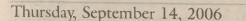
Index						
News	1-5					
Opinion	6					
Lifestyles	7-8					
Sports						
Puzzles						
Classifieds						





### **Volleyball** Gets to first place



See Sports Vol. 59, No. 8

### Governor OKs new grant for college students

### by Catherine Klene Alestle News Reporter

Gov. Rod Blagojevich recently approved a bill instating a new financial aid program that will benefit some students.

Beginning in 2007, the new Monetary Assistance Program Plus program will award a maximum of \$500 a year to students whose families' income is less than \$200,000.

The MAP Plus program is one of the first in the state to specifically target middle class families, particularly those who do not qualify for the already established MAP.

This grant comes at a time when the costs of college are constantly on the rise. According to a recent press release from the governor's office, the average cost of a public university in Illinois is approximately \$7,000 a year, while the average cost to attend a private university is \$20,000 or more.

While \$500 might not seem like a lot when faced with those numbers, the governor stressed that when it comes to college, every little bit helps.

"Imagine if you're a parent working hard, trying and struggling to afford to send your child to college," Blagojevich said in the press release. "Fivehundred dollars a year makes a difference."

Approximately \$34.4 million dollars was budgeted for MAP Plus. Roughly 225,000 students could qualify for this program in the next year.

Students interested in the program must meet certain eligibility requirements. Among these requirements, he or she must be a sophomore, junior or senior in college and must not already be assisted through MAP. The student's family income cannot exceed \$200,000, and the student must also be enrolled at a MAP-approved school in Illinois. In order to apply for the program, a student must complete the FAFSA form for the following school year. If a student is found eligible based on this form, then the school will notify the recipient along with the rest of their financial aid information.



Guests at Tuesday's Garden Party walk past the Hardy Family Wind Forest display in the Gardens at SIUE. The Gardens were officially announced at the party.

**Party for the Gardens** 

### University to build satellite garden for Missouri Botanical Gardens at SIUE

### by Kevin Eagan Alestle News Stringer

The Missouri Botanical Garden has designated the Gardens at SIUE as one of its three signature sites in the Metro East area.

"(The Missouri Botanical Garden) is trying to do more in the Metro East," University Marketing and Communications Director Greg Conroy said. "We've been working side by side with them." The link with the Missouri Botanical Garden provides mentoring, advisement and technical support for the Gardens at SIUE. SIUE Gardens Director Doug Conley also said that the worldwide reputation of the Missouri Botanical Garden helps with the campus' horticultural programming.



"We are now ramping things up," Conley said.

Earlier this week the Gardens unveiled their plans to make the 35-acre public garden site more appealing, with a master plan to add more formal and naturalistic gardens, an amphitheater, and visitor center among other things. The Gardens also added more artwork, including a five-piece "wind forest" sculpture garden called "The Hardy Family Wind Forest."

Funding for the new programs will come from the SIUE Foundation, a philanthropy



Andy Rathnow/Alestle

A photograph of a drawn map for the Gardens at SIUE taken during Tuesday's Garden Party. The Gardens will be located in what was the Arboretum outside Cougar Village and will feature a visitor center, children's garden, amphitheater and other exhibits.

organization that uses donations to help fund campus programs.

"The Foundation decided to take on this role," SIUE Foundation CEO G. Patrick Williams said.

Conley hopes the new plans to improve The Gardens at SIUE will not only benefit the horticultural programs on campus, but will also be another place for the community.

"We hope to provide another link to the area, and to promote the region's beauty," Conley said.

Lewis and Clark Community College

and Southwestern Illinois College are also designated as signature gardens by the Missouri Botanical Garden.

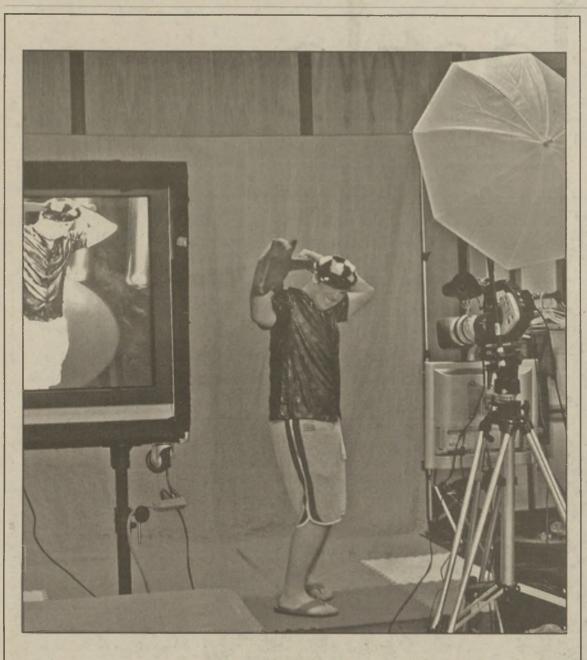
"Each campus is taking their own approach," Conley said." For us, this is what we feel will be best."

The Gardens at SIUE also hope to add more tours and educational programs.

"We are always looking for volunteers for the Gardens," Conley said.

Kevin Eagan can be reached at alestlenews@gmail.com or 650-3527.

Catherine Klene can be reached at alestlenews@gmail.com or 650-3527.



Katy Hartwig/Alestle Undeclaired sophmore Matt Kuehn acts in a music video simulation in the Morris University Center Wednesday.

### Campus residents can get help staying virus-free

#### by Stephanie Schroeder Alestle News Reporter

All university owned and leased computers are equipped with Sophos Anti-Virus, but campus residents are able to download the software free of charge thanks to a University contract with Sophos.

Sophos automatically installs once downloaded and searches for updates to your computer on a regular basis.

Residents can download Sophos from www.siue.edu/HELPDESK/sop hos/.

"We give students the option to download the current version of Sophos," Information Technology Director Duane Schiffman said.

The software will remove all other virus programs installed on a computer, however. It is available for each computer a resident uses.

Sophos Anti-Virus is offered for Windows and Mac users.

Sophos claims to be "the world leader in integrated threat management solutions purposebuilt for business, education, government and service providers."

"Everyone should have an up-to-date anti-virus on their machine," Schiffman said. Without one, computer users are at risk of virus infection, which can cause loss of information or the theft of personal information. "It's kinda like playing with fire," Shiffman said.

Free software provided by SIUE is a great way to make sure one of a valuable asset will stay safe and virus-free.

While SIUE endorses the Sophos Anti-Virus program, there are other free software options out there for nonresidents.

Avast! 4 Home Edition by Alwil Software is an antivirus program designed exclusively for home users and non-commercial use. Avast! is free of charge online, and can be downloaded from their website at www.avast.com.

AVG Free is also available for free online and is offered by Grisoft. It can also be downloaded from their website at free.grisoft.com.

Despite being free, both programs are full anti-virus programs.

There are also many of the non-free anti-virus software available in stores as well.

For more information concerning Sophos Anti-Virus software, contact Customer Support at 650-3737.

Stephanie Schroeder can be reached at alestlenews@gmail.com or 650-3527.



**Modules** 

9/19/06

2

Module 4, 2:00 p.m. Effective Communication Cherie Hambleton, Campus Chaplain United Campus Ministry, SIUE Board Room, MUC

### 9/19/06

Module 14, 6:30 p.m. Major Influences in the Political Process Suzanne Kutterer-Siburt, Assistant Director Kimmel Leadership Center Board Room, MUC

# MODULES

Student Leadership Development Program & Volunteer Services

### Morris University Center Upcoming Events

Starbucks Late Night Expresso September 14 8pm - 11:30pm Relax & enjoy live performance by Philip Scott Located main level of MUC

### **Starbucks open till 2:00am**

Coshen Showcase September 18 11:00am - 1:00pm Enjoy live performance by SIUE Gospel Choir Goshen Lounge

#### 9/26/06

Module 15, 2:00 p.m. Community Change: What a Leader Needs to Know Rudy Wilson, Assistant Provost for Social & Cultural Diversity, SIUE Board Room, MUC

#### 9/26/06

Module 3, 6:30 p.m. Community Service: Opportunities & Responsibilities Percy Harris, Project Manager Regional Housing & Community Development Board Room, MUC

### SLDP Reminders.... Volunteer Projects

September 19-21 – Voter Registration Drive, Morris University Center September 23 – Share Food Co-op, Granite City, IL October 7 – St. Vincent dePaul Thrift Store, E. St. Louis, IL October 14 – Paint Partners, Madison County, IL

Volunteer Fair, September 20 - Goshen Lounge/Center Court

For more information and the calendar, contact the Kimmel LeadershipCenter at extension 2686 or visit the website at <u>www.siue.edu/KIMMEL/SLDP</u>. Gouger Lanes Join Bowling/Billiard League Now Located lower level MUC

University Restaurant Thursday Steak Special for \$7.25 (+Tax) Salad Bar & Choice Sirloin Strip Steak w/Baked Potato available every Thursday from 11-2pm Located upper level of MUC

> Union Station Thursday, September 19 *General Mills Day* Buy one cereal, get one FREE

# Teach-In gets some teaching in

by Nick Johnson Alestle Sports Reporter

The first Teach-In event of the fall semester brought out an array of student opinions on current political events.

In remembrance of Sept. 11, these students delivered various speeches on Monday afternoon in the Morris University Center's Meridian Ballroom. Professors Ivy Cooper and Laura Perkins sponsored the event, entitled "The '60s - When Right Was Wrong: Outtasight Radicals 'n Revolution."

The students of CV1: The 1960s First-Year Student Seminar and the Public Relations Student Society of America presented

of fifty.

The event began on a controversial note as students gave speeches on the topic of the USA PATRIOT Act. The opinions were divided in favor of and against this piece of legislation.

"Our enemies have now partly succeeded on what they have been after," freshman Jordan Bell said. "They have our government scared, they have our people scared and they are now changing and controlling our lives through that fear. They don't even need to control us themselves; they have our own government to do that job."

Bell stated that the war on

their opinions in front of a crowd terrorism has shifted toward one against the American people.

> Freshman Kate Collins went on to explain the specifics of the legislation, which includes allowance of government viewing personal information such as Social Security numbers, home addresses and lists of purchases.

A favoring viewpoint came from freshman Ben Welle's speech, in which he states the PATRIOT Act promotes border security and fights the constant battle against illegal immigration.

Nick Johnson can be reached at alestlenews@gmail.com or 650-3527. Thursday's (Sept.7) Ad, "Eleven Days of Peace Campaign" contained a typographical error. The Wed., Sept.13th. event at noon in the Religious Center should have been titled "Islam brown bag discussion". The Alestle and event sponsors regret the error.

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undazzlers

### **Police Reports**

#### Traffic 9-8

Police issued Holly Olcott a citation for the operation of an uninsured motor vehicle on South University Drive.

Police issued Vignon Oussa a citation for the operation of an uninsured motor vehicle on South University Drive.

Police issued Jonathan Thomas a citation for the operation of an uninsured motor vehicle on South University Drive.

Police issued Michelle Itczak citations for speeding and the operation of an uninsured motor vehicle on South University Drive.

Police issued Chad Tinnon a citation for the operation of an uninsured motor vehicle on North University Drive.

Police issued Phillip Bradshaw a citation for speeding on University Drive.

#### 9.9

Police issued Brandon Thorton a citation for speeding on South University Drive.

Police issued Sarah Jones a citation for not providing proof of insurance on Circle Drive.

Police issued Jia Jingyi a citation for improper lane

usage on North University Drive.

Police issued Kelsey R. Gall a citation for speeding on South University Drive.

#### 9-10

Police arrested Gina Rizzo on a Glen Carbon warrant for failing to appear on a seat belt violation. Glen Carbon police took custody of Rizzo.

Police issued Kathleen Thomas a citation for the operation of an uninsured motor vehicle on North University Drive.

Police issued Cindy Showers a citation for speeding on South University Drive.

Police arrested Jesse Davis for illegal transportation of alcohol on South University Drive.

Police issued William Hoffee a citation for speeding on University Drive.

Police arrested Megan McMullen on a Monroe County warrant for failing to appear on a seat belt violation.

#### Alcohol

9-9

Police arrested Sloane Hugaert for consumption of alcohol by a minor at Woodland Hall.



The Alestle is looking for talented writers to report on campus events. Contact the Alestle at 650-3528

### PIRATES CARIBBEAN

sive.edu/CAB

ABBOT AUDITORIUM (located in the basement of Lovejoy Library) Watch it before it hits video stores

Thursday, September 14, 2006

### Names in the News

4

### Baby one more time

(MCT) – Britney Spears gave birth to her second child early Tuesday, a 6-pound, 11-ounce baby boy, according to US Weekly. Citing a source in close contact with the 24-year-old Spears, MTV said the baby was born by Caesarian section at a hospital in the Los Angeles area.

The birth was just two days before the first birthday of Sean Preston, the new baby's big brother and the firstborn of Spears and husband Kevin Federline. Celebrity Web sites speculated that Spears planned to have the birth induced on Thursday so the siblings could share the same birthday.

There was no confirmation or denial from Spears' camp. The office of Spears' publicist said it had no information.

### **'Croc Hunter' farewell**

(MCT) – Family and friends said goodbye to "Crocodile Hunter" Steve Irwin with an intimate gathering around a campfire on the grounds of Australia Zoo, the wildlife park in Beerwah, Australia, that he turned into a major tourist attraction.

The television star's family and a close friend confirmed Monday that they held a small funeral service on Saturday at the zoo - one week after he was killed by a stingray while filming a documentary on the Great Barrier Reef. A public memorial service is expected to be held next week at the 52,000-seat Suncorp Stadium in Brisbane.

Meanwhile, at least 10 stingrays, which are typically shy and unaggressive, have been found dead and mutilated on two beaches in Queensland state, where Irwin lived. Michael Hornby, executive director of Irwin's conservation group, is pleading with the stingray killers to stop, saying that retaliation against the rays goes against what Irwin stood for.

### **Old time rock – literally**

(MCT) – Once he gets his physical, 61-year-old rocker Bob Seger ("Night Moves," "Old Time Rock & Roll") said he'll hit the road this winter, his first tour in more than a decade, according to the Detroit Free Press.

"I mean, I love rock 'n' roll, but I don't want to have a stroke over it," joked the now-white-haired rocker. "It wouldn't be a good story."

With a new album, "Face the Promise" (featuring a duet with hometown boy Kid Rock), the Motor City legend said rebuilding vocal strength is his biggest challenge. Seger and his band will play one song Thursday on "The Tonight Show With Jay Leno," Seger's firstever network television appearance.

### **Ready for some TomKat?**

(MCT) – If a manly man can't avoid celeb gossip on Monday nights, when can he?

Through much of Monday's televised scrum between the Washington Redskins and Minnesota Vikings, the ESPN camera crew went all paparazzo, taking repeated peeks at Tom Cruise and his fiancee, Katie Holmes, looking oh-so Hollywood in their shades as they took in the game from Redskins' owner Dan Snyder's luxury box. Cruise and Snyder are business partners. Snyder's investment firm is financing Cruise's production company.

TomKat brought Cruise's daughter Isabella, 13, and son Connor, 11. The family — even Vanity Fair cover-baby Suri — is staying at Snyder's Potomac, Md., home, the Washington Post reported.



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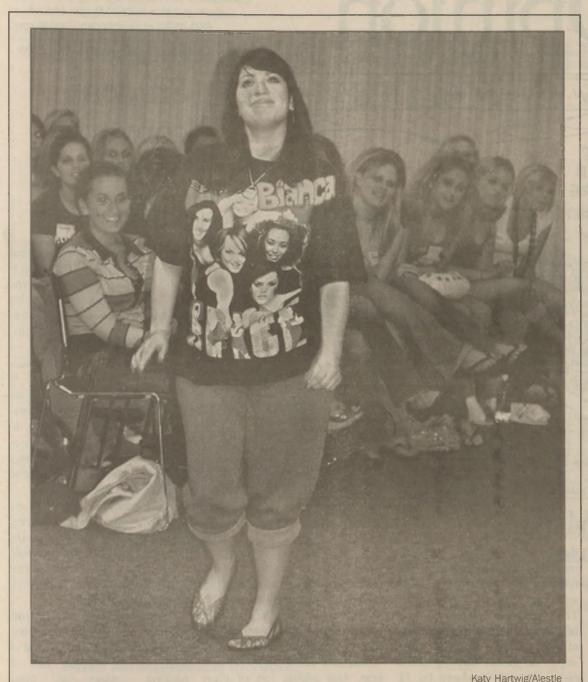
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Junior education major Bianca Trejo demonstrates what not to wear in a fashion show Monday evening. The event was sponsored by campus sororities for Rush Week.

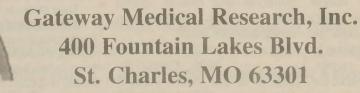


• You are a healthy adult, male or female (18 or older)



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Express your opinion 24 hours a day, seven days a week! Polls, message boards and more at www.thealestle.com



Questions or comments regarding this section? Contact Editor in Chief Megan McClure at 650-3530 or alestleeditor@gmail.com.

Thursday, September 14, 2006

### Student conveys parking difficulties

There is an issue that troubles me deeply. This issue is the unfair treatment of the commuter students at this university. Specifically, I am

speaking of the Letter to the Editor

shortage of parking spaces on campus. I myself am commuter

student. I drive 40 minutes to attend my classes. In relation to my income, I have paid quite a large sum of money to be able to park at the campus.

My question is this: Why are the commuter students paying \$70-plus so they can park on the grass? Surely the university would not sell more space in the dorms than was available! Why is parking any different?

Granted, not all students who purchase parking passes will attend class in the same period of time. Some surplus sale of parking passes is quite understandable. However, if the surplus is so excessive that students who have paid money to park in a parking space are forced to park in the grass, then it would be reasonable to believe that commuter students are being treated unfairly.

The point of what I am saying is this: The commuter students paid money to the university for a service that the university is not providing. This breach of trust is unfair treatment of these students, and something must be done to improve the situation. I respectfully request that the university take measures to remedy this difficulty as soon as possible.

> Matthew A. Theuerkauf junior history

Alestle **Megan McClure** 

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The first copy of each Alestle is free of charge. Additional copies cost 25 cents.

#### Letters to the Editor Policy:

The editors, staff and publishers of the Alestle believe in the free exchange of ideas, concerns and opinions and will publish as many letters as possible.

Letters may be turned in at the Alestle office located in the Morris University Center, Room 2022 or via e-mail at alestleeditor@gmail.com.

All hard copy letters should be typed and double-spaced. Letters should be no longer than 500 words.

Please include phone number, signature, class rank and major.

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

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

We reserve the right to reject letters.



#### Perspective: Moving diet to a greener

So you're using the air conditioner a bit less and replacing your old light bulbs with high-efficiency ones. Perhaps you've traded in the Hummer for a Prius, or, better giving yet, are public transportation a spin. Those steps, big and small, will all help slow down global warming and otherwise be helpful to the environment.

> Stick with 'em

**VVIIC** even more,

have three more opportunities every single day to do something for your planet: breakfast, lunch and dinner.

Americans eat more than a billion pounds of food each day. To churn out the grains, meat and poultry and fruits and vegetables that feed the country, our agricultural system consumes enormous quantities of fuel, fertilizers, water and pesticides and enormous tracts of erodible land

But much of those resources aren't feeding us directly - they're producing the feed for the them. For starters, there's methane, a greenhouse gas 23 times more conducive to global warming than carbon dioxide. The methane produced by belching cattle and giant lagoons of hog manure has the same impact on global warming as the carbon dioxide produced by 33 million automobiles.

The standard American diet, relatively high in meat and dairy, might as well be called the Global Warming Diet. In the same way that reprogramming your thermostat can benefit the environment, SO can reprogramming your diet.

Making even small changes can add up, as you can see on calculators available at www.EatingGreen.org. Replacing one hamburger, one egg and a one-ounce serving of cheese each day for a year with a mix of vegetables, fruit, beans and whole grains would spare the need for 1.8 acres of cropland, 40 pounds of fertilizer, and three ounces of pesticides. It also would mean dumping 11,400 fewer pounds of animal manure into the environment.

Another benefit of eating fewer animal products is that fewer animals will need to be raised. Most livestock today suffer miserably when they are crammed together in small, crowded cages, huge crowded sheds or filthy, crowded feedlots. Farm animals often spend their entire lives indoors; breathe foul air and have their tails docked, horns burned off, beaks trimmed and hides branded with a hot iron.

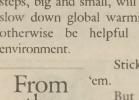
have much lower rates of obesity, heart attacks, strokes and diabetes, due partly to cutting out the animal fat and cholesterol.

Eliminating all the fats from beef, pork, poultry and dairy foods from Americans' diets would save about 65,000 lives a year. And adding lots of plant foods, with their dietary fiber, phytonutrients and other substances, would make arteries more flexible, reduce rates of cancer and save many more lives.

The government's Dietary Guidelines for Americans recommends we eat more plantbased diets, but the government hasn't adopted supportive policies. At the very least, the federal government should stop subsidizing foods harmful to health and the environment and start subsidizing healthy foods.

The government sprinkles corn farmers with several billion dollars a year not to put corn on the cob on your plate, but to provide cheap feed for livestock and cheap high-fructose corn syrup for soda makers.

Why not direct those billions to putting more fresh fruits and vegetables on the lunch trays of America's school kids? Also, the



But if you the want to help

consider that vou

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 Southern Illinois University Edwardsville: Alton, East St. Louis and Edwardsville.

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

Have a comment? Let us know! Send us an e-mail: alestleeditor@gmail.com The Alestle Campus Box 1167 Edwardsville, III. 62026-1167 animals we eat, a terribly inefficient process that wastes nonrenewable resources. Many of the 100 million acres of land and 17 trillion gallons of irrigation water used to grow animal feed could be put to more productive uses - or not used.

The energy used just to produce fertilizer for feed crops could instead be used to fuel one million homes. Reducing the use of fertilizer to grow corn in the Midwest would bring aquatic life back to the bottom of the Gulf of Mexico, where there is now a New Jersey-size dead zone.

squandering Besides resources going into animals, consider what we get out of

If altruism isn't reason enough to eat a "greener" diet, consider the selfish reasons to switch from burgers and bacon to cantaloupe and carrots. Vegetarians and others who eat more plant-based diets are simply healthier than the rest of us. They

U.S. Department of Agriculture encourages the consumption of beef, pork, dairy and eggs via "check-off" programs, like the "Got Milk!" mustache ads or the "Other White Meat" pork campaign.

Why not do that for whole wheat bread and broccoli instead? A greener diet won't stop all the glaciers from melting, but it protects hearts, cuts air and water pollution and reduces animal suffering. Quite a bargain from eating delicious meals.

(c) 2006, Center for Science in the Public Interest, Distributed by McClatchy-**Tribune Information Services** 

#### Corrections

In the Sept. 7 issue, the name of Art and Design Department Chair Thad Duhigg was misspelled. The Alestle regrets the error.

In the Sept. 7 issue, the "Eleven Days of Peace Campaign" advertisement contained a typographical error. The Sept. 14 event should have been titled "Islam brown bag discussion." The Alestle and event sponsors regret the error.

### FEEL THE BEAT GET OUT THE VOTE CAMPAIGN SEPT. 19-NOV. 7, 2006

### **Voter Registration**

Sept. 19-21; 10am-2pm; MUC north entrance Oct. 3-5; 10am-2pm; Ouad

Voting: 101 Sept. 27; 11am-1pm; Willow Room

Learn all you need to know on the how to, where to, and when to, of voting.



Rally Reflection Oct. 10; 4pm-6pm; Goshen Lounge

Learn the seriousness of voting and how your actions influence politician. Once we get them to agree to support an issue, how do we hold them accountable.



View and Chew I Oct. 24; 6-9pm; Religious Center Watch a documentary discussing how dependent America's economy is on Latino labor and then participate in a group reflection. Voter's Rally 10am-2pm, Quad SIUE Tues. Oct. 3—5, 2006

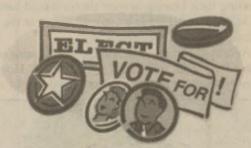
The Feel the Beat Get OUT the Vote rally will consist of different speakers throughout each day of the event, who will talk about issues such as the environment, education, immigration, jobs/wages, healthcare, women's issues, taxes/retirement plans, gay marriage, stem-cell research, and anti-piracy laws for music and movies.

In between each speaker there will be a performance by bands representing such genres as classic rock, R&B, country, reggae, gospel, alternative, and much more.

The presenters who will be speaking about issues will have a table providing literature on the issue they represent throughout the whole event. There will also be a concession stand sponsored by various student organizations.

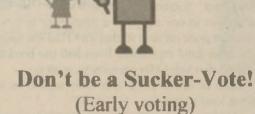
Attack on the Media Oct. 12; 4pm-6pm; Goshen Lounge

Discuss how and why the media is so skewed and how influential they are to society's way of thinking and functioning. Learn new ways to obtain news information.



View and Chew II Oct. 31; 6-9pm; Religious Center

Watch a documentary showcasing a corrupt campaign of one Newark, NJ mayor in 2002 and then participate in a group reflection.





Oct. 24 & 25; 10am-6pm; Hickory/Hackberry Room (Election Day) Nov. 7; 1-9pm; Goshen Lounge Vote at MUC and receive a sucker. Vote on Nov. 7 and watch the results in the Goshen Lounge.



Sponsored by: United Congregations of Metro-East, SIUE Raise Your Voice, Student Leadership Development Program and Volunteer Services, College Democrats, S.O.T.A., League of Women Voters Collaborating Campus and Community Organizations: Catholic Student Newman Association, Student Government, Making Waves Coming up: Find volunteer opportunities at Volunteer Fair For more, see Tuesday's Alestle



Questions or comments regarding this section? Contact Assistant Managing Editor Kristen Reber at 650-3531 or alestlelifestyles@gmail.com.

Thursday, September 14, 2006

# College presents new risks to hearing

Between iPods and concerts, students may suffer consequences they may not want to hear.

> By Elizabeth Suh Knight Ridder Newspapers

Your ears are ringing. Everything sounds muffled. Oh, it'll go away by morning.

This may be a familiar series of thoughts for anyone who goes to concerts, clubs or even bars where music blasts all night long.

Still, worries might linger in the back of your mind about whether you've damaged your hearing. You think about your friend at the concert who was wearing earplugs and was bugging you to do the same. You think of the stories you've come across that say iPods can damage your hearing.

How loud is too loud?

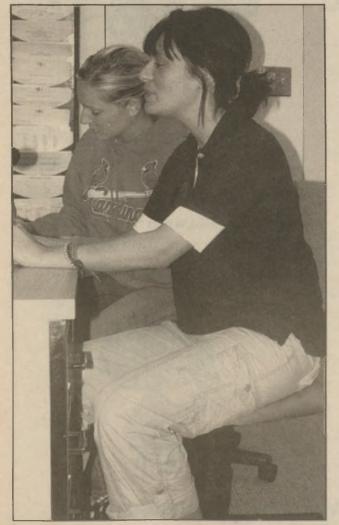
The fear is that the growing use of iPods is going to cause more hearing damage than before from other kinds of music-playing devices.

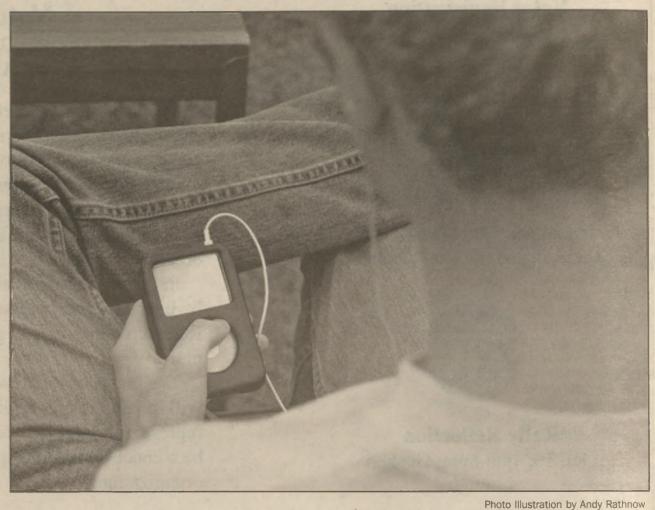
There's no reason to develop a sudden fear of hearing loss from loud music because of iPods, said Gail M. Whitelaw, president of the American Academy of Audiology and director of the Speech-Language-Hearing Clinic at Ohio State University.

"I think iPods have been a sexy story this year," she said. "But there's not a lot of evidence that the fears we have are actually going to come true."

People should be just as vigilant now about protecting their hearing as they always should have been, said Andy Vermiglio, a research audiologist at the House Ear Institute in Los Angeles.

About 30 percent of hearing loss cases are a result of exposure to loud noise, according to the House Ear Institute. The rest of the cases are hereditary or may be





Sophomore education major Adam Jobin listens to his iPod Wednesday on the second floor of the Morris University Center.

"I think iPods have been a

sexy story this year. But there's

not a lot of evidence that the

fears we have are actually

going to come true."

-Andy Vermiglio,

research audiologist

at the House Ear Institute in Los Angeles

due to infections, medications, deformities or injuries.

Vermiglio, a drummer who experienced hearing loss at a young age due to what he describes as banging on a lot of pots and pans, sees examples of people who begin losing their hearing at a young age in everyday situations.

A few years ago, he saw an 11-year-old girl who had what looked like typical noiseinduced hearing loss in one ear. "I think iPoc

It's usually a sign that hearing loss is noise-related if the person has trouble hearing higher-frequency sounds or voices, like a woman's voice, or if the person has trouble understanding speech when there is background noise.

Vermiglio asked the girl the standard questions he would ask someone with hearing loss in one ear. Had a

firecracker gone off next to that ear? Had she been next to some other loud explosion? Even had she been shooting a rifle on that side? Her answers were all no.

Then he asked if she ever rode around in a vehicle playing loud music

Although there are ongoing efforts researching how to restore hearing loss, the only current relief for noiseinduced hearing loss is hearing aids.

Because hearing loss often occurs gradually and without pain, people who regularly expose themselves to loud noise may not realize what's happening to their

hearing until a lot of it has been lost.

If sound is muffled or your ears are ringing after you've been in a loud environment, that's one sign the noise level might have been too high, but you could have had hearing damage even without experiencing those symptoms. Rather than waiting for that to happen, take steps to protect yourself.

There's no easy formula for how loud is too loud.

People handle sounds differently, so one level of noise could cause hearing loss in one person, but not another.

A good general guideline is to use the standard for noise level legally allowed in the workplace. That's 85 decibels for eight hours a day, at a noise level similar to

#### Andy Rathnow/Alestle

Speech-language pathology and audiology student clinicians Traci Storey and Jenny Seger work in the Speech, Language and Hearing Clinic in Founders Hall, Room 1300. Free hearing evaluations are available for students, faculty and staff at the center. Fragmin B month interaction

Her eyes grew wide, he said. Every day, my brother takes me to school in his truck, she said. The speaker is by my ear, and the music is really, really loud, she told him.

Vermiglio also saw a woman in her 20s who was having trouble understanding people speaking. It turned out her hearing loss likely was due to working in the audio department of a warehouse store, where she listened to loud music playing from speakers all day long.

These kinds of examples show hearing loss that results from loud sounds is not just something musicians and those working in the music industry should be worried about, Vermiglio said.

Hearing loss occurs when "hair cells" deep in your ear are damaged by loud sound. Sound travels to your eardrum, causing it to vibrate, and the vibration then travels along to a series of three bones in your middle ear, then to your inner ear. The inner ear contains thousands of microscopic hair cells that transfer sound to your brain so you can hear. When those hair cells are damaged, the result is permanent hearing loss.

that of a typical vacuum cleaner or heavy city traffic.

Normal conversation is about 60 decibels.

But hearing loss is a result both of sound volume and duration, and each increase of about three decibels about halves the length of time you can listen.

For example, it's considered safe to hear a lawn mower at 90 decibels without ear protection for two hours but a rock concert at 100 decibels for only 15 minutes.

Here are some guidelines from the experts:

If you have to shout to be heard, you're probably in an environment that's louder than 85 decibels. Use earplugs or take 15-minute breaks from the sound every few hours.

While cheap foam earplugs that some concert venues might give away will protect your ears, they may also muffle the sound of the music you're there to enjoy. So if you go to concerts or clubs a lot, invest in musician's

HEARING\pg.9

# **Coming up**

### Tickets are still available for "Disney on Ice" production

### by Kyle Hartley Alestle Lifestyles Stringer

Monsters aren't just under the bed anymore; they are also on ice.

On Sunday, a charter bus will leave from SIUE heading to the Scottrade (formerly known as Savvis) Center in St. Louis, for "Disney on Ice" presents "Monsters Inc."

The SIUE Campus Activities Board has sponsored trips like this since spring 2004. The group tries to make two

Speech-language

student clinicians.

is \$50.

The campus Speech, Language and

pathology

Hearing Center offers free hearing

evaluations to students, faculty and staff.

For those outside of the university, the cost

audiology majors serve as student clinicians.

A resident audiologist supervises the

trips each year — one in the fall and one in the spring. Past Disney on Ice events included Finding Nemo and "Princess Classics.

Tickets were available for purchase for students and faculty at the Morris University Center.

"We've sold all of our tickets just in the past week," April Volentine, a sophomore student worker at the Information Center, said.

"The main goal is to provide a family activity for those students with children," Rachel

SIUE Speech, Language and Hearing Center

and

Larussa, director of the trip, said. "We market a lot to the family housing on campus."

This trip provides an alternative to parties for students and an opportunity for an afternoon of quality family time with a little sibling.

For more information, contact Rachel LaRussa at rlaruss@siue.edu or the Campus Activities Board at 650-2686.

Kyle Hartley can be reached at alestlelifestyles@gmail.com or 650-3531.

The center is located in Founders Hall,

For more information on the center or

Room 1300 and is open from 8 a.m.

to 5 p.m. Monday through Thursday and 8

to make an appointment, stop call the

Speech, Language and Hearing Center at

a.m. to 4:30 p.m. Friday.

650-5623.

#### **HEARING** from pg. 8

earplugs that basically turn down the volume and let you hear music clearly, but at a lower level.

You want earplugs that have an noise reduction rating of at least 9 decibels (9dB). Most foam earplugs and pre-molded earplugs made from plastic, silicone or rubber provide an NRR between 20 and 30 decibels, according to the House Ear Institute. The louder the environment you're in, the greater the NRR you'll need.

When it comes to volume level in headphones, it matters less whether you're using ear buds or headphones that cover the outside of your ears than it matters how loud your music is. If others can hear your music, or if you can't hear loud background noises, your music is probably too loud, regardless of whether you listen to classical or techno. Don't use headphones to drown out background noise. You can buy either special headphones or earpieces that fit into headphones to reduce background noise and let you listen to music better at lower volumes.

For more details, try www.earbud.org or www.dontlosethemusic.com.

One of the best things Vermiglio can recommend is a yearly hearing test to detect whether you are losing your

hearing and need to take extra steps to protect yourself, he said.

Vermiglio recommends you take not only the standard hearing test, which involves detecting beeps or sounds at decreasing volume, but also two other tests --- one to gauge your ability to understand speech with and without background noise and one that tests your "otoacoustic emissions," or the functioning of your hair cells.

While some people may be able to hear well in a quiet environment and test normal in a standard hearing test, their reallife problems occur when they have trouble hearing people in noisy environments, and the two extra tests can detect that hearing

"The world is noisy," Whitelaw said.

Don't be scared of music, but protect your hearing so you can enjoy music later in life, experts admonish.

"I think the story we need to tell is moderation in all things is good," Whitelaw said.

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Men and Women's Cross Country @ EIU Open - Friday, 5:30 p.m. Volleyball @ Univ. of Indianapolis - Saturday, 3 p.m Women's Golf @ IWU Fall Classic - Saturday and Sunday Men Soccer @ Lewis - Sunday, noon Women's Soccer @ Lewis - sunday, 2:30 p.m.

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Questions or comments regarding this section? Contact Sports Editor Matthew Bruce at 650-3524 or alestlesports@gmail.com.

Thursday, September 14, 2006



**Courtesy of SIUE Photo Services** 

SIUE sophomore outside hitter Emily Rahn spikes the ball past a defender during a recent game at the Vadalabene Center. Rahn had four kills in Tuesday's victory over Kentucky Wesleyan University.

# **Road Warriors**

### Cougars defeat Kentucky Wesleyan to move to first place in Great Lakes Valley Conference

#### by Nicholas Johnson Alestle Sports Reporter

The No. 20 SIUE vollevball team picked up its ninth victory in ten games on the road after a shutout in straight sets against Kentucky Weslevan College in Happe led the team in kills with to get looks at some different volleyball action Tuesday in 18 while sophomore Emily Owensboro, Ky.

sweep for the Cougars this season. SIUE improved to 3-0 in action with the win.

The 30-26, 30-14, 30-23 Todd Gober took advantage of a victory was the sixth three-set rare opportunity to tune up his lineup.

"Kentucky Wesleyan is still Great Lakes Valley Conference in the rebuilding process," Gober said, "They're still building their Senior opposite hitter Tricia program, so it was a nice match combinations, and put some players in different positions."

## Men's golf team gears up for the Cougar Classic

### by Matthew Bruce **Alestle Sports Editor**

The SIUE men's golfers bring their clubs home this weekend when the team plays in the Cougar Classic at the Belk Park Golf Course in Wood River.

The Cougars will host 13 teams in the two-day tournament Saturday and Sunday, including Great Lakes Valley Conference foes Quincy University, the University of Indianapolis and the University of Missouri-St. Louis.

"It is a small tournament," SIUE Head Coach Kyle Viehl said. "We're going to use it to build and improve and get ready for some of our bigger and upcoming events."

Viehl said that Indianapolis and Lindenwood University would likely join SIUE as the favorites to win the event.

Other teams in the tournament will include Oakland Community College, Millikin University, McKendree College, Lincoln University, Maryville College and Blackburn College.

"I don't think it's very hard," SIUE senior Kyle Lickenbrock, who shot a 144 at NKU to finish with an even par and tied for fourth place, said of the course.

Belk Park lost more than 200 trees over the summer from storms that swept through the area

"That opened it up quite a bit," Lickenbrock said. "There

used to be quite a few big trees that came into play, and if you hit it a little wild, those would block some of your shots. It made it a lot easier."

The Cougars are coming off a sixth-place finish at the Northern Kentucky Invitational in Perry Park, Ky. to begin the season

"I was a little disappointed; the team was a little disappointed," Viehl said. "Expectations were a little bit higher."

The team does not think the rough start is a sign of things to come this season.

"Probably just maybe a little rusty," Lickenbrock said. "It was our first tournament of the year. I wouldn't put too much on it. We're definitely a good team. We're definitely going to prove a lot of things this fall."

SIUE tallied 603 points in its first event of the season, 27 over par and 28 strokes off the first-place score of Indianapolis, which finished at 575.

"Some of the guys are struggling right now," Viehl said. "They had all summer to play and get ready, but they all work. So when they get down here, they do start playing a lot more golf."

SIUE senior Kyle Gansauer joined Lickenbrock in the top 15 as he finished four over par with a score of 148 to tie for 13th

GOLF/pg.13



Goebel added 19 digs.

### "We still have so much to do yet. I'm not over-confident at all."

-Todd Gober **SIUE Head Coach** 

whole-team effort," said SIUE senior Beth DeGreeff, who finished with 12 kills and nine digs. "Everyone played, everyone made their impact."

"Last night's game was a Sophomore setter Mallory Clements churned out 37 assists for SIUE.

> Reigning GLVC Player of the Week Kim Potthast did not see action as SIUE Head Coach

SIUE held the Panthers, who are 1-8 overall, and 0-2 in the GLVC, to a .034 hitting percentage and just 24 kills. The Cougars hit .299 as a team, pounding out 63 kills.

SIUE is now 10-2 on the year with a half-game lead over the University of Indianapolis and Lewis University in the GLVC.

Nevertheless, the team has a lot of improvements ahead despite its impressive wins early in the season, according to

VOLLEYBALL/pg.12

#### Matthew Bruce/Alestle

SIUE senior Kyle Lickenbrock watches one of his drives during a practice session Tuesday at Sunset Hills golf Course in Edwardsville. Lickenbrock shot an even par over the weekend.

# Sharky Waters

### SIUE student Lars Vardaman ranks among top pool players in nation

#### by Mallory Hensley Alestle Sports Stringer

Hunched over the pool table with an intense look of concentration, he draws back his pool stick and sends the cue ball hurling across the flat green surface.

In a series of easy, controlled strokes, he quickly pockets 15 brightly colored pool balls.

When a student steps foot into Cougar Lanes for a night of recreation, they may not know it, but they are stepping into Lars Vardaman's domain.

old Twenty-one year Vardaman is no stranger to the game of pool. Seen around campus, this Belleville native is usually quiet and reserved. But when he picks up a pool stick, he can command the attention of the room. At Cougar Lanes,

Vardaman is a celebrity. Vardaman is a man who wears many hats. He recently began his first year of Pharmacy School at SIUE. In his three

years on campus, he has racked up many accomplishments. At the tender age of 12,

Vardaman competed in his first tournament. He quickly unseated the competition, though he admits that beginner's luck was involved.

Encouraged by that initial success, Vardaman worked hard to build upon his natural propensity for the game.

Eight-hour daily practices turned him into one of the best players in the United States. He now holds hundreds of local, regional and national tournament wins to his name.

Those grueling practices paid off - literally. After Vardaman's team placed fifth in last year's Billiard Congress of America 9-Ball Championships, the group members split the \$5,500 prize money. Not bad for a day's work. Over

6,500

international players pool congregated at the Riviera Hotel and Casino this May for the 29th Annual BCA National 8-Ball

Championships. Vardaman and his partner Kristin Werner took home the Open titles in the Masters Scotch Doubles division. Vardaman also anchored a team from the St. Louis area.

"Our team consisted of the five best players from around here. We competed in the Masters Division, which is the hardest team division. We beat the English All-Star team in the finals. They are team of the five best players from England, and we managed to beat the powerhouse team," Vardaman said.

Vardaman lives off of the prize money he wins at tournaments. BCA Tournaments distribute up to \$8,000 to top competitors.

> The sport has recently been going through a revolution. There is more money to be made in competitions. A recent tournament offered its winner \$500,000.

"Up until the establishment of the IPT

tour, I never planned on being a professional pool player," Vardaman said. "There just is not a lot of financial security in it. In order to make a respectable living, I would have to maintain a top 10 world ranking for 40 years. There are no health benefits or anything like there is in other professional sports."

But with the recent increase in interest and support for the sport, prize money is at record highs. And that has forced Vardaman to reconsider.

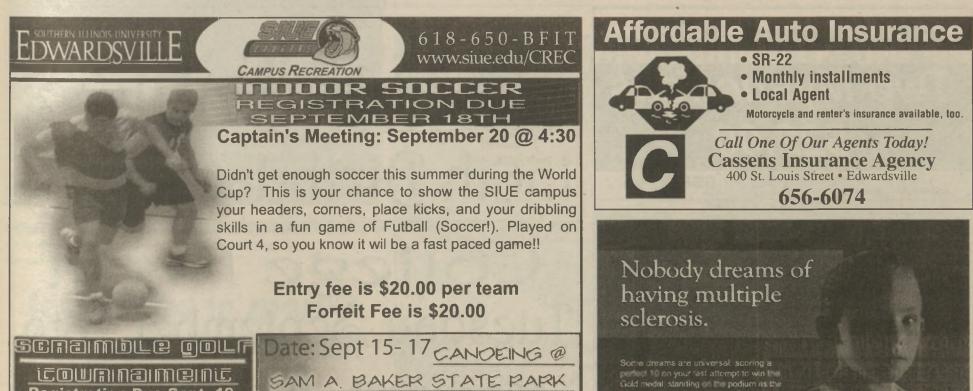
"I could actually make a nice living (now)," Vardaman said. "If a player gets his tour card for the 2007 season, they are guaranteed a minimum of \$100,000 for that year. That would be nice.'

This summer, Vardaman took home the Association of College Unions International men's title for the third consecutive year. The University of Arizona hosted the event, which took place in July in conjunction with the BCA Junior Nationals.

The ACUI tournament has a long history going back over 70 years. The best collegiate players from around the country compete for the trophy.

Vardaman is the second person

POOL/pg.14



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in includes transportation, camping fees, canoe tel, most camping equipment, and one meal

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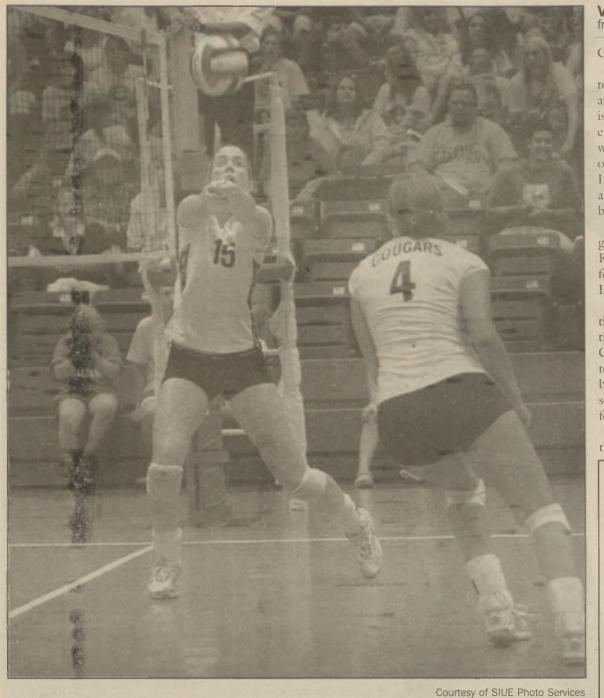
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Gold medal, standing podium as the national anthem has the arena. Finding out

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MS MULTIPLE SCLEROSIS



12

VOLLEYBALL from pg. 10

#### Gober.

"We still have so much work to do yet. I'm not over-confident at all," he said. "I think the team is really good about keeping everything in perspective. It's way too early for us to get overly optimistic, but its fun right now. I think everybody is having fun and enjoying the success we've been having."

SIUE will continue its threegame road trip at 7 p.m. Friday in Rensselaer, Ind., against GLVC foe Saint Joseph's College of Indiana.

"St. Joe's is another program that's in the rebuilding stage, but they've got a really good coach," Gober said. "I think they're going to be hungry and they're going to be looking for a couple big wins, so they're going to be gunning for us."

The Cougars will conclude the trip Sunday afternoon with

an early-season conference showdown of GLVC unbeatens as they travel to Indianapolis to face off against the University of Indianapolis.

"Indy is going to be one of the toughest matches we have all vear," Gober said. "They're a very good home team. We haven't been there in four years. A lot of the members on our team have never even been to that gym."

The Greyhounds are currently riding a five game winning streak and are 10-3 on the season with a 2-0 conference mark

"They really have a talented middle and outside. They're a solid team," Gober said. "They're one of the top teams in our conference, so that's really going to be a battle."

Nicholas Johnson can be reached at alestlesports (a gmail.com or 650-3524

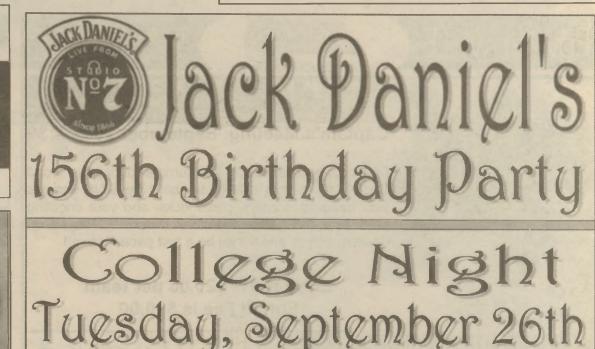
### Are you a **Sports fan?** The Alestle is looking for sports writers to cover and

report on the Cougars.

**E-mail Matthew Bruce at** 

alestlesports@gmail.com

SIUE sophomore Mallory Clements sets up freshman Kelsey Hubert for a kill during a recent match at the Vadalabene Center. Clements dished out 37 assists Tuesday.





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American Red Cross

12

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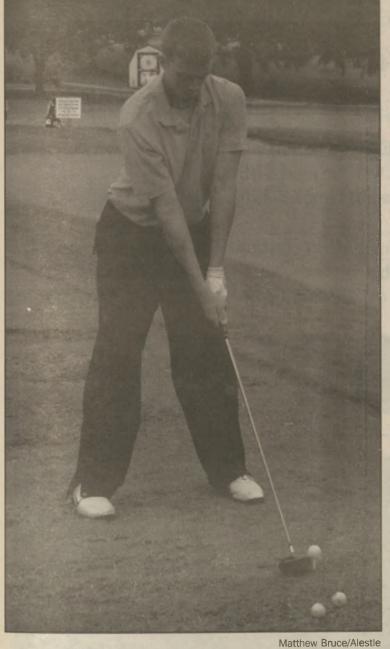
#### GOLF from pg. 10

Sophomore Mike place. McKinzie placed 25th, notching a score of 152 in his first event.

The Cougars return nine players from last year's team, which finished fourth at the NCAA Division II Great Lakes Regional Tournament last spring. "We'll come out of it," Viehl

said. "We have pretty much our same team from last year. So they'll work hard this week and get ready for the tournament."

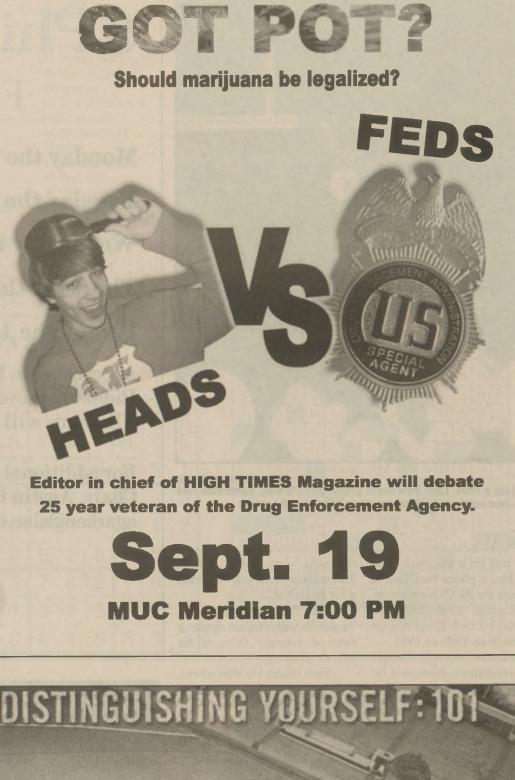
Matthew Bruce can be reached at alestlesports@ gmail.com or 650-3524



SIUE sophomore Mike McKinzie concentrates before delivering a drive during a practice session at the driving range Tuesday at

### Interested in sports? Do you like to write?

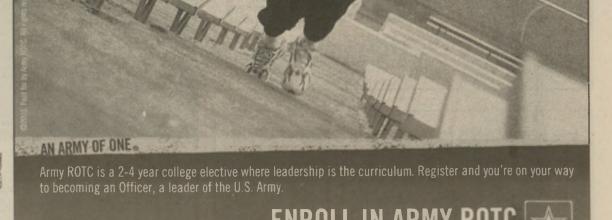
Sunset Hills in Edwardsville.



13

### If you answered yes then the Alestle is looking for you!

For more information call the Alestle office at 650-3524



For more information, contact SIUE Army ROTC, Rm 3106 FH, 650-2500 or www.siue.edu/ROTC

RECOME AN ARMY OFF

U.S.ARMY

Thursday, September 14, 2006



Katy Hartwig/Alestle

Setting up a shot, Lars Vardaman prepares to break. Vardaman has been a competitive pool player since the age of twelve.

#### POOL from pg. 11

to ever pull off a three-peat win. Never has a player had such a reign over the ACUI tournament since Eastern Kentucky State University's Leroy Kinman won each year from 1949 to 1951.

Vardaman plowed through many competitors, motivated by his goal of becoming the first person to ever win the title four years in a row.

Vardaman defeated James Winter, who participated in the tournament for his fifth and final time.

"I beat James Winter in the final. I also beat him the first year I won it. I went completely undefeated again this year," Vardaman said.

Vardaman, who continues to build on his skill and add to his repertoire, is looking forward to returning to the ACUI Tournament next year to finish what he started.

With Winter out of the way, Vardaman will compete against a slew of younger faces in his pursuit of history.

Then comes life after school, and Vardaman would not mind testing the waters at the professional level.

"I love the professionalism that goes along with it. The players are treated more like protennis players now, and actually have a code of conduct. Before, there was not so much of that," Vardaman said. "I will definitely try to get on the tour after I finish pharmacy school. It is my dream to play pool on this tour."

Mallory Hensley can be reached at alestlesports@gmail.com or 650-3524



Monday the 11<sup>th</sup> – Sharkies Pool Hall Tuesday the 12<sup>th</sup> – Driving Range

Wednesday the 13<sup>th</sup> – Video Games in UC

Thursday the 14<sup>th</sup> – Hooters Night

Friday the 15<sup>th</sup> – Bid Morning / Float Trip

All events are FREE for potential pledges Rides to all events will be available All events will meet in Goshen Lounge at 6:30 p.m.

For additional information contact Phi Kappa Psi Rush Chair, Austin Garber agarber@siue.edu or 309-258-0449

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### Thursday, September 14, 2006

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### The Daily Crossword Edited by Wayne Robert Williams

#### ACROSS

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SUDOKU By Michael Mepham

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38 Wall painting 39 "\_\_\_ Tu" (1974 hit) 40 Burn a bit 41 " Hall" 42 Patriotic women's soc. 43 Part 3 of sign 45 Nuisance 46 Hotel employee 47 Acquire 50 Up to something 52 Cartoonist Keane 55 End of sign 57 Period 58 Taxi charge 59 Founder of Taoism 60 Cassowary cousin 61 Has dinner 62 Accounting activities 63 Current craze

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### DOWN

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6	Hair line
7	"Diana" singer
8	T-shirt size
9	Do a judge's job
10	Bucks and
	bulls
11	Locality
12	Broadcasts
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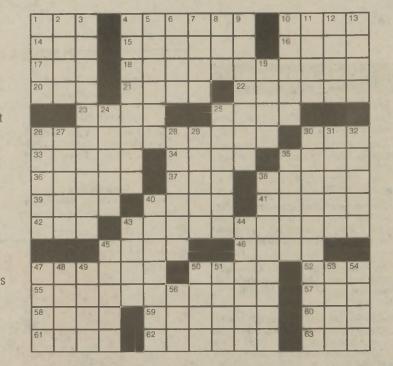
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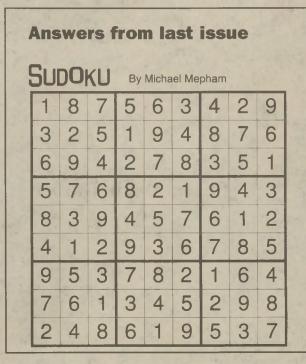
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2 7 5 Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk.

2

4

3

1

8

2

3

1

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### A prescription with side effects you want.

Blueberries and red beans, just a few of the many foods rich in antioxidants, are powerful remedies in the fight against cancer. Research shows that fruits, vegetables, and other low-fat vegetarian foods may help prevent cancer and even improve survival rates. A healthy plantbased diet can lower your cholesterol, increase your energy, and help with weight loss and diabetes. Fill this prescription at your local market and don't forget-you have unlimited refills!

For a free nutrition booklet with cancer fighting recipes, call toll-free 1-866-906-WELL or visit www.CancerProject.org

# Classifieds

www.thealestle.com

Thursday, September 14, 2006

### **HELP WANTED**

16

Sitters wanted. Average \$10 per hour, register free for jobs near campus or home, www.student-sitters.com 4/26/07

Subway! Now hiring ALL shifts! 2 Edwardsville locations: behind MotoMart at #4 Club Centre and downtown Main St. next to the Court House. Starts at S6.65 per hour. EARN MONTHLY RAISES. Apply in person! 9/19/06 Alton area manufacturer as openings for full or part time factory positions on first and third shifts. Apply in person 8-3. Fabrication Specialists, Inc., 2415 Central Alton, IL 62002. 9/19/06

Sitter needed for older child. 1 or 2 weeknights. Rarely weekends. Education major preferable. References required. Call 618-520-1410. 9/14/06

Residential and new construction painting company looking for a full-time painter. No experience necessary. Must be handy, able to lift 100lbs., and willing to learn. Call 656-9300 and leave a message. 9/21/06

Quiznos looking for fun outgoing individuals to share in the exitement. Great pay, discounted food, all shifts available. Apply at: 1053 Century Dr., Edwardsville, between 11a.m. and 9p.m., Monday-Friday. 9/21/06

The Cyclery and Fitness Center is accepting applications for part time sales and mechanics. Apply in person next to QuickTrip. 618-692-0070. 9/26/06 9/26/06

### **ROOMMATES WANTED**

Male roommates wanted. \$150.00 monthly. Includes everything. Available immediately. 618-444-2267. 11/9/06

### FOR RENT

2BR townhouse, 1.5BA, 1-255/Horseshoe Lake Rd. area, 15 min. to SIUE and St. Louis. Washer, dryer, water, sewer, trash included, no pets, non-smokers. \$575mo. 618-344-2125. 10/17/06

3 Bd. Rm, 1 car gr., newly remodeled. Glen Carbon. \$1,000/mo, (217) 971-3830. 9/14/06 4BR, cable-ready, desk each room, Edwardsville-bus 1 min./SIUE 5min. 1.5 Baths, fully furnished; washer/dryer. all appliances, AC, patio-BBQ. \$900. 656-1844. 9/19/06

Beautiful 4BR townhome. 2BA, full basement, many upgrades. \$1,100/mon. Includes water and garbage pick-up. 288-1537. 9/14/06 Newly remodeled house for rent. Caseyville. 10 min. from SIUE. \$650/mon. 2 BR, washer/dryer on location. Students Welcome. No pets. Non-smokers. 618-530-5104. 9/19/06 House for rent. Just 15 minutes from campus in Hartford, 2 bedroom basement, central A/C. Appliances including washer/dryer, storage shed. \$525/mo. deposit, 618-304-7571.

9/21/06

### FOR SALE

CAR FOR SALE-'94 Pontiac Sunbird, runs \$500. Call 618-346-8110. 9/14/06 Computers new/used Dell laptops/desktops. Extra Accessories Available. \$250 and up. (812) 483-1173 9/14/06 Great transportation-low fuel consumption, like new condition. 50cc E-TON Beamer motor scooter, 341 actual miles, bright yellow. Includes matching back storage. 51500. Call 656-2301, okoy to leave message. 9/21/06 For sale 1991 MPV Mazda. 288-1971. 9/28/06 98 Ford Explorer, very clean, runs great with

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many extras, \$4800. Call 618-9/3-/008. 9/26/06

Furniture sale, 94 Sat., 22 Orchard Hill Dr., Kendall Hill. Ping-pong table, lamps, organ, chairs, ironing board, metal cart, hospital table. Info 217-725-2332. 9/14/06

### MISCELLANEOUS

Travel with STS to this year's top 10 Spring Break destinations! Best deals guaranteed Highest rep commissions. www.ststravel.com or call 1-800-648-4849. Great group discounts. 11/2/06

Used books at bargain prices. Good Buy Bookshop, Lovejoy Library, room 0012, Wednesdays and Thursdays, 11 a.m. to 2 p.m. Sponsored by Friends of Lovejoy Library. 12/7/06

New Look for a New Year. Complimentary Facial and Beauty consultation for SIUE students. Individuals or groups! Call Amber 567-4720. 9/28/06

**Anthony Key** Madison, Wisconsin Motorola RAZR V3c

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