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The Daily Egyptian, June 27, 1989

Daily Egyptian Staff

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Senators: Tax proposal will return

By John Welbly
Staff Writer

In the last week of the General Assembly's session, which ends Friday, Illinois legislators are holding their breath on what will come in place of House Speaker Michael Madigan's defeated income tax plan. The Democratic-backed increase was defeated Friday in the 68-53 vote. Thirty votes were needed for passage.

Two senators from the Southern Illinois area believe the income tax increase proposal will return this week. "I don't think we'll go home without some type of income tax increase," Sen. Ralph Dunn, R-Rutland, said Monday. "I think the debate will continue on the issue."

Sen. Jim Rea, D-Chicago, also speculated that some type of alternate proposal will return for a vote. He said it has been indicated to the Republican conference that they hands a new proposal, may come, that it has been left to them to introduce an alternative.

"It's been said, 'OK, here it is, see if you can come up with something better,'" Rea said. However, Rea was skeptical about the Republican-supported proposal would get the support it would need from the Senate. He compared what may be proposed by the Republican committee to a past income tax proposal by Gov. James R. Thompson.

"We saw what happened with Gov. Thompson's proposal, where there were six or seven taxes together (in one proposal)." Rea said. "It went right down the tubes."

"My guess is some type of proposal will come up, but whether it will pass, I don't know," he said. Dunn said the new proposal could come from either the conference committee or that Madigan's defeated proposal could be brought up again in a motion to reconsider.

During Friday's vote on the Madigan plan, Dunn was considered to be the swing vote on the measure. "It was so close it was a hard vote," Dunn said. "I had my finger on the button waiting to see if they would vote for it."

"I said I'd put the 50th on it if I couldn't change it," Dunn said. "They didn't, so I figured, 'Why vote?'" Dunn voted absent.

"I told my leaders I was going to vote no, that they weren't too happy about it." Dunn said.

Program renewal not likely

By Lisa Miller
Staff Writer

Since the Senate rejected the Madigan-Rock tax increase proposal, Illinois higher education may have seen the last of the Merit Recognition Scholarship. The largest source of money for the Madigan-Rock tax proposal would have gone to revive the Merit Recognition Scholarship. The scholarship provided $300 to students who graduate in the top 10 percent of their high school class and then go on to attend an Illinois university. The Merit Recognition Scholarship program was underfunded by 50 percent during the 1988 fiscal year. Robert Clement, ISSC director, said. During FY '88, the scholarship was not distributed because of lack of funding.

"It was the hope of the ISSC that the Madigan-Rock tax proposal would provide the funding to restore the program," Matejka said. Nearly 1,000 students at the University received the Merit Recognition Scholarship when it was last given to the University in 1988. Susan Nahliiski, coordinator of private scholarships, said it would be a possible demise of the Merit Scholarship program.

Almost perfect

Scott and Donna Hanson, Janesville, Wis.; Joel Freeman, Beloit, Wis.; and Rich Mebler, Rockford, ride cars on a scale of 0 to 10 as they cruise by at the Street Machine Nationals this past weekend. See related story and photos on page 8.

University research misconduct to return

By Tim Crosby
Staff Writer

University research misconduct to return, much to the displeasure of his Republican colleagues in the legislature. "It was sorry it didn't get 30 votes," Dunn said. "I had my finger on the button waiting to see if they would vote for it."

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Pesticides bring together concerned mothers

By Christina Brooks
Staff Writer

If the thought of pesticides has you eating less fruit and vegetables, there may be a way to keep up a good diet and live without the chemicals.

A newly formed group, Mother's and Others for Pesticide Limits, are looking for both short and long term answers to pesticide use.

Two issues that have been addressed by the group are organic farming and integrated pest management.

Pesticides can be used to destroy natural enemies of pests and to increase the effectiveness of synthetic pesticides. Integrated pest management is the only way to reduce the amount of pesticides used on a crop without damaging the crop and using synthetic chemicals only when pests threaten to damage crops.

Organizers of the group hope to encourage a bigger supply of organic produce in Southern Illinois. If that cannot be done, the group has suggested purchasing in bulk through the mail.

Local sources where organic food can be purchased are farmers' markets, and the Neighborhood Co-op as well as some of the supermarkets, Margaret Howard said.

"The bottom line is that no one knows the effects of carbon dioxide in children's bodies," Linda Cherry, a group organizer, said.

The group's definition of organic is flat which is grown without the use of synthetic fertilizers and pesticides.

This Morning

"Batman" draws large crowds

- Page 3

Hart planning "Stadium Sellout"

- Sports 12

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NEWSPRINT
world/nation

Series of protests staged; pastor's release demanded

SEOUL, South Korea (UPI) — Students demanding the release of, and an appeal to, pastor Moon Il-sun were held in a police station in Seoul Thursday. A police officer said Moon and a companion went on trial for violating the National Security Law by making a secret 18-day visit to North Korea. As the hearing opened at the Seoul District Criminal Court, radical students staged a series of protests demanding Moon's release.

Soviet nuclear sub accident 2nd in 3 months

OSLO, Norway (UPI) — A reactor accident Monday crippled a nuclear-powered Soviet submarine off the coast of Norway in the second such incident in three months, but the Soviet defense ministry said thetry wanted to make sure it was a success. Norwegian authorities reported a fire aboard the submarine that had been brought under control several hours after the early morning accident.

China campaigns against economic reformer

BEIJING (UPI) — China began orchestrating an intense open campaign Monday against former Communist Party chief Zhao Ziyang to build public support for the decision to try the popular economic reformer for supporting democracy protests. With the official propaganda machine cranked up, the army tried again to tell the world its version of the internal offensive against the democracy movement.

Opponents call death penalty ruling 'barbaric'

WASHINGTON (UPI) — Death penalty opponents called Monday's Supreme Court ruling allowing 16- and 17-year-olds and mentally retarded people to be executed "barbaric" and "outrageous." But Attorney General William J. Barr, was in one of the three death penalty cases decided by the court originated, said he was "pleased the court agreed with our argument" that the state should be allowed to put Heath Willen to death for the murder of a liquor store clerk.

Court rules Miranda need not be standardized

WASHINGTON (UPI) — The Supreme Court ruled Monday that police do not have to use the exact words described in certain landmark Miranda cases when they tell a suspect he has a right to an attorney. The court, in a 5-4 ruling by Chief Justice Ronald Reagan, said, "We have never suggested that Miranda warnings be given in the exact form described in that decision," but simply must reasonably convey to a suspect his rights.

Oil spill cleanup a race with Storm Allison

HOUSTON (UPI) — Workers raced Monday to clean up the remainder of a 322,000-gallon oil spill off the LAKE SIDE VETERINARY HOSPITAL
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ECONOMIC PROTESTS FORCED BY SOVIET SHIP ACCIDENT

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For a huge mainstream hit, "Batman" is a surprisingly dark and disturbing film. Although it's often funny, the humor has a sadistic streak.

**Film Review**

The film is short on plot, primarily focusing on the psychotic Joker, who aspires to be the world's first "homicidal artist." His can­cess is human bodys, and mutilation and death is his paint. Played with obvious relish by Jack Nicholson, the Joker is gleefully evil with a hideous grin permanently twisting his face because of an accident with toxic chemicals. Dancing, cackling, and joyfully overrating, Nicholson completely steals the film.

Michael Keaton sometimes seems over-awed by his role, doing a little too much melodramatic cape swishing and square-jawed grinning. The real magic of "Batman" is its visual uniqueness. The bat, Perhaps this, among other things, will be answered in the sequels. Gotham City, and the lighting are all dark and shadowy. The clown-like zoot suits of the Joker and his army of homicidal maniacs make an interesting contrast.

The sets for Gotham City and the Batcave, created by production designer Anton Furst, are like a combination of 1940's film noir, "Blade Runner" and "Star Wars." Buildings are like Gothic skyscrapers, and the skyline over Gotham City resemble black velvet.

The band of director Tim Burton, whose past efforts include "PeeWee's Big Adventure" and "Beetlejuice," is highly visible. Surrealistic visual touches and black humor permeate the film.

This is the first film about "a superhero to capture the violent, campiness of the "come-back" art."

One of the film's major flaws is the general sluggishness of the action scenes. Chases, shoot-outs, and fights are dominated more by Jack Nicholson's facial contortions and Michael Keaton's cape-flapping than by any real action. The film seems to emphasize the contrast between the good Batman and the evil Joker, explaining why Bruce Wayne chooses to fight crime, why the Joker is so sadistic, and the origin of the archenemies' rivalry.

Although the script answers many questions, it also leaves some things unclear, such as the reason Wayne dresses as a bat, and the origin of some of the Joker's gadgets. These things will be answered in the sequel that is already being planned by the film's creators.

By Carrie Pomeroy
Staff Writer

A bill, if passed by both the House and Senate, will provide protection for organic producers so that only products grown according to an official definition can be marketed as organic, said Kate Duesterberg, coordinator of the agriculture program of Illinois South.

Duesterberg said under a new bill, products may only be labeled as organic if the field, or area where the food is being grown, has gone without the application of various synthetic and compounded pesticides for twelve months prior to the growing. The bill also states that synthetic chemicals may not be used in other stages including the packing and storing.

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More aid necessary for Chinese in U.S.

CURRENT LEGISLATION that would allow Chinese citizens to extend the amount of time they are allowed to stay in the United States should not be passed. Chinese students should be given every opportunity to stay for as long as necessary. The United States should be proud to have the brightest and best Chinese students become part of its society.

THE CHINESE government does not seem to care about how foreign countries feel about actions taken against students and protesters. The government also does not seem to be concerned about future political relations with other countries opposing the massacre.

If students are given the opportunity to stay in the United States for as long as necessary, it is likely that Chinese government-sponsored scholarships will be revoked. University communities and U.S. supporters should offer financial aid in cases where it is needed.

Donoebury

Flag burning obscene, but still a right

The Supreme Court made it legal to burn and desecrate the American flag as an act of expression protected by the First Amendment. In a 5-4 decision the Court affirmed a Texas appeals court decision to overturn the conviction of a Texas man found guilty of setting fire to the flag during the 1984 Republican National Convention in Dallas.

The convention saw angry crowds of protesters chanting anti-American rhetoric and attacking the policies of the Reagan administration. One of those protesters included Gregory Johnson, a 31-year-old warehouse worker. Johnson led a group of protesters to the steps of the Dallas City Hall where he set fire to an American flag and was quickly arrested by police.

He was charged under a Texas law which made it an offense to desecrate the flag.

Commenting on the Court’s decision, Johnson said, “The flag is a symbol of international plunder and murder.”

The Court’s majority opinion stated that the issue at hand is not one of flag burning and desecration, but rather of freedom of expression.

Burning the flag, the Court said, is an act of political expression which is guaranteed and fully protected by the provisions set forth in the First Amendment.

According to the First Amendment, “Congress shall make no law...prohibiting the free exercise thereof...abridging the freedom of speech.”

I believe in the Constitution and in the First Amendment. Therefore, as nauseated as I was upon hearing the Court’s decision, I must admit that I care.

I am a military veteran. I served slightly less than five years active duty, two of which I spent in Europe stationed at a frosty NATO base, 20 minutes flying time from Soviet air space.

When I entered the military I took an oath and faced the very crosses and stars of David and of the tears that formed in my eyes as I looked at the names stamped on the marble crosses and stars of David.

As difficult as it is to comprehend, the flag symbolizes the very protections that allow people like Gregory Johnson to burn and desecrate it.

The protections granted in the First Amendment allow us to assemble, to practice dissent, to vote, to write, to wish and to express ourselves freely without the threat of government overthrow, no matter how obscene.

David A. Cowan, senior in Journalism.

Donoebury

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Letters to the editor must be submitted directly to the editorial page editor, Room 247, Communication Building. Letter: should be typewritten and double spaced. All letters are subject to editing and will be limited to 500 words. Letters fewer than 250 words will be given preference for publication. Students must identify themselves by class and major, faculty members by rank and department, non-academic staff by position and department.

Letters for inclusion publication of authorship cannot be made will not be published.


Focus

‘89 Street Machine Nationals rolls to a record attendance

By Kevin Simpson
Staff Writer

Street machines reigned supreme this weekend in Du Quoin, as the 13th annual Street Machine Nationals rolled to the 100,906 spectator mark.

A record 3,521 cars and trucks entered the event this year, scattering across the Du Quoin state fairgrounds and creating the largest event of its kind in the world.

Randy Kron, publicity coordinator for the event, said he was very pleased with the turnout for the weekend.

"It's a worry-free event from a participant standpoint," Kron said. "You can bring your family to the event and have a good time."

Ann Masten, publicity director, said the Street Machine Nationals will return next year to the Du Quoin state fairgrounds, about 20 miles north of Carbondale on U.S. Highway 51.

"We had a nice turnout without any major problems over the weekend. The weather wasn't as big a factor as it was last year," she said.

There was no shortage of sunshine during the weekend as car enthusiasts put their best effort into showing off investments that reached into the $30,000-$40,000 range.

More than 200 vendors and manufacturers displayed their wares at the fairgrounds with everything from t-shirts to six-packs, which are six, two-barrel carburation systems found on early Chrysler muscle cars.

Penny Frieberg, of Collin-sville, was on hand to display a completely restored 1967 Chevy Chevelle, which had been purchased by her and her husband Jan Frieberg for $2,500 dollars when the car was brand new.

"We think it's unique that we had the car for so long," Penny Frieberg said. "Jan has done all of the restoration himself. We've probably invested more than $30,000 since we began to restore it."

Troy Trepanier, of Manteno, said this is his third time in Du Quoin for the car show. Trepanier entered his 1986 Chevy Malibu in the pro street competition, hoping to impress the judges with a lot of chrome.

\[Staff Photo by John Wagner\]

Winslow and Sandy Callicott, left, of St. Louis, admire Rod Saboury’s polished 1959 Corvette.

Paul and Josh West, of West Frankfort, take a close look at Bigfoot.

Classic cars, such as the Plymouth Fury, right, and division cars, such as the Lamborghini, left, were on display at the auto show.

\[Staff Photo by John Wagner\]

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TAX, from Page 1
Recognition Scholarship program and receive the $25.6 million that what was originally the tax proposal had been passed. This extra money would benefit more than 2,000 additional needy students awards and grants and in-

RESEARCH, from Page 1
the University of Illinois, said, "This would be unfortunate. The farther you get from the person, the harder it is to get control over them." Rowan, who will attend the conference, said that if I had been operating on an interim policy for about a year. She wasn't sure when or if the policy would be adopted.

"The National Institute of Health is looking for input and information from research institutions at this con-ference," Rowan said. "It's not clear at this time what's going to happen." Dr. Ogurtz, director of government relations at the University of Chicago, said she expected legislation at the federal level. Such legislation, she said, would affect even private institutions.

"Additional funds at SIU-C School of Medicine, said that federal legislation would be useless at best.

"The only way to make it meaningful is to have it at the institutional level," he said. The pressure on researchers to bring in more grant money to their university has been given as a reason for past misconduct and data falsification. Bartke, who receives grant money from the National Institute of Health for research, said such pressure at SIU-C was not encountered.

"If anything, it is considerably less," he said. Yopp said although University policies have been, and continue to be reactive to instances of misconduct after they happen, proactive policies that prevent misconduct are forthcoming.

"Harvard has the first proactive policy," Yopp said. "It basically says--they shouldn't force people to publish so much to achieve tenure. It takes some pressure off younger people coming up. "Studies courses should also be incorporated into graduate programs," Yopp continued, adding that they should be taught in all disciplines.

"Science gets the headlines in these misconduct cases because it's usually bigger money," he said. "It can happen in any department, though.

Another misconduct case that has been in conflict of interest between private business and the researchers who worked for them. Humans said a key concept in avoiding such conflicts is disclosure of faculty business interests.

"We are revising our policy at the University of Chicago to include a disclosure clause," Humans explained. "This, then, needs to be monitored and the faculty must be educated as to what constitutes a conflict of interest."

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Page 6, Daily Egyptian, June 27, 1989
Simple heart, simple maintenance needs

By Tim Crosby

Despite many advances in technology, scientists have yet to invent a more efficient and more reliable device than the heart.

But perhaps because of its resilience, people neglect to care for their heart as a fine piece of machinery. The proper care and maintenance of a heart can be real fun and social interaction, as well as improve the quality of life of its owner.

There are many activities that can increase the level of cardiovascular fitness. All of these have one thing in common — elevating the heart's rate and sustaining it for a certain amount of time.

You have to keep your heart rate up for at least 20 minutes for improvement to occur," Mike Hertz, a graduate student in business administration working at the Sports Medicine Office in the Recreation Center, said. This must be done at least four times a week, he said.

During the workout, the heart rate must be kept up to what is referred to as the target zone, Hertz said.

A simple way to calculate one's maximum heart rate is by subtracting the person's age from 220. The difference is multiplied by 70 to 80 percent. The resulting product is the target zone range to be maintained during the workout, he said.

"This is usually 140 to 170 beats per minute in an average 30-year-old," Hertz said.

Any activity that increases oxygen intake and elevates heart rate can be described as aerobic exercise, Hertz said. Hertz said he is hesitant to use the term "aerobic" exercise.

Aerobic-type exercise improves the cardiovascular system's carrying capacity by requiring the heart to pump more oxygenated blood to working muscles.

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Weight-lifting helps, harms bone diseases

Moderate weight-lifting exercises can help prevent osteoporosis, but more vigorous workouts may make matters worse for people at risk for the debilitating bone disease, researchers said.

In a study presented at the American College of Rheumatology's annual meeting, Stanford University researchers said they found up to five hours a week of moderate exercise with weights appears to guard against osteoporosis, but exercise routines exceeding five hours per week may be detrimental.

"This is men's disease," osteoporosis is a condition in which bone mass and strength decrease with age, causing increased susceptibility to fracture. It affects about 25 million women in the United States and is the major underlying cause of bone fractures.

About this issue...

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Physical, mental education target of organized sports

By Greg Scott
Staff Writer

The University's Office of Intramural-Recreational Sports wants to continue its effort to provide students with a well-rounded, mental education of students through organized team and individual sports, a department cooperative supervisor said.

"I think the social learning aspect is one of the health benefits," Scott Are, sports supervisor said. "Participating in the sports is more wellness for the mind and body to go along with the body studying in classes." The sports offered by the department are softball, volleyball, basketball, soccer and tennis. Individual and double sports such as racquetball, badminton, golf, table tennis and squash are also offered.

People who want to participate in one of the team sports can pick up a team roster form at the Recreational Information desk, Are said. Schedules can be made, and participants can designate the times they would prefer to play. The roster must be brought back and a captain must be chosen to represent the team at a mandatory captain's meeting, where rules and regulations are explained.

For individual sports, participants can sign up at the information center and pay a $1 fee for that a refunded if they do not forfeit any matches. The fee is for those who desire to take part in the amateur sports.

"Some of the students have had an athletic background and just want to continue their competition in an organized fashion," Are said. "Others are just looking for a structured program to tail their in class essays."

There are 1,000 participants this summer in the Intramural Sports program — 800 males and 200 females. During the entire year, about 13,000 people take part in the program with the male-to-female ratio staying pretty consistent.

"We do have more male than female participants right now," Are said. "They are trying to interest more women in joining. There are certain sports that women like more such as volleyball and some of the individual sports."

"Really the women get more fun out of it because they are not as competitive," Are said. The program tries to have a smaller tourney of more sports in the summer, he said.

Health Advocates Wellness Center's campus outreach

By Richard Goldstein
Staff Writer

A woman walked up to the receptionist in Kesnar Hall and asked for an appointment with a counselor.

"I've had stomach problems," she said. "Related to stress."


"This is the Wellness Center. A division associated with the Health Service, which is interested in the prevention of health problems."

Barbara Rester, media and promotions coordinator for the Wellness Center, uses this definition for center, then contrasts it with traditional health care in which "intervention" after an injury or the onset of sickness is the common procedure. Rester said people come into the center for stress management, fitness and diet counseling from the six full-time staff members.

A faculty and staff fitness program is being operated by the center's staff, but this program is yet to "get off the ground," Rester said.

The full-time staffers, however, are a part of the services offered through the Wellness Center. The Health Advocate Program, a peer group counseling service, is run by Health Advocate Veronica Crawford and is the representative of the Wellness Center.

Through offices in the residence hall centers and a system run by the Speaker's Bureau, health advocates give-presentations that are based on resident halls. The health advocates give presentational and individually counseling more than a thousand students each semester. The presentations range from "How safe is sex?" to "Date Rape" to "Healthy Relationships" to, by far the most popular, "Healthy Choices," a Speaker's Bureau's presentations, "Controlling Compulsive Eating." Crawford, a graduate assistant at the Wellness Center, said, "In my opinion the stress management talk is the big message of the program."

The stress management presentation attempts to show students how homework, alcohol, sex, exercise and eating habits are involved in the life of a college student can be brought into balance, she said.

Crawford said there have been about 300 health advocates in the programs five-year history, and she expects about 40 this fall.

June Hendrickson, a 25-year-old community health major and president of this club-class-business, said she enjoys presenting the birth control lecture.

"I love a lot of fun because it's hands on with the diaphragm," Hendrickson joked.

Nicole Aydt, imitating the reactions of her audience, said, "When I say 'Eve, I'm not putting my hand on that condom.' I'm not putting it on there."

Aydt, a 21-year-old graduate student, said a big reason that the Health Advocate Program is worthwhile is that it operates from a peer vantage point.

"We have a lot of information that gets through on a different level than in a newspaper or a pamphlet," Aydt said. "If people really open up at these talks."

Relaxation important for personal health, stress counselor says

By Lisa Miller
Staff Writer

Relaxation enhances the ability to deal with stress, a counselor for the Wellness Center, said.

"Relaxation is vital to everyone's mental health," Colleen Moss, stress counselor said. Mental health in turn is vital to everyone's physical well-being.

Without proper relaxation, the detrimental effects of stress can destroy good health.

The early warning signs of stress include stomach troubles, headaches, irritability, eating too much, high blood pressure and rapid heartbeat, Moss said.

The Wellness Center offers stress management counselors to help University students and employees deal with academic and personal stress.

Moss said she usually helps people who have a hard time dealing with stress on a private basis, but there are times when group counseling is effective.

Stress management counseling tells people to use tools of relaxation to help them control stress, she said.

One such tool is visualization. "We let the people we counsel listen to tapes telling them to relax," Moss said. "The tapes tell them to first relax their feet, then their calves, then their thighs and so on up the body."

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\ Daily Ryukyuok, June 21, 1989, Page 7
Faculty and staff utilize programs for fitness

By John Walblay
Staff Writer

Health and fitness options for faculty and staff are as wide as the plains, as deep as the oceans, as big as the mountains...and as near as the Arena and the Recreation Center.

Philip Buekensmeyer, assistant professor of physical education, coordinates "Exercise is Heart Work," a supervised program from Lingle Hall at the Arena.

Participants of the exercise and evaluation program receive both pre- and post-testing, which includes an appraisal for health risks, where health history and physical information are recorded.

A cardiovascular test is administered by monitoring the person's heart rate by a walk or walking test. A strength and flexibility test also is given.

The program includes a body composition test, which measures body fat percentage. An electrocardiogram test is given while the person is resting to measure heart function.

Participants also can have their cholesterol level measured for $5.

"I think the program is excellent," Leonard Gross, assistant professor at the law school, said. "When I started, I was overweight and my cholesterol was 243.

Gross said by exercising three times a week and taming his diet by cutting down on red meat and high-calorie foods he was able to shed 15 pounds and lower his cholesterol level to 144.

Buekensmeyer said the exercise program is designed to be regulated to the individual where each plan has set guidelines and independent workouts.

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- Almost everybody knows older people for whom physicians prescribe a glass of wine, a brandy or whiskey to spark the appetite.
- Medical studies tell us that regular moderate consumption of alcohol significantly lowers the risks of certain types of heart disease.
- On an accumulation of data going back 60 years, and confirmed by tens of thousands of people, light and moderate drinkers tend to live longer than abstainers.
- In a report card on the nation's health, the Prevention Research Center rates moderate alcohol consumption No. 8 among 24 ways to good health.
- Alcohol use relieves stress, promotes sociability and intensifies mood. For most people, it is good for them.

-IL Illinois Beverage Journal August, 1990

**Fad diets unsuccessful, nutritionist says**

By Theresa Livingston
Entertainment Editor

Carbondale has long been viewed throughout the state as a "party town," but how do university students see the connection between socializing and drinking?

Some students see the bars as an opportunity to meet new people and unwind after a hard day of classes.

"Drinking is a social thing. Everyone just seems to relax better with a beer in hand," John Brown, junior in business, said.

Michelle Kuhn, senior in journalism, and speech communications, agreed. "Most definitely. It's that alcohol confidence. What else are you going to do to meet people?" she said.

Happy hours, inexpensive pitchers and mixed drink specials also help entice students ready to blow off some steam after the pressures of the day.

"Sometimes if I stop off for one at four o'clock after a solid day at the..." a temporary effect as well.

Appetite suppressants raise blood pressure and heart rate, react with some medications, and can cause fatal malformations if taken during pregnancy, according to the leaflet.

Every year Americans spend billions of dollars on products that promise weight loss, but researchers continue to find that these diets are ineffective and dangerous, according to the leaflet.

Fad diets fail over and over because they entail only a temporary change of eating behavior, Anderson said.

"If fad diets worked there wouldn't be so many on the market," Anderson said.
By Jackie Lay
Staff Writer

May be an apple a day can help keep the doctor away, but eight glasses of water can help keep the fat away, according to Donald Robertson, author of "The Snow Bird Diet."

Some other interesting facts about water include:

- It suppresses the appetite naturally and helps the body metabolize stored fat. The kidneys can't function properly without enough water. When they don't work to their capacity, some of their load is dumped onto the liver.

- It is the best treatment for fluid retention. For people who have a constant problem with water retention, excess salt may be the blame. The kidneys retain to dilute it.

- It helps to maintain proper muscle tone by giving muscles their natural ability to contract. It also helps prevent the sagging of skin that occurs after weight loss.

- It helps to relieve constipation. When too little water enters the body, it siphons what it needs from internal resources, mainly the colon. Normal bowel functions turn upon drinking the necessary amount.

- Overweight people need more water than do thinner ones because larger people have larger metabolic needs. Although the average person needs two quarts (eight glasses) of water daily, the overweight person needs one extra glass for every 25 pounds of excess weight.

- Also according to the diet, water should be cold when consumed because it absorbs into the system more quickly than does warm water. Some evidence even suggests that cold water helps to burn calories.

One quart of water should be consumed over a 30-minute period every morning and afternoon. In the evening, one quart should be consumed between 5 and 6 o'clock.

People don't necessarily have to get sources of water from a fountain. About 80 percent of juicy fruits and vegetables are water.

**Plenty of H2O can combat dehydration**

By Micki DelHautte McGowan
Staff Writer

Complications caused by dehydration can lead to many serious problems, even death, if not treated immediately, a registered dietitian said.

"The best way to treat dehydration is knowing how to prevent it," Sara Anderson, dietitian and University instructor, said.

Dehydration is a concern in Southern Illinois because of the hot, humid weather, she said.

"Once you become dehydrated, it is almost impossible to rehydrate without help," Anderson said.

Water is lost from all parts of the body when dehydration occurs. If there is not enough liquid in the body, muscle contractions will be adversely affected and body temperature will increase.

If 12 percent of the body's weight is lost through heat, the body's ability to remain at a normal temperature can be impaired. A five percent loss can cause heat exhaustion, severe heat cramps, heat stroke, coma and even death.

An instructor in animal science and food nutrition, Anderson said the first sign of a heat problem is heat cramps. If dehydration is not recognized, then heat exhaustion can develop, she said.

Signs of heat exhaustion include increase in body temperature, nausea, dizziness, extreme fatigue, ringing in the ears, and fainting. Symptoms can occur during exercise or soon after.

"If people are going to exercise, they should do it early in the morning or in the evening," Anderson said.

People who do not exercise should drink six-to-eight glasses of water a day. "If you are exercising, you need to drink more water because you are losing more," Anderson said.

It is important to drink plenty of water, not just fluid.

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**Headliners**

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Avoid summer damaged hair.

Ask about Joico swim care kits.
Healthy summer glow could lead to skin problems

By Carrie Pomeroy
Staff Writer

Whether on a beach or in a backyard, sun worshippers would do well to protect themselves from ultraviolet rays in pursuit of a healthy glow.

But in reality, that glow isn't healthy at all, dermatologists say.

According to statistics, from the American Cancer Society, there are 400,000 new cases of skin cancer each year. Cancers found on areas of the skin that aren't usually covered by clothes, such as the face, hands, arms and lower legs, comprise 90 percent of cancer cases.

Repeate...smburns can lead to skin cancer and premature aging of the skin, according to Dr. Eugene T. Poulos, director of the Student Health Center at the Student Health Program, said.

Sunburns also have other, more immediate health hazards. They can cause skin infections, loss of body fluids through blisters and nausea. Edema, a swelling of the skin caused by sunburn, can occur and should be treated by a professional.

Dr. Eugenia T. Poulos, dermatologist at the Carbondale Clinic, said people need to know what kind of skin they have. "Healthy summer glow" could lead to skin problems.

By Christine Brooks
Staff Writer

RayBans, Wayfarers, Blues Brothers, Hippy Glasses or maybe Glacier Glasses or maybe the name changes to eyewear.

Different shapes and most noticeably, price.

Some of the more expensive are optically cheaper and are provided with a prescription, meaning that they aren't usually covered by insurance. The cheaper glasses is cheaper and are not prescription and are of no power. They also will not distort objects.

The cheaper quality glasses are either poured into a mold or cut from a sheet of plastic.

Wood said he tested the cheaper quality glasses contain some prescription because of the way they are made and therefore there will be some distortion.

With a dark lens, your pupil opens and some extra light comes onto your eyes. Only about 15 percent of light is UV-A and UV-B rays, cause burning of the skin.

On cloudy days, a lot of harmless visible light is filtered out, as are many of the UV-B rays. But Poulos said that UV-A rays still can reach the skin and cause damage.

"When you apply light energy onto the skin, you are changing the electrons in the skin and the DNA is damaged. Our skin constantly has to repair this, and it can only do so much," Poulos said.

There are many ways of protecting skin from the sun's harmful rays. Perkins recommends the use of a sunscreen during the hours of 11 a.m. to 3 p.m., when the sun is strongest.

Sunscreens are marked with SPF, which indicates the amount of time people can stay in the sun without being burned. For example, if people usually burn after 30 minutes, but they wear a sunscreen with SPF 15, they can stay in the sun for seven and a half hours.

"Don't bother with anything under 15," Poulos said.

Other protective measures include wearing hats, eye shades and light-colored clothing to reflect the sun's rays. If sunburn occurs, it should be treated like any other burn, such as a scald. Perkins said that blisters should be washed carefully with soap and should be treated with a burn ointment.

Other treatments are suggested in a leaflet from the Student Health Program.

Cool, lightweight clothes should be applied to burned areas to ease pain.

Shades of style can cost money

By Carrie Pomeroy
Staff Writer

"Healthy summer glow" could lead to skin problems.
Green leafs
Chin-Luan Huang, of Carbondale
works on a lettuce plant near Pleasant
Hill Road across the street from
Evergreen Terrace.

Cyclists face flat tires, dogs on highway to good health
By Curtis Winston
Staff Writer
Saddle sores, big dogs and blown
tires haven't kept this intrepid bicyclist
off the road, at least not permanently.
As an avid cyclist, I am offering some
suggestions into the brutal world of
discomfort and danger and, hopefully,
since the dawn of time.

ride, but this is nearly impossible when
tires haven't kept this intrepid bicyclist
match for a cyclist on a tall bike.

you are on a self-contained tour. The
powder bandy, but it offers only a
temporary
shifting around on the seat helps,
either. But like any pain, after awhile it
dure, saddle sores must be the worst.
They occur in a strategically located
area on the back, and they are usually
stubborn ones. Also, the logistics of
putting the pump off of the frame,
watching the dog and trying to get
away can cause an accident. It's still
better to yell at the dog and ride on.

Another favorite remedy that's a
favorite of long-distance tourists (and
mail carriers) is a can of "Halt!" a
kind of mace for dogs. The can is small
and includes a bracket for easy at-
tachment to the handlebar.

"Halt!" ($5.95 at better hardware
stores) is a cruel but effective tool that
usually keeps the dog from chasing the
next passing cyclist. Care must be used
when using the stuff on a moving bike.
Too many times, I've seen cyclists
squirt themselves when the spray
came back in their face, causing great
pain and usually a fall from the bike,
right in front of the big dog. The end
result isn't too pretty, unless you
work in a butcher shop.

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Big dogs are a hazard that
Great outdoor provides fun and entertainment for all

By Alliea Hill

It's summer, and Southern Illinois outdoor recreational areas are a great place to spend it.

Giant City Park, Crab Orchard Lake and Little Grass Lake are just a few of the areas that offer safe and enjoyable recreation for just about everyone.

Giant City Park is a great place to spend a summer's day. A wealth of information on many activities is available from the Park's Information Center and a wealth of information is available at the Playport Marina on Crab Orchard Lake.

ARC can help find adventurous fun, supervisor says

By Kevin Simpson

Wells said. "We have to learn to deal with recognizing them," Gillespie said. "The key to combating Lyme disease is prevention, Wells said. "When walking through the woods or long grass, people should wear long sleeve shirts and pants, he said. "Tuck the tuff of your pants into your boots," Wells said.

Robert Wells and Gillespie recommend wearing repellants. "The same stuff you would normally wear against Deep Woods Off will work," Gillespie said. He said he hates wearing the stuff, but often finds it necessary. Much of the prevention is the same as that recommended for the prevention of mosquito bites and poison ivy.

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Beatnigs debut with intense music, ever-changing lyrics

Groups use lyrics with serious base to get point across

By Aaron Nauth
Carrie Pomeroy
and Theresa Livingston
Staff Writers

Beatnigs, "Beatnigs," Alternative Tentacles Records

The Beatnigs' first album is a powerful presentation of versatile music and intense ideas from the first to last song. They combine creative layers of industrial percussion, futuristic keyboards, poetic vocals, and vocal overdubs along with severe, yet lyrical, wistful, girlish singing. The Beatnigs succeed in making pop songs makes the listener. The full effect of the band's obvious enthusiasm for fresh music and showing off their personalities.

Darling Buds, "Pop Said," CBS Records

The Darling Buds' debut album reveals the band's passion for killer guitar hooks and catchy vocal melodies. Their songs are catchy, sweet but not sticky, made by musicians who seem to take pop too seriously. The album is a Unlike some tuneful, memorable tunes is love and its joys and sorrows. Lyrically, the Darling Buds don't have anything very original to say about the matter. On various songs, the album depicts all the phases of a romantic relationship, from the giddy nervousness of falling in love on "Spirit" to "You've Got To Choose," which depicts a woman confronting her unfaithful boyfriend.

Some songs reminiscent of a time in rock 'n roll when musicians didn't have to "make a statement," but just had to make you want to dance. The band succeeds in that area. The man's vocalist echoes the early GoGo's and Debbie Harry of Blondie with her wispy, delicate sound of her voice is asched by solid drumming and energetic guitar playing.

Lyrically and musically, everything the Darling Buds do has been done before. But the band's obvious enthusiasm for the craft of making pop songs makes the record enjoyable. These songs are tailor-made for cruising around with the windows down and the radio blasting on a hot summer day.

The Fine Young Cannibals, "The Raw and The Cooked," IRS Records

Promising new bands unfortunately often suffer from what's known in the music business as "the sophomore jinx," — that is, after releasing their stunning debut album, there is an immediate, although mediocre, follow-up effort. Not so with the Cannibals. Intuiting funk and dance with the traditional soul sounds that marked the group's 1985 self-titled debut album, the Cannibals have a winner here, both artistically as well as commercially. This English trio, which formed in the wake of the demise of one of the great bands of the 70's, the English Beat, has taken its time, creating a style uniquely their own that consistently delivers.

The album, which has passed the number one slot here and abroad, has a harder edge and a focus on the darker side of romance than the group previously has shown, but which is belied by the upbeat tempo.

On FM-radio hit, "Good Thing," doo-wop lyrics wind themselves around a thumping bass line as frontman Roland Gift laments about his disappearing lover and their on-again, off-again relationship. He swears that it would be perfect for a '60s line dance, while the album's first single, "She Drives Me Crazy," also at the top of the charts, bleats the melody "She drives me crazy, and I can't help myself.

The album also includes the group's slowed-down, though excellent cover of punk demi-gods, the Buzzcocks', "Ever Fallen In Love With Someone," which was earlier released with the movie, "This Is Spinal Tap."

Gift's unique, deep voice and a strong, lingering nostalgic feel are the focal point of the group's message, which seems to equate love with pain.
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WIMBLEDON, from Page 12

Edberg, who lost in the final of the French Open two weeks ago.

Queen's two weeks ago. He was not intimidated by Lendl's big serve, and though he was less consistent, proved capable of notchng service breaks.

In the first set he staved off four break points in one game, twice with aces, to win the second breaker which Lendl won. After falling behind an early service break in the fourth set, Perers forced another tie-breaker, which he won to even the match.

Lendl's stamina and experience made the difference in the final set. The 29-year-old Czechoslovakian scared the deciding set with a pair of aces and raced to a 5-3 lead before clinching victory two games later with a pair of service winners.

University-wide scrutiny of the football program, with major campus governance panels discussing the matter in meetings.

Huff said: "I remember telling Ange (Hoffman) we were going to have one more big win and Jimmy Conners, almost a Wimbledon institution, beat an opponent who wasn't even born when the 39-year-old American made his first visit to this tournament.

The No. 10 seed, champion in 1974 and 1982, showed his old zest in dispatching Andre Cherkasov, 18, of the Soviet Union, 6-2, 6-4, 6-3.

French Open champion Michael Chang beat fellow-American Bill Scanson 6-3, 6-2, 4-6, and held the trophy.

Tuesday, No. 1 Steffi Graf of West Germany begins her title defense against Julie Salmond of Britain. No. 3 Gabriela Sabatini of Argentina meets Diane Balestrati of Australia.

men to beat the WIT Leathernecks, which are the defenders of the Gateway Conference championship. "It will be the greatest aid in the world for the team. We haven't had a good serve, and though he was said.

Hart agreed, noting that the last time the Saluki beat the Leathernecks was in 1983, Huff went on to say that he would not force the victory over compatriot Miloslav Mecir of Czechoslovakia, the Olympic gold medalist, defeated

"We are going to practice with one another on the day the draw

was made. It felt awkward,"

Becker was even more compelled by a massive upset against Shelton, ranked 45th in the world. The 25-year-old American had never played on grass until his arrival in Britain two weeks ago and failed to take a point off Becker's service in the opening set.

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**Sports**

**Hart wants a ‘Stadium Sellout’ Sept. 9**

By Sean Hannigan

SU-C Athletic Director Jim Hart has announced a "Stadium Sellout Day," which is an event that has never been done — winning the Salukis, has announced what has never been done — winning the Salukis.

The promotion is scheduled for the first home football game against the University of Western Illinois. If successful, it would be the first time the 17,324 seat facility has been sold out.

"Any time you attempt to do something that has never been done before, you're taking on a major challenge," Hart said. He added that the plan would take aggressive action and promotion.

Fred Huff, director of the men's sports information, said that students would be the main target of the plan. They'll start hearing about the plan as soon as they get back from the Sept. 1, 2 p.m., Hart said that he would have a "marketing plan that would have them right between the eyes."

"Everyone enjoys being part of a success," Huff said, "the idea of being at a major event sometimes sells itself. "The excitement comes into being at a happier age."

Part of the plan includes putting the Sept. 1, 2 p.m., the afternoon sun is at its hottest. The plan is to put the students get involved the rest would be easy.

"There's no question that the last starting time would be beneficial to players as heat is not conducive to a major event at that of year," Hart said. When Hart became AD last year, rolling back the starting times of the Salukis games was a prime concern.

Hart said the later starting times would be beneficial to fans. "It will make the games more attractive to the fans as it allows more daytime hours for golf, yardwork or whatever," Hart said.

Huff said one of the goals of the plan is to inspire the Sahk.

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**Baseball’s No. 1 fan makes sport his life**

By Greg Scott

Staff Winter

Baseball is not just a game to Chester Kessel. It’s a way of life.

Kessel, a 77-year-old Murphysboro native, is the self-proclaimed No. 1, Saluki, SIU-C Saluki and Chicago Cubs fan.

Kessel has attended the American Legion National Tournament for the past 25 seasons and has been a Saluki fan since 1937.

Known as "Chep" to his friends, Kessel has collected a large collection of baseball memorabilia throughout his years of following the sport. He has collected stacks of caps, T-shirts, a Busch Stadium Astroturf from the first time it was laid, and baseballs autographed by some of the game’s greats.

Kessel has rubbled elbows with baseball’s elite and once had an autographed picture taken with St. Louis Cardin’s all-time leading base stealer Lou Brock.

"I have pictures from Hall of Fame players," said Kessel. "The other are not really worth anything."

Kessel is especially proud of his manager, Harry Carvery, at the 1969 American Legion National Tournament. Carvey, who is no of the Americans behind from Major League Baseball for life on gambling charges.

On the same ball is former big league catcher Ray Fosse, who is a native of Murphysboro. Fosse and Rose were the principal parties in a famous lawsuit in 1971 involving the All-Star Game.

"They had Pete throwing out the first ball at a Legion tourney in Boyerstown, Penn," said Kessel. "I talked to him a little when he came over to the fence and received another one."

Kessel also met with Rose’s ex-wife, Karolyn, and their son Pete Rose Jr., at a journey last year in Middletown, Conn.

The younger Rose was playing shortstop for Circ­cius in the finals of the College World Series. Kessel and his wife, Allen, were seated by a sofa from the Baltimore Orioles. Little did they know, that Karolyn was sitting behind them.

"The scout next to me asked me for a roster and was inquiring about Pete Jr.,” said Kessel. "I told him that Pete was number 14 out there playing shortstop and I had some baby fat to lose."

"This lady behind me then handed me the back and said, ‘Let me tell you something, that isn’t baby fat, that’s all muscle,”’ Kessel said. "She was at the game with a married couple (the Ott’s). Mr. Ott then introduced me to Karolyn Rose. I had to put my foot in my mouth."

It started out as an embarrassing moment for Kessel, turned into a great conversation with Karolyn he describes as a lovely lady.

"We talked in the parking lot after the game,” said Kessel. "I then asked her to autograph a ball and some pictures. She signed them and then asked her if she’d like to sign something else. I told her she wouldn’t sign anything else because she knew who she was."

Kessel has been accompanied by his wife, Allen, at each of the last 28 national tourneys. Kessel said his main reason for going is because Chester goes,” said Kessel. "I would be lost without him."

The couple has become well known at these Legion tourneys. The Kessels are known for sending autographs at the ovarations and get into the games free. "If I actually did plan to be there by 28 years,” said Kessel. "We organized the senior citizens and my wife did not want to give that up for the game."

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**Copy of Rose file released**

CINCINNATI (UPI) - Ivan Lendl needed 176 points, 181. with baseball’s elite and once had an autographed picture taken with St. Louis Cardin’s all-time leading base stealer Lou Brock.

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**Nurnberger set to play pro German basketball**

By Kevin Simpson

Staff Writer

Kai Nurnberger, recent graduate and former guard for the Salukis, has announced his plans to play professional basketball in Cologne, Germany.

Nurnberger, who recently returned from Germany, is visiting Carbondale until he returns to Cologne, planning on playing basketball. He said he plans to play basketball in the European league with an option for another season. "The reason I had for going back was to find a team to play for.”

he said.

He returned to his homeland in May after graduating SIU-C with a degree in business.

management. He had been staying with his family and playing on the national team during his stay in Germany.

After he had fulfilled his obligations with basketball, Nurnberger said he would like to return to the United States and put his degree to use.

Nurnberger, originally from Wolfenbuttel, West Germany, came to Benton in 1983 as an exchange student, playing high school basketball under SIU-C head basketball coach Brian Harron when he was the coach there.

Among his accomplishments as a Saluki, Nurnberger has started 89 games over his four year career, 1,348 points, ranks ninth on the SIU-C career scoring list and is the career all-time leader in three-point field goals with 211.

Nurnberger extended five sets in opening day at Wimbledon

WIMBLEDON, England (UPI) — Ivan Lendl needed 176 points, 181. With a 5-7, 6-4, 6-3, 6-3, 6-3, 6-3 (7-5) at the $3 million tournament. "I am always nervous before the first round in any tournament," Lendl said. "I think it's a good sign. It's harder to get into my rhythm on grass than any other tournament. I was in the fifth set before I broke a sweat because there was no pressure."

Edberg, the No. 2 seed, seeded by the French, Wimbledon and U.S. Open junior titles last year. He beat Edberg in the first round at