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Daily Egyptian Staff

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Binge drinking:
Controversy continues over definition of binge drinking.

Credit fraud:
Ways to protect yourself from credit card thieves.

Race for 115th District State Representative

Mike Bost talks with people outside his Murphysboro home before the Murphysboro Apple Fest parade. Incumbent Bost hopes to be reelected this November as state representative for the 115th district.

115th District State Rep. Mike Bost:
Hometown Boy

Alexa Aguilar Daily Egyptian

Editor’s note: This is the first in a two part series looking at the two men who seek the state representative seat for the 115th district.

T he people close to Mike Bost all seem to have the same complaint: “You can’t take him anywhere!”

The reason became apparent two weeks ago as State Rep. Mike Bost walked among the booths of the Murphysboro Apple Fest parade.

Bost knew each person he passed on the sidewalk that afternoon in his hometown, and he stopped to talk to almost everyone who called out a friendly greeting.

“The refrain went something like this: ‘Hey, Mike, how is it going?’ or ‘Walt, let me tell you about …’ or ‘Hey, Mike, did you hear that so-and-so believe local government is better and that less taxes are the answer.’”

And although he has had three terms to become familiar with the people of Jackson, Union, and Perry counties, some pulled hoses off the fire trucks. He has served as a volunteer firefighter ever since.

In 1982 his life took a turn. Bost, who was born in 1962, at 304 S. 15th St., his entire childhood to his parents. When they decided to buy the large, white, old-fashioned house with the wraparound porch they live in now, Bost said he “cried like a baby” at the prospect of selling, his family home.

After high school, Bost served a three-year stint in the Marines, then got involved in his family’s business, Bost Trucking Service.

In 1992, Bost decided to move his career up a notch and run for the Jackson County Board, and was elected.

“I realized back then that it was better for me to run Republican, to run for the things I believed in.”

In the late 90s, Bost’s position was pulled in another direction. He was sitting in a pizza shop, in a neon-green outfit, when he saw a juvenile across the street and him.

“I’m not saying I’m perfect,” he said. “I’m not saying I’m perfect.”

In 2009, Bost was convicted of 4+1+1 model would help bring the state’s faculty and students to the table.

IBHE’s “Big Picture” impresses state officials

IBHE concludes the University has a bright financial future

Terry L. Dean Daily Egyptian

IBHE Executive Director Keith Sanders gave SIU a lot to think about after floating out an idea of a 4 percent increase in faculty salaries, rather than the 3 percent raise currently on the table.

Currently, Illinois universities are 7 percent behind other peer schools nationally, according to Sanders, who said a 4 percent increase would help bring the state’s faculty and staff salaries on par with other universities nationwide.

That would help us move into a more competitive position,” Sanders said. “We think we may need to add another percent this year to come up to 1 percent on our own.”

IBHE’s budget calls for a 3 percent increase in general faculty salaries. Under the current 4+1+1 model, the state would fund an additional 1 percent for the missing 3 percent if SIU would want to come up with 1 percent on its own.

The problem for SIU is coming up with 1 percent from its internal budget. It is a 3 percent cut from new programs in the coming budget, the University may lose out in areas that have made some gains, said Margaret Winters, SIUC interim provost and vice chancellor for Academic Affairs.

“We have to be strong advocates for our programs and our priorities, and I think they found our case to be a good one,” he said.

IBHE officials stressed that the University has maintained itself as an educational leader in the state, but if it is

SEE BIG PICTURE, PAGE 7

IBHE proposes a 4 percent faculty salary increase

Terry L. Dean Daily Egyptian

IBHE Executive Director Keith Sanders gave SIU a lot to think about after floating out an idea of a 4 percent increase in faculty salaries, rather than the 3 percent raise currently on the table.

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Asian students celebrate legend with Mooncake Festival!

COWALL RODRIGUEZ
Daily Egyptian

Nobu Kakinuma stepped out from behind the curtain, wearing a black Japanese robe and armed with a bow, with the intention of shooting down a few suns.

Kakinuma, a senior in sociology from Bunkyo, Japan, played the part of Hou Yi, a tyrannical king, in the drama organized for the Mooncake Festival.

The Asian Student Association and Friends of the Republic of China (Taiwan) Student Association organized the event, which took place Saturday to celebrate an ancient Asian legend.

This year’s celebration was the first to take place in a restaurant and it was also the first time the organizers treated the audience to a play behind the legend moon festival.

While sticking with the legend, the actors tried to incorporate humor to keep the audience interested.

"Many people think that this kind of event tends to be formal, which is not fun," Kakinuma said. "We didn’t want it to be too serious."

Before the play even started, the audience could see some humans out in the audience when an actor donning a wolf mask came out dancing to Kaishung, Taiwan, and resident of Shanghai.

"We didn’t want it to be too serious," Kakinuma said. "We didn’t want it to be too serious."

Drum major Latitia Goodman, a senior at Francis Howell North High School in St. Charles, Mo., holds the Best of Show trophy at Saturday’s fourth annual Music and Motion high school band competition at McAndrew Stadium. The competition featured 18 high school bands at each of which each did a 15 minute performance. Francis Howell North brought home the most trophies with their Egyptian-themed performance.

How many drinks equal a binge?

Drinking name game just an issue of semantics, according to SIUC officials

Anne Marie Tavela
Daily Egyptian

The behavior that the term binge drinking describes is harmful and risky regardless of what words are used to describe the action, according to Wellness Center Coordinator Barbara Elam.

Despite recent controversy regarding the actual definition of "binge drinking," Elam said the term is unimportant compared to the message.

"Whether the term is ‘binge’ or something else, I think the message definitely needs to be out there, but the more you drink the more likely you are to contract a sexually transmitted disease, to gain weight and so have other kinds of problems with school," Elam said.

The controversy is whether to continue defining "binge drinking" as five or more drinks in one sitting for a man and four for a woman.

In the proclamation, the group cited the Harvard School of Public Health for publicly defining binge drinking as six drinks in one sitting, which is not fun. "Operator," usually they arc wrong.

According to the group’s statement the four or five drink definition is widely seen by professionals and students as too vague. On Sept. 8, Harvard responded with a follow-up report which showed recent perceptions of the levels of student binge drinking are close on what researchers have found in previous reports. Students in the survey tended to define binge drinking as six drinks in one sitting for a man and five for a woman.

The Harvard report also finds the College Alcohol Study, the U.S. Surgeon General and the National Institute of Health as groups that use the five-drink measure.

Elam said the Wellness Center prefers to use the terms lower-risk and higher-risk drinking, in part to avoid the controversy surrounding the term binge.

Elam said some students do react negatively to the term "binge" because they associate it with other uses of the term like binge eating, and it is more important for students to understand there is a connection between the number of

Gus Bode says:

Five drinks isn’t a binge — it’s a warm-up.

Gus says:

To register contact Vi at 453-1366 or uwpa@siu.edu. For more information, see www.siu.edu/~uwpa
New museum could bring cultural awareness to Southern Illinois

Southern Illinois has a rich cultural history, but few people are aware of the many cultural outlets that are currently available. The Daily Egyptian editorial board supports any attempt to further educate the community. This museum project will provide the community with the added benefit of establishing a place for people to gain cultural understanding.

Community members have a unique opportunity to make a permanent difference in Carbondale and Southern Illinois. Once completed, such a museum could serve as a testament to Carbondale's commitment to diversity. The project, which is still in need of additional support from the community, also sees Carbondale as part of a larger region, creating the first black history museum for hours in any direction.

It is refreshing to see local citizens working to improve our community, and we would love to see the idea catch on. The distinct population of Carbondale can support many more cultural outlets than are currently available. But it will take the initiative of those who want it to bring the attractions.

Do I have what it takes to be a real man?

Well, it's once again that time of the year where the entire world looks forward to each year, when our country's youth is faced with the decision of whether or not to go off to college. I mean, my own parents are facing the same dilemma as myself and I am very confident that they will make the right decision.

It's not that I don't like sporting events, but if I wanted to watch a tiny body run around and collide with each other, I'd rent a sports event. Sporting events are only as good as the players who play them. In some of these games, I am not really sure if I even know what's going on. I'm watching something that seems stranger and more intense than watching a football game. As far as I can tell, the players are not really enjoying themselves.

What was step 1 again? Oh, right, they went out of business. Well, we can't blame them for that. After posting a poor report, we got to work in my own house, deepening into an old dumbbell and stretching in ways that seemed almost impossible. Because we have not actually seen anybody else in those positions. This regimen lasted longer than I figured — a full two days — and was tightly scheduled. Both mornings following the following schedule:

1. Lift dumbbells for 5-10 minutes.
2. Take a break, during which we discussed how we used to be able to lift more six months ago, but haven't worked out in a while. We'll be better once we get warmed up.
3. Repeat step 2 three times, at a minimum, and then again three times.

We could look like Austrian body builders in a matter of months and have women falling all over us.

Now, though, relief may be on its way. As sports programs continue to push the limits of what we know about athletic training, people are looking for ways to improve their athletic performance.

The Daily Egyptian News published a study earlier this year that showed that men who engage in regular exercise tend to have a lower risk of heart disease than those who do not.

The study, conducted by researchers at the University of Illinois at Urbana-Champaign, included more than 15,000 participants aged 20-70. The participants were divided into two groups: those who exercised regularly and those who did not. The researchers followed the participants for an average of five years.

They found that the men who exercised regularly had a 25% lower risk of developing heart disease than those who did not. The effect was even greater in men who exercised vigorously, with a 37% lower risk of heart disease.

So if you're looking to improve your athletic performance, consider starting an exercise program. It's never too late to start! And don't forget to stretch and warm up before you exercise to avoid injury. Good luck!
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The DAILY EGYPTIAN • DULI EGYPN NEWS
SIUC alumnus creates art with books

Visiting artist program promotes art diversity in Southern Illinois

**GINNY SKALSI**
**DAILY SPECTOR**

Buzz Spector uses books to create pieces of art, which helps audience for his vast knowledge in the art field. As part of the visiting artist program, Spector will speak on the theme "the artist's print," Spector has issued several artist books since the mid-1970s and frequently uses books in unique ways to present his work. Lamps created from books and bulbs completely reconstituted with two pages and different inks added in some ways. Spector has used books to create art. "Buzz is an extremely well-informed artist and active critic," said Joel Feldman, professor in the School of Art and Design and personal friend of Spector. "He readily incorporates books, and he can refer to so many things in his work. In various formats and forms that seem almost invisible and in some instances books sometimes become the particular media. Books have informed Buzz's work for the major part of his career. The book is providing more than a physical material but also a concept." In addition to books, Spector is also a painter, sculptor and printer. He has exhibited his work in museums and galleries around the nation's fastest growing campus in Tampa. Divide by the number of miles between and Santa Rosa counties. University plans to begin program at its Park Building. Spector will speak at 7 tonight in the Knight-Ridder Theatre. Then, add 10 to the cost of tuition and books. It's a very difficult question because I don't think there's ever enough money, but I think there's a lot of money being spent on material but also on concept," Feldman hopes Spector and the other artists in the visiting artist program help promote art diversity on campus and throughout Southern Illinois. The function is trying to expose students to different artists and different ways to think. Spector, a professor in the School of Art and Design at the University of Illinois at Urbana-Champaign, will also criticize graduate and advanced undergraduate students' artwork while at SIUC. "It gives the students an opportunity to hear a voice other than the faculty to talk about their work," Feldman said. Feldman hopes Spector and the other artists in the visiting artist program help promote art diversity on campus and throughout Southern Illinois. "If there's ever enough money, but I think they will support us to at least that extent's what I've thought," Jackson said. "Thank you, people want everything from all sides of the equation, but you can have it all."
Bost

Bost CONTINUED FROM PAGE 1

campaigned neat and won. He has kept his seat tight.

The Rev. Claudius Allen, minister at Elm Street Southern Baptist Church, said Bost's turn to 

"Tracy, bless her heart, is wonderful at standing to get elected; and then stop attending would turn out to be prophetic. The giggling girls

serve his Lord through his church and by his job."

Would the election - but not Mike Bost

lives. Allen said politicians many times act to remain a leader, additional help is needed from the people of the district.

"Doublir Decker"

That beside prayer, it is the help of fun loving, since.

When Tracy Bost was

OLDMODULE

"Bost's
turns in the life in his增高 of depth nine.

As regular front-row churchgoers, Bost and his

school." As a Girl Scouts campout and played a game that

"But that's his job," she quickly said. "That's

husband in a nursing home, another

he could do his best is enough for some people in the dis-

Bost has remained dedicated to his district for the past six years and unlike other career adven-

tures, Bost said he still loves his job as state repre-

"Ashore the sea," Bost said. "I hunt these people, I know Southern

To make a living, additional help is needed from the state.

"It's a very positive step forward," said SIU president Franklin Horner. "It is clear that the heart of our needs are in academic program-

both at Carbondale and Edwardsville, and I think that's essential for us, too."

SIU officials, including Horner, Jackson, and representatives from SIU-Edwardsville and the

School of Medicine presented several long-term projects designed to invigorate the University's aca-

18, Bost agreed and says his three-year stint in the U.S. Marines wasn't too bad. "It made me grow

20 years later, Tracy says her own business out of her home, a beauty salon in

When Tracy Bost was in fifth grade, she went to a Girl Scout camp and played a game that would turn out to be prophetic. The giggling girls

named apple seeds after their favorite figures, put the seeds over a fire, and the first seed to pop out was that girl's future husband.

"I am a wife and a mother, and I am proud of them," Tracy said.

"Mike agrees and says his three-year stint in the U.S. Marines wasn't too bad. "It made me grow

...the role she plays in his husband's political life, but indica-

that's her job; Bost said. "You just have to do your best"

*In the next five minutes, three people had already been in with their concerns and

Bill Ross, mayor of Makanda, said Bost has

me of my hand."

"This is my area," Bost said. "I run with these people, I know Southern

He is a hero to the people of our little town.

Bost has remained dedicated to his district for the past six years and unlike other career adven-

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"This is my area," Bost said. "I hunt these people, I know Southern

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"SIU is just superlative in terms of indicating what the state needs and what SIU needs," said Sanders, a former dean of the College of Arts and Sciences at SIU. "As in any area after teaching, SIU has really done a good job in presenting its case to the board, and ultimately to the governor to the General Assembly for more resources."

IBHE will develop its budget based on Friday's presentation by SIU. Sanders said SIU's decision will be heavily influenced by IBHE's budget.

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Binge Drinking

CONTINUED FROM PAGE 3

drinks consumed and potential risk of negative effects. "The idea that the drinking five or more [alcoholic drinks] per occasion is associated with greater harm is undeniable," Elam said. "The term is probably less important than associating the idea that the more you drink the more problems you are likely to have.

STATISTIALLY, Elam said students who are high-risk drinkers have more accidents, injuries and health problems. They also have lower grades and more failures in school.

Part of the argument the Inter-Association Task Force made in the proclamation was that a large numbers of drinks in one sitting creates a negative image in the public. It was also argued that the more you drink the more problems is probably less important than necessarily mean it's healthy.

On a 1999 study, the Core Institute found 41 percent of the women surveyed had experienced a binge drinking episode within two weeks of the survey. In most national surveys, at least 40 percent of college students are categorized as binge drinkers.

Ed Pimentel, a researcher for the Core Institute, said the argument to change the definition of binge drinking because it may be the norm does not make sense with him. "The norm does not necessarily mean it's healthy," Pimentel said. Pimentel also disagrees with the task force's argument that the definition should be changed because it creates a negative image of college students. The behavior of drinking five drinks in one sitting regardless of the word used to describe it, is not healthy, Pimentel said. "I'm sorry, but it should have a negative connotation," Pimentel said. The definition is working on finding different terms to describe specific behaviors, including frequency of drinking and intoxication levels.

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The "Dough Boys"
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Saluki swimmers get mixed results vs. Kansas

Jens Deuz
Daily Egyptian

The SIU men's and women's swimming teams opened their seasons on Saturday when they participated in the nation's only intercollegiate open water swim against the University of Kansas.

The race consisted of three laps at the Touch of Nature camp II swimming beach, which spanned 5 kilometers. "We like Little Grassy," said SIU men's head coach Rick Walker. "It's peaceful, it's a beautiful setting for a race."

Little Grassy may have been peaceful before the race started, but once it got under way, it was taken over by about 50 or so boisterous swimmers from both SIU and Kansas. Although this was more of a training meet than anything else, both sides still wanted to win and that is just what the SIU men's team did, as they defeated Kansas for the first time outright by a grand total of 30 seconds.

"It is a practice swim and there is more to it than winning," Walker said. "Although it certainly is sweet to win, especially since Kansas has cleared our clock prior to last year when we first beat them. It's good proving that it wasn't a fluke. It was a good swim for a lot of them."

Even though the first person to finish, Brian Soria of Kansas (50.04-70), was not from SIU, when the scores were added, the Salukis came out on top. The scores were determined by taking the total times of the top five finishers for each side. The top SIU swimmer was freshman Derek Holzhey, who finished second with a time of 51.10.00.

The next four Salukis to finish were freshman Ben Bourou, who finished fourth; sophomore George Chan, who finished fifth; junior Coenee Prenela; who finished seventh; and freshman Joe Neukirch, who finished tenth.

Walker was pleased with the way his freshmen performed. "There of the top five SIU swimmers were freshmen."

The women's team was not as fortunate as the men, as the Salukis were beaten by Kansas by 45:00. The top female swimmer was Kansas' Gwen Halcy, who finished the race in 52.42.00. SIU's top finisher was freshman Lauren Fリンasz, who finished in third with a time of 54.18.00.

The next four finishers for the Salukis were senior Danielle Monds, who finished in fifth; junior Dina Morell, who finished in sixth; sophomore Amber Mullins, who finished in eighth; and sophomore Lee Kyrk, who finished in eleventh.

"The kids did real well considering everything," said SIU men's head coach Jeff Good. "It was a great swim. Fourteen SIU women swam and they all did really, really well. I'm really excited, it was a good way to start the year."

SPORTS DIGEST

MINUTE MAN

Continued from Page 12

I think they tried to keep a situation where they could keep things close, and they did, but they turned the ball over at some critical times," said KU head coach Teny Allen.

Koutsos rushed for 109 yards before leaving the game because of the injury but never rushed the red team, as SIU was shut out for the first time in 35 contests.

It was only the second time Quarless has been shut out since coming to SIU. The other came in his first game as a starter, but once it got under way, it was taken over by Kansas' defensive performance, as Kansas held SIU to only 165 total yards for the game. Kansas (50.04.70), was not from SIU, when the scores were added, the Salukis came out on top. The scores were determined by taking the total times of the top five finishers for each side. The top SIU swimmer was freshman Derek Holzhey, who finished second with a time of 51.10.00.

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No surprise: Jayhawks trounce Salukis

KU dominates SIU

By: Andy Ederer

LAWRENCE, Kan. — It could have been a rebirth.

In the SIU football finale first Division I-A contest in five years, the University of Kansas rolled to its 32-20 victory in front of 38,000 people in a chilly and wet Memorial Stadium Saturday night.

SIU scored a few clubs early in the first quarter and kept it close for most of the first half. KU tight end Jason Gable dropped an easy, wide-open pass and wide receiver Roger Russ did not hang onto a pass that would have given the Jayhawks an early-strike.

Those two breakdowns helped allow SIU (1-3, 1-0) to stay competitive with the man’s bigger and stronger Jayhawk club.

But that luck eventually ran out, as KU struggled to close the half up the field against an analysts’ talk of the season.

SIU quarterback Sherard Potente, who made just 11 passing attempts the entire game, was nearly sacked in the own end zone by 300-pound nose tackle Nate Dryer late in the second quarter.

“We are exceptionally quick,” said Potente, who was sacked four times. “We proved to ourselves that we can play with them, but the second half we had some plays and kept the defense on the field too long.”

Kansas wasted little time exploiting on SIU mistakes. KU (2-1) only needed 47 seconds and three plays before Dylan Smith hit Roger Run with a 25-yard pass for a 7-0 lead with 2:54 left in the first half.

KU went three-and-out on next possession and KU scored again on a drive that took 37 seconds when Smith hit Terrace Follies with a 47-yard bomb downfield for a touchdown with two minutes before the half, allowing Kansas to take a 14-0 halftime lead.

After chewing the Jayhawks on the scoreboard for most of the first half, and even advancing the ball into Kansas territory on a handful of occasions, the Salukis were frustrated with how the half ended.

“I was really hoping to come in at halftime down 7-0,” said SIU football head coach Jim Quirles.

SIU running back Tom Koutsos suffered a hip injury on a play late in the third quarter and did not return to the game. Koutsos finished the game with 109 yards rushing, carrying the ball 31 times.

After amassing only three yards in the second quarter and allowing Kansas excellent field position, Coach Quirles’ crew was competitive, but SIU mistakes mounted.

“Sometime the nostalgia comes in,” he becomes happy with myself if I can say that,” Coach Quirles said. “I think that’s something that’s gained from everyone from (Division I-A) besides the club.”

Tom Koutsos is to the ground by University of Kansas lineman Marcus Hayes during Saturday’s game in Lawrence, Kan. Koutsos rushed 51 times for a 109 yards in a ball that left SIU scoreless.

Quirles acknowledged the history for SIU coaches who do not produce victors.

“Would have welcomed this opportunity again someday to get a chance to build a program the way I think in its purpose to go,” Quirles’ said. “If you’re still sticking around long enough, I want to come.

That kind of make coaching changes in this country.

In the SIU fourth quarter, scored on four out of five consecutive possessions, all nothing score less than a minute and a half, making it 28-8 before half back coach Jim Quirles knew what hit him.

Scoring drives — two of which came in the process, eating away minutes before the half, and in the process, eating away minutes at a time. After offensive plays SIU ran in the first half, 21 were hand-offs to Koutsos, who left the game with 22 seconds remaining in the first quarter with a high-temperature.

But the quick proficiency of KU’s scoring attacks forced the Salukis to keep it as respectable as possible.

KU gives new meaning to term "in-state man"

LAWRENCE, Kan. — SIU game plan worked for perfection for 26 minutes and 10 seconds. Then, the University of Kansas finally broke the seal.

And while KU scored more easily, it made up for it by scoring often. Often, as in as 26 points in a little more than an eight minute space between the winning minutes of the second quarter and the start of the third.

With 5:30 remaining in the second quarter, KU unlocked the deadlock at the end zone and put an end to the scoring depression, making up for a missed scoring attempt off the heavy man scolding Memorial Stadium that night.

One minute and 53 seconds of competitive play finally turned a scoreless halfgame into a KU rout. The Jayhawks, aided by great field position and a newly SIU turnover, scored on four out of five consecutive possessions, all nothing score less than a minute and a half, making it 28-8 before half back coach Jim Quirles knew what hit him.

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