyon has held the post since June 16 when Frank Herton left to become chancellor at the University of Wisconsin-Milwaukee.

Samuel Goldman, who has served as acting dean of the College of Health and Human

Services at Ohio University, received approval as the dean of the College of Human Resources. Goldman, 45, took over on Aug. 1 from Seymour Dryson, who was serving as acting dean.

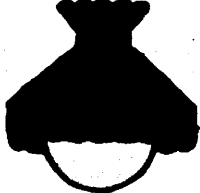
Approved as chairman of the Department of Electrical Science and Systems Engineering was C.A. Goben, a specialist in nuclear and space radiation effects. Goben, who began work on July 1, comes to SIU-C from the University of Missouri-Rolla Engineering and Research Laboratory. He replaces J.G. Smith, who has returned to full-time teaching.

Timothy J. Lyons, a film historian from the University of

Houston, was ratified as chairman of the Department of Cinema and Photography. C. William Horrell, who had been serving as acting chairman, returns to full-time teaching.

The board also approved Anthony W. Young, a former University of Wisconsin faculty member, as chairman of the Department of Animal Industries. Young took over on Aug. 1 from Harold Hodson, who resigned in April to join a San Francisco export firm.

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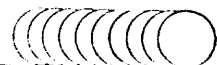
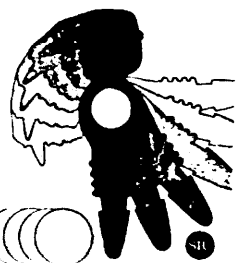
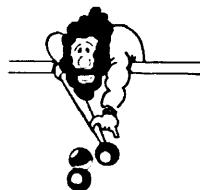
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Complaints filed by prison guards

MARION (AP) — Two veteran guards at the federal penitentiary at Marion have filed claims seeking \$100,000 each, charging they have suffered "severe mental stress" due to harassment by prison authorities.

In claims filed Wednesday, the guards, Vernon Henry, 46, and John Jackson, 39, contend that prison officials intentionally assigned them to high-stress duties after they hinted that they might sue the prison because of unfair treatment by superiors.

Prison authorities declined to discuss the claims.

In the claim, Henry contends that he was forced to work in the

prison's high security "Control Unit" even though prison-affiliated psychiatrists recommended he not be assigned to the duty.

Jackson, who has been a guard at Marion for five years, also claims he was assigned to a watch duty position despite a psychiatrist's advice that he be placed in a different job.

"When you go to work as a guard, there's naturally going to be stress involved," Jackson said. "That's not what we're talking about here, though. It's more than routine. This goes beyond that."

Henry, who has been a guard at Marion for eight years, said prison officials "want to get rid

of us. Our complaint is only the tip of the iceberg. Most guards know what's going on, they're good guys. But they're scared. The administrators here...have put us through hell because we've decided to speak out about what's happening."

Wednesday's action, the latest in a barrage of legal challenges against the prison, was the first by guards at the facility.

Recent suits filed by inmates allege beatings by guards and question the constitutionality of the Control Unit, a 60-inmate section of small cells where the prison's most dangerous inmates are housed.

The guards' action is not the same as a lawsuit, but the guards by law will be able to go to federal court in six months if the prison bureau has not made a ruling on their claims.

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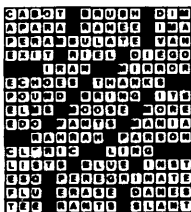
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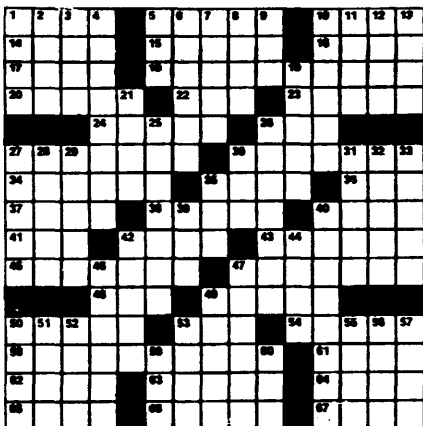
Friday's Puzzle

- ACROSS
- 1 Plague
 - 5 Impress
 - 10 Poet
 - 14 Vision
 - 15 Comb. form
 - 16 Hodgepodge
 - 17 Bearing
 - 18 Militant
 - 20 Fastener
 - 22 Obtain
 - 23 Flower
 - 24 Loon, e.g.
 - 25 Expire
 - 27 Hardened
 - 30 GBS title
 - 34 Liking
 - 35 Relative
 - 36 — Lanka
 - 37 Norway king
 - 38 Laminated
 - 40 Dispense
 - 41 On Soc. Sec.
 - 42 Grain
 - 43 Create
 - 45 Handed
 - 47 Mad visions
 - 48 Cattle genus
 - 49 — metabo-
 - 50 Halter
- DOWN
- 1 Small dogs
 - 2 Saga
 - 3 Doer: Suff.
 - 4 Non-musical
 - 5 Resort
 - 6 Dressed
 - 7 Horatio —
 - 8 Emporium
 - 9 Prior to
 - 10 Ruled
 - 11 Depleted
 - 12 Fracture
 - 13 Active one
 - 14 — Lawrence
 - 15 River
 - 16 Broop
 - 25 Corp. execs.

Thursday's Puzzle Solved



- 26 Tempers
- 27 Game
- 28 German coin
- 29 Gladness
- 30 Prompt
- 31 Muslim faith
- 32 Muslim sect
- 33 Publicized
- 35 Support
- 36 Directed
- 40 Regue
- 42 Cease
- 44 Close
- 46 Lowers
- 47 Peril
- 48 Church game
- 50 Fleck
- 51 Correct
- 52 Retax
- 53 Gasp
- 55 Golf call
- 56 Big weights
- 57 — machine
- 58 Fuel
- 60 Greasy



Activities

"English as a Foreign Language" test, 12:30-5 p.m., Morris Library Auditorium.

Gaston Lachaise Drawings and Sculpture Exhibit, 10 a.m.-4 p.m., Fauser South Gallery.

Muslim Student Association meeting, noon-2:30 p.m., Ohio Room and 12:30-5:30 p.m., Activity Room A.

Student Affairs Law Enforcement meeting, 8-10:30 a.m., Illinois Room.

CPSS meeting, 1-4 p.m., Ohio Room.

Graduate Rehabilitation Club meeting, 2-5 p.m., Saline Room.

Society of Geological Engineers meeting, 11 a.m.-1 p.m., Troy Room.

Iranian Muslim Association meeting, 8-11 p.m., Activity Room A.

ICVF meeting, 12:15-12:45 p.m., Activity Room B.

Black Voices for Christ meeting, 6:30-9 p.m., Activity Rooms C and D.

Student Center and SPC Open House, 7 p.m.-1 a.m., Student Center: A Whitney Brown, Comedy and Juggling, 7:30 and 8:30 p.m., Ballroom. The Media Maze, Holographic and Photographic Exhibit, 7 p.m., till 1 a.m., Ballrooms A and B.

International Coffeehouse, Nick Bus, 7:30 and 8:30 p.m., Old Main Room.

Laser Light Show, Music by Entropic, 9 till 9:45 p.m., Ballroom D.

Off Broadway, Concert and Dance, 10 p.m., Ballroom D.

Miniature Golf, 7 till 1 a.m., International Lounge and TV Area.

Film, "The Rose," 7, 9, and 11 p.m., Auditorium.

Video, "Shorts," 7 p.m., till 1 a.m., Video Lounge.

Fashion Show, 7 p.m., fourth floor study lounge.

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DePaul tourney to test spikers

By Michelle Schwent
Staff Writer

The Saluki volleyball team has been presented with yet another challenge. Sophomore standout Soraya Locke has been lost to the team for the next four weeks, including the DePaul Invitational slated for this weekend.

Locke fractured the middle finger of her left hand in practice Monday when she blocked a spike by Bonnie Norrenberns.

The middle blocker-setter had been one of coach Debbie Hunter's standouts in last Saturday's win over Illinois. Although she wasn't thrilled by the loss of Locke, Hunter took the news in stride.

"This presents us with a new challenge," Hunter said. "This type of thing can make a team stronger in the long run because it forces them to play well."

The team left Thursday for

the DePaul tournament which Hunter says is a strong one. Teams in the tournament are Illinois State, Michigan State, Western Michigan, Wisconsin, Illinois, Central Michigan and DePaul.

In Locke's absence, Erin Sartain will be the third middle blocker while the outside hitter will be either Karen Clary or Katrina McClanahan. The shifting of personnel and tournament conditions will be a test for the Salukis according to Hunter.

"A tournament is an entirely different situation than a regular match," she said. "In a tournament, you play a match and rest, play and rest, play another match and then another. They'll have to learn to play two good matches back to back."

The Salukis face Illinois in the first pool play match and Hunter doesn't plan to change

the tactics she used in last Saturday's victory over the Illini.

"We'll stick to our sound passing game and try to improve our defense and serving," Hunter said. "We had some serveouts at crucial times last week, so we'll try to improve that. We worked on down ball situations in practice and we'll have to improve on digging the ball up and defensive blocking."

The coach doesn't think Illinois will change its game plan much either.

"I think they'll just try to polish what they did against us Saturday," she said. "They did a lot of play action stuff which surprised me a little for so early in the season. They will probably serve a little better also because they had a lot of serveouts also. Victory may have not been ours if they hadn't missed so many serves."

Salukis' emotions are running high

(Continued from Page 28)

Dempsy was also disappointed with the linebackers and said Carbondale native Tony Bleyer and Luther Foster will log more playing time and may even start.

"We have strength at that position and with that much competition there, you've got to play the kids that deserve it," Dempsy said.

"We have to have fewer turnovers, the three fumbles and three interceptions cost us 17 points last week," Dempsy said. "I feel we'll be a better football team this week."

Polo team slates intrasquad meet

The newly added men's sport of water polo will premiere at SIU when the Salukis conduct an intrasquad game Friday at 3 p.m. at the Recreation Building pool. Admission to the game is a donation to the Mark Hemphill fund.

The water polo team, coached by swim Coach Bob Steele, features many of the members of the Saluki swimming team. The Salukis will begin play Sept. 19 when they host the Saluki Invitational.

Salukis, Illini to renew cross country rivalry

(Continued from Page 28)

entered in the race and Hartzog said all but junior Bill Moran are in excellent condition. Moran, a steady runner for the Salukis last year, is suffering from a cold which has caused him to lose nine pounds.

"I have to feel Bill will be ineffective because I don't think he'll be able to recover in time to run a good race," Hartzog said.

Senior Tom Fitzpatrick, juniors Chris Riegger and Karsten Schulz, and sophomores Mike Keane, Mike Choffin and Tom Ross will be expected to make up for Moran's loss.

"Tom could be the difference," Hartzog said of the Chicago native. "He was one of our top three in each race last year and he had a great summer. He'll be up there and so will Karsten and Mike Keane." Hartzog added that both Riegger and Ross appear to be stronger and improved. He said freshman Tom Breen, Down Patrick, Northern Ireland, is still an "unknown quantity."

In last year's race at the Savoy Golf Course in Champaign, SIU's Schulz, Riegger, Fitzpatrick and Mike Bisase finished behind the Illini's Jim Flannery as the Illini, 23-32.

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Netters' weekend will be busy

By Scott Stahmer

Associate Sports Editor

SIU's women's tennis team won't have much spare time this weekend, as the Salukis will take on Sangamon State, Arkansas and Eastern Illinois within a 17-hour span.

On Friday, SIU, 1-2, will play Sangamon at the Court Club at 9 p.m. Then on Saturday, the Salukis will take to the University courts for matches with the Razorbacks at 9 a.m. and the Panthers at 2 p.m.

Saluki Coach Judy Auld said Arkansas probably will be the strongest of the three opponents, with Sangamon the weakest.

"I'm pretty sure we'll beat Sangamon State and Eastern," she said. "I don't want to overbook Eastern, but I feel everyone will play well against them. Arkansas is going to be a closer match and we'll have to play very competitive, very intense tennis."

"Arkansas recruited one girl I was after and she's playing No. 1 singles for them," Auld continued. "so I know they brought in some good players."

The Salukis may be ahead of EIU, Auld said, because this is the Panthers' first weekend of competition. Eastern is a Division II school, so SIU's performance against it will not influence state tournament pairings.

Auld said SIU's singles lineup will be identical to last weekend's except for No. 6 singles, where Mona Etchison will step in for Paula Etchison, who is sick. Jeannie Jones will start at No. 1 singles, Lisa Warrem at No. 2, Debbie Martin at No. 3, Stacy Sherman at No. 4 and Becky Ingram at No. 5.

The doubles pairings also will be the same. Warrem and Jones will be the No. 1 team, Martin and Sherman at No. 2, and Ingram and Tammy Kurtz at No. 3.

Auld believes some of the Salukis' younger players will

overcome the first-meet jitters that contributed to last weekend's losses against Illinois and Illinois State.

"Like Stacy," Auld said of the freshman from Setonkiet, N.Y. "If she keeps hitting the ball in matches like she does in practice, she'll do real well. She's got nice strokes and everything, she just needs to feel more comfortable on the court."

Auld believes Ingram's case is similar.

"Her game wasn't completely on last weekend," she said of the sophomore transfer from Alabama. "She didn't feel real relaxed on the court. I hope she'll get over it and have a real good weekend."

While hoping for improvement from the

newcomers, Auld also is expecting major contributions from Jones, Warrem and Martin—especially Martin, who lost two of three last weekend.

"In her matches last week, Debbie didn't change her strategy on the court," Auld said of the senior's performance. "When she gets into a match, she needs to concentrate better. She needs to be aggressive, but she can't be so aggressive that she gets into trouble."

On the other end of the spectrum is Warrem, who swept her first three singles matches.

"Lisa's just hitting the ball well," Auld said. "She seems to feel good about her game. She's got a lot of potential and she hasn't even gotten there yet."



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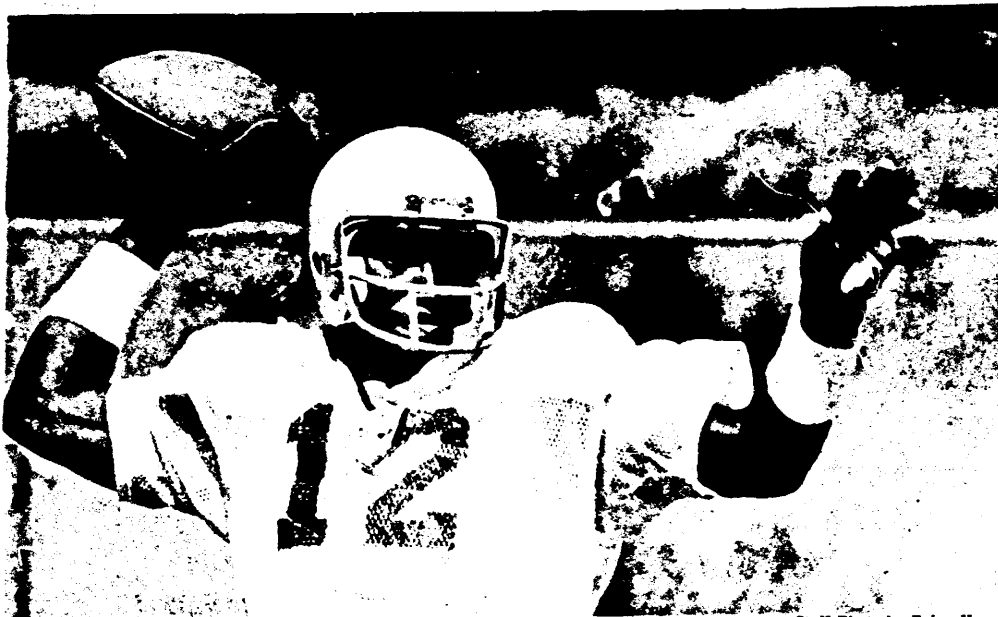
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Staff Photo by Brian Howe

Senior quarterback Gerald Carr will be calling the signals for the Salukis Saturday against intrastate rival Eastern Illinois.

EIU boasts aerial attack

Emotions are high for grid home opener

By Rod Smith
Sports Editor

Emotions of SIU players and coaches will be sky-high Saturday when the Saluki football team battles Eastern Illinois at 1:30 p.m. Saturday at McAndrew Stadium.

Aside from being the Salukis' home opener with a crowd of more than 18,000 expected, the game has been dedicated "Mark Hemphill Day" in honor of the Saluki wide receiver who suffered a paralyzing injury in the Illinois State game last Oct. 6.

These factors should raise the spirits of the Salukis, who were ripped 31-14 at Wichita State last week, suffering their ninth straight opening day loss. However, the last four years, SIU has come back to win its second game.

Saluki Coach Rey Dempsey has been careful to make sure his team isn't ignoring its duties because of the hoopla of the occasion.

"Our kids have been working and we've been careful not to let the occasion get us to the point that we're just walking around like it was Homecoming," Dempsey said. "We were down for a day or two, but they've been told of the mistakes they made. We've just got to come back, and playing at home and being Mark's day, I think they will."



"It's a matter of personal and team pride. It's only fun if you win."

The Salukis' offensive line will have its hands full with the Panthers' experienced defensive line.

Pete Catan, an All-American defensive end last year who almost single-handedly destroyed the Salukis in last year's 22-14 loss, returns, as does honorable mention All-American defensive tackle Randy Melvin. In all, eight Panthers return on defense.

"They're horses," Dempsey said. "They have the same defensive team back from last year when our only touchdowns were on a punt return and a bomb. They are tough to block and really come after you. We need to stay out of the third

down and long yardage situations."

Senior tackle Mark Mielock and junior tackle Chris Lockwood will share the unenviable task of trying to stop Catan.

Dempsey said because EIU plays a "pro" type offense, option-running quarterback Gerald Carr, who didn't play against the Panthers last year, will start at quarterback. Last week, Carr couldn't find room to run and didn't complete a pass in four attempts.

"I think Gerald can run the option against this team," Dempsey said. "On an obvious passing situation, I won't hesitate to bring Cernak in."

John Cernak played the second half at Wichita State last week and was an impressive 14 of 19 passing for 154 yards.

The coach added that sophomore tailback Jeff Ware will see more action this week. The 5-6 Ware averaged more than six yards a carry last week and caught three passes for 51 yards.

Defensively, the young Saluki secondary will be put to a test for the second straight week. The Panthers passed 24 times for 245 yards and three touchdowns last week in their 34-21 win over North Dakota. EIU Coach Darrell Mudra indicated he may call for the pass more than 30 times Saturday.

"Our defensive backfield played poor individually and poor as a group last week," Dempsey said. "And we're up against more of a pure passing team this week."

Junior strong safety Trey Washington, the only defensive back who had previously started a game, injured a knee last week which may require surgery. He will be replaced by sophomore Gaylord McCoy. The secondary will consist of two sophomores, one junior and one senior.

"We were too cautious on intermediate patterns," Dempsey said. "They need to have a good game to gain confidence in themselves."

(Continued on Page 26)

SIU harriers to challenge nemesis Illini

By Rick Kiatt
Staff Writer

Illinois versus Southern Illinois. Fighting Illini versus Salukis. Whichever way you spell it, it always comes out "exciting." And Saturday morning at Midland Hills Country Club won't be any different as the two state rivals meet in SIU's cross country season opener for the second year in a row.

Both teams have plenty of talent, boast brilliant traditions, and most importantly, hate to lose.

"It should be one outstanding meet," Saluki cross country Coach Lew Hartzog said of the 10 a.m. race. "They're a highly talented team and I think we're ready to run."

The Illini are talented. Hartzog labels their leader, junior John Schmidt, as a "super 1,500-meter person and an excellent cross country runner." For proof, Hartzog cites Schmidt's first-place finish in last year's Illinois Intercollegiate.

But the heart of Coach Gary Wieneke's Fighting Illini team isn't Schmidt or senior standout John Olszewski. Hartzog said sophomores Wally Duffy, Tom Stevens, Kerry Dickson and Dave Painter are the Illini's strength.

"All four of them were highly recruited out of high school," the veteran coach of 21 years said. "And all are excellent cross country people."

Stevens and Duffy stand out the most among the four. A native of Iowa, Duffy took state championships in the two-mile run and cross country. He was the international prep two-mile champion also. Stevens was the Illinois state high school champion his senior year.

But reputations and ribbons don't mean a thing when it's race time and Hartzog knows it. Consequently, he hasn't conceded the race to the Illini.

"I feel our team is in the best shape it's ever been for this time in the season," Hartzog said. "Our rivalry with Illinois is real, so I believe they'll get at it."

Hartzog said the only indicators he has at his disposal to determine his team's worth are the 10-mile run at Du Quoin two weeks ago and the 100-mile Mark Hemphill run from St. Louis.

"The Du Quoin race didn't indicate much," he said. "But the run from St. Louis was a good workout. I have to believe if they run Saturday like they ran that day, it'll be one fine meet."

Fourteen Salukis will be

(Continued on Page 26)

Mark Hemphill Day festivities set

Pre-game and halftime programs for the SIU-Eastern Illinois football game, designated "Mark Hemphill Day" in honor of the injured Saluki wide receiver, have been finalized.

Hemphill will begin his day as a part of the Apple Festival parade in the downtown Murphysboro area. He will then go to McAndrew Stadium and meet with the Saluki team until just before game time.

At 1:15 p.m., Hemphill will make his first appearance in the stadium.

At halftime, Athletics Director Gale Sayers will

present a check to Mark, who will have his first chance to publically address the fans.

The game is also the first chance Hemphill will have to meet his new "granny." She is Gladice Marlow, a 78-year-old grandmother of eight and great-grandmother of 10, who has been sending Mark cards and letters of encouragement along with a few dollars every few weeks, signing them only as "Granny."

Mrs. Marlow wasn't planning on attending the game, feeling that she should stay home and care for her semi-invalid husband, but she has since been offered

assistance which will permit her to meet Mark for the first time.

Commenting on "Granny's" letters, Hemphill once said, "It's things like that that keep you going. I'd really love to meet her. I'd like to meet all of you. I hope you all come up. I'd love to hug you all."

Fund-raising activities will continue through Saturday. Concessions revenue will be donated to the fund and SIU athletes will be selling souvenir "Mark Hemphill Day" programs for a donation to the fund.



Mark Hemphill