

Hard look at hard liquor

*Task force to study drinking among college students
 with a focus on alcohol awareness*

AARON SUDHOLT
 NEWS REPORTER

Students at SIUE aren't the only ones thinking about drinking on campus.

SIUE's Alcohol and Drug Awareness Task Force began looking at the effects and patterns of drinking on campus life and what can be done about alcoholism and drug use on campus.

"We've just begun this to take a look at how alcohol is used by students," SIUE Counseling Services Director and Chair of the Drug and Alcohol Awareness Task Force Andrew King said. "And to a small degree, other drugs."

At its Dec. 12 meeting, the task force looked at ways SIUE can promote responsibility among its students when it comes to alcohol.

"We meet monthly to get the

message across that we're not (just) going to shake our fingers," King said. "That doesn't work."

The task force focused on ways the university will provide assistance for those who use alcohol and provide help for those who might be engaging in alcohol abuse. Those needing help can go to Counseling Services for further assistance.

"We beg people's indulgence and patience," he said. "We assist those people who have had a significant problem in the past and don't graduate or go on to have further problems."

Changes sought by the task force include a more intensive alcohol awareness week in the fall and the possibility of raising more awareness for alcohol abuse.

Currently, alcohol and drug use are monitored by, among others, university police and residence assistants.

"If they witness or hear anything, they'll address the situation," King said.

But they will operate within their limits. The most important thing is what the students do for themselves.

"We don't live in a world where big brother is watching and we don't want to," King said. "Have fun and take care of yourself."

Although drinking happens a lot in the movies, students can't expect to do well if they let their studies slide in order to go to parties.

"The movie 'Animal House' is just a movie," King added. "Productive people in college are more productive people in life."

The Alcohol and Drug Awareness Task Force meets monthly and the next meeting will be at 1 p.m. on Feb. 3 in the Morris University Center's International Room.

Get help with grants

BRIAN BAYLEY
 NEWS STRINGER

Excellence in Undergraduate Education is holding a workshop Thursday to educate possible participants on the application process for grants.

"The program seeks to find and support tools ... for faculty, staff and even students to contribute to improving undergraduate education," Coordinator for the EUE program Geert Pallemans said.

The workshops are designed to give new applicants the tools needed to write a successful grant application. Additionally, the workshops give anyone interested a chance to learn about the program.

Globalizations of curricula, as well as pilot programs, are a high priority to the EUE. Thursday's workshop takes place from 12:30 to 1:30 p.m. in Peck Hall 3406.

The program was started in 1986 for the purpose of funding innovative projects in undergraduate education. Since its inception, the program has allocated roughly \$10 million to various programs fostered by SIUE faculty and staff.

A review committee consisting of the Faculty Development

Council, as well as Pallemans, makes recommendations to the provost and the vice chancellor of Academic Affairs regarding the disbursement of funds. At this point, the Student Senate is not involved in the review process. Pallemans said he would have to look into the program's charter to find out why there is no student representation on the review committee.

The program has an annual budget of about \$250,000.

The program's entire budget is exhausted by grants and projects. Funding for the program comes from the university budget and suffers from the same cuts as other university programs.

Past grants given by the EUE range from stage platforms for the Theater Department to beginning a bioengineering curricula at SIUE. Pallemans hopes to foster more student participation in the program in the future.

"The program is really a pearl in the crown of SIUE," said Pallemans.

Pallemans added that he hopes the EUE will continue to be a stable part of the university and looks forward to returning the budget to its original \$350,000 mark.

Forbes meets and greets fans

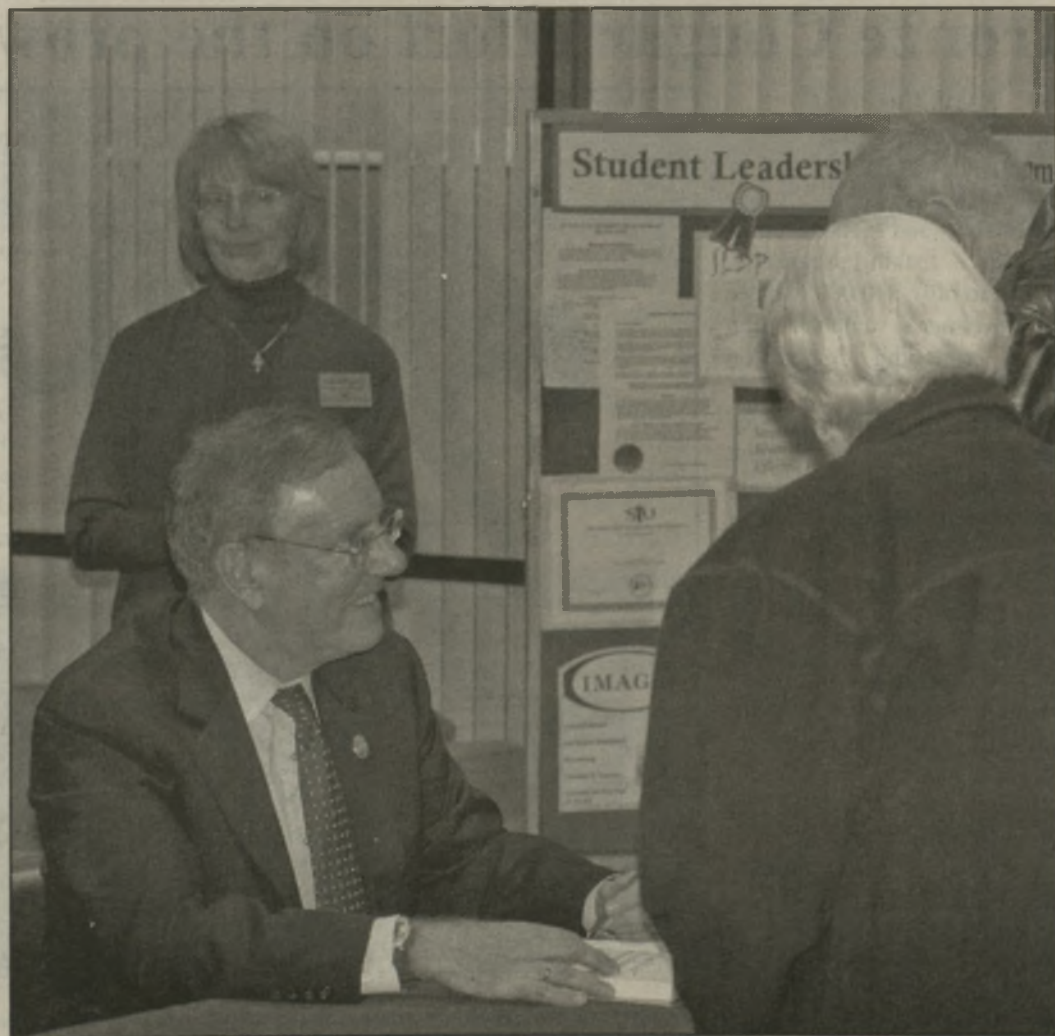


PHOTO COURTESY OF KSDK.COM

Business CEO and Forbes Inc. President Steve Forbes signs autographs Tuesday in front of the Meridian Ballroom. Forbes spoke as part of the Arts & Issues series. The event was sponsored by the SIUE School of Business.

CAS dean wants to hear from you at open forum

ALESTLE STAFF REPORT

Students, faculty and staff have another opportunity to participate in campus discussion at the first spring open meeting with the dean.

The forum, featuring College of Arts and Sciences Dean Kent Neely, takes place from 1:30 to 2:30 p.m. Thursday in

the Art and Design Building atrium.

While there is no set agenda, "the meeting gives faculty and staff an opportunity to hear current news and to bring up issues and questions," Neely said in an e-mail.

For more information on the forum, contact Neely at 650-5047.

*The Alestle will not publish
 Tuesday in honor of Martin
 Luther King Jr.'s birthday.
 Publication will resume
 Thursday, Jan. 18.*



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DATE:

Friday, January 20, 2006

TIME:

6 p.m. - 9 p.m.

PLACE:

MUC Conference Center

TO REGISTER:

Applications are available at the Kimmel Leadership Center Front Desk

COLLEGE BOWL



ATTENTION STUDENTS:

Specific types of student Directory Information are made available to the general public. Under Public Law 93-380 as amended, the University may make accessible to any person external to the University "Directory Information" in conformity with the law. Notice is therefore given that the information listed below will be available to any person inquiring about such data for any student enrolled at SIUE unless the student files a written objection prohibiting release of this information. Students who have not filed an objection to the release of directory information will also be included in all SIUE student directories, published both in print and on the University's website. The written objection must be filed with the Office of the Registrar no later than January 13, 2006. This objection will remain in effect until the student files a written cancellation with the Office of the Registrar.

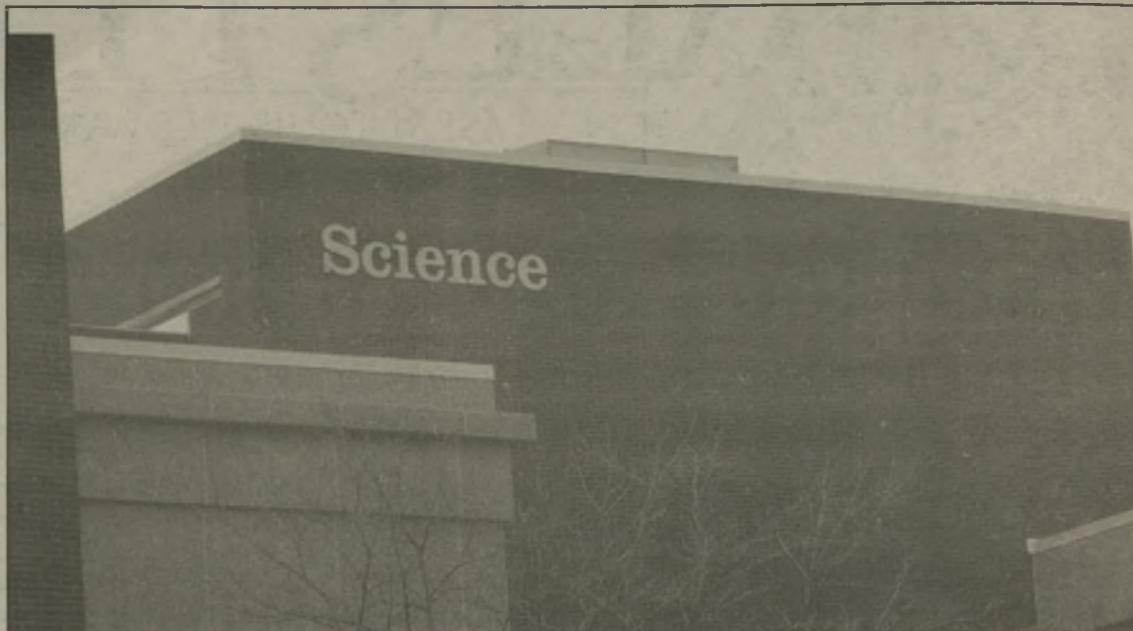
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8. Attempted hours
9. Degrees and awards earned
10. The most recent educational agency or institution attended prior to enrollment at SIUE
11. Participation in officially recognized activity or sport
12. Weight and height of members of athletic teams
13. Date of birth

Important Note:

The Office of the Registrar would like to remind all students to take a moment to review their addresses on Cougarnet at <http://www.register.siu.edu/COUGARNET>. We strongly encourage you to maintain accurate address information in order for you to receive important University correspondence.

Million-dollar project shows the way



KATY HARTWIG/ALESTLE

Several core buildings on campus, including the Science Building have new signage, installed since Nov. 28. The new signs help identify buildings for motorists on main campus roads.

SARA BRADDOCK
 NEWS STRINGER

Students and visitors are finding the new building signage helpful thanks to the ongoing \$1.25 million Wayfinding project.

The installation of the aluminum-cast letters began Nov. 28 and can be found on the core buildings, the vehicle parking lot and pedestrian walkway directional signs, according to Director of Administrative Services and Chair of the Wayfinding Committee Robert Vanzo.

The primary buildings inside Circle Drive received the lettering that is currently adorning the top of the buildings,

Vanzo said, so people can identify the buildings while driving on the campus' main roads.

"Once you know where (the buildings) are, you can find them," Vanzo said.

Cloud-Gehshan Associates of Philadelphia was hired as a consultant to recommend the position of the lettering, while Limbaugh Construction installed the signage.

"It had been under consideration for some time, but had been held pending the availability of funds," Vanzo said.

Vanzo added that the money is coming from (university) funds and parking revenue.

Other than the aesthetic

value, it will also help visitors find their way.

"The lettering and signs are needed to help visitors better navigate the campus. There have been comments for years that we've needed some sort of program to help alleviate the navigation problems," Public Affairs Director Greg Conroy said.

Meanwhile, the road signs that typically lead visitors to the inner campus will remain as an option.

So far, visitors and alumni are taking appreciation to the new signs.

"I think it's great. I used to go to school there and you just had to memorize the buildings,"

see SIGNS, page 4

Bronze Cougar effort on the prowl

KATIE CRABTREE
 NEWS STRINGER

Fundraising by Student Government and School Spirit and Pride is making progress in an effort to raise \$40,000 to place Dawn Weimer's sculpture of a bronze crouching cougar on campus.

Nikki Grashoff, vice president of Student Government, is the main coordinator of "Bring the Cougar Home."

Money has been raised by selling Lance Armstrong-inspired wristbands for \$2 in the bookstore, having concession stands and hosting trivia nights. There will be another trivia night in the near future.

Also for sale are commemorative bricks to make up the base of the sculpture, which are \$50 each and may be personalized. Many have already been sold, but there are still plenty left.

Recreation Specialist Keith Becherer said that because of the greater need for hurricane relief funds in the fall, this project was pushed to the side momentarily.



PHOTO COURTESY OF SIUE.EDU

Sculptor Dawn Weimer stands in front of the proposed Bronze Cougar Sculpture. SIUE's "Bring the Cougar Home" campaign is working to raise \$40,000 to put the sculpture on campus.

"They wanted to be sensitive to the other fundraising the university was doing," Becherer said.

see COUGAR, page 4

Two SIUE staffers are promoted

SCHALENE HOUSTON
NEWS STRINGER

Two SIUE employees were recently appointed to new positions, complementing their current ones.

Web Administrator Mark Dorris took over his position this month. His position involves completing new tasks, but also fulfilling his old duties as System Administrator of the new Luminis Content Management System.

Manager of the Faculty Technology Center Jennifer Vandever said in Dorris' newly added duties he serves as the contact of Web users and works with others to ensure the

university Web pages are working properly.

"Specifically, Dorris does the following: enforces server space standards, follows and enforces the Web guidelines, creates and deletes directories for departments and organizations as needed," Vandever said.

Dorris remains active in other departments as well as being a Web administrator. Vandever added that some of Dorris' duties are split among the FTC, Office of Information Technology and Marketing and Communications.

Another employee was welcomed in recent weeks. The new coordinator for the Excellence in Undergraduate

Education program is Foreign Language and Literature associate professor Geert Pallemans.

Associate Provost David Sill said Pallemans will primarily focus on proposals for the EUE.

"The program itself is run by Faculty Senate. The Faculty Senate will decide on which proposals and Geert does all the administrative tasks," Sill said. "On a day-to-day basis, he handles budget changes."

Sill added that Pallemans is a very responsible and trustworthy person.

"He works well with people. The work I've done with him, he clearly fits that," Sill said.

Phi Kappa Phi offers undergrad awards

AARON SUDHOLT
NEWS REPORTER

Phi Kappa Phi has two scholarships up for grabs.

The Phi Kappa Phi Undergraduate Paper Competition will give a \$300 first prize, a \$200 second prize and a \$100 third prize to any undergraduate student. The paper, which can cover any topic of interest in an academic endeavor, must be written to be understood by an audience that knows nothing about the field.

"It's a good opportunity for students to have their works judged by people not in their discipline," Associate Dean For Student Development and General Education at the College of Arts and Sciences Carl Springer said. "I always enjoy

this, we see very good papers every year."

The paper can be about anything, but must be written so someone outside the field of study can understand it. Papers submitted for class requirements and to other contests are eligible and can be up to 3,000 words. Papers must be typed and double-spaced. Two copies must be submitted. Criteria for judging are clarity of writing, organization, originality and creativity, content and documentation. The deadline is Feb. 1.

Another scholarship given by Phi Kappa Phi is worth \$1,000.


The Annual Undergraduate Scholarship Award is available to any undergraduate student with at least a junior standing as of fall

2005. Applicants must have a grade-point average of 3.5 and earned at least 24 semester hours at SIUE by the end of fall 2005.

Packets must be submitted to the office of the Physics Department, attention Dr. Ik-Ju Kang, Science Building 2331, Box 1654 and must include an up-to-date transcript, including fall 2005 grades; a resume with work experience, self-development and service activities, extracurricular activities, financial scholarships and awards, school and other organizational memberships.

The applicant should also include a personal statement expressing his or her opinion of the most valuable aspect of an education at SIUE: a statement of career goals that says how an

see SCHOLARSHIPS, page 4



MODULES

Student Leadership Development Program & Volunteer Services

SLDP Orientation
January 18, 2006
4:30 p.m.
Suzanne Kutterer-Siburt
Assistant Director SLDP
Peck Hall Computer Lab 1410

Modules

1/17/06
Module 1, 2:00 p.m.
Leadership Characteristics: You are a Leader!
Percy Harris, Economic Development Director
City of E. St. Louis
Board Room, MUC

1/17/06
Module 11, 6:30 p.m.
Role Models & Risk Takers
James Pennekamp, Executive Director
Southwestern Illinois Leadership Council
Board Room, MUC

1/24/06
Module 2, 2:00 p.m.
Civic Responsibility & Citizenship
Anthony Vinson, Coordinator
Emergency Services, E. St. Louis, IL
Board Room, MUC

1/24/06
Module 12, 6:30 p.m.
Goal Setting & Delegating Effectively
Anitra Nevels, Sr. Business Manager
SBC
Board Room, MUC

SLDP Reminders....

Volunteer Projects
January 21 – Share Food, Granite City, IL
January 28 – St. Vincent DePaul Thrift Store, E. St. Louis, IL
January 31-February 1-2 – Voter Registration Drive, MUC
February 18 – St. Vincent DePaul, E. St. Louis, IL
Volunteer Fair, January 25, 9:00 a.m.-2:00 p.m., Goshen Lounge, MUC.

Stephen Covey's *Seven Habits of Highly Effective People*® January 26, Korte Room, Founders Hall.

For more information and the calendar, contact the Kimmel LeadershipCenter at extension 2686 or visit the website at www.siu.edu/KIMMEL/SLDP.

Campus Scanner

Donations: Donate your time by giving blood in the Kimmel Leadership Center blood drive from 10 a.m. to 6 p.m. Tuesday in the Morris University Center's Mississippi-Illinois Room. For more information, contact John Davenport at jdavensp@siue.edu.

Live Music: Campus Activities Board kicks off the Live Wire series this semester by bringing Tim Sessions to the stage. Sessions is a one-man act playing the drums, guitar and bass, allowing him to produce a unique sound. The event will take place from noon to 1 p.m. Tuesday in the MUC's Goshen Lounge. For more information, contact CAB in the Kimmel Leadership Office at 650-2686.

Patents and Trademarks: The Southwest Illinois Entrepreneurship Center (SIUE) and SouthernTECH (SIU Carbondale) are sponsoring a seminar covering the topics of trademarks and patents. Many other topics will be addressed during the seminar. Intellectual Property Group Attorneys Kathryn Doty and Matthew Smith will be the speakers for the day. The seminar begins at 11:30 a.m. Friday, Jan. 20, at the Technology and Management Center. There is no charge for the event, but space is limited. For more information, contact Director of the Southwest Illinois Entrepreneurship Center Kristine Polo at 650-2166 or e-mail at kpolo@siue.edu.

Discussion Series: Come share your views and opinions about the Supreme Court Nominees in CAB's Food Chat series from 11:30 a.m. to 1 p.m. Wednesday in the MUC's University Club. Join in as Dr. Harwood of the Department of Political Science leads the discussion about the recent nominees. For more information, contact CAB in the Kimmel Leadership Office at 650-2686.

Culture Event: Take a chance to learn about the Caribbean culture in between classes at 11:30 a.m. Wednesday in the MUC's Goshen Lounge. Stop by and listen to a steel drum band while also enjoying the free frozen mocktails. This event is sponsored by CAB. For more information, contact CAB in the Kimmel Leadership Office at 650-2686.

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. Those interested should call (866) QUIT-YES. Hot line hours are from 7 a.m. to 6 p.m. Monday through Friday.

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



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Seniors can get fellowship

EMILY REUTEBUCH
NEWS STRINGER

SIUE's local chapter of Phi Kappa Phi is giving one senior student a chance to be awarded a fellowship of \$1,000 and to receive other fellowships awarded nationally.

The nominee is eligible for one of 60 competitive fellowships worth up to \$5,000 to be used for first year graduate or professional study. Forty additional Awards of Excellence of \$2,000 will be made.

"Any graduating senior student may apply," Associate Dean of Academic Programs and Faculty Development Wendy

Shaw said.

The criteria used in the selection process includes scholastic achievement, high standardized test scores, honors and enrichment programs, leadership and participation in university and community activities, expression of study plans and career goals and evaluations by faculty.

The deadline for application is Wednesday, Feb. 1.

All applications can be submitted to Eric Voss in the Department of Chemistry, Campus Box 1652, Science Building, Room 2324.

For more information, contact Voss at 650-2099 or evoss@siue.edu.

More scholarship chances

EMILY REUTEBUCH
NEWS STRINGER

Undergraduate students in any field of study nationally can apply for as many as 38 study abroad grants available.

In order to qualify, the applicant must have earned between 56 and 90 semester hours as of Wednesday, Feb. 15, at an institution that has an active Phi Kappa Phi chapter, accumulated a grade point average of at least 3.5 on a 4.0 scale and completed at least two remaining semesters in residence at the applicant's home institution after finishing

the study abroad program.

Other requirements needed are acceptance into an accredited study abroad program before Wednesday, Feb. 15, a letter of acceptance from the study abroad program included in the application and direct relation between the study abroad plan and the applicant's academic preparation, potential career choice or commitment to the welfare of others.

The application deadline is Wednesday, Feb. 15.

For more information about receiving and completing applications, visit phikappaphi.org/abroad.shtml.

SIGNS

from page 2

Limbaugh Construction Owner and SIUE alumnus Jeff Limbaugh said. "It looks more professional."

Working in the University Restaurant, student Lauren Switalski is often asked by visitors where the buildings are.

"It's going to be easier because when people ask where a building is, it will be easier to indicate where it is, because now there is a bigger sign," Switalski said. "You don't have to be right on top of it to read it."

COUGAR

from page 2

The cougar became the official mascot of SIUE in 1967. In honor of the new mascot, Chimega, a live cougar, was brought to campus and lived here until she died in 1985. A second cougar, Kyna, came in 1982 and stayed until 1987.

SIUE has not had an image

of our mascot on campus since the two live cougars lived here.

Becherer said the main reason for the cougar is to be a rallying point and generate school pride.

For more information, visit siue.edu/KIMMEL/sg/ssp.

SCHOLARSHIP

from page 3

education at SIUE will help with this; and two confidential letters of recommendation from SIUE faculty or staff to be sent directly to Kang.

"Usually they ask professors

who know your work," Kang said.

For more information about either scholarship, see the Phi Kappa Phi Web site at www.phikappaphi.org.

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www.thealestle.com

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www.siue.edu/CAB

Next Week in CAB

Food Chat: Supreme Court Nominees
Come listen to SIUE faculty lead an informal discussion on this topic.
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Wednesday, January 18
11:30 a.m.
University Club, MUC

CARIBBEAN STEEL DRUM BAND
Wednesday, January 18
11:30 a.m. - 1 p.m.
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Tuesday, January 17 at Noon!!!

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Waiting...

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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.

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

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

Have a comment?

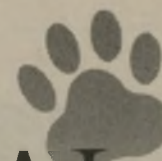
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OPINIONS & EDITORIAL



THURSDAY, JANUARY 12, 2006

WWW.THEALESTLE.COM

5

Make relaxation your reward, not your hobby



I thought I was ready to come back to school. Somewhere between Christmas and New Year's Eve, I realized I was bored. After spending an entire semester wishing for free days to just kick back and relax, I found myself desperately wishing for something to do. Be it homework, a job or even class, I just had to get out of the house.

After two weeks of sleeping late and lounging, I was struggling to stay in bed past 9 or 10 o'clock. Once out of my bed, I found most TV shows to be boring, my friends slightly irritating and my lack of funding to go do something fun nearly intolerable.

conclusion that being bored was far worse than being busy.

Now, just a couple of days into the semester, I'm ready to reclaim my residence on the couch. I wish I could just wake up in the morning and settle in for a few episodes of "The Price is Right," "The Nanny" and

I do feel a lot better at the end of the day when I actually accomplish something. And you know how they say you always want what you can't have? I will say that I am much more grateful for a long weekend after a week of school and work than I am after a week of eating, sleeping and lounging.

So, I have made a New Year's resolution. This year, I will strive to overcome my habit of making excuses to procrastinate in an attempt to create pseudo-free time. I am going to strive to be productive each and every day so that I can enjoy the little bit of real free time I get guilt free and without boredom. I guess there really can be too much of a good thing.

Courtney Rakers
Editor in Chief

"Once out of my bed, I found most TV shows to be boring, my friends slightly irritating and my lack of funding to go do something fun nearly intolerable."

I think, in all, I spent at least two-thirds of my waking hours watching TV and movies. The other third went to eating, running to the store and a few outings to local bars. Throw in a couple hours a day of having nothing to do but think, and I came to the

"Golden Girls." I look longingly at my bed on my way out the door, trying to think of an excuse to snuggle back in under the covers for a long nap.

In spite of my life-long dream of being a permanent couch potato, I have realized that

Bring out the crayons, college is like kindergarten

(U-WIRE) PHILADELPHIA – During the spring semester when high school seniors are trying to decide which college to accept, I get a lot of phone calls and e-mails. When my younger friends ask me what college is like, I usually lie. I tell them it is intellectually stimulating, productive and exciting, and it is — to an extent. The real truth, which I dutifully hide from these starry-eyed youngsters, is that coming to college is more like returning to kindergarten than anything else.

Sure, I take classes, drink coffee and carry important-looking books. But the truth is, almost everything I do for school is simply an obstacle to the five-year-old lifestyle that I've grown accustomed to.

First of all, there's the issue of diet.

I have heard tour guides tell prospective students the dining halls are great, the variety of foods offered can accommodate any dietary restrictions and the meals are healthy and palatable to boot.

If you ask me, the real gem of the dining halls is the cereal. Cereal, the same dietary staple of the average kindergartner, becomes my default meal — morning, noon or night. The more unrefined sugar the better.

Then, the question of entertainment arises.

Pointless television shows are a must. Animal Planet, "Family Guy" and anything on TBS are usually my fallbacks. If nobody comes to remind me of my commitments or

appointments, it is likely that I will sit for hours watching absolutely nothing on television without realizing it.

If you are asking yourself how the weekend always seems to go from Friday night to Sunday morning without any recollection of a Saturday, this is probably your answer.

In elementary school, most kids go through a phase when they refuse to wear anything but sweat pants. This is the state that I have been living in for the past two years. Which is good, because I never know when I might want to take a nap.

The bookstore has cashed in on this obsession with comfort by creating the school sweat pants.

Kindergarten provides young

children with an entirely new concept on the format of education and teaches them a new method of thinking.

College has the same effect on incoming students.

One of the general goals of a kindergarten education is "to cultivate an enriched emotion and the growing ability to think through developing interest and curiosity in things surrounding them."

This definition could just as easily be applied to the freedom that new college students discover in the lifestyle and educational changes that they experience at college.

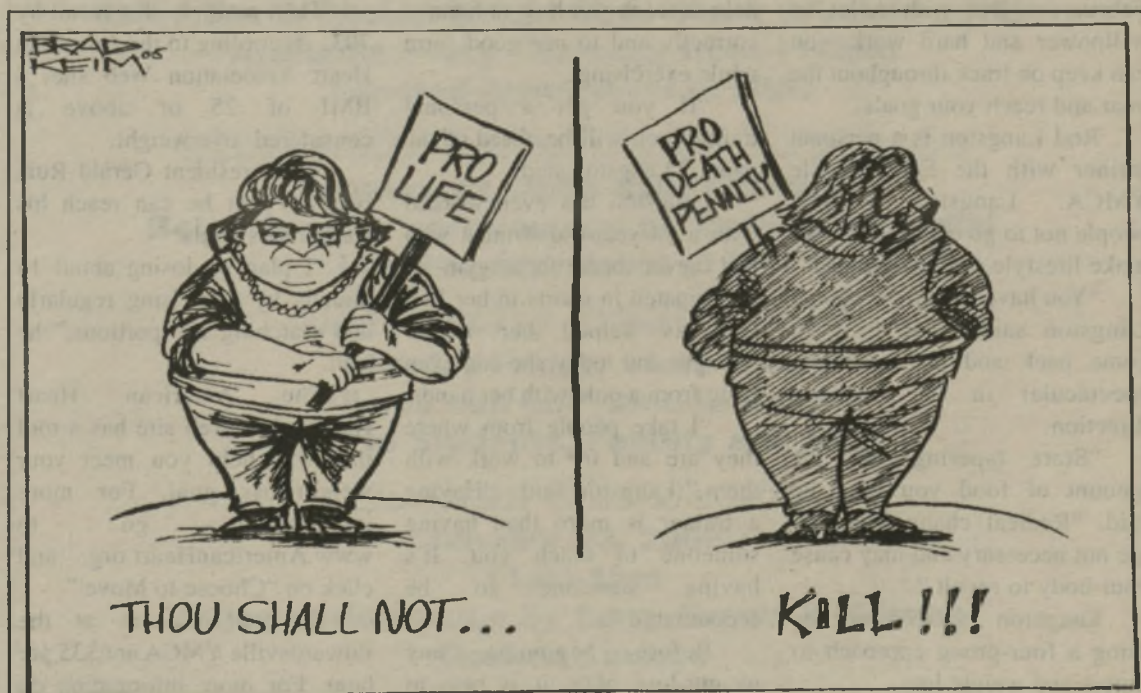
Of course, there are some distinct differences between kindergartners and college

students: alcohol use, sexual promiscuity and late bedtimes, to name a few. I guess you could count a great mixed drink as something of an arts and crafts activity, but we've certainly gotten over the whole cooties fixation.

Maybe this "acting like a child" thing is just my last hurrah before entering the dreaded real world. In another two years I'll have to wear a suit, be responsible and act mature. After that, I'll just have to bide my time until retirement, when I can slip back into those sweats.

Anna Hartley
Daily Pennsylvanian
University of Pennsylvania

Please Try Again — Brad Keim





Intelligent design questions evolutionism

TONY CHIORAZZI
DAILY TROJAN

LOS ANGELES (U-WIRE) — Remember that drawing in high school that showed an ape evolving -- in step-by-step stages -- into a walking erect man?

Well, it's probably bogus, according to a growing number of scientists.

Since 2001, more than 300 scientists have endorsed the "Scientific Dissent from Darwin" declaration, which says, "we are skeptical of claims for the ability of random mutation and natural selection to account for the complexity of life."

A popular advocate of intelligent design is Michael J. Behe, professor of biochemistry at Lehigh University and author of "Darwin's Black Box." Behe, a former neo-Darwinian evolutionist, said that what changed his mind about evolution was not religion, but science.

"We find in nature many sub-cellular systems that are irreducibly complex ... and ... they involve a number of interrelated parts or subsystems all of which are necessary for the system to function," Behe said in an interview given to a church group.

"This fact is a huge problem

for neo-Darwinism since, by hypothesis, there is no plan or purpose or intelligence in biological change that can direct the development of the parts in order to be assembled later into the whole," he added.

Behe is also a senior fellow of the Discovery Institute, a research association that boasts more than 40 fellows, including prominent biologists,

earth science.

"Just because we don't understand something doesn't mean God created it," he said. "If someone wants to look at a tree and its leaves and think that God created it, that's fine -- but that's not science," Bottjer said.

Dallas Willard, a USC professor of philosophy, said that it is not an accurate depiction of the intelligent

is far from impressive. And to his defense, Willard might be able to cite evolutionist and author Michael Alan Park, who wrote: "The fossil record has failed to show intermediate forms with fine gradations for all evolutionary lines. Instead, fossil species often tend to remain relatively stable for long periods of time, and changes -- new species -- show up rather suddenly."

Additionally, Willard and intelligent design advocates note that Henry Gee, the chief science writer for "Nature," wrote that "the intervals of time that separate fossils are so huge that we cannot say anything definite about their possible connection through ancestry and descent."

Intelligent design advocates argue that interpreting fossils has always been a flawed undertaking. In digging up ancient primates, paleoanthropologists generally work with "fragmentary remains, mostly pieces of jaw or sometimes just teeth," wrote Park, the evolutionist. Very rarely -- if ever -- do paleoanthropologists find fully intact hominid, modern humans and our predecessors, fossilized bodies, said Willard. Consequently, interpreting and drawing conclusions from partial remains leaves plenty of

room for subjective speculation, ID scientists said.

For example, biologist and author Jonathan Wells described an incident when Roger Lewin observed paleoanthropologists Alan Walker, Michael Day and Richard Leakey analyzing a skull labeled "1470."

According to Lewin, Walker said, "you could hold the [upper jaw] forward, and give it a long face, or you could tuck it in, making the face short. How you held it really depended on your preconception."

This has led famed evolutionist and paleoanthropologist Ian Tattersall to say that "in paleoanthropology, the patterns we perceive are likely to result from our unconscious mindsets as from the evidence itself."

Opining on origins, Rabbi Dov Wagner, leader of USC Chabad, tells a story: "There was once a rabbi and an atheist. The rabbi asked the atheist how the world came into being. The atheist said that it just evolved, without any creator. While continuing to chat, the atheist admired a beautiful painting in the rabbi's study and asked who painted it. The rabbi replied, 'Nobody. Some paint just spilled on the canvas and then later some more paint spilled, and eventually the painting just evolved.'"

"The intervals of time that separate fossils are so huge that we cannot say anything definite about their possible connection through ancestry and descent."

Henry Gee, chief science writer of "Nature"

biochemists, chemists, physicists and advocates for a position known as intelligent design which "holds that certain features of the universe of living things are best explained by an intelligent cause, not an undirected process such as natural selection."

ID is not just an attack on evolution, but all sciences, said David Bottjer, a University of Southern California professor of

design position to claim -- as many do -- that ID just advocates a religious point of view or even for a belief in a God.

Intelligent design does not postulate a belief in God, only in a higher agency, he said.

Willard said that ID poses fair questions about the scientific validity of evolution. For example, Willard said that the fossil evidence for evolution

Exercising and eating right makes weight loss a cinch

DARLENE WYATT
LIFESTYLES STRINGER

If you are like many students, your New Year's resolution may be to lose weight.

However, most people forget their resolutions by February. But with a lot of willpower and hard work, you can keep on track throughout the year and reach your goals.

Rod Langston is a personal trainer with the Edwardsville YMCA. Langston advises people not to go on a diet, but to make lifestyle changes instead.

"You have to pay the piper," Langston said. "You have to come back and do something spectacular in the opposite direction."

"Start tapering off the amount of food you eat," he said. "Radical changes in diet are not necessary and may cause your body to revolt."

Langston recommends using a four-prong approach to fitness and weight loss.

These include lifting weights, aerobic workouts like walking and swimming, flexibility training and practicing good nutrition. He looks at these elements as pillars to overall good health.

Hiring a personal trainer can help to teach you how to breathe correctly and to use good form while exercising.

"If you get a personal trainer, you will be ahead of the game," Langston said.

Langston has even worked with a 74-year-old woman who had never been to a gym or participated in sports in her life. He has helped her regain strength and today she can even hang from a pole with her hands.

"I take people from where they are and try to work with them," Langston said. "Having a trainer is more than having someone to teach you. It's having someone to be accountable to."

Before beginning any weight-loss plan, it is best to

decide how many pounds must be lost in order to reach a healthy weight. To find out how much weight needs to be lost, calculate Body Mass Index.

To find BMI, divide weight in pounds by height in inches squared.

Then multiply that result by 703. According to the American Heart Association Web site, a BMI of 25 or above is considered overweight.

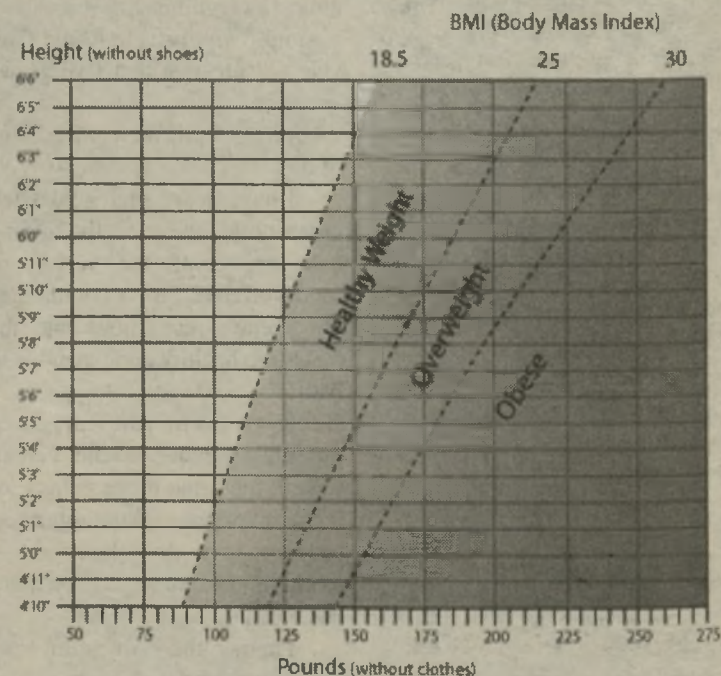
Alton resident Gerald Ruiz believes that he can reach his weight loss goals.

"I plan on losing about 15 pounds by exercising regularly and watching my portions," he said.

The American Heart Association Web site has a tool that will help you meet your weight-loss goal. For more information, go to www.AmericanHeart.org and click on "Choose to Move."

Personal trainers at the Edwardsville YMCA are \$35 per hour. For more information on

Are You at a Healthy Weight?



hiring a personal trainer call the YMCA at 656-0436.

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9

SIUE 2006 Track & Field

Cougars hit the ground running for upcoming season



PHOTO COURTESY OF SIUE PHOTO SERVICES
SIUE junior Jonathan Bannister, who earned All-American status and was named Great Lakes Valley Conference Athlete of the Year in 2005, clears a hurdle.

MALLORY HENSLEY
SPORTS STRINGER

If the SIUE men's track and field team intimidated opponents last season, challengers should be flat-out scared of the Cougars this season. The experienced and talented squad is expected to find even more success in 2006.

After a historic 2005 campaign that saw a dozen SIUE runners earn All-American status, a Great Lakes Valley Conference Outdoor Championship brought back to Edwardsville for the second year in a row and a bevy of school records shattered, the Cougars have their sights set even higher this year.

What should alarm competitors most is that SIUE returns a large chunk of last season's core group. Each area of track and field is well represented by veterans.

The loss of Jeff Fearday to graduation does not alarm Head Coach David Astrauskas. Junior Jonathan Bannister is predicted to take over the leadership position in the sprint, hurdle and jumping events. Last season's 2005 Co-MVP, Bannister won six conference

championships and set six school records. Judging from his performance, six is his lucky number and 2006 should be good for the three-time All-American and 2005 GLVC Outdoor Athlete of the Year.

Another key sprinter for SIUE is senior Brad Blevins, who helped set school records in the 400-meter and 800-meter relay. In addition to competing in the relays, Blevins will contribute in the short sprints. Blevins was the 55-meter dash GLVC champion in 2004.

Sophomore Kyle Rose finished sixth at the national meet in the indoor 400-meter dash. In his freshman season, Rose ran for the relay team that earned All-American honors and set seven school records individually.

Chris Wright, a sophomore, ran with Rose on the team that earned All-American honors. Despite being injured for the better part of last season, Wright was still named All-American and earned All-GLVC honors in the 1,600-meter relay.

Anthony Weber qualified nationally in the pole vault and is looking to continue his

see MEN, page 10



PHOTO COURTESY OF SIUE PHOTO SERVICES
SIUE senior Holly Noller spins and twirls in the hammer throw last season. Noller placed fifth in the event at last year's conference championship.

MALLORY HENSLEY
SPORTS STRINGER

Hoping to mirror the success of the impressive 2005 season, this year's women's track team has high expectations. With a handful of returning All-Americans and more than a dozen fresh faces, the women are eager to kick off their season and show the world what they can accomplish.

The Cougars hope to defend their title of champions of the outdoor Great Lakes Valley Conference. Seventeen of 26 school records have been broken in the past two seasons. Four record-breakers return for the 2006 seasons.

Sophomores Christine Butler, Asaki Carr and Jessica Levy, along with juniors Callie Glover, Tairisha Sawyer and Valerie Simmons, will be trying to beat their personal bests.

The 2005 outdoor season yielded an astounding eight All-Americans. In addition to the All-Americans, four women qualified for nationals. The Cougars will reap the benefits of their

extra experience in the return of three qualifiers: Butler, Carr and Glover.

Leading the team in the sprinting category are Sawyer and Simmons. Sawyer is a decorated runner, having been named last season's Most Valuable Player, and the Indoor GLVC Athlete of the Meet. In 2004, she was the awarded the Outdoor Athlete of the Meet award. In her first two years as a Cougar, she contributed nine conference championships. Sawyer was named All-American in the 200-meter dash, as well as the 1,600-meter relay. Nine school records are also under her belt.

Simmons has quite the resume, as well. The 2005 GLVC Athlete of the Year and All-American has set six school records thus far and has won seven conference titles.

"Tairisha and Valerie were our sprinting stars last year. I am looking for them to lead that group and do even bigger things at the conference and national levels," SIUE Head Coach Ben

see WOMEN, page 10

MEN

from page 9

success in his junior year. A strong group of returnees and talented freshmen will round out the roster.

The distance area also looks threatening. Senior standout Brian Taghon just wrapped up his successful cross country season and is ready to find the same glory in track. Taghon was conference champion and provisionally qualified for nationals in the indoors last season and the outdoors in 2004. Another key runner is junior Cody Ellermeyer, who had a promising freshman season, but was injured throughout 2005.

Erik Steffens and Ryan Nowakowski are also decorated runners who are expected to contribute to the team's success. Steffens, a sophomore, earned All-GLVC honors, while Nowakowski, a sophomore, earned indoor All-American honors.

The throwing events will rely on experienced seniors to stay strong. Though the loss of two-time All-American Lee Weeden will be felt, seniors Phil Freimuth and Dustin Bilbruck will reach for success in the javelin. The 2005 season treated Freimuth well, granting him his second conference championships and dubbing him a national qualifier in the javelin. Bilbruck has taken All-GLVC honors for the past two seasons.

Seniors Steve Landers and Ben Willard are both returning All-Conference athletes. The seniors will help to train and condition freshmen Derek Rensing and Kris Kombrink, who will take over the throwing area next year upon Landers and Willard's graduation.

The men commence their season on Friday at the Missouri Invitational in Columbia, Mo.

WOMEN

from page 9

Beyers said. "Jessica Levy is another All-American. She had an injury last season, so we are glad to have her back on the track to help out."

Levy, a sophomore All-American, was named the GLVC Indoor Freshman Athlete of the Meet before a stress fracture in her leg forced her to red-shirt during the outdoor season. Before her injury, Levy set three school records and won three conference championships. The outdoor squad hopes to benefit from her talent as much as the indoor team has.

The coaching staff is stacked with Beyers and his two assistant coaches. Dave Astrauskas and Eileen McAllister add versatility to the coaching crew.

Glover is expected to anchor the throwing sect. She is a returning All-American in the outdoor hammer throw, and will be looking to repeat last year's performance to qualify for nationals. Also expected to contribute to the Cougars' success is senior Holly Noller, who was conference champion in the javelin in the 2004 and 2005 seasons.

An important returnee in the distance area is senior Kimetha Williams. She was a national qualifier in her first season at SIUE and earned All-American honors in her second season as a Cougar. Williams transferred from the University of Illinois.

She won three conference championships, and set two new school records.

"We are very young in this category, with a lot of freshmen. Those girls have been working hard and getting the hang of things," Beyers said. "There is a lot of potential wrapped in that group, and they are all very capable of rising to the challenge and doing great things."

Butler will be the foremost jumper for the Cougars. Beyers cites that Butler's "big goals" in the triple jump and long jump areas will be the cause of the success that this season is expected to bring her. A two-time All-American, Butler won the conference title in triple jump last season.

In hurdles, Simmons and Carr lead the way. Carr was the conference champion in the 100-meter hurdles last season. She qualified nationally, and has her eye on repeating her performance.

"Personally, I am excited to see how the team gels and grows. We have so many returning national qualifiers," Beyers said. "It will be interesting to see how the veterans lead the newcomers this year, and also to see the goals that they set for themselves."

The team opens its season tomorrow at the Missouri Invitational in Columbia, Mo.

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Z R S X C X K L Q L Q I M Y F
I N U F C H Q O E T H M S B I
R P N O C Z P Z H R O Q M L X
M H Q A K T R U Q T W Y D C M
J 7 3 0 P M Q A Z N S U E X K
F A D C J F C Q H W E N E V B
S Y A D S E N D E W T W U H A
T L U T H E R A N E E Q I O T
M V A Q K V B T R T Y G S O E

The following words can be found forward, backward, horizontally, vertically and diagonally:

SIUE
LUTHERAN
CAMPUS
MINISTRY
WEDNESDAYS
730PM
RELIGIOUS
CENTER

For the solution, go to www.siuclcm.org.