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Eastern Illinois University

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THE DAILY EASTERN NEWS

Summer Bi-Weekly Edition
June 16, 2003 ♦ **MONDAY**

Illinois bans ephedra

Eastern coach and players respond to the ban of the controversial weight loss supplement

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Tarble gets face lift, closed for summer and fall



KEN BAUER/PHOTO EDITOR

The groundbreaking on the \$2.12 million dollar renovation of the Tarble Arts Center has begun. The project is expected to be completed at the end of the calendar year.

By Joaquin Ochoa
MANAGING EDITOR

Renovations on Tarble Arts began three weeks ago thanks to a \$2.12 million dollar donation. The construction project which is slated to last 12-15 months is just one of the many this summer and throughout the year.

Due to the construction Tarble will be closed for the fall semester and students will no longer have access to the gallery and other programs through the end of the year. However educational programs will still be available albeit in other locations.

Art students will still be able to take part of the fifth grade enrichment program which allows them to get contact hours with local grammar school children.

Michael Watts, director of Tarble Arts, was confident that with continued efforts the Art Department and Charleston public schools will be able to coordinate such educational programs "Our goal is to try to minimize the impact for things that directly affect Eastern students and the rest of the population," Watts said.

The Tarble Arts Center, designed by Boston architect E. Verner Johnson and Associates, first opened in 1982 and cost \$1.5 million at that time. The specific planning for the additions has been underway since 1997. "The original plan for Tarble was much

larger. Due to the lack of funding it was designed in a way to expand easily," Watts said.

The 6,200 sq. ft. addition, also designed by E. Verner Johnson and Associates, is comprised of a large common area, an electronic gallery, a meeting room and other miscellaneous support facilities.

Having only one gallery area has limited Tarble. The new facilities will allow for new programming. "At this point, all the presentations are all done in the main gallery, we want to get that into the new convocation area," Watts said.

Tarble Arts Center is the only EIU facility made possible entirely through donated funds. The addition is due to the support of the Newton E. Tarble Family, in particular, Mrs. Newton E. Tarble and Ms. Jan Tarble. Watts made it clear that such additions would not be possible with current budget problems both locally and nationally. The new student health building is currently being worked on while groundbreaking on the fine arts building has yet to begin.

As of now, Tarble is slated to be closed through the end of the calendar year, but the possibility exists that it won't open until the end of the academic school year.

"Knowing how the other construction projects have gone, we're not going to announce a certain date," Watts said.

7th St. officially becomes part of Eastern's landscape

♦ *Eastern trades local student scholarships for Seventh Street addition*

By Kenneth Bauer
VERGE & FEATURE EDITOR

The transition of 7th street becoming the property of Eastern was made official June 3, when the council voted on and approved the agreement at its regularly scheduled meeting.

"Eastern needed the street and the state has cut back their budget, so we approved the exchange for 4,444 credit hours instead of the equivalent of that amount in actual money," said Lorelei Sims, Charleston City Council member.

Eastern needs 7th street in order to complete the construction of the new Doudra Fine Arts Building. The school began the demolition of the building last year and moved all of the scheduled classes and facilities usually located in the building to other locations around the Charleston area.

Sims said programs are still being fine tuned to handle the awarding of the credits to Charleston High School graduate residents who wish to attend Eastern. Sims stated that requirements for local residents to get the credits awarded and the standards of keeping the credits coming one semester after another will be stricter than what most Eastern students are accustomed to. "Our scholarship programs will be more hands on and we'll be able to monitor the progress of our students better," she said.

Sims explained that the city granted scholarships will require students to stick to their major after their freshman year limiting the total amount of majors changes they can make.

Sims said the council was very eager to pass this



PHOTO BY KEN BAUER/PHOTO EDITOR

City officials accepted credit hours in lieu of money for the sale of 7th street.

vote and help further good relations with the university by accepting 4,444 credits in exchange for 7th street because the council knew the university didn't have the extra money to make the deal this year.



FILE PHOTO BY STEPHEN HAAS

Facilities such as Booth Library will not be affected by the budget cuts.

Tarble gets face lift, closed for summer and fall

By Avian Carrasquillo
EDITOR IN CHIEF

Many students returning for summer classes today will feel the effects of the budget crisis that has the state in it grasps.

Last March the governor proposed to reduce Eastern's spending authority by 2.7 percent for fiscal year 2003. Then in late May the Board of Trustees approved a \$1.4 million in budget cuts.

Some of the more noticeable results of the budget cuts felt by students will involve the closings of selected buildings from noon on Friday's until Monday morning, where air conditioning and, electrical power will be turned off. Booth Library, University Police and the Office of Admissions, will be exempt.

Carol Strode, director of facilities planning and management said that so far

the campus community has been cooperative in assisting with energy conservation.

Strode said that other exceptions would be made in academic areas where research is being conducted or where research animals are housed.

"Bond revenue buildings where there are no camps, conferences or special

events being held will have the higher temperatures starting at noon on

Fridays to early Monday mornings as well," Strode said.

The energy conservation is one

CAMPUS NEWS IN BRIEF

Eastern Illinois University's accounting program recently received accreditation by the American Assembly of Collegiate Schools of Business(AACSB) International. Accreditation to the AACSB International provides assurance that Eastern's accounting program delivers a high quality undergraduate and graduate degree program. Eastern is now one of only 163 programs recognized by the AACSB International as achieving the highest standards of academic excellence in accounting education. In a press release Matthew Monippallil, professor and program director said: "Accreditation by the AACSB International is a major event in the distinguished history of the program."

Conservation:

University steps up efforts to conserve energy and money

CONTINUED FROM PAGE 1

of the main ways the university has stepped up efforts to cut costs. "We are encouraging the campus community to also assist us by turning off the lights when leaving their office for extended periods of time and when they leave for the day not only to turn off their lights but their computers," Strode said. Currently Eastern does not have a set amount of money they plan to save on the conservation efforts. "We don't have a particular goal we are trying to attain as far as savings is concerned. We are however attempting to conserve as much as possible to acquire the greatest savings to assist in conserving our limited resources," Strode said.





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International students adjust to EIU

By Angela Harris
STAFF WRITER

An often overlooked minority of students at Eastern, international students shared their experiences with The News.

Andre Wandel has been at Eastern for a year. Wandel majors in Business Administration and hails from Cologne, Germany.

"Many people don't know what's going on outside of America and they don't appreciate that we (international students) bring cultural diversity to them so that they can understand other cultures and probably work with them on a more easy basis. I had to adjust to the language because I was not so fluent of the English language."

In my MBA program, so many groups are Americans and they have never talked to any international person before. I mean they benefit from them in my opinion and I would say the same when an American would come to my country, and my country would also benefit from that. I understand the other side," Wandel said.

Elina Schmidt, now working on her MBA, also comes from Cologne, Germany, but was born in Russia and her family moved to Germany. Elina not only had to learn German in her youth, but also English. Elina has been in Charleston a little under a year.

"I adjusted very fast and it was very easy for me in comparison to my adjustment from Russia to Germany. When we came to Germany I had a feeling that all people are distant, cold, closed and it

was very difficult to adjust to this culture (German) and the language is very difficult. But as I came here, I could already speak English, and the people are very open minded and very nice. Germans are very closed, they really don't let you inside their culture, but in America, people try to give you the feeling that you are a part of this culture."

"Coming to the (U.S.) was the right decision, and I think that it changed me, it gave me a kind of feeling that I am free, not like in Germany, I feel I am a little bit different now."

Another Cologne native Anita Hamacher, has been here since Aug. 2002 and is working on her MBA. Anita said, "Everything seemed to be a little bit larger than at home, like the highways, the bridges, bottles, everything and many things seem a little bit larger."

Hamacher said that she did not have any culture shock. It seems television has helped not only Anita but also other international students as well. Anita stated, "It's not much different than my life at home." Anita wants to work for an international company that is environmentally conscious in Germany, one that might be in the energy sector, and then go abroad occasionally.

Andreas Wilgen, an MBA international student from Cologne, Germany said the biggest adjustment was a small town issue. Cologne's population is near one million, with the biggest University in Germany, with about 150,000 students. What brought

Andreas to EIU was and exchange program that Eastern has with Cologne University.

Yong Liu who comes from Shandong Province in China and is a graduate student in Chemistry. Yong is interested in making new polymers with special electrochemical properties. Yong has gradually gotten over the language barrier.

"The way you use the language is different. Sometimes I can't understand and they can't understand me." Yong said being here the first two or three months, he felt very sad, a very different culture, communication, and the classroom was frustrating. I couldn't understand anything, but after about two months everything was okay." Yong said the differences with our students here as compared to China is in the understanding of historical education.

"I just feel the American students don't know much about other countries' history but maybe I am wrong. In China, when I was young, I began to learn the history of a lot of countries. If you know something about other countries, you understand their ideas, and that is important." Liu feels that if we understand the history of each other, we can understand each other better.

"I remember in 1980's, especially some people in the country, it was very difficult to accept new ideas and new things. Yong said that there is change in the view of women compared to men now. "The value of women earlier was low, but now is very good. Sometimes they have much more

power than even men. They can control the whole family.

In China, Yong said that women keep their last name and don't change it when they are married.

Sarah Zaman, who comes from Lahore, Pakistan, the second largest city in the country, and is a junior in the Speech Communication major said, "I want to be working in a production house where they produce drama's and commercials. The only thing she sees as any kind of a problem is that the average American finds it hard to go beyond what they see in her."

"The conversation that people generally have with me is where I come from, what we do, they don't go beyond that. They don't try to become friends and go out more with Pakistani or with international students. They are kind of intrigued that we are from a different place."

Daniel Alemu, an MBA student from Addis, Ababa, the capital of Ethiopia has a wife and son who he hopes to bring here soon. Daniel has been here a semester. Daniel initially had a culture shock from the differences between there and here but, "now I have adapted to the situation." Alemu said that instead of sitting in front of the TV's, they have many Café's to go to and chat with people for hours, but here people stay in their house.

Charleston is a good place specifically to learn. For a person who wants education, this is a good place," Alemu said.



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Economists say despite setbacks, economy bouncing back

(AP) - WASHINGTON - For the past three years, the U.S. economy has taken hits from the bursting stock market bubble, a recession and terrorist attacks. Conditions now, finally, offer the prospect of better growth over the last six months of the year.

Of course, forecasters acknowledge, they made similar predictions in 2002 and 2001, and were proved wrong.

They now insist that new tax cuts, a weakened dollar, falling interest rates and other positive forces seem to give their latest optimistic forecast a better chance of becoming a reality.

"We have been waiting and waiting for the economy to rebound, and then something happens and things fall apart. But this time we have a lot more stars coming into alignment," said Diane Swonk, chief economist at Bank One in Chicago.

For one, manufacturing companies that have shed more than 2 million jobs over the past three years are starting to see omens of better days. That is due in part to the weaker dollar, which makes their products more competitive on foreign markets.

"We are seeing a very nice improvement in orders," said Tony Raimondo, president of Behlen Manufacturing Co. of Columbus, Neb. Demand for the company's steel buildings and other metal products has risen 20 percent in recent months.

Jerry Jasinowski, president of the National Association of Manufacturers (news - web sites), says other companies are reporting similar increases. The trend raises hopes that the decline in manufacturing employment may end soon as businesses that have slashed inventories start to step up production to meet demands of new orders.

Help on the demand side is coming from the \$330 billion tax cut just passed by Congress. Consumers will begin seeing their shares in paychecks starting next month.

David Wyss, chief economist at Standard & Poor's in New York, said he believed the tax cuts should add as much as 1.5 percentage points to growth over the next year.

As measured by the gross domestic product, the overall economy has averaged growth of less than 2 percent over the past nine months. Wyss is predicting growth will jump to a 3.5 percent rate in the July-September quarter and 5 percent in the final three months of this year.

"The government is doing its part to get the economy going again," Wyss said. "We are running big deficits, reflecting higher spending for defense and the tax cuts."

He said growth should average between 4 percent and 4.5 percent for all of 2004. That pace would begin to make a dent in the unemployment rate, which was at a nine-year high of 6.1 percent in May.

Improved growth cannot come too soon for incumbent politicians such as President Bush (, who face re-election in 2004.

Many analysts believe the jobless rate will peak at around 6.4 percent this summer before gradually improving as the economy grows.

"To reassure his re-election, Bush needs to see the unemployment rate closer to 5 percent than 6 percent," Swonk said. "That will make voters happier with incumbents."

Most analysts believe the country's first recession in a decade, which began in March 2001, probably ended in December 2001. The rebound has been jagged, however, with one quarter of strong growth followed by a weaker one as the economy has had to deal with different kinds of jolts.

A year ago, analysts thought the economy was poised for a sustained takeoff. Then the stock market began to tumble again because of worries about corporate accounting scandals. Also, rising oil prices spurred by war worries before the Iraq invasion sent consumer and business confidence into tailspins.

Many of those negative factors seem to be fading, helped by the tax cuts to bolster consumer confidence and a weaker dollar that has lifted manufacturers' fortunes.

The Federal Reserve, which has driven interest rates to a 41-year low, is signaling readiness to reduce rates again. The goal would be to ensure the nation's prolonged period of economic weakness does not lead to a Japanese-style bout of deflation, falling prices that would make it even harder for the economy to gain steam.

The central bank's next meeting is June 25.

Is it possible that all the expectations of stronger growth could be dashed again?

Analysts say the biggest dangers are political crises in the Middle East, North Korea (news - web sites) or elsewhere that could undermine the stock market rebound, drive down consumer confidence and lead to higher oil prices.

"The things to watch will be energy prices and consumer and business confidence," said Sung Won Sohn, chief economist at Wells Fargo in Minneapolis. "But let's hope we are right this time around."



Scientists isolate gene that causes depression

(AP)-Scientists say they've identified a flawed gene that appears to promote manic-depression, or bipolar disorder, a finding that could eventually help guide scientists to new treatments.

A particular variant of the gene was associated with only about 3 percent of cases in a study, but researchers said other variants might be involved with more.

Follow-up research might help reveal the mysterious underlying biology that makes some people susceptible to the disorder, and so help scientists devise new treatments, said the study's senior author, Dr. John Kelsoe of the University of California, San Diego.

The work is reported in Monday's issue of the journal Molecular Psychiatry.

Previous studies have suggested that other genes are involved in manic-depression. But one expert, Dr. Melvin McNinis of Johns Hopkins University in Baltimore, said in an interview that he thinks Kelsoe's new work and another recent study provide the strongest evidence for involvement of particular genes in the disease.

Manic-depression, which affects about 2.3 million American adults, involves episodes of depression and mania, states of abnormally high mood or irritability.

While effective treatment is available, scientists would like to find better medications.

Genetics clearly play a role. Kelsoe's work focused on a gene called GRK3, which influences the brain's sensitivity to chemical messages brain cells send each other. Defects in the gene might promote manic-depression by making people oversensitive to these messages, which are carried by dopamine and other substances, he said.

Kelsoe and colleagues found statistical evidence tying a particular variant of the GRK3 gene to the disease. They tracked the inheritance of this variant from parent to child in families with a history of bipolar disorder. Overall, the variant was passed along more often than one would expect by chance to a child who later developed the disease.

That suggests the variant promotes susceptibility to bipolar disorder.

The association between the variant gene and the disorder appeared in one group of 153 families and a second group of 275 families. That association is only statistical, and Kelsoe said researchers now are looking for biological evidence that this variant of the gene acts abnormally.

In any case, Kelsoe said other investigators will need to confirm his study's finding in other families to build the case that GRK3 is truly related to manic-depression.

"It's likely only one of many genes involved in the disease," Kelsoe said. "Who knows how many such genes there are? It's likely in the dozens."

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EDITORIAL

Increase nothing to cry about

On June 23, the Board of Trustees will vote to determine tuition and fees for the 2003-2004 academic year.

Yearly tuition increases, however marginal, are a matter of course at virtually all universities. But given Illinois' recent budgetary woes, many students of the state's public universities are concerned that this year's hikes will be steeper than usual.

Eastern has yet to announce tuition for the fall of 2003, and the state's current financial squalor does not bode particularly well. Many college students operate on a shoestring budget, and a perilously frayed shoestring at that. While Governor Blagojevich's pruning of the budget allotted for public universities was not as sweeping as had been expected, it still prompted much hand-wringing among Eastern students.

The prospect of a hefty spike in tuition is indeed daunting, but students must bear in mind an important truth: state colleges are not, nor were they designed to be, cash cows. Eastern does not have a polo team, and Lou Hencken has never been seen wearing a monocle. Public schools scarcely generate enough money to maintain their facilities and pay their staffs. Though it may be appealing for the financially-strapped student to imagine university brass squeezing him for field turf money, it's simply untrue. Eastern vocally touts its consistent ranking by U.S. News and World Report as one of America's best college values, an indication that the university recognizes the importance of making tuition revenues count for its students.

The same publication lists Eastern in the top tier of Midwestern universities, both public and private. Students at Eastern during the 2002-2003 academic year paid \$3,142.50 for a 15-hour load, excluding fees, a fraction of the sums charged by many of the schools ranked below it in the U.S. News study.

Tuition increases are as inevitable as the tides, and they occur for a number of reasons. Inflation is in large part responsible, as are periodic budget crunches, like the one we're weathering now. When the Board of Trustees votes and the university announces the tuition increase for next year, Eastern will still be a relative bargain. Remember that while nearly every school effects an annual hike, few schools apply that money more effectively than this one.

The editorial is the majority opinion of the Daily Eastern News editorial board.

OPINION

EIU politics getting trashy



Andy McCammon

Edit Page editor and columnist for *The Daily Eastern News*

Andy also is a journalism major.

Andy can be reached at 348-7755 or cutam4@eiu.edu

During the waning weeks of the spring semester, the campus of our grand alma mater was cruelly defaced by a sly, well-organized gang of vandals.

The average college student's prodigious level of garbage production is a matter of public record, but in the days leading up to Eastern's student elections, the amount of litter around our campus seemed to increase exponentially. In addition to the usual melange of stray soda bottles and cigarette butts, I noticed an inordinate number of small squares of colored paper, lollipop sticks and wrappers, even Styrofoam cups strewn haphazardly throughout campus. I was outraged. I cried softly. I picked up a straw wrapper and put it in my pocket.

Although my initial agitation quickly downgraded itself to a comfortable apathy, I couldn't help but wonder where all the garbage had come from. Hopefully, I thought to myself, our newly elected student officials will do something about this vicious wave of littering. After all, these are the students who accept—no, vie for—the responsibility to improve campus life. Presumably, said responsibility would necessitate attention to the basic cleanliness of the grounds. But as I stooped to remove one of the offending fliers from my windshield, I was gripped by a

terrible realization. They were the ones who made this mess!

According to the DEN, the Student's Voice and Campus Change parties spent around \$800 and \$900, respectively, during the course of their campaigns—newly elected student body president and Campus Change member Caleb Judy suggested it was even more than that. A significant portion of each party's budget was spent on fliers ("Candidates spent close to \$1,000," the DEN, 4/25/03).

Unidentified supporters of the Campus Change party, perhaps even members thereof, one-upped other campaigners with a large, highly visible advertisement: a sign made by jamming Styrofoam cups into a chain link fence adjacent to the south quad, many of which came to rest on the ground within a day or so. This unorthodox method of campaigning, which arguably borders on vandalism, is even more abominable than flier distribution, as Styrofoam requires somewhere around a millenium to biodegrade.

These are your culprits, fellow students. Blame our brand-new,

campus-wide compost heap on the very same junior politicians who claim to have your best interests at heart. Mike Peters, a junior computer information systems major and self-described "outdoors enthusiast," expressed his chagrin at the politically-motivated trashing of Eastern's campus.

"I think it's disgusting," he said. "They talk and talk about improving the school, and meanwhile I'm wading through their garbage just to get to class."

Election winners Bill Davidson, next semester's student executive vice president for public affairs, and Judy have already begun to discuss some of the goals of their upcoming administrations. Davidson is hell-bent, it seems, on increasing voter turnout ("Davidson plans for change at the polls," the DEN, 4/28/03), a crusade he said will involve on- and off-campus canvassing of student residences, likely accompanied by many, many bushels of carelessly distributed fliers.

Allow me, Bill, to tender a suggestion for future campaigns: clean up your messes, please, and try not to let this happen again. As for voters, I offer to you this piece of advice: when you sidle up to ballot boxes next year, vote for the candidate whose flier you didn't find affixed to your windshield 17 times, whether you've heard of him or not.



Cartoon by Andy McCammon

YOUR TURN: LETTERS TO THE EDITOR

Youth not complying to 'click it' program

In these times of uncertainty, we all become more concerned about safety matters. Yet many people still don't take one of the simplest, most effective steps to stay safe: buckling up. According to the National Highway Traffic Safety Administration, fully 60 percent of the passenger vehicle occupants killed in motor vehicle crashes in 2001 weren't wearing safety belts.

Teenagers and young adults are especially vulnerable and need to comply. Motor vehicle crashes are the leading cause of death for people age 15 to 24 in the United States, according to the National Center for Health Statistics. The National Highway Traffic Safety Administration reports that 63 percent of 16 to 20 year old passenger vehicle occupants killed or seriously injured in crashes in 2001 were not wearing a safety belt.

Sometimes the fear of getting a traffic ticket is the only reason someone will wear a safety belt. That's why state

and local law enforcement officers participated in the national "Click it or Ticket" and "Operation ABC (America Buckles Up Children)" programs, which aggressively ticketed unbelted drivers and passengers. Police officers hate to spend their time looking for people who are unrestrained in cars, but they'd rather do this than find those people dead or injured because of a motor vehicle crash.

Wear your safety belt every trip, every time, or risk getting a ticket—or worse.

Gary W. Hanebrink
EIU Campus Safety
Officer

Don't look down on Greeks

To the editor,
While underaged drinking and construction rank among the most discussed topics at Eastern Illinois University, I would have to say that my personal favorite is what you

would hear most college student talk about... the Greek problem.

Greeks "buy" their friends by joining fraternities and sororities, and are pathetic losers who desperately go out of their way to look important. They join for the parties and alcohol, while at the same time saying that they are members of a family away from home.

Truth is, that those who agree with the above statements are the real losers.

I get really tired of people saying these things, many of them being people who have never been actively involved at school. Greeks are not just known for their parties. They have contributed more service to the university and community than any other student organization.

Sure enough, there are

some people who join these fraternities and sororities for the wrong reasons, but that happens with every organization. There are people all over the world who become cops, teachers, lawyers, etc. for false senses of power and respect. There are even some who go to college just to look better than their peers. If you don't want to join an organization, don't join it. However, don't disrespect it just because you may have met some members who were jerks. Just remember that YOU are the person that makes the organization, it's not the other way around.

Sincerely,
Dar'keith Lofton,
Charleston Resident

LETTERS TO THE EDITOR: The Daily Eastern News accepts letters to the editor addressing local, state, national and international issues. They should be less than 250 words and include the authors' name, telephone number and address. Students should indicate their year in school and major. Faculty, administration and staff should indicate their position and department. Letters whose authors cannot be verified will not be printed. Depending on space constraints, we may edit letters, so keep it concise. Letters can be sent to *The Daily Eastern News* at 1811 Buzzard Hall, Charleston IL 61920; faxed to 217-581-2923; or e-mailed to avian_carrasquillo@yahoo.com

Students burn candle at both ends

◆ *College brings expectations of all-nighters and early classes. The impact of those expectations is only just now being understood*

By Kenneth Bauer
VERGE & FEATURE EDITOR

Lethargic mornings in high school were the norm. Teen aged kids never gave a second thought to staying up until 2 a.m. talking on the phone or watching television only to find themselves the next morning groggily listening to an instructor speaking in a monotone voice that could suck the energy from a Superbowl crowd. That lethargic morning drill is not lost once teenagers leave high school and head for college life. Along with their clothes, stereos, and poor dietary habits, the early morning drudgery of rising to a new school day comes along as well. So one may wonder, why don't college students simply go to sleep earlier? The answer is that the average college student is on a different sleep cycle than the adult world they are preparing for. Most people of college student age will tell you when 9 p.m. rolls around they aren't even in the same ballpark as the word "tired." The U.S. Navy is still currently experimenting with the sleep patterns of its new recruits, most of who are in their late teens and early twenties, and are all trained at the Navy's Great Lakes facili-

ties. Concerns about sleep deprivation and not getting the maximum mental capacity out of its personnel led the Navy to reevaluate the amount of hours it allows for sleeping. The Navy formerly allowed only six hours for sleeping but changed that to seven last April. It ordered "lights out" at 9 p.m. instead of 10 p.m. "I toured the barracks after lights out, and found what we expected," says Naval Lieutenant and Psychologist, Dr. Jeff Dyche. "The recruits were lying on their backs staring at the ceiling. You can't make these kids go to sleep that early." The Navy's findings were presented to a three star admiral who put new sleeping hours of 10 p.m. to 6 a.m. into effect. The Navy is now monitoring the sleep patterns of these college-aged recruits and comparing them to test scores, sick call, and the number of times these recruits get into trouble. The Navy is expecting big results. Someone looking for solid numerical data showing the impacts that sleep deprivation can have on college aged students doesn't have to wait for the Navy's results. So, how do Eastern students weigh in on the sleep scale? Dr. Russell E. Gruber, Ph.D. Psychology, Eastern Illinois University, conducted a survey last year among Eastern students to find the answer to that question. The survey compared the number of hours a sample of Eastern students would like to sleep each night compared to the number they actually do sleep. The study also compared two categories of

individuals, those of the average college age and those of average adult age. Gruber's study found the average Eastern student to be getting 3 hours and 20 minutes less sleep than they themselves felt was necessary each night and the average adult got 1 1/2 hours less sleep than they would like to. A study done by James B. Maas, a sleep researcher at Cornell University and author of "Power Sleep" was featured in the Feb. 8, 1998 issue of "Parade" magazine and showed just how hazardous a lack of sleep is to education. Maas claims that the eighth hour of sleep each night is the most important - and most of us aren't getting it. "The last REM (Rapid Eye Movement) period is typically after 6 1/2 to 7 hours of sleep," Maas says, "If your getting less, [and 100 million Americans are], you're missing out on the sleep that is necessary for learning, problem solving and storing memories." Maas claims his studies show that basically high school and college kids are walking zombies. "A study I just did shows that only 1% of Cornell and Stanford students are fully awake all day long. That's a tremendous waste of education dollars." Michael McBride, an Eastern graduate who is now employed at Eastern, recalls his days as an underclassman, "...on the days

when I didn't get enough sleep it really showed. I couldn't concentrate on what the professors were saying and I really didn't care if the trash got taken out or the dishes got done." In short, college aged people generally don't get enough sleep, as don't most Americans. Some disturbing facts about this is how it affects all of America on a daily basis. A study done by the National Sleep Foundation found that one in four people surveyed said they had fallen asleep behind the wheel in the last year. An estimated 100,000 car crashes annually are blamed on sleepy drivers, and drivers 25 years of age or under cause more than half of those accidents. "I ran off the road once when I was a sophomore here," adds McBride. "I fell asleep at the wheel while taking a friend home at about 4 a.m. and wound up spinning the car quite a few times." America has become a living laboratory in sleep deprivation according to Dr. William Dement, M.D., Ph.D., and author of "The Promise of Sleep" in the Jan. 2000 issue of "Science Review". He claims most medical doctors regard sleep deprivation as a fact of life - despite facts such as the evidence showing the true villain in both the Exxon Valdez and

Challenger disasters was sleep deprivation. People who suffer from moderate to serious sleep disorders were found to do more poorly on tests measuring reaction time than people who were intoxicated to the point of being too drunk to drive says Dr. Nelson Powell of the Stanford Sleep Disorder Center and Clinic. A control group was put through an extensive period of alternating sleep patterns by the Department of Medicine, University of Chicago under the supervision of Ph.d. Karine Spiegel. At the stage in the experiment where the subjects had gone through only six nights of shortened sleep times (six nights is not uncommon to go short on sleep in many industries including truck driving), the subjects glucose levels were found to be 13% higher than those who had received a full nights rest. Gruber offered a bit of free doctoral advice, "If I could tell everybody one thing and have them truly listen, it would be that it is OK to sleep. People have no concept of the damage they are doing to themselves and what they are missing out on every day due to being lethargic because of lack of sleep," Gruber says. America has become used to sacrificing sleep all too quickly in place of other things in the average daily routine. Overtime work hours rarely take a back seat to sleep. Friends and nights out on the town rarely take a back seat to sleep. For the college aged American, virtually nothing takes a back seat to sleep, with the exception of classes.

Maas claims his studies show that basically, high school and college kids are walking zombies

Studies debate gatekeeper's objectivity in the news

By Kenneth Bauer
VERGE & FEATURE EDITOR

Accusations of conservative and liberal slants in the media can be heard throughout American society. Both liberals and conservatives claim that the other has control of the media on almost all talk-news shows and media arenas. Studies and claims are available to support the notion that there is bias intentionally and unintentionally being carried out by TV networks. However, as with most topics where two sides disagree, there exists an abundance of theories aimed at swaying the casual viewer. With all the opinions and theories offered, one might find it shocking that no hard-core numerical data is available to support the claims that any "master conspiracy" actually exists. Robert Lichter of George Washington University, and Stanley Rothman of Smith College conducted the study that is still the most widely referred to and the most widely criticized. The Rothman - Lichter study (www.gwu.edu) sought to document what the people who write the news and decide what goes into the news, hold as their personal beliefs. The study suggests that even if unintentional, the journalist's personal views do indeed make their way into the news that reaches America. This is where most of the arguments take root. Liberal groups argue that while the study does show compelling evidence to suggest that almost all journalists in the media elite are liberal, there is no evidence to prove that those beliefs spill over into the final product of their work. At the same time, liberal studies, such as "The Myth of the Liberal Media" by Noam Chomsky, and Edward

Herman, point towards bias in a different direction. Chomsky and Herman point to the fact that some TV media outlets are owned by conservatives and almost all are owned by extremely wealthy individuals or corporations. Furthermore, the study claims that all wealthy corporations are conservative. Chomsky and Herman claim these TV media owners have much more influence on what is written for TV news programs than the journalists or producers themselves. Conservatives generally respond by pointing out there is no evidence pointing to direct pressure from conservative owners. There is also no data available to support the notion that a wealthy corporation automatically means a conservative corporation. In fact, the one example Chomsky and Herman ill-fatedly offer to prove their point about conservative-owner interference is an instance where they cite Rupert Murdoch (conservative media mogul) openly endorsing Tony Blair of Great Britain's Labor Party instead of the Conservative Party candidate. The Rothman - Lichter study done back in the 1980s was a series of interviews with jour-

nalists in 10 prestigious media outlets such as the Washington Post, The Wall Street Journal, Time, Newsweek, NBC and CBS, etc. Their study showed: 86 percent of the journalists interviewed never or seldom attend church; 80 percent supported Democratic candidates; 55 percent did not think that extra-marital affairs are immoral; and the overwhelming majority said they are endeavoring to change society through their work, not simply to inform and entertain. Almost all considered themselves liberal while almost all of their co workers considered them fanatically liberal. Another valuable source of information on the topic is the book "Bias, A CBS Insider Exposes How the Media Distort the News," by Bernard Goldberg, Regnery

Publishing Inc., 2002. The book caused nothing less than a media whirlwind. The difference about this whirlwind and six month best selling book is that the wrong doing it exposed was in the media, not in an agency that the media was reporting on. "Bias" offers more specific and exact examples of a biased liberal slant in TV news than any other book or study (liberal or conservative) on the matter. Goldberg moves through a detailed recounting of a media world where producers and associates completely ignored his attempts to formally address his complaints about what he considered to be an overwhelming problem the general public should know about. Goldberg then strings his arguments together eloquently, offering statistical proof where necessary to build solid conclusions, the likes of which cannot be found in any other study or report. Peter Voelz, PhD, Journalism Dept., Eastern Illinois University, said of Goldberg and his book, "He's a man that believes in principal, and that principle is objectivity." Voelz stated that he does agree with Goldberg's view from his book that there is no master conspiracy to sway the minds of America toward liberalism. Both Voelz and Goldberg assert that TV journalists slant the news by means of their own personal liberal beliefs spilling over into the way they deliver news, not through intentional conscious manipulation. Former associates of Goldberg, including Dan Rather, have criticized him personally for his writings. However, none of those critics to date have called his writings outright lies or brought forth slander lawsuits. Citizens simply looking for a neutral TV news source seem to have their work cut out for them. Mathew Kent, sophomore journalism major, says he plainly sees bias in TV news programs. "I think Fox news is more conservative," Kent said. "I think Fox is a lot different than say CNN or MSNBC, which are more left wing." Albert Garrison, Mattoon resident, said "When it comes to your brain and your thoughts, be cautious about anything that has long term exposure to it, whether it's TV news or anything else."

“Almost all considered themselves liberal while almost all of their co workers considered them fanatically liberal.”

—The Rothman - Lichter study



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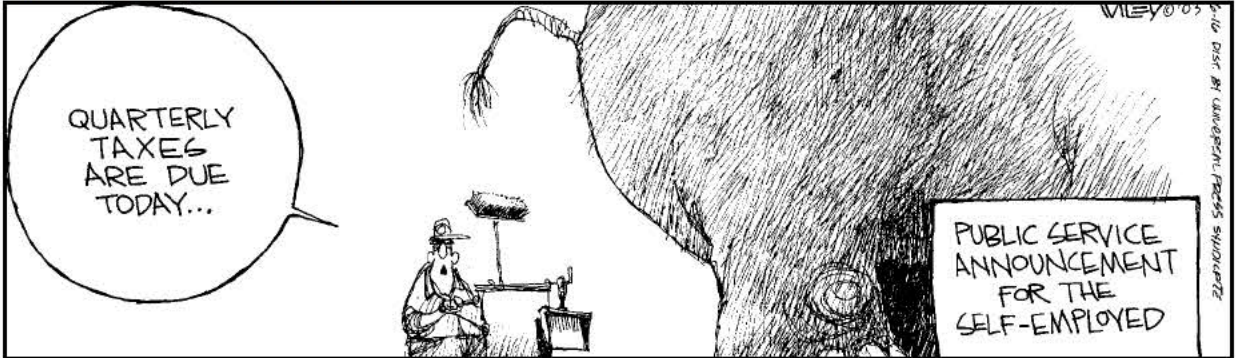
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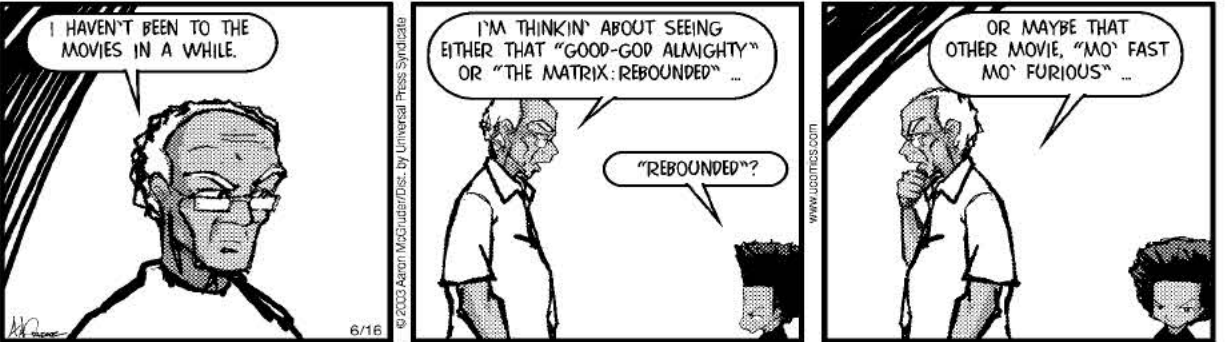
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Cardinals swept in their return to Yankee Stadium and Cubs blow 4-2 lead and lose to Blue Jays

NEW YORK (AP) — Suddenly, the New York Yankees look like a dominant team again.

Mike Mussina pitched eight sharp innings and Robin Ventura hit a two-run double that sent New York over the St. Louis Cardinals 5-2 Sunday for a three-game sweep in their first meeting since the 1964 World Series.

The Yankees have won four straight — including Roger Clemens' 300th career victory — since manager Joe Torre held a team meeting after a record six Houston pitchers combined for the first no-hitter against New York in 45 years.

"I don't think I told them anything that they didn't know," Torre said. "They were pretty embarrassed by that game — we all were. You find out about your character."

Albert Pujols homered for the Cardinals, who have dropped four of five.

The Yankees patiently worked six walks from control artist Woody Williams, matching his career high. The right-hander had issued only 16 free passes all season coming in.

Mussina (9-4) retired his final 13 batters and allowed four hits, winning his second start in a row after losing four consecutive decisions.

He walked one and struck out five, giving him 99 Ks this season and passing Clemens for the AL lead.

The Yankees are back to playing crisp baseball after six mistake-filled weeks that saw them go 16-24 following a 20-4 start.

"It was just a good, solid game for us," Mussina said. "That's what this team did the whole month of April."

Mariano Rivera needed only three pitches in the ninth to earn his ninth save in 10 chances.

Williams (8-2) entered second in the NL with a 2.33 ERA but struggled against the streaking Yankees.

Taking one close pitch after another, Jason Giambi and Jorge Posada walked to start a four-run sixth. Williams went to a 3-2 count on Ventura, who got on top of a high fastball — the 10th pitch of the at-bat — and lined a two-run double to right-center for a 3-2 lead.

"You have enough at-bats like that and you have a pretty good chance," Ventura said. "He's a guy that makes you swing at a lot of pitches that run off the plate. I think we were patient enough today."

Hideki Matsui followed with an RBI single and Ruben Sierra added a run-scoring double, giving the

Yankees a 5-2 lead.

Williams was visibly frustrated with plate umpire Larry Vanover's tight strike zone, and manager Tony La Russa jawed with Vanover during the sixth.

Williams threw 39 pitches in the inning and got only one out before giving way to Esteban Yan.

"I don't feel like I got a fair deal by any means," Williams said. "But I don't want to make excuses. I am a control pitcher and I didn't make the pitches I had to make."

On a beautiful afternoon in the Bronx, the Yankees maintained their lead in the AL East over Boston, delighting a Father's Day crowd of 54,797.

"It's nice, I know my dad was watching," Ventura said.

Giambi's two-out RBI single gave the Yankees a 1-0 lead in the third. Derek Jeter, who stole second on the previous pitch with a headfirst slide, barely beat left fielder Orlando Palmeiro's throw home with a strong, feetfirst slide under catcher Joe Girardi.

Pujols connected for his 18th home run in the fourth, a loud shot to left. Kerry Robinson, who entered batting only .164 in 55 at-bats, added a two-out RBI single.

TORONTO (AP) -- Reed Johnson started with a home run and finished with one.

Johnson led off the bottom of the first inning with a homer, then homered to start the 10th in lifting the Toronto Blue Jays over the Chicago Cubs 5-4 Sunday. Johnson has provided power spelling the injured Stewart. "That was a first for me," Johnson said. "There's no better feeling than doing something significant to win a game."

Johnson became the first player to hit a leadoff homer and a game-ending homer in the same game since Anaheim's Darin Erstad did it on June 25, 2000, against Minnesota.

Johnson, playing in place of the injured Shannon Stewart, homered off Mark Guthrie (0-3) to win it.

The 26-year-old rookie went 2-for-3 with three RBIs for the Blue Jays, who took two of three from the Cubs.

Stewart, who has a sore right hamstring, said he'll return to the lineup in a couple of days.

"I know when Stew comes back it's going to be rough," said Johnson, who is hitting .286 with six home runs and 14 RBIs in 28

games.

Johnson homered in the first off Shawn Estes and hit sacrifice fly in the fifth, giving Toronto a 2-0 lead.

Sammy Sosa missed his fifth straight game while serving a seven-game suspension for using a corked bat. The Cubs are 2-3 without their cleanup hitter, who did not accompany the team to Toronto.

Troy O'Leary hit a grand slam in the sixth to put the Cubs up 4-2.

O'Leary hit his third career grand slam off Cory Lidle. Corey Patterson singled, and Lidle walked Moises Alou and Eric Karros before O'Leary homered.

The Blue Jays tied it in the bottom half on Tom Wilson's RBI double and Chris Woodward's run-scoring single.

Lidle gave up four runs and six hits in seven innings. Aquilino Lopez (1-1) pitched 2 2-3 scoreless innings for the win.

Estes benefited from four double plays, but he allowed four runs on seven hits in six innings.

"We were dodging bullets all day, but you can't keep dodging them," Cubs manager Dusty Baker said.

| Final U.S. Open Golf standings from Olympia Fields Country Club | | | |
|---|-----------------------|----|------------------|
| | Round-by-round scores | | Four Round Total |
| 1. Jim Furyk | 67-66-67-72 | -- | 272 |
| 2. Stephen Leaney | 67-68-68-72 | -- | 275 |
| T-3. Kenny Perry | 72-71-69-67 | -- | 279 |
| T-3. Mike Weir | 73-67-68-71 | -- | 279 |
| T-5. Justin Rose | 70-71-70-69 | -- | 280 |
| T-5. Fredrik Jacobson | 69-67-73-71 | -- | 280 |
| T-5. David Toms | 72-67-70-71 | -- | 280 |
| T-5. Ernie Els | 69-70-69-72 | -- | 280 |
| T-5. Nick Price | 71-65-69-75 | -- | 280 |

Coaching: Long jumpers highlight first coaching season

CONTINUED FROM PAGE 8

The tape measure pulled tight read 16 feet, 9 inches. Higlemire could not have been much happier then the moment they read his distance.

Higlemire finished tied for third in the

event, but a tie breaker gave him fourth. That mattered little to the young man jubilant about his eight inch improvement.

The last long jumpers of the day were the eighth grade girls and Charleston's Natalie Gossett (daughter of former Eastern baseball and football player Jeff) showed disappointment in her recent performances in the event. Her best jump entering the Thursday afternoon conference meet was 13 feet, 9 inches.

I told her I wanted to see a jump over 14 feet and I wanted her to try for 14 feet, 2 inches. After each of her first two jumps, I gave her suggestions on ways to improve. Then for her third jump she stepped onto

the runway, pumped.

She ran fast, jumped...the field event judge read 14 feet, 2 inches. Gossett started jumping around excited about her accomplishment and started shouting, "Coach, I did it!" And she had.

Coaching has produced wonderful moments like those for me. In just one year, there were more than I could have hoped for and enough that I've decided to volunteer again to coach next year.

The eighth grade basketball team I coached on Friday produced one of those when they

won their first game of the summer to end a five-game losing streak. They forced turnovers from their full-court press and defeated host school Chatham 35-27.

I'm just hoping for more (wins and memories) to come.

The New York Times

Crossword

Edited by Will Shortz

No. 0304

ACROSS

1 Sounds from a cornfield

5 Sonny who sang "Laugh at Me"

9 "Fiddlesticks!"

14 Part of a Latin 101 trio

15 "___ calling"

16 Not in dream-land

17 "You bet!"

18 They're often on their toes

20 Capital on the Hudson

22 Being broadcast

23 Poisonous plant

25 Hockey great Phil, familiarly

28 Broke a fast

29 46-Across belonged to it

30 Mentalist's claim

32 Not 'neath

33 Golf course bend

36 "Forget it!"

38 1971 Tom Laughlin cult film

41 Conductor Mehta

44 Piece of bingo equipment

46 50's nickname

47 Not swallow easily

50 Nest egg, of a sort: Abbr.

51 Uncertainties

54 Puts in writing

56 Bungled

DOWN

1 Winter melon

2 Evil-repelling charm

3 Sang like a canary

4 Hoops turnover

5 Cutie pie

6 Eggs, to biologists

7 Strikeout king Ryan

8 Surfing the Net

9 ___-mutuel

10 Slop eaters

11 Waits awhile

12 Alias

59 Become fond of

61 Buyer

62 Bit of forensic evidence

65 Glamour rival

66 Proximate, to poets

67 Capital of Samoa

68 Marsh growth

69 "The Creation" composer

70 Classic computer game

71 Novus ___ seclorum (phrase on a dollar)

Puzzle by Alan Arbesfeld

| | | |
|-----------------------------------|---------------------------|-------------------------|
| 13 Director Craven | 39 Monopoly corner square | 53 Big name in swimwear |
| 19 Big times | 40 Come to | 55 Dieter's fare |
| 21 Persistent, as a backache | 41 Nada | 57 Nutty as a fruitcake |
| 24 Autobahn auto | 42 Hawaiian strings | 58 Año starter |
| 26 Unimpressive brain size | 43 Fancy British wheels | 60 "Show Boat" composer |
| 27 Suffix with deposit or reposit | 45 "Batman" villain | 62 Cry from Scrooge |
| 31 Miner's tool | 48 Aid in crime | 63 Italian article |
| 34 Geisha's sash | 49 "Batman" setting | 64 Fleur-de-___ |
| 35 Nautilus locale | 52 Gassed up | |
| 37 Classic Jaguar | | |

ANSWER TO TODAY'S PUZZLE

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| O | D | R | O | I | S | A | W | N | D | A | V | H |
| D | E | E | R | V | I | D | E | R | V | E | N | E |
| E | T | T | E | E | T | O | H | I | E | T | I | N |
| E | E | N | E | A | O | I | E | V | I | | | |
| D | N | D | E | X | I | T | I | O | B | S | N | E |
| S | I | E | K | | V | R | I | | G | V | E | K |
| | | | R | E | K | R | V | W | N | I | B | N |
| | | | | K | C | V | A | L | T | I | B | |
| A | V | N | X | I | | G | E | T | G | O | D | |
| E | R | O | E | | S | P | | G | O | F | A | I |
| O | D | S | E | | V | N | N | O | D | V | T | E |
| | | | | G | N | I | R | I | V | | A | N |
| S | V | N | I | R | E | T | I | V | | B | A | V |
| E | K | V | M | | N | O | A | V | | I | V | M |
| M | A | H | S | P | | O | N | O | B | S | M | A |

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| | |
|---------------|------------|
| THIS WEEK: | |
| CO-ED SOCCER | June 15-19 |
| TENNIS | June 15-20 |
| BOYS PITCHING | June 16-17 |
| BOYS HITTING | June 18-19 |

THROW IT DOWN



Erik Hall
ASSC. SPORTS EDITOR

Coaching
feels good

On Friday I took a team of eighth-grade boys from Charleston Middle School to compete in a basketball shoot-out at Chatham Glenwood High School. I coached the team to a sixth place finish in the eight team competition.

It would be nice to have done better than the 1-2 record the ten players achieved. Winning is always the objective, but more importantly while playing this summer is for them to see what they need to work on before next season begins.

Friday's shoot-out is just another step in the coaching I have enjoyed over the past year.

Last summer, I began serving as an assistant coach for head coach Randy Harpster and his eighth grade basketball team. I maintained the position through the winter season. Then this spring I served as assistant coach to the Charleston Middle School track team.

The decision to become involved in coaching at Charleston over the past year has been one of the most rewarding experiences I have ever had the opportunity to enjoy.

This young age group is energetic and even occasionally energetic to learn. I have gotten to teach them and see their improvement produce some rewarding moments.

In track the results of slight changes in form or technique frequently are immediately visible in results. Slight changes in the form of two long jumpers produced one of my highlights of the season.

I primarily coached the long jumpers this spring. At the Little Apollo Conference Meet on May 1, two of the jumpers gave me everything they had that day to post their best jumps of the season to that point and for the rest of the season.

Pat Higlemire, an eighth grade boy, went into the conference meet with a season best jump of 16 feet, one-half inch; despite consistently jumping over 16 feet in practice.

The seventh grade boys went first and one of the guys from Charleston posted a jump of 16 feet, 8 inches. I challenged Higlemire to outdo his seventh grade counterpart.

One of his first jumps he went 16 feet, 6 inches. Higlemire already had a season's best, but he wanted to beat the seventh grader.

I suggested some minor improvements in his form, but he also helped himself by creating between jumps a motivational poem from things I had been telling him all season, "Run fast, Jump high, Throw your arms, You can fly."

The poem worked because Higlemire flew when he hit the take-off board.

Illinois bans ephedra sales

♦ *Athlete's deaths lead to ban of popular weight loss supplement*

By Jamie Hussey
SPORTS EDITOR

There is now a total ban of sale of ephedra in the state of Illinois according to legislation passed last month.

Illinois Gov. Rod Blagojevich said he strongly supports the ban of ephedra.

The law approved on May 28th still allows the sale of over-the-counter ephedrine containing pills that the Food and Drug Administration has approved. It is most commonly known for its use in dietary supplements.

Athletics has gone farther in the fight against the use of Ephedra. A few athletic organizations have banned all uses of the herb ephedra not just the sale of ephedra. These organizations include, The National Football League, The International Olympic Committee and the National Collegiate Athletic Association.

Three athletes have been linked to the possible use of ephedra.

PHOTO BY KEN BAUER/ PHOTO EDITOR

The law approved on May 28th still allows the sale of over-the-counter ephedrine containing pills that the Food and Drug Administration has approved. It is most commonly known for its use in dietary supplements.



They died because of their alleged use of ephedra.

Baltimore Orioles pitcher Steve Bechler was apparently taking the drug Xenadrine to get rid of off-season weight. Xenadrine can be bought in two forms; with ephedrine and ephedrine free.

Bechler collapsed on Feb. 16 while participating in spring training and passed away a day later. Bechler was 23 years old.

Another young athlete linked to possible use of ephedra was Northwestern football player Rashidi Wheeler.

Wheeler was linked in a statement made by Northwestern University President Henry S. Beinen, to be taking over the counter stimulants at the time of his death in 2001.

Wheeler died at the age of 22 and the supplements he was connected to using were Xenadrine and Ultimate Punch. Ultimate Punch is

not a weight loss pill, it is an energizing pill.

The third athlete reported by the Associated Press with a possible link to the use of ephedra was Lincoln (Ill.) High School wrestler and football player Sean Riggins. Riggins was 16 years old when he died last September after taking Yellow Jackets which contain ephedra.

Illinois' statewide ban on ephedra is a welcoming idea for most coaches and most agree with the ban. Eastern head football coach Bob Spoo said that they should ban all that stuff.

"Athletes should do things naturally, if they eat properly and lift they will be fine," Spoo said.

Players are supportive of the new ban too.

Former Eastern baseball player Nathan Stone said it is a good call.

"It is probably a good thing with all that has happened with athletes dying," Stone said.

Eastern baseball senior infielder Chris Uhle agreed with the ban.

"It seemed like people were abusing it, they weren't following the directions and when you don't follow that stuff bad things can happen," Uhle said.

Basketball camp instructs skills and drills for guards and post players improvement

By Erik Hall
Associate Sports Editor

On Sunday the San Antonio Spurs returned home for game six of the NBA Finals, but other basketball players headed home from Eastern's Guard and Post Basketball Camp on Sunday.

About 140 junior high through high school students arrived Friday afternoon to take part in Eastern basketball head coach Rick Samuel's annual camp.

"This is an instructional camp; we try to break down the game of basketball for perimeter kids in the guard camp and for post-up kids in the post camp," Samuels said.

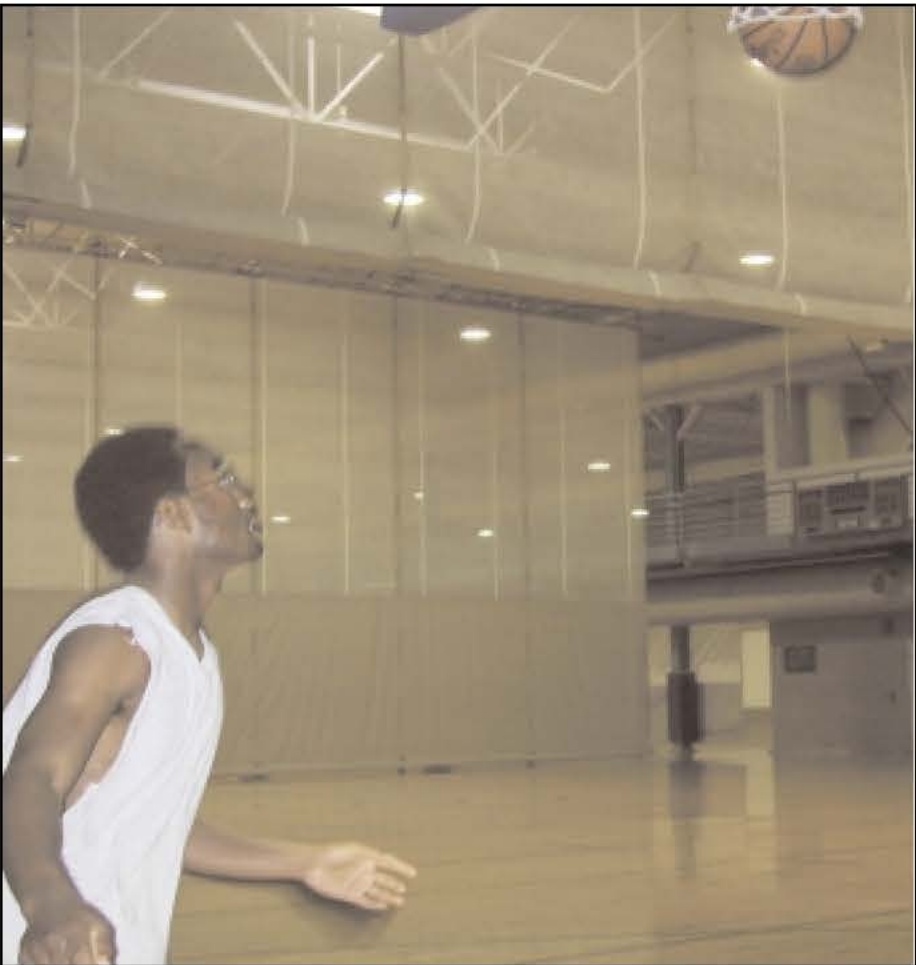
Eastern coaches and current players try to show young kids from the area the basic fundamentals of basketball. They try to provide a basis that the kids can complex upon when the go home after the camp.

"This camp really in two days or two and a half days, we can only expose kids to things to work on to become better basketball players," Samuels said.

"Certainly we're not going to make them players in two and a half days. We can expose them to some things they can work on.

"We're just exposing them to some ideas, some concepts, some drills that they may not have seen in the past. If they are really going to perfect anything it's going to take many more hours of repetition."

Drills show the young athletes techniques to improve shooting, defense, and ball handling. Skills to work on, at the lowest level, are what the kids are



Robert Bruce, 15-year-old from Kankakee, Ill., shoots around at the Eastern Illinois Guard Camp held this weekend at Lantz Arena and the Student Recreational Center.

getting out of the camp, but ultimately most of these kids are hoping for more.

Charleston's Will Addison gave as his reason for attending the camp as, "so I can make the team."

Eastern hosts other camps through the summer for coaches to bring their teams to.

Dane Church of Charleston has attended both the individual and team basketball camps at Eastern for "six or seven years.

"It has helped me to compete and get better," said Church, a sophomore at Charleston High School.

Church recognizes that both camps benefit his development in basketball, but can pick out which one helps him the most.

"Probably the individual camps," Church said. "They all help me, but the individual camps the most just to get better and improve my skills."

With many schools focusing more on providing only team camps, Samuels sees the way his camp is run more beneficial to the athletes.

"This is one of the few camps that stresses instruction anymore," Samuels said. "They get a lot of repetition and they do get exposure to some excellent ideas. We've got excellent facilities.

"Not many schools have these kinds of courts available with wooden floors and air conditioned with

scoreboards; our dorms are fairly close and accessible."

The quality of the Eastern camps creates trustworthiness with area junior high and high schools that keeps them sending kids annually to the camp.

"We've got a staple of programs and kids that send kids to our camps almost every year to the post/guard camp or the team camp," Samuels said.

"We've just established a good credibility among teams that continue to come here."

The camp not only benefits the athletes attending, but provides an opportunity for Eastern coaches to see some of the area's top athletes.

"We've gotten kids out of both camps," Samuels said. "The big kid we just signed a year ago, Kevin Lowe, was a kid that we got excited about when we saw him in the post camp. When we saw what his skill level was and the things he can do."

Along with the opportunity to see some of the area's best basketball players, Samuels continues to hold the guard and post camps because they are enjoyable for him.

"I like the individual camp," Samuels said. "I think it's fun to break the game down and teach those kids. To let them see some new thing and get exposed to some of the college players.

"Also, to reinforce some things their high school and junior high coaches are teaching them and it is good for them to hear it from somebody else."