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Daily Egyptian Staff

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Volume 79, Issue 98
Prayers for peace capture spirit of vigil

By Jeff McIntire

Sarajevo, the once peaceful city that hosted the 1984 Olympic Winter Games and is now in ruins from fighting between Serbs and Bosnian Muslims, was remembered by concerned community members Tuesday night for an end to the civil conflict.

About 40 people gathered at the Student Center circle drive to protect the fighting, the candles they held symbolizing hope for peace in the troubled former Yugoslavia.

The vigil was sponsored by several organizations including the American Committee to Save Bosnia, the Hillel Foundation, University Christian Ministries and the Newman Center.

Although the North Atlantic Treaty Organization deadline for Bosnian Serb withdrawal from Sarajevo passed Monday, Russian president Boris Yeltzin warned NATO Tuesday that Russia would tolerate military action against Serbs without Russian participation.

Reynward marrow, Vladimir Zhuinovsky said that while it is important to support fellow Slavic Serbs as they come under attack by NATO forces, the demonstrators at the vigil said they simply want the war to end.

Kelly Bower, a freshman in mathematics from Carbondale, said she is tired of hearing reports about Bosnian bloodshed.

“I’m very concerned about what’s going on over there,” she said.

Kelly Bower, 18, a freshman in mathematics, and Elizabeth Patula, also a 18 and a freshman in chemistry, participate in the Can’d slip Vigil for Bosnia as part of the Day of Awareness happening to Bosnia and I thought getting together with other people in the area could show the community what happens there that affects us even here,” she said.

Elizabeth Patula, a freshman in chemistry from Carbondale, said she was tired of hearing reports about Bosnian bloodshed.

“I’m very concerned about what’s going on over there,” she said.

Cheaters use loopholes to survive academic life

By Emily Priddy

While some SIUC students may be academically dishonest, the number caught cheating is difficult to determine because most situations are resolved at the instructor’s level. A University Police spokesman said.

Jones Evers, associate dean of the College of Engineering, said that only three or four cases of academic dishonesty have been brought to his attention during the last year.

Evers said he thinks fewer than three students caught cheating each year, but many more acts of dishonesty are not discovered.

“I don’t think (the number caught) reflects the number of essays transferred from one student to another, he said.

Sarah Davis, owner of Beach Bums, 611 S. Illinois Ave., entered an open plea of guilty Jan. 26 to hearing officer Sharon Hamner to six counts of city ordinance violations.

Three ordinance violations were for having persons under the age of 21 in his establishment, and four for serving alcohol to persons under 21.

Hammer’s recommendations to the commission as hearing officer were a $250 fine for each count and a two-day liquor-sale closure.

Web Smith, attorney representing the city, said Hammer’s recommendation were legal but urged the conversion to be creative and put Davis on probation.

“Since these violations were filed there have been nine more arrests in Davis’ bar,” Smith said. “Since the beginning of November, it seems this licensee has elected to ignore what he has been called to.”

Janet Russell, counsel, for Davis, said although her client entered a guilty plea to Hammer, she thought the hearing officer was biased. Hammer also serves as city attorney.

 jokes about cheating and exams.

SIUC instructors take time to enforce dishonesty codes

By Emily Priddy

Most students know the expression “cheaters never win, and winners never cheat,” but one SIUC teaching assistant went out of his way to enforce that lesson a few years ago.

10 students are caught cheating each year, but many more acts of dishonesty are not discovered.

“I don’t think (the number caught) reflects the number of students who are actually cheating,” said.

Marcia Cornell, associate dean of the College of Business and Administration, said students and professors usually keep questions

Third Israili killed in Pyramidal case seeking $30,000

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Three art degrees abolished due to low enrollment problems

---Story on page 3

Opinion

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Comics

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Classified

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Stress relief studied for possible alleviation exercises

---Story on page 12

Sumrail takes lead, tops scoring position for Saluki women

---Story on page 20
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Lawsuit filed against Bonnie Owen Realty

By Tre Roberts
Police Reporter

The third lawsuit filed in relation to the 1992 Pyramids apartment fire seeks more than $30,000 in compensatory damages.

The suit, against Bonnie Owen Realty, Inc. and Pyramid and Egyptian of Coralville, Inc., was filed by Ahmet Singh, a tenant of India, who was a guest in a Pyramid apartment and was seriously injured by the fire.

In the lawsuit, Singh alleges the building's wiring was in disrepair and presented an unreasonable risk to its residents, and that the fire was a result of the building manager's failure to keep the wiring in good repair.

Singh, who was on the third floor of the building at the time of the fire, suffered severe burns from inhalation and burns and had to be treated at St. John's Mercy Hospital in St. Louis.

To date, only two other parties have brought negligence suits against Ortho and the owners of the apartments.

The first suit was filed in 1992 by two survivors of the fire, Gergana Zlateva and Simona D. Dimitrova, who were seriously injured after they jumped from the building's third floor.

The second suit was filed last December by Masako Shin of Herrn, acting on behalf of the family of Kunita Ajaoka who died in the fire.

In addition to negligence suits, a pending civil case may leave Bonnie Owen Realty, Inc. without much of its original insurance coverage.

Cincinnati Insurance Corp., a company with which Bonnie Owen held two insurance policies, denies the policies' grant coverage in the suit brought against her by families of students who died or were injured in the fire.

No court date has been set for Singh's lawsuit.

Snip, cut, trim: Three master degrees chopped

By Katie Morrison
Administration Reporter

Low enrollment and degree obsessiveness in the professional field are reasons the University is cutting these three master-of-arts programs in its Rehabilitation Institute this fall.

The ISU Board of Trustees voted Feb. 10 to cut master-of-arts degrees in rehabilitation administration and services, rehabilitation counseling and behavior analysis and therapy.

Concentrations in rehabilitation administration and services, rehabilitation counseling and behavior analysis and therapy were among those master degrees eliminated.

Students who are already enrolled in these programs will be allowed to complete their degrees, according to a board report.

SIUC Graduates School Associate Dean Richard Palvo said the cuts are not part of the Illinois Board of Higher Education's Priorities, Quality and Productivity initiative.

The POP initiative is the cause for many University program cuts, such as degrees in the College of Education or the College of Communications and Fine Arts.

The University is making an effort to streamline the curriculum and cut wasteful funding.

The cuts are part of an effort at all state universities.

Rehabilitation Institute Director Gary F. Austin said the cuts reflect changes in the workplace.

"Our profession has evolved and changed since we established both master of arts and master of science degrees in these three areas some 30 years ago," Austin said.

"In the years since, it has become evident that employers prefer the master of science."
Clinton: budget plan may increase debts

PRESIDENT BILL CLINTON DISPelled the myth that his surprising victory over incumbent George Bush in the November 1992 election was not based on empty promises. Unfortunately, some of Clinton’s campaign promises conflict. In order to remain consistent with his pledges to “reform” healthcare by providing universal coverage and to not raise taxes on the middle-class, Clinton must sacrifice a balanced budget and hence a reduced deficit.

Even the Congressional Budget Office’s most optimistic estimate calls for an even larger deficit six years from now as opposed to the balanced budget Clinton promised within that period.

INCLUDED IN THE FISCAL 1995 BUDGET ARE funding increases for education, law enforcement, transportation and job training programs. Clinton fulfilled his pledge to not raise taxes on the middle-class to fund these increases as well as his new national healthcare plan, opting rather to cut existing programs, increase user fees at national parks, and increase the tax on cigarettes.

While taxing cigarette smokers to pay for an enhanced healthcare program provides an ironic twist, it does not provide enough revenue to keep the budget from swelling into the 21st Century.

One of the major facets of the budget war were defense, space, agriculture and housing programs as well as some social welfare and health programs for low-income families.

AFTER BEING SWEPT TO OFFICE AMID CRITICISM for change, it is becoming apparent that Clinton cannot fulfill all that he has promised. In raising the issue of universal healthcare he has addressed a pressing need. In refusing to find a way to fund healthcare reform, he has enacted a bill that will face budget deficits for a period in excess of his first term in office, unless certain concessions are made.

CONCESSIONS WILL HAVE TO BE MADE. The president will have to deal with Republicans who want deeper cuts in federal spending and who shudder at the thought of a new health program and its inherent bureaucracy. Clinton has shown that he can be flexible as evidenced by his handling of issues arising from gays in the military, the North American Free Trade Agreement and an economic stimulus package.

The tight for universal healthcare is a noble effort; however, lacking proper funds, it may be no more than a future goal. At a time when his attention is divided among a budget, healthcare reform, and international peace-keeping efforts, Clinton may have to settle for something less than universal coverage.

CLINTON’S BUDGET SURVIVED THE INITIAL round of political posturing its first week on Capitol Hill illustrating that his Of fice of Management and Budget have put together a $1.5 trillion package that lawmakers feel is a starting point, but no more than that.

Support athletics fee increase

As an avid fan of Saluki athletics I am definitely in favor of an athletic fee increase. Our athletics is substantially lower than that of other Division 1 schools with the same reputation. I think as students of a Division 1 university we should expect it to pay an athletic fee. The threat of dropping out of Division 1 should be enough for students to vote for the increase.

However, in response to Karrie Irvin’s letter (Wednesday 02.09.94), we cannot expect the Athletic Department to cut down on so-called “extra privileges”. The treatments our athletes receive is minimal compared to other universities. The university of Kentucky has its own jet that flies its players to their games. This kind of treatment is expected by scholarship players. If they don’t get it here, they will go some place where they will. Also our basketball team only flies if the driver is over six or seven hours. I do agree with Ms. Irvin, however, when she said that paying the fee is a way to show the athletes that we appreciate the entertainment they give us. I think it would be a shame if athletics dropped out of Division 1. This would take away the great rivalries that have been built up over the years.

I think the athletic department does have a responsibility if in fact the athletic fee is raised. That responsibility is to make the needed changes to schedule better talent, especially for the basketball team. If it takes playing the University of Illinois two years in Champaign in order for them to come here, then we should gladly accept their offer. Or try and schedule the University of Kentucky or other neighboring Top 25 schools besides Missouri. I think this is what is holding us back from becoming nationally known. If this is happening in the NC4 conference. This could also help in recruiting. If someone cannot play for UK then at least they can go to a school that plays against them. I think everyone should leave Herr Rich alone. According to Inside Sports, SIU is on the list of underrated programs. He has produced many winning teams over the past years. He has also done a great job recruiting the best talent available to SIU, especially in acquiring former Kentucky Wildcat Aminu Timberlake.

— Kevin Hegarty, sophomore, radio and television

USG needs strong leadership

I was pleased to read the letter to the editor written by Julie Meredith, about the progress (or lack of progress) that our student government has made this year.

I consider myself to be an average student: as I stay aware of what is happening around campus and how the events which affect me as a student at SIUC. I long those lines, I can understand if our student leaders get focused on a narrow path, but I can’t understand what seems to be blind leadership really hasn’t changed much that has been accomplished this year. Compared to last year, we seem to have taken a few steps backward.

I have been involved in different student groups on campus and know how important organizations and leadership is to them. My guess is that our student government is lacking both of these components right now. I only hope that they will get their acts together so that the student body doesn’t suffer. And one suggestion: maybe it would help if the USG President and Vice President were seen around campus a little more. Do they attend student meetings, sports events, or anything like that? Unfortunately, I don’t think I would recognize them even if they did.

— Michael Lutter, senior, health care management

Letters to the Editor

Oppose increase: Books, no! sports

The proposed athletic fee increase should not be passed. First let us all agree not to lobby the athletes. If given the same opportunity, few would pass on a partial or free ride for playing a sport they enjoy. But this is an academic institution and we are here to earn degrees. For the majority, summer-time terms and winter ski-trips are not only popular activities but understandably come with a price. And we pay to play! But the SIUC athlete’s “play time” bill is footed by part of the other students here. It’s time to stop.

Being an athlete is not easy. An athlete plays for his or her existence is much like a job. You’re being paid to perform, in part by the athletic fund which is partially supported by your athletic fee. So be a small roll. I am in part your employer. Which makes me ask: Do I really need you as much as I need qualified librarians, updated publications and maintained facilities? Damaged and lost library books go unrepaired and unused. We need to have new of these. Library subscriptions go unused and entire programs were been dissolved. It appears that this entire institution has been victimized by past budget cuts. Yet the athletics program has remained untouched. It is about time athletics felt the crunch too. Ask yourselves: Do we need books or athletics? We NEED to support the educational facets of SIUC which benefit the entire student body. We do not NEED to pay to play (or play for a minority, it’s all a matter of priorities. We need to learn. Playing games is an option. — Amy Skerly, senior, psychology

How to submit a letter to the editor:

A: You
B: Letter
C: Editor

300 words maximum

- Terrilyn Carlcock
- John Reznak
- Sean L. N. Hao
- Walter B. Joesphig

Opinion & Commentary
Fight crime by outlawing guns

The problems of violent crime and gun control legislation need solutions. In the Feb. 2 issue of the Daily Egyptian, Larry Mooney suggested that we just prevent those with criminal records and histories of mental illness from purchasing guns. This does not seem to work as shown by the continual rise in violent deaths by young age groups. I suggest thinking about stronger measures.

What if we restrict guns by: applying the same methods of enforcement currently used for marijuana? First we need to take gun misuse out of the hands of a “good” person, but everyone who has murdered with a gun has, at one point, had no criminal record. How can we handle the responsibility? It does not mean we should prohibit the public from those few who might abuse a gun?

The next step is to sharply penalize offenders found in possession of a gun. If a person has more than one gun or five bullets, a reasonable amount for personal use, then they should be charged with heavy fees. Two or five bullets a month for personal use, but carried with a gun is a gun abuser and thus a great threat to society.

We could finance these operations through forfeiture/seizure laws. Under these expanded laws, homes, cars and bank accounts would be seized and sold by the state in instances of gun possession (of course people will have the right to prove themselves innocent). Partnerships for a Gun Free America and Zero Tolerance will be the slogans of the New World Order.

— Jon House, senior, philosophy

Underage drinking needs attention

I am writing in reference to the recent fatality and injuries of three local high school students on Sunday morning, January 30th. This is a result of the problem of allowing persons under the age of 21 in local drinking establishments. There are some alternatives for minors in Carbondale, but entertainments such as bar would not be allowed with someone’s life and the serious injuries of others. In addition, the economic hardships these families will incur in the months ahead do not compare to prevent a young man or woman an opportunity to drink illegally.

This is not a letter placing the blame on the local bars, but instead a call for aggressive prosecution on the part of the (local) Student Government, the local community, and local bars and restaurants to provide chemical-free social events and other alternatives for under age 21. It is time to look at reality. When persons under 21 are allowed in bars, underage will mix with alcohol or be sold drinks accidently by the business.

Since I was a registered nurse in the emergency Department at Memorial Hospital of Carbondale and am a student here at SIU, I can see both sides of the controversy.

Kind words mask horror

I would like to respond to the letter by Murray and Foorch (11-31-94) in which they stated: “we love animals enough in ethical animal research.”

Their letter gave no acknowledgement to the horrors that individual animals are subjected to by the animal research industry and instead utilized pleasant sounding words like “ethical” and “humane.”

I wonder if the authors are willing to concede that their participation in animal research reveals that they have been desensitized to the cruelty which animals involved in research must suffer? I also wonder if animal experimenters would find it “necessary” to sacrifice animals if monetary incentives, including research grants, were not at stake?

I am not misled by the argument that an anesthetic is “sometimes” given to the animals being experimented upon; if you drug someone before cutting them open or spaying poison into their eyes, you are not less guilty of having committed a crime.

The human animal has lived upon this Earth a very short time compared to the presence of life itself, and we owe our existence to our kinship with our fellow life forms. The life in a spider, a blade of grass, or a dolphin is as real and valid as the life inside you or I.

Let us move beyond��urious fantasies about the potential of animal experimentation and deal with the atrocities and the name of “science.” The choice is between choosing to respect life and sacrifice marginal medical gains or to sacrifice our respect for life in favor of marginal medical gains.

Look up the facts about the quantities, conditions, and benefits of animal experimenters. When one sees what the experimenters call “humane” and “ethical”, it is not hard to opppose their “love” for animals.

— Robert W. Johnston, graduate student, therapeutic recreation

Singles miss Valentine’s treats

Morse suggested that we just prevent those with criminal records and histories of mental illness from purchasing guns. This does not seem to work as shown by the continual rise in violent deaths by young age groups. I suggest thinking about stronger measures.

What if we restrict guns by: applying the same methods of enforcement currently used for marijuana? First we need to take gun misuse out of the hands of a “good” person, but everyone who has murdered with a gun has, at one point, had no criminal record. How can we handle the responsibility? It does not mean we should prohibit the public from those few who might abuse a gun?

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— Jon House, senior, philosophy

All creatures have rights, not just man

In his February 9 letter concerning animal rights, Michael Caldwell stated that “Rights are either God given or derived from a democratic process.”

He then concluded that because we are (as a species) unable to make and keep a social contract, they have no rights.

I would like to address the first half of Mr. Caldwell’s argument.

If God has literally and unerringly revealed Himself to mankind, animal rights do indeed have rights.

Some questions must be the scripture, some of those are:

1) the right to live in a world not their own but in which they are created?
2) an inalienable right to the right to one day in seven?
3) the right to be protected? (of course no one would want all of these)
4) if infants lose the right to the right to be cared for, can we say that they are being denied?

Humanizing has the ability to think, reflect, and positively affect one another, deeming that the social contract may not be the best way to handle the issue. Being Friedman, many, though accepting being taught in the Hebrew, Christianity, and Judaism, still approach non-human creatures with compassion as if they had rights.

— Nancy Greve, graduate student, history

Single misses Valentine’s treats

I was saddened to read of the recent death and injuries of three SIU at Carbondale students. It is not only understandable, but entirely justifiable for the Student Government to call for aggressive prosecution of local bars to shut them down.

I also wonder if animal experimenters would find it “necessary” to sacrifice animals if monetary incentives, including research grants, were not at stake? I am not misled by the argument that an anesthetic is “sometimes” given to the animals being experimented upon; if you drug someone before cutting them open or spaying poison into their eyes, you are not less guilty of having committed a crime.

The human animal has lived upon this Earth a very short time compared to the presence of life itself, and we owe our existence to our kinship with our fellow life forms. The life in a spider, a blade of grass, or a dolphin is as real and valid as the life inside you or I.

Let us move beyond superstitious fantasies about the potential of animal experimentation and deal with the atrocities and the name of “science.” The choice is between choosing to respect life and sacrifice marginal medical gains or to sacrifice our respect for life in favor of marginal medical gains.

Look up the facts about the quantities, conditions, and benefits of animal experimenters. When one sees what the experimenters call “humane” and “ethical”, it is not hard to oppose their “love” for animals.

— Robert W. Johnston, graduate student, therapeutic recreation

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The Washington Post

WASHINGTON—First you do, and then you don't. Then you say you will, and then you won't. Then the government buys the Navy a fancy S275, then leaves it unused.

In 1991, the Navy told the Base Command in Norfolk, Va., it had no opposition to the construction of a new incinerator. Later, one of the Navy's own congressmen balked at the plan, saying it was a "boondoggle." The Navy decided to build it in Virginia, and the Navy leaves new center unused.

The petition will be sent to Rep. Glenn Poshard, D.-Va., who is Norfolk's representative. According to news reports, the Navy is getting ready to build another incinerator in Virginia.

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Karen Solomon, executive director of the Illinois Campus Compact for Community Service, said students should apply early because of the small number of positions offered to Illinois students.

This year 20,000 students will be hired across the United States, she said.

"That may sound like a lot of students but Illinois is only guaranteed 170 full-time positions, which is not much considering how many college students Illinois has," she said.

The Illinois Red Cross already has begun hiring students for a 13-month project sponsored by Carbondale Red Cross that begins in March. Ithaca Parker, director of the Carbondale branch, said the agency is looking for two volunteers to help plan a 13-month disaster preparedness project in parts of Southern Illinois's river communities.

"The state will be hiring two people to work with the Carbondale Red Cross in an effort to give river community residents disaster training," she said. "The volunteers will begin their training in the middle of March or the beginning of April." Students wishing to participate should know that they must train in Springfield, Parker said.
CHEATING, from page 1

by a professor, the professor and the student have an opportunity to work out a solution to the problem," she said.

Cornett said sometimes the department chairperson also is involved with the situation before it reaches the dean's office.

"For example, he said, "in the cases of academic dishonesty during the last year.

"Evens said he usually does not hear of cheating incidents unless the student and instructor discuss disciplinary action, such as failure of an assignment or class.

"Last year, I believe all the cases were handled at the instructor level," he said. "We didn't actually have to do a panel hearing because any further action than the student getting an "F" in the class.

Representatives of five SIUC colleges said all their cheating problems were handled below the dean level for the semester.

"I think, associate dean of the College of Liberal Arts, said formal charges of cheating have been brought against two students in that college during the past year.

James McGuire, dean of the College of Agriculture, said only one student formally was charged with academic dishonesty in 1993, and that situation was worked out within the classroom.

McGuire said the college takes precautions to prevent cheating, including special panel hearings and warning sanctions against students who cheat.

"There is a two-part program in this college to prevent cheating and we hope these two fudge figures indicate a success of that," he said.

Administrators in two of the nine undergraduate colleges could not be reached for comment on the issue.

According to the SIUC 1994-95 Undergraduate Catalog, students guilty of academic dishonesty are subject to severe penalties.

"If a student may receive a failing grade for the individual work or the class in which they were caught cheating.

In more serious cases, students may be placed on academic probation or suspended from the University.

If an instructor files a formal complaint against a student, that person has an opportunity to challenge the allegation and appeal the University's disciplinary action.

DISHONEST, from page 1

After three hours of research, ZeLigman located the plagiarized article in an issue of Time magazine from about 10 years earlier and photocopied it, he said.

"The day after papers the next day, ZeLigman said he called the student's aide and asked him several times when the paper was original work.

"He said, "Yes, it was," so after class I called him up to my office and I asked him one last time -- I then opened my desk drawer and pulled out a copy of the Time magazine article," he said.

"Do you still say you didn't copy it?"

"When the student insisted the paper was his own work, ZeLigman said he then "fessed up," ZeLigman said.

Students who cheat often are under extreme pressure from parents, instructors or advisors and are afraid of getting bad grades. But that is no excuse," ZeLigman said.

"People encounter all kinds of pressures -- just how you have to deal with that stress," he said.

"Everybody under pressure -- athletes, people who grade-based scholarships, people whose parents give their way -- they're all under the gun.

Cheating usually is failsafe, because students need a unfair advantage generally get caught, and those who are bright enough to avoid detection probably do not need the extra assistance anyway, ZeLigman said.

SIUC political science professor David Derge did not have problems with students cheating, or make dishonesty difficult or unnecessary.

"Dereg distributes different exam forms during multiple-choice tests so students sitting next to each other do not have the same questions in the same order.

"If a student has given students a list of possible essay questions before tests in his advanced classes so they have an opportunity to prepare ahead of time.

"There's probably a student coming in and seeing a question -- 'h, never seen before and then copying off of someone else out of desperation,' he said.

"ZeLigman said he has probably not less inclined to cheat than underclassmen because they take classes in their areas of interest and therefore are more likely to prepare adequately, Derge said.

"I think that surely the interest level increases, as a student gets more into his major," he said. "Nobody in the topology to do those sorts of (dishonest) things would diminish their way into more specialized courses -- but that's just speculation."

Leroy Kleiman, Derge said he thinks pressure is a factor in students cheating.

"If a student has failed to prepare, there must be that moment of panic when any solution is better than none," he said.

BOSNIA, from page 1

Officials who organized the protest said there were better alter- natives than the threats NATO made against Roman Serb.

SIUC student leader Richard Jenson said the United Nations armistice should be upheld by Bosnian Muslims can defend themselves.

Macbool Ahmad, president of the Islamic Center of Carbondale, said he does not expect NATO to follow through with its threat to bomb Serbs.

He also said the best solution is for the United Nations to lift the embargo.

Jenson said the demonstration hope the beginning of a change in public opinion, and U.S. citizen may start pressuring the U.S. government to lift the embargo.

"My hope is that this is the beginning of a nationwide effort to bring this issue to an end," he said.
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lb.

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1 lb. pkg. Oscar Mayer cold salami at 2.29
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Free
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6.1 oz.
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Starkist chunk light tuna
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national
Students study shrugging, sighing, stress's significance

By Alexandria Macys
Health Reporter

During the Student Center Ohio Room, was presented by Annette Vaillancourt, assistant program coordinator for stress management at the Wellness Center. Vaillancourt taught participants ways to reduce stress and energize their bodies. Stretching and energizing through different activities was the focus of the presentation.

Participants were taught tension reducers through neck rolls and shoulder shrugs. Vaillancourt also addressed breathing exercises that can help ease tension.

"These are things people can do at work or during a study break to energize their bodies and get oxygen flowing to all areas," Vaillancourt said.

Vaillancourt also showed participants techniques like the "snap, crackle, pop" which involves gently panning down the body. This maximizes oxygen flow throughout the body, she said. She also "recommended" participants jump up and down while shaking their limbs, which also helps maximize oxygen flow.

The purpose of the presentation is to have fun and leave feeling energized," she said.

Vaillancourt also emphasized the importance of sighing and grunting while breathing. Laughter and a cheerful, optimistic attitude are also important ingredients in stress relief, Vaillancourt said.

The SIUC Counseling Center says physical ailments can accompany stress. Jeff Harris, a psychologist at the center, said stress can cause a weakened immune system making people sick more often. Harris said people should take time to reduce stress directly and indirectly.

"People need to directly reduce stress by reducing the load that is causing the stress. Indirectly, people need to first take care of themselves by eating and sleeping well and exercising moderately every day," Harris said.

Harris said people who experience high levels of long-term stress sometimes have problems associated with heart disease and high blood pressure.

Vaillancourt said people should learn relaxation and energizing techniques, such as the breathing and stretching skills, to cope with life's daily hassles, such as being late for work or missing an assignment. Skills can also be useful in coping with trauma, such as a death in the family.

Betsy Kelley, SIUC assistant sport psychology consultant, said stress is caused by a mismatched perception between demands and the situation.

"Stress levels can vary day to day and are purely individual because people perceive situations differently," Kelley said.

Kelley said the single most effective technique for stress relief is deep breathing. Other techniques such as progressive muscle relaxation and visualization are also effective.

Kelley said people need to find a relaxation method that works best for their individual needs.

"It is important to remember that relaxation techniques are skills which need to be learned and continually practiced," Kelley said.
Researchers warn about lens removal

The Washington Post

Remove contact lenses before going to sleep. Doing so could cut the risk of corneal damage by up to 74 percent, Johns Hopkins University researchers reported this week.

Several studies have documented that wearing disposable contact lenses significantly increases the risk of damage to the cornea, the clear covering of the eye.

Known as ulcerative keratitis, the condition is caused by an infection with bacteria or other germs. It produces a destructive inflammation of the cornea.

Reporting in the February issue of the Archives of Ophthalmology, Johns Hopkins researcher Oliver Schein and a team of researchers from other institutions finger sleeping with contact lenses in the eye as the leading culprit for ulcerative keratitis.

The study examined 50 patients with ulcerative keratitis and compared them with 80 matched controls who also wore contacts.

Users of disposable soft contact lenses, which can be worn for up to two weeks without removal, were 13 times more likely to suffer ulcerative keratitis than those who removed their soft contacts regularly for cleaning, the study found.

But when researchers adjusted for overnight wear, the risk of developing ulcerative keratitis with disposables dropped to three times higher than other lenses.
REALITY BITES
A COMEDY ABOUT LOVE IN THE '90s.

FEATURING THE MUSIC OF: EMMY KRAJITZ • THE JULIANA HATFIELD 3 • U2 • DINOSAUR JR. • WORLD PARTY AND OTHERS

OPENS FRIDAY AT A THEATRE NEAR YOU
New Orleans' band "Blue Dixie" brings 'melting pot' style to music

By Kyle J. Chapman

Columbia-Mont Reportet

Frisco-style rock 'n' roll is what they call it. Blue Dixie band has invested a 'melting pot' of music coming from New Orleans with an added twist of rock 'n' roll.

Blue Dixie played at Hangar 9 last weekend and brought to Carbondale a mix of music that is making them more and more popular throughout the Midwest.

The five band members are: Dave "Chopper" Campbell, rhythm and guitar-vocals; Brad Samo, lead guitar-vocals; Andy Barnes, bass; Larry Lund, pianovocals; Mike "Smikey" Smith, drums; and David Nichols, drums-vocals.

The band members are former students of the University of Missouri in Columbia. This is where their career and expansion as a band took place.

Barnes said the band got started by playing at parties in Columbia, to keep themselves from becoming bored with school.

"We just started playing at the bars in Columbia and at parties," Barnes said. "Since our start there, we have played all over the Midwest in Kansas, Nebraska, Iowa, Illinois and Indiana."

Barnes said making a name for themselves was one of the most difficult aspects of being involved in the music scene.

"Getting started was the hardest part. It was a gradual process, and it was about five years," he said. "We played in St. Louis once a week and that's where we built up our opportunities to play." Band members said their music is rock 'n' roll but they do like to put labels on the music.

"We call our music free-style rock 'n' roll because it comes from Dixieland music which comes from Africa and that's what we try to play," Barnes said. "We play a lot of drums and jazz-like rhythm in our music and that gives us our style."

Band members said they have the name Blue Dixie because they derived their style of music from New Orleans, a place they consider to be a melting pot of many different styles.

"We are Blue Dixie because we think rock 'n' roll comes from Africa and went to New Orleans as a mass of different American styles of music," he said. "We improvised from it to develop our music."

Samo said Blue Dixie definitely is on the rise.

"We've written new stuff and we have more gigs than ever. Samo said, "It doesn't look like it's going to stop any time soon."

Samo said he describes their music as improvised dance music that represents different forms of American music.

Hangar 9 owner Richard Simpson said the band is very popular in Carbondale and they come in every five weeks and bring in a pretty enthusiastic crowd.

"My function is just getting someone to come in, change the music and bring in a pretty enthusiastic crowd," Simpson said. "And they always do that."

"Being a musician and a booker for 14 years, I can say that this band can't be labeled by anyone. It's just very well done music," he said.

Recall of van asks who is responsible

The Washington Post

WASHINGTON—The fates of the Nissian C-22 minivan recall continue to unfold.

21 days after Nissan North America announced it would buy back about 30,000 of the vans, which run the risk of engine fires, the agreement between the company and the auto industry's safety regulator, the National Highway Traffic Safety Administration, is the target of criticism by safety consultants.

Who were these two unsuccessful recalls of the vehicle? Will the buyback program have the intended effect of getting the problem vans off the road?

In the wake of regulations, and thus enforcement, decisions are made that seem to be the best thing to do at the time, but that later leave room for criticism.

"I don't see anything that I am bothered by," said William Stoeck, chief spokesman for the National Highway Traffic Safety Administration. "I might do things differently, but I don't know what."
Counseling supports, helps

By Jean Cunningham

Student Health Programs

"Why would anyone in their right mind see a counselor?" “How can a counselor help me better understand my thoughts and family?" "Does it mean I am weak if I see a counselor?" "How do I know that my concerns won’t be spread all over the place?"

People have many worries and concerns about seeking professional counseling. It can be scary to say, "I have a problem I have been dealing with, and even wonder if I’m strong enough to talk about it." However, most college campuses provide counseling services for students because problems are a part of life, and because talking with a professional counselor can be helpful in ways that taking action on one’s own may not be.

One major advantage of talking with a professional counselor is that he or she is not part of the person’s everyday life. This year, in the Sports Illustrated swimsuit issue, the editorials were more about sex than music.

The story of how Sports Illustrated and its traditional defense of the annual swimsuit edition, released last week—lost all credibility. Adidas Canada Ltd. was introducing a line of soccer wear and its advertising firm devised a cheeky ad. It was scheduled to run last spring in sports Illustrated. "Sports Illustrated" readers were not happy with the charges of censorship, double-standards and hypocrisy.

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**SPC presents romantic film**

*By Jamie Madigan*

**Entertainment Reporter**

Trapped in a situation she is unable to escape, a young woman fantasizes about a better life and the man she loves in the romantic film "Like Water for Chocolate." SFC Films chairperson Jim Lawrence said the 1992 Mexican film "will play from 7 p.m., 9:30 p.m. today and Thursday in the Student Center Auditorium." The film is in Spanish, with English subtitles. Admission is $1.

The film, based on the book by Laura Esquivel, "Como Agua Para Chocolate," was released in 1992 and won an Oscar for Best Foreign Film. It is the first of two films Lawrence said SFC Films will show this month for law students to explore law careers to be explored in the future.

"It is a really great film," said Mumford. "We had a lot of people ask for it."
**Today's Puzzle**

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**Answers**

Today's puzzle answers are on page 18.
ATHLETE, from page 20

American burners Holly Hysche from Indiana State and Shante' Twiggs from University of Northern Iowa. Bason, who hails from Canada, attended Lorne Park Secondary School where she excelled in athletics.

Bason, who received numerous medals and individual titles in the sprinting event throughout her prep career, finished sixth at the 1993 Canadian Seniors Indoor Championships with a personal-best 7.58 in the 60-meter dash. In addition, Bason was the Canada National Indoor Invitational in the 50-meter, while placing seventh in the 1000-meter dash at the 1993 Outdoor Canadian Junior National Championships.

"I'm used to the level of competition that I was a part of and a club running I did last year in Canada," Bason said.

DeNoone said Bason is a quiet athlete and goes out to just get the job done.

"She isn't putting any pressure on herself or her teammates to break records," he said. "She just does what she has to do. If records tumble, they tumble."
Family crisis causes skaters to make ice comfort, escape

The Washington Post

HAMAR, Norway - To Elizabeth Punsetan, the Olympic ice felt warm. It was comforting, reassuring, a place she could go to momentarily forget the past week end of a half, a time of joyous anticipation turned in an instant and unapproachable terror.

Less than a week ago, Punsetan was burying her father, a prominent surgeon stabbed to death on Feb. 4 in his bed in suburban Cleveland. Punsetan's brother, on weekend release from a hospital where he was being treated for emotional problems, has been arrested and charged with aggravated murder. He has pleaded not guilty, and is being held without bail awaiting a result of a grand jury.

Monday, Elizabeth Punsetan and Jerod Swallow, her husband and ice-dancing partner, began practicing as the Winter Olympics for next week's competition. It always had been their dream to make the trip to the Games, and after rejection in 1992 by U.S. judges who thought they were a prgamatic pair, they became the only U.S. ice-dancing team to qualify for these Olympics. Now they trained weekly at the Games, but instead of preparing, they are simply trying to escape.

"On any given day here, I told Jerod that I didn't know if I would be able to do it," Punsetan, who moved and Swallow last September, said. "I guess we're just taking it day by day and seeing how we feel. But being on the ice was very comforting, because it's such a habit, we do it every day, it's our life."

Punsetan's father, Ernesto, 57, rarely had time to watch his daughter skate, but had renewed his passport in make the trip to Norway. He, his wife and Elizabeth's two brothers were at home in Shelldell Lake, Ohio, on Feb. 4. (Elizabeth and Jerod live and train in Detroit.) Ernesto Punsetan had gone to bed, the other three up, watching television.

At 8:45 p.m., Ricardo Punsetan, 20, walked into the room where his mother and older brother were sitting and told them that he had just stabbed his father, according to police reports.

"He had just switched doctors.

Switched medications, and he was unpredictable," Elizabeth Punsetan, 23, told the Detroit Free Press.

A few days before the Olympic Games, on Feb. 27, 29, and 29, the couple skated with the other three, watching television.

"It's hard to face something like this," Swallow said. "We're not alone, but in our marriage, we're very young. We didn't think we'd be living a crisis so soon. It's tough for the two of us. When there's been a death in the family, our parents have always been there."

The pair skated beautifully in practice Monday evening, neither showing a piece of sadness as they waited around the ice.

"I wasn't sure how I would feel coming over here, but with the atmosphere, the team, the Olympics and everything going on, it has been very uplifting," Punsetan said. "The competition is a breeze compared to what we've been through."

Skater faces past

Boitano skates against four champions

The Baltimore Sun

LILLEHAMMER, Norway — Brian Boitano has seen the bright lights of the ice show circuit from New York to Paris. He has won the Katarina Win, performed in prime-time television specials, earned millions for turning triple jumps on a dime, nights after night, after year after year. But on the whole, this is where he would rather or, in smaller Winter Olympics, testing his skills and his courage against another generation of would-be figure skating kings.

"I wouldn't be here if I didn't think I could," Boitano said. The men take the stage at the Olympic figure skating half in Hamar on Thursday night beginning what is the greatest competition in the sport's history.

For a moment the duel of the American women, which is as much about glamour as it is about talent. This is the real thing — triples at

20 pages. On the hill are four reigning champions, Kurt Browning (world), Elvis Stojko (Canada), Scott Davis (United States) and Yvon Poirier (Olympics).

And then there is Boitano.

He was the jumping machine who grew up to become the creative star of men's skating. And one night in Calgary, Canada, he caught perfection for 50 minutes and 30 seconds, winning the 1988 Olympic gold with a performance that made the crowd captivate that he said, "It was like the angels lifted me off the ice."

Now he is 30, with a bum right knee, some back, sore shoulders, and unsettled confidence that comes from going over between big-time competitive wins.

He has finished second twice this year, to Lorenzo at Skate America and to Davis at the U.S. Championships.

"It's not as difficult to accept as I thought it would be," he said.

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Victory ends streak of losses for Dawgs

By Dan Leahy
Sports Editor

The basketball Salukis made the most of the second-half of their "Tulsa Getaway," as they prayed on Oral Roberts University Monday night.

The 92-76 victory over the Golden Eagles was a complete turnaround from the 18-point loss to Tulsa on Saturday. Twice as many players (four) reached double figures in the victory than in the loss (two).

The non-conference victory does not do much for the Dawgs in the Missouri Valley race, but it did accomplish two important goals.

For one, the victory broke SUIC's three-game losing streak. The Dawgs shot above 45 percent on the road for the first time since Jan. 10. They hit 17 of 36 shots (47 percent) in beating ORU.

The win also moves the Salukis one step closer to the 20-win plateau, a mark they are trying to achieve for the fifth time in the last six seasons. SUIC's record currently stands at 16-6, with at least five games to play.

The Dawgs lost to a flying start against the Golden Eagles, jumping on the home team for a 31-18 lead. Denise Pavlovic, who had 15 points on two occasion, and head coach Cindy Scott said she's thrilled with Sumrall's progress.

"Annette is a very, very talented player, and I'm really pleased with what she's given us," she said. "Especially since Rockey got hurt.

Sumrall began the season in dramatic fashion, elevating herself in the Missouri Valley Conferences top rebounder. However, Sumrall went into a tailspin and frequently into foul trouble. Her point totals dropped, and she lost her spot on the top of the MVC's rebounding chart.

Her recent performances have proved that Sumrall is back on track, though, and Scott said she's glad to see it.

"She started out the season beautifully and then went into about six game fall off," Scott said.

"But in our last two games, she's really been outstanding, and we're very proud of what she's done for this team.

Sumrall began her collegiate career at national powerhouse Southwest Missouri State, where she made an immediate impact as a freshman. A native of East St. Louis, Sumrall averaged five points, four rebounds and was SMSU's top rebounder with 11 in the Midwest Regional and NCAA Semifinals. SMSU finished the season with a 31-3 record and Sumrall seemed to be a perfect fit for the future.

But Sumrall, opted to leave the Lady Bear program and transfer to nearby John A. Logan Junior College where she was an Honor Mention All-American last year. While at Logan, she averaged 13 points and 12 rebounds and led her team to the UCAC Nationals with a 31-6 record.

"We tried to recruit her out of high school and then for some reason she left Southwest," Scott said. "We felt great when she decided to join our program.

Sumrall's new role as the team leader, though, is something that Scott said she has tackled in her own subtle way.

"She's a leader, but a quiet leader.

see SUMRALL, page 18

Runner beats record

Freshman breaks '86 time in 55 dash

By James J. Fares
Sports Reporter

Missouri Valley Conference athlete of the week and standout freshman speedster LeJery Batson broke the SIUC 500-meter record for the 55 dash last weekend, shattering an eight-year mark in the process.

The old record was set in 1986 by Saluki Hall of Famer Denise Blackman with a time of 7.05 seconds, which was bested by Batson's run of 7.04.

SIUC women's track coach Don DeNoon had the opportunity to coach both of these athletes, and said there is a difference in the style of running between the two sprinters.

"They both have a really long stride," he said. "LeJery is a more powerful runner than Denise was.

"Denise had the ability of a strong runner in the 55-meter to the 400-

meter runs, where as this point LeJery is very strong in the 55-meter to the 200-meter run, but will have the ability to just as strong or stronger than Denise in time to come.

Although the record-breaking time was not good enough to match the national qualifying time of 6.90, Batson said she will try and improve this upcoming weekend.

"I wasn't aiming for the record," she said. "I was aiming to run under seven seconds, that's my main goal.

DeNoon said that Batson got a slow start off the blocks and was in last place after 35 meters, but pulled through for a strong second-place finish.

"She is a lot faster," she ran in the 55-meter," he said. "I think she will be a national qualifier in the 100-meter dash. She ran against some top-notch talent.

Batson ranks third overall in the MVC this season behind Al-

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Right between the eyes

Eric Mandat, a professor in music, practices his tennis skills at the court.

by the Arena. Ken Gilbert gives lessons that are open to the public.

Staff emphasizes academics

By Chris Walker
Sports Reporter

Former SIUC football head coach Bob Smith '66 behind a .338 career record in his five seasons... he laid the foundation for a student-athlete program that has continued to build its overall GPA. - The Gateway Football Conference recently announced its academic honor roll for the fall 1995 semester. Athlete needed to achieve a minimum 3.0 grade point average last semester to make the honor roll. SIUC topped the Gateway's list with 34 athletes recognized on the honor roll, edging 1993 Gateway Conference Champions Northern Iowa by six.

Junior linebacker Steve Dahlkamp said being on the Gateway All-Academic Honor Roll is satisfying but more of a personal thing rather than a team goal.

"It shows that everyone is not out there to just play football," Dahlkamp said. "Not just disciplined on the field but in the classroom as well.

Freshman defensive lineman Calvin Brown said academics are something important to him and were stressed ever since he began at SIUC.

"To an extent they stressed them," Brown said.

"They (the coaching staff) always wanted us to keep our GPA's competitive with the other sport's G.P.A.'s."

see GPA, page 18

By Grant Deardorff
Sports Reporter

Some Salukis women's basketball superstar Rockey Ransom went down with an injury on Jan. 27, someone was there to step up and fill her leadership roll.

The team held on to be junior forward Annette Sumrall.

Since Ransom's injury, everyone at SUIC, Sumrall has led the Salukis in scoring three times, averaging over 13 points per contest and in her most recent game against Drake, she posted a double-double by grabbing 13 rebounds and pouring in 13 points. Sumrall has turned in a season-high 17

points on only three occasions and head coach Cindy Scott said she's thrilled with Sumrall's progress.

"Annette is a very, very talented player, and I'm really pleased with what she's given us," she said. "Especially since Rockey got hurt.

Sumrall began the season in dramatic fashion, elevating herself in the Missouri Valley Conferences top rebounder. However, Sumrall went into a tailspin and frequently into foul trouble. Her point totals dropped, and she lost her spot on the top of the MVC's rebounding chart.

Her recent performances have proved that Sumrall is back on track, though, and Scott said she's glad to see it.

"She started out the season beautifully and then went into about six game fall off," Scott said.

"But in our last two games, she's really been outstanding, and we're very proud of what she's done for this team.

Sumrall began her collegiate career at national powerhouse Southwest Missouri State, where she made an immediate impact as a freshman. A native of East St. Louis, Sumrall averaged five points, four rebounds and was SMSU's top rebounder with 11 in the Midwest Regional and NCAA Semifinals. SMSU finished the season with a 31-3 record and Sumrall seemed to be a perfect fit for the future.

But Sumrall, opted to leave the Lady Bear program and transfer to nearby John A. Logan Junior College where she was an Honor Mention All-American last year. While at Logan, she averaged 13 points and 12 rebounds and led her team to the UCAC Nationals with a 31-6 record.

"We tried to recruit her out of high school and then for some reason she left Southwest," Scott said. "We felt great when she decided to join our program.

Sumrall's new role as the team leader, though, is something that Scott said she has tackled in her own subtle way.

"She's a leader, but a quiet leader.

see SUMRALL, page 18