### Daily Egyptian

**Southern Illinois University at Carbondale**

**Tuesday, June 28, 1988, Vol. 74, No. 162, 12 Pages**

### Madigan denying SIU $18 million

**By Richard Goldstein Staff Writer**

Three days before the deadline for a decision on the tax increase, Speaker Michael Madigan is at loggerheads with Gov. James R. Thompson and the legislative leaders.

In the meantime, $18 million for the SIU system hangs in the balance, Keith Sanders, dean of the "College of Communications and Fine Arts," said.

"The tax proposal would raise the personal income tax in Illinois from 2.5 percent to 3.5 percent and corporate taxes from 4 percent to 6.4 percent." Sanders said.

Political science professor John Jackson said the question is whether the legislature is going to vote on the tax bill.

"The House and the Senate should be allowed to vote up or down, respectively. Madigan, as Speaker of the House, has control over which bills are voted on, and there is concern that because Madigan isn't "convinced" of the need for a tax increase, he won't allow a vote," Jackson said.

"It is widely thought in Springfield that the tax issue is now down to one person - Mike Madigan," Sanders said.

See BUDGET, Page 6

### Marching Salukis will march on

**By Richard Scheffer Staff Writer**

The School of Music has received verbal assurance from University administra tors that the Marching Salukis will be retained, despite the Mays donor cut proposals.

"As of now, they're going to keep it," Mike Hanes, band director, said. The response, mainly through telephone discussions, has been so positive that the administration believes the band is vital to the University, and that it would be best to keep it.

Robert Roskos, director of the School of Music, said the administration has been looking at the band's impact on the whole University, noting that it is a source of athletic programs, has a public relations impact, and is a good image for a University of this size.

Hanes said the department suggested cutting the band in May because funding had to be reduced. Cutting the band was the next step in the budget reduction.

Roskos said the recommendation to cut the band was made because it primarily serves non-music majors.

"If the administration funds the band, the money will come from somewhere other than the University," Band Director of the School of Music's Roskos said.

Hanes said the department is in the process of recruiting new members for the band, and that an associate band director and French horn instructor, Dan Phiffer, has been hired for the fall.

For the last 10 years, the Marching Salukis' budget has gradually been reduced.

"If we continue and there is not a tax increase, we will still be working on a shoestring budget," Hanes said.

Area crops are thirsty for downpour

**By Christine Cedusky Staff Writer**

If Southern Illinois doesn't get one or two inches of rain within 10 days, most corn crop won't survive and the shortage will result in higher prices for consumers.

George Kapusta, professor of plant and soil science, said, "There are some chores, that if they don't get rain, I can't visualize how they can produce anything," he said.

Corn yields will be down significantly because most crops are barely surviving, he said.

Kapusta expects the price of fresh vegetables to increase, the meto, because they come directly from the fields to consumers.

"We may have to import from Mexico," he said.

However, Kapusta said he doesn't predict much of a price increase in canned vegetables.

### Blood drive begins today

A three day emergency blood drive begins today at St. Francis Xavier Church and will continue Wednesday and Thursday at the Student Center.

Tomorrow, the blood drive will be from 1:30 to 6:30 p.m. at the church, 203 S. Poplar. Volunteers will also be at the Student Center setting up appointments for blood donors. The number of appointments is running about 150 short of the number needed to ensure the drive will reach its goal of 700 units, Vivian Ugmont, Red Cross blood drive coordinator for Southern Illinois said.

Appointments are also being taken by telephone at 235-5211.

### This Morning

**Hambo remains at Meadowlands**

- **Sports 12**

**Health and Fitness Guide**

- **Pullout**

**Suety, in low 90s.**

### Reagan calls for action against AIDS

WASHINGTON (UPI) - President Reagan is responding to the massive report of his special AIDS commission Monday and directed his drug policy adviser to present him with a " comprehensive" report on his panel's 600 recommendations within a month.

Reagan said the unanimous report "represents an impressive effort and significantly increases our level of understanding to deal with AIDS.

The commission estimated implementation of the report would require spending $3.1 billion in state and federal funds in the AIDS battle above the $1 billion projected for this fiscal year. Much of the money would go for a massive expansion of drug abuse treatment, providing addicts with a drug of methadone.

Reagan was briefed on the recommendations in the 200-page report by retired Adm.

James Watkins, chairman of the President's Commission on the Human Immunodeficiency Virus Epidemic.

The president said the report underscores the major consequences of my administration's laid out over a year ago: to be comprehensive towards victims of the disease; to care for them with dignity and kindness, and, at the same time, to inform and educate our citizens so that we can prevent the further spread of the disease.

Reagan said that he is directing Dr. Ian Macdonald, his special assistant for drug policy, "to present to me within 20 days a course of action that takes us forward."

He also directed Macdonald to include among his priorities consideration of specific measures to strengthen im-

See AIDS, Page 7
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At least 15 dead in Paris

commuter train collision

PARIS (UPI) — A commuter train barreled into a Paris rail station after its brakes failed and slammed into a stationary train during the evening rush hour Monday, killing at least 15 people, authorities said. French and rail officials said about 40 other commuters were injured in the 7:10 p.m. crash, and rescuers worked frantically to extract many other trapped in the wreckage. Rail officials said the death toll could climb to more than 20.

Gorbachev's opponents called 'brube-takers'

MOSCOW (UPI) — Some of the conservative opponents of Soviet leader Mikhail Gorbachev at this week's Communist Party Congress hailed as a "tsar" a magazine noted for its support of reform. The magazine Ogonek, which compiled a list of Tuesday's opening session of the 19th Communist Party Conference, linked unnamed delegates from Uzbekistan to the rampant corruption in the Central Asian republic.

Document calls for talks between U.S., Arafat

ABU DHABI, United Arab Emirates (UPI) — The author of a radical Palestinian document seeking peace talks between Israel and the Palestinians appeared to the United States Monday to establish "direct contact" with PLO chief Yasser Arafat in an effort to reopen negotiations. The Arabic-language document, written by Arafat's information adviser, Bashwan Abu Sheer, appeared as a booklet at the Arab summit in Algiers earlier this month.

Dispute erupts over cause of Airbus crash

PARIS (UPI) — A dispute erupted between government officials and the pilots union Monday over why a computer-driven Airbus A320 jetliner with 163 people aboard failed to gain altitude and crashed in flames during an air show. As officials argued over responsibility for the crash, Air France and Air Inter, its parent subsidiaries, announced workers at their three A320s had been taken out of service as of Tuesday. But a spokesman for the French pilots' union, rejected speculation of human error, instead pinning the cause of the crash on a computer flaw.

Justice Dept. to begin random drug testing

WASHINGTON (UPI) — The Justice Department announced Monday that 1,800 of its employees in sensitive positions would be subject to random drug tests beginning in 60 days, and another 4,700 would be tested if officials suspected they used drugs. The testing will be conducted under an executive order signed by President Reagan in September 1986 to establish a "drug-free workplace" throughout the federal government.

Broker charged in insider trading scheme

WASHINGTON (UPI) — The Securities and Exchange Commission charged a broker for the Morgan Stanley Group and an associate Monday in a $5 million insider trading scheme, the second largest in history. SEC enforcement chief Gary Lynch said that Colompo Wang, 34, an employee of Morgan Guaranty, and acquisition department, had funnelled confidential information about at least 25 tender offers and pending mergers to Fred Lee, also known as "Chem Wan" Hong Lee, a Hong Kong resident and Taiwanese national.

Powerful quake shakes San Francisco area

SAN JOSE, Calif. (UPI) — The San Francisco Peninsula's most powerful earthquake since 1906 shook an area from Santa Cruz to San Francisco Monday, knocking over jars of grocery shelves, breaking windows and injuring high-rise buildings. There were no reports of injuries. The 11:43 a.m. P.D.T. temblor registered 7.7 on the Richter scale and was centered about 10 miles northeast of Santa Cruz and 15 miles south of San Jose.

70 thousand acres in flames in six states

Fire bosses declared 70 percent containment Monday of an 11-day-old wildfire in the Custer National Forest in Montana and South Dakota, the largest of lightning-sparked blazes rampaging across more than 70,000 acres in six states. Meanwhile, West of other major wildfire was on the huge Nevada Test Site, the Nevada nuclear testing commission said Monday. The 300-acre blaze buffeting Las Vegas. Smaller, fires blackened national forest land and other primitive terrain in Arizona, California and Idaho.

Daily Egyptian

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Journalism gains recalled during professor's memorial

By Susan Curtis and Robert Baxter
Staff Writers

In a rare interview with Charles Lindbergh in 1953, Charles Clayton was told the future of aviation would involve flying at night. This interview was one of Clayton's many achievements recalled by his colleagues and former students at his memorial service Friday. A School of Journalism professor for 14 years, Clayton, 85, died of a heart attack on April 25.

Paul Tredway, of the now-defunct St. Louis Globe-Democrat where Clayton worked for 30 years, said Clayton became good friends with Lindbergh and had several interviews with him in following years.

David Sanders, public information specialist for the College of Technical Careers, said, "No one who knew Charlie could possibly sum up his life in only five minutes." Sanders was a student in a class taught by Clayton at Missouri State in 1966. It was the first college course taught for credit in a prison.

Donald Grubb, former chairman for the department of journalism at Northern Illinois University, said, "Samples of Charlie's work are evident in every journal in the United States."

One of Clayton's books, regarded as legendary by Grubb, was "Fifty Years of Freedom," which contains the history of Sigma Delta Chi, Society for Professional Journalists.

Clayton was the national president of Sigma Delta Chi from 1951-52 and editor of its magazine, "The Quill," from 1948-53.

Donald Plante, Sigma Delta Chi National President and managing director of News Support Services, NBC News in New York, was a former student of Clayton's. He said if it weren't for Clayton, society might not be as rich as it is today.

Irving Dillard, former editorial page editor for the St. Louis Post-Dispatch and the oldest former president of Sigma Delta Chi, donated six original editorial cartoons from the St. Louis Post-Dispatch to the School of Journalism. The cartoons were original drawing board sketches done from 1946-52.

Clayton's family donated his personal collection of books, which will be kept in the Journalism Reference Room in the Communications Building.

Clayton graduated from the University of Missouri School of Journalism in 1928. He was named to the school's Hall of Fame and awarded the school's Distinguished Service Medal.

Irving Dillard, a former national president of Sigma Delta Chi, Society for Professional Journalists, tells an anecdote about Charles C. Clayton, whose memorial was held Friday in the Morris Library Auditorium.

Murphysboro man beaten

By John Walblay
Staff Writer

Two Murphysboro men were arrested following the Sunday morning beating of a Murphysboro man, a Jackson County Sheriff's dispatcher said.

Cavin Brewer, 18, of 226 8th St., and Edward McDaniel, 21, of Rural Route 1, were arrested for the beating of Mark A. Sullens, 21, of Rural Route 1, said the dispatcher.

The men, arrested and taken to Jackson County Jail, were charged with home invasion, aggravated battery, and intimidation, said the dispatcher.

Jackson County Sheriff's deputies, who followed an ambulance to the victim's home on Murphysboro's east side around 2:14 a.m., said Sullens told them he had been beaten over a two hour period by two men, the dispatcher said.

About 20 minutes later, Sheriff's deputies apprehended Brewer when he returned to his home, according to the dispatcher.

A short time after, McDaniel also was taken into custody.

University School to hold reunion

The University School Total Reunion's organizers expect a large crowd at the reunion on Saturday, April 29, a former student said.

"It's been a big - more than twice as big as I thought it would be," Linda Crandle Brandon, who helped organize the reunion, said.

The University School was the culmination of SIU-C's Model School (grades 1-4) and Preparatory School (high school), which provided practical experience for prospective teachers, for about a century from the time the University opened its doors in 1847 as a regional teachers college.

More than 800 former students, teachers, parents of former students, other relatives and friends have signed up for the dinner at 6:30 p.m. Saturday in the Student Center ballrooms and the reception afterwards, Brandon said.

"And we've got 700 signed up for a picnic from 11 a.m. to 4 p.m. on Sunday at the Egyptian Sports Center," she said.

The Egyptian Sports Center is at 1215 E. Walnut St., Carbondale.
Civic center sequel gets zero-star rating

THE SEQUEL IS BACK. Crocodile Dundee II, Rambo III, Return to Snowy River and Downtown Revitalization II. Wait a minute. Downtown Revitalization II. What's that? It's the latest in the continuing drama of down and out in downtown Carbondale. Downtown is down and it's fighting for its life in an effort to bring respectability back to the area.

When we last left our hero, downtown had just fought off an attack by the hotel-convention center monster but now he's back to face an even nastier foe: the civic center.

Our story began many years ago, during the mid-1970s. Carbondale had purchased a parcel of land on South Illinois Avenue in an effort to bring new blood to the dying heart of Carbondale. A committee, established to find uses for the land, proposed the building of a hotel-convention center, complete with rooms, meeting facilities and parking.

A federal grant was obtained, but production problems caused the apparent death of the convention center before the cameras got rolling.

But like all good dramas, and this surely is one, the villain isn't easily killed, and last week the City Council began the production of another project. Now, instead of a hotel-convention center — which wasn't very popular among local hotel owners, or anyone else, really, to begin with — the city has proposed building a civic center. This idea has been great, we're told, but the resources of Carbondale already fill the void that a civic center is built to do.

By most definitions, a civic center is a place to hold meetings, entertain important visitors, view plays and sometimes become city hall.

If this is what they plan to build, why waste the time? The city has a cast of supporting actors up to the task. The University offers places to meet, view the arts and entertain important visitors; city offices are in a convenient area and serving the purpose for which they are there — running the city. Local hotels offer meeting space and can care for the influx of travelers to the area.

Adding another supporting actor, in the form of a civic center, would be a waste of taxpayers' money. The city surely can find something more useful to do with the money than to waste it building something that is readily available.

Will downtown defeat the civic center? Will the city find something more useful to do with the land? Stay tuned for more action packed excitement, the show has just begun.

Letters

Smoker's lack of concern obvious

Lynn Naumann's letter concerning smokers rights portrayed the obvious ignorance and lack of concern smokers have for the rights of non-smokers.

While smokers may have the right to smoke, who gave them the right to blow it in someone else's direction? Certainly not. I choose to waive my right to endure those consequential side effects as which are included as a package deal with the unwanted smoke.

If all it would take is a Smoke Grabber ashtray to alleviate the problem, why not have every smoker go to the store and purchase one? Does Naumann suggest that the University foot the bill? Tuition is high enough without having to pay for smokers to smoke.

According to Naumann, her quantity of work output will be diminished in a non-smoking environment. If this is true, then Naumann's boss should start interviewing immediately for a replacement to keep up her end of the job.

I was always under the impression that stopping in the middle of a job to light up and smoke would increase a person's productivity twofold. All I know is that when smoke blows into my face I can't concentrate or relax, thus decreasing my productivity.

I read somewhere that about two thirds of all Americans are non-smokers. If that is true, for every 300 hours Naumann seems to gain, the two non-smokers next to her lose a total of 1400 hours. This would amount to $3,000 for her employer. I may be wrong but that doesn't sound too protective to me.

Smokers should smoke on their own time and air so non-smokers can breathe what's left of the smokeless air. After all, it's only fair. — Terry Trippaky, sevier, computer science.

Daily Egyptian caught up in AIDS hysteria

Obviously, the word AIDS frightened and frightened Articles in the Daily Egyptian are numerous and a bit trifling on this subject.

Two years ago, I read that only 4 percent of the 20,000 people that died from AIDS were heterosexuals. That percentage has not increased since then.

The AIDS virus is fragile and strictly hypothetically speaking, very hard to transfer through vaginal intercourse. Penile penetration in a lubricated vagina does not cause lacerations. However, a woman with a venereal disease should be their primary concern. — Jerry Bellack, senior, pre-dentistry.

Daily Egyptian Editorial Policies

Letters and editorial articles are submitted for public consideration, but retain the opinions of their authors only. Unsigned letters appear as the opinions of the Daily Egyptian Editorial Committee whose members are the student body and school faculty.

Letters are usually 300 words or less and should be submitted to the editor at least two days before publication.

Letters are not responsible for the accuracy of facts or data, and the right to edit and publish is reserved.

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By Scott Perry
Staff Writer

Hot weather and hot cars were on hand over the weekend, as people from all over the United States and the world came to see, sell and show at the 12th annual Street Machine Nationals at Du Quoin.

3,046 cars and 61,442 spectators converged on Southern Illinois for three days to witness the "largest gathering of street machines in the world," Susan Davis, spokeswoman for the Promotion Company, said.

"But the hot weather kept attendance down."

"Saturday is usually our biggest day," Davis said, but with the temperatures hovering around 100 degrees for most of Saturday, attendance was down almost 3,000 from last year.

John Hampton, on-site director of the first aid tent, said six people were transported to Marshall Browning Hospital in Du Quoin because of heat-related illnesses. Sixty to 80 people took advantage of the first aid tent, he said.

Despite the hot weather, the participants were showing off their cars.

"It's hot outside, but it's cool under the hood," participant Steve Roth, of Pittsburgh, Pa., said.

Dan Eby, of St. Louis, has attended all 12 Street Machine Nationals. He said the number and quality of the cars were up from past years.

"More people are becoming enthusiasts," he said. "It's good for the sport."

Davis said more cars were allowed to enter this year because police and the company promoting the show believed they could handle more people. The limit was 3,000 in the past.

Forty-two states, including Alaska, were represented, Davis said. A car was registered from Hawaii, Davis said, but she hadn't seen it yet.

More than 300 from Canada participated. Andy Rankin, of Toronto, Ontario, hauled his car in a trailer for 17 hours to get it to Du Quoin. He has been to eight Street Car Nationals. Rankin said he would have been to nine, but "the event was held in St. Louis, and I didn't know where St. Louis was."

Lee Sands, also from Toronto, was attending for her first time.

"You see a lot of cars you don't see in Canada," she said. "Your cars have little squiggles on them," she said, referring to the pinstriping. "We don't have that in Canada."

Participants weren't the only ones from far-away places. Spectators from all over the world were on hand, including one from Holland, Davis said.

Davis said the show will be returning next year and she hopes the weather will be a little more cooperative. The return will be a milestone for the Nationals, because, as a Petersen Publishing representative put it, "I don't think we've ever been four years anywhere."

Denny Michel, of Akron, Ohio, was on hand to put lettering on cars and trucks.

(above) Jeff Rittenhouse and Dawn Bender, both of St. Louis, stand by Jeff's '58 Chevy, right, and a '84 Impala owned by Gary Rowe. (right) Debbie and Matt Hay, far right, won the Pro Street Division with their '86 Thunderbird.
SANDERS is chairman of a state-wide committee which lobbies for money for higher education.

Madigan is the center of attention, not only because he controls the voting agenda for the House, but because, as of Friday, he is the only legislative leader who hasn’t “jumped on the bandwagon” for a tax increase, Farrick Hickman, spokesperson for the governor, said.

Hickman said in Thompson’s “tax summit” last Friday, House minority leader Lee Daniels joined. Senate President Philip Rock and Senate Minority Leader James “Pete” Philip in support of the tax bill. But Madigan remained unconvinced over the need for a tax increase.

“Steve Brown, Madigan’s press secretary, said the Speaker has allowed for three of his four opportunities to vote on tax increases but there was no response from the assembly. ‘There’s obviously no support for a tax increase,’ Brown said.

“The Governor doesn’t even have anybody to sponsor the bill. He hasn’t worried about that, all he has tried to do is pin Madigan into a corner,” Brown said.

Thompson has said that a majority of the legislature would vote for the bill if it is presented.

DROUGHT,
from page 1
Kapusta said crops need two inches of rain this week, then one month of rain for the next two months to produce healthy crops.

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"Getting people to understand there is no easy way to lose weight, only a right way, is the first step."

—Janet Sundberg

Experts see no quick fix for obese

By Megan Hauck

There are no easy solutions for the overweight, weight loss experts agree. Though they may help lose weight, they also want an easy answer to the problem, weight-loss counselors say. But, there are exceptions.

Pills, fat diets, and a quick-fix are no longer the answer to losing weight, Janet Sundberg, a registered dietitian at Nu Life Nutrition, said. "We don't sell any gimmicks," Sundberg said. "We don't work like that.

Sundberg, who was once obese, counseled dieters at Nu Life Nutrition. Educating people about eating habits is her main goal, she said.

"Getting people to understand there is no easy way to lose weight, only a right way, is the first step," Sundberg said.

Sundberg admitted to trying "every fast diet that ever was" before she learned to control her eating habits. Most diets just don't work, she said. To lose weight, she said.

Women are more likely than men to use weight-loss centers, Sundberg said. And, she said, the influence of society helps explain 77 percent of the clients at Nu Life Nutrition are women. "Society says it's unattractive for people to be heavy, especially women," Sundberg said. "It's more unattractiveness than it is unhealthiness."

A lot of people who decide it's time to lose weight want it fast, she said. But, they want to lose weight immediately, so they skip meals or they eat less but graze and snack for a week, she said.

Kimberly Schmid, a Diet Center counselor, agreed that losing weight and remaining healthy is tricky business.

"You can have someone who's 90 pounds overweight and still be in excellent health," she said. "25 just don't get the nutrients they need from what they eat."

Schmid, who once weighed 219 pounds, said she also had tried countless fast diets only to gain back more weight than she had lost.

On a national average, only 3 percent of those who lose weight are able to keep it off, she said.

"It's because of the fast diets that the average is so low," Schmid said. "People lose 10 pounds and gain back 15 more."

Schmid said a lot of people don't see the correlation between less expensive, processed food and poor health.

Sundberg agreed, saying clients are first taught healthy eating habits and then counseled to change their habits, attitude and behavior in order to lose weight and keep it off.

Although both weight-loss centers have individualized diets and counseling that makes losing weight "as simple as they need it," Sundberg said, doctors pay a price for the pounds they lose.

In addition to a non-refundable registration fee, Nu Life Nutrition Diet Center charge clients $25 to $40 each week to lose an average of three to five pounds.

Dieticians such as Millie Mese
er, who are often asked to pay whatever it costs to lose weight. Mese
er said, "It is difficult to lose weight."

Mese
er, director of volunteer services at Memorial Hospital of Carbondale, became a client at Diet Center in November, 1987. So far, she has lost 65 pounds.

Mills, who was once obese, now works as a health educator. "I've lost weight and I'm healthy."

"Experts see no quick fix for obese"
SIU-C physical education starts with basic factors, leads to fit student body

By Beth Clavin Staff Writer

In today's society, many studies claim that America's youth is out of shape.

SIU-C is addressing this problem by requiring students to take physical education (GE-E) classes.

"GE-E's, in general, start with very basic factors," physical education instructor Kenneth Ackerman said.

Weight training, physical fitness, and aerobic dance classes are designed to improve individual fitness, Claudia Blackman, physical education GE-E committee, said. These are taught most frequently, she said.

Weight training increases strength, flexibility of muscles, endurance, and body composition, Ackerman, the summer instructor of weight training and physical fitness, said.

Aerobic dance also aids in each of these areas, except in increasing strength, he said.

Swimming strengthens the heart and lungs, Blackman, summer swimming and bowling instructor, said.

Ackerman encourages enrollment in the physical fitness class because of its broad-based curriculum. Each student's level of physical fitness is assessed at the beginning of the course. An individual program is then developed to overcome weaknesses and maintain strength, he said.

"If somebody wanted to get started, this would be a good class to take," he said. "We try to give (students) both the how to and the why of." Although physical education classes are required, most students in the classes seem pretty enthusiastic, Blackman said. They have the freedom to select which classes interest them, she said.

"By and large, students are there because they want to seriously start a fitness program," Ackerman said. Some students take as many as three GE-E's at one time, he said.

Approximately 5,800 students per year take physical education classes. Blackman said. Like any program, we could use more staff and equipment, she said.

"The general population should understand that it is important to improve fitness," Blackman said. "The youth of America is worse off today than they were after World War II."

"Physical fitness makes one look better and feel better," Ackerman said. "Exercise is one of the ways people can enhance the quality of their life."

Blackman said the believed SIU-C should bring back the required physical education course that explains basic physical fitness and the method for improving body health.

Thin is no longer in, survey says

New York (UPI) - American women are moving away from the thinness mania and men like it that way, a survey reported Monday.

In fact, men still yearn for women with that curvy Marilyn Monroe look.

The survey, commissioned by American Health magazine, showed women seem to want to pass up being ultra-slim for "a muscular body tone, rather than a soft one."

In the survey, only 35 percent of women polled said they would like a thin body.

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Fitness Fun

Calluses.
Benefits of exercise depend on athlete’s efforts

SIU-C health expert recommends aerobics; gives guidelines for effective conditioning program

By Richard Goldstein

"No pain, no gain" is an axiom associated with the task of exercise, but some SIU-C fitness experts disagree.

Those experts say there is no getting around the fact that the benefits of exercise are directly related to the amount of effort put into an exercise program.

David A. Elam, Wellness Center coordinator, said conditioning depends on a combination of frequency, intensity and time.

Elam said exercise may be cardiovascular, strengthening or stretching. In an ideal conditioning program, all three categories should be included, he said.

But in an imperfect world, aerobic exercise is the next best thing. Aerobic exercise includes activities like walking, running, swimming, riding a bike and, and, what is commonly referred to as "aerobics"—aerobic dance.

While aerobic exercises mainly benefit the cardiovascular system, Elam said, "if you spend 30 or 60 minutes on these, you will also improve your strength."

Elam said an aerobic exercise program should be performed a minimum of three times a week and 20 to 30 minutes for each session for substantial cardiovascular benefits to occur.

As for intensity, Elam said, the target heart rate is between 60 and 80 percent of the maximum rate. The maximum heart rate can be calculated by subtracting a person's age from 220, he said. The target range is determined by taking the pulse for five to 10 seconds and multiplying the pulse rate by 60 percent. A 30 year old's heart should beat 12 to 18 times in six seconds, he said.

"It's important that people integrate activity into their lifestyle."

―Ronald G. Knowlton

"Most people, if they are not regular exercisers, can beDefits from an aerobic exercise program within in a range. Elam said.

Elam said it is better for cardiovascular fitness to exercise for a longer period in the lower target range, than for a shorter period in the higher target range.

"Also," Elam said, "you are more likely to lose weight at 60 percent of your heart rate." He said.

Elam said that people who are not regular exercisers, can beDefits from a conditioning program, he said, exercise must be a priority in life.

Ronald G. Knowlton, professor of physical education, agrees.

"We tell people, make time for it, don't take time for it," he said. "It's important that people integrate activity into their lifestyle."

Knowlton suggested taking a fitness assessment before starting a conditioning program. A fitness assessment can serve as a motivating technique, Knowlton said, by taking the assessment and coming back after a few months, you will progress in a physical conditioning program for a long time. Fitness assessments are offered at the Arena and the Recreation Center.

Larry Autschefter, senior in cinema and photography, works out in the strengthening room outside the Recreation Center.

---

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BITING BUGS & PLANTS

In general, if you’re heading outdoors, take these precautions to reduce your chances of getting bit or snagged:

- Wear long sleeves and pants.
- Use insect repellent containing DEET.
- Stay in open areas, away from trees and long grass.
- Take a bath or shower and wash clothes after being out.

Calamine lotion or Carbaryl help reduce itching of mosquito and chigger bites and poison ivy rash.

POISON IVY is a trailing, creeping vine with green leaves that grow in groups of three. If rain occurs, the tip of the leaf above and around each leaf base 30 minutes, 4-6 hours daily. Leave open to air and keep clean.

CHIGGERS are generally found in areas with long grass and cause a pruritic itch. They are usually around balls, armpits or areas where skin touches shirt. Keep moving when in chigger territory.

MOSQUITOES hang out everywhere but are more common in wooded areas. Use spray repellant to reduce your chance of being bitten.

VOCES are found in woods to bright areas and can transmit tropical type illnesses. Check your body regularly for ticks. To remove, hold the tick on its back with tweezers....Do not squash the tick....Gentle wipe the tick with soap and water and apply an antiseptic.

MEASLES cause a redness with redness, rash, itching and itching in a non-allergic person.

- Scrap the string out, don’t squeeze it.
- Apply cold compresses or ice for 24 hours.
- Any skin rash or rash tenderizer may reduce swelling and itching.
- An allergic person should always be prepared and carry a special kit developed by your physician.

These tips are for those who suffer from minor bites, stings, wounds, etc. If you have allergies to insects, stop by a health care clinic or if you develop symptoms more severe than those described here, consult a physician.

Call 536-2991 for a Health Service appointment.

For information on health or health advice, stop by the Student Health Assessment Center in the Student Center.

WOUNDS

Wounds may occur from a variety of causes; they may entice catching a fence post or a thorny bush. Scratching a dog or cat, stepping on a railroad tie, a cut from a lawnmower can be cared for by:

- Cleaning with soap and water.
- Covering with a dry, sterile bandage.

TETANUS is a serious, preventable infection that can cause complications if not treated. Care should be taken to avoid cuts and punctures. The CDC recommends that people be vaccinated against tetanus, diphtheria, and tetanus.

EXERCISING IN THE HEAT

Regardless of your physical conditioning, extreme caution must be taken when exercising in hot, humid weather. Prolonged exposure may result in:

- Heat cramps are extremely painful muscle spasms related to an imbalance between water and several electrolytes (sodium, potassium, and calcium). These electrolytes are essential in muscle contractions.
- Heat exhaustion results from inadequate replacement of fluids lost through sweating. Symptoms include profuse sweating, flushed skin, dizziness, hyperventilation, and rapid pulse. At first sign of trouble, ingest large amounts of cool water and move to a cool place.
- Heat stroke is a serious, life-threatening emergency. Your body’s sweating mechanism breaks down and the body can overheat. Symptoms include pale or blue skin, loss of consciousness, temperature of 103 degrees or higher. Try to reduce body temperature as quickly as possible. If someone collapses, cool their body while on the way to the emergency room.
- To prevent heat-related illness allow your body to gradually get used to the heat. Allow 5-7 days of gradually increasing periods of exposure.

WATER & ELECTROLYTE REPLACEMENT. Drink plenty of water before, during, and after exercise. The biggest need is to replace water. Electrolytes can be replaced through your diet. Sodium can be supplemented by lightly adding your food. Bananas, prunes, raisins, vegetables, and milk are excellent sources of potassium. Calcium is found in dairy products.

CLOTHING. Wear as little clothing as possible to allow maximal evaporation. Never wear rubberized or plastic suits since they severely limit the body’s ability to dissipate heat.

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Daisy Egyptian, June 28, 1988, Page 5a
Wellness Center treats students with illness-preventing measures

By Susan Curtis
Staff Writer

Questions about birth control, smoking or care for a minor cold, are answered at the Wellness Center.

The Health Assessment Center at the Student Center gives students access to a student counselor and a registered nurse.

The center’s convenient location, in the main hallway on the ground floor, provides weight and blood pressure checks, minor first aid, diet and exercise counseling, health and fitness displays, and throat cultures.

Often these services save students the $5 door that a trip to the Health Service costs, Assessment Center personnel say.

There are also outreach centers of the Health Assessment Center at the Student Center, giving students access to a student counselor and a registered nurse.

The center’s convenient location, in the main hallway on the ground floor, provides weight and blood pressure checks, minor first aid, diet and exercise counseling, health and fitness displays, and throat cultures.

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Rec Center programs allow faculty, staff to shape up

By Susan Curtis
Staff Writer

SIU-C faculty and staff members who want to get in shape or stay that way have an opportunity to get exercise with summer fitness and sports programs sponsored by the Recreation Center.

Herman Williams, coordinator of intramural recreational sports, said it is important to offer some programs during the day because most faculty and staff members are not likely to return to campus for recreation once they leave in the afternoon.

Although programs aimed at the faculty are new, program coordinators are trying to get more people involved and make the programs readily available to them, Williams said.

Many faculty and staff members feel more comfortable participating in aerobics or basketball with colleagues rather than students, Williams said. Some faculty feel intimidated when they go to the Rec Center and see 18-year-olds working out, he said.

Summer programs have had a good response, Williams said.

"We try to make it fun for everybody, whether they win or not," he said.

WELLNESS, from Page 6a-

the Wellness Center located in Lentz, Grunzelli, and Trueblood cafeterias. Student Health advocates staff these facilities and provide pamphlets dealing with health topics and advice on everything from sex to stress management.

The Health Advocates also offer programs on different topics in the dorms. Another group of Health Advocates forms a traveling speaking bureau and takes health-related programs to student organizations and meetings.

Dial-a-consult, another branch of the Wellness Center, gives students access to medical advice during the hours when the Health Service is closed.

"We try to make it fun for everybody, whether they win or not." —Herman Williams

There is an Aerobics program from noon to 1 p.m. on Tuesdays and Thursdays in Davies Gym. The sessions are primarily low impact. Volleyball tournaments are being held for teams from different departments at 4-6 p.m. on Tuesdays and Thursdays. A summer golf league with round robins play each Monday evening at Crab Orchard golf course. Programs for the fall include volleyball, racquetball, tennis and basketball, Williams said.

Williams said many faculty and staff members are beginning to realize that the Recreation Center is geared toward them as well as the students.

Harvey Welch, vice president for student affairs, said the fitness program could be turned into an incentive program for faculty and staff, but the administration must look into a program that is inexpensive and available to everyone.
Image is not a high priority at bars

Students select bars that suit their style, budget

By Carrie Ferguson
Staff Writer

Carbondale bar-hoppers agree it takes a certain amount of preparation to play the dating game, but say that image isn't "too big a deal" at most of the bars they frequent.

"I try to go to bars that don't put an emphasis on what you look like or what you're wearing," Lisa, 21, senior in mechanical engineering technology, said.

"Of course, you always try to look your best, but the pressure is greater at some bars than others," said Paul, 23, of Carbondale.

"There's a lot of competition," he said. "They only come out to be seen.

Bill, a 22-year-old senior in mechanical engineering technology, said the crowds can be "materialistic and cliquish depending on where you go.

"If a certain bar you can do your own thing, wear what you want," he said. "It's relaxing and it's fun.

Bar-hoppers who are prepared for the scene they are entering, can find relaxation in one of the most elegant atmospheres Carbondale has to offer.

"Skirts and pearls" is how 22-year-old Nancy, senior in clothing textiles and design, describes a bar she frequents.

"I have a good time there. I don't feel self-conscious," she said.

Bill said he won't go to a certain bar because he feels "old" compared to the crowd and is usually found there. "I'm self-conscious there," he said.

Economically, rather than a self-imposed dress code, dictates where many students go in search of nightlife.

"It's relaxing and it's fun," Dawn, 21, senior in elementary education, said the bar she goes to depends on what day of the week it is.

"I go to one for the quarter beers, one for the beer garden and one for the music," she said. "I don't really go to the bars to look for guys."

Although no one in the crowd agreed on a favorite bar, everyone agreed with Dawn that what bars they go to depends on what night of the week it is.

Steve, 26, senior in electrical engineering technology, said, "You can get turned off a certain bar pretty fast, so you hit them all and then go home."
SPC looking for volunteers in fall

By Kimberly Clark
Staff Writer

A college degree without experience on campus is merely words on a piece of paper, a Student Programming Council official says.

"The best thing I ever did was get involved at SHC," Suzanne M. Slas, SPC's promotions chairman, said.

SPC is a campus organization that gives students a chance to learn organizational, as well as management, skills, Slas said. SPC also provides entertainment and educational programs.

"There is something for everyone at SPC, and right now we need people from all majors to help with the new students program for the fall," Slas said. Slas, a university studies major, said.

AIDS, from page 1

The report recommends federal legislation barring discrimination in public and private settings against people infected with the AIDS virus. It recommends that violations of confidentiality of AIDS medical records be punished as misdemeanors with a $10,000 fine.
Today's Puzzle

Puzzle clues are on Page 11.

ACROSS
1. Elv. range
2. Saskatchewan
15. Glee
16. Liquid containers
17. City on the
18. Arrest
19. Smokes
20. Football team
21. Saluted
22. Big. Ocean
23. Tah
24. Army
25. Retired
26. Law enforcement
27. Auditor story
28. Aced
29. Tied in speech
30. More accurate
31. Ancient network
32. Arab religions
33. Polite,BEAKERS
34. It is
35. Not a sentence
36. Sounding
37. Divided in a
38. App.
39. French
40. Sign of grief
41. Tense
42. Standing
43. Children's
44. Beach sight
45. Race
46. Fisticuffs
47. Contract
48. Nester's need
49. Beach sight
50. Drives
51. Alphabets
52. Fruit drinks
53. Movie magic
54. Coastal
55. Flex
56. Relaxed
57. Place mat
58. Society page
59. Driving age

DOWN
1. Annoy
2. Slag
3. Relative
4. Less
5. Team
6. Table mats
7. Homer
8. Football team
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10. Heap
11. Marshals
12. Cabinet
13. Calendar
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Lendl nears disaster mark

Nearly 5 hours of play consumed before quarterfinal berth

WIMBLEDON, England (UPI) - Ivan Lendl, as close to disaster as a novice tightrope walker, stumbled to safety Monday by saving a match point for a five-set victory over Mats Wilander and a quarterfinal berth in the Wimbledon championships.

Lendl, seeking his first Wimbledon title after two appearances in the final, defeated the unseeded Swede 7-6 (8-6), 6-7 (4-7), 7-5, 10-4. The match lasted 4 hours, 46 minutes and was completed shortly before play was suspended for the day because of rain.

Lendl and Wilander took too long to settle their 68-game duel that the fourth-round match between No. 6 seeded Boris Becker of West Germany and Paul Annacone of the United States was postponed until Tuesday.

Advancing to quarterfinals with considerably less fuss were Stefan Edberg and Jimmy Connors.

The Swede, who had the support of Gabriela Sabatini of Argentina while Steffi Graf of West Germany and Amanda Berry and Pat Cash were among those moving into the quarterfinals.

Wilander, the No. 3 seed, is already halfway toward a Grand Slam, having won the Australian and French Open. He overcame hard-hitting Slavodian Zivijovis of Yugoslavia 6-4, 7-6 (7-5), 7-5, Edberg, the No. 3 seed, overpowered Simon Yull of Australia 6-2, 6-4, 6-4.

No. 4 Pat Cash, the defending champion, is the lone Aussie left. He outplayed Soviet qualifier Andrei Medvedev 6-3, 6-3, 2-6, 3-6, 6-4 when play was suspended.

The winner meets Edberg.

No. 2 Shriver, suffering from mononucleosis, bailed before Sunday's best day and defeated No. 14 Katerina Maleeva of Bulgaria 6-2, 6-2. And Natalia Zvereva, who ousted Martina Navratilova at the French Open, tumbled in the fourth round.

Rosters available at the SRC Information Desk.
Contact Sarah Simpson or Buddy Goldammer at 536-5531 for more information.
Sports

Hambeltonian won’t make return trip

By Jeff Greaser
Staff Writer

The Hambeltonian isn’t coming back to the Du Quoin State Fairgrounds. At least not for a while.

The Hambeltonian, one of the races in harness racing’s triple crown, was a spectacle in Southern Illinois for several years before moving to New Jersey in 1981. Jim Skilbeck, special assistant to Gov. James R. Thompson, said he feels the prestigious harness race is staying at the Meadowlands for the wrong reasons.

Skilbeck said: “They chose not even to vote on our proposal, which is something that for as long as I’m in government politics will shape me. If they (the Hambeltonian Society) wanted to return to tradition, than Du Quoin is the place.”

“We gave them a choice that would have been mutual to both parties,” Skilbeck said at a press conference in Du Quoin Tuesday. “Take a look at what we wanted to do. We gave them an option that would have kept the two biggest races there and left one here. We gave them a choice not to hurt a farm.

Skilbeck said he believes the decision was made because the Meadowlands is a more convenient location.

“The disappointing thing is they didn’t even vote on a proposal that would have made us all winners,” Skilbeck said.

Skilbeck named other reasons why he and colleagues feel the race belongs in Du Quoin.

“This track is a faster track than the Meadowlands, the speed record was set here,” he said. “I think the result was indicative of the fact that they didn’t want to deal with the race being here.”

Skilbeck said he wouldn’t want to see it go to Olds, but said that the bids were, “The number one thing is they wanted to be closer for their fans,” he said.

As it stands now, Du Quoin has lost the race until at least 1986.

Community to help decide on new AD

Coaches will have greatest influence

By Beth Clavin
Staff Writer

President John Guyon said he is waiting for community feedback before he makes a decision about the candidates vying to be the new athletics director.

He said that the proper course of action is to listen to the feedback from the university community before he shares this information with the AD search committee, which will meet on Wednesday.

“I will summarize for them what the community had to say, and we’ll go from there, and a decision may or may not be reached at that time,” Guyon said.

Guyon said the No. 1 constituent I will take into consideration is the coaches. He said he planned to meet with them Monday and Tuesday.

Guyon said the interviews with the coaches are going well. However, it is too early to reveal more information about which candidates they endorse, he said.

Rick Rhodes, Saluki head football coach, said he does not endorse a particular candidate. “I have confidence that John knows what he’s doing and that he’ll pick the best person for the job,” he said.

The candidates for the position of athletics director are athletics director for Central Missouri State University Jerry Hughes, SIU-C men’s athletics director Chicarle Williams, and St. Louis Cardinals quarterback and Saluki football player Jim Hart, and Southern Illinois University athletics director Ralph Barkey.

The new athletics director should be named the first week in July, Guyon said.

Men’s track members don’t do well in Florida

By Brad Bushue
Staff Writer

Ron Hanner and Brett Garrett of the Saluki men’s track and field team agreed that he had planned to meet with them Monday and Tuesday.

Guyon said he was up against the “best in the country.” He said the coaches also get a better idea of the Olympic team trials draw near.

Garrett, the third fastest 800- meter runner in the history of the University of Missouri, said he was a victim of false information.

Garrett said he was able to pass his surrounding opponents.

Hanner and Garrett competed in a qualifying meet in St. Louis Saturday but the results of that meet are not yet available.

Flying discs aren’t just for the beaches anymore

By Brad Bushue
Staff Writer

At the offices of Intrastrual Sports Recreation, the Frisbee disc isn’t a game just for the beach. Registration for Ultimate Frisbee, a combination of football and soccer, but played with a common Frisbee disc, will close today at 4 p.m., according to Recreation Center director John Simonson.

Registration for Ultimate Frisbee is open until June 28 for the social game. The object of the game, Simonson said, is for a seven-member team to throw the disc to their teammates until it is caught behind the goal line.

The games are four on four with a slow-paced game is a good cardiovascular exercise, conditions the leg muscles and sharpens hand-eye coordination.

Registration ends today for novice, intermediate and advanced levels of play. Registration requires the names of four or more team members on a roster at the Recreation Center information desk. Those who do not have a team can sign a request list and be assigned to a team.

There will be a captain’s meeting June 29 to discuss scheduling and the games will start at the Recreation Center playing fields, the area north of the Towers. The teams will play until the last day when the season will wrap up in a single elimination tournament, Simonson said.

SIU-C students, faculty and staff payholders may participate in the activity. Those who do not have a pass may purchase one for $10.