

### Still no state funds for FY11

**ROSIE GITHINJI** Alestle Managing Editor

Though the borrowing measure is expired, SIUE should still be on track budget-wise as long as four things happen, according to SIU President Glenn Poshard

The SIU system is still owed \$147 million for the 2011 fiscal year from the state of Illinois, which is the entire amount owed for the fiscal year, but has received all the money owed to it for FY10. Dave Gross, SIU executive assistant for Government Affairs, said \$34 million is owed to SIUE for FY11 as of December.

Poshard said there is no current timeline for when the state would make FY11 payments to the university system.

A 2 percent tax increase was passed by the House and is being discussed by the Senate. This increase will give the state of Illinois an increase in revenue to help with bills and debts. 1.5 percent will go toward catching up on bills and .5 percent will help with consolidating bonds.

The state is also considering a dollar increase for cigarette packs to generate revenue for the state.

There is also a 2 percent spending cap on growth for the state, according to Poshard, which means the state is appropriating less money to organizations, which includes higher education.

"This is still going to mean subsequent cuts in spending," Poshard said.

The renewal of the borrowing bill for higher education was not discussed in the lame duck sessions. The bill will be discussed in the regular sessions, which began Wednesday at noon.

Poshard said the borrowing bill might not be immediately necessary.

"[If the state can] get caught up, the borrowing bill would not have to be pushed through too fast.3 Poshard said

Gross said the general assembly passed the FY1111 budget with cuts to the higher education budget.

"We're dealing with a state appropriation of about 7 percent less than last year," Gross said.

The state will be getting money from a tobacco company settlement from a lawsuit. The bonds from the lawsuit were sold to investors who gave money up front for the bonds, which means the money is available now and not paid out over a period of time. About \$1.5 billion will be paid toward back bills for the state with some of this money.

"It is getting tight again," Gross said. "There's no question we've got a situation similar to last year.

Budget Director Bill Winter said there is no official word from the state government about appropriations.

"At this point in time there are not plans for administrative closure days," Winter said. "[We] are still having to work in an environment of uncertainty."

Scott Belobrajdic, vice chancellor for Enrollment Management, said tentative numbers for enrollment this semester are about 2 percent higher than this time last year, but the official numbers will not be known until 10 days into the semester.

Poshard said higher enrollment numbers will help the campus and are a sign things are going well.

Rosie Githinji can be reached at rgithinji @alestlelive.com or 650-3527

#### **JEFFREY NOLIN** Alestle Reporter

It seems no matter how you get to SIUE, there is a billboard promoting the university to students or an advertisement sounding through the radio.

SIUE Alumnus Marcus Evans, who graduated in summer of 2010, was approached his senior year by his track and field athletic director asking him to be part of an ad campaign for the university.

"I was a mass communications major and was also in track and field so I guess they thought I represented the school pretty well," Evans said.

According to Evans, he was inter-

viewed with a video camera and voice recorder in April of 2010 and received an e-mail in June saying he would be on a billboard on state highway 159 toward Belleville.

The public faces of SIUE

"My friends and teammates gave me a big response saying I'd have to do better in track since I was on a billboard," Evans said. "My mother says I am pretty photogenic but I figured it was because I was well spoken, either way I can't complain."

Evans is now the assistant coach for track and field at Adrian College in Adrian, Mich.

Elizabeth Keserauskis, executive director of Marketing and Communications, said the number of billboards varies by time of year and they try to

How students are chosen to represent through billboards and airwaves place billboards to align with SIUE admission dates. She said locations west of St. Louis and East St. Louis don't change but there are billboards in Madison County, St. Claire County, St. Charles, Mo. and Fenton, Mo. that are substituted.

> "We want students to make SIUE as a first choice to apply to and we are trying to show our brand and what makes SIUE to special and anyone with a problem when it comes to our advertising selection can come talk to me and let me hear your story," Keserauskis said.

> Keserauskis said the students are chosen by her team, which must be approved by several other people.

> > BILLBOARDS/pg.3



Photo courtesy of John Bell The SIUE Wind Symphony is the only US university chosen to go to Taiwan to perform at the World Association of Symphonic Bands and Ensembles. The symphony is made up of 46 students, who will all be going to Taiwan.

### SIUE Wind Symphony chosen to play abroad Only U.S. university to receive honor of playing in Taiwan

#### **KARI WILLIAMS** Alestle Opinion Editor

The SIUE Wind Symphony will travel to Taiwan in July as the only university band from the United States. They will perform at the World Association of Symphonic Bands and Ensembles performance.

Two music professors, John Korak and James Hinson, will also attend to contribute with a trumpet piece and clarinet concerto, respectively.

Korak said he is one of five people performing a song written by Leonard Bernstein in a brass quintet with two SIUE alumni and two current students.

"[The piece was] written for Cana-

dian Brass to be played with the East- periencing the Taiwanese culture and e involves a brass quintet that's featured in front of the band," Korak said.

According to Korak, going to Taiwan is the "opportunity of a lifetime" and some of the best bands in the world will be at the conference.

"[The WASBE conference] is going to give the Music Department and the band area in particular a lot of tremendous visibility on an international stage," Korak said. "Being selected for the conference shines quite a large spotlight on SIUE and the quality of the music program."

Korak said he looks forward to meeting other musicians, as well as ex-

man Wind Ensemble...this particular the cultures brought from the other bande

"Musically, the opportunity there to experience music making of the highest level of my field is certainly something to look forward to," Korak said.

The symphony consists of 46 students, all of whom will attend the performance, according to John Bell, director of the SIUE Wind Symphony. SIUE will join the likes of bands

from Great Britain, Portugal, Norway and Asia, among others, Bell said.

"[We are] in pretty cool company

#### www.alestlelive.com

### **Textbook Service looking to make rentals last** Cracking down on water damage, stains after increase in damages

### AJ SANSON

Alestle Reporter

Over the summer, Textbook Service realized it had a problem: a high rate of damaged textbooks being returned without the returnee being charged.

With that in mind and the fall semester approaching, Textbook Service Supervisor Bonnie Elmore decided she and her staff needed to crack down on their return policy and enforce it more firmly.

Now that it is officially the spring semester, last semester's numbers are in and if numbers are any indication, the crackdown has certainly worked. Elmore said students seemed to get the message of the

stricter policy. "No, it [the number of dam-

aged books] has not increased," Elmore "Students are more not to buy them... much aware. We get more questions about the books' condition too."

According to Elmore, the

number of damaged books has seemed to plateau. Elmore said there is also a target audience for the strengthened polices at Textbook Service.

"We really keep pushing it to freshmen, that way they can carry it for four years," Elmore said.

Elmore said from the beginning of the 2010 summer semester to the end of the

fall semester she took out the same number of defective books as she normally would in a 12-month period, even though the number of defective books during the fall semester decreased somewhat.

For students who have to pay for their damaged books, Elmore said, their money is not wasted.

"It goes directly into our revenue account. It is then turned around to buy a new book," Elmore said. "That's why it is important for students to take care of books. The more books we take out of circulation means the more money we have to spend. A lot of colleges can't believe that we rent textbooks for \$11 a credit hour."

> Elmore's staff members Textbook at

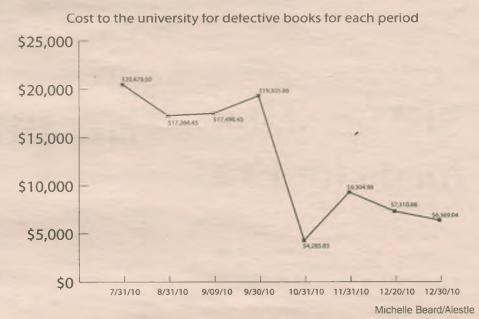
ones responsithe policies to the students. Senior theater dance Steve major

Castelli of Collinsville has worked at

Textbook Service for three and a half years. Castelli said his message to students about the policy is relatively clear.

'Don't use them as an umbrella," Castelli said. "There are lot cheaper umbrellas out there."

Castelli said the recent crackdown has caused the everyday operations at Textbook Service to change.



"We check more thoroughly," Castelli said. "We had to slow down, not substantially, but we take more time examining books. Anything we second guess we pull to have someone else check them."

Sophomore early childhood education major Annie Dirnbeck of Florissant, Mo. said she has never had to pay for a damaged

"I keep them in my desk and put them in my backpack when I go to class," Dirnbeck said. "I feel like I don't damage them because I know it's a privilege not to buy them."

Dirnbeck said she feels the tightened policy is geared toward freshmen, citing her first visit to Textbook Service and the friendly service she received once the employee found out it was her first visit.

Sophomore pre-med major Katie

weekend 201

Johnson of Paris, Ill. has made the journey to Textbook Service within the past week as thousands have. Johnson said the staff made her aware of their tightened policy.

"They told me any water damage or ripped pages then I'm paying for it," Johnson said. "I've never been issued a damaged book that didn't have the sticker on it either."

Elmore said the entire process of the policy is a learning curve as her staff continues to push it. Any students who have questions regarding their textbooks are urged to go to Textbook Service or call 650-3020.

AJ Sanson can be reached asanson@alestlelive.com or 650-3527.



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### Modules

1/18/11 Module 1, 2 p.m.: Leadership Characteristics: You Are A Leader Harold Fry, President - MKT Manugacturing Inc. **Board Room, MUC** 

Module 11, 6:30 p.m.: Role Models & Risk Takers LTC Gregory Bak, Scott Air Force Base **Board Room, MUC** 

Leadership & Professional Skills Workshop (free) Saturday, Feb. 5, 8:30 a.m. - 12:30 p.m., SSC 1203 \*Pre-registration required at Kimmel Leadership Center

**SLDP Reminders...** Volunteer Projects Jan. 22 - St. Vincent de Paul Thrift Store Jan. 29 - Angel Food Jan. 29 - Holy Angels Homeless Shelter Jan. 29 – SIUE Homeless Program

Volunteer Fair Jan. 26, 9 a.m. - 2 p.m., Goshen Lounge, MUC Student Activity Fair Jan. 27, 9 a.m. - 2 p.m., Goshen Lounge, MUC Voter Registration Jan. 25 - 27, 10 a.m. - 2 p.m., MUC

American Red Cross Disaster Training – Jan. 22, 9 a.m. - 4 p.m. \*Must attend all training sessions to receive credit

Stephen Covey's Seven Habits of Highly Effective People® Begins Jan. 25 8 Tuesdays 3:30 - 5 p.m. Board Room, 2nd Floor, MUC

Jan. 25; Feb. 1, 8, 15, 22, 29; March 1, 15, 22, 29; April 5, 12 \*\$25 fee for training materials. Pre-registration required at the Kimmel Leadership Center

For more information and the calendar, contact the Kimmel Leadership Center at extension 2686 or visit the website <u>www.siue.edu/kim-</u> mel/sldp or <u>www.siue.edu/kimmel/sldp/volunteer</u> February 4-6, 2011

Sibs & Kids weekend is open to all SIUE students and their siblings, children, cousins, friends, or other relatives. Registration is required for this event and can be made at www.siue.edu/cab/sibs.shtml

Events include: Psychic Fair, free bowling, a trip to the city museum, a free movie, a special late night event, and more! A full schedule can be found on the website.

> **Contact Emily Craske at ecraske@siue.edu** for more information

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I feel like I don't damage Service are the said. them because it's a privilege ble for relaying

> and -Annie Dimbeck

sophomore early childhood education major

### SYMPHONY from pg.1

as far as [other bands are] concerned, [and] world travel, it'll change the lives of the students," Bell said.

According to Korak, there will be the opportunity to listen to ensembles from around the world and as a faculty member, to be able to share experiences with students who may not have traveled internationally before.

"[There will be an opportunity] to meet musicians from very different backgrounds and kind of pick their brains [and] see what they do to make their programs strong," Korak said.

This is the first year SIUE will travel for this performance and had to go through an application process.

"[I] had to send in an audio tape of performances from the past several years and then it was juried by the artistic planning committee [consisting of] members from around the world, and we were selected," Bell said.

Bell said WASBE is an international organization that promotes wind band music in a conference that occurs every other year.

Bell said it is an "incredible honor for the university to be invited to represent the United States at this international conference."

According to Bell, the Wind Symphony has two performances scheduled, one July 6 at the National University of Tianan and another July 8 as part of the WASBE performance.

The Wind Symphony is hosting a fundraising event for the trip at Neruda in Edwardsville Jan. 15. Music Department Chair Audrey Tallant said 15 percent of the total profits for the night at Neruda will go toward the trip. There will be live music consisting of a solo saxophonist and a solo clarinetist.

Kari Williams can be reached at kwilliams@alestlelive.com or 650-3527.

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BILLBOARD from pg.1



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Michelle Beard/Alestle

Professors and students are chosen by the Marketing and Communications Department to tell their stories about why they chose SIUE. Billboards can be seen around Madiosn County, St Claire County, St. Charles, Mo, Fenton, Mo. as well as west of St. Louis and in East St. Louis.

"We choose individuals who tell the benefits of SIUE through their stories and students who are experiencing success here or alumni that experienced success here," Keserauskis said.

SIUE students also can have their voice advocating the university as well. Keserauskis said radio ads run around a twelveweek flight leading up to the two application deadlines in the St. Louis market as well as Springfield. The voices on the radio are students who auditioned and developed the radio scripts based on the students' own stories.

"I felt really strongly that it was more authentic to be able to use your own internal talent," Keserauskis said. "Peer to peer, word of mouth ambassadorship is much more powerful than traditional advertising."

She also said the student chosen to represent SIUE must be academically sound.

"The biggest concern I have is to not put representation of anyone from the university who

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is struggling or about to leave the university because of academics," Keserauskis said. "I am not looking for a 4.0 student, but someone who is in good standing and we check that first."

Keserauskis said they strive to make sure SIUE is truly representing the student body and not over-representing a certain diversity.

"We don't want to say we are an extremely diverse inner city campus because we're not so we try to pay homage to an individual's roots and where they came from and where the direction of the university is heading," Keserauskis said.

Admissions Director Todd Burrell makes sure to follow up with the demands students and their parents have regarding coming to SIUE.

"SIUE advertising is a recruitment perspective and lets others know about SIUE and to make it their choice," Burrell said, "but also about attracting new employees, the services we offer, athletic events and plays so it is big for the community as well as the university itself."

Senior English education major Mandi Oppermann of Fairview Heights said SIUE represents the campus the best way

Welcome Back!

they can with the advertising she has seen, but it could be better.

"A group on a billboard would be nice and right now the things written on each billboard focuses more on how individualized our learning is," Oppermann said.

Oppermann said SIUE should start building a legacy and the ads they have now don't do that.

"SIUE should show what great people have come out of SIUE and sprinkle that in with how student life is and the benefits of our university to current students," Oppermann said. "We need to make people proud to go to SIUE and not just an affordable place to get a degree."

Keserauskis said Marketing and Communications areresponsible for the external image of the university and internal communication including public affairs, marketing, advertising, graphic design and the website. Anything that is creating the public perception of the university comes through her office.

"We are about to be able to say with statistical certainty that we have moved the needle in the direction we want to as far of the public perception," Keserauskis said. "What I can tell you is that applications, phone calls [and] web traffic have increased tremendously every time we have a campaign on the air via radio or with billboards so I think it's working."

Jeffrey Nolin can be reached at jnolin@alestlelive.com or 650-3527.

Administration Office Business Office Cash Office Cougar Lanes Technical Services University Bookstore

Building Operations Event Services Print & Design Textbook Service Campus Information Office Dining Services

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Police issued Tyler A. Cann a citation for disobeying a stop sign on North University Drive.

### 1-4-11

Police took a report of a vehicle with damage to the window and items removed from the vehicle in the Bluff Hall lot.

### 1-9-11

Police took a report of battery against a student that occurred on Nov. 29.

A male subject requested a police report of an incident that occurred on campus. He said his 3-year-old daughter told him her mother held a pillow over her face and did not remove it until she began crying. The incident was reported to the Department of Children and Family Services.

#### 1-10-11

Police arrested Colin G. Covington for unlawful consumption of alcohol by a minor. He was processed and released with a notice to appear.

#### 1-11-11

Police took a report of a television stolen from a Cougar Village apartment while the resident was on break.

Police arrested Abel D. Tillman on a warrant for failure to appear for failure to yield at an intersection. He was transported to the police department where he was processed and released after posting \$300 bond.

Police arrested Mark W. Clasquin on a Bond County warrant for default payment on an unlawful consumption of alcohol charge. He was taken to the police department where he was processed and released after posting \$275 bond.

Police issued Daniel G. Duffy a citation for driving with an expired driver's license on South Circle Drive.

Police took a report of two televisions, two Xbox systems, a laptop and shoes stolen from a Cougar Village apartment.

### 12-15-10

12-14-10

Terrance D. Mosley was released from Madison County Jail on his own recognizance.

Police took a report of a coat valued between \$200 and \$400 stolen from Morris University Center.

#### 12-16-10

Police took a report of keys and an ID stolen from a resident's room in Bluff Hall.

#### 12-17-10

Police took a report of damage done to a laptop in Woodland Hall.

#### 12-22-10

Police arrested Randall Lee Armes, Jr. on a warrant for failure to appear for possession of cannabis from the Troy Police Department. He admitted to having cannabis on his person and was arrested for possession of cannabis over 10 grams but under 30 grams. Armes was taken to the police department where he was processed and released after posting \$300 bond on the Troy warrant and \$100

bond on the SIUE charges.

Carl D. McCaleb turned himself into the Madison County Sheriff's Department on a warrant for failure to appear for possession of cannabis.

### 12-23-10

Police arrested Christopher L. Densmore on a warrant for failure to appear for driving on a suspended license. He was taken to the police department where he was processed. Densmore was unable to post bail and was transported to Madison County Jail.

Police issued Dennis G. Huenke a citation for speeding on North University Drive.

#### 12-30-10

Police took a report of a motorized scooter stolen from the Bluff Hall lot.

#### 12-31-10

A 911 caller reported a television and laptop missing and a screen removed from one of the windows in his Cougar Village apartment.

### 1-1-11

Police took a report of harassment against a Cougar Village resident.



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### Alestle

Thursday, January 13, 2011

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### New Year's resolution gym members lack etiquette

You don't want to get on the bad side of someone taking adrenaline-pumping supplements and listening to Five Finger Death Punch, especially if you're going to give up your New Year's Resolution to get fit.

I have some great advice for all those new to the gym: learn proper gym etiquette.

Jason Frazier Reporter

Demonstrating proper gym etiquette is a way of showing common courtesy to others. It will also help endear you to regular gym patrons who view you as a nuisance.

The first thing you need to remember is not to hang around or on equipment you are not using. If you are taking an extended break from an exercise machine, step away from it and give someone the option of using it in the meantime. Please don't sit on a machine and

hold a 15-minute conversation with a friend. You are taking up time of someone who is trying to complete his or her workout.

There is a huge problem taking place on the indoor track of the Student Fitness Center. The three lanes of the track were not created for you and your friends to walk along side each other at your pace and talk about "Jersey Shore." There are walk, jog and run signs hanging above the track entrance corresponding to the proper lane in which to do so. Taking up all three lanes could potentially slow down someone who is trying to reach a fitness goal such as timed mile.

In the weight room, people need to use common sense and courtesy. Dumbbells are supposed to be placed in numerical order. If you use 30-pound dumbbells, place them next to the 25-pound dumbbells. Don't just place them in a spot that looks convenient for you. Last time I checked, 30 is nowhere close to 70.

I know doing the bench press can be an exhausting exercise, but it is no excuse for you to leave your weights on the bar. Re-rack your own weights. Don't leave it up to the next person to clean up your bar for you.

If you sweat a lot or even if you don't sweat, always wipe down the equipment or machine you have used when finished. It's disgusting to see someone else's sweat dripping from a machine you are about to use. Some people would like to argue they don't sweat; they glisten. Your "glisten" still contains your germs. There are spray bottles and towels by nearly every piece of equipment in the Fitness Center, so there is no excuse not to do this.

There are many more things that could have placed on this list, but these are the simple ones that will keep you from getting choked out by an angry gym regular.

Stay strong in the hope of meeting your fitness goals. If you are one of those people who know you are going to quit in a month, quit early so the dedicated gym patrons can have the space.

Jason Frazier is a senior mass communications major from Cahokia. He can be reached at jfrazier@alestlelive.com or 650-3524.

### International student growth could give SIUE an edge

Three flags on the east side of campus identify SIUE's place in this world: the American and Illinois flags and one curious blue flag on the far left.

Some students pass this flag every day going to class and do not even know what it is. The blue flag with a globe and two olive branches symbolizes the continuing strive for

> worldwide peace in and among all countries. In 1947, the



United Nations created and adopted this flag to be used to identify its delegates. In today's society, the UN uses the flag in many areas across the Earth to identify a sovereign area of tranquility and negotiations.

It is easy to see why the UN flag may be flown in war torn areas or outside the New York United Nations Building, but why has SIUE designated a flag pole for it next to our national and state flags? This is not a common flag to see flying at a university, and SIUE's mission and vision statements do not recognize anything about international growth or peace. There must be deeper meaning in why SIUE has chosen to fly the UN flag over campus. SIUE could blossom as a well-recognized, metropolitan university if they strive harder to reach out beyond the United States borders.

Premier metropolitan universities, such as the University of Texas, have more than 5 percent of their undergraduate student body represented from international countries and 25 percent of their graduate students also represented by these countries.

Foreign students count for a little more than 2.3 percent of SIUE's student population. University of Missouri-St. Louis, has a current rate of 2.9 percent. This is an area of education and growth that many universities overlook when searching for recognition. By the year 2020, SIUE should use the UN flag flown on campus as a goal toward a new objective of doubling our international student population.

In 1974, SIUE's University Senate approved to fly the UN flag after Dan Walker, Illinois's Governor at the time, urged Illinoisans to be citizens of the world. SIUE's now-retired philosophy professor Ronald Glossop advocated the need for SIUE to install a UN flag on campus since 1968. Glossop wanted people to know the world around them and show their

concern for current events, which are similar goals held by the UN.

For generations, the economy forced every culture to learn to embrace and educate themselves about other cultures. The new, globalized economy has expanded the boundaries of modern markets to give domestic and foreign investors the opportunity to seek out the best materials, factories and workforces to meet their specific needs.

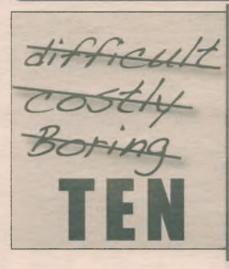
One can see a good example of this globalized market at SIUE when they take a look at the more than 300 international students represented here. Three hundred students may sound like a lot until we look at the bigger picture. SIUE is in a race with multiple universities in the St. Louis area to be the supreme public university. In a world that is shrinking by the minute, the premier, metropolitan university will be a school that can prove to be economically successful in incorporating globalization into the metropolitan market.

Accomplishing this goal would bring more diversity and unlimited economic growth to the Saint Louis area, not to mention the success it would bring to the vision of Dr. Glossop, former Governor Walker and the UN.

### Arts&Entertainment www.alestlelive.com

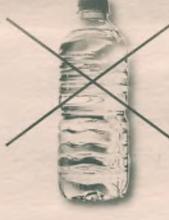
Questions or comments regarding this section? Contact A & E Editor Lindsev Ovler at 650-3531 or loyler@alestlelive.com.

Thursday, January 13, 2011



6

It's simple and you already paid for workout classes are offered five days a week at the Student Fitness Center, from yogalates to couples salsa class. Exercise physiology graduate student Sarah Andreski of Merrill, Wis. said couples salsa, mixed martial arts and belly dancing are specialty classes and require a pre-registration fee of \$10.



Despite the brands, slogans logos, ditch-

and

ing the bottled water could be in your best interest. There have been arguments, theories and scientific tests arguing that one is healthier than the other. Taking a canteen of water to the gym can kill two birds with one stone. You'll save money and help the environment. Also, drinking water cleans out your system



but some alternatives aren't all bad. Health and physical education professor Gina Goebel said try to eat more whole grains. "I always say, 'The whiter the

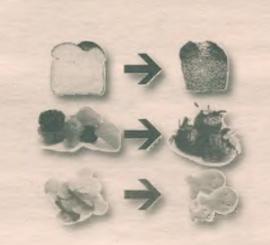
bread, the quicker you're

dead,'" Goebel said.

**Healthy food** 

sound like a

terrible thing,



KARI WILLIAMS/ Alestie Opmion Editor

Goebel said to stay away from fad diets. Being healthy takes a balance between exercising and eating right. Atkins didn't work out well for the millions who tried that route, so heed their warning and focus on maintaining your current diet rather than dishing out money on faulty, or downright unhealthy, ways to lose weight.

ways to healthy

> Some unusual workouts pop up online, some of them being more reasonable than others. The "100 Workout" consists of jumping jacks, crunches, squats, leg lifts and running, starting with 100 jumping jacks and reducing the sets by 10, respectively. The workout ends with a 10 minute run. Simple, but effective, this is something that could be done to wind down after a stressful day or to take out frustration with uncooperative group members.

Having a method when going to grocery the store can contribute as well. Goebel said staying on the perimeter of the store, focusing on fresh foods is key. There are "a lot of preservatives" in the middle of the store, according to Goebel, and the outside walls contain meat, dairies and vegetables. Also, don't shop on an empty stomach.



Ways to stay active without going to the gym are as sim-• ple as pacing when you're on the phone, trading a desk chair for an exercise ball at that desk job (refer to "The Office") or taking the stairs instead of the elevator. "There's no quick fix," Goebel said. "You really have to make it part of your lifestyle."

you're If a diehard workout fanatic who would rather miss a wedding than miss a workout, the Vibram FiveFinger shoes could be just what you need to enhance your already rigorous workouts. The shoes conform to your feet and there are different styles for various types of exercise including running, yoga and pilates and climbing. They're a little pricey, ranging from \$74.95 to \$124.95.



Set down the alcohol and switch it up with orange juice or something like water coffee.

Pardon the caffeine and black coffee can offer multiple health benefits, including virtually no calories, four times the anti-oxidants of green tea and it can help lower the risk of dementia in later years.



Drink too much soda? Cut back. Smoke?

Get the patch. Eat too much junk food? Stop buying it. Indulging in unhealthy foods can be okay, but moderation is the key. One of the simplest solutions to maintaining health is to simply cut back and stop splurging. Sounds easy, right? It is if you show the motivation.

Thursday, January 13, 2011

Survey: What unwanted gift did you get during the holiday and what did you do with it?

MICHELLE BEARD/ Alestle Photo Editor

Sophmore secondary education English major Tiffany Davis of O'Fallon: I got an ugly Christmas sweater from a friend. I gave it to my brother."

> major Jordan Kuhlengel of Okawville: I got an iTunes

gift card. I tried to return it and

couldn't. I mìr

just try to se

to my friend



**Snowy days and scarves galore** 

### Photo by Michelle Beard/Alestle

Junior biology majors Natalia Habibi of Springfield, Jackie Barrett of Effingham and sophomore pre-medical major Kelsey Westbrook of East Alton make fleece scarves on Wednesday at the CAB-sponsored Cougar Craze: Make Your Own Scarves event. 'I just saw everyone making one and I wanted to join in on the fun,' Habibi said.

Freshman pre-dental major Destiny Riley of St. Paul, Minn.: I got a set from Bath and Body Works. It's sitting in my dresser. I'm hoping to give it to someone else."



www.alestlelive.com

Instead of giving unwanted gifts to your dog, give suitable gifts to charity, such as Goodwill with stores located at 210 Junction Drive, Glen Carbon and another in 1435 Vaughn Road, Wood River. Goodwill uses retails sales to provide work for those in need, according to their mission statement.

Michelle Beard can be reached at mbeard@alestlelive.com or 650-3531.

# COUGAR KID SATURDAYS



**Cougar Kid Saturdays** are educational programs for children ages4- 10. Sessions are free for children of SIUE students (tickets are required). Tickets are \$3 for children of SIUE faculty and staff. All tickets are available at the MUC Information Desk.

For more information about family programming options sponsored by Campus Activities Board, contact Kelsey Straeter at kestrae@siue.edu Winter Treat Baking Saturday, January 29, 2011 10:00 a.m. Morris University Center Center Court (Lower Level)

Would you like to learn how to make some great, easy, tasty treats? Everyone will participate in making a variety of scrumptious winter treats. Come dressed to decorate lots of yummy snacks—and your own aprons too!

Plant Part Palooza Saturday, March 19, 2011 10:00 a.m. Morris University Center Mississippi/Illinois Room (Upper Level)

Identify and learn about the edible parts of plants. Find out which parts are and aren't okay for you to eat! Listen to the story of *Tops & Bottoms* and "plant" a felt vegetable garden to learn more about plant parts. Plant your own basil seeds to take home!

Presented by the Missouri Botanical Garden

Dino Detectives Saturday, February 19, 2011 10:00 a.m. Morris University Center Mississippi/Illinois Room (Upper Level)

What does it take to be a paleontologist? Have you ever wondered how fossils are formed? What was life like at the time of the dinosaurs? Discover the answers to these questions and more as you create your own fossils, go on a dig for dinosaur artifacts, and join in on other dino activities and fun!

Presented by the St. Louis Science Center

Bicycle Bash! Saturday, April 16, 2011 10:00 a.m. Vadalabene Center Parking Lot

Bicycling is a great way to get around town. Hear a presentation about the proper way to wear your helmet and other important rules to riding. Bring your bike because this is all hands on fun. Enjoy an obstacle course, and all participants will receive a free bike helmet! Saturday, Jan. 15 Wrestling vs. Chattanooga and at Mizzou 7 p.m. Monday, Jan. 17 Women's basketball vs. Eastern Kentucky 1 p.m. Tuesday, Jan. 18 Men's basketball vs. Eastern Kentucky 7 p.m.



Questions or comments regarding this section? Contact Sports Editor Allan Lewis at 650-3524 or sports@alestlelive.com.

Thursday, January 13, 2011

Gober resigns from coaching job Coach, AD cite personal reasons for departure, search for succesor begins

#### Volleyball

ALLAN LEWIS Alestle Sports Editor

Todd Gober has made the decision to end his stint as the head coach of the SIUE volleyball team Friday after 10 seasons.

"It's a simple question, but its really a complex one to answer," Gober said of his decision of why to leave SIUE. "It's not one particular thing but it's been a combination of the things that have wore me out over the years. It feels like the right time to leave is now."

SIUE finished the season 14-15 in its final year playing as an NCAA Division I Independent. It saw the nation's largest turnaround in terms of RPI rating during the 2010 season, jumping 62 spots from 310 to 248 in the poll. SIUE was 2-27 in 2009.

Gober ended his career with a victory, a fourset win over Tennessee State Nov. 14.

During his career, Gober went 205-112, including a 100-15 record inside the Division II Great Lakes Valley Conference. Gober started his career coaching SIUE to seven consecutive 20win seasons, which included three appearances in the Division II tournament.

Director of Athletics Brad Hewitt said Gober proved he could turn the program back around after their dismal 2009 season.

"The first year in our transition to Division I, they won 14, then reloaded. In a season that probably should have been double digits [wins] it ended up being two. That was a tough, stressful thing for the kids as well as him," Hewitt said.

"Coming back this year, he proved he could do it and did it with the same kids," Hewitt said. "20 years as a coach is a long time. I did it for nine and I got out of coaching to see my kids more."

Hewitt coached football at Morningside College, SIU Carbondale and Central Missouri before joining the staff at SIUE.

Despite his accomplishments, Gober said coaching has taken a mental toll on him, and it would be selfish to continue on in his career.



Todd Gober, (center) the head volleyball coach at SIUE, is resigning from his job effective Friday. Gober coached the Cougars to a 205-112 record in his 10 years at the program. Gober's Cougars went to three NCAA tournaments during SIUE's Division II years.

Gober is married with three children, Lexi, Liza and Cole. Lexi, a junior setter at Edwardsville High School, is already drawing interest from other college coaches in her own volleyball career after her team landed in the 4A state semifinals in 2010.

"I just found myself putting more and more into this and it's just taken a toll on me. I've given everything I could to this program and had the greatest time ever coaching this," Gober said. "I've missed a lot of my kids' activities. My daughter is going to be a senior and I've only made it to a handful of games."

Gober said going back to his previous career will give him the opportunity to spend more time with his family and he is fortunate to have been active in the banking industry as a consultant while coaching.

"It is no longer easy and I couldn't justify

saying no to them," Gober said. "Coaching is something I was putting myself first in, and was something I enjoy, but it won't make you wealthy. It was just something you love doing. Going back to the bank means putting my family first, and it's time."

Hewitt said he had talked with Gober for a few weeks prior to his resignation, so the decision did not come as much of a shock to him, although it is hard on his student-athletes.

"It's hard for the kids; it's hard for the staff and nobody likes change. Change is a part of life. That's what we like to tell the student-athletes," Hewitt said. "Each time you wake up in the morning there is always a chance something else is going to change and this particular one has a larger effect on them than

GOBER RESIGNS/pg.9

**Defense and rebounding shine in win over TSU** 

#### Women's basketball

#### ALLAN LEWIS Alestle Sports Editor

SIUE had to endure a tough full-court press throughout Tuesday night at the Vadalabene Center, but persevered and came away unscathed after Tennessee State gave them some trouble early on.

The Cougars trailed 15-8 in the game's opening seven minutes, when they turned the ball over seven times working against TSU's trap defense. However, SIUE settled down, and went on a 9-2 run to tie the game at 17. It helped pave the way towards a 70-60 win for SIUE.

Head Coach Amanda Levens said patience paid off for the now 4-12 Cougars, who have won consecutive games for the second time this season after beating South Dakota Sunday.



"It was about getting stops. We gave them three easy baskets and had five turnovers in the first few minutes and then just five the rest of the half," Levens said. "Taking care of the ball and getting stops defensively really turned the tide in our favor."

The Cougars took the lead for good on an Allysa Decker layup, making it 23-22 with 5:34 left in the opening half, before SIUE went into the break up 32-27.

Once the Cougars figured out how to limit their own mistakes, they forced Tennessee

WOMEN WIN/pg.9



Raven Berry (45) and Melia Duncan (1) fight for a rebound with Tennessee State's Avery Jones during the first half of Tuesday's women's basketball game at the Vadalabene Center. Berry collected her fifth college double-double in SIUE's 70-60 win.



Monday's game Austin Peay 71, UT Martin 61

**Tuesday's game** IPFW 107, SIUE 79

Thursday's games

Eastern Kentucky at Eastern Illinois Morehead State at SEMO UT Martin at Tenn. Tech

Murray State at Jacksonville State

í nď	
OVC Women's basketball standings	
Tennessee Tech Eastern Illinois UT Martin Morehead State Austin Peay Jacksonville State Tennessee State SEMO Eastern Kentucky Murray State SIUE *	10-4 (4-1)   8-7 (4-1)   9-7 (4-1)   11-5 (4-2)   5-13 (4-2)   6-10 (3-2)   5-11 (2-4)   5-10 (1-4)   4-9 (1-4)   4-11 (0-5)   4-12
Tuesday's game	

Iuesday's game SIUE 70 Tennessee State 60 Sunday's game SIUE 57, South Dakota 53

**Thursday's games** Eastern Kentucky at Eastern Illinois Morehead State at SEMO UT Martin at Tenn. Tech Murray State at Jacksonville State



- 18. Belmont
- 19. Creighton 20. James Madison
- 21. Princeton
- 22. Fairfield 23. Hofstra
- 23. Hofstra 24. Valparaiso

25. Furman

### Thursday, January 13, 2010

Sports

## **IPFW dismantles Cougars on the road**

Men's basketball

#### ALLAN LEWIS Alestle Sports Editor

Although SIUE shot well from the field, IPFW to unced the Cougars for the second straight season in Fort Wayne as defensive troubles mounted in the second half.

SIUE allowed 107 points, a season high, to the Mastodons. Although the Cougars were 24-45 from the field (53 percent) and 6-13 from the 3-point range (46 percent), their defense was unable to keep pace with IPFW in a 107-79 loss.

"The bottom line is defense, and we weren't good defensively." Head Coach Lennox Forrester said. "We weren't very good in the first half, and in the second half we were worse."

The Cougars appeared to be in the game at halftime, trailing 44-38. SIUE cut the IPFW lead of 13 in the first half to just three on a pair of free throws by junior Kevin Stineman. With 58 seconds left, Jeremy Mixon hit a three-pointer for the Mastodons to make it a six-point deficit for the Cougars coming out of the break. SIUE had outscored IPFW 14-9 following the under four minute media timeout.

When it seemed the Cougars had figured it out, things just got worse.

Three minutes into the second half, IPFW began their



Cory Wickware attempts to find an open teammate under the basket while being closely guarded by IPFW's Oleg Kovalov during SIUE's season opener against the Mastodons Nov. 12. SIUE lost the game in November 70-55, and IPFW got the best of the Cougars in Fort Wayne, 107-79. Wickware led SIUE with 15 points, while Kovalov scored 16 for the Mastodons.

charge and steamrolled their way through a 19-2 run to open the game up at 71-46. IPFW did not stop and crossed the century mark with their largest lead of the game at 30 points with 2:11 remaining, making the score an even 100-70.

Rebounding was the biggest area troubling the Cougars, now 5-14 on the year. IPFW bullied SIUE on the boards, out-rebounding them 35-18. The Cougars had previously been averaging 30 rebounds per game, and their 18 Tuesday was their lowest total in past two seasons.

It wasn't just IPFW rebounding the basketball which ensured their victory. The Mastodons knew what to do with the ball when they got second chances. IPFW blanked the Cougars 23-0 on second chance points, and because the

siue.edu/cre

Cougars were not getting to the boards, they took 68 shots to the Cougars 45, while shooting an impressive 57 percent on their way to victory.

"We had 18 rebounds," Forrester said. "We have a week before our next game. That has to be a point of emphasis."

Five Mastodons scored in double-figures, including three players off the bench who outscored the Cougar reserves 54-



Frank Gaines led all scorers with 22 points. Ben Botts and Oleg Kovalov had 16, Mixon had 13 and Michael Kibiloski had 10 for the Mastodons.

SIUE was led once again by Corey Wickware, who scored in double figures for the 11th time in 16 games with 15 points. Cornelius Chatt finished with 12 points, Cody Rincker had 11 and Kevin Stineman had 10.

With the loss, IPFW has won five straight against the Cougars and taken a 9-8 lead in the all-time series between the two schools, which were formerly members of the Division II Great Lakes Valley Conference. IPFW left in 2001, and is now fully certified members of the Summit League.

The Cougars have a week to regroup before taking on Eastern Kentucky Tuesday at the Vadalabene Center. The Colonels, members of the Ohio Valley Conference, previously bested SIUE 81-65 Nov. 17 in Richmond. Tip-off is scheduled for 7 p.m.

Allan Lewis can be reached at alewis@alestlelive.com or 650-3524.

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### **OUTDOOR RECREATION**



Sports

Wrestling



Head Coach David Ray and the Cougars defeated Gardner-Webb 21-17 at the Indiana Duals. SIUE lost to Indiana 45-0 and Cleveland State 31-7 to round out the tournament. The Cougars travel to Columbia, Mo. for two matches this weekend.

### SIUE defeats Gardner-Webb in Indiana, Mizzou meet next

#### AJ SANSON Alestle Reporter

10

After going 1-3 last weekend, including a 49-0 defeat at the hands of No. 7 Iowa, SIUE's wrestling team looks to rebound this Saturday against Chattanooga and Missouri.

If the team was not on the mats last weekend, they were on a bus, wrestling at Iowa on Friday then traveling to Bloomington, Ind. to face Gardner-Webb, Cleveland State and Indiana on Sunday.

SIUE's lone win of the weekend came at the expense of Gardner-Webb 21-17. The team then went on to lose to Indiana 45-0 then to Cleveland State 31-7 at the Indiana Duals.

The victory does give the Cougars two wins on the season, one more than the team had last year. With a much tougher schedule this year, Head Coach David Ray said that is something to focus on.

"The good news is we're getting better while we're supposed to be getting better," Ray said. "I feel if we would have wrestled Cleveland State after Gardner-Webb then we would have been a better match. We need to work on mentally coming back from a loss."

The team has lost two of its starters due to injuries. Junior Paul Myers (125) has a possible concussion pending on upcoming tests and freshman Lawrence Blackful (133) has a sprained ankle.

10 grapplers will make the trip to Mizzou this weekend. Sophomore Kris Treat (125), freshman John Petrov (133), freshman Nick Capozzoli (141), junior Derrick Pousson (149), sophomore Kyle Lowman (157), freshman Gabe Hocum (165), junior Michael Dace (174), freshman Deshoun White (184), sophomore Robert Cooney (197) and sophomore David Devine (285) will fill the roster for the Cougars.

Dace made his debut in a

Cougar singlet against Iowa, losing his only match. Dace went 2-1 overall on the weekend and although he said he felt he should have been 3-0, he took the weekend as a learning experience.

"Iowa was definitely a change, there were a lot of people and television cameras," Dace said. "I wasn't used to that. It was a good learning experience; it was my first weekend back. Experiences like that will make us better wrestlers."

A crowd of 6,486 was estimated at Carver-Hawkeye Arena and the match was televised on the Big Ten Network.

Devine, the team's heavyweight, had the best showing out of all the Cougars at Iowa, losing his match 7-4. Devine said facing the seventh ranked team in the nation gave him an idea of where he stands overall.

"I'm not the greatest wrestler in the world, but I can still hold my own against many wrestlers in the nation," Devine said.

Devine said having one more victory than the team had last year says a lot, especially with the tougher schedule this season.

Ray still stressed this weekend is all about bouncing back and being in the right state mentally as a wrestler.

"It's complicated [coming back from a loss]. It's all based on the student-athletes," Ray said. "Some athletes can do it and some can't. But that's why you recruit and talk about it as a team."

Ray said both teams this weekend will be tough and he hopes the confidence is there in the minds of his team.

"Each guy this weekend needs to believe in himself," Ray said. "It doesn't matter what I believe; they ultimately need to believe in themselves."

AJ Sanson can be reached at asanson@alestlelive.com or 650-3524.

### GOBER RESIGNS from pg. 8

most."

Freshman outside hitter Lexi Cibulka said she was not expecting the news when Gober called a team meeting to inform the players of his resignation.

"It's kind of sad, because I only got to know him for one year," Cibulka said. "He was a good guy and I thought I would start all four years with him as a coach. It's actually really sad, but I am happy for him though. He is doing what he wants to do."

Gober said talking to his players for the final time was emotional.

"I wished them luck," Gober said "They are a great group of young ladies and I think they will be a very successful group. I hope they continue to work hard and build on that tradition. This is definitely a program on the move and a bright future for years to come."

Finding Gober's successor is going to be a long process for Hewitt and the SIUE administration.

"We are conducting a national search and will advertise the position for 21 days," Hewitt said. "We have already received 15 resumes and e-mails and it's going to be nonstop. I expect us to have 60 to 70 applications."

Hewitt said a master's degree is a requirement for the fourth coach in SIUE volleyball history, and recruiting experience at the Division I level is an important quality for Gober's successor to have.

### from pg. 8

State into making their own. Despite Tennessee State outshooting the Cougars - the Tigers shot 45 percent compared to 39 percent for SIUE - the Cougars took advantage of the opportunities they gained on the boards, as well as turnovers.

And then there was Raven Berry.

"We have post and guard breakdowns, and coach is always saying 'Raven, use your height to your advantage and work on your post moves all the time, and when someone comes over, just mistreat them' basically," Berry said.

Berry did mistreat Tennessee State in the end, recording her fifth career double-double with 20 points and 10 rebounds, both tops for the Cougars

"For a huge stretch in the second half, it seemed like she got every rebound defensively for us," Levens said. "We're tough when she's got a bounce in her step and plays with the amount of energy she played with tonight."

SIUE also got a big performance from freshman Jazmin Hill Tuesday. Hill finished with 16 points, including 3-8 shooting from 3-point range, while the Cougars were 6-20 as a team.

The Cougars needed the extra energy from Berry and others with the knowledge that rebounding "Recruiting is a challenge anywhere when you are offering scholarships, but obviously the Division I level is different," Hewitt said. "The challenge of not being in a conference we faced the last three seasons is gone."

The new coach should not have to do any recruiting right away because Gober signed three National Letters of Intent for the 2011 season, filling out the Cougar roster. Gober announced the signings of Maddy Hogan, Chelsi Hummert and Emma Anderson in November.

Hewitt and Gober both said they have spoken to the incoming freshmen about their dedication to SIUE despite the uncertain state of the program.

"They are still committed to coming in," Gober said. "I think [Assistant Coach] Mallory [Clements] and I did a good job selling the program to them and the team is poised to be very strong again this year. I expect them to come in and contribute."

Hewitt said the administration will remain in contact with the recruits to maintain their interest in SIUE.

"We will reiterate to them in person our commitment to them and hopefully they will continue their path to become Cougars," Hewitt said.

Hewitt remains confident a new coach will not enter the program and "clean house," replacing Gober's players with his or her own.

"Once you get past that immediate shock everyone starts wondering What does this mean to me?" Hewitt said. "We have

and turnovers were the areas the team had to thrive at defensively in order to achieve a positive result, as Tennessee State entered the contest averaging 20 turnovers a game.

"We had to beat them on the boards," Levens said. "If we were even or out-rebounded we probably weren't going to win. They were averaging 20 turnovers coming in, and we felt if that was what they averaged, they would give up more against us just because of the way we play."

The Cougars came into the game averaging 19 takeaways per game and forced Tennessee State into more mistakes than usual with 25 turnovers.

Forcing turnovers and getting into transition after rebounds were areas of emphasis Levens said her team performed well in, perhaps knocking TSU off of their game.

"We have been working really hard on converting turnovers in practice, and I think our team is having fun with it," Levens said. "They are playing more aggressively with it and when they get stops, turnovers and rebounds, they are really being aggressive and pushing the tempo. It's tough to guard for 40 straight minutes when you are constantly pushing."

At no point during the game did Levens feel the Cougars lead was safe, especially working against TSU's press, while SIUE implemented a trap of its own at times had six coaching changes in my tenure, and we have never had a coach come in and just clean house. We assured them their scholarships are intact and they would have a whole year to demonstrate their commitment to the program."

Hewitt said two players will be elected by the team to participate in the search process and once candidates for the position are on campus, they will spend time with the team, either in small groups or in its entirety.

Still, playing college volleyball without Gober is going to be a new experience for Cibulka.

"It's definitely going to be weird and I don't even know what is going to happen," Cibulka said. "It's going to be weird playing volleyball and not having Todd there. I don't really know what to expect."

Looking back at his career, Gober said he thinks about the first time he got to SIUE, and walked into the Vadalabene Center. He also remembers his former players and since his resignation, has heard from a number of coaches from across the country.

"Our first year we had a great turnaround and a 20-win season. We never looked back," Gober said. "I have had a great time in 10 years at SIUE and wouldn't change it for anything. I just completely enjoyed it and will never forget the athletes and all the hard work we put in and all the accomplishments that we had."

Allan Lewis can be reached at alewis@alestlelive.com or 650-3524.

during the second half.

"If they get a tip or something and an easy basket you can't let it be close," Levens said. "If it comes down to a two or three point game and they get something easy, you can very well be on the other side of that. I thought we did a good job just doing enough."

Levens said doing more than enough will come with wins and confidence for her young team, which plays its next two games against OVC opponents as well beginning with Eastern Kentucky Monday afternoon.

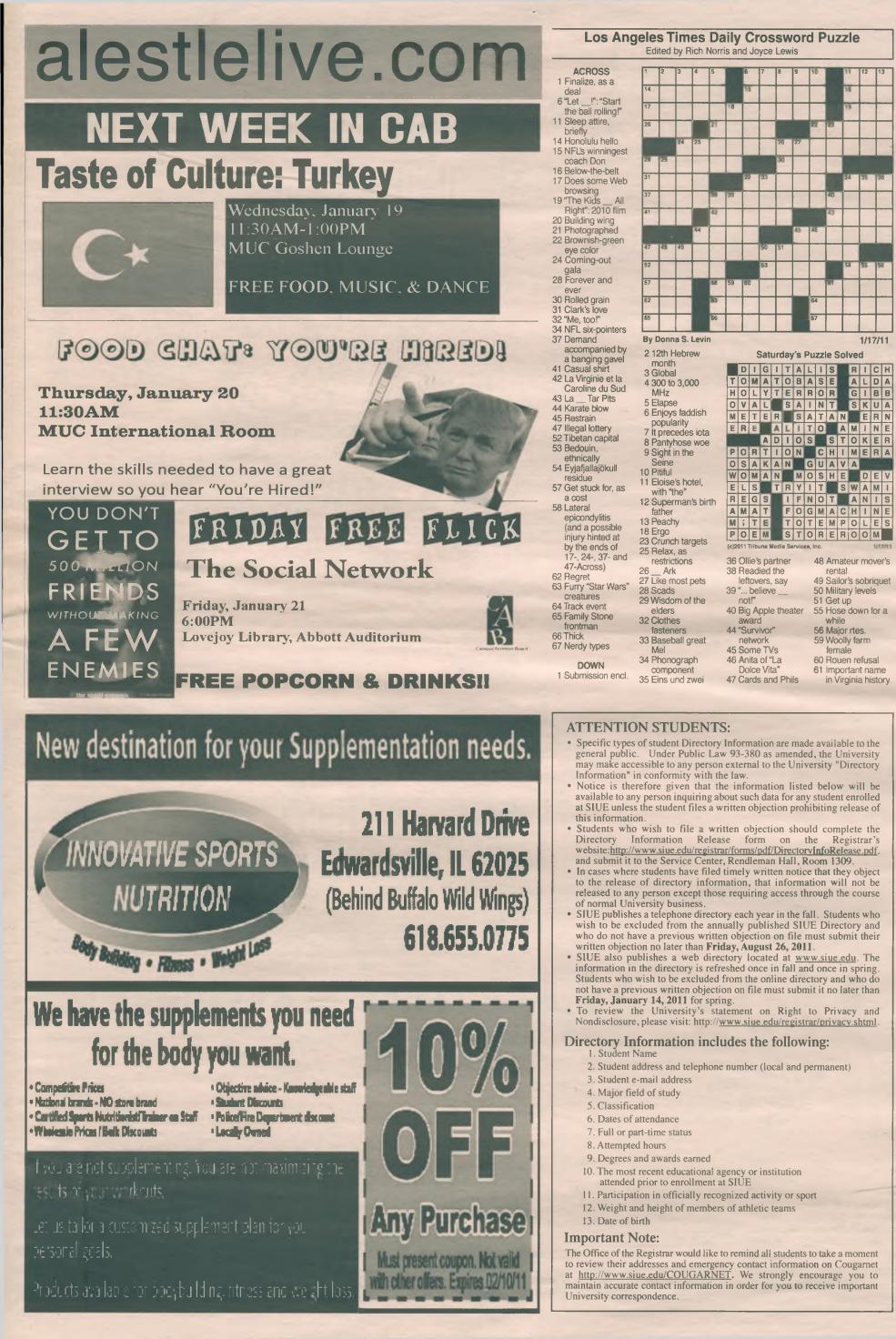
She still could not complain about how her team kept its lead intact throughout the second half.

"Keeping it at seven was something I don't think we could have done early in the season," Levens said.

The Cougars are hoping to fully recover from what was a tenuous month of December, when the team lost eight games straight. For Berry, breaking the learning curve is a New Year's resolution of sorts for the team.

"We learned from those losses. It was a great learning experience, and now its time to apply those learning experiences and get some wins out of them," Berry said. "I think the team is coming together more and figuring out what it takes to win."

Allan Lewis can be reached at alewis@alestlelwe.com or 650-3524.





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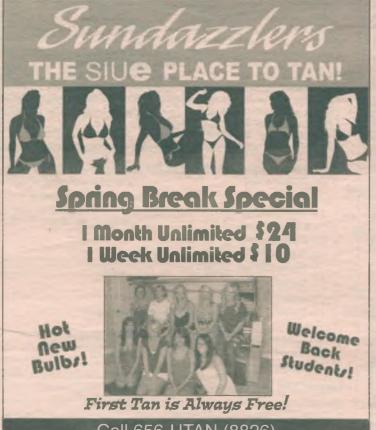
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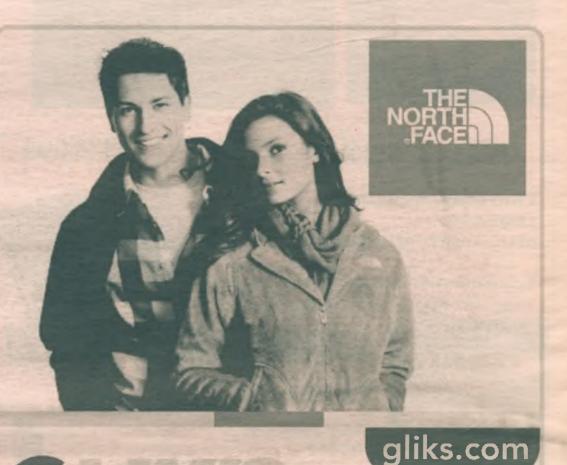


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