

Take the time to
thank a veteran
See page 3

ALTON ■ EAST ST. LOUIS ■ EDWARDSVILLE

◆ TUESDAY, NOVEMBER 11, 2003

SOUTHERN ILLINOIS UNIVERSITY EDWARDSVILLE

Vol. 56, No.23 ◆

Tons of Fun lives up to the weight of its name

KRISTEN REBER
NEWS REPORTER

The Student Fitness Center was all fun and games Friday night.

Tons of Fun, a free event for students, faculty, staff and their families, began at 7 p.m.

"This is the first time it has been geared more toward younger kids and family," Campus Recreation assistant Keith Becherer said. "We had well over 200 (attend)."

Refreshments, games and mask painting were available for the kids. Mask painting and coloring tables were set up for children who are artistically inclined. Participants could color pictures of characters from films such as "Finding Nemo."

"When we went down the big slide and coloring (were my favorite things)," six-year-old Ryann Cannon said.

Three inflatable rides, consisting of a 25-foot slide, were also available.

"One of them was called the

Sports Bouncer," Becherer said. "It was like one of those moon walks, and the kids get in and bounce around in it. It was like an enclosed trampoline. There was also a piece called the Adrenaline Rush. It was like a big obstacle course."

Clowns were on hand to not only amuse, but also decorate the crowd.

"I am here on behalf of Trebor Promotions," Clown Tweezle D. said. "We came to entertain the children and do face

see FUN, page 2

Fitness center holds fitness day

BRUCE F. KLOSTERMANN
NEWS STRINGER

Students of all shapes, sizes and ages were on hand Friday for the Student Fitness Center's annual Fall for Fitness Day.

Participants in the free program had their body fat, muscular strength, endurance, flexibility and cardiovascular

fitness measured by a team of experts that included Student Fitness Center workers and nurses. The experts analyzed the results, and participants were given a report on their current fitness level, along with suggestions on how they could improve.

SIUE freshman Kallie Harrison said she was pleased with her results.

"They pretty much told me to keep doing what I've been doing," Harrison said. "It was a lot of fun, though."

The Student Fitness Center urged students to take up a workout program based on their results at Fall for Fitness Day and then come back in February for the Valentine's Fitness Day to see how much they've improved.



SHARA REYNOLDS/ALESTLE

Parents and children participate in the various activities offered by the Student Fitness Center. A young girl demonstrates her skill at miniature golf while another watches. Among the activities there was also face painting and mask making and numerous games and prizes.

Dance in Concert spurs creativity

ALESTLE STAFF REPORT

Music, movement and art are just a few of the aspects of SIUE's Dance In Concert 2003, which features different pieces choreographed by SIUE dance faculty and guest choreographers and performed by students.

The concert will present nine pieces, ranging from lyrical ballet to serious and more modern styles. The dance concert will be held at 7:30 p.m. Thursday through Saturday and 2 p.m. Sunday in the Katherine Dunham Hall Theater.

Artistic director J. Calvin Jarrell said in a press release Carol-Lynne Moore, a Research Fellow at the University of Surrey at Guildford, England, is presenting a piece she choreographed using the Laban Method.

"It's a process that presents the choreography to the dancers in notation so that a dancer can read the movement notation much like a musician reads musical notes on a staff," Jarrell said.

Moore's dance, "Joint Venture," is a light, modern piece with jazz elements.

"It's a very nice closing dance for the show," Jarrell said.

Jarrell, also a theater and dance professor, choreographed "Passage Beyond Time," inspired by the death of his mother earlier this year.

Tickets for Dance In Concert 2003 are free for SIUE students, \$8 for the public, \$5 for non-SIUE students and senior citizens. For more information or to make reservations, call the SIUE Box Office at 650-2774.



COURTESY OF SIUE PHOTO SERVICES

From left to right; Lynette Hardimon, Traci Best, Tyler Smith, Sabrina Washington and Erin Corley, members of the upcoming Dance in Concert 2003 troupe, rehearse one of the dance numbers. The dance concert will be made up of nine separate dance routines. Dance in Concert 2003 begins at 7:30 p.m. Thursday and will run Friday and Saturday at the same time, and at 2 p.m. Sunday in the Katherine Dunham Hall Theater.

TREAT yourself to a
Sweetheart of a Deal at
AZTEC TAN
& Salon

Now Featuring
Hair Stylists
655-6714

4 Club Centre, Edwardsville, IL
(next to MotoMart)
Phone: 618-692-4531

Unlimited Tanning 'til 12/31/03
AND
a FREE bottle of Australian Gold
Tan Extender for only
\$49.95

Aztec Tan Will Match All Competitor's
Alestle Coupons

Limited supply of lotion.
All coupons must be Redeemed by Nov. 15, 2003

For All of Your
Embroidery & Screen Printing
Needs

CLUBS!
FRATERNITIES!

Shirts
Sare
& More

ATHLETIC EVENTS!
SORORITIES!

618-797-9801
shirtsgalore@charter.net
THE BEST PRICES IN TOWN !!

Call 656-UTAN (8826)
6455 Center Grove Rd., Suite 101 Edwardsville, IL 62025

Sundazzlers

UNLIMITED TANNING
'TIL 12-31-03 FOR \$39.00

& RECEIVE A FREE BOTTLE OF
SUNDAZZLERS TANNING LOTION (\$25 VALUE)
OFFER EXPIRES 11/17/03

Parking Lot Closures

Due to the Diamond Rio concert,
parking on campus will be
affected as follows:

- "Horseshoe" Lot in lot F
will be closed from
Wednesday, November 12
to Friday, November 14
- Lot F will be closed all day
Thursday, November 13

Thank you for your cooperation.

Campus Activities Board

Student Senate talks of Truth in Tuition Act and enrollment

BRUCE F. KLOSTERMANN
NEWS STRINGER

Enrollment issues and the Truth in Tuition Act were the focus of discussion Friday when Assistant Vice Chancellor of Enrollment Management Boyd Bradshaw and Financial Affairs assistant Bill Winter spoke to the Student Senate.

The increase in continuing enrollment, as well as a large transfer class and an increase in traditional students during last year, were all positives Bradshaw and Winter highlighted in their presentation.

"Our students are staying," Bradshaw said proudly of SIUE's continuing enrollment.

According to Bradshaw, SIUE also saw an increase in full-time students this semester, as well as a large transfer class.

"We're a transfer-friendly university," Bradshaw said.

Enrollment has risen 18 percent over the past nine years

and will continue to grow unless something is done, according to Bradshaw.

According to Bradshaw and Winter, the university has decided to stabilize enrollment levels, rather than hire more faculty. The administration is working to tighten admission requirements for incoming students and is considering adding an essay portion to the university's application, an addition Bradshaw said he feels "will make sure we have the right kind of students at SIUE."

Bradshaw and Winter also spoke briefly about the Truth in Tuition Act, which will be effective for the fall 2004 semester. The act will set a tuition rate for all incoming students that will stay locked for four years.

A separate tuition rate will then be established for all continuing students at SIUE. The continuing rate will not be locked in. Bradshaw and Winter said the

rates had not yet been determined for the fall 2004 semester, but they will do their best to get the word out and clear up any confusion among students about the new rate plans.

In student organization news, the Student Senate approved a travel request for the Kinesiology Student Association's trip to the Illinois Association for Health, Physical Education, Recreation and Dance Conference to be in St. Charles later this month.

Iota Phi Theta fraternity's program request for "The Struggle Continues," featuring guest speaker Bobby Seale, a founding member of the Black Panther Party, was also approved Friday. Seale will speak Wednesday, Feb. 18, at SIUE's Meridian Ballroom on the first floor of the Morris University Center.

Also, junior Heather Ferry was appointed to the Student Senate to fill the semester-long open position.

Art auction raises campus money

BRIAN CRAMER
NEWS STRINGER

Anyone looking to observe or purchase original artwork can stop by the 26th annual SIUE Art Auction from 6 to 7 p.m. Thursday, Nov. 20, at the Edwardsville Sunset Hills Country Club.

Sponsored by the SIUE Friends of Art, the art auction includes both a silent auction and a professionally run auction segment.

Pieces being sold include paintings, sculptures, photographs,

textiles, ceramics and more. So far, 65 works have been collected, but there will be approximately 185 pieces by the time the event takes place.

All of the artwork comes from donations made by students, faculty, alumni of the SIUE Art and Design Department and visiting artists.

The proceeds go to improving the undergraduate and graduate art programs at SIUE.

Earnings from the auction will go to areas such as the Art Scholarship Fund, receptions for visiting artists, workshops and

lectures by artists, the Edwardsville Arts Center, books and films for the SIUE Lovejoy Library and the Art East Studio Tour reception.

Some of the money will also go toward the Undergraduate and Graduate Exhibit Purchase Awards, the Art Auction Award and the High School Award.

For additional information, contact art and design professor Pam Decoteau at 650-3107 or art and design supervisor of departmental information Dianne Lynch at 650-3073.

Tickets available free to students

ALESTLE STAFF REPORT

Free tickets are available to students for the upcoming appearance of Robert Ballard, the internationally known deep-see explorer who discovered the R.M.S. Titanic and John F. Kennedy's World War II boat, PT 109.

Ballard will speak at 7:30 p.m. Tuesday, Nov. 18, in the Meridian Ballroom on the first floor of the Morris University Center.

The free tickets were made available to students by the

Office of the Vice Chancellor for Student Affairs and are available Tuesday at the MUC Information Desk.

The tickets will be given out on a first-come, first-served basis, and students must show valid student identification to receive a ticket.

"This is an exciting opportunity for students to have greater access to what Arts and Issues has to offer," said John Peecher, assistant director of the College of Arts and Sciences and coordinator of the Arts and Issues

series. The university will also offer free tickets to the other Arts and Issues events.

The other event dates and dates to pick up free tickets are The Aspen Ensemble Jan. 22, Jan. 15; the Blind Boys of Alabama Feb. 6, Jan. 30; St. Louis Symphony Orchestra Feb. 29, Feb. 23; National Geographic photographer Sam Abell March 16, March 9; Gus Giordano Jazz Dance Chicago April 2, March 26; and two-time Pulitzer Prize winner Norman Mailer April 20, April 13.

FUN

from page 1

paintings." Twenty-five to 30 students volunteered for the three-hour long event, which has been in the works for the past two months. The volunteers participated as refreshment stand coordinators, game operators and more.

"I am in the Student Leadership Development

Program," freshman and duck game operator Ashley Williams said. "They sent us an e-mail about volunteering here."

Students interested in participating in volunteer activities can contact SLDP.

"There are a lot more volunteers on campus and off campus, and they can contact the

SLDP and volunteer services," Kimmel Leadership Center Assistant Director Suzanne Kutterer-Siburt said. "(SLDP) is located on the first floor of the (Morris University Center) in the Kimmel Leadership Center. For more information, contact our Web site, www.siue.edu/KIMMEL/SLDP."

EDITOR IN CHIEF:
NICOLE R. GAUDREAU

NEWS EDITORS:
TYLER BENNETT
JAMIE FORSYTHE

LIFESTYLES EDITOR:
APRIL BUEL

SPORTS EDITOR:
HEATHER KLOTZ

PHOTO EDITOR:
KWAME ROSS

CHIEF COPY EDITOR:
KURT THOMAS

COPY EDITORS:
GENEVIEVE COLLINS
MELISSA CORBIN
JENNIFER FREDERICK
LINDSEY HEIGERT
BYRON HOTSON
VIVIANNE LIM
CARRIE SCHULTZ
BECKY STRUB

GRAPHICS/PRODUCTION:
DESIREE BENNYHOFF

ADVERTISING:
SUSAN MOOK

ALESTLE ADVISER:
MIKE MONTGOMERY

GRAPHICS SUPERVISOR:
MIKE GENOVESE

OFFICE MANAGER:
MARY ALLISON

OFFICE SECRETARIES:
KARI KNAPP
ALAINA LONG
KATIE SABO

THE FIRST COPY OF EACH
ALESTLE IS FREE OF CHARGE. EACH
ADDITIONAL COPY COSTS
25 CENTS.

LETTERS TO THE EDITOR POLICY:

The editors, staff and publishers of the Alestle believe in the free exchange of ideas, concerns and opinions and will publish as many letters to the editor as possible. Letters may be turned in at the Alestle office located in the Morris University Center, Room 2022 or via e-mail at alestle_editor@hotmail.com. All hard copy letters should be typed and double-spaced. All letters should be no longer than 500 words. Please include your phone number, signature (or name, if using e-mail) and student identification number.

We reserve the right to edit letters for grammar and content. However, great care will be taken to ensure that the message of the letter is not lost or altered.

Letters to the editor will not be printed anonymously except under extreme circumstances.

The Alestle is a member of the Illinois College Press Association, the Associated Collegiate Press and U-WIRE.

The name Alestle is an acronym derived from the names of the three campus locations of SIUE: Alton, East St. Louis and Edwardsville.

The Alestle is published on Tuesdays and Thursdays during fall and spring semesters, and on Wednesdays during summer semesters. For more information, call 650-3528.

Have a comment?
Let us know!
Send us an e-mail:
alestle_editor@hotmail.com
The Alestle
Campus Box 1167
Edwardsville, Ill. 62026-1167

Opinions & Editorial viewpoints & commentary

◆ TUESDAY, NOVEMBER 11, 2003

A l e s t l e

PAGE 3 ◆

Take time to give meaning to Veterans Day

EDWIN A. LOCKE
AYN RAND INSTITUTE

Irvine, Calif. (U-wire) – Veterans Day arouses three emotions in most Americans: solemnity because it celebrates the veterans who have defended our great country, sadness because so many have lost their lives in the process and pride because they have fought so well.

The supreme value that our veterans have fought and died for, with some tragic exceptions, from the American Revolution to the Civil War to two World Wars is freedom.

America is the country of freedom. We were the first to declare government exists to serve people; people do not exist to serve government. We were the first to proclaim all people are equal before the law. We were the first to say each individual has inalienable rights – the right to life, liberty, property and the pursuit of his happiness.

There is no more precious possession than one's own life. But without political freedom, human life is empty. People cannot exist in any meaningful sense as slaves. The New

Hampshire motto says it perfectly, "Live free or die."

Because human life is so precious, war should never be undertaken unless our rights are threatened.

It is often said our soldiers must sacrifice themselves for our country. This is precisely what we must not ask them to do. A sacrifice entails the surrender of a greater value for a lesser one.

But if a man risks his life on the premise, "I would rather die than live in slavery," it is a tragic loss – but it is not a sacrifice. Such a man is acting in his own interests, to protect his most precious values.

On the other hand, it is a sacrifice to send our soldiers to a country that has no connection to their interests and values. An example is Somalia. Many brave American soldiers died there – for what? To supply food to warlords who were perpetually seeking to kill one another.

Vietnam is another example of a senseless, self-sacrificial tragedy. While it was in our interest to oppose the Communist threat to America, it did not benefit Americans to throw away their lives in defense of a

primitive nation whose people did not value freedom.

The mere fact they needed help should not have created a claim on the efforts and the lives of U.S. soldiers.

Our heroic fighting men and women are not to blame for these disasters. It is the politicians who are responsible. It is they who believe our soldiers are sacrificial fodder to fulfill the politicians' desire for "prestige-enhancing" adventures.

They believe our armed forces can be sent to aid Somalia – or Haiti or Bosnia – to be able to show the world how "humanitarian" the politicians are.

But politicians desperate for prestige to assuage their self-doubts should be informed they may not utilize our armed forces as the tool for obtaining it. And they should be told we have no duty to sacrifice ourselves for the sake of any country in need of our assistance. Our soldiers are sovereign beings who have a right to their own lives.

Furthermore, our armed forces should consist only of volunteers. It is an ugly contradiction to claim we must protect freedom by coercing

people to fight. If the cause is just and the American interests clear, there will be no shortage of enlistments. In fact, a volunteer force helps make sure our soldiers do battle only when serious threats to our interests are at stake. A volunteer force will prevent politicians from involving us in senseless wars.

We must be proud of our soldiers, but it is equally true they should be proud of the cause they fight for. It is terrible to die in war, but there is one thing worse: to die in a war that has no meaning, a war that offers no reason for risking one's life.

The best way we can honor our veterans and give real meaning to Veterans Day – aside from ceremonies honoring their past and present dedication and bravery – is to promise we will go to war only when America's interests as a free nation are threatened.

The events of Sept. 11 have made it abundantly clear there exist Muslim fanatics whose goal is to destroy our country and the values it stands for. It is clearly in our self-interest to use the full power of our military might to destroy those who would destroy us.

Letter to the Editor Student sees column as un-American

Dear Editor,

The editorial titled "And the war in Iraq rages on" in Tuesday's edition of the Alestle was not only offensive, it was un-American.

I am not in the habit of questioning the patriotism of those who hold differing views, but this article did indeed praise the enemies of this nation.

Stella Ramsaroop praises Saddam Hussein for providing "secure jobs and ready health care." I suppose being a torturer for Hussein was a secure job, and the health care must have come in handy for those who lost limbs for opposing the so-called freedoms of Hussein's regime. Despite all these great programs, Iraq was mired in poverty.

Despite Hussein's record of torture and various human rights violations, including the use of weapons of mass destruction, Ramsaroop thinks we should take

this monster at his word.

On some level, her assertion "how many times does a country's leader have to say 'we don't have weapons of mass destruction' before Bush believes him?" is a bit humorous.

You see, for a person like Hussein, his word is not enough. Had he allowed the inspections to move forward, we would have found the benevolent Hussein had no weapons of mass destruction, even though the whole world, including the United Nations, thought that he did, and we would have left and he could get back to the torture and abuse of his free citizens.

Here is another humorous assertion: "They (the Iraqi people) actually seem to like their lifestyles, their religion, their form of government – all of which have been around centuries longer than the proud and arrogant United States of America."

Last I checked, the Ba'ath Party didn't come to power until the late 1950s, during the Eisenhower administration, and the United States' current form of government has been around since 1789 with the ratification of the Constitution.

Also, I would think the Shiites and Kurds do not like the previous regime, as they tried numerous coups and assassination attempts on Hussein. As for the rest of that quote, I was unaware the U.S. military was taking the food and religion from the Iraqis. I wonder where Ramsaroop heard that?

Not surprisingly, Ramsaroop concludes by stating we should immediately withdraw from Iraq. To most people who propose this solution, I usually point out this would likely mean Hussein would fill the power vacuum and return to power.

However, in this case I think Ramsaroop would not be

influenced by such a scenario as the freedom-loving Hussein could get back to his providing of jobs and health care.

To conclude, I am asking Ramsaroop to resign her position with the Alestle. Praising the regime of a man who tried to assassinate President George Bush in 1993 has no place on our campus. Taxpayers are the source of the materials and salary of the Alestle. I don't think they would want that money spent on pro-Hussein propaganda. I urge every student, faculty and staff member to tell the Alestle they want Ramsaroop removed from this position.

Sincerely,
James Graves
Senior

Editor's note: The Alestle receives no tax money.

The newspaper is funded through student fees and advertising revenue.

Quote of the Day

"We shall defend our island, whatever the cost may be, we shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the fields and in the streets, we shall fight in the hills; we shall never surrender."

~Sir Winston Churchill

Corrections

In the Thursday, Nov. 6, issue of the Alestle, Rene Lewis was misquoted. The correct quote, regarding the Raise Your Voice series, is "Reframing Diversity."

In the Tuesday, Nov. 4, issue of the Alestle, Jeffrey Zettler was misquoted. Zettler said the Halloween bonfire was a joint effort and every staff member from Woodland Hall contributed.

In the Tuesday, Nov. 4, issue of the Alestle the "Grim visitation" picture and caption should have given mention to Aaron Detmer, who was running the costume by remote, and who also built the robotic costume. Steve Segal from the SIUE bowling alley came up with the idea and funded it. The Alestle regrets the errors.

Lifestyles

PEOPLE, ENTERTAINMENT, & Arts

File sharing is dangerous business

JEREMY HOUSEWRIGHT
LIFESTYLES REPORTER

File-sharers beware. The Recording Industry Association of America could be looking for you.

The music industry generates \$40 billion per year, and the U.S. recording industry accounts for one-third of that business.

According to www.riaa.com, the official Web site of the RIAA, at the end of 2000, the industry appeared to be moving upward with a total \$942 million in sales.

Since 2000, sales have slumped. The most recent report for 2002 showed an 8.9 percent decrease from 2001. The total for 2002 was \$803 million.

While many cited compact disc prices as the reason for the slumping sales and rise in file-sharing, statistics from the Web site show different.

For beginning artists, the costs of producing a CD are high. The marketing of the CD, the promotion of the artist and the cost of producing the CD are just a few.

Despite the costs, CD prices have actually dropped throughout the years.

According to www.riia.com, CD prices dropped 40 percent between 1983 and 1996.

If CD prices had risen at the same rate as consumer prices, CDs would cost more than \$33, instead of the average of \$13.

Despite the lower cost of CDs, the

industry is predicting another down year for sales.

While the statistics show the recording industry is losing money,



there are some who said downloading is not the only reason.

"I think it could be that there are not as many good artists out right now," said Dave Raulfing, employee of the CD Warehouse in South County, Mo. "If you look at the current bands, a lot of them are a mixture of music. Rock and rap, pop-rock, a lot of people don't like music like that."

Raulfing said a lot of his customers download music.

"It never fails. I will have a few kids a week come in and say they heard this new song by so and so on the net," Raulfing said. "That's how we get a lot of CDs traded back. It's not because people don't like the music; they just burn the CD and

trade it back for money."

To prevent further burning of CDs, many record companies are beginning to make CDs non-burnable.

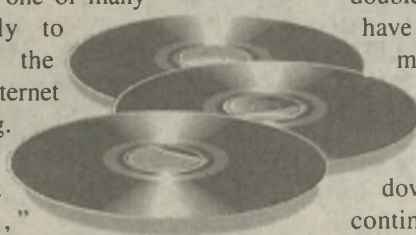
"Record companies lose just as much money from a person burning a CD and then letting someone else burn it," Raulfing said. "I know guys who actually have Web sites where they sell burned CDs for \$3 each. That's no better than downloading music from the net. In fact, it may be worse."

At a recent stop in St. Louis, Cold bassist Jeremy Marshall offered his opinion on the file-sharing debate.

"I hate it," Marshall said.

Cold is one of many bands likely to be affected the most by Internet downloading.

"Cold is a perfect example," Raulfing said. "This is a band that is just starting to hit their peak, and money is usually a factor in the type of record deal a band gets. If their album isn't selling up to the companies' expectations, they will get cut. That's why downloading music sucks so bad. These people who download all the time are not screwing over the big-time bands, they are hurting



the up-and-coming bands."

While many artists may disagree with downloading music, a lot of people were shocked when the RIAA turned its guns on the file-sharers and began dishing out lawsuits.

Those charged included a 12-year-old girl from New York.

"When I heard that, I was like holy crap, that's a 12-year-old girl," Raulfing said. "Something should be done, but that was a bit crazy."

Veteran heavy-metal rocker Rob Zombie offered his opinion on the topic.

"It goes a lot of different ways," Zombie said. "I have noticed when I make a record, people will come up to me and say they got it on the Internet. It's a double-edged sword because CD prices have gotten crazy, but artists are losing money. The solution is not suing, but at this time, I don't really have one."

The RIAA has not backed down from its brigade of lawsuits, continuing to target file-sharers with large amounts of music on their computers.

Raulfing offered his own solution to the problem.

"I would say just delete everything you have downloaded," Raulfing said. "I guess it's possible that they (RIAA) could come looking for any one of us who downloads music."

Changing weather gives students the blues

CALLIE STILWELL
LIFESTYLES REPORTER

Loss of energy and an increased need for sleep can be attributed to numerous causes, especially for college students working to finish papers and projects before finals.

However, those symptoms could be indicators of Seasonal Affective Disorder, which usually occurs during fall and winter but can also occur in the summer.

The disorder is a form of depression that can have a range of side effects from mild irritation to anxiety and deep depression.

According to www.webmd.com, "sufferers have been known to increase their sleep by as many as four hours a night and gain more than 20 pounds."

The site said SAD affects four times as many women as men and may affect up to 11 million people each year, with 25 million suffering from the milder form called the winter blues.

Following the time change, people tend to wake up in the dark and return home in the dark as well.

Those who work indoors may not have a chance to be out in the light of day.

The site said the time change affects people differently depending on their health, sleep habits and lifestyles.

Going to bed the hour earlier changes the circadian rhythm, the body's own time clock, which sometimes causes difficulty sleeping.

While an exact cause of SAD has not been found, researchers look to low serotonin levels during the winter months in conjunction with low levels of outdoor light and stress.

According to www.webmd.com, people living closer to the poles have a greater incidence of SAD than people in sunnier areas nearer the equator.

Other symptoms of SAD include depression, pessimism, difficulty getting up in the morning, impaired functioning and difficulty concentrating.

There is no lab test for SAD. However, an experienced psychiatrist can diagnose the disorder with patient history.

According to the site, other illnesses

Common symptoms of Seasonal Affective Disorder

Sleep problems: Desire to oversleep and difficulty staying awake, but in some cases, disturbed sleep and early morning wakening

Lethargy: Feeling of fatigue and inability to carry out normal routine

Overeating: Craving for carbohydrates and sweet foods, usually resulting in weight gain

Depression: Feelings of misery, guilt and loss of self-esteem, sometimes hopelessness and despair, sometimes apathy and loss of feelings

Social problems: Irritability and desire to avoid social contact

Anxiety: Tension and inability to tolerate stress

Loss of libido: Decreased interest in sex and physical contact

Mood changes: In some sufferers, extremes of mood and short periods of hypomania (overactivity) in spring and autumn

www.sada.org.uk/index.htm

can also have similar symptoms, such as "underactive thyroid function, chronic viral infections and chronic fatigue syndrome."

The site lists light therapy as the most effective treatment for SAD. Specially designed light bulbs are used in boxes, visors and "dawn simulators," which are placed near the bed, to bring extra light to the eyes.

There are minor side effects

associated with light therapy, such as possible eye strain, headaches, irritability, fatigue and insomnia.

Sometimes, antidepressants are used alone or with light therapy.

Other at-home remedies, according to the Web site, are to take a walk outside at lunch time when the sun is high, exercise, increase natural light into the home by trimming back branches and painting walls lighter colors.

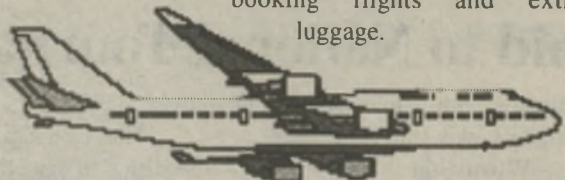
Going home for Thanksgiving

NICOLE SHORT
LIFESTYLES STRINGER

With only two weeks until Thanksgiving break, many students are getting restless in anticipation of one full week off school.

For those who commute, the week will not bring about much change, as they will stay at home.

But students living on campus will welcome the opportunity to go home and back to civilization as they know it.



Traveling for some will not be a problem, but those who live several hours away are not looking forward to the trip.

Freshman Noelle Batutis is from Rockford and can expect a four-hour drive home this season.

Like most students, Batutis is packing clothes and everything else she will need for a week at home.

Batutis said she is also looking forward to seeing old friends and having a week off school.

For those students who may have a lengthy drive home, Batutis has some advice for them.

"On the drive home, take all your favorite CDs with you or call everyone you know," Batutis said.

Freshman Kristin Richards lives in Olympia Fields, a suburb of Chicago, and takes the train home instead of driving or flying.

Richards said the trip home requires her to prepare a few days in advance.

"I have to get on the Internet to find a train ticket," Richards said. "Then I have to call a cab and reserve it a couple days in advance so it can take me to the train station."

Richards said some aspects of train travel are less than ideal.

"You have to carry and stow your luggage, and the food on the train is expensive,"



Richards said.

Richards said it takes about three and a half to four hours by train, the same as driving, but it's easier than flying home.

Richards said once she's home, she has to find a ride back, usually from her parents.

Students living out of state are presented with an even bigger travel headache.

For most, trips home include booking flights and extra luggage.

Freshman Natasha Genevro is from Nazareth, Pa., and will have to fly home for break.

"I'm already gathering my belongings for the long trip home," Genevro said.

Genevro and her father had to book a flight for her, and she has a lot of clothes to pack.

Since she has to fly, there are some things Genevro cannot take with her.

"I have to find a baby sitter for my fish," Genevro said.

While she is looking forward to seeing family and getting some of the stuff she left at home in August, Genevro said there will ultimately be travel headaches for her along the way.

"Getting to the airport and being on time is the hardest and most stressful aspect of traveling," Genevro said.

Thanksgiving is one of the busiest travel times of the year.

For those stressed out and looking for travel answers, www.smartpages.com offers Thanksgiving travel tips.

The site's advice for road travelers is to keep a positive attitude and think of it as a road trip, not a grueling experience.

Those going by plane are encouraged to arrive at the airport several hours early and expect delays.

According to www.smartpages.com, traveling by train instead of plane is easier because lines are ultimately shorter and headaches fewer.

Come see the other athletes on campus!
UNIVERSITY



SIUE students FREE

compliments of University Housing and Student Affairs

NOV 13 - 16 Dunham Hall Theater
Box Office 650-2774

All performances at 7:30 PM, except Sunday at 2 PM

"Silent Epidemic"

1 in 4 Americans are infected with genital herpes...most don't know it!

Saint Louis University is studying a research herpes vaccine that may prevent herpes infection...here's how you can help!!!

To qualify:

- Women MUST be 18-30 & NOT have herpes symptoms

Key points:

- The vaccine will NOT give you herpes
- You'll be paid \$40/visit (9 visits: 4 are 45 min. & 5 are 15 min.)

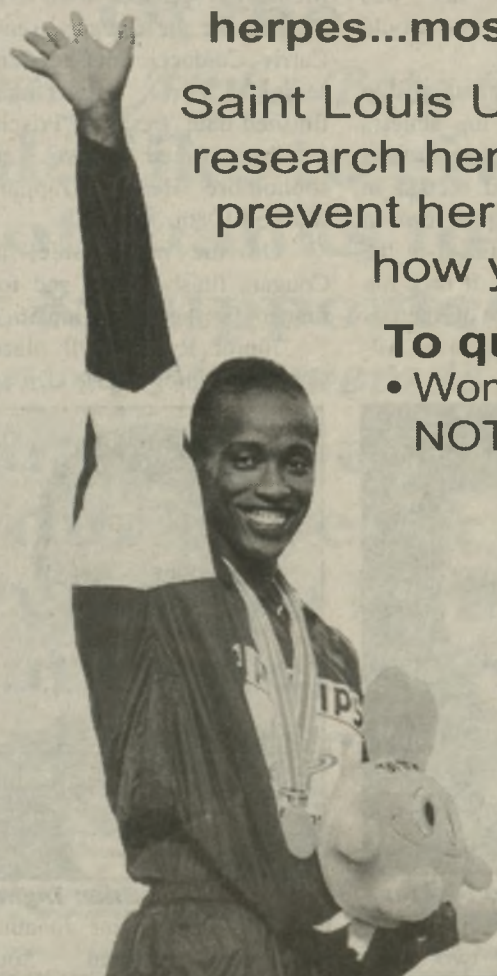
Jackie Joyner-Kersey
Official Spokesperson

For more info, please contact:

Center for Vaccine Development

314-977-6333 or 1-866-410-6333

vaccine@slu.edu or <http://medschool.slu.edu/vaccine>



"Never worry about missing a field goal. Just blame the holder and think about kicking the next one."

~Lou Groza



◆ Page 6

A l e s t l e

Tuesday, November 11, 2003 ◆

Cougars fall to Lewis in GLVC final

Team receives bid to National Tournament

HEATHER KLOTZ

SPORTS EDITOR

AJIT OZA

SPORTS REPORTER

After good crowd support in a 4-0 win against Quincy University Friday, the Cougars saw the complete opposite

Sunday, with a low turnout and loss to Lewis University.

When the final buzzer sounded at the end of the Great Lakes Valley Conference men's soccer championship Sunday, it was the Lewis University players who flooded the field in celebration of their 3-1 victory

over SIUE.

The Cougars stood on the sidelines in disbelief and the fans, who were scattered throughout the stands, were silent, quickly dispersing and anxious to reach the warmth of their cars.

Only 395 fans were on hand to witness the loss, as cold temperatures and an early start time Sunday limited the crowd to the Cougars most faithful fans.

I can't believe there aren't more people here, Heather Rein, who was cheering for Lewis University, said. She had driven five hours from Chicago to see the game.

The low turnout Sunday was in direct contrast to the crowd of more than 500 fans that turned out at Friday's

see SOCCER, page 7



KEVIN HILL/ALESTLE

Right, fans and members of the Eastsiders use smoke bombs and fireworks to cheer on the Cougars at Friday's game against Quincy University. Above, sophomore Brian Higgins gets some love from the fans after the Cougars' 4-0 victory Friday.



Two SIUE runners advance to nationals

HEATHER KLOTZ

SPORTS EDITOR

Two SIUE runners qualified for the National Collegiate Athletic Association Cross Country Championships during the weekend, continuing a record-breaking season for the men's and women's cross country teams.

Senior Breanne Steffens qualified for nationals, shattering her own school record. Nationals will be Saturday, Nov. 22, at St. Augustine's College in Cary, N.C.

Steffens ran the course in 21 minutes, 42.9 seconds, improving her previous record set at the 2003 Great Lakes Valley Conference Championships by 1:28.2.

Sophomore Brian Taghon will also represent the Cougars at nationals. He ran the men's 10,000-meter run in 31:41.1, the second fastest time in school history.

"I am very proud of Brian and Breanne for their effort," head coach Darryl Frerker said. "Their high performances earned them the right to represent SIUE at the national championships."

Frerker said he was confident both runners would represent SIUE well.

"A national championship brings together the top athletes from all the regions," Frerker said. "They finished second in our region, and that puts them in a good position to finish in the top 25 in the nation. If they run what they are capable of, there is a good shot for them to be All-Americans."



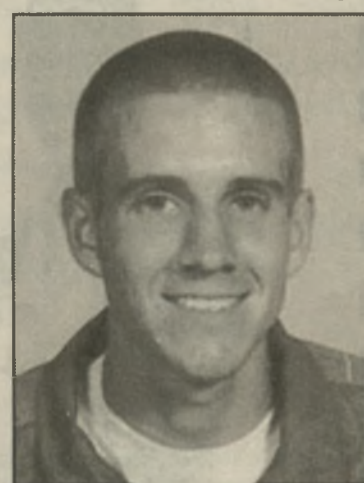
Breanne Steffens

The women's team finished seventh and placed two other runners in the top 50 of a field containing 134 runners. Junior Mary Witte finished 19th in 22:47.3, and junior Erin

McMullen placed 46th. Also running for the Cougars, senior Carrie Carducci finished 52nd, senior Maria Ewersmann finished 68th, freshman Priscilla Peach placed 91st and sophomore Heather Zipparro finished 108th.

On the men's side, the Cougars finished fifth and four runners finished in the top 50.

Junior Ryan Boyll placed seventh, senior David Droege



Brian Taghon

finished 42nd, junior Jonathan Sadowski finished 50th, sophomore Jared Bierbaum placed 56th, senior Nick Campbell finished 69th, and sophomore Trae Cotner placed 86th.

Volleyball closes season strong

Team earns No. 2 seed in conference tournament

TRAVIS ROSS

ASSISTANT SPORTS EDITOR

The volleyball team punched out two big victories to close out the regular season this weekend, thumping the University of Wisconsin-Parkside Rangers 3-1 Friday and beating the Lewis University Flyers 3-1 Saturday.

Sophomore outside hitter Kindra Westendorf piled up 38 kills in the pair of games, while sophomore middle hitter Heather Bonde and senior middle hitter Andrea Voss chalked up 33 and 31 kills respectively.

Sophomore setter Krystal Majernik chimed in with a total 118 assists.

With the win, SIUE boosts its record to 24-6 overall and 12-2 in the Great Lakes Valley Conference.

The victories give SIUE the No. 2 seed heading into the conference tournament.

The Cougars finished one-

half game behind the Northern Kentucky University Norse, which played one more game.

Seeding for the GLVC Tournament is based on winning percentage.

"We want to win the tournament," head coach Todd Gober said. "There is a lot at stake. I think our bigger goal is to get to the national tournament and a strong tournament showing would get us an at-large bid."

The Cougars will square off against No. 7 seed Lewis University at 2:30 p.m. Thursday in Highland Heights, Ky.

Gober said his team isn't looking past Lewis.

"Last year we were upset in round one," he said. "We won't be looking past our opponent to the championship. We are not going to take them lightly because they are the seventh seed."

The other quarterfinal matchups are No. 3 University of Indianapolis vs. No. 6 University of Wisconsin-Parkside, No. 4 Quincy University vs. No. 5 Southern Indiana University and No. 1 Northern Kentucky University vs. No. 8 University of Missouri-St. Louis.

SOCCER

from page 6

game.

The Eastsiders, a group of dedicated SIUE soccer fans that regularly attend home games, were out in full force and cheered on the Cougars with fireworks, smoke bombs and signs Friday night.

Head coach Ed Huneke said the Eastsiders are composed of two types of fans.

I think there are two types of fans there, the ones that are more knowledgeable about soccer and the average fan just coming to the game. Everyone likes to see that type of mix and interaction, it creates an ambiance of fun.

Even with the disappointing turnout Sunday, the crowds for the team's games have continued to grow during the season.

The players appreciate that kind of support from the fans, it helps their performance, Huneke said. Having the smoke and the fireworks provides a great atmosphere, kind of like what teams do in Europe. For the team, it is definitely a plus to play in that type of atmosphere.

Although the Eastsiders use of fireworks and smoke bombs is uncommon, no team has ever complained Huneke said.

No teams have made complaints about the Eastsiders, he said. Some have actually

applauded the fans. They like that type of fan support and enthusiasm being generated about soccer. We are actually starting to get the reputation as a tough but fun place to play in the conference and region.

The Cougars entered Sunday's game very confident, having disposed of the Quincy Hawks 4-0 Friday.

Against Quincy, the Cougars were able to dominate both sides of the ball, taking 16 shots to the Hawks six.

The game was a tremendous show on our part, we

able to pick up the 2-0 win and earn the right to host the GLVC tournament.

The Cougars were able to get on the board first on a goal by sophomore Pete Cacciatore, but the Flyers were able to answer back in the 8th minute when Alejandro Blinder scored.

In the second half, the Flyers scored two unanswered goals and claimed the GLVC championship.

It is disappointing not to win the trophy, head coach Ed Huneke said. I feel like we are the best team in the conference,

"It is disappointing not to win the trophy. I feel like we are the best team in the conference."

~Ed Huneke
SIUE men's soccer coach

played very solid defense, Huneke said.

The Cougars also put on a passing clinic for the Hawks, as they were able to string together 47 passes in a row during the second half.

In this game, we passed the ball very well, Huneke said.

You could call it demonstration passing.

With the win on Friday, the Cougars set up the showdown on Sunday with Lewis.

The last time the Cougars and Flyers played, SIUE was

but that is determined by the tournament and we lost.

Even with the loss, the Cougars still received a bid to the National Collegiate Division II men's soccer championships.

SIUE is seeded No. 2 in the central region and will take on Rockhurst University at 1:00 p.m. Thursday at Truman State in Kirksville, Mo.

The winner will take on Truman State, host of the central region portion of the NCAA Division II tournament, and the No.2 team in the nation.

4285 St. Rte 159
Located Down From Wal-Mart
288-0022
7am-11pm - 7 Days a Week
No Appointment Necessary

The Tan Company will **BEAT** all competitor's Alestle coupons
Glen Carbon Location Only

Buy 1 Get 1 FREE
on any credit package
Glen Carbon Location Only • Expires 11/30/03

THE TAN COMPANY
Swedish Beauty
MYSTIC TAN

African Jamboree
Music and Dance by Roja Roja

African Art
Get your picture taken
in various African clothing

FOOD, GAMES, & PRIZES!!!

TUESDAY, NOVEMBER 18
12 P.M. - 1 P.M.
GOSHEN LOUNGE, MUC

www.siu.edu/CAB

Köszönettel
Euxapiotó
Grazie
תודה
Thank You
Dank
Bedankt
Merci
Gracias
Hvala
Tesekkürler
Obrigado!

**The Men & Women
Of the
Iota Family, Alpha Beta Chapter
Would like to give a
WORLD of thanks to all who
came out & supported OWur
1st Annual Masquerade Ball
We hope you enjoyed
yourselves &
look forward to building a
tradition and seeing everyone
next year at our second...**

Thank You

If you would like to view and/or purchase photographs
taken at the 1st Annual Iota Masquerade Ball, go to
<http://www.party pics.com/wc.dll?partypics~order~10051157>
"Funded in whole or part by student activity fees"

Classified & Personals

◆ PAGE 8

A l e s t l e

TUESDAY, NOVEMBER 11, 2003 ◆

HELP WANTED

Spring Break 2004. Travel with STS, America's #1 Student Tour Operator to Jamaica, Cancun, Acapulco, Bahamas and Florida. Now hiring campus reps. Call for group discounts. Information/Reservations 1 - 8 0 0 - 6 4 8 - 4 8 4 9 or www.ststravel.com 12/11/03

Avon. Earn up to 50%. Call Darlene at 618-222-0087. adstanley@aol.com 11/21/03

USA SPRING BREAK, Cancun, Bahamas, Acapulco, Jamaica & more. Don't be fooled! Go with Quality & Experience! 28 years in business. Largest Student Tour Operator. (Division of USA Student Travel) Call Toll Free: 1-877-460-6077 Now also hiring Campus Reps. Earn 2 Free Trips for 15 Travelers & \$\$\$. 12/11/03

Bartender Trainees Needed. \$250 a day potential. Local positions. 1-800-293-3985 Ext. 255 1/15/04

Act Now! Book 11 people, get 12th trip free. Group discounts for 6+. www.springbreakdiscounts.com or 800-838-8202. 1/29/04

A "Reality" Spring Break 2004 Featured in "The Real Cancun" Movie. Lowest Prices. 2 Free Trips for Groups. www.sunspashtours.com 1-800-426-7710 12/2/03

Spring Break - sign up with Student Express and get FREE roundtrip airline tickets to over 15 International destinations - including Aruba, Dominican Republic, Costa Rica, Caribbean hot spots and more. Why go with anyone else. Limited offer - call now. Commission rep positions also available. 8 0 0 - 7 8 7 - 3 7 8 7 www.studentexpress.com 2/3/04

The Game indoor sports complex. Seeking energetic, motivated workers. Competitive wages. Two minutes from campus. Contact Jamie. 288-8880 11/20/03

Tumbling/Cheerleader coach needed. Mon/Wed 4-8:30. Group exercise instructor needed. No Limits Tumbling & Trampoline. (217) 324-0645 11/20/03

PERSONALS

Making Waves Yard Sale Sat. Oct. 25th. 624 East Lorena Ave. Wood River IL. 7am-4pm. For more info contact Katie at krieh84@charter.net 2/23/04

Got School Spirit? Join the School Spirit and Pride Committee and share it. Contact Nikki at soccerchick0704@yahoo.com for more information. Sponsored by Student Government. 2/23/04

Are you an SIUE student? Are you a republican? Join the SIUE Republicans. If interested send your name and email address to akasseb@siue.edu 11/11/03

Thanks to the Alpha Sigma Tau's for our mixer. - Sigma Phi Epsilon 11/11/03

Thanks to the Alpha Phi's for your participation in the Halloween Parade. Sigma Phi Epsilon. 11/11/03

FOR SALE

Used books at bargain prices. Good Buy Bookshop, Lovejoy Library Room 0012. Wednesdays and Thursdays, 11am-3pm. Sponsored by Friends of Lovejoy Library. 12/11/03

Spring Break Beach and Ski Trips on sale now! Call 1-800-SUNCHASE today! Or visit www.sunchase.com 2/26/04

Queen mattress and box still in plastic. Want \$175. 709-310811/20/04

Apartment size Kenmore washer/dryer. Approximately 10 years old. Excellent condition. (618) 654-4053. \$150 11/11/03

ROOMMATES WANTED

Roommate to share rural Edwardsville home. 6 min. to campus, 5 min. to shopping/grocery. 3 BR 2 BA, central heat & air, wood stove, huge yard. \$300 + 1/2 utilities. 618-917-4466 11/11/03

Roommate wanted. 5 min from SIUE. \$250/month + utilities. 618-288-3775 12/2/03

"I can't believe that sinning so small, what's a sin, could get me in some kinda eternal hellfire, come on, get in." -Dave Matthews

RESUME



Busy Bee Copy Service
(618) 656-7155

311 North Main Street
Edwardsville, IL 62025

TYPOGRAPHY • PHOTOGRAPHY • ART

OFFSET REPRODUCTION • FOLDING

AÉROPOSTALE

Receive
30% Off
your whole purchase
Thursday-Sunday
November 13-16
with coupon

For use only at Fairview Heights location
Excludes clearance merchandise

Earn \$1,000 - \$2,000 for your Student Group in just 3 hours!

College fundraising made **Simple. Safe and Free.**

Multiple fundraising options available. No carwashes. No raffles. Just success! Fundraising dates are filling quickly. Get with the programs that work!



You Trained Source for College Fundraising.

888-923-3238

www.campusfundraiser.com

Every Wednesday Ladies Night featuring

all new **"SPEED DATING"**

\$2.75 Margaritas
\$1.75 Corona
\$2.00 Jack

Come - Don't miss the Fun!

Thurs. Taping of St. Louis Country TV Show

Fri. \$1 Longnecks, Pool Tournament, Live Music, Thong-A-Thon, Cash & Prizes to 1st, 2nd & 3rd Place Winners

Sat. Live Dance Party w/93.7 "The Bull" \$1 Schnapps. \$2 Pitchers. Live Music.



18 and Up

346-6775

"The Later it Gets, the Wilder it Gets!"

If you can't find it... you're too stupid to be here.

Hollywood Tan

Student Special

8 Visits \$19.99

Must bring coupon. Expires 11/30/03.

656-8266

*Located next to
Denny's in front of
Wal-Mart*

www.hollywoodtanco.com

The Wagner Potter Association presents...

28th Annual Turkey Feast

*in honor of visiting artist
Simon Levin*

**Friday, November 14th 2003
7:00pm**

**In the Art & Design
Building Atrium**



Band: GRAY-V



Funded in full or in part by Student Activity Fees

**PRIZES!
FUN!**

**YOU THOUGHT YOU WERE SOMETHING
CLIMBING IN YOUR TREE HOUSE!!**

**FUN!
GAMES!**

**CLIMBING FESTIVAL
STUDENT FITNESS CENTER**

**REGISTER AT EVENT
CLIMBING GYM
5PM-9:30PM**

**ALL SIUE STUDENTS, FACULTY, STAFF, SFC MEMBERS AND IMMEDIATE
FAMILY MEMBERS OF THESE AFFILIATES ARE WELCOME!!**

NOVEMBER 14TH

FREE

650-BFIT



Ten Years of Excellence...
and Still Running

Basketball Madness

5 on 5 Pre-Season Hoops Tournament

Registration Due Tues. Nov. 18th

**Double Elimination
Brackets for Men and Women**

Event Starts Monday Dec. 1st

Captain's Meeting Wednesday, Nov. 19th

VC rm. 2001, 4:30pm

Student Fitness Center

650-BFIT or 650-3245

