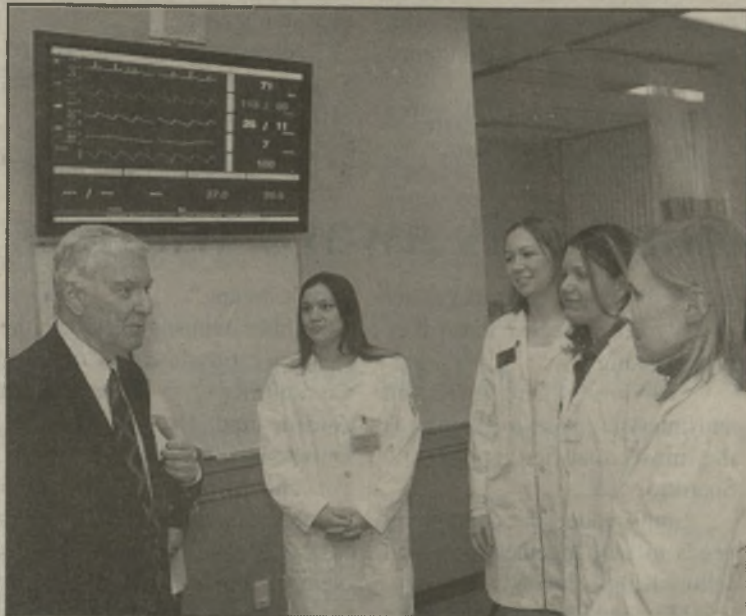


School of Nursing opens new center



COURTESY OF SIUE PHOTO SERVICES

SIU President Glenn Poshard talks to School of Nursing students at the school's Simulated Learning Center for Health Sciences opening. The \$90,000 revitalization project gives nursing students an opportunity to work in real-life medical situations.

AARON SUDHOLT
 NEWS REPORTER

Nursing students have a better way to practice for their profession before they enter the real world.

The Simulated Learning Center for the Health Sciences was opened at an unveiling Jan. 23.

The \$90,000 renovation project offers students in the medical sciences the opportunity to work on mannequins resembling and responding much like humans do, as well as work with equipment for their profession.

"(It is) a virtual hospital experience," Director of Development at the School of Nursing Noel Schiber said. "Students can learn and practice in a safe and comfortable environment before they go into the real world."

The SLCHS was upgraded from the original Skills Lab. The enhanced lab provides facilities, including mannequins that simulate human reactions to medication, sickness and emergencies, Coordinator of the SLCHS Karen Conners said.

"We have three patient simulators. They simulate all biological functions," she added.

For example, if a patient has an asthma attack, they can see how the patient would react if given a certain medicine by doing so with a mannequin, Conners said.

There are three patient simulators, with three adult and two children mannequins available. There is also an obstetric simulator where a mannequin goes through the stages of labor and birth.

"(It will) simulate what it'd be like before they actually have to do it," Schiber said.

Another inclusion is an intravenous simulator, giving nursing students the opportunity to practice inserting IVs and drawing blood before they actually have to do it on people. If the students miss, the simulator will say, "Ouch!" Schiber said.

"It can be very hard to put in an IV. This helps them get ready," Schiber said.

To learn to dispense medicine, a drug-dispensing machine has been installed in the SLCHS lab. The machine offers an automated means of learning to dispense medicine and give it to patients. Eventually, students from the School of Pharmacy will be able to use it.

The SLCHS lab will give nursing students the opportunity to be better prepared for going out into the work force.

"The upgrades that we've done here have been well received and hopefully students will get a lot out of it," Conners said.

According to Schiber, the project was funded by "a variety of fees collected by the School of Nursing."

see NURSING, page 4

Student noses out gas leak

STEVE BRITT
 NEWS REPORTER

A student's nose sniffed out danger Thursday evening.

A Cougar Village resident called the police around 9:30 p.m. after smelling natural gas coming from Building 529.

"A resident smelled gas immediately when they got near

it. They could smell it outside the building," Lt. Kevin Schmoll said Monday.

SIUE police evacuated the building. Edwardsville firefighters were called and they aired out the building, Schmoll said.

"It was a broken switch and a pilot light that was inoperable. ... Maintenance came in and fixed

the broken switch," Schmoll said.

Natural gas is odorless in its original state. According to www.wikipedia.com, gas companies began adding methyl mercaptan to give a warning odor of leaks after the 1937 New London School explosion in New London, Texas, which killed an estimated 300 students and faculty.

SIUE geese get all shook up

CORY FREEMAN
 NEWS STRINGER

Goose control on campus gives a whole new meaning to the term "scrambled egg."

For the last 10 years, Facilities Management crews have shaken the goose eggs to prevent hatching.

"I've been here for 13 years and the goose problem goes back long before that," Facilities Management Director Bob Washburn said.

According to Washburn, the "shaking" method, also known as coddling, is one of the few methods approved by the U.S. Fish and Wildlife Service. The federal government protects migratory waterfowl like the geese on campus.

A permit is required every year from the State Department of Natural Resources to continue the practice.

Washburn said this has been the first and only method used by Facilities Management.

Some students, such as senior mechanical engineering major Mike Ganske, say they believe the practice is necessary.

"It's kind of a weird way to control the problem," Ganske said. "But I guess if it keeps me from stepping in crap everyday, then I say go for it."

Other students, such as

method considered was using border collies to chase away the geese, but that was considered unfeasible.

"Unfortunately that just moves them from point A to point B," Washburn said. "You have to bring the dogs in three to four times a week to keep one area clear."

"I've been here for 13 years and the goose problem goes back long before that."

~Facilities Management Director
Bob Washburn

senior liberal studies major Courtney Weaver, believe the practice is cruel.

"That's not right," Weaver said. "No matter what, it's still killing innocent creatures. It just disgusts me. In all honesty, there has to be another way to control the situation."

Washburn said another

Facilities Management coddles goose eggs two or three times during nesting season from mid-February through March.

"Unfortunately, geese don't nest together at the same time," Washburn said.

Washburn said the geese are most concentrated around the Cougar Lake area.



KATIE GROTH/ALESTLE

Geese roam the grassy area in front of Founders Hall. Facilities Management has prevented goose overpopulation for 10 years using a coddling method, or shaking eggs. In order to continue the practice, Facilities Management has to apply yearly for a permit from the State Department of Natural Resources.



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Students misled on Sharpton visit

JIM GOLTZ
NEWS STRINGER
ZACH GROVES
NEWS EDITOR

SIUE students were apparently duped when false information was given about civil rights activist and Democratic 2004 presidential candidate the Rev. Al Sharpton's campus visit.

"It was a hoax," Black Student Union President Faith Lane said.

The Black Student Union and the Alpha Phi Alpha fraternity organizations made arrangements for a Jan. 27 visit

based on information from a person in St. Louis who claimed to be associated with Sharpton.

"The two student groups were told he was going to be in the area and wanted to speak to college students," Kimmel Leadership Assistant Director of Student Organization Development Cheryl Heard said. "They were told he would be here."

Sister Alva X, who identified herself as being affiliated with the Nation of Islam Muhammad Mosque 28 in St. Louis, contacted the BSU and Alpha Phi Alpha on the apparent visit.

"X claimed Sharpton was going to be speaking at their mosque and wanted to speak to college students while he was in the area," Heard said. "The students persistently attempted to reach X for details. When they reported all the failed attempts, I asked them for their contact information."

Heard also failed to reach X. Heard added that the university never offered to pay for Sharpton's visit.

According to Heard, Sharpton first learned of his SIUE speaking engagement

see SHARPTON, page 4

Kimmel to honor MLK award winners

SCHALENE HOUSTON
NEWS STRINGER

Senior mass communications major Adrienne Smith was recently awarded the Dr. Martin Luther King Jr. Scholarship and Humanitarian Award.

For one year her tuition is paid and she will receive a \$100 cash award and a plaque.

Smith said she was "very grateful" that the committee selected her.

Kimmel Leadership Director Steve Sperotto said Smith

received the award because her ideals most reflected those they were seeking out.

"Obviously her application and interview rose to the top as the most qualified applicant," Sperotto said.

Smith added the community needs to pull together more and follow King's dream.

"I would like to see the many different cultures on campus interact and work together more," Smith said. "We are a very diverse campus, community and nation, yet we rarely see us coexisting in a world like in

King's dream."

Other winners included the Rev. Edwin Coleman, Community Humanitarian Award; and Dwight McLeod, University Humanitarian Award.

The winners of the high school competition are all juniors in the Metro-East area: Jessica Nemec, Poetry Award; Joshua Scheu, Essay Award; and Emily Kautzer, Visual Arts Award. Each of the recipients will receive a \$100 cash award and a plaque.

The annual luncheon recognizing King's birthday

see AWARDS, page 4

A classical state of mind



KATIE GROTH/ALESTLE

Members of the Alexander String Quartet perform classical pieces Friday in the Dunham Hall Theater. The quartet came to town as part of Arts and Issues and played pieces by Mozart, Bach and Shostakovich.



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Online directory helps media

AARON SUDHOLT
NEWS REPORTER

When journalists need a professor to talk to, they turn to SIUE Director of Public Affairs Greg Conroy. When Greg Conroy needs to know which professor would be best, he said he turns to the "Faculty/Staff Resource Directory."

The new directory is for Conroy and others to know which professors at SIUE are willing to provide expert opinion to the press and others.

Conroy is now looking for professors to volunteer their names for the directory.

The directory will be completely online, though not made available to the general public.

"What we're going to do is make an online book," Conroy said.

It will allow Conroy to match interested people with willing professors for interviews.

"I'm happy to do the legwork," Conroy said. "I'd prefer to be the middle person."

Conroy said he can then help talk to the professors and help schedule interviews and meetings that fit within both party's schedules.

Conroy said that requests for information from professors come in often.

"We get many, many calls from reporters," he said. "Any (professor) can be a good resource."

Right now, only 10 percent of the faculty and staff have

registered with the directory, he said.

He has sent out e-mails asking for more volunteers, and will send out more in the future.

By using staff and faculty from SIUE, it is hoped it will help spread the name of the university.

"When professors get quoted in newspapers, they get identified as being at SIUE," Conroy said. "Part of the reason why I'm here is to get professors through to reporters."

Professors who are interested in participating may e-mail Conroy at gconroy@siue.edu with their name, credentials, area of specialty and contact information.

Conroy can also be reached at 650-3607.

SIUE geography pioneer dies at 74

KATIE CRABTREE
NEWS STRINGER

Carl Shipley Lossau, professor emeritus of geography, died on Monday, Jan. 16, at Anderson Hospital in Maryville. He was 74.

A native of Chicago, Lossau attended Northwestern University where he received his undergraduate in 1953, master's in 1954 and doctorate in 1962. He was a veteran of the U.S. Army as well as an Edwardsville alderman. He was on Edwardsville's city planning commission and was active with the Edwardsville Little League and Boy Scouts.

He was a planner with the Chicago Department of City Planning and the St. Louis City Plan Commission, where he was the chief planner. He was also a

professor at DePaul University.

Lossau joined SIUE in 1963 as a member of what was known then as the Special Sciences Division, focusing in regional

Fencing Club.

He was ranked nationally in the American Fencing Association's Senior Division.

He was a pioneer faculty

"He could deal with all kinds of people, whether it was a freshman dealing with latitude and longitude or an upperclassman dealing with more advanced things."

~Associate Dean of Academic Programs
and Faculty Development Wendy Shaw

planning and geography. Shortly after, he became professor of earth science, geography and planning.

After his retirement in 1996, Lossau was a member of the YMCA as an officer in the

member at SIUE.

"He had been at the university so long, from the early days at SIUE," College of Arts and Sciences Associate Dean of Academic Programs and Faculty

see LOSSAU, page 4

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One out of five adults finds themselves as the designated "caregiver" for a loved one who can no longer manage alone. This role can often snowball, weighing heavily on you as you cope with the demands of caregiving. There may be services and organizations right in your parent's neighborhood that can help when you're not around. The outcome is better care for your parent, and less anxiety for you. Visit www.familycaregiving101.org and discover a world of support, answers and advice - for both of you.

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Police Incidents

Traffic

01-24

Police issued Jacob D. Bales a citation for the operation of an uninsured motor vehicle on Circle Drive.

01-26

Police issued Heather C. Wilton a citation for parking in a handicapped zone in Lot 4D.

01-27

Police issued Andrea J. Franzen a citation for disobeying a stop sign on South University Drive.

Police issued Tracy A. Scott a citation for speeding on South University Drive.

Police issued Job M. Durai a citation for expired registration on North Circle Drive.

Police issued Tyler R. Koerkenmeier a citation for no valid insurance on South University Drive.

Police issued Sara M. Cannon a citation for operation of an uninsured motor vehicle on South University Drive.

Alcohol

01-27

Police arrested Kyle E. Fluck and Jermel Binion for delivery/sale of alcohol to a minor. Darren M. Garbuz and Eric M. Reiss were arrested for illegal consumption of alcohol by a minor. Reiss and Garbuz were released with a notice to appear. Fluck and Binion were taken to Madison County Jail.

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New voice on telephone

ALESTLE STAFF REPORT

Despite recent changes to the voice-mail system, problems have been minimal.

The university installed Callpilot, a newer voice mail system to replace the long-running Meridian Mail. Both are part of Nortel, a company the university relies on for telephone service.

According to Information Technology Director Dan Chace, the transition went smoothly and so far no complaints have been reported.

The switch took place Jan. 20 and the system was temporarily down for the few hours needed to install it. A few offices had their voice mail shut off for a brief period during the change.

NURSING

from page 1

"Students will not be affected," she said. "This is a gain for the students."

The SLCHS lab is open from 8 a.m. to 4:30 p.m. Monday

through Friday and is located in Room 2203 in Alumni Hall.

For more information, call the School of Nursing at 650-3956.

AWARDS

from page 2

begins at 11:30 a.m. Tuesday, Feb. 7 in the Morris University Center's Meridian Ballroom.

"It's a wonderful opportunity for students, faculty and staff to celebrate the teachings of Martin Luther King and reflect on his

life and importance to the American history and American society," Sperotto said.

Tickets are \$15 for general admission and \$8 for students.

For more information, call 650-2660.

SHARPTON

from page 3

while searching the Internet.

"It became a 'serious miscommunication' when the media heard he was coming," Heard said. "We had made no official announcement."

SIUE Public Affairs Director Greg Conroy issued a statement to announce the

misunderstanding.

"A few student organizations had planned to invite Sharpton, but the plans were dropped early in the process," Conroy said last week.

"In all my years here, I never had anything like this happen," Heard said.

LOSSAU

from page 3

Development Wendy Shaw said. "I believe he was hired even before they built the main campus and for many years he was certainly a large part of the geography department."

Shaw said that geography underwent a great deal of change in the '90s when technology changed.

"The department was cutting-edge because he embraced the new trends in technology, which I think is fantastic," Shaw said.

Shaw also said she got to know him on a more personal level.

"He was an extraordinary person and he was always good-humored and helpful," Shaw said. "He could deal with all kinds of people, whether it was a

freshman dealing with latitude and longitude or an upperclassman dealing with more advanced things.

"He also had a broad range of interests and I think that started with a broad range in geography," she added.

Visitation was at Weber Funeral Home in Edwardsville. Funeral services were conducted Jan. 21 at the funeral home, with the Rev. Dr. Kathleen Lossau, pastor of Williamsville United Methodist Church, officiating.

Burial was at Woodlawn Cemetery in Edwardsville.

Memorials may be made to the Edwardsville YMCA or to the SIUE Foundation in support of an award in geography for undergraduate students.

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The Campus Activities Board is currently looking for
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For more information, call x3371 or e-mail cab@siue

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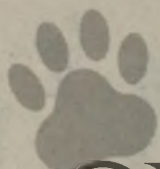
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OPINIONS & EDITORIAL

TUESDAY, JANUARY 31, 2006

WWW.THEALESTLE.COM

5

Meaning of monogamy left to interpretation

MADISON, Wis. (U-WIRE) — Screw monogamy — why have one lover when you can have three? You can hook up with her on Thursday and her on Friday and her on Saturday. Just tell them you're "seeing other people" and then your ass is covered. It seems so simple ... and so fun.

Hugh Hefner does it. He has Bridget, Kendra and Holly. Count 'em — three live-in girlfriends (down from eight). Tyra Banks had Hef on her talk show "Tyra" and questioned his thoughts on monogamy. His response was "It's monogamous within the group." She called it "trinogomy." I call it dirty.

A lot of party-hopping, cheating, non-monogamous celebrities make the gossip headlines every day. The Facebook even has an "in an open relationship" option on college students' profiles.

But just because people are slutty, does it mean monogamy is nonexistent? Penn and Teller's show "Bullshit!" has an episode on the nuclear family, which they call ... you guessed it: bullshit. They found a happy suburban married couple — and each

spouse had a live-in boyfriend or girlfriend. Their kids knew about it. The neighbors knew about it. They all ate dinner together. And the husband and wife were perfectly OK with screwing someone else every night — right down the hall from one another.

"The only things you get in a situation like that are drunken phone calls, a 2 a.m. work-out and a walk of shame the next morning."

Is this where monogamy is headed? Maybe we are more accepting of alternative relationships and not the textbook one man, one woman type, but I don't think monogamy is dead — secretly everyone wants that special someone, whether they are in college or in the Playboy Mansion.

Even one of Mr. Playboy's platinum blonde top-heavy bunnies admitted that it's hard to share Hef. She says she's in love with him. And when she's older, she's not going to want to share

him. Well, the man turns 80 in April, so that shouldn't be a problem.

But for those dating people their own age, if "trinogomy" is supposedly so great, then why is "The Bachelor" so awkward for everyone? Hot doctor man Travis

drunk. And as every female knows, "that girl" is not your friend.

But on a campus where many may be in "open relationships," if you signed up for it, then don't cry over the uncertainty and drama that will surely follow.

So I ask you, if you're stuck in an "open relationship" without an end-of-the-season proposal deadline, then what's the point? The only things you get in a situation like that are drunken phone calls, a 2 a.m. work-out and a walk of shame the next morning. Sure, maybe you live in the now and just have fun with people, but the only one who has successfully lived in the now as an old man is Hugh Hefner. And there can only be one Hugh Hefner on this planet at a time.

Regardless of whether you are slutty or scared, spend the time to seek out the few good ones and then pick someone. You'll find a bit more respect, less drama and possibly a real relationship.

Aubre Andrus
Badger Herald
University of Wisconsin

Internet distractions affect more than students

AMES, Iowa (U-WIRE) — Go ahead, blame solitaire.

If not for this engaging pastime, college students everywhere could achieve a level of focus unseen in higher education. But alas, once the computer offered to shuffle, we got hooked.

Along with the Facebook, e-mail and text messaging, the allure of technological time-wasters has grown in the modern classroom. Because of wireless Internet access and a proliferation of laptops, logging on and tuning out has never been so easy.

So when assigning responsibility for surging academic apathy in the classroom, students' use of technology seems a convenient scapegoat.

"Increasingly ... our networks are being used to entertain members of the Facebook generation who text during class," Director of the Greenlee School of Journalism and Communication Michael Bugeja said in a press release.

But what about the faculty's use? For every student that chooses MySpace over marketing lectures, there's faculty that choose technology over teaching. PowerPoint has become a standard tool, with many professors and lecturers reading

off the slides and interjecting an occasional tidbit of knowledge only useful on Jeopardy.

Instead of developing techniques to make information more applicable or interesting, they rely on clean-cut, Microsoft-prepared summaries of the textbook. Some presentations even come pre-made by the textbook company itself.

The reason, however, is far from a mystery. Students know the only people less willing to shoulder extra work than them are professors. Instead of demonizing both sides, look to alternative solutions, such as online courses.

Last year, nearly 3,000 students took credit-granting online-only courses at Iowa State. In 2004, 2.3 million people took some kind of online course nationwide. They're starting to catch on not only for their convenience — with lessons available day or night — but also for their effectiveness.

Features of online courses, however, are also commonly available for mainstream courses. But the problem there is they come off as additional work, instead of primary means of learning. After forcing oneself to listen to or give a boring lecture, the last thing either party wants to do is put in significant time online.

By turning to exclusively online formats for more classes, these worthwhile features become the focus and their true benefits can be exploited.

Online classes aren't easy, either.

Supporters of traditional classrooms may claim that online classes lack the interpersonal contact vital to success after college. Except, littered with students more involved in their

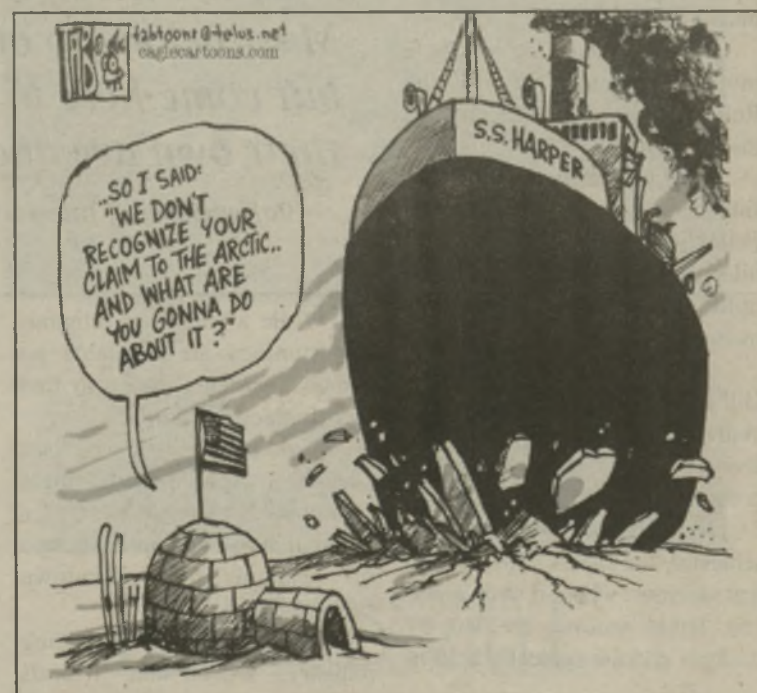
laptops, so do regular classes.

Although all-online educations will likely remain constricted to infomercials and pop-up ads, traditional universities should continue expanding their options.

Especially for those of us who aren't good at solitaire.

Chris Sigmund
Iowa State Daily
Iowa State University

Political Cartoon





Religious groups offer change of pace

With a variety of religious groups and activities on campus, students have the opportunity to share their faith with peers

JESSICA MILLER
LIFESTYLES STRINGER

SIUE's campus has taken great strides to ensure students of almost every religion have somewhere to worship. With a privately owned Religious Center and advisers for churches located off campus, it is relatively easy for students to find others like themselves in a religious setting.

Sister Claudia Calzetta, adviser to the Catholic Newman Student Union and Catholic Campus Ministries, works at the Religious Center. Though she works mainly with the Catholic organizations, she is involved with all types of religions.

"The building is open to all faiths or all religions," she said. "There are no religious symbols anywhere in the building, so no one gets offended. Everyone feels like they have a place to go."

Calzetta says the center holds three Catholic services a week.

"They are very enthusiastic," she said. "They are student led with drums and guitars ... Over 100 people typically show up for these masses and 90 percent of them are students."

Other than the permanently scheduled events, the center can be "used by anybody if they just put in a reservation," Calzetta said.

Calzetta added that all religions and nationalities should feel free to use the facilities.

"The building welcomes anyone," she said.

She says there are not only religious events, but also social events at "the Dome," including game nights on Friday nights once a month.

When students are seeking a more intimate setting the Religious Center can accommodate that as well.

Becky Gill, staff for Intervarsity Christian Fellowship, which welcomes all interdenominational students, holds these types of smaller meetings.

"We are here for students," Gill said. "Most belong to other churches but come here to be around their own age and problems."

Near the beginning of each semester, she meets with a group that decides when it will meet. The Bible studies are led by students and are typically held in

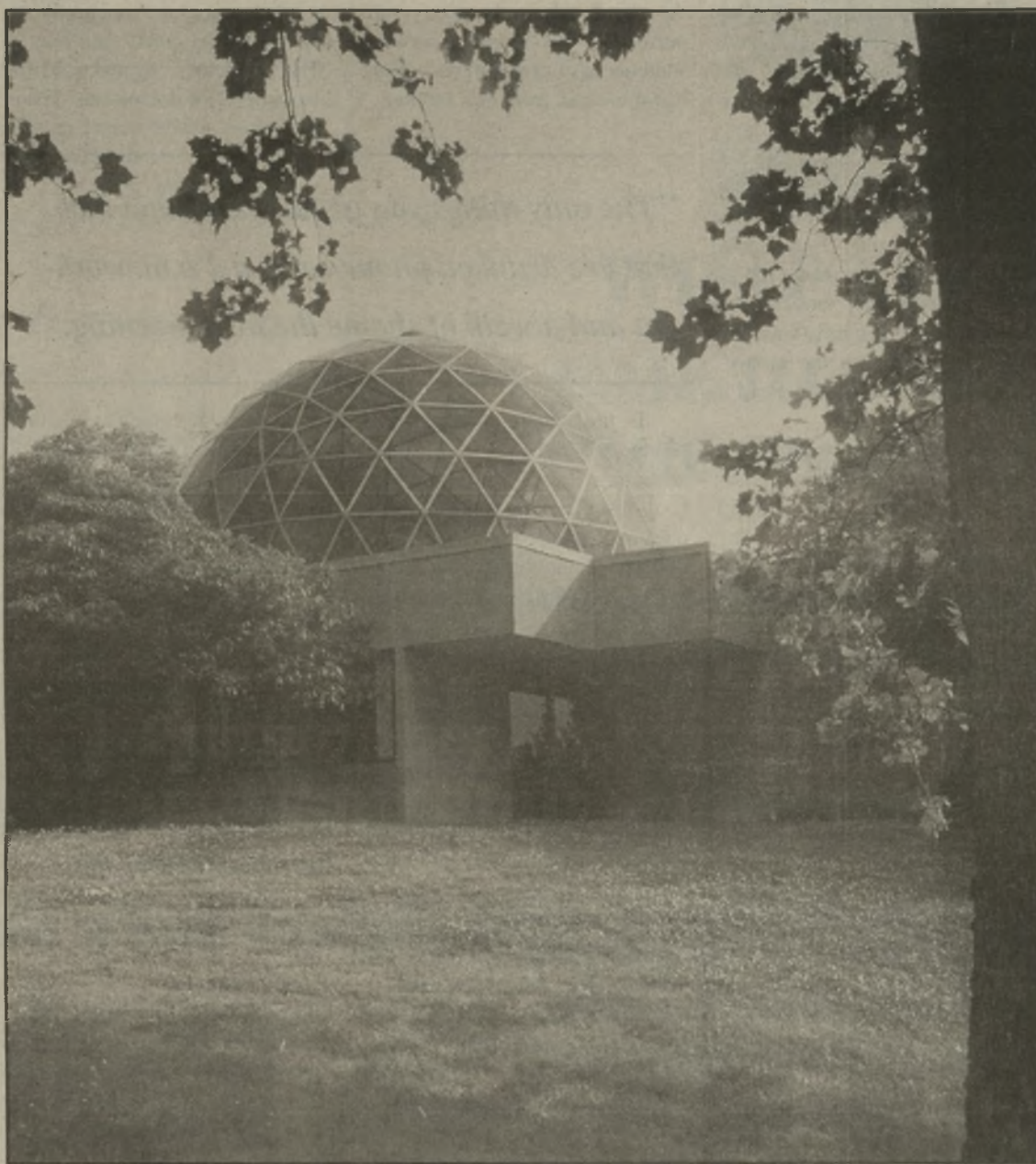


PHOTO COURTESY OF SIUE.EDU

Students are always welcome to visit the Religious Center at SIUE. Various religious groups meet at the center for peer fellowship and relaxation. The center also hosts many different events throughout the year.

residence hall rooms to make the atmosphere more comfortable and relaxing.

with issues that face people everyday and are translated into the spiritual message of the day.

"We are here for students. Most belong to other churches but come here to be around their own age and problems."

*~Staff member of Intervarsity Christian Fellowship
Becky Gill*

While a variety of religious opportunities are available on campus, students may also find their faith elsewhere.

Rudolph Wilson advises Christ's Apostolic Temple Campus Ministries, a community-based church located off campus in downtown Edwardsville.

"It has a very engaging ministry," Wilson said. "It deals

It is a very charismatic church."

Wilson explained why religion is important to many students.

"Many students are seeking ... spirituality," he said. "Each group defines themselves differently. Each group teaches something different ... what they want out of the church ... It helps you with stress. I've seen that."

Wilson described a typical service at his church.

"There is a lot of singing ... praising the Lord, with a lot of welcoming new people to the congregation," he said.

While students may find fun and fellowship during services, there are also activities to get involved in on days other than Sunday.

Overall, Wilson describes the church as a place that "reaches out to students who don't have a church to go to."

With places to go to worship on and off campus, students of every creed can find someone facing similar issues. Whether they want small, intimate groups or a larger setting with jubilant singing, the decision is completely up to them.

"All students have to make a choice," Wilson said. "All students have choices."

LOOKING FOR A NEW ACTIVITY?

HYBRID MOVEMENTS

JESSICA MILLER
LIFESTYLES STRINGER

Hybrid Movements is one of many interesting recreational activities offered at SIUE.

"It started back in 1999," Hybrid Movements resident Kyle Fuhrmann said. "Students had an interest in Capoeira, a type of Brazilian martial arts, and it grew from there. We now have so many different styles; it kind of blossomed."

Hybrid Movements is an activity that teaches all types of martial arts.

"We have some instructors that level in different martial arts and can answer questions on a specific type of art," Fuhrmann said. "Each person plays to their specialty."

Fuhrmann became interested in Hybrid Movements when he saw a poster as a freshman and decided to attend a meeting.

"They were all such amazing guys that I started going to every meeting," he said.

The level of activity involved truly depends upon how hard each individual wants to work.

"Some people sit and talk and others work really hard," Fuhrmann said. "You do your own personal thing."

According to Fuhrmann, all students are welcome.

"They are generally of college age; freshmen and a couple of grad students," he said. "We work with whatever level you are and try to make it as much fun as possible."

Hybrid Movements meets from 9 to 10:30 p.m. on Mondays and 7 to 9 p.m. on Fridays in the Gymnastics Room in the Vadalabene Center.

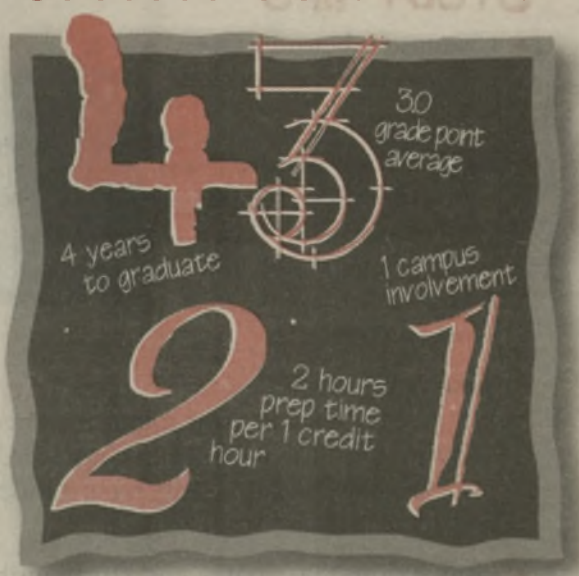
CLASS OF 2006... IT'S YOUR TIME TO SHINE



FRESHMEN 102: UTILIZING WHAT YOU KNOW

SIUE

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SOUTHERN ILLINOIS UNIVERSITY
EDWARDSVILLE

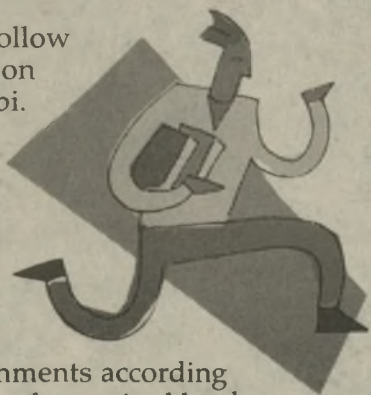
NEW YEAR'S RESOLUTION

New Year's resolutions usually include getting into shape, eating better and managing money better. All of these resolutions are great, but you should also set an academic resolution. Your academic resolution should include starting the semester off right and performing better than you did last semester. After all, you are a member of the class of 2009 and it is your time to shine! In order to accomplish this academic resolution, you must set a number of goals. This article is saturated with suggestions and advice on how to improve yourself academically, personally and professionally. Take a few moments to review this article and write out a few goals that you would like to accomplish this semester and most importantly, DO IT! Congratulations on making it through last semester, and enjoy the journey to becoming a better you this semester.

UNDERSTAND YOUR RESPONSIBILITIES AS A STUDENT

Your RESPONSIBILITIES as a STUDENT are:

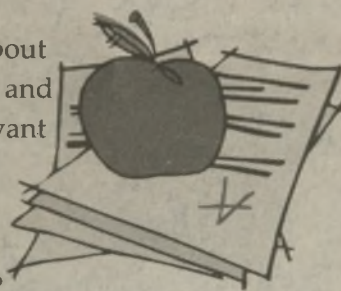
- Know and follow instructions on course syllabi.
- Attend each class meeting.
- Be prepared for each class.
- Fulfill assignments according to the standards required by the instructor.
- Complete class assignments, projects, and activities on time.
- Respect the rights of instructors and students in the classroom.
- Respect the rights of others to hold various points of view.
- Become familiar with the program requirements of your major.
- Resolve conflicts, disputes, and differences by thoughtful discussion.
- Follow the Student Conduct Code and Academic Honesty policies.
- Balance obligations toward family, work, and education responsibly



ACADEMIC ADVICE

Know, Think, Grow—these three words describe the purpose of academic advising at SIUE. Our purpose is to help students to become informed and knowledgeable, to think critically and make informed decisions, and to develop into self-directing and responsible individuals. Though advisers are here to help you and guide you as you work through your academic program, you need to become actively engaged in the process so that you can derive the most from your academic experience here. You need to be an active partner with your adviser.

- Be prepared for your academic advising sessions.
- Seriously think about why you are here and what you really want to accomplish. What are your goals? What is important to you?
- Learn what your academic requirements are. Use the e-catalog and other sources to inform yourself about what you need to do to complete your degree.
- Make informed decisions about your academic career and assume responsibility.
- Ask your adviser lots of questions, which you can only do if you have prepared for the advising session and if you have thought about and informed yourself about your academic program at SIUE.
- Know that your academic adviser is here to help you explore and clarify your goals; to provide you with information about courses, academic requirements, University policies and University services; and to guide you toward mature self-direction.



GET INVOLVED

Top Ten Reasons to GET INVOLVED:

- Get better grades.
- Build leadership skills.
- Stand out in the job market.
- Influence University policies.
- Develop your interpersonal policies.
- Plan, organize, and achieve your goals.
- Learn the value of giving and sharing.
- Enhance your self-confidence.
- Broaden your horizons.
- Have Fun



SERVICE LEARNING

Service Learning is taking the classroom education into the community for experience.

Visit the Kimmel Leadership Center to:

- **Explore** Careers Options
- **Develop** References and Letters of Support
- **Meet** new and different people

STRESS LESS*

Stress is a part of everyone's life. A moderate amount of stress fosters creativity, motivation and change. Yet, too much stress gets in the way and can become so overwhelming that your body shuts down.

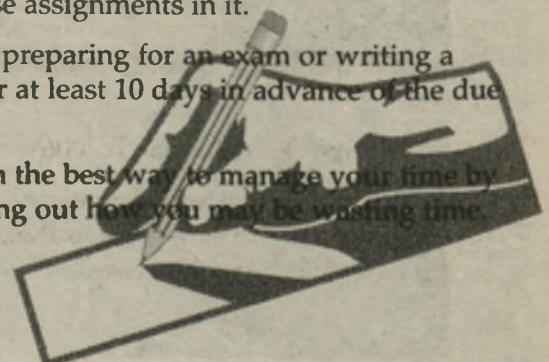
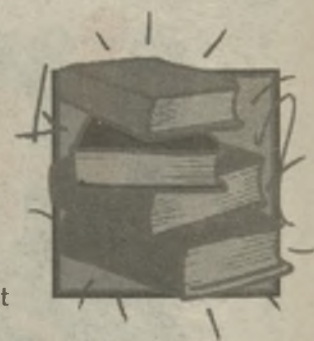


- Managing stress is a skill. You will get better over time.
- When you're feeling overwhelmed, force yourself to stop and evaluate the situation.
- Make a complete list of things you have to complete and prioritize. What has to get done today? What can wait until next week?
- Even though you cannot control all events, you can still control most of your responses to unexpected situations.
- No matter how much you have to do, find ways to take a break. Your body needs time to recharge.

* PaperClip Communications

STUDY TIPS

- Cramming before a test is like a crime; it does not pay.
- Review for a test the way you will be tested. Find out what kind of a test you will have and then practice taking that kind of a test.
- Take notes during a lecture by dividing your paper into two columns. On the left side, record words or phrases. On the right side, record the facts and ideas that are important.
- Find serious classmates and study with them.
- Sit near the front of the room.
- When taking a test, carefully read and reread the instructions.
- Tackle each item one at a time on an exam. Avoid making wild guesses.
- Keep a calendar or date book noting exams, papers, presentations and other important course assignments in it.
- Start preparing for an exam or writing a paper at least 10 days in advance of the due date.
- Learn the best way to manage your time by finding out how you may be wasting time.



TEN WAYS TO IMPROVE YOUR ACADEMIC PERFORMANCE

1. Go to Class.

The classroom is where actual instruction takes place, not to mention pop quizzes, lecture notes and other material not covered in your textbook.

2. Read your Textbooks.

Try to read before class to have a better understanding of the course lecture.

3. Do Not be Afraid to Ask for Help.

Make good use of the academic support resources available to you.

4. Be Prepared to Study.

Find yourself an appropriate learning environment and know what to study.

5. See the Big Picture.

Stay focused on your goals and limit the distractions. Why are you here?

6. Enjoy College Life.

It's the sporting events, extracurricular activities, the student organizations, the Greeks, the parties, and the ups and downs that make college life so memorable.

7. Know Yourself.

Take a self-assessment. Utilize your strengths.

8. Utilize Your Time Effectively.

There are 168 hours in a week. You spend 56 sleeping, 15 in class, 20 at work- what are you doing with the remaining 77 hours?

9. Appreciate the Value of a College Education.

The only thing more expensive than going to college is not going to college. A college graduate can expect a bachelor's degree to produce average lifetime earnings of about a million dollars over what a high school graduate will earn.

10. Associate With Positive People.

You will be motivated to do your best if others around you are doing well academically.

CAREER CO OP INTERNSHIP - NOW IS THE TIME TO EXPLORE

- Start looking for a Summer Co-op/Internship in your field of interest
- Attend the Image Seminar in February 2006 to prepare for a career or Co-op/internship position
- Attend the Career Fairs in March 2006
- See a Career Counselor in the Career Development Center to assist you in the exploration of your career interests

TIME MANAGEMENT STRATEGIES

1. Plan your day the night before.

Make a list of your objectives, rank them according to priority and write down the time that you estimate each will take. Be realistic - don't underestimate the time that tasks will take.



2. Know your rhythms and blues.

Schedule routine and repetitious tasks for your low-energy or "blue" periods and important tasks and classes for when you're more alert. It's more productive to work with your daily rhythms.

3. Deal with the worst first.

Deal with the toughest assignments and least favorite subjects first. Get your most dreaded work out of the way, and your day will progress more easily.

4. Be ruthless with time wasters.

Judge every activity in terms of whether it brings you closer to your goals (don't forget this includes time for rest and regeneration). You'll know when to say no and other people will respect your time as much as you do.

5. Find out how you're spending your days.

The only way to know how you're really spending your days is to keep a time log. A time log need not be a permanent routine; it is merely a diagnostic tool. Most people resist time logs, thinking they will take more time than they save. A week's worth of time logs will reveal misplaced priorities, recurring time wasters, and patterns of low productivity that you may be totally unaware that you had.

6. Organize your tools.

"Tools" refers to whatever it takes to get your tasks completed, anything from a highlighter to a computer or a "study buddy." If you don't have the necessary tools, get them. When studying, make sure that your study environment is stocked with the necessary "tools." If it is not, rearrange or find a new study place.

7. Keep good files.

Have a date book to keep reminders, notes, and other important details about deadlines and commitments. Be sure to include an overview calendar for a week to a month at a time. Then be diligent in keeping it up to date and checking it frequently.

HEALTH WATCH

As you return to school, Health Service wants to remind you of ways that you can help yourself keep healthy.

- Eat well balanced meals and drink plenty of water
- Get plenty of rest
- Exercise routinely
- Wash your hands regularly
- Don't share your drinking glass or eating utensils or cigarettes
- Cover your nose and mouth with a tissue when you cough or sneeze
- Do not spit in public
- Avoid tobacco smoke



If you do experience a cold or the flu, over-the-counter medications can help reduce the symptoms. The following are available in the Health Service Pharmacy.

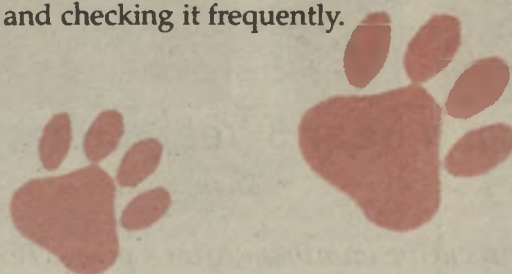
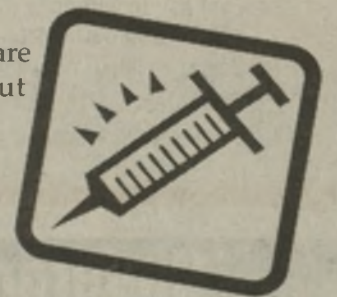
- Tylenol (Acetaminophen) or Advil (Ibuprofen) for headache, fever, and general aches and pains
- Benadryl or Chlor-Trimeton for runny nose, itchy-watery eyes, and sneezing
- Sudafed or Ocean Nasal Spray for nose or sinus congestion
- Cough drops or throat lozenges for sore throat
- Robitussin cough syrup for cough

A cold or the flu can lead to a more serious secondary bacterial infection.

See your health care provider without delay if you:

- Become short of breath
- Have a fever greater than 100.5 degrees for more than 2 days
- Begin to cough up yellow secretions
- Have discolored or bloody mucus from your nose
- Have painful swelling of the neck glands
- Develop ear pain or drainage
- Have a severe headache or a stiff neck
- Have an extremely sore or red throat with white or yellow patches on it
- Have pain and tenderness around the eyes
- Develop a skin rash
- Develop chest pain

If your cold does not clear up after 7-10 days or if you have any questions or additional information, please call Health Service at 650-2857 or go to www.siu.edu/HEALTH web site.



CALENDAR OF EVENTS MAY

For more information on events and for additional events, log onto <http://events.siue.edu/siuevents/>

FEBRUARY

- 01-28 Black Heritage Month
- 02 Last day to file an appeal for reinstatement of classes cancelled for nonpayment.
- 03 Last day for partial refund when withdrawing from all classes; refunds will not be given after this date
- 17 Last day to change to Audit/Credit status
- 17 2nd Spring 2006 Installment payment due
- 18 Image Seminar sponsored by Career Development Center- MUC
- 19 Last day to submit Residency appeals for Spring 2006
- 24 Parti Gras
- 27 First 2006 Summer Session financial aid award notices mailed to registered students with 2005-06 FAFSA on file.

MARCH

- 01 University/Foundation scholarship application deadline
- 01 Preferred date for submitting the 2006-07 FAFSA (financial aid application)
- 01 Career Network 2006- Vadalabene Center
- 02 Last day to change Pass/No Credit status
- 06 Spring Break week; no classes
- 10 3rd Spring 2006 installment payment due
- 17 CAB late night, 8-12am, Morris University Center
- 24 Last day to withdraw from a class without permission of advisor and instructor
- 25 Greek Marchdown
- 31 CAB Late Night, 8-12am, MUC

APRIL

- 01 Summer 2006 Housing application deadline
- 07 Final Spring 2006 Installment payment due
- 14 Last day to withdraw from a class or from school with permission of advisor and instructor
- 15 Easter Holiday- no weekend classes
- 17-22 Springfest
- 29 Final exams, Weekend classes

- 01 Preferred application and deposit deadline for Fall 2006 on-campus housing
- 01 Deadline for identifying roommate preference for Fall 2006 on-campus housing
- 01-05 Final Exams
- 05 Summer 2006 installment payment due
- 06 Residence halls closed for the summer
- 09 Last day to return Spring textbooks
- 13 Spring semester grades available on CougarNet
- 15 First day to pick up Summer textbooks from Textbook Service
- 19 First 2006 Summer Session financial aid refund checks mailed by the Office of the Bursar
- 22 Summer classes begin
- 26 Last date to place a Directory Hold to block release or publication of student information
- 29 Memorial Day Holiday: University Closed

JUNE

- 02 2nd Summer 2006 installment payment due
- 16 For Full Term Classes: Last day for partial refund when withdrawing from all classes; refunds will not be given after this date.
- 23 For Full Term Classes: Last day to withdraw from a class without permission of advisor and instructor.
- 23 3rd summer 2006 installment payment due
- 30 For Full Term Classes: Last day to change Pass/No Credit status

JULY

- 01 Fall 2006 Housing assignments sent to students
- 03 Last day to submit residency appeals for Summer 2006
- 04 Independence Day: University is closed
- 14 For Full Term Classes: Last day to withdraw from a class or school with permission of advisor and instructor.
- 31 Final Exams

AUGUST

- 01-04 Final Exams
- 08 Last day to return Summer textbooks
- 11 1st Fall 2006 installment payment due
- 11 Pre-term cancellation for Fall 2006 (classes cancelled for non-payment)
- 12 Summer semester grades available on CougarNet

HELPFUL LINKS...

1. Bursar
<http://www.siue.edu/BURSAR/>
2. Campus Events
<http://events.siue.edu/siuevents/>
3. Campus Recreation/Fitness Center
<http://www.siue.edu/CREC/>
4. Cougar Card/Student ID Card
<http://www.siue.edu/COUGARCARD/>
5. Counseling Services
<http://www.siue.edu/COUNSELING/>
6. Health Services
<http://www.siue.edu/HEALTH/>
7. Kimmel Leadership Center
<http://www.siue.edu/KIMMEL/>
8. Registrar/Service Center
<http://www.registrar.siue.edu/>
9. Student Financial Aid
<http://www.finaid.siue.edu/>
10. Morris University Center
<http://www.siue.edu/MUC/>
11. Where to go
<http://www.siue.edu/WHERETOGO/>
12. Cougarnet
<http://www.siue.edu/COUGARNET/>
13. Athletics
<http://www.siue.edu/ATHLETIC/>

...ACADEMIC RESOURCES

Instructional Services

1404 Peck Hall
618-650-3717
www.siue.edu/IS/
Instructional Services provides academic support for students, faculty and staff at SIUE.

Writing Center
1419 Peck Hall
618-650-2045

www.siue.edu/IS/WRITING/
Students can work with a consultant to strengthen a paper, obtain handouts on a variety of grammar and style issues, work on computerized rhetoric and grammar modules, and attend writing workshops.

Math Resource Area
1414 Peck Hall
618-650-2039

www.siue.edu/IS/MATH/
Tutors, software, solutions manuals, and videotapes are available to students for all AD math courses and Math 120; also test prep for nursing and education majors.

Supplemental Instruction

1406 Peck Hall
618-650-2064
www.siue.edu/IS/SI/
Out of class study strategy sessions led by trained student leaders offer assistance in several introductory and upper level courses.

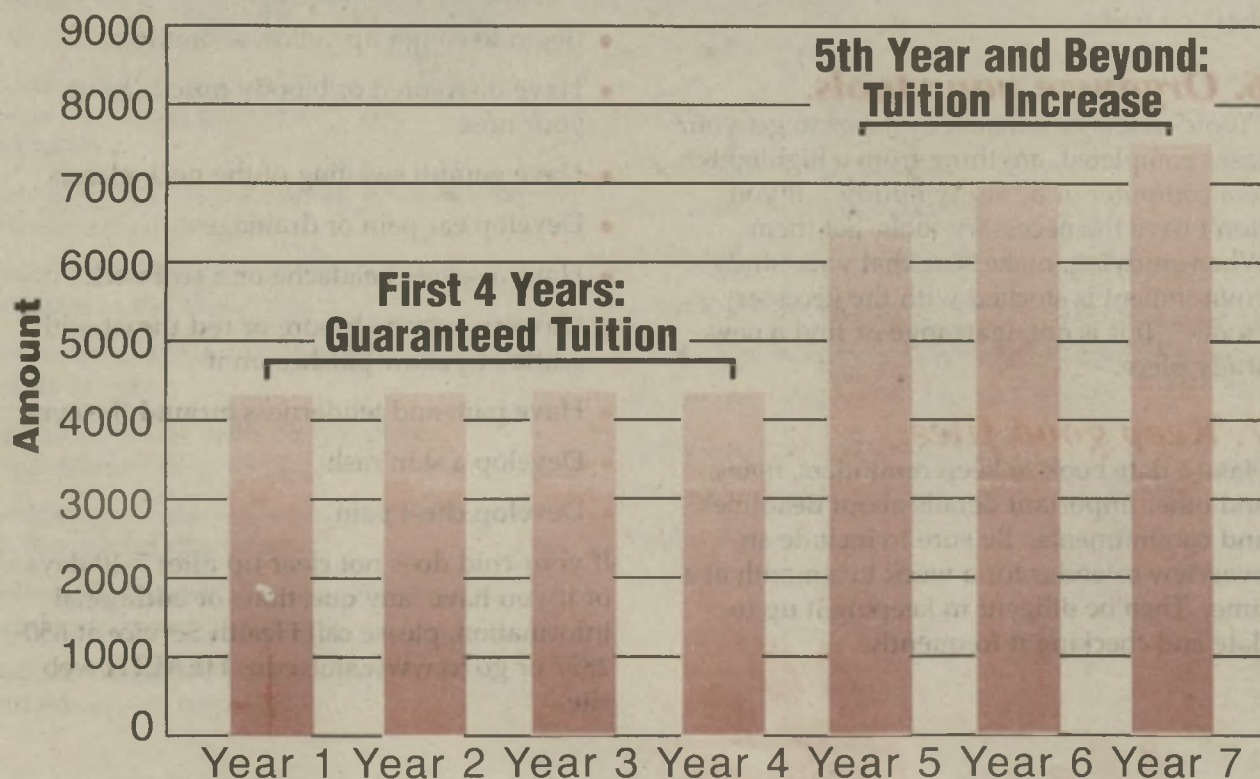
Testing Services
1404b Peck Hall
618-650-2295

www.siue.edu/IS/TEST/
Instructional Services offers a full range of testing services including the MAT, GRE, ACT, PCAT, nursing exams, placement exams, CLEP and proficiency exams, and Michigan Test of English Language Proficiency.

Disability Support Services

1218 Rendleman Hall
618-650-3782
www.siue.edu/DSS/
Disability Support Services offers a range of resources to support students with disabilities.

Undergraduate Tuition Cost Analysis



Guaranteed Tuition Plan:

Tuition rates will not increase for 4 years (48 consecutive months). After 4 years: Tuition will increase dramatically each year thereafter! Moral of the story... Graduate in 4 years... or you will see a dramatic increase in tuition your 5th year and beyond!

Eating disorders not the answer

AUDREY AGAHAN
THE POLY POST

POMONA, Calif. (U-WIRE) – Whether it is working out or plastic surgery, people look to Hollywood stars for inspiration in attaining the perfect body.

With this pressure, many celebrities have been obsessed with losing weight, such as Jamie-Lynn DiScala, and have confessed to suffering from bulimia.

Although recently denying she was bulimic, Lindsay Lohan admitted she was making herself sick in a recent "Vanity Fair" interview.

"I think everyone knew Lindsay Lohan had some kind of eating disorder," Stephanie Kawamura, a fourth-year biotechnology student at Cal Poly-Pomona said. "I mean if you just looked at the tabloids, she looked disgustingly skinny and it seemed to have happened overnight."

Lohan credited "Saturday Night Live" producer Lorne Michaels and head writer Tina Fey with helping her solve her weight problem. They staged an intervention and sat her down before she was going to do the show.

"I started bawling. I knew I had a problem and I couldn't admit it. I saw that 'SNL' after I did it. My arms were disgusting. I had no arms," Lohan said in her interview.

According to <http://www.4women.gov>, bulimia nervosa is an emotional disorder that consists of episodes of binge eating followed by some form of purging and/or severe

dietary restraint. A "binge" is secretly eating large food amounts in short periods of time.

Most bulimics purge by making themselves vomit, but they can also use laxatives, abuse diuretics, fast, take diet pills or exercise strenuously. This binge-purge cycle is normally accompanied by self-depreciating thoughts, depressed mood and awareness that their eating behavior is abnormal and out of control, according to the 4 Women Web site.

"I wouldn't be surprised if some of my own friends were anorexic or bulimic to some degree," Kawamura said. "I mean come on, honestly, everywhere you look there are these hot stars and models. It's hard not to get depressed that you don't look the least bit like them."

Unlike anorexics, bulimics do not avoid eating. People with bulimia can be hard to pick out because their weight may be average or above average.

Bulimics and anorexics share an obsessive concern with body size, fear of weight gain, guilt, poor self-image and eating in secrecy. Some people have both anorexia and bulimia. About 50 percent of anorexics develop bulimia.

"Being an athlete, I know the pressures of having a perfect athletic body and I also know the consequences," junior international business student Christina Jimenez said. "All you need is a little exercise and a diet fit specially for you."

According to <http://www.kidshealth.org>, some signs of bulimia, aside from the

obvious, are unusual swelling of the cheeks or jaw area, frequent complaints of constipation and bloating, calluses on fingers from inducing vomiting, loss of menstrual cycle and discoloration or deterioration of tooth enamel.

There are also emotional signs such as withdrawal from usual friends and activities, depression, mood swings, extreme guilt or impulsive behavior like spending sprees or drug and alcohol abuse and severe self-criticism.

Sometimes TV pokes fun at eating disorders, and jokingly, shows girls running to the bathroom and throwing up their lunch as if it is no big deal.

It is a big deal, though.

In an interview with USA Today, Dr. Diane Mickley, the co-president of the National Eating Disorders Association, said anorexia has the highest mortality of any psychiatric illness; 5 to 20 percent of people who struggle with anorexia will die.

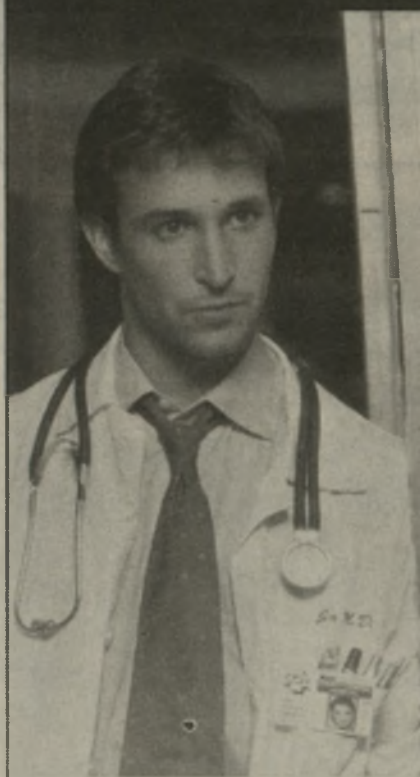
If a friend has an eating disorder, talk to the person but be informal and confidential. People with eating disorders often deny their problem but do not take it personally and try to end the conversation in a positive light.

"If my close friend had bulimia, I would encourage them to seek immediate help since it can be life-threatening," Bryan Wong, a senior marketing student said.


Most campuses offer free and confidential counseling. This is suggested because eating disorders involve emotional issues as well as physical ones.

"Before giving, I always look for the Humane Seal."

Noah Wyle
NOAH WYLE
Star of NBC's hit show ER



The Humane Charity Seal of Approval guarantees that a health charity funds vital patient services or life-saving medical research, but never animal experiments.



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800-424-8580

Something a little different



PHOTO COURTESY OF DERRICK MANUAT

Freshman David Whitacre strikes a pose at the second annual Drag Show presented by Student Experimental Theater Friday at the Metcalf Student Experimental Theater.

Hollywood ★ Tan

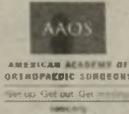
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656-8266

**YOU'VE GOT 206 REASONS
NOT TO BE A LAZYPONES.**

Even as an adult, all of your bones keep changing. They're constantly building and maintaining their strength or becoming weak and porous. Weight bearing exercise is critical. By staying in shape, you can help prevent bone loss. Visit aaos.org or call 1-800-824-BONES for more about staying healthy and strong, right down to your bones.



Campus Recreation 650-2348 www.siu.edu/CREC

Pack the Pool

Tuesday, January 31st

5:00 pm - 5:45 pm

Off the Deep End

VC Pool

Residence Hall with most participants
wins FREE Pool Party!!



Valentines Fitness Day Hot Shot Contest

Registration: At Event
Event Date: Feb 14
Time: 10 am - 2 pm

Get ready for Spring Break!!

Cost: FREE for students
\$12 for Cholesterol and Glucose Screenings
(SIUE Faculty, Staff, and SFC Members)

FREE Event!!!

Registration: At Event
Event Date: Mon/Tues Feb 6-7
Time: 4 - 5:30pm
Location: SFC Gym



Krieger's

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EVERY WEDNESDAY

\$1.50 pints & \$4.75 pitchers of Bud Light and Miller Lite
\$1.25 Bottles of BUSCH, COORS LIGHT, MILLER LITE & \$1 STAG

PLUS FREE CHIPS & SALSA after 7 p.m.

All Day Specials

THURSDAY- \$2 Corona & Corona Light
\$1 Natural Light & \$2 Margarita's

FRIDAY- \$2 Rolling Rock & Rock Green Light

SAT, SUN &- \$10 Buckets of Domestic Bottles
MONDAY

MONDAY- \$1 Miller High Life & Light
\$2 MGD & Miller Lite

TUESDAY- \$1.75 all Michelob Brand bottles
\$2 Well Drinks

Half Price Appetizers

From 9 p.m. until close
Sunday thru Thursday

CHEESE NACHOS

MOZZARELLA CHEESE STICKS

CHEESE QUESADILLA

TOASTED RAVIOLI

SPINACH ARTICHOKE DIP

Sports Quote of the Day

"I'll beat him so bad he'll need a shoehorn to put his hat on."

~Muhammad Ali



TUESDAY, JANUARY 31, 2006

WWW.THEALESTLE.COM

9

Red-hot streak continues

Cougars add two more conference foes to list of victories

GEOFF SCHARDAN
SPORTS STRINGER

The Cougars extended their winning streak to 11 after two road victories over the weekend. The top scoring defense in the Great Lakes Valley Conference stayed strong and was the key to both victories.

SIUE Head Coach Marty Simmons was pleased with the effort and said to "give the players credit," when commenting on the team's defense. Simmons said Lewis University and the University of Wisconsin-Parkside both were tough teams to defend.

The Cougars beat the Lewis University Flyers in a tough defensive battle, with the Cougars taking the win 67-58.

It was a close for most of the first half, but with 5 minutes and 40 seconds left in the period, the Cougars took the lead and never looked back.

The bench provided strength in the first half, scoring 22 of the 34 points. Most of the game stats were close, with the exception of three-point and free throw percentage.

The Cougars shot 38 percent from beyond the arc and held the Flyers to 23 percent.



SIUE junior center Doug Taylor races an opposing player to a loose ball during a recent game at the Vadalabene Center. The Cougars' 11-game winning streak is the longest in the Great Lakes Valley Conference.

ANDY RATHNOW/ ALESTLE

Free throws were key, though, with the Cougars shooting 79 percent from the stripe, while the Flyers made a mere 42 percent of their shots.

SIUE freshman forward Nick Arth led the team in points for the first time in his young career, with 14 points to go along with six rebounds and five assists. Sophomore guard Anthony Jones was not far behind with 13 points.

"We are fortunate to have a pretty balanced team," Simmons said, when asked about the team's scoring attack.

The Cougars marched up to the DeSimone Gymnasium to face the University of Wisconsin-Parkside Rangers for their next game. The Cougars held the lead the entire game in an 81-56 rout.

The big lead was gained by going on a 20-0 run midway through the first half.

The inside game scored 44 of the team's points. The Cougars were also fantastic from beyond the arc, shooting nine of 16.

The defense held the Rangers to 43 percent from the floor.

Four of the five starters scored in double digits. SIUE senior Ryan Belcher's 20 points led the team in scoring. Belcher

see MEN'S BASKETBALL, page 11

Track teams begin to find stride

Baseball team looking to revamp for season

MATTHEW BRUCE
SPORTS EDITOR

The SIUE men's and women's track and field teams continued their seasons with a tune-up at the Illinois College Early Bird Invite over the weekend.

Although the Cougars were not included in the team standings at the meet, history was made as SIUE junior Lindsey DeFevers set the school record in the weight throw with a hurl of 55 feet, 8.25 inches.

DeFevers was not the only Cougar to enjoy success in the event as senior Holly Noller provisionally qualified for the NCAA Championships with a toss of 52-3.75.

The Cougars participated in just eight of the 15 events at the meet.

"I think we're off to a very good start," SIUE Head Coach David Astrauskas said. "If we continue to work hard in the weight room, I think our times and marks will only get better."

SIUE freshman Ashley Pallante showed promise in the triple jump, posting the longest leap of the day at 34-0.25.

The Cougars dominated the fielding events. Three of the four Cougars posted marks higher than the winner in the shot put.

Noller led the way in for the Cougars with an impressive 44-9.75 toss. DeFevers was just behind, notching a 42-4.25 mark. Freshman Breanna Branson

followed up with 41-1.75. The closest competitor from any other school in the event was Danville Area College's Natasha Thigpen, who won the event with a throw of 40-0.75.

"Both the men and the women had nice performances in the weight throw," Astrauskas said. "It was a breakout meet."

The SIUE men's team competed in nine of the 15 events scored and achieved success across the board.

SIUE junior Josh Bozue raced to the fastest time in the mile run with a time of 4 minutes, 26.15 seconds. Freshman teammate Steven Werths posted the third fastest mark at 4:32.54.

Freshman Kyle Cameron

see TRACK, page 11

GEOFF SCHARDAN
SPORTS STRINGER

The Cougars are preparing for the 2006 season kickoff on Tuesday, Feb. 24 at home against Missouri Southern University. The team looks forward to playing at their newly-renovated Simmons Cooper Complex.

The team is looking for bat girls and a manager. If interested, contact SIUE Head Coach Gary Collins at 650-2872 or stop by his office, Vadalabene Center Room 1007.

"We're looking for someone to wash some uniforms, keep

track of some equipment, that kind of thing," Collins said. "(We're) trying to class up the organization since they've classed up the stadium."

In a Great Lakes Valley Conference preseason coaches' poll, the Cougars were picked to finish fifth in the GLVC behind the University of Wisconsin-Parkside, Saint Joseph's College, Northern Kentucky University and Quincy University.

Last season, the Cougars were 28-27 overall and 19-21 in the GLVC, finishing only one game short of advancing to the postseason.



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Wrestlers find little light in weekend match

MALLORY HENSLEY
SPORTS STRINGER

Consistency is one thing that the SIUE wrestling team has going for it this year. The 40-4 battering that Lindenwood University handed the Cougars on Wednesday dropped SIUE's record to 0-8.

Eight out of nine Lindenwood wrestlers defeated their opponents. A forfeit at the 285-pound weight class and two pins contributed to the pummeling.

Junior Omari Johnson was the only Cougar to pull off a victory at 174 pounds. Johnson defeated challenger John Salter 14-4.

"Johnson just keeps getting better and better with each match," SIUE Head Coach Khris Whelan said. "He's been getting in shape. It's a 7-minute match and you have got to be able to make it through all three periods. In the past, he could only wrestle two, at most. He has been working hard and is in much better shape, and that is what it takes."

Johnson was also one of three victorious Cougars in the Truman State match on Jan. 20. Freshman Sean Mead and junior

Joe Rujawitz had also stepped into the winner's circle for SIUE.

"I think we wrestled well," Johnson said. "I am just trying to pick it up a little bit. Regionals are coming up. I just want to keep it going. Taking third in this weekend's tournament was good for the team. Hopefully, it will carry on into the next meet."

Rujawitz has been a key wrestler for SIUE this year. A freshman in the 2003-2004 season, Rujawitz led the team with 36 victories.

This year's performances have lacked the sparkle and intensity of the matches that earned him a fourth place finish at last season's NCAA Regionals.

"I think we wrestled a little flat against Lindenwood. We are a lot better than that, as a team," Rujawitz said. "My performance was like everyone else's: not up to my potential. That showed in the scores."

Despite a less than stellar record, the men have a chance to bounce back in the second half of the season.

In the team's most promising showing of the year, SIUE placed third at the 24th "Al Hanke" Elmhurst Invitational this.

see WRESTLING, page 11




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MEN'S BASKETBALL

from page 9

also led in rebounds, with seven boards and assists, notching seven dishes.

SIUE sophomore J.B. Jones also had a strong outing, netting 16 points and six assists to go along with six rebounds.

The next game is at 7:30 p.m. Thursday at the Vadalabene

Center against Northern Kentucky, who is 13-5 overall and 8-2 in the GLVC. The Norse are riding a four-game winning streak.

"Northern Kentucky is one of the better teams," Simmons said. "They have tradition and are balanced."

TRACK

from page 9

was also a front-runner for the Cougars in the 3,000-meter race with a time of 9:10.

SIUE junior Anthony Weber blew the competition out of the water in the pole vault. Weber's leap of 16-0.75 eclipsed the nearest competitor, Danville Area College's John Rohn, mark by nearly three feet.

SIUE seniors Ben Willard and Steve Landers topped the field in the shot put. Willard finished with a throw of 46-11.50, while Landers was close

behind with a 46-11 toss.

SIUE was in a field of its own in the weight throw. Willard's 55-9.25 toss was nearly 10 feet longer than Greenville College's Terrance Poe, who finished in first place in the event. Freshman Kris Kombrink finished strong for the Cougars with a mark of 55-0.75, while Landers notched a 53-foot toss.

The Cougars return to the track Friday in Bloomington, Ind., for the Hoosier Relays.

WRESTLING

from page 10

weekend.

"In the Lindenwood match, we wrestled scared," Whelan said. "They were returning national champions. I cannot coach courage. But they redeemed themselves this weekend. They have just got to start believing in themselves."

The tournament produced two first-place titles for SIUE. Johnson and junior Sean Tyus triumphed, leading the winner's wagon. Rujawitz and sophomore Rashad Riley took home second place honors, while Mead notched third.

Johnson defeated University of Wisconsin-Platteville's Mike Jackowski in the 174-pound match with a decision of 4-2. Tyus took down Elmhurst's Nick Metcalf. Mead wrestled just two matches. After losing his first match, two injury defaults put him in the third-place match.

"Omari and Sean both wrestled exceptionally well," Rujawitz said. "Omari has been on a hot streak lately. He has won

a ton in a row. Tyus has been having a tough season. His record is not all that great, but this weekend, he really turned it on. He was a spark plug for us."


This weekend's tournament shined a small ray of light on what has been a bleak and uneventful season. Whelan credits the lack of success to poor health and conditioning.

The Cougars are hoping to find greater luck in the six dual meets and one invitational tournament left on this year's schedule. While individual wrestlers look to advance in the postseason, the team will continue to strive for a win.

Next up for SIUE is an away match against McKendree College at 7 p.m. on Wednesday in Lebanon.


"I think that this weekend was a turning point," Mead said. "We were getting rusty for a while. We had a long break with no meets, and then we came back and wrestled well this weekend. We're going to keep improving, and hopefully by Regionals, we'll be where we need to be."

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Edwardsville, Illinois

Tuesday, January 31

Landlord/Tenant Rights and Responsibilities
TOM HILL
Attorney at Law
Highland, Illinois

Wednesday, February 1

The Courts and How They Operate
Hon. Ann Callis and Hon. Charles Romani
CIRCUIT JUDGES, THIRD JUDICIAL CIRCUIT
Madison County, Illinois

Traffic Court and DUI Citations
RON SLEMER
Attorney at Law
Edwardsville, Illinois

Tuesday, February 7

Bankruptcy and Debt Relief
DAVID VIRGIN
Attorney at Law
Bethalto, Illinois

Consumer Rights/Contracts: Know Your Rights
CHRISTOPHER THRELKELD
Attorney at Law

Wednesday, February 8

Collecting Child Support: Enforcing Your Rights
ANGELA DONOHOO
Attorney at Law
Troy, Illinois

Divorce: Maintenance and Division of Property
ELIZABETH LEVINE LEVY
Attorney at Law
Edwardsville, Illinois

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MISCELLANEOUS

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