TUESDAY, NOVEMBER 30, 2004

SOUTHERN ILLINOIS UNIVERSITY EDWARDSVILLE

Vol. 57, No. 26 ♦

Holiday spirit fills **University Center**



SHARA REYNOLDS/ALESTLE

Senior Staci Steinkamp eats lunch and studies in front of the Christmas tree standing in the center of the Goshen Lounge.

Student Government encourages open forum

BRENT NAYLOR NEWS REPORTER

vigorous discussion at the last Student Government meeting was not even on the agenda.

President of Retention of African-American Association, or RAM, Carl B. Mitchell raised the issue of latenight dance policy during the open forum.

Currently, student organizations sponsoring latenight dances are required to sell tickets a week in advance through the Morris University Center's Information Center rather than charging the at door.

"Why do we have the protocol that we have," Mitchell said. "Why buy tickets? Students

don't plan that far ahead."

The Student Senate indicated that the policy is on the schedule to be reviewed.

"This issue is being addressed, and hopefully we'll Presidents Council for the have more info for you later in the year," Student Senator Justin Allen said.

Open forum is the time set aside for students to raise issues that aren't on the agenda. The Student Senate stressed the importance of the open forum and encouraged students to utilize it.

"We really do want to take advantage of the open forum," Student Senator Tim Goldman

Student Government meets every other Friday in the MUC. The next meeting is at 2 p.m. Friday in the Goshen Lounge.

Housing costs to increase

BRENT NAYLOR NEWS REPORTER

Student housing fees are

"It happens every year," Director of Housing Michael Schultz said. "In housing there's a plan out there to increase student rental three percent, just to keep up with inflation."

The current proposal would increase the room and board rates of students in the residence halls by roughly 11.7 percent, and those of Cougar Village residents standard three percent.

The estimates are subject to change, however.

Schultz indicated that the proposed rate increase is to pay for the costs of the construction and mold removal that took place in the residence halls last

"There's a legal case that will not take place until the first week of April where we are trying to recoup that money that we spent," Schultz said.

The outcome of April's legal case will affect the percentage increase in housing fees.

The process of approving the housing budget takes almost an chancellor for Student Affairs

"In housing, there's a plan out there to increase student rental three percent, just to keep up with inflation"

-Michael Schultz,

Director of University Housing

entire school year.

Schultz said that a draft of budget is prepared around September and then sent the advisory boards.

"In mid-December the reports from the advisory boards go to the Student Senate and the Student Senate

preliminary response to the advisory recommendation by January 31," Schultz said. responses from the Student Senate are due February 14. From there, the vice

> presents all the info recommendations and the board matter developed."

> "In March, drafts of the board matters are written and the reading changes of fee levels are read at

the Board of Trustees' meeting in

They then take final action at the May 2005 board meeting."

The budget that emerges this year will not take effect until fiscal year 2007.

It is currently fiscal year

Bradshaw elected to national post

NEWS STRINGER

Enrollment Management Assistant Vice Chancellor Boyd Bradshaw hopes to give more nationwide recognition with his new privileged position.

Bradshaw has been elected coordinator-elect of the state and regional National Association for College Admission Counseling.

"This is an opportunity SIUE network," Bradshaw said. "This will continue to allow us as an institution to get our name out and give us better national presence."

Bradshaw, who has been with SIUE for two years, is in charge of setting the 23 state and regional boards of the NACAC and bringing issues in front of the executive national board. In Bradshaw's words he is "leading other presidents."

The NACAC is made up admission professionals, enrollment managers and high school and college counselors. Bradshaw said are approximately 9,000 members in the NACAC throughout the country.

One of Bradshaw's biggest

SIUE to network.

"This is an opportunity for

-Boyd Bradshaw, Enrollment

Management Assistant Vice

To correct such a problem, the NACAC has to speak Congress convince legislators to give more funding to schools in order bring counselors.

"This issue still has to be

researched but we are going to try and recommend a ratio of 200 students to counselor," Bradshaw said.

Another need for counselors in secondary schools is helping students find

concerns he hopes to address is the shortage of school counselors in secondary schools. Some schools have a ratio of 500 students to one counselor.

"Many students rely on their school counselors for help in getting into college," Bradshaw said. "This is difficult for counselors if they are in charge of 500 options."

college.

Chancellor

According to Bradshaw, requirements are becoming tougher for students to get into state colleges nationwide, which includes Illinois.

"It's tough to get into some colleges," Bradshaw added. "It's the counselor's responsibility to give students other





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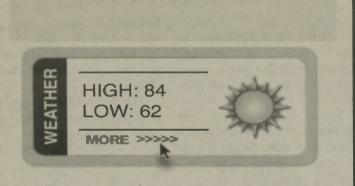
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Holiday fair to offer crafts in MUC

COURTNEY RAKERS
News Stringer

The 33rd annual SIUE Holiday Crafts Fair is coming to the Morris University Center from 9 a.m. to 6:30 p.m. Wednesday and Thursday in the Goshen Lounge.

"It's all handmade items by the crafters," Tom Ostresh, graphics design supervisor of the Print and Design Shop, said. "We usually average between 20 to 30 vendors, so it just depends on what comes in. Jewelry is always a big item."

Among the draws of the fair is a watercolor artist.

"She really likes working with students and gives them a discount," Ostresh said. "She's been a featured water color artist in various articles."

Clay molds, ceramics, sweatshirts, leather belts and

much more will be available through the various vendors.

"There's just a lot of stuff,"
Ostresh said. "People will
come back year after year
to get different stuff because
that's what they've always
done."

The Print and Design shop will also be selling a variety of their products at the fair. They will have holiday calendars available for \$15 each, which is \$5 cheaper than local vendors.

"We offer special mugs, T-shirts, dog tags, ornaments - you name it," Ostresh said. "Bring in a photo and we can put it on a coaster set.

"They are gorgeous," he added. "A picture is worth a 1000 words."

Vendors can rent a space for \$75 for both days. Students will receive a discounted price of \$50 per booth.

Ostresh emphasized that the

rented space must be used for handmade work.

"It must be the student's own work," he said.

He added that the selection changes every year due to new groups of crafters and vendors, but some of the vendors have stayed through the years.

"People just love to do the art, these people know each other and there's a lot of camaraderie," Ostresh said. "The show at SIUE has been a good show, good facility and a lot of warmth and atmosphere."

There is no admission fee to the show and the public is invited.

"The primary purpose (of the show) is to bring the university community together for the holidays ... get people into the spirit and into the building," Ostresh said. "Friends can get together, do lunch ... hopefully it will be a great time.

Kimmel changes banner-posting policies

RYAN WARTICK News Stringer

Due to aesthetic and conformity problems, Kimmel Leadership Center has changed the policy regarding posting Pepsi banners on campus.

Effective immediately, all requests to post Pepsi banners on campus must be approved by the Kimmel Leadership Center. A posting request form may be obtained from the self-help area in the Kimmel Leadership Center.

"The biggest reason for the change in policy has been aesthetic," Assistant Director of the Kimmel Leadership Center Cheryl Heard said. "Many of the signs were torn and tattered. They were also being left up for too

long."

Pepsi banners are generally used by student organizations to promote campus events and activities. They are printed by Pepsi and delivered to the university free of charge.

Pepsi banner posting requests may be made in writing by recognized, registered SIUE student organizations and must include the specific content to be included on the banners with a maximum of four lines of text. This information must be submitted to the director of the Kimmel Leadership Center two weeks prior to the intended posting time and must include when the posting will take place, what the promotion is for, the student organization's name, where on the campus the

posting will be displayed and the individual's name who is requesting to post the banners.

A maximum of five banners may be requested for a single event.

"There are eight places that banners may be hung and each of those places can hold up to four banners," Heard

According to the new policy, the university will not restrict content except when a particular item is "defamatory, obscene, or possesses a clear and present danger of resulting in a serious substantive matter which the university has a right to prevent."

While the university will only restrict content in very rare cases, students or student organizations can be disciplined

see BANNER POLICY, page 3

Organization of the week

COURTNEY RAKERS
NEWS STRINGER

The SIUE Constructor's Club works to raise student awareness of the construction industry through programs aimed at getting students involved.

"(It is an) interest group for us," said Paul Berns, vice president of the club. "We're interested in the same thing so we get together and learn about construction and learn how the construction industry is today."

The group, which currently has around 25 members, has sponsored guest speakers, cookouts and a softball game last year.

They are now working to organize a trip to a local construction site.

S.M. Wilson, a St. Louis-based

construction company, recently spoke to the group.

"They came in and talked about their jobs. It was basically a question and answer (session) for everybody," Berns said. "We try and make it to where we have events for students. We do events to get our name out there and make students aware that we're out here if they want to get involved."

"It's something that's really important ... we learn what to expect when we graduate and perhaps gain a better understanding of the industry," Berns added.

The group usually meets on the third Thursday of each month in the Engineering Building, Room 1009. Exact meeting dates and times are posted in the Engineering Building each month.

For more information, contact Berns at pjbers@yahoo.com.

mployee of the month

NEWS STRINGER

The recipient of the SIUE Employee Recognition Award for the month of November is Cheryl Hanvey.

Hanvey works as an administrative secretary for the Office of the Provost. Her duties include working with Chancellor Scholars and Dean Scholars as well as designing and updating Web pages. She was nominated by Donna Ireland who worked in the Office of the Provost before moving to the School of Pharmacy as associate.

"Cheryl is very dedicated and very involved with the Chancellor and Dean Scholars," said Ireland. "She serves as a mom away from home for some of the students. They come to her for help and she always comes through for



SIUE PHOTO SERVICES Cheryl Hanvey

them. She is person."

For being selected for the Employee Recognition Award, Hanvey received a plaque, a \$25 gift certificate to the Morris University Center, two complimentary lunch coupons

University the Restaurant, and an up-close parking spot for

"The parking spot was the best," Hanvey said. "I'm going to miss that, especially on the rainy days.'

Campus Scanner

Executive Speaker Series: Virginia McDowell, Senior Vice President of Operations for Argosy Gaming, will be speaking from 11 a.m. to noon Tuesday in Founder's Hall room 2407. Lunch will be provided. For more information, contact Carol Manning at 650-3822.

Just 4 Laughs: Come enjoy a performance by comedian Brad Lowery from 5:30 to 6:30 p.m. Tuesday in the Morris University Center's Cougar Den. For more information, contact Kimmel Leadership Center at 650-2686.

Blood Drive: The Red Cross Bloodmobile will be on the Stratton Quadrangle from 1 to 5 p.m. Wednesday. Donors will receive a coupon for a free Dairy Queen Blizzard. For more information, contact John

BANNER POLICY

A maximum of 14 calendar

remains

the

for violations of university

policy that result from a

days will be allowed for a Pepsi

banner to be displayed on the

SIUE campus. Any Pepsi

posted after the specified take-

down time will be considered

which

publication, state or action.

from page 2

hanner

Davenport at 650-2686.

Friday Free Flicks: CAB will be showing The Bourne Supremacy from 6 to 9 p.m. Friday in the Lovejoy Library's Abbot Auditorium. There is no charge to attend. more information, contact Kimmel Leadership Center at 650-2686

Promotion and Tenure at SIUE: Join Sharon Hahs, Provost and Vice Chancellor for Academic Affairs, from 9:30 a.m. to 12 p.m. Friday in Founder's Hall room 0303 for a chance to learn more about what documents are compiled in promotion and tenure dossiers. Seating is by reservation only. Contact Cindy Scarsdale at 650-3647 for reservations or more information.

International Film Fest: Join CAB from 6 to 9 p.m.

in violation and will result in a

loss of Pepsi banner-posting

privileges to the organization for

university departments are not

allowed to post Pepsi banners in

Center, over the balconies of

university buildings or cover up

Morris

Student organizations or

University

one calendar year.

Monday in the Lovejoy Library's Abbot Auditorium for a showing of "Iron Monkey." For more information, contact Kimmel Leadership Center at 650-2686.

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

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.

banners

"The decision to change the

For additional information,

policy has been in the works

since last spring," Heard

said. "This was a school-wide

contact the Kimmel Leadership

Center at 650-2686.

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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 HAWIDE

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Have a comment?
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The Alestle Campus Box 1167 Edwardsville, Ill. 62026-1167

Opinions Editorial viewpoints Editorial



I'm tired of mixed messages and stereotypes.

In the world we live in today, society can't decide whether my being a woman makes me fit to play the role of "Suzy Homemaker," the "dumb blonde," the strong, intelligent, independent woman who actually makes it through the glass ceiling or the feminist.

Yes, I said feminist, and that is a role I believe I fit into. I believe that all men and women should be treated with decency and respect in and out of the

Women's roles are typecast

workplace, that no one should be judged on economic status, gender, race, or sexual preference. So why does this leave me confused?

I want to be a stay-at-home mom. My great-grandmother worked, my grandmother worked and my mother works, but for the majority of my childhood, she stayed home and took care of my brother and me. When I have children, I'd like to stay home and look after them. However, that doesn't seem to fit with the perception of a feminist that society has.

As a feminist I feel ashamed at saying I'd rather stay in the land of domesticity as opposed to fighting the good fight in the jungle of the job market. I'd rather bake cookies with kids than argue over charts and graphs in a boardroom. I'd rather change a dirty diaper than sit in on meetings and complain about budgets. I would rather be a favorite mom than employee of the month.

I have a long time before I actually am married and have children, and I'm sure I won't be able to stay at home the entire time, I will most likely have to work. But does that make my desire wrong?

Should I be ashamed to tell someone when I apply for a job that "yes, I plan on getting married" and "yes, I plan on having children" and "yes, that will probably change how I work, how my life works and what my priorities are"?

And on the other side of the spectrum, when I have kids, and I do end up having to work, should I be ashamed of putting them in day care? I don't think so. I think I should be proud of my capabilities either way. But as a woman of today, I don't believe that can happen. I would have to ignore all the symbols and signs around me that pull for either side.

"Your kids are in day care? You're not being a good mother." "You're a stay-at-home mom? You're not being a good feminist."

TUESDAY, NOVEMBER 30, 2004

So I don't fit into the roles that are predetermined narrow niches. I don't truly believe any woman fits into them. I believe that at times I can be "Suzy Homemaker" cleaning and cooking and looking after my family, and that at other times I am the strong, intelligent, independent woman who can stand on her own two feet and can open doors for herself. And, I even have my "dumb blonde" moments though I don't confess to those very readily.

I also have times when I play other roles, and throughout all of this I believe I am still that same feminist who want the stereotypes and mixed messages to stop, who wants the role-playing to be thrown out the window and who thinks that the world can change and it can be a better place.

Tyler Bennett Editor in Chief

Support local retailers instead of big business

AMHERST, Mass. (U-WIRE) — The holiday season is upon us, and now that the elections are over we still have one of our greatest powers as Americans to affect change in the world. We are consumers, and as

such, we can vote with our wallets.

This Friday is commonly termed "Black Friday," also less prevalently known as "Buy Nothing Day." The latter is less realistically descriptive of the day after Thanksgiving, a day when more Americans hit the stores to shop than any other. It is the busiest shopping day of the year and gets its name because many retailers move from being financially "in the red" to profitability.

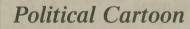
Ironically, advocate of Buy Nothing Adbusters Day, Foundation, was (as far as I could tell) taking subscriptions for its publication this November 26. It also charges about eight bucks for its magazine on newsstands. It can be pretty expensive to read about buying nothing. To be fair though, it is a not-for-profit organization that does not take, but spoofs, corporate advertisements.

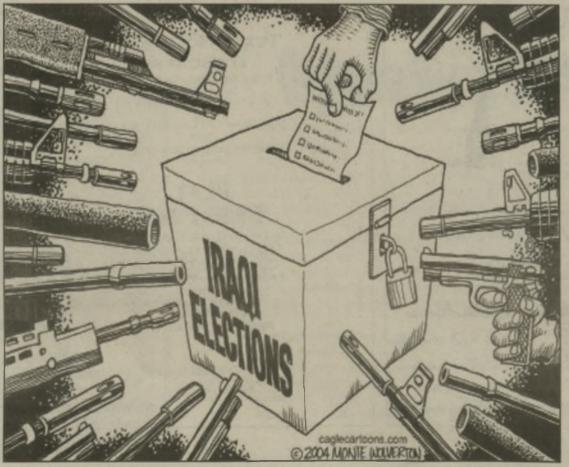
So what can we do during this busy time to make a difference? Since, as Americans, it is clearly our collective obligation to overconsume, we can begin by doing so with a bit of social responsibility. Shop locally!

Instead of wasting your time and gas to navigate through seas of people in one of those sweatshop retailers at the outlet malls, buy your sweatshop goods from the guy down the street.

Skip the large corporate businesses this winter, and try to pick something up from one of the many bookstores and novelty shops in a local area. As an alternative to buying flowers from one of the grocery chains, support the local florists. Make

see SHOP, page 5





SHOPfrom page 4

a fruit basket with one of the organic farms in the

While there are many alternatives to purchasing from companies that put local merchants out of business, as college students we tend to find these retail conglomerates more convenient and less expensive. It is true that some items cost less at the larger stores, and they may stock a larger selection of products overall, but the alternatives may surprise you.

The large chains try to lure people in with the sales listed in their circulars, but they do not price all of their items as those they advertise. The difference in cost is often minimal too. If you are on a quest for one or two specific items, like CDs, it may store and suffer through a long line to save a couple of dollars when you can pick them up dinner downtown.

Why else should you bother to shop locally? I won't delve into the political reasons concerning the importance of this activity, but there are many benefits for shoppers who purchase from small, locally owned businesses. Buying at one of these stores can be a much

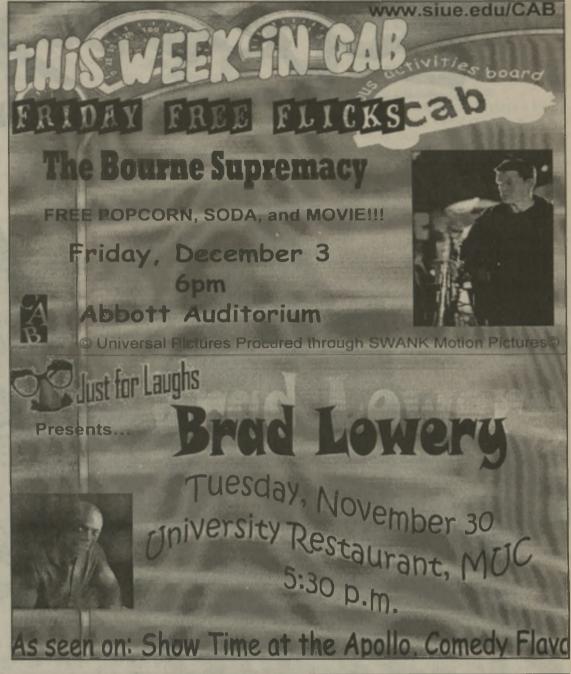
more pleasant experience.

There is a greater possibility that you will find knowledgeable salespeople who care about the products they sell. They can also give more accurate information about them. Perhaps you will buy directly from the owner. The individuals who run these establishments tend to be much more concerned about your experience than those who manage the larger corporate entities.

You might even have a good conversation with someone who could actually be there the next time you show up. That person may remember you and probably won't have a script to wish you a "happy holiday" while offering you a special rate on a new credit

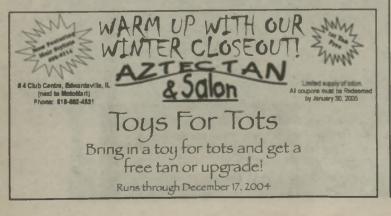
Well, it is the near the end of not be worth it to search a huge the semester, and I am sure that most of you are much less concerned about where to shop than with finishing up your work across the street after having at school, but try to give some of these ideas a little thought this winter. There are so many benefits to supporting local organizations, not only during the holiday season, but also throughout the year.

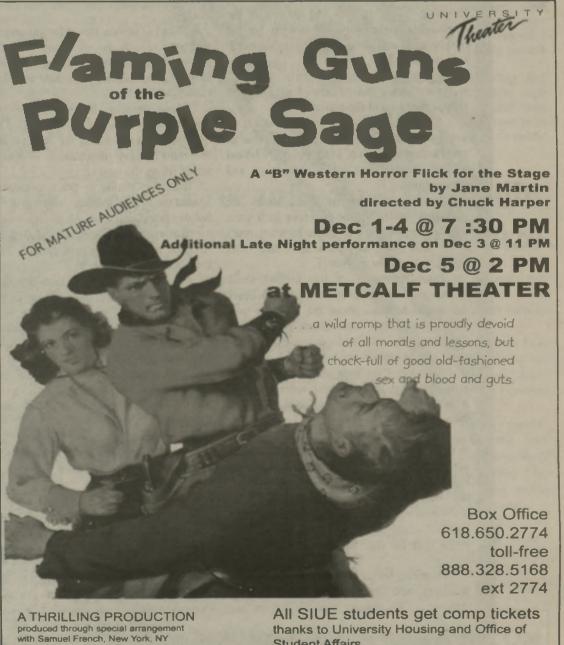
> Ramzi Kanazi Massachusetts Daily Collegian (U. Massachusetts-



Political Cartoon -







Student Affairs



he season uving

EMILY TAUL LIFESTALES STRINGER

shopping, SIUE students and the rest of the surrounding community are looking for the best bargains and stores to get their slice of the holiday atail pie.

stores are setting their watches for the biggest shopping season of the entire year.

According to the U.S. Census, there is an average of a 32.4 billion dollar increase in retail across the nation, so shoppen are bound to feel overwhelmed by holiday stress and expectations.

To most, it feels as if the stores are preparing earlier for the holidays each year, which is typically true Secause most retail stores and malls have decorated their halls with holiday cheer by Nov. 1.

Hence, when all of this holiday cheer is the only reason for more stress, shoppers are forced to think about the holidays long before they desire, and entirely skip a very gratifying holiday; Thanksgiving.

College students are faced with a dilemma unds than their surrounding adults, plus the need and want to spread lots of boliday cheer. So how do they cope with all of their gift buying?

Rodney Hall, assistant manager of Kohl's in Crestwood said, "Students should consider always waiting until after the Thanksgiving holiday to start shopping because most of the best sales occur post-Thanksgiving. If students would stop themselves from getting holiday crazy and not buy early, they might find the best bargains and save their money."

Preparing for the holidays requires lots of planning and budgeting, especially for retailers. "We always need to prepare our

employees first for the seven weeks of shopping by making sure our morale is up and also by trying to keep the season enjoyable for With only 25 days left for Christmas them too by supplying food and games," said Hall.

"Kohl's receives lots of freight prior to the shopping season, so we spend lots of time before Thanksgiving stocking shelves and All across the nation, malls and retail making sure we have all needed supplies and retail," said Hall.

Many shoppers notice that the holiday season for their favorite stores begins earlier each year, maybe this is the case because of the extra holiday merchandise or Christmas music filling the stores.

But for retailers, "Our season starts around the first of October, with our hiring of holiday help," said Hall.

College students have another added stress in trying to find a store that caters to their age and pocketbooks.

"Kohl's initially attempts to appeal to the 'working mom' or those who are extremely pressed for time," said Hall. "We want to supply a gift for everyone, and hopefully by doing so, we make our store a hot spot for Christmas shopping," said Hall.

We want to try and relieve the none shopping stress by keeping our store staffed, and having the right number of employees in the right areas," added Hall.

Online purchasing is not a new factor in holiday shopping, but in the last few years, its popularity has grown due to one reason; it's seemingly less stressful.

Barrett Schmidt, a sophornore said. "It's rather convenient and I like not feeling the pressures of salespeople in the mass who are pushing their products, nor fighting the Christmas crowds."

"The shopping experience was really easy because I didn't seed to go to any specific store and I could go to multiple sites and find

numerous product and price options," said

No shopping trip is ever stress free, but "The only stress was making sure I ordered the present on time and also making sure its arrival time was before Christmas, but when weighing the pros and cons of the malls versus online shopping, I definitely choose online shopping," said Schmidt.

Katie Kelley, a freshman music siducation major said, "I try to think about my shopping year-round to avoid the inconvenience of shopping after Thanksgiving.

"If I were to shop online, it would be for a rare item, or maybe for more convenience," added Kelley.

Online shopping seems to remain consistently popular among the same people, and predictions from the U.S. Census say that online shopping trends have leveled out. but, "In a huge way it relieves the stress, especially for shopping for things such as housewards," said Hall. "But online shopping is not as convenient for shopping for things such as clothing because it might be easier for the shoppers to feel it and try it on, which doesn't have to be true for household

Another bonus of online shopping is that there is a greater chance that more items are available because they will be in stock, which is not always the case of the malls." added Hall.

So whatever Christmas shoppers are looking for, they should approach all of the holiday hype in a good way since it causes more competition for businesses and gives them more ideas and opportunities for gift giving.

"One last tip for holiday shopping is to always remember gift receipts," add Hall. Returns are never any fun for the gift-giver or receiver.

Spirituality plays a role in students' lives

LIFESTYLES STRINGER

It has been known for quite some time that the mental and emotional health of students tends to decline when entering

According to UCLA research, 77 percent of the college juniors in a recent study reported feeling depressed either frequently or occasionally during the past

Ten percent feel that their physical health is either below average or in the bottom 10 percent of the student body.

Twenty-nine percent report frequent beer consumption. Twenty-four percent report frequent drinking of wine or

However, a recent press release from UCLA's Higher Education Research Institute entitled "New Study of College Students Finds Connection between Spirituality, Religiousness, and Mental Health" provides a possibility for overcoming this anxiety. The research states that college students with high levels of religious involvement and commitment report better emotional and mental health than those with little or no involvement.

The study was conducted by coprincipal investigator Alexander Astin with 3,680 college juniors at 46 different colleges and universities. The results have provided some significant statistics that portray the following four theories.

1) Non-churchgoing students are more than twice as likely to report feeling depressed or poor emotional health than students who attend religious services frequently.

"I was brought up in the Catholic Church. As far as whether my faith has positively affected my college experience, I would have to say yes," SIUE freshman Brad Carrico said. "God has always had a key role in my life so I always give thanks and credit to Him for all the positive things that come my way. In addition, prayer has gotten me through many long nights of and impossible Academically, my faith has certainly played a huge role. What I mean is that I

have high standards and goals for myself so someone who isn't ambitious and doesn't care about grades isn't going to be an 'A' student just because they pray. You have to meet God halfway. If you do that, He will usually meet your needs fully."

2) Students who have high levels of religious involvement are not as apt to experience psychological distress as students having little or no religious involvement. According to the UCLA research, only 20 percent of highly religiously involved students reported high levels of psychological distress compared to the 34 percent of students with low levels of religious involvement. The UCLA study defines religious involvement as participating in such activities as reading sacred texts, attending religious services and joining religious organizations on campus.

Psychological distress is defined as having feelings of being overwhelmed, college, 74 percent of religiously involved students continue to abstain, and 46 percent of those who are not religiously involved continue to abstain.

4) Alcohol consumption is less likely to occur among students who are highly spiritual, religiously committed, and religiously involved. According to the UCLA study, nine percent of highly religiously involved students reported drinking beer frequently in college in contrast to 41 percent of students with little or no religious involvement.

"Students seem to feel better about themselves if they see themselves as spiritual," Astin said. According to the UCLA research, spirituality is defined as desiring to integrate spirituality into one's life, believing we are all spiritual beings, believing in the sacredness of life and having a spiritual experience.

'As a new Christian, I can make a very distinct comparison between life with

In addition, this research is not specific to any particular faith.

"I think faith definitely plays a large role in most every aspect in a person's life. Obviously, college life and academics is no exception," SIUE freshman Melissa Khan said. "I cannot think of any religion or denomination that influences a person's mind in a negative way. Thus, I believe I have a more positive and productive outlook during my college experience. Islam is a very stable part of my life that I turn to every day for guidance, hope, faith, and influence. I think praying several times a day brings me closer to God and allows me to realize and challenge my mental potential. Overall, I think anyone can gain positive influence and guidance by harboring beliefs in religion. I certainly think I have a more optimistic attitude about everything because of my religion."

On the other hand, a non-religious college student shared a very different perspective on the matter.

"I do not believe in religion. I consider myself atheist, and I think positive, productive people can be the result of many things, not just spirituality," SIUE sophomore Ryan Salihar said. "Some people are just highly motivated by nature or maybe they were simply brought up to have a good work ethic.'

A college student fairly neutral to the subject of spirituality, shared her take on the subject as well.

"I don't think college students who have less religious answers are any less driven, but I think it is the religious connotations that provide the stability in goals," Webster University freshman Amanda Clark said. "Any person can become successful because they want money or power. Religious or not, their drive is what carries them. However, I think strong religious beliefs help smooth

Though studies are showing that spiritually-based college students cope with the stress of college better than those without spirituality, the subject remains an unanswered question depending on public

"I get stressed-out very easily, but I can keep a very positive attitude and outlook because I know that there is a purpose for my life and that this is all part of a bigger plan ... "

> ~Beth Boatman. SIUE senior

anxiety, stress, and depression.

An active member of the SIUE Baptist Student Ministries organization vouched for this argument.

"I get stressed-out very easily, but I can keep a very positive attitude and outlook because I know that there is a purpose for my life and that this is all part of a bigger plan," SIUE senior Beth Boatman said.

3) Being religiously involved appears to decrease the likelihood that nondrinkers will become involved with alcohol in college. According to the UCLA research, among students who abstain from drinking alcohol before

and without spirituality," McKendree College freshman Jessica Edwards said. "Before I established a sense of faith, I would easily get upset and feel lost and confused. I didn't know why things were happening to me, and I had no one to turn to. Once I found God, I now know that He has a purpose for my life and that everything I go through is meant to make me stronger, which has in turn, made my outlook much more positive and productive through the chaos of college."

The study also finds that highly spiritual students are more prone to spiritual distress, which may include feeling unsettled about spiritual or

See wild times in the Old West



PHOTO COURTESY OF SIUE PHOTO SERVICES

From left to right, Krista Wheatley as Shirl, and Lisa Keeton as Big-8, look horrified to find Alex Eichen as Black Dog, and Natalie DiCristofano as SheDevil, embracing on the kitchen table. "Flaming Guns of the Purple Sage" opens at 7:30 p.m. Wednesday in Metcalf Theater. The performance is for mature audiences only. For more information, see Campus Scanner on page 3.

Free massages help fight stress at Cougar Craze

SHAUN PILAT LIFESTYLES REPORTER

Send stress away and keep it gone from 11:30 a.m. to 1:00 p.m. Wednesday, Dec. 8, in the Goshen Lounge during Cougar

The "Stress free is the way to be" event will help students fight stress by using masseurs and stress balls.

Participants can also enjoy free food and learn tips about how to study for finals with as little stress as possible.

Entertainment chair Joe Gibbons said the Campus Activities Board will provide all

said professional masseurs will give the massages while participants make stress balls as they wait in line.

Gibbons said the stress balls will be made out of balloons and He also said fruit, vegetables and dip are provided for participants.

Gibbons said he expects students to enjoy the free massages the most. The name of the company providing the masseurs and how many would be present was not available.

For more information on "Stress free is the way to be," contact the Campus Activities Board at 650-3371or Kimmel the materials for the event. He Leadership Center at 650-2686.

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Bible Study:

Wednesdays, 7:30 pm SIUE Religious Center (Dome)

Unwind with a little coffee and free music

SHAUN PILAT
LIFESTYLES REPORTER

Music meets java from 8 p.m. to 11:30 p.m. Thursday at Starbucks in the Morris University Center during Late Night Expresso.

The free music event features singer and guitarist Randy Carter.

Students who attend receive double points on frequent user cards every time they purchase a beverage.

Carter has performed for Late Night Expresso and Goshen Showcase before. He plays songs by Stevie Ray Vaughan, Eric Clapton and the Grateful Dead to name a few.

Tolun Ozarslan, the head of marketing and promotions for special events, said students love the event.

He said they enjoy the opportunity to do something fun at school. He added that students under the age of 21 benefited from the event because they were too young to go to bars and hear musicians play.

"We're bringing that performance experience into the school," Ozarslan said. "This building is for students. We try to give students what they need. We try to give students what they want"

He said students also enjoy the relaxed atmosphere.

The musician performs from a stage inside Starbucks with students fanning out in front. The lights are turned down low

Ozarslan said next semester he will market the event more than this semester. He wants students to be more aware of it from the start. Ozarslan also helps select who performs.

"We go through a demo and I decide who plays," Ozarslan said

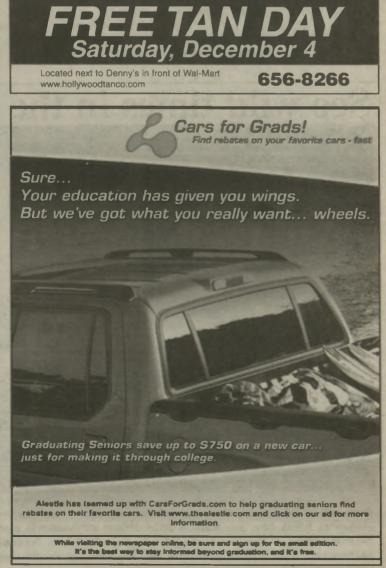
The musician must be approved by him and one other person. He said musicians can send in a sample of their music or invite him to watch them play.

There are restrictions. Musicians are not allowed to hurt themselves or the audience, there's no graphic language allowed and the music can't be too loud.

For more information on Late Night Expresso, contact the Morris University Center at 650-2305.



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Tuesday 11/30 Women's basketball game versus Oakland City University in Oakland City, Ind. at 6 p.m.

Men's basketball game versus the University of Missouri-Rolla in the Vadalabene Center at 7:30 p.m.

Thursday 12/02 Women's and men's basketball tips off against the University of Missouri-St. Louis at 5:30 and 7:30 p.m. in the Vadalabene Center.

Friday 12/03 Men's soccer competes in the NCAA Division II Final Four against the University of North Carolina-Pembroke Braves at 5:30 p.m. in Wichita Falls, Tx.

Saturday 12/04 Wrestling tackles competition at Upper Iowa at 2 p.m.

Men's and women's basketball takes on the University of Southern Indiana Screaming Eagles beginning at 1 p.m. in the Vadalabene Center.

Sunday 12/05 The NCAA crowns a new Division II soccer champion. The winners between SIUE/UNC-Pembroke and Seattle/Dowling will meet at 1 p.m. in Witicha Falls, TX. to play for the title.



AUBREY WILLIAMS/ALESTLE Freshman guard Anthony Jones led the way for the Cougars with 22 points in a victory over Lewis University.

Cougars open conference play

Jones' 22 leads men's basketball to conference opening victory

TRAVIS L. ROSS ASSISTANT SPORTS EDITOR

The men's basketball team busted loose over Thanksgiving break, going 2-1 and picking up its first Great Lakes Valley Conference win.

The Cougars were beat by the Murray State University Racers 75-67 before going on to pick up a 77-51 victory over the Robert Morris College Eagles and a 79-68 win over the Lewis University Flyers.

The Cougars are 3-2 this season and 1-0 in the GLVC.

coach Marty Simmons said. "I think getting that first win in conference was good for us. It gets us off on the right

Senior forwards Joel Jave and Tim Bauersachs stepped up to the plate.

Through the last three games Jaye is averaging 16 points per game with 16 rebounds, while Bauersachs averaged 14 points per game and has 20 rebounds.

The whole team has been pretty consistent with their play," Simmons said.

"I wish we were 5-0," head (Bauersachs) has been very consistent and (Jaye) has played well and had some pretty big buckets."

> Simmons said that senior center Dan Heimos has played extremely well, but has been hampered by foul trouble.

Heimos is averaging a little more than six points per game. just under five rebounds per game and has nine blocks in five games while averaging a mere 17 minutes per game.

However, Heimos has 15 personal fouls this season and has already fouled out twice.

According to Simmons, freshman center Doug Taylor and senior forward Kris Crosby have done a good job of picking up the slack for Heimos.

In eight minutes of play Taylor has nearly six points and three rebounds per game and has chalked up four blocks. Crosby is averaging just over 12 minutes per game and is averaging nearly three points per

The Cougars will take on the University of Missouri-Rolla Miners at 7:30 p.m. Tuesday at the Vadalabene Center.

Women's basketball falls in second half against Lewis U.

JONG CAMBRON SPORTS REPORTER

The Lewis University Flyers soared above the SIUE Cougars' women's basketball squad 65-55, the Cougars shot 20 percent

from the field in the second

A 13-point halftime lead would evaporate quickly as the Flyers outscored the Cougars 39 to 16 in the second half of the

"We came out and did not

shoot the ball well in the second Lakes half," head coach Wendy Hedberg said.

The Cougars have lost three straight games after opening the season with a win against Robert Morris College. The team holds an 0-1 record in Great

Valley Conference play with the loss to Lewis.

The Flyers stymied the Cougars' offense with the fullcourt press. Coach Hedberg said the team did not attack see BASKETBALL, page 10

Attention Graduating Students

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Intramural sports are an important part of college life

Last weekend I watched the chance to bond with others as movie "Dodgeball" and through they work together for a winning all the laughs and classic oneliners, I understood the moral of offered by SIUE are great. They the whole story.

No folks, it isn't that Ben Stiller should have dropped his ridiculous wig or that dodging traffic isn't the easiest hobby in the world.

Rather, I learned that anybody can participate in a sport no matter how strong or big you are.

Speaking of which, there are opportunities here on campus and I am here to tell you to go play.

This school has so many intramural sports activities going on for the purpose of giving all a chance to play.

I've been there, folks. I was usually the last kid picked in gym class and it was the worst experience imaginable.

Fast forward a year and I have found myself the captain of an intramural floor hockey team. While my team didn't necessarily have first-place talent, we still managed to have first-place fun throughout the season.

Sports also give students a

season. The intramural sports



ZACH GROVES

opportunities to whether they were the star athlete or the first one cut from the cheerleading squad in high

In the fall there is flag football, an old gym class favorite for gridiron fans out there. In addition, there is soccer, sand and indoor volleyball, inner tube water polo, numerous basketball tournaments, tennis,

racquetball and of course, dodgeball.

Eventually, the weather will warm up again and people will want to go back outside since, besides baseball, not much is on TV (not that I'm complaining).

Volleyball is back on in March with a co-ed league, as is soccer. Roller hockey facesoff as well.

If those are not your things, then head inside and take on some mean pingpong or pins in the bowling league.

Finally, while the big guys in the majors are hitting the long ball, you can grab eight friends and hit the ball field for some good softball or baseball.

Nothing irritates me more than hearing a person whine, "I'm bored, there is nothing to do."

I say go out there and try a sport, even if you have never played it before.

It is a worthwhile experience and there is no rule in the book that says you have to be an athlete to just get out and

Just ask Ben Stiller.

BASKETBALL

from page 9

the press wanted.

"They (Lewis) picked up their intensity in the second half we struggled with turnovers," Hedberg said.

A 25-11 run to end the first half helped give the Cougars a 39-26 lead. The Cougars drained seven 3-pointers and shot percent from

According to Hedberg, the team played great defense, and held the top two Lewis scorers in

"We played a very good first half," Hedberg said. "It's the best we have played all

The second half would be a different story, as the Cougars

would hit only five of 27 field goals. They missed eleven shots downtown.

The Cougars' next game is at Oakland City University at 6 p.m. Tuesday. Their next GLVC game is at home at 5:30 p.m. Thursday, versus the University of Missouri-Rolla.

GLVC Conference Standings (As of Nov. 30, 2004)

Men's Basketball			
Team	Overall	Conf	
Quincy	3-0	2-0	
Southern Indiana	3-1	2-0	
Bellarmine	4-0	1-0	
SIUE	3-2	1-0	
N. Kentucky	4-1	1-1	
St. Joseph's	2-2	1-1	
Ky. Wesleyan	2-2	1-1	
WisParkside	1-4	1-1	
Lewis	2-2	0-2	
Indianapolis	1-2	0-2	
UMSL	1-4	0-2	

Women's Basketball			
Team	Overall	Con	
Ky. Wesleyan	4-1	2-0	
Quincy	4-1	2-0	
Bellarmine	3-0	1-0	
Indianapolis	4-1	1-1	
Southern Indiana	4-1	1-1	
WisParkside	5-3	1-1	
Lewis	2-3	1-1	
Saint Joseph's	2-3	1-1	
SIU Edwardsville	e 1-3	0-1	

Missouri-St. Louis 1-4 Northern Kentucky 0-4

Leaders (men) Points per game

1. Sykes (SJC) 25.5 2. Logan (INDY) 20.7 3. Barnes (INDY) 20.0 4. Phifer (KWC) 18.2 5. Gettinger (QUINCY) 17.7

Field Goal Percentage 1.Roth (QUINCY) .938

2.Jackson (BU .818) 3.Boutelle (UWP) .710 4. Phifer (KWC) .644 5.Jaye (SIUE) .619

Assists (per game) 1.Flynn (BU) 6.00 2.Jones (SIUE) 5.80 3.Logan (INDY) 5.67 4.Stowers (NKU) 4.80 5. Williams (LEWIS) 4.75

Steals (per game) 1.Jones (SIUE) 3.00 2.McSwine (SJC) 2.75

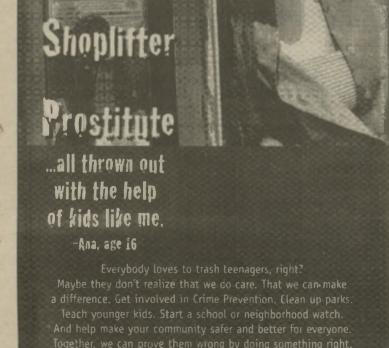
Brunson (USI) 2.75 4. Turner (LEWIS) 2.50 5.Schoen (SJC) 2.25

Blocked Shots 1.Phifer(KWC) 3.00 2.Heimos (SIUE) 1.80 3.Fey (SJC) 1.75 4.Ferstenou (UWP) 1.40

Leaders (women) Points per game 1.Moran (INDY) 21.0 2.Stuckman (QUINCY) 19.8 3.Weir (UWP) 18.9 4.Rosenbaum (SJC) 18.6 5.Birkey, Kali (UMSL) 17.4

Assists per game 1.Wimsatt (BU) 8.33 2.Davidson (INDY) 7.50 3.Burrows (NKU) 5.00 4.Brown (USI) 4.80 5.Carey (SIUE) 4.75

Blocked Shots 1.Dvorak (QUINCY) 2.20 5.Carrillo (SIUE) 1.00



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Volleyball players earn post season honors

ZACH GROVES

SPORTS REPORTER

SIUE volleyball players have a lot to be thanksful for.

Not only did the Cougars rack up another 20-win season, but they also had their first apperance in a Great Lakes

Valley Conference championship match.

During the break, junior outside hitter Allison Buss and junior middle hitter Heather Bonde were named All-Region for their achievements on the court.

Bonde also earned an

Conference All-American honorable h. mention.

Bonde was first named to the All-Region team by the American Volleyball Coaches' Association after a powerful 2004 campaign featuring 431 kills and a .323 hitting percentage, both tops on the team. She finished second in blocks with 105 to complement her gritty defense.

Head coach Todd Gober was pleased with the achievements, but credits Bonde's teammates for the awards.

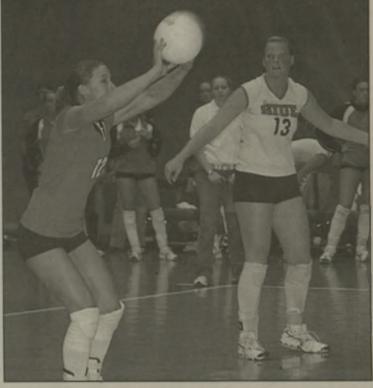
"It is a great accomplishment for Heather," he said. "But, even more it is a great accomplishment for the team. A lot of her teammates stepped up and helped set up the numbers she put up, and she would be the first to tell you that."

Later in the week, Bonde and Buss were named to the All-Region team by Daktronics Inc.

Buss' hard work on defense and record-breaking 623 digs this season earned a spot in the All-Great Lakes first team. She also led the team with 52 aces and led the conference with 5.37 digs per "Allison was the most dominating (defensive player) in our region," Gober said. "However, I feel like she was overlooked for All-Region (coaches' choice). But, I think Allison's game will get nothing but better, because she has improved every single year, just like Heather has."

Bonde added to her volleyball resume this off-season after being named to the All-Great Lakes second team.

Both players will return next season for their senior year along with five others, and make one last run for the GLVC Championship.



AUBREY WILLIAMS/ALESTLE

Junior outside hitter Allison Buss was the catalyst for the Cougars' stingy defense in 2004. Buss broke the school record for digs in a season this year with 623 and was named to her first All-GLVC team.



CRISTA CHITWOOD/ALESTLE
Junior middle hitter Heather Bonde sparked a potent Cougars
offense by recording a team-high 431 kills during the volleyball
season. In addition to her offensive force, she also chipped in on
the defensive side, adding 105 blocks over the season. Her

relentiess play earned her numerous post season awards.

Campus Recreation www.siue.edu/CREC

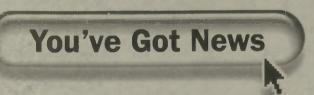
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Bouldering Competition

Dec. 5, Sunday

\$35.00 for SIUE faculty, Staff, and their immediate family members

Vadalabene Rock Climbing Gym

2:00 - 6:00 pm Enrollment fee is \$10.00

\$10.00 for Students

\$25.00 for SFC members

Only currently enrolled SIUE students, faculty, staff, SFC members, and immediate family members of these affiliates, who have signed the Assumption of Risk and Wavier of Liability Agreement are eligible to compete in the Bouldering Competition.

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PAGE 1Z

Alestle

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PERSONALS

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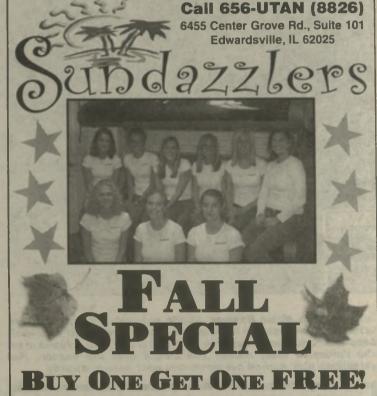
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Quote of the Day

"Writing a column is easy. I just sit down at the typewriter, open a vein and bleed it out, drop by drop." ~ Walter W. ("Red") Smith



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