Former colleagues say Cheng is big gain for SIUC

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Nick Yeck-Stauffer said he wanted to throw a party to help the community, and Armstrong, an alumni with a film-making degree, decided to create an event that would unite community artists while he worked for SIUC University Communications. "All Together Now," which started on Wednesday, will have its final event at 6 p.m. today in Ballroom of the Student Center.

Yeck-Stauffer said his goal was to bring different art forms together to help people realize they can create something new. "If you have your photography students and your film students who both do a lot of the same things, but very rarely do they collaborate," Yeck-Stauffer said, "I knew a lot of these people, so I figured I could just have an excuse to get my friends together."

Of the numerous projects going on, Yeck-Stauffer said there would be open gallery space for anyone to show off their art, projection time and to help kids make art. He said the event welcomed every kind of art, from painting a picture to playing a violin.

"There are no boundaries. You can do whatever you want to do," Oustry said. "We basically said come in and see other people and maybe see if you can collaborate with someone to see something big and awesome." Yeck-Stauffer linked it Wednesday with a performance by Dave Armstrong, also known as DaveX on the radio station WDIN. Armstrong said his performance was a recreation of a 1971 composition by John Cage and Cage's Hiller called "KNOBS." Armstrong said he wanted to create something that would unite communication among various art groups in the community making the event important, he said.

"I had all of these groups in campus that were all doing really wonderful things, but they were all doing them in their own disciplines and in their own areas," Oustry said. "They weren't really touching out and making art together."

Yeck-Stauffer said one of the most pleasant things about planning the event was the simplicity of booking the Student Center.

"You just have to have an idea. Communicate with SIUC about what you want to do take some people on board, and the president of the student organization who moves the ball and the "rubric" for free," Yeck-Stauffer said. "It is the same old thing. It just requires some motivation."
Saluki Way to present scoreboard designs

Stella T. Smith
DAILY EGYPTIAN
11/21/2009

One of the last details still to be determined in the Saluki Way project is also one of the biggest.

Jason King, associate athletic director, said the athletic department is working on picking the company it will use for the scoreboards, which will go into the new football stadium and the renovated SIU Arena.

King said the scoreboards would be state-of-the-art and include large video screens.

"I think within the next month, we'll be able to announce who we went with and eventually unveil some of the renderings of what the scoreboards are going to look like," King said. "I think that's a very exciting part of the project."

King said the scoreboards are the last big project with the athletic department and the new football stadium and the renovated SIU Arena.

Moea said the scoreboards would be state-of-the-art and include large video screens.

"I think we're up to speed as we've ever been from a construction schedule standpoint," Moea said. "It's been pretty amazing to see what they've been able to accomplish so far."

Moea said the press box at the new stadium is almost at its full height and just a few more pieces of steel need to be installed.

King said weather will no longer play a major factor in the construction of the stadium, the arena because a roof above now covering the top, and the next construction will begin next week.

"When it rains, water will still get through on that upper level, but, for the most part, we're able to continue working out there when we have weather issues," King said. "Where we get that roof put on that will even make it even more permanent."

Moea said most of the new concession stands, bathrooms and a few other small things, construction on SIU Arena has been halted until the weather is nice.

Moea said the department has almost reached the halfway point for the $131.5 million funded in private donations with about $97 million in cash and pledges.

"People still are making pledges everyday," Moea said. "We have a ton of people on the project now. We feel really good about where we are right now."

Moea said with the football team competing in the playoffs and basketball season now beginning, a surge in private donations could be expected.

"I think we're unbelievably fortunate to have teams winning right at the start of this," Moea said. "It sure helps when teams win."
Student government fails to make quorum

Gaia House unable to receive funding for annual Thanksgiving dinner

Erin Holcomb
Managing Editor

Undergraduate Student Government has struggled for what seems like forever trying to get the money it needs.

"It’s frustrating," said Julie Grey, a member of the organization, adding that she and other members had to pay for dinner out of their pockets because they didn’t receive the money needed to fund the event.

"There’s a lot of paperwork and people having to show up," Grey said. "But that happens with bureaucracy."

Grey said it was a disappointment that the Gaia House couldn’t get the funding for its dinner, but she understands that sometimes people simply can’t show up for meetings.

"I think the USG is working very hard," Grey said. "I know they’re trying really hard to do whatever they can."

Because the food for the dinner had already been bought, Grey said the stress of the money no longer matters.

USG President Priscillano Fabian said he was very sorry that the Gaia House couldn’t get the money needed for the event.

"It was our fault that we weren’t able to get a quorum," Fabian said. "We have been working towards fixing that and e-mailing senators to let them know to go to the meetings or face impeachment or just resign.

Fabian said he was very sorry that the Gaia House couldn’t get the money needed for the event.

"Once we have a lot more senators, you’ll see that a lot more meetings will be interactives," Fabian said. "We need to get it moving and going."
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That turkey time of year

As everyone knows, Thanksgiving is coming close. Often times, I forget which holidays we have, and I am usually surprised when they arrive. Take Veteran’s Day for example — that holiday totally caught me off guard, I would have preferred to be in school.

The fact we didn’t have school didn’t really make me think much about veterans, but I did wonder what I was going to do with my day in the middle of the week. Thanksgiving is different, I always look forward to Thanksgiving and Christmas. These holidays, and this time of year in general, mean a lot to me because I really enjoy what they are about.

I don’t mean that they are the best ways of celebrating how some people survived a winter 200 years ago or how a child was born that we now have our calendar off, but the principals they promote.

Thanksgiving promotes sharing, family and friends, and Christmas promotes giving and caring, and they both promote happiness and goodwill in general.

I know there is some horrible leverage (with a messed childhood, no doubt) out there that says, “Bah, that’s just what the media has fed us to, the true meaning of these holidays has been lost to corporations.”

To me, these holidays — Thanksgiving in particular — mean more than the common descriptions described above. I have fallen — the trees, the changing weather, the smell of the air, everything. The only problem it makes me feel a little crazy. It makes me feel a strange urge to just go anywhere.

I feel compelled to mix my bike for hours, searching for something, and finish feeling ready empty.

I have a strong urge to return to nature and be alone for a long time. I feel comforted in such a way that I am learning more through my sadness.

And yet, despite all of this, these feelings make me happy in some sort of way. I am content in my emotions. That’s Thanksgiving — content. I don’t know why, but it makes everything all right. Maybe it’s because I haven’t been home for a while and I get my family, or maybe it’s because all my friends are back in town, but something about it just feels everything.

I suddenly feel much more visible, much happier and optimistic, and am ready to finish the semester. Then again, maybe that’s why I quickly try to finish the semester, it’s ending soon, and it will be Christmas break.

There’s nothing like food memories for the period of time between Thanksgiving and Christmas ... everything seems just right.

So, I want to wish everyone a happy Thanksgiving and happy holidays between Dec. 23 and Jan. 1. Have a great break!

Budding is a winter-weather potentioc weather.

Dealing with pain and distress

The Counseling Center

Chuck Hees
Jan Martin
Counselors

Editor’s note: This is part one of a two-part series.

Pain and distress are a part of life; they cannot be permanently avoided or removed. Situations that come up can include the death of a loved one, breakup of a relationship, that was very meaningful to you, chronic or severe illness, taking finals in college, etc.

It is the inability to cope with those facts that leads to increased pain and suffering. Your urge may be to fight a situation that you cannot change.

However, fighting a situation you cannot control often makes the situation worse — hurting yourself or someone else. Everyone has to tolerate some amount of pain and distress in life. Life simply is not pain-free.

Learning how to use skills when you cannot change the situation you are facing helps to reduce your suffering or at least survive a bad situation.

Dissent-tolerance skills are those that help you learn to tolerate and survive crisis situations. No matter how many skills we use in our life and no matter how effective we are in using our skills, traumatic and crisis situations occur. Dissent-tolerance skills are for accepting life as it is in the moment. It is the ability to tolerate and accept distress. It is learning to bear pain skillfully.

There are four components to distress-tolerance skills: distracting, self-soothing, improving the moment and focusing on pain and stress. Each is a method for short-circuiting or coping with overwhelming negative emotions and intolerable situations.

These strategies are intended for getting us through a crisis situation and overwhelming emotions in order to continue to focus on immediate needs such as staying alive, getting in class, completing homework or taking a test. Distracting is a way to temporarily reduce our focus on the emotion. There are several ways to accomplish this:

1. You can engage in an activity that can involve thoughts, images or sensations that contrast the negative emotions, such as visiting a friend, watching a movie, playing sports, working or studying.

2. You can contribute to something else through volunteer work, making something useful, eating something good, doing a surprising thoughtless thing. It can also be beneficial to consider how you are coping with others who are not as coping as you are. This can be done through watching soap operas, reading about disasters, or noting other's suffering.

A fourth distortion is to replace negative emotion with another, less intense emotion. This is accomplished with using emotional books or playing music, or listening to emotional songs.

Note the event creates different emotions. You can separate yourself from the present emotion by leaving the situation or using your imagination to build a wall between yourself and the situation.

Sometimes it is helpful to imagine putting the situation in a box and putting it on a shelf until you are ready to face it. You can distract yourself by changing the focus of your thoughts to something neutral such as counting numbers, working on puzzles, watching TV.

Finally, you can use other senses to help distract, such as, holding an object or a pet in your hand, staring at a rubber ball or listening to music. In the next article of this series, specific strategies for self-soothing, improving the moment and focusing on pain and stress will be discussed.

Hees and Martin are professional counselors available at The Counseling Center.
Saluki Insider

MBL Commissioner Bud Selig says the league is looking into ways to cut down on intrakids in the playoffs, making for a shorter postseason. Agree with the change?

Ryan Voyles

The Salukis are hoping what happens in Vegas will not stay in Vegas.

The men's basketball team will play at Las Vegas for its first road game of the season as it looks to begin a historic year at University of Nevada-Las Vegas back to Carbondale.

The game is scheduled to start 9 p.m. Saturday.

Coach Chris Lowery said his main emphasis during practice has been on defense, which he said would be vital in the win.

"We are not playing at the level we can play on the road," Lowery said. "We don't think that the one we're focused on here is a little bit more disciplined — guards less, having more position defense and really trying to help each other in terms of making the big steal and hitting each other defensively."

Volleyball

Continued from Page 8

Johnson said if SIU wants to sweep Evansville, it has to play its best.

"We have to play hard, because if we don't, we could miss the tournament," Johnson said.

Football

Continued from Page 8

The Salukis have already elected a spot in the postseason, but are looking to grab a top-four seed in the playoffs. Five other teams in the PCS have one loss or less, including Ball State No. 3, in the Sporting News Poll — and fifth in the PCS Coaches Poll — Monmouth. With a victory at nearby Cape Girardeau, Mo., the Salukis are almost guaranteed a top seed and at least four home games during the playoffs.

The Cardinals (4-2) have lost their last 11 straight contests and are 2-25 overall and a 7-10 record in conference. Evansville entered the match on average of four-month losing streak. In losses against Southern Illinois.

“We have had some ups and downs with the season so far," Brown said. Brown said the Salukis have struggled on offense, but have been playing well on defense.

"I want to end our season on an up," Brown said.

Derek Robbins

Derek Robbins declares over Sulivans

After one game at SIU Arena, the Salukis take the road. The Salukis travel to DeKalb to face the Northern Illinois University Huskies at 1 p.m. Sunday.

This is the second second game of the season for the Salukis. They lost their first road game of the season 71-45 against Saint Louis University.

SIU is 6-2 on the season and searching for its first victory. The Salukis lost against No. 18/22 Vanderbilt in its home game 89-64, but head coach Stephany Neptune said the team showed a lot of improvement in the defeat.

Tiber said if the team improves much again this week, it has a chance of getting the win and possibly a victory.

Tiber said the difference between the teams in its first game of the season and its second game of the season is that the Salukis did not do with the effort. Tiber said the first half of the Salukis was very emotional for the Salukis and they played hard.

Northern Illinois is 1-1 on the season, and both of its games were at home. The Huskies showed off a strong defense in their last game, holding the Western Illinois Leathernecks to a 29.7 field goal percentage.

Opponents defense has rung the Salukis so far this season, Tiber said. SIU has struggled to protect the basketball.

"I think our kids played extremely hard, and I am proud of them," Tiber said. "I'm still discouraged of our ability to take care of the ball. That just continues to kill us."

Senior guard Stephany Neptune agreed with the coach.

"I think our kids played extremely hard, and I am proud of them from that aspect. I am still discouraged of our ability to take care of the basketball. That just continues to kill us."

Missy Tiber

women's basketball head coach
SPORTS

CROSS COUNTRY

Schirmer plans to make SIU history

Ryan Simien
Daily Egyptian

Jeff Schirmer will be the lone Saluki representing the SIU cross country team in the NCAA National Championships at the end of the pack stay home.

Senior runner Jeff Schirmer will compete in his second NCAA Cross Country Championships, which begins at noon Monday in Terre Haute, Ind.

Last season, Schirmer finished 25th place overall with a time of 30 minutes, 8.9 seconds at the meet. If Schirmer finishes in the top 40, he will become the first two-time cross country All-American in SIU history.

Schirmer said he plans to improve his finishing position by making it into the top 10.

SIU head cross country coach Matt Sparks said Schirmer is a talented runner and what he is capable of achieving.

"If Jeff wants to make it in the top 10, that would be a huge accomplishment," Sparks said.

Schirmer said going to nationals this year is different because he is not as nervous.

"I am more excited because it is my last cross country meet of my college career," he said.

FOOTBALL

No. 1 Salukis compete for playoff positioning

Ryan Voyles
Daily Egyptian

Evan'sville, Ind. — A No. 1 ranking in the Football Championship Subdivision and the Missouri Valley Football Conference Championship trophy, there is still one obstacle in front of the Salukis before they head into the postseason.

And that is nothing to be afraid of.

The No. 1 Salukis (9-1) will conclude their season at 1 p.m. Saturday with a non-conference game against Southeast Missouri State in Cape Girardeau, Mo. It will be the 15th meeting between the programs, but the first since the 2005 season.

Southeast Missouri State comes into the game having snared its first eight-game winning streak beating Murray State 49-12 Saturday. It was the Redhawks' first victory since their season-opening 72-5 win over Division II Illinois College Sept. 3.

SIU head coach Dale Lindsey said the Redhawks are better than their record.

"SEMSA" has been a real hard-back team this season, look at their scores — especially in the conference.

Derek Robbins
Daily Egyptian

It is make or break time for the SIU volleyball team.

The Salukis end their regular season with a must-win match against Evansville at 7 p.m. today in Evansville, Ind.

If SIU wins, it will secure the top spot in the league for the Missouri Valley Conference Tournaments in Omaha, Neb. The other schools go home.

Illinois State plays the second and third place teams in conference this weekend, Wichita State and Missouri State. If SIU wins today, it would have a good chance to qualify for the tournament.

Junior middle hitter Jennifer Berwanger said this is what the team has worked towards all season.

"I think we have what it takes to succeed in the tournament," Berwanger said. "We just have to get there first, and I think we can do that.

SIU has already defeated Evansville once this season. On Sept. 19, SIU beat Evansville 3-1 at Carbondale to improve its winning streak at the time to 11 games and gave the Salukis their first conference victory of the season.

In its first match of the season between the teams, Berwanger hit a double-double with 14 kills and 13 digs. Junior right side hitter Alicia Johnson also contributed with a double-double, 15 kills and 11 digs.

In its victory, SIU hit .415 to Evansville's .234. Evansville also had 16 more errors than SIU with 22.

SIU head coach Brenda Winkler said the team has played inconsistent in recent weeks and has committed more errors.

"We need to play good as a team," Winkler said. "We cannot afford to have errors kill us.

On its current two-game winning streak, SIU has 54 errors compared to its opponents who only had 36.

"We need to play good as a team," Winkler said. "We cannot afford to have errors kill us.

On its current two-game winning streak, SIU has 54 errors compared to its opponents who only had 36.

Winkler said practice this week has focused on consistency and eliminating errors.