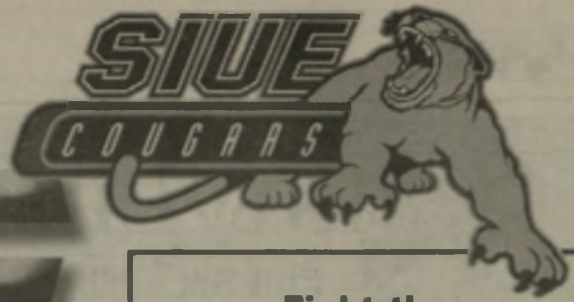


THE ALESTLE

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Fight the
freshman 15
See Lifestyles

TUESDAY, SEPTEMBER 28, 2004

SOUTHERN ILLINOIS UNIVERSITY EDWARDSVILLE

Vol. 57, No. 10 ♦

Guest parking changes

CORY FREEMAN
NEWS STRINGER

Guests now don't have to walk the extra mile to visit students at Cougar Village or in the residence halls.

Instead of having to park in a visitors' lot, guests can now get a temporary four-hour pass and park anywhere in the residence lots. Visitors can

get the temporary passes at the front desks inside the dorms for residence hall parking or in the Commons building for Cougar Village parking.

The changes were made in cooperation with the Residence Housing Association and the Parking and Traffic Committee

and make parking easier for visitors.

"The guest lots weren't convenient for visitors, it was just too far."

~ Director of Administration
Services Bob Vanzo

convenient for visitors, it was just too far," Bob Vanzo, director of Administration Services said. "I think this makes people more willing to visit."

Complaints about the guest lots mostly concerned parents visiting sons or daughters.

"Sometimes parents will

visit their kids and bring groceries or other things from home," said Vanzo. "Carrying those things from the guest lots to the students' rooms would often be a hassle because of the distance."

The new policy began Sept. 7.

Signs are posted at both the Cougar Village parking lots and the dorm parking lots to remind visitors to get a temporary parking pass.

"We don't want parents or anyone else to visit our students and get a parking ticket," said Vanzo. "That doesn't make guests feel welcome here."

Applications for royalty available

KRISTEN REBER
NEWS EDITOR

Nominations are being accepted for the 2004 Homecoming Queen and King.

Campus Activities Board Tradition Co-Chairperson Brandi Melton said, "You have to be a junior or senior or a graduate and

you have to have a 2.5 GPA."

Each applicant is required to submit a statement discussing why he or she will best represent the university as king or queen. The statements will be available for voter viewing at the voting site.

Application forms for

Homecoming Queen and King are located in the Kimmel Leadership Center.

Students may nominate themselves or may be nominated by another party.

"You can get nominated by a student organization," Melton said. "For instance,

see ROYALTY page 3

New art displayed



JASON SCHIPKOWSKI/ALESTLE

Allegory of Faith, a sculpture by Nick Lang, was one of several new sculptures were added to campus.

Hate crimes discussed

SCHALENE HOUSTON
NEWS STRINGER

The SIUE community had the chance to hear a lecture on the tremendous consequences of hate crimes and solutions to end the hate.

"Journey to a Hate Free Millennium" took place Thursday in the Meridian Ballroom of the Morris University Center.

The seminar discussed a few tragic hate crimes that had taken place within the past six years.

"Beauty is tainted by hate," Lecture producer and director Brent Scarpo said.

According to Scarpo, hate has begun because one group or person hates another group or person, and the nation cannot erase the great harm hate has caused.

He added that part of the solution to ending hate is speaking out against the problem.

"Silence is a huge breeding ground for hate," Scarpo said.

Graduate student Alejandra Arechiga-Perez said

she wanted to come because the topic seemed interesting. She added that she learned a lot and enjoyed the speaker.

"The speaker was really clear and he got to the point. He made (the lecture) in a way that it was fun," Arechiga-Perez said.

Scarpo left audience members a gift of two thimbles that were symbolic to him.

Scarpo said before he went to Hollywood his mother gave him a thimble and told him, "Fill it up to the top with love, care and respect for yourself; for if you do that I will not have to worry about you and I will be able to sleep at night."

This is Scarpo's sixth and final year presenting this lecture. He is currently working on a new documentary program called "Why Do You Hate Me?"

A copy of the documentary was presented to Campus Activities Board.

For more information on checking out or ordering the documentary, contact CAB adviser Amanda Rainey at 650-2686.

Musician showcased in the Goshen



JESSICA BALADAD/ALESTLE

Musician Randy Carter performed as part of Monday's Goshen Showcase in the Morris University Center. The Goshen Showcase is sponsored by the Morris University Center.

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The ELLA Speaker Series has been founded in part or whole by:
Student Activity Fees College of Arts and Sciences
Department of English Language and Literature
Office of Cultural and Social Diversity

Democrats showing free films

KRISTEN REBER
NEWS EDITOR

The SIUE College Democrats are presenting two documentaries this week.

The free screenings of the films will take place at 7:30 p.m. Tuesday and Wednesday in the John C. Abbot Auditorium in the basement of the Lovejoy Library.

"Everyone should see these films," SIUE College Democrats Political Relations Director Sarah Crouch said. "You may not agree with what you see but being informed is always a good thing."

The first feature will be "Outfoxed: Rupert Murdoch's War on Journalism." The documentary discusses biases in the media with a focus on the Fox News Network, which is owned by Rupert Murdoch. Also discussed in the recently released film is the growing control of corporations interfering with the public's right to know.

The second documentary featured is the 2004 Campaign Edition of "Unprecedented: The 2000 Presidential Election," which discusses the controversy in Florida concerning the

presidential election in 2000. The documentary, which features Danny Glover, uncovers several surprises surrounding the notorious election year.

"I think everyone should see these films," SIUE College Democrats President Ian Williams said. "They're educational and very entertaining. They're very enlightening whether you consider yourself a democrat or republican."

For more information on the SIUE College Democrats, go to their Web site at siue.edu/STACTV/DEMOCRATS.

Talk and eat with a professor

COURTNEY RAKERS
NEWS STRINGER

Students interested in meeting faculty and getting involved on campus should consider attending the "Lunch with a Professor" series on alternating Wednesdays in the Morris University Center's boardroom.

Tolun Ozarslan, program coordinator and general assistant of the MUC, said the program is a great way for students to get to know the faculty while enjoying a free lunch catered by the University Restaurant.

"Most professors look incredibly out of reach until you sit down with them and see where they are coming

from and what they have to offer," Ozarslan said.

The luncheon is set up with an open forum format allowing students to ask the professor questions about their background, teaching experience and what they hope to impress upon their students.

"Many times, a student will learn what a teacher is expecting out of a class and be able to better prepare for exams and the final," Ozarslan said.

The professor may be able to provide professional guidance as well.

"I know of at least one graduate student who decided to apply for their Ph.D. after speaking with two of the engineering professors at a luncheon," Ozarslan said.

Ozarslan contacts professors via e-mail each week and coordinates lunch dates with their schedule.

"We typically have 14 to 20 students turn out, as well as friends of the professor," Ozarslan said. "The program should be called 'Lunch with the Professors because there is never just one (professor) present.'"

The program is normally held from 12 to 1 p.m. on alternating Wednesdays, although dates are subject to change.

The next session will be held on Oct. 13, but the next professor has not been scheduled.

For more information, call Tolun Ozarslan at 650-2300.

Organization of the week

COURTNEY RAKERS
NEWS STRINGER

Making Waves, a special interest student organization, wants students to get involved and educate themselves and their peers on women's issues and studies.

President Megan Bailey said, "(The group's goal is to) spread the word that feminism isn't just about women thinking they are better than men, it's about equality and equal opportunity for everybody."

Currently, the group has nearly 30 members, and although membership is primarily female, Bailey said the group is open to members of both sexes.

"We would love more diversity in the group, more boys and more diverse women," Bailey said. "The more diversity we have, the more opportunity we have to explore different issues."

According to Bailey, the group helps out programs for women in the community by volunteering their time and sending donations.

A team representing Making Waves recently participated in the Walk for Women, a breast cancer fundraiser in St. Louis. The group also provided volunteers for Call for Help, a service to assist victims of sexual assault.

The organization is sponsoring a coming charity volleyball game in the Vadalabene Center for the Oasis Women's Center in Alton, a shelter for battered women.

Not only does Making Waves provide

community services, but the group provides programs to promote campus awareness on issues such as rape, sexually transmitted diseases, eating disorders and self-image as well.

Last year, the group brought comedian Michelle Garb to speak to students about self-image and eating disorders and sponsored a presentation of the Vagina Monologues. Currently the group is working with one of the fraternities on a rape forum.

A sex-education night has been planned from 7 to 9 p.m. Wednesday, Oct. 27, in the Morris University Center. The group plans to bring in speakers, hand out condoms, and play games.

"Halloween is traditionally a party week for students and we want to promote awareness on rape, STDs and other issues students face," Bailey said.

Making Waves is also working toward making Women's Studies a major at SIUE. Currently, only a minor in the program is available.

"There aren't many straight Women's Studies classes here," Bailey said. "We want to bring awareness of women's studies ... we hope to broaden the program and make it a major."

Students interested in the program should join the weekly meeting at 5 p.m. Wednesday in the Women's Studies office in Peck hall, Room 3407.

"(Students should) feel free to just drop by and get an idea of what we do," Bailey said.

Foreign policy talk at food chat

ALESTLE STAFF REPORT

Those interested in foreign policy and events regarding the coming election should attend Food Chat from 11:30 a.m. to 1 p.m. Wednesday in the University Club in the Morris University Center.

Historical Studies professor Steve Tamari will be speaking at the chat. Tamari will present "Foreign Policy: How we get along (or fail to get

along) with the rest of the world."

Campus Activities Board sponsors the free lunch and lectures on issues that affect society.

Throughout the fall semester, topics discussed will include the 2004 elections and views on different candidates.

For more information on Food Chat, call the Kimmel Leadership Center at 650-2686.

ROYALTY

from page 1

each of the Greek organizations will put in a candidate. You don't have to be Greek to be on this, though."

On Monday, a committee comprised of faculty, staff and students will conduct interviews of the applicants in order to narrow the nominees down to 10 king and 10 queen candidates.

Those interested in campaigning for Homecoming King and Queen may not advertise within 10 feet of the voting booth, which will be located in the Goshen Lounge of the Morris University Center during voting days.

Also, the Homecoming Planning Committee must approve content on campaign materials such as banners and

flyers.

Voting will take place from 10 a.m. to 6 p.m. Tuesday, Oct. 11 and 10 a.m. to 4 p.m. Wednesday, Oct. 12.

"Everyone on campus who is a registered student may vote," Melton said. "You must have your SIUE student ID card in order to vote."

Applications and required documents must be turned in to the Kimmel Leadership Center by 4:30 p.m. Friday in order to be an eligible candidate.

"It's a great experience," Melton said. "You represent all the students at SIUE, and it's an event that brings the campus together."

For more information, call 650-2686.

Campus Scanner

ELLA Speaker Series: Join the English Language and Literature Association and guest poet Allison Joseph from 4 to 6 p.m. Tuesday in Founders Hall, Room 0207 for a poetry reading and discussion. For more information, contact Janella Moy at jmoy@siue.edu.

Exporting 101: SIUE's International Trade Center and Federal Express are presenting a program on global exporting from 8:30 a.m. to 1:30 p.m. Thursday in the Morris University Center's Maple and Dogwood rooms. A \$25 registration fee is required, which includes breakfast, lunch and parking. Space is limited. To register, contact the International Trade Center at 650-3851 or Silvia Torres at 650-2452.

Food Chat - American Foreign Policy: The latest installment in Campus Activities Board's Food Chat series will feature Professor Steve Tamari. Join him from 11:30 a.m. to 1 p.m. Wednesday

in the Morris University Center's University Club for a discussion on American relations with the rest of the world. The program will feature a free lunch. Contact the Kimmel Leadership Center at 650-2686 for more information.

German Conversation Hour: Join new faculty member Doug Simms for an hour of German Language conversation at 1:30 p.m. Wednesday near the German flag in the Morris University Center. For more information, contact Belinda Carstens-Wickham at 650-3510.

Greekstock: The Inter-Fraternity Council is sponsoring a local music festival from 3 to 9 p.m. Friday behind the Cougar Village Commons Building. For more information, contact Lloyd Jarden at ljarden@siue.edu.

Just 4 Laughs: Join comedian Tom Cotter from 5:30 to 6:30 p.m. Tuesday at the Morris University Center's Cougar Den for an evening of laughs. For more information,

contact the Kimmel Leadership Center at 650-2686.

MLA Citation Style for Beginners: The SIUE Writing Center is sponsoring an MLA workshop from 1:05 to 1:55 p.m. Tuesday in Peck Hall, Room 1412. The program will cover citing sources and navigating the MLA handbook. For more information, contact the SIUE Writing Center at 650-2045.

Tobacco Counseling: The American Lung Association of Illinois is providing the Illinois Tobacco Quitline. Registered nurses, respiratory therapists and addiction counselors staff the toll-free line. Counseling is free to residents of Illinois. Hot line hours are from 7 a.m. to 6 p.m. Monday through Friday. Those interested should call (866) QUIT-YES.

Alcoholics Anonymous: The Gut Level Group meets at 7 p.m. Saturday in the Religious Center. This is an open meeting of Alcoholics Anonymous and Al-Anon.

READ THE ALESTLE.

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Opinions & Editorial viewpoints & commentary

◆ TUESDAY, SEPTEMBER 28, 2004

A l e s t l e

PAGE 4 ◆

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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.

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Have a comment?

Let us know!

Send us an e-mail:

alestle_editor@hotmail.com

The Alestle
Campus Box 1167
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Every millennia or so, a large corporation will actually do something good for the world. The downside is that people in this country somehow tend to ruin that good deed. This year, Nike and the Lance Armstrong Foundation joined forces to create a good deed with the "Live Strong" wristbands.

Now you don't normally hear a lot of good things when you hear about Nike. Usually it is another news story about child labor or people fighting over

Live strong or get the dough

shoes, but this is actually a good tale. In honor of Lance Armstrong, the bicyclist who won the "Tour de France" six times in a row and a survivor of testicular cancer, his foundation and Nike created yellow wristbands with the words "live strong" on them, and sold them for \$1 to raise money for cancer research.

I'm talking about a yellow rubber band that probably wouldn't cost 10 cents to make, but all the proceeds, that's right, all the proceeds, go to the Lance Armstrong Foundation to help fund cancer research.

Here is where the people come into play. Little did anyone know that these wristbands would become a hugely popular item almost overnight. People would buy them by the twenties or any number they could get

their hands on, and they would seek them out by calling from store to store in search of them.

Why? You might ask. I have no idea. I would like to say that it was because some people knew the proceeds went to help fight cancer.

I work in a sports store, and I have to say that half the people looking for the bands didn't have a clue. All they knew was that the bands were popular and they had to have one, and their kids had to have one and their kids' friends had to have one. Where is the downside?

Once the bands became a fad, people started to monopolize on that popularity. In other words, the wristbands ended up on eBay at \$30 a pop. That is how people have ruined that one good thing. Thirty dollars for a yellow rubber band and the money isn't even going to go to charity -

that's almost like stealing from cancer patients.

Could a person's desire to make money be that strong? Could morality and right and wrong no longer be issues? Well, the answer to that is obviously yes. If there weren't a problem, then Lance Armstrong wouldn't have had to make a public announcement saying that more rubber bands will be sent to stores and asking people not to buy them from individual sellers.

Maybe one day we won't live in a world where people lie and cheat and steal from one another, but for now, all I see when I look at those little yellow bands is a country where people aren't afraid to try to take from those who need it most.

Tyler Bennett
Editor in Chief

Letters to the editor

Student humored by gay marriage letter

After reading Brad Branham's letter to the editor on Sept. 21 speaking out against gay marriage, I was so greatly humored by the bombardment of imbecilities that I had felt compelled to write back against a few of his points.

One, why all the fuss about "having more at stake this election year than potentially at any other time in history?" Perhaps he should be

informed both presidential candidates have already said they do not support clauses for homosexual marriage, or "marriage," as Branham puts it. Presidential nominee Senator John Kerry supports civil unions and domestic partnerships which do not benefit just homosexuals, but for the millions of heterosexual common law marriages, err. excuse me,

"marriages" in the country today.

Two, why should women, following as Branham puts it, "the feminist movement," be needed for and against the role of only a dad for "the healthy development of a child?" What an unfair and unfounded slam against the millions of successful single fathers out there who have raised fine and beautiful children due to unfortunate circumstances.

Come to think of it, why didn't Branham write against lesbian couples raising children? After all, under his theory, two moms are better than one, but Branham seems to have something against polygamy, too. Therefore I am left quite confused on how many women are exactly needed for "the healthy development of a child."

see STUDENT, page 5

Student responds to homosexual marriage claims

In response to Brad Branham's letter to the editor, I would like to rebut several of his claims.

He says that two men cannot adequately raise a child. I ask this — is it better for a single parent to attempt to raise a child alone or for two people to consciously make a choice to raise a child? I say consciously because since they are of the same sex, there

can be no accidents.

One would assume that two men or two women could adequately raise a child since the number of teenagers who adequately raise children each year proves it is not rocket science. And since they are forced to make a choice to have children, they show that they feel they are ready to accept the

challenges of raising a child.

Branham also says if gays are allowed to marry, instant divorces will be available. I don't know if he realizes this, but divorce between heterosexuals happens every day. In 2003, the divorce rate was 43 percent.

If marriage is so "sacred," then why doesn't Branham go after reality shows such as "Who

Wants to Marry a Millionaire" or people such as Britney Spears with her 72-hour marriage and Jennifer Lopez's multitude of suitors.

The idea that Social Security will have undue stress is a cop-out and ludicrous. For one thing, Social Security is a program that, once it runs out, tough luck. If he is so concerned about Social

see RESPONDS, page 7

Solution to gay marriage argument sought by student

Let me start by saying that Michael W. DeMoss's closing statement in his letter to the editor that many heterosexuals are seeking to "repress others and create a second class of citizen" is quite a bit off base, and it kind of alarms me that a political science major could come to no better conclusions as to why certain individuals would seek to ban gay marriage.

This is by no means intended to support Pastor Branham's

previous letter to the editor. Although I agree with his stance on the issue, I believe he resorted to certain generalizations and fear tactics that are out of place in a collegiate publication such as the Alestle.

Now, to the bread and butter of this letter: Did it occur to DeMoss that perhaps the reason conservative Christians seek to defend their concept of marriage so dutifully is that the institution itself is considered

sacred to them? Additionally, homosexuality is considered a sin by nearly every Christian denomination. Therefore, before assuming that there is a group of people out there with the sole intent of destroying the rights of citizens, people need to analyze where these opinions come from. It would be like force-feeding a hamburger down the throat of a Hindu (forgive me for the lack of a more readily available analogy).

Just because this group has this idea, does not mean that it is protected under U.S. law. Just because Christians consider homosexuality a sin and marriage to be a sacred institution does not mean that they are right under this law. Similarly, just because another group thinks homosexuals should have the right to marry does not mean that they are right under the law. That is the purpose of this vote.

see SOLUTION, page 8

STUDENT

from page 4

Three, why would the homosexual agenda "ultimately end the nation's interest in marital relationships altogether?" I think our nation is doing quite well taking interest in marital relationships. After all, take Elizabeth Taylor, Britney Spears, Jennifer Lopez, Kobe Bryant, etc., as fine examples our children should look up to that ensure marriage is still a sacred institution.

Four, Branham also said, redefining marriages would open the door for gay marriages and allow divorces to be obtained instantly, further jeopardizing our nation's children. Last time I looked, the listing of divorce decrees for heterosexual couples in the paper was a lot longer than the listings for heterosexual couples wanting "marriage" licenses. Last time I watched Fox News, Arab terrorists, global warming, hurricanes and pesticides were more jeopardizing to our nation's children than "straight people" getting divorced. But, of course, if it involves gay people wanting to marry, then we suddenly have a problem.

Five, Branham's claim that homosexual "marriages" would overburden the Social Security system is completely unfounded. Anybody who has sat through any human geography or political science class could tell

you Social Security is overburdened by the simple generation gap of America's elders outnumbering the number of working class. The Baby Boomer generation after all, has to retire sometime. The math is there and it's quite simple, really.

Branham, though, is right in saying "the rest of the world is watching to see how we will decide on this topic." Quite frankly, the rest of the world does not see gay marriage as an issue of such caliber and is yet another stone they like to throw in their anti-U.S.A. sentiments.

One only needs to travel outside of the United States to visibly and culturally see how other countries are more concerned with the pesticides as being more of a threat to their daily lives over who can or cannot be told they can live together in harmony. Branham also is concerned with the Bible calling homosexuality a "sin," yet says he has concern over his preaching against it being a "hate crime." I'd personally be more concerned over how to preach to our children how a man murdered his own brother out of jealousy than anything, and while we're at it, how about the book of Job?

Gavin Hamilton
Senior

Departments of Geography and Mass Communications

STUDENT GOVERNMENT SPONSORED PROGRAMS THIS WEEK

English Language and Literature Association Speaker Series: Allison Joseph Tues., Sept. 28, in Peck Hall from 4-6 pm

Inter-Fraternity Council presents "Greek Stock" Fri., Oct. 1, from 3-9pm Behind the Commons in Cougar Village

By the Way- Student Senate Meeting on Fri., Oct. 1, at 2 pm in the Goshen Lounge, MUC

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campus activities board

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5:30 p.m. - 6:30 p.m.
University Restaurant, MUC

Fright Fest
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Saturday, October 23
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Can be purchased at the Information center, MUC
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U.S. Foreign Policy: How We (Try to) Work with the Rest of the World
Wondering about some of the issues in this upcoming election? Come discuss this with SIUE's own expert, Professor Steve Tamari.
Wednesday, September 29
11:30 a.m. - 1 p.m.
University Club, MUC
FREE LUNCH!



Lifestyles

PEOPLE, ENTERTAINMENT, & Arts

Students get twisted at Cougar Craze

SHAUN PILAT
LIFESTYLES REPORTER

The game Twister turned students into contortionists Wednesday during Cougar Craze in the Morris University Center's Goshen Lounge.

Twister was the final of two Cougar Craze events Campus Activities Board sponsored this month. During the event, CAB gave away prizes to the winners and free lunch to players and the audience.

Prizes included sunglasses, novelty toys and an inflatable guitar. CAB also provided the audience with other board games like Yahtzee and Trivial Pursuit.

CAB Graduate Assistant Jennifer Barbour said she was pleased with the event.

"I think the students really enjoy watching," Barbour said. "I think the interest level was high."

Sophomore Judah Marx, the co-winner of one game, said he was glad for the break in his day, and he was also glad he won.

"I will treasure my Animal Muppet forever," Marx said



Several students take a break from class to get in on a game of Twister during the CAB-sponsored Cougar Craze Wednesday in the Goshen Lounge. CAB also provided other games like Yahtzee and Trivial Pursuit, as well as free refreshments for students.

JESSICA BALADAD/ALESTLE

about his stuffed prize.

The first game of Twister kicked off with a little help from CAB Entertainment Chair Ashley Manous. She gave away free

Pepsi T-shirts to the first five players to start each game.

The first game began with eight shoeless players standing next to any Twister mat they

chose. After each round, the announcer of the event had the players move closer together and only use specified mats.

Every game after the first

was played differently. Instead of letting the players start at any chosen mat, the announcer told players where to begin, thus eliminating players faster and making the games shorter in length.

Junior Alan Casseday was unable to finish his game but said he still had fun.

"I had a good time. I just wish I didn't have to leave for class," Casseday said.

Hunched over, contorted and then in motion when the announcer called out the next move, the players looked like an animated sculpture.

Sophomore Sharon Gibson said she enjoyed playing and wished more people had participated.

"I just don't like being sat on," Gibson said laughing.

Freshman Gary Parker did not win but left happy because he had not played Twister in awhile. He said he would attend future Cougar Craze events because he liked the fun events involving the entire campus community.

For more information on Cougar Craze, contact CAB at 650-3371.

T-shirts needed to keep project moving ahead

EMILY TAUL
LIFESTYLES STRINGER

Old T-shirts are the inspiration and identity of Mikey Thomas' piece for the 2004 "Dance in Concert" production.

Thomas, a professor of theater and dance, has recently begun the process of developing his project for the annual "Dance in Concert."

This free concert for students will be held at 7:30 p.m. Wednesday, Nov. 10 through Saturday, Nov. 13, and 2 p.m. Sunday, Nov. 14 in Dunham Hall.

Thomas said he used an inspiration from graduate school, of a dance using many different, unique props.

"I am using old T-shirts to base my dance on entitlement and identity," Thomas said. "I know everyone owns tons of old T-shirts, so we are looking for donations from students on campus and then we will donate

them to charity after their use in our production."

"Any T-shirts of any size can be brought to the department office or any of the dance studios through the middle of October," Thomas added.

Thomas said he began brainstorming about the piece in June. He said he wanted to develop something important for his dancers, using material themes and challenging them with movements to benefit their experiences.

"I want a piece of social relevance, but with a universal point, where the audience can make up their own minds," Thomas said.

Thomas described how he develops a piece of interest for both his dancers and the audience.

"My process of developing such a piece is, I first conceptualize the piece by writing it down and sketching out

my ideas," Thomas said. "Creating it is the toughest part, especially the one I dread. But my favorite part of this process is to see the finished product and keep rehearsing it."

At auditions, Thomas said he was looking for dancers with four qualities, "strong, independent, willing and adaptable." He advised hopefuls that the road to an accomplished performance is tough.

"Sometime in this process someone will cry, someone will bleed, someone will leave and someone will explode," Thomas said.

Since mid-September, he and his dancers have practiced four days a week, for four-hour sessions.

Thomas said his piece differs from others in the concert because of its style.

"It (the piece) is mostly post-modern and others in the concert

see T-SHIRTS, page 7

Conference plans to feature African studies

BRENT NAYLOR
NEWS REPORTER

Students, faculty and members of the community will have the chance this weekend to participate in an in-depth conference on African Studies hosted by the Mid-American Alliance for African Studies.

MAAAS is described on its Web site as, "an organization for the promotion of African Studies in mid-America."

According to the MAAAS Web site, the conference will be held Friday and Saturday in the Morris University Center.

Attendees will have to pay a registration fee, \$30 for faculty and \$15 for students and independent scholars, and a MAAAS membership fee, \$20 for faculty and \$15 for students and independent scholars.

The conference will feature papers on a variety of Africa-related topics presented by members of MAAAS.

According to the Web site, the two keynote speakers for this year will be University of Illinois History Professor Jean Allman and Department of State Foreign Service Officer Stephen G. Brundage.

Also attending the conference are five scholars from the University of Ibadan in Nigeria.

"The visiting scholars from Nigeria are here for about six weeks of curricular research activity related to our grant from the U.S. Department of State," english professor and event contact Dr. Ron Schaefer said.

"It was the same grant that had our professors from SIUE in Nigeria over the summer, actually over the last three summers."

The Nigerian scholars' papers will be presented Saturday morning.

For more information, visit the MAAAS Web site at siue.edu/maaas04.

Health Wise

Learn how to keep off the notorious "freshman 15"

SARA WEST
LIFESTYLES REPORTER

Vending machines, fast food, beer, pizza and a cup o' joe are popular diets among college students on the go.

Do diets such as these write a recipe for the notorious "freshman 15"? According to researchers, the answer is yes.

Studies done at Cornell University found that a first-year student is expected to gain an average of four pounds during the first 12 weeks of school.

Karrie Schaefer, a registered nurse with SIUE Health Service, places the blame mostly on students' changes in their living arrangements.

"(Students) get different lifestyles. They're away from home, they're making their own meals and they have the freedom to eat what they want," Schaefer said.

Along with freedom, the weight gain is attributed to poor nutrition and the added stress of schoolwork.

"After a calculus test the other day, I went and got a Reese's Peanut Butter Cups," chemistry major Katie Richards said.

College students have irregular schedules that, many times, only allow for convenience foods. The problem, of course, is unhealthy snacks and fast food, which satisfy hunger cravings but provide poor nutritional intake.

"If I've got three classes in a row, I'll get a snack or soda to take to class with me," Richards said.

Unhealthy food choices provide a false sense of energy and don't give a body the nutrients it needs.

Jessica Donze, a registered dietician for the Nemours Foundation, wrote in her article, "Beating the Freshman 15," that college students are still building bone mass and bad diets. Especially those with excess soda, alcohol and smoking, can have a harmful effect on calcium absorption.

Schaefer also reminded students that poor nutrition and weight gain affect overall health as well. Proper nutrients will keep the immune system functioning properly, which helps to avoid catching a cold from that guy in critical thinking class.

So, how can a student avoid the "freshman 15" or keep from freaking out if the weight is already piling on? The Cornell studies found calories were the biggest factor. Researchers said cutting out large-portioned meals, extra sodas and lattes and quick fixes from vending machines are a start.

Schaefer agreed with the researchers.

"Eat meals and avoid snack food," Schaefer

said. "Also reduce snacking between meals and eat breakfast because it speeds up metabolism and it's unhealthy to skip a meal, and avoid late-night snacking ... that's when you gain weight."



The studies reported the best way to beat unhealthy plates of cafeteria food is to use only one plate and fill half of the plate with fruits and vegetables first, then that added slice of manicotti will seem to fill the plate proportionally, providing for a balanced meal.

Students monitoring and implementing a healthy lifestyle will find that good habits can have a big impact not only now, but also in the future.

Students can help reduce weight gain by getting enough sleep and exercise, learning about nutrition, controlling lifestyle choices such as limiting alcohol and cigarette intake and developing good eating skills.

Donze said getting enough sleep keeps stress under control and exercising boosts energy levels and good physical health. She added that smoking is the worst culprit of nutrition as smoking suppresses both appetite and energy levels.

Many students do find ways to beat that "freshman 15."

"I walk," pharmacy major Bekki Kistler said. "And, since I commute, everything's a little more expensive on campus and that keeps me from buying snacks and food throughout the day."

Schaefer said if students choose to snack, they should snack on healthy food and don't associate studying with snacking.

"The bottom line is make the wise choices, choose the apples and yogurt over the french fries," Schaefer said.

The SIUE Wellness Center offers nutritional profiles for the campus community at affordable prices. And, Health Service provides a program called Cougar Care, which is a mentor program offering health education to students.

For more information on nutritional counseling, contact the Wellness Center at 650-2935. For more information on Cougar Care or for a pamphlet on avoiding the "freshman 15," contact Health Service at 650-2842.

RESPONDS

from page 4

Security, why doesn't he complain to the government about spending the surplus from Social Security?

One thing people such as Branham always seem to bring up when discussing gay marriage is polygamy. Now, I have tried long and hard to figure out how two people trying to get married have anything to do with four people trying to get married, and from what I have discerned, I can very limitedly understand where he comes from. However, using that exact argument, I can make a better case to outlaw heterosexual marriage because it opens the door for three straight men to marry one straight woman. From what I understand of polygamy, the multiple husbands/wives only

bed with the alpha male/female and never together.

And as for an "age-old institution" of marriage, all I have to say is, whatever. If Branham wants to protect marriage, he should outlaw divorce. If he wants to save the children, he should outlaw out-of-wedlock and teen pregnancy. But don't say that two people who want to get married are going to destroy marital relationships — by getting married, they will cause people not to want to get married? This goes against logic.

Branham, gays getting married will not affect you, me or any other heterosexual. Times have changed. Learn to accept it.

Bryan Skorczewski

A Word to the Wise About Network Security

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SIUE Office of Information Technology

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T-SHIRTS

from page 6

are classic modern and culture suggestive," Thomas said. "Something I like to do is put motions in the piece that do not quite follow the music choice, where most other pieces have motions and music that coincide."

Thomas said one of his recent inspirations is Michelle Ellsworth of the University of Colorado at Boulder.

"I like the quirkiness of her pieces, especially since the biggest parts of her work are visual and based on

contemporary art," Thomas said. He described his own movements as "eclectic, a hybrid of many dance techniques such as ballet, modern, jazz and basic acro."

"I want the people of the university to see how strong and athletic these dancers are," Thomas said. "I want them to see how physical dance can be and how similar it is to a sport."

"Dance in Concert" will consist of eight pieces performed by 34 dancers. Faculty members

of the department, such as Kerry Shaul and Calvin Jarrell, also have projects in the concert, along with a few select student and alumni choreographed pieces.

David Covey, a lighting designer and choreographer from Ohio State University, came in early September to choreograph a guest piece for the concert.

For more information on "Dance in Concert," contact the Theatre and Dance Department at 650-2773.

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SOLUTION

from page 4

Does this mean that I think that homosexuals should be denied Social Security and other benefits? It most certainly does not. Does this mean that I think that heterosexuals are better than homosexuals? Again, a resounding no. Being a Christian myself, I do not believe that any one sin is better or worse than another. I am driven by my respect for the dignity and welfare of every human being, and part of this respect includes securing rights for all.

Let me ask a question, and maybe DeMoss, Sara Carpenter or another reader could answer it for me. If proponents of gay marriage are seeking only the rights and respect offered to heterosexual couples and conservative Christians are seeking only to protect their sacred idea of marriage, could there be a way to secure these rights for

homosexuals and not step on the proverbial toes of other citizens' fundamental beliefs? Could another type of civil union be created?

There could be several options open that have yet to be explored. However, everyone must realize that forcing a group to abandon its idea of what is fundamentally right and wrong could be disastrous. Also, denying another group rights under the U.S. Constitution is an equally horrible idea.

I apologize if I have offended anyone or misrepresented any groups through this letter, but it is my hope that this forum may be used as a platform for debate and maybe even consensus. Let's leave the mudslinging to the politicians.

Justin Dixon
 Senior
 English Education

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Sports Quote of the Day

"Your opponent, in the end, is never really the player on the other side of the net, or the swimmer in the next lane, or the team on the other side of the field, or even the bar you must high-jump. Your opponent is yourself, your negative internal voices, your level of determination."

- Grace Lichtenstein

Coming Up

Women's volleyball takes on Southern Indiana at 7 pm Wednesday.



TUESDAY, SEPTEMBER 28, 2004

AleStle

Page 9

Kicking the competition

Women's soccer deals Northern Kentucky first GLVC loss in five years

ZACH GROVES
SPORTS REPORTER

The SIUE women's soccer team has ripped through its opponents on a five-game winning streak.

This weekend the Cougars shut out the University of Indianapolis Greyhounds 3-0 and the Norse of Northern Kentucky University 2-0, ranked 10th in NCAA Division II, at Ralph Korte Stadium.

Head coach Lynda Bowers was pleased with the team's effort in both matches.

"I can't complain with two wins since both teams are really good opponents," Bowers said. "NKU was undefeated by a (Great Lakes Valley Conference) opponent for the last five years. It was a huge victory and was definitely a milestone for the team."

The Cougars rattled the Greyhounds' defense with 15 shots and came out of the game Friday night with three goals and a victory. SIUE defense had a strong showing as well, holding the Greyhounds to 11 shots.

Sophomore midfielder Kristine Armstrong led the attack with two goals, including one in the first half with 21 minutes, 46



AUBREY WILLIAMS/ALESTLE

Kristine Armstrong makes a move around a defender in the Cougars' 2-0 victory over 10th ranked Northern Kentucky. It was the first time the Norse had lost a conference game since 1999. Northern Kentucky was 40-0-1 during the streak.

seconds in the game.

Freshman goalkeeper Kim Roady, who saved five shots in the game, assisted one of

Armstrong's scores on goal.

Senior forward Ann Crawford added to the lead with an unassisted goal, her sixth goal

of the season, with less than six minutes to go in the half.

Bowers credited the defenders for contributing to the

Cougars' winning ways.

"Our defense has really been doing their job and pulling their weight," Bowers said. "We always rely on our defense first."

"We try to control our work rate and our defensive effort, and that has been turning into some goal scoring opportunities for us. That gives Annie Crawford and Armstrong a few more opportunities."

Armstrong notched her second goal with less than five minutes to go in the game. Senior midfielder Jackie Thomann assisted Armstrong's goal, which was her second of the year.

Two days later the Cougars were back in action again at home as they took on Northern Kentucky University.

Throughout the game, the Cougars out-shot the Norse 12-9, including seven shots in the second period.

"(The Norse) had a really difficult match against Quincy (University) on Friday," Bowers said. "I don't know if that tired them out a little bit. We dominated the majority of the game, and for the most part we handled them very well."

Crawford tallied the team's first goal, her seventh of the season. *see WOMEN'S SOCCER, page 10*



AUBREY WILLIAMS/ALESTLE

Junior forward Pete Cacciatore makes a move around a Northern Kentucky defender during the Cougars' 2-1 overtime win.

Men's soccer rolling along

MATT KANE
SPORTS REPORTER

The SIUE men's soccer team is 9-1 and has extended its Great Lakes Valley Conference winning streak to 15 games.

Eight of the 11 Cougars who have scored this year so far have more than two goals; three players have five goals.

"We always like getting production from a lot of players," coach Ed Huneke said. "You can never have enough goals. It's like my theory on baseball; you can never have enough

pitching."

As much as scoring is a key to winning, Huneke stresses that defense is just as imperative.

In 10 games, SIUE has only given up six goals, and recently had a streak of four straight shutouts.

The Cougars went 16-4-1 last year, concluding a season when the team was ranked 17th in NCAA Division II.

The most glaring statistic this year is the undefeated record when the team is on the road.

Part of the success comes from being able to win tough

games and staying focused as long as it takes to get the W. SIUE is 2-0 in overtime games.

When asked how he maintains his team's focus overall, Huneke, the 2003 GLVC Coach of the Year, said it isn't very hard.

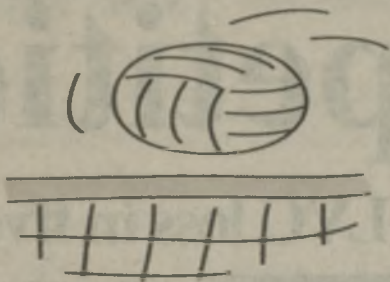
"When they come here, they know they have a job to do. They're serious players," Huneke said.

Huneke also said he doesn't mind his players having a good time in college.

"I know they go out and have a good time, but that's *see MENS SOCCER, page 11*

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Free Admission to SIUE Volleyball



The SIUE Women's Studies Program and SIUE Athletics are sponsoring a community service project on Wednesday, Sept. 29 to benefit the Oasis Women's Center, a shelter in Alton for victims of domestic violence. On September 29, anyone who gives a donation of personal care items (shampoo, conditioner, deodorant, or disposable diapers) or kitchenware will receive free admission to the SIUE women's volleyball match against...

Southern Indiana
7 p.m.
Vadalabene Center.

Collections will be taken immediately before the match. You may also drop off donations daytime at Peck Hall in room 3407 or room 0230.



PHOTO COURTESY OF SIUE ATHLETICS

Senior forward Ann Crawford (left) and junior midfielder Kelly Dill (right) chase down the ball during the Cougars' upset of Northern Kentucky University. Crawford scored her team-leading sixth goal of the season to help the Cougars to the victory.

WOMEN'S SOCCER

from page 9

season, with 21 minutes, 26 seconds in the first period. Armstrong was credited with the assist.

Their offense continued as freshman forward Katie Yerian nabbed her second goal of the season in the second period with nearly seven minutes remaining. Armstrong also picked up the assist in that play.

Senior goalkeeper Jessica Brown kept the Norse in check with eight saves for her fourth shutout of the season.

While the wins pile up, Bowers continues to see improvement from the underclassmen.

"Armstrong is a sophomore and (midfielder Kelly) Dill is a junior. Our starting lineup is

probably 75 percent sophomore," Bowers said. "I have so much confidence in them. They don't play like underclassmen, they play like they want to win."

The Cougars' home stretch continues against the William Woods University Owls in non-conference action at 7 p.m. Wednesday at Ralph Korte Stadium.



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Two more wins for Cougar volleyball

ZACH GROVES
SPORTS REPORTER

Offense was the main attraction for SIUE this weekend, as the women's volleyball team traveled to Kentucky and defeated conference rivals Northern Kentucky University and University of Kentucky Wesleyan.

The Cougars began play in Highland Heights Friday when they took on the Norse of Northern Kentucky. It was a battle to the finish, but the Cougars came out with the 23-30, 30-27, 30-18, 25-30, 15-12 victory.

An excited head coach Todd Gober said, "It was a huge match, a big conference and confidence match. The Norse are the toughest opponents in our conference (Great Lakes Valley Conference), and the girls put up a phenomenal effort."

Despite losing the first game 23-30, SIUE was able to battle back and earn the five-game victory.

"The attitudes were great, even after the first match loss. There was not one player to focus," Gober said.

Junior setter Krystal Majernik agrees.

"Mentally and physically we were ready for Northern Kentucky. We were really pumped," Majernik said.

Five players reached double-digits in kills, an amazing feat

accomplished for the first time this season. Junior middle hitter Heather Bonde pounded 17 kills while posting a .467 hitting average to lead the Cougars, junior middle hitter Tina Talsma continued her hot streak with 15 kills and junior outside hitter Kindra Westendorf, fresh back from injury, posted 14 kills.

"There were different heroes on different matches in this game," Gober said.

Sophomore opposite hitter Tricia Happe also recorded 14 kills. Junior outside hitter Shannon Winkeler completed the offense with 11 kills and two aces while serving, and Majernik almost doubled her season average as she recorded an impressive 63 assists.

"Happe played perhaps the best game of her career," Gober said, in reference to her match-up against NKU's top hitter, Kristin Koralewski.

"It was an exciting two and a half hours in this match."

While offense was the main theme of the match, the Cougars' team defense was equally a factor. Every player on the team recorded at least one dig. Junior outside hitter Allison Buss continued her excellence on the defensive side with 16 digs.

Saturday proved to be a lot easier for the Cougars, as Gober even gave some of his players the

day off in their 30-14, 30-19, 30-18 route of the University of Kentucky Wesleyan Panthers.

"Most starting players did not play the next day as I wanted to give players like (freshman setter) Sadie Zurliene a chance. She did a great job serving, and is improving," Gober said.

Another youngster who played an important role in the Cougars' victory was sophomore middle hitter Jamie Jones, who achieved her first double-digit set of kills this season, leading the Cougars with 14.

Winkeler and Talsma finished behind her with seven each.

Buss once again carried the team defensively with 15 digs. She also chipped in on the offensive side, scoring five aces.

Zurliene chipped in with 14 assists.

The Cougars return home to host the Southern Indiana University Screaming Eagles on Wednesday.

The game against Southern Indiana will serve an additional purpose, as the Cougars will be

MEN'S SOCCER

from page 9

OK, it makes them a closer team."

The most successful team at SIUE right now set an agenda at the beginning of the year and is sticking to

accepting donations to the Women's Center for admission into the game. SIUE Athletics and the Women's Studies Program will sponsor the event.

The Oasis Women's Center is a shelter that supports female victims of domestic abuse in the Alton region. The team will be collecting donations in exchange for free admission to the match.

"We've been really promoting Wednesday and practicing hard for Southern Indiana," junior setter Krystal Majernik said. "We're hoping to draw a huge crowd as we're collecting donations and giving away free T-shirts."

Items that can be donated are hair care products such as shampoo, conditioner, gel, toothbrushes, baby bottles, baby lotion and regular lotion, deodorant, tampons, new socks and underwear for women and children, bedding, dishes, kitchen utensils, silverware, pots, pans and small clock radios.

The game begins at 7 p.m. in the Vadalabene Center.



AUBREY WILLIAMS/ALESTLE
Junior forward Ross Beveridge controls the ball down field during the Cougars' victory over the Northern Kentucky University.

the conference tournament." The Cougars next travel to Kenosha, Wisconsin to take on the University of Wisconsin-Parkside at 1:15 pm Friday.

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Classified & Personals

◆ PAGE 12

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