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February

2003

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## Daily Eastern News: February 20, 2003

Eastern Illinois University

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# THE DAILY EASTERN NEWS

February 20, 2003 ♦ **THURSDAY**

## One more time

The Panther men's basketball team plays its final home game tonight against Austin Peay.

Page 12A SPORTS



STEPHEN HAAS/ASSOCIATE PHOTO EDITOR

Eastern students Andrea Esker (center), a senior education major, and Katie Herrmann (right), a freshman communication disorders and sciences major, stand with a group of students and residents outside of the entrance of Coles County Circuit Court Wednesday morning to take a stand against the death penalty. Anthony B. Mertz was convicted last Wednesday of the 2001 murder of Eastern student Shannon McNamara, and testimony is now underway to determine his sentence.

## Protesters against death penalty

♦ *Students, community members let their views on killing be known to jurors of Anthony Mertz capital murder trial*

By Shauna Gustafson  
SENIOR WRITER

A handful of protesters stood in the drizzling rain outside Coles County Circuit Court Wednesday morning, taking a stance on the death penalty as jurors and audience members to the Anthony B. Mertz trial filed in for another day of testimony.

Mertz was found guilty of the murder of Eastern student Shannon McNamara, and testimony is now being heard by a jury to decide if he will face the death penalty.

Most protesters Wednesday were silently showing opposition to the death penalty, except one man whose sign read "It's not wrong to execute a murderer."

Other protesters, some members of St. Charles Catholic Church in Charleston and others from the Newman Catholic Center, held signs showing opposition to the death penalty.

"Lifetime prison without parole is what our message is," said

*"Justice can be served without sentence of death."*

— Rev. Joe Ring

Barbara Sullivan, a Charleston resident. "It is a heinous crime, but death is not the answer."

Laura Hussey, a Charleston resident, agreed. She said two wrongs won't make the situation right.

"I understand he's an evil man," she said. "We don't believe in another killing."

Hope for human kind was the main point for Charmaine Owens of Charleston.

"I have hope that people will realize killing will not make anything better," she said.

Owens said on Tuesday a few passersby asked protesters if they would be picketing if it were one of their children who had been murdered.

"I would really hope and pray that I would be out here," she said.

The Rev. Joe Ring of St. Charles Catholic Church said the protest was made to take a stance for life.

"All life is sacred — I don't believe in state sanctioned death," he said. "Justice can be served without sentence of death."



STEPHEN HAAS/ASSOCIATE PHOTO EDITOR

Roy Lanham, campus minister and director of the Newman Catholic Center, talks to student protesters outside of the main entrance of Coles County Circuit Court Wednesday morning.

## Murder crime scenes similar

By Shauna Gustafson  
SENIOR WRITER

Similarities between the crime scenes in the murders of Shannon McNamara and Charleston resident Amy Warner were brought to life Wednesday through the testimony of Illinois State Police crime scene investigator Joe Siefferman.

Several other witnesses also linked Anthony B. Mertz to the scene of the 1999 unsolved murder of Warner.

Mertz was found guilty of the murder of McNamara Feb. 12. He also was found guilty of aggravated criminal sexual assault and home invasion. Testimony is now being heard by a jury to determine if Mertz should receive the death penalty.

If Mertz is sentenced to the death penalty, he could be the first person in the state to receive such a sentence since former Gov. George Ryan commuted all death sentences to life without parole in early January.

Siefferman testified to the scene he found at Warner's house when he arrived June 29, 1999. He said her body had been moved after her throat was cut, and too much blood was on the couch for her to have been able to turn herself over. Warner was found in a similar position to McNamara, sprawled over the couch with her arms stretched out above

**Mertz trial could be first death penalty case since clemencies**

By Carly Mullady  
CITY EDITOR

If Anthony B. Mertz is sentenced to the death penalty, he would likely be the first person on death row since Gov. George Ryan's January 2003 clemencies.

While other Illinois counties are holding potential death penalty cases, Mertz's has made the most progress so far.

Ted Gottfried, a spokesperson for the Illinois Appellate Defense Department, said several potential cases in Cook County are yet to go to trial. Another death-penalty-worthy crime's trial began Tuesday in Winnebago County.

"There are potential death penalty cases all over the state, including a

SEE CASE ♦ Page 7A

## Radavich: UPI needs 50 percent support to ratify

By John Chambers  
ADMINISTRATION EDITOR

This week union employees have the opportunity to ratify the new four-year proposed faculty contract, with a deadline to turn in votes by Monday.

University Professionals of Illinois president David Radavich said just over 50 percent of the

mail ballots must show support of the tentative agreement accepted earlier this month.

The proposed contract was signed by both sides last Wednesday.

If the contract is not ratified, it will be obvious the faculty are not content with the administration's offer, Radavich said.

"If it's not ratified, it could be

construed as a vote to strike," he said. "Clearly then the faculty would be rejecting the proposal."

If rejected, negotiations will have to continue, or the next step toward a strike will be taken, he said.

Radavich said, if anything, compensation issues could be one reason the contract is not accepted.

"We would have to go back to the

drawing board," he said. "My guess will be there could be some disgruntled faculty who are unhappy with the current economic situation."

No salary increase was offered this year in the four-year contract, but a one-time bonus, equal to a 1.5 percent salary increase, will be offered if there is no state rescission by mid-May. The bonus will be

equal to 1 percent if the rescission is less than \$500,000, according to the tentative agreement.

However, in the second, third and fourth years of the contract, salaries will be raised 2, 2.5 or 3 percent above state appropriations.

The agreement also gives

SEE RATIFY ♦ Page 7A

MURDER ♦ Page 7A



# People are what they purchase

By Kevin Micks  
STAFF WRITER

A visiting scholar Thursday will address how marketing and purchasing patterns can reveal a lot about popular culture. Cameron McCarthy, a University of Illinois professor of communications and educational policy studies, will explain "how paying attention to marketing and purchasing patterns can reveal much about contemporary race relations and attitudes, especially among America's Youth," said Tim Engles, English professor and organizer of the event. McCarthy's speech, entitled "Strangers in the Village: James Baldwin, Popular Culture and the Ties that Bind," will be part of the English Alumni Visiting Scholar Lecture Series, and also is part of Eastern's African American Heritage Celebration Month, Engles said. The talk, which will focus particularly on Tommy Hilfiger and Timberland clothing, will use

autobiographical writings by the renowned African-American writer James Baldwin to analyze contemporary clothing styles among black and white Americans, Engles said. In addition to a number of published books and articles, McCarthy also has received the James B. MacDonald Award for the Phenomenological Research in Education as well as the Council of Graduate Students of Education for Research, Teaching and Advising Award, Engles said. McCarthy will speak at 4:30 p.m. in Seventh Street Underground, and a reception with food will take place afterwards. "By bringing renowned scholars like Dr. McCarthy to campus, the various co-sponsoring departments and organizations hope to add an especially interesting, challenging and scholarly event to the month's many different types of activities," Engles said.

# Skating event planned for heritage month

The Minority Affairs office, along with the help from University Board, will host its annual skating party. The skating party begins at 9:30 p.m. Thursday at the Mattoon skating park. Admission to the event will be \$4, which includes skate rental. Busses will leave from the Martin Luther King Jr. University Union at 9 p.m. "This is a great way to get away from campus and have a little fun. There is always a variety of music that is played. There is something for everyone," said Monique Cook-Bey, assistant director of student life. "The skating party takes place in both the fall and the spring and has been going on for

**If you go ...**  
◆ What? Skating party  
◆ When? 9:30 p.m. Thursday  
◆ Where? Mattoon  
◆ Cost: \$4  
◆ Transportation: Buses

many years," Cook-Bey said. This is one of the many events going on in conjunction with African-American heritage month. "We are expecting a crowd of around 100 people, but we hope to see more," Cook-Bey said. "I am encouraging you all to come out and have some fun." The skating doesn't go on all night. Sometimes a dance party breaks out, Cook-Bey said.

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COLIN MCAULIFFE/PHOTO EDITOR

Gregory Warmack, a self-taught artist, helps Keri Powell, a junior elementary education major, with putting plaster of Paris on her vase Wednesday evening in the Art Park West Building.

# Transforming the ordinary

By Brian Gordon  
STAFF WRITER

Gregory Warmack, also known as Mr. Imagination, shared his technique of three-dimensional art Wednesday with Eastern students. The workshop, mainly comprised of Eastern art students, taught students how to make three-dimensional art from one of the most prominent figures within that field of art. Mr. Imagination uses everyday objects such as bottle caps, screws and dried paint brushes with plaster of Paris to create this unique art form. Most of the students said they had heard about the workshop from their art classes. The students at the workshop used army men, dice, rocks and shoes to emulate his art technique. "It's fun to get dirty and meet a famous artist," said

Selena Hoskins, a freshman art major. The workshop incorporated a hands-on approach, with Mr. Imagination circulating the room and offering tips to these aspiring artists. "I enjoyed the experience of learning new artistic and creative abilities that I can apply to my artwork later on," said Deb Tygrett, a sophomore art major. Mr. Imagination said his artwork, which focuses on traditional African-American folk art, has been displayed at the Smithsonian, various Chicago art exhibits and has even been used in an Absolut Vodka advertisement. The imaginative pieces of art that were displayed at the workshop included a cowboy hat that was completely covered in smashed bottle caps and a shoe that had screws, pins and other found objects. The Tarble Arts Center has about 40 pieces of Mr. Imagination's artwork on display until March 2.

# RHA brainstorming theme ideas

By Jamie Hussey  
STAFF WRITER

Residence Hall Association will have a guest speaker from the Student Senate to talk about Unity Week at Eastern. Student Senate member Lisa Flam will discuss Unity Week at RHA. RHA is also discussing having open themes for the residence halls again. Last fall, RHA had open themes for the residence halls, which was "Tune into EIU." RHA president Stina Heldmann said the individual residence halls chose a cartoon or a comic strip to focus on for last year's theme. Denise Peters, the Illinois communications coordinator and national communications coordinator, said the RHA has the open themes because they are trying to

make the residence halls more colorful and decorated. Peters said the themes the residence halls pick for decoration will lead to other activities for residence halls to participate in later in the year. Heldmann brought the idea back up to the assembly two weeks ago at the RHA meeting. The individual residence halls were supposed to bring the idea back to their hall councils and think of some themes to propose. Heldmann said RHA will not vote on which theme to do, but it will narrow the list down to three themes. The voting will occur at RHA's meeting next week. "It is just something fun, entertaining and energizing that the individual residence halls can have a good time doing. We will choose the theme, and then the halls can choose a sub-theme to have fun with," Heldmann said. The RHA meeting will be 5 p.m. Thursday in Pemberton Hall.



# Student Action Team lobbies for funds, smaller class sizes

By Dan Renick  
STAFF WRITER

Over 200 faculty, students and staff flooded the state capitol Wednesday as a part of the Student Action Team's effort to lobby on behalf of Eastern.

The team discussed possible tuition caps and budget control with legislators in Springfield.

In addition to lobbying, Student Action Team members spoke with local senators and representatives about current budget issues.

"The Illinois General Assembly is pushing legislation to take budget control away from state schools," said Ronnie Deedrick, student vice president for academic affairs. "Instead the budget would be controlled by legislation in Springfield. The governor is attempting to target higher education programs because he feels they are being mis-managed."

"Who knows what we need better than us?"

Along with budget control, the team discussed possible tuition caps. Tuition caps would limit the percent that Eastern's tuition could raise each year.

"It would seem to favor students in the beginning, but would hurt them in the long run," said Amy Leonard, student vice president for financial affairs and chair of the Apportionment Board.

She said if tuition caps went into effect, Eastern might not receive adequate funds

*"The more we do to tell the Eastern story, the more money it brings us."*

—Ronnie Deedrick

in upcoming years.

Student Action Team members also talked with legislators about their personal experiences at Eastern and the advantages they receive here. Among the highlights they mentioned were the small class sizes and student-to-faculty ratio.

"It was our best lobby day yet, and the legislation seemed impressed," Deedrick said.

Deedrick and the Student Action Team met with 30 General Assembly members.

"It's important to talk with legislators," Deedrick said. "The more we do to tell the Eastern story, the more money it brings us."

Marty Ruhaak, student vice president for public affairs and Student Action Team chair, said Eastern is ahead of other schools in lobbying by being one of the first schools to lobby in Springfield this semester.

"We may go to Springfield once or twice more this semester," Ruhaak said.

Student Body President Alison Mormino stayed in Springfield late Wednesday meeting with legislators.

# Student government goal to sign 90 percent student workers to direct deposit

By Avian Carrasquillo  
STUDENT GOVERNMENT EDITOR

The Student Senate heard a presentation Wednesday on direct deposit by Jeff Cooley, vice president for business affairs, and Chuck Phillips, director of human resources.

Phillips said human resources is currently working to get 90 percent of student workers to use direct deposit.

"We're trying to move students to use direct deposit because it is more costly and time consuming to prepare checks," Phillips said.

Currently 824 student workers receive checks and 803 students use direct deposit, which brings the campus up to 49 percent, Phillips said.

"The benefits to direct deposit include payment twice a month, and it's a good way to learn how to manage your money because instead of getting all in one lump sum and spending it all, you get it twice a month," Phillips said.

Cooley urged the Student Senate to pass

a resolution recommending students use direct deposit. Cooley said the move toward direct deposit is a control issue.

"We don't want the ones signing the checks passing them out. We want to eliminate concern that they could be writing themselves checks," Cooley said.

The Student Senate voted to allocate \$273.85 to Student Senate members Ronnie Deedrick, George Lesica and Marty Ruhaak for a reimbursement of fees spent while attending an Illinois Board of Higher Education Student Advisory Committee meeting at Roosevelt University in Chicago earlier this month.

"When we go to these meetings, we are doing work that serves EIU, it's important to have people at these meetings to share ideas," Ruhaak said.

In other business, Niki Klingler, Anthony Hill and Emily Johnston were appointed to the Student Action Team; Keanna Mahone was appointed to the Diversity Affairs Committee and the Housing Committee and Tom DeGeorge was appointed as a voting member to the External Relations Committee.



STEPHEN HAAS/ASSOCIATE PHOTO EDITOR

Dave Bedingfield, of Roessler Construction in Rantoul, welds metal on the exterior of the new Human Services Building Tuesday afternoon.

# Services building now on a healthy schedule

By Sean McDonough  
STAFF WRITER

Construction workers at the new Human Services Building traded bulldozers for dry-wall and are back on schedule.

During the past two weeks, over 50 men have been working on building walls, putting up drywall, ductwork, piping and electrical items.

"The Health Services area is the farthest along as drywall is being installed and electrical outlets are being powered," Carol Strode, interim director of facilities and planning, said in an e-mail.

Strode said most of the mechanical installation is done in this portion of the health services building.

The other two parts of the 30,457 square-foot Human Services Building — career and counseling services — are finishing the mechanical work and metal stud wall installation.

Strode said the building's wiring is also on its way and is almost complete.

Outside work has taken a backseat because of inclement weather, but most of

the masonry work is moving along.

Roof construction also was slowed a bit from the weather, but there are no major setbacks.

Utility connections will take place from March 10-24 and Seventh Street will be closed during that time.

The new Human Services building, located between Thomas and Klehm halls, is back on track for its June 16 completion date since it fell behind schedule a few months ago.

"At last indication from Hannig Construction in January, they indicated that the project was on schedule," Strode said.

The weather has caused some minor setbacks. Weather problems prevented construction on the west side, where there is steam tunnel construction.

"The weather is partially to blame in causing a potential major problem with the ability to get a roof installed on the building," Strode said.

Hannig construction workers were able to make up lost time indoors because about 75 percent of the building is under roof.

Strode, is unsure of Hannig's February progress.

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## THE DAILY EASTERN NEWS

"Tell the truth and don't be afraid."

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### EDITORIAL

# Contract details look good

Students and faculty members alike can now breathe a sigh of relief.

A tentative contract was initially reached between Eastern's chapter of the University Professionals of Illinois and administration Feb. 6, and the details of the faculty contract were unleashed Feb. 13.

While the strike was a real possibility a couple of weeks ago, the proposed four-year faculty contract, thankfully, all but guarantees a strike will not occur. Faculty members still have an opportunity to ratify the contract before it becomes official, however. David Radavich, UPI president, has conducted meetings finalizing contract language while keeping faculty members up to date on the issues involved in the agreement.

All union members have been mailed information on the contract, and also a mail-in ballot has been furnished for each member to vote on the contract and must be completed and turned in by Monday.

Negotiations between UPI and administrators seemingly have paid off, and Eastern's faculty now have a proposed contract agreement on the table that seems to properly reward them for their work efforts.

Some details of the proposed four-year contract include a 1.5 percent salary increase if there is no state rescission by mid-May, a 1 percent salary increase if it is less than 500,000; a 2, 2.5 or 3 percent increase in the second, third and fourth years of the contract and no less than 50 percent of net fees and royalty given to any inventor.

Other provisions detailed in the tentative agreement include intellectual property rights; compensation, including supplemental, merit pay; distance education; workload; faulty evaluation methods; sabbatical issues; and benefits.

If faculty members do not like the contract offered, they should not vote to ratify it. However, it does not appear anyone has much to fear at this juncture.

Obviously, relations and communication have improved between faculty members and administrators, and hopefully this contract will go into effect to further ease minds at the university.

Finally, having the contract details in place is relieving, and hopefully both administrators and faculty members will be satisfied with whatever becomes of the proposed contract.

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

### At issue

The proposed four-year faculty contract

### Our stance

Details of the faculty agreement have been released and hopefully both sides can be satisfied with what comes out of it.

### OPINION

# Manipulation is repulsive



Ben Erwin

Online editor and monthly columnist for *The Daily Eastern News*

Erwin also is a junior journalism major.

He can be reached at 581-2812 or bmerwin@eiu.edu

Our nation's leaders have resorted to fear and manipulation to get their way. In the course of the past two weeks, Americans have seen a run on duct tape and plastic wrap, mood ring-like shifts in terrorist threat ratings and even calls for the boycotting of French and German goods in an attempt to put our collective feet down on dissidents unwilling to be bullied.

All of these issues are double-edged swords for a government walking a fine line of fear and force in the midst of a tepid political climate with no clear voice rising above the din. As is often the case, the American government is using fear as a weapon to garner support.

In a recent radio address, President Bush and Director of Homeland Security Tom Ridge brought concern of biological strikes to a head by suggesting items such as duct tape and plastic wrap could be used to thwart biological attacks.

While I may not be a bioterrorism expert, it's safe to surmise any biological weapon containable by duct tape can't be considered very effective. And if these items can, in fact, stop the invasion of deadly smoke or gasses — and assuming any person could properly safeguard his or her home — what are those inside sealed buildings to do as they writhe in suffocation? I suppose if this modern day equivalent of "duck and cover" assuages the fears of some, however, it may be worth it.

*"But the illusion of safety isn't the issue here — it's fear."*

But the illusion of safety isn't the issue here — it's fear.

By suggesting duct tape and plastic wrap as possible protection against attack, the seed has been planted convincing many such an attack will surely occur. By raising America's Terror Alert Level, average Americans are again put ill-at-ease over what may or may not transpire in coming months.

With a rise in the terror alert level, American officials are merely protecting themselves against imminent backlash. If officials stand idly by while an attack occurs, people will be enraged by the complacency. Likewise, by raising the alert levels of local agencies, people may become gripped by fear while also consoled by the idea of increased government protection. In either situation, public outcry is likely, and Bush is simply hedging his bets.

If the government wants to inform Americans on safeguards against attack and raise alert levels, they're only covering themselves; albeit through, at times, questionable means, and this is all ultimately in what they think best serves public interest. What is most disheartening, however, is the proposal of American boycotts of German and French

imports simply because those nations can't in good conscience stand allied with Bush.

While the aforementioned actions of raised terror alert levels and duct tape protection seem at least reasonable, possible boycotts make American officials seem like bitter children unwilling to keep playing because the other participants refuse to follow our rules, or rather, orders. Besides, I'd like to think we could go without the likes of BMWs, cheese, red wine and Jerry Lewis movies without toppling the financial viability of two of the world's most economically stable countries.

With all of the fear and bickering being propagated throughout the media, many people lose sight on the fact the lives of most Americans have changed little in these times.

It is a strange fate one of this world's most powerful countries should suffer so much fear and doubt over the machinations of a small number of individuals capitalizing on the fear of people continuing to live, largely, as they always have and surely always will. Although many lives have changed in recent months, manipulating a way of life on threats and fear only makes the notion of attack vague, menacing and enormous.

Although I don't support war, I can see instances where it is a necessity. The problem arises though, when necessity is created simply out of fear and propaganda.

Cartoon by Derek Clem and Aaron Ganci



### YOUR TURN: LETTERS TO THE EDITOR

# Student Senate meetings intriguing

I recently attended a Student Senate meeting, and I was very impressed with the handling of the resolution that would declare Eastern students opposed to the actions against Iraq. Although the resolution failed 14 to 13, the discussion amongst the Student Senate that preceded the roll vote proved to be notably unbiased. The senate members were very conscious about setting personal beliefs

aside. They discussed everything from the senator members' roll and place on campus to the actual standings of the student body. I would just like to applaud the Student Senate for truly changing my view of "politicians." Truly, our Student Senator members seem to care about the their job. To represent the student body and to set all personal feelings aside can

prove to be difficult. To be a politician is honorable, at least on Eastern's campus. I have only been to one Student Senate meeting, and the only reason I made time to go was because I am required to go as secretary of Ford Hall Council. However, I am extremely impressed and proud to attend a university with such worthy student body representatives.

Although I would like to push my fellow students to attend meetings to support what our senate does, I know people are busy. I myself, do not have time to attend as many senate meetings as I would like to, but I would strongly urge you go experience at least one meeting.

Think of college as a right of passage into adulthood and as you are old enough to vote, think of it as a transition to becoming good, responsible

citizens active in our government.

Take the time to now to read democratic newspapers as well as republican newspapers and magazines. Don't just read the paper from home and assume it infallible. Don't let yourself sink into the false security that mom and dad are always right when it comes to the domestic and foreign affairs of our country.

If we are going to promote democracy as well as live it, we must learn to be a part of it. It is our civic duty to take advantage of our wonderful democracy as not all countries have the opportunity.

We are told not to waste food in

respect for those who have none, and although democracy is not a matter of life or death, it is a blessing. Form your own opinions after you have educated yourself enough to form a valid one.

Once you have taken responsibility for your education, you have reached a point most have only pretended to reach. It is then that you will be looked up to as a model citizen, as well as an adult.

If we do send Americans to Iraq, it's important we come to our own conclusions of whether we want to re-elect President Bush next year or not.

Katie Gillen  
Freshman art and graphic design major

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# Student group brings organized shouting for fun

◆RSO called the Holler Association offers entertainment by performing karaoke at Lefty's Holler on the Square

Students who are good at athletics join sports teams. Students who can sing join chorus. Students who cannot join the Holler Association.

The Holler Association is a Recognized Student Organization that karokes at Lefty's Holler on the Square.

"Some of us are ok, but most of us are terrible, absolutely terrible," said Caleb Judy, a senior English major and Holler Association historian.

Judy said he, Hugh O'Hara, former student body president; and Margie Tucker, a graduate student, combined efforts to create the Holler Association.

"At first it was just us, then more people started to come," Judy said. "You can pretty much form an organization on anything you want here at Eastern, and a lot of people on the University Board like to karaoke, so we'd go out to Lefty's Holler on Thursday nights and sing. We just thought it would be fun."

Judy said the Holler Association was named partly for the bar where it sings, and partly because "holler and karaoke kind of go together."

"It's just a fun thing to do when we've had a bad day at the office or in classes," Judy said.

## A day at the office

COLIN MCAULIFFE/PHOTO EDITOR

Bryce Zerkle, a senior business management major, talks to David Mack, a Walgreens store manager, Wednesday afternoon in the University Ballroom of the Martin Luther King Jr. University Union. Zerkle goes to school while working now, but he is exploring his options.



(right) Sehr Saghir, an Eastern alumna, talks to Anita Sebers, of Von Maur, during Career Day in the Grand Ballroom of the Martin Luther King Jr. University Union Wednesday afternoon.




### African-American Heritage Celebration 2003 Essay Contest

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# Council discussion resumes on health courses, bylaws

By Nathan Hall  
STAFF WRITER

The Council on Academic Affairs will discuss course change proposals and revisions to its bylaws Thursday.

A new course proposed is called EIU 4126G, Body, Health and Society. This course will be a senior seminar course and excludes all health studies majors.

The proposed course will initially be taught by health studies professor Susan Woods. According to the proposal to CAA, the class will study, "the health impact of gender, ethnic, class, aging, and sexual orientation images in contemporary society."

Woods previously said the class will address topics such as image and representation of physical aspects in the media.

Health Studies 3770, Health Services Administration, taught by health studies professor Julie Dietz, is up for revision.

Once revised, the course will be HST 4770 and will allow graduate students to enroll.

Last week, Dietz said, "the class now addresses the administrative theory and processes in and how they relate to health services."

Discussion on the courses was postponed last week because of conflict regarding JOU 2950, Introduction to Visual Communication.

The course to be added to the journalism curriculum too close-

### Breaking the bylaw:

- ◆ One bylaw revision will change the CAA faculty voting membership to eight, two from each academic college.
- ◆ Other revisions deal with how minutes are distributed.
- ◆ Another with how proposals are submitted to the council.

ly resembles a class offered through the School of Technology, assistant technology professor Phil Age said last week.

The course was approved at a previous meeting, but Age asked the council to reconsider. Journalism department chair Les Hyder said JOU 2950 will offer journalism students a less generic focus.

The CAA asked the departments to come to an agreement and present documentation at a later date.

The bylaw revisions include changes to the way proposals are submitted to the council, the distribution of minutes and how membership is formed, according to the CAA's Web site.

If the bylaw revisions are passed, the faculty voting membership will change from nine to eight voting members, two from each academic college.

The CAA meets at 2 p.m. Thursdays in the Arcola-Tuscola Room of the Martin Luther King Jr. University Union..

# Ryan used 'blacklisting' in squeezing out campaign money

CHICAGO (AP) — A one-time Chicago precinct captain testified Wednesday that state employees aggressively sold former Gov. George Ryan's political fund-raising tickets to car dealers they were regulating and spoke of putting those who refused to buy them "on the blacklist."

"Maybe we should slow down their work and not be so helpful and blacklist them," Mercedes Kreischer, a former staffer in the secretary of state's office, quoted a supervisor as saying.

Kreischer was a witness at the racketeering trial of longtime top Ryan aide Scott Fawell and the Citizens for Ryan campaign committee. Prosecutors say Fawell and the committee used taxpayer dollars and state employees to campaign for Ryan and his allies for almost a decade.

Most of the alleged wrongdoing is said to have taken place in the eight years that Ryan was secretary of state before his 1998 election as governor.

Kreischer, who was an assistant to the head of the secretary of state's vehicle services department, furnished an insider's view of the ticket-selling operation.

She said her job was to cut bureaucratic red tape for auto dealers with

### AROUND THE STATE



list were associated with regulated entities?" he asked.

"About 98 percent of them I would say," she testified. She said that when an auto dealer refused to buy tickets she would not stop providing service to him but "I would tell my bosses."

One supervisor said such dealers should be put "on the blacklist." She left the witness stand without being asked whether such a blacklist existed in the department. Her testimony was the first time such a list has been mentioned in connection with the case.

She did say that sometimes she had turned back the mileage on the title of a used car based only on the claim of the dealer that a mistake had been made in recording it to begin with.

Earlier Wednesday, a veteran secretary of state's employee, Lori Armstrong of Riverton, testified that pressuring workers in the office to buy tickets to political fund-raising events was something that happened not only under Ryan but under Jim Edgar as well.

"You bought the ticket whether you went or not," Armstrong said.

Both Ryan and Edgar were secretaries of state who used the patronage-rich office as a springboard to run successfully for governor.

# AB hears budgetary presentations

The Apportionment Board will hear budget presentations from University Board and Dramatic Players Thursday.

Leonard said fee-funded boards will know how much money they get and if there will be any budget cuts after March 6.

"Due to the increase in enrollment of students this year, there is

\$15,000 more in the budget than last year," said Amy Leonard Vice student vice president for financial affairs.

Next week the Student Senate and Sports and Recreation will present their budgets to the Apportionment Board.

In addition to budget presentations, the Student Government

will put in an allocation request for the Recognized Student Organizations fair. The fair will present information from fraternities, sororities and community service organizations.

The Apportionment Board meets at 7 p.m. Thursday in the Arcola-Tuscola Room in the Martin Luther King Jr. University Union.

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Murder:

CONTINUED FROM PAGE 1A

her head.

Siefferman said he did not believe the person who killed Warner was a relative or friend. He said in such a situation, the killer does not want to see what he or she has done. Warner's wounds were exposed for what Siefferman called "shock value." "The killer wanted to see what he had done," he said.

Siefferman drew several comparisons between the two women's murders including:

- ◆ "Both the victims appeared to be posed"
- ◆ both had throat injuries
- ◆ both were sleeping before the attack
- ◆ both were injured by sharp objects
- ◆ both murders took place on a Tuesday in June
- ◆ both had defensive wounds on their hands
- ◆ both were undressed
- ◆ both were killed in their own homes
- ◆ no fingerprints were left behind in either house

A neighbor of Warner's, Wade Bitting, told police following the murder that he had seen a

strange car in Warner's drive when he returned home around 2:30 a.m. June 29, 1999. He described the car as being small and gray or white, with a reflective sticker of some kind on the bumper.

Patrick Callaghan, a retired investigator with the Illinois State Police, testified he had shown Bitting photographs of a vehicle owned by Mertz's then girlfriend Tara Hofer, a silver 1997 Chevy Cavalier with a reflective sticker on it from the dealer. He also testified that in an interview with Hofer she said she occasionally let Mertz drive her car, although he had a suspended license because of a DUI.

Callaghan said investigators began "searching for any connection between Anthony Mertz and Amy Warner" after McNamara was found murdered in a similar fashion.

He also said Patricia Conrad, Warner's best friend, told him in an interview that Mertz and Hofer had been with her at Warner's home about two weeks prior to her death while she was babysitting Warner's 4-year-old daughter and 7-month-old son.

Warner's sisters and mother sat in the courtroom Wednesday,

crying as part of her story finally came to a close.

"It's been a long time coming," Warner's sister Tammy Simpson said. "I'm just glad it's finally out that there is a connection."

Warner's other sister, Debbie Endsley, said having her sister's murder come up in this trial has given the family a little peace.

"There hasn't been any closure," she said. "We've been struggling through this."

Warner's children now live with their grandmother in Charleston.

"At least we have them," Endsley said. "We have a little piece of Amy," Simpson added.

Detective Kevin Paddock of the Charleston Police Department also testified Wednesday, telling the court of various books he had seen in Mertz apartment during a search.

Paddock said he saw "Pipe and Firebomb Design," "The Anarchist's Cookbook," "Hitler's Enforcers," "S.S. and Blood-soaked Soil," "Mein Kampf" and various Marine Corps training manuals in the apartment.

Defense attorney Paula Phillips questioned Paddock as to other books in the apartment, and he said he also had seen var-

ious poetry books and verified Mertz had been in the Marine Corps.

Paddock also testified to what he saw at the crime scene of the Warner murder in June 1999. He also testified to the kind of car Bitting reported seeing and said he had removed Warner's children from the scene when he arrived. Police were contacted about the murder by the victim's ex-boyfriend, he said.

Paddock testified Mertz was living at 1041 Seventh St. at the time of the murder.

Jerry Taylor, a computer evidence recovery specialist with the Illinois State Police, testified to several items of interest he found in the hard drive police confiscated from Mertz's apartment, including images of adult pornography, child pornography and bestiality and evidence his e-mail account name was cereal\_klr\_2000.

During cross examination Taylor verified some of the pornography could have been placed in memory by some sort of pop-up.

During morning testimony the girlfriend of a Marine friend of Mertz testified he had assaulted her during a visit to her home in Louisiana during late December

2000.

Karl Gillery began crying as soon as she took the witness stand Wednesday and told the court she had not seen Mertz since the night she had him arrested for assault.

She testified he had visited her and her boyfriend John "Brad" Adams in Louisiana for three holiday seasons, beginning in 1998. The first trip everyone had fun, she said, but during the second visit, in winter 1999, Mertz displayed more anger and was rude.

During his visit in 2000, "he was drunk every day, every moment," she testified. She said she brought him back to her house one evening after attending a family party, and he fell down outside from being drunk. She tried to clean up a cut on his face, and he began screaming at her and pushing her.

Gillery said Mertz pushed her down onto the floor and then put his entire fist inside her mouth. When her dog bit his hair, he backed away, and she was able to run away to a neighbor's house and call the police. She said she dropped charges at the request of her boyfriend, who promised her Mertz would never visit them again.

Ratify:

As of Wednesday, more than 200 ballots had been received

CONTINUED FROM PAGE 1A

language to property rights, merit awards, distance education, workload, sabbatical information and benefits, among other issues.

The union members voted in support of a strike authorization vote last month, one of several steps toward a strike. The threat of a strike is a major reason both sides now have a tentative agreement, UPI chief negotiator Charles Delman said last week.

"Most of these positive changes occurred after we threatened to strike," Delman said. "The negotiating process ... is like 99 percent pure stubbornness."

However, the strike authorization vote, specifically, was not a deciding factor in ending negoti-

ations, said Bob Wayland, director of employee and labor relations.

"That was not a factor as far as we were concerned ... we just wanted to settle the issue," he said. "I think both parties realized it was time to come to an agreement on something."

The contract does not signify a gain or loss by either side, he said.

"We were finally able to peacefully resolve all of our issues," Wayland said last week.

If ratified, the contract terms will be implemented immediately, but the process might be "a little rocky" while the document language is worked out, Delman said.

Eastern's Board of Trustees must then approve the contract.

Political science instructor David Carwell, who is collecting the mail ballots, said he received over 200 ballots as of Wednesday.

The union has said about 75 percent of the faculty are union members. The university Web site says there are 576 faculty members at Eastern.

Case:

Testimony for a murder case in Rockford began Tuesday

CONTINUED FROM PAGE 1A

few in Cook County," Gottfried said. "But those, I don't believe, have started yet."

Testimony for the trial of William Buck, 20, of Rockford, began Tuesday. Buck faces first-degree murder charges for killing a Rockford police officer in the line of duty. Detective Kevin Rice's body was found just after 2 a.m. Aug. 3, 2001, slumped behind the wheel of his car. The cause of death was a series of fatal gunshot wounds. The 39-year-old member of the city's gang unit was the first Rockford officer killed in the line of duty since 1980.

Buck's trial is expected to last another four to six weeks.

Following a month-long jury selection, which was moved to Lake County because of extensive media coverage in Winnebago County, the jury trial began Tuesday with opening arguments and 10 witnesses' testimonies.

Gottfried said he believed the Buck case to be the next farthest along and the second potential capital punishment trial since Ryan's clemency.

Jerry Lawrence, spokesperson for the Cook

County State's Attorney, said about 50 potential death penalty cases are in Cook County alone.

"There is one that is supposed to go to sentencing next month," Lawrence said.

Veronica Diaz of Cook County was convicted of killing her three-year-old son by holding him under water during a bath.

"We are asking for the death penalty," Lawrence said.

Diaz's sentencing will not begin for another few weeks.

"I don't believe anyone has received a death sentence since Ryan left office," Gottfried said.

If Mertz's sentence is determined soon and he is sentenced to capital punishment, his case will mark the first since Ryan's moratorium and clemencies.

Before Ryan left office, the lives of a total of 171 people who potentially could have received lethal injections were spared. Four men were pardoned, three men received reduced sentences and 160 men and three women were given life sentences without the possibility of parole.

Ryan, a former death penalty supporter, took an active stance against state capital punishment when a large number of innocent men were freed from death row.

Some of Ryan's clemencies are being challenged, Gottfried said.

"I don't recall whether Gov. (Rod) Blagojevich has definitely said the moratorium is still in effect," Gottfried said.

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# Treasury secretary to promote economic plan in Paris

WASHINGTON (AP) — When new Treasury Secretary John Snow attends his first international economic meeting this weekend in Paris, he will be discussing the benefits of President Bush's proposed new round of tax cuts on the global economy, a department official said Wednesday.

John Taylor, Treasury's under-secretary for international affairs, said Snow will tell America's major economic allies that the administration believes the new \$1.3 trillion in tax cuts, including the proposed elimination of taxes on stock dividends, will bolster the lagging



U.S. recovery and provide support to a struggling global economy.

Snow, who took office earlier this month, and Federal Reserve Chairman Alan Greenspan will participate in two days of talks, starting Friday, with their counterparts from Japan, Germany, Britain, France, Italy and Canada.

Taylor said Snow would use his first meeting of the Group of Seven — the world's seven largest industrial countries — to discuss Bush's jobs and growth package, which includes \$670 billion in tax cuts aimed to provide a short-term boost to the U.S. economy. Additional reductions would bring the 10-year cost to \$1.3 trillion.

Greenspan dealt Bush's tax cut program a blow last week when he testified before Senate and House committees that he was not convinced that the U.S. economy needed any further stimulus to guarantee stronger growth this year.

Taylor said that the subject of a possible war in Iraq and its impact on the global economy would also be discussed in Paris, but the discussion would be part of a broader exploration of what each government should be doing to help bolster economic growth in the face of a variety of threats.

Snow will stop first in London for discussions Thursday with top finance officials in the government of Prime Minister Tony Blair, a key supporter in the U.S. confrontation with Iraq. Snow will meet with British Chancellor of the Exchequer Gordon Brown and Sir

Edward George, head of the Bank of England.

Snow will also visit a trading floor in London's financial district and meet with top British economists and business leaders.

In Paris, the meeting of finance ministers and central bank presidents of the Group of Seven countries will begin with a dinner Friday night and continue with closed-door discussions Saturday.

In addition to the formal G-7 talks, Snow will hold one-on-one discussions with each country over the two days in Paris, Nichols said.

# Popular St. Louis radio reporter found slain in home

ST. LOUIS (AP) — The host of St. Louis radio's top-rated radio morning show was found shot to death, and her husband was charged Wednesday with first-degree murder.

Nan Wyatt, 44, was found Tuesday evening in a bedroom of her home in the St. Louis suburb of Twin Oaks. Police said she had been shot several times with a .357-caliber Magnum handgun.

Thomas Erbland, 43, was jailed

without bail. It could not be immediately determined Wednesday if he had an attorney.

Police said the couple was having marital problems but that officers had never been called to the home.

"The relationship was deteriorating," said St. Louis County Police Lt. Jon Belmar.



The couple's 7-year-old son was home at the time of the shooting but was not injured. Afterward, Erbland dropped the boy off at the home of Wyatt's parents, then called them to say something had happened.

He was picked up at a store as he tried to locate a police station to turn himself in, Belmar said.

Since 1996, Wyatt, whose legal name was Nandray Erbland, had hosted the "Total Information A.M."

program on KMOX, the city's top-rated morning drive-time radio show. She was known for her in-depth political reporting, and had won several journalism awards.

On Wednesday morning, the station paid tribute to Wyatt, with callers including longtime listeners and politicians.

"I am in shock. I just have a hard time believing it," said Karen Carroll, who recently stepped down as KMOX vice president and general manager.

"Nan was the strength and backbone of KMOX News and always the first to pitch in any crisis. It is a shame."

St. Louis Mayor Francis Slay said Wyatt was "one of the most gifted journalists I have ever known" — a tough interviewer but "always well-prepared, fair and professional."

"She used interviews to enlighten her audiences, not to embarrass her guests," Slay said.

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2/28

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WOMEN'S BASKETBALL

# Final three spots in tourney still up for grabs

◆ *Four teams jockeying to fill final three slots*

By Matt Meinheit  
SPORTS EDITOR

Ohio Valley Conference women's basketball has few questions remaining in the closing weeks of the season.

Five teams — Austin Peay, Eastern Kentucky, Southeast Missouri State, Morehead State and Tennessee-Martin — have secured places in the conference tournament.

Four teams, Tennessee Tech, Eastern Illinois, Tennessee State and Murray State, are competing for the final three slots.

The determining factor of what team will not make the OVC Tournament seems to be the outcome of Thursday's game between the two teams currently tied for eighth place, Tennessee State and Murray State.

Both teams are 2-10 in conference play and will meet at the Regional Special Events Center in Murray, Ky.

Tennessee State defeated Murray 78-70 in Nashville, Tenn., Feb. 6.

"We're fighting," Murray State head coach Eddie Fields said. "We're really fighting for a place in the conference tournament. It's really a must win for us as well"

The Tigers realize the advantage Murray has getting to play on its home court.

"It will be extremely tough," Tennessee State head coach Valencia Jordan said. "Since they've been in that new arena, we have not played well for whatever reason, but what is important is that we understand the importance of the game."

Fields knows his team needs to take advantage of playing at home.

"We think it's an advantage," Fields said. "We really need to play well. When they beat us at their

"We're fighting for a place in the conference tournament."

—Murray State head coach Eddie Fields

place, they did really well on the offensive boards and shot their free throws well."

Fields also said his team's play-off hopes probably rest on the result of Thursday's game.

"If they beat us, we probably won't get in (to the OVC Tournament)," Fields said.

Barring a barrage of upsets in the coming weeks, the rest of the teams in the conference will not worry about qualifying for the tournament, but will worry about where they will be seeded.

After a pair of losses last week to Murray and Tennessee-Martin, Eastern fell from one game out of fourth place to three games out, eliminating the Panthers from contention of hosting a home tournament game.


With three games remaining on the their schedule, the Panthers can only tie Morehead State and Tennessee-Martin, both 7-6 in the OVC for fourth place. Eastern loses the tiebreaker against both teams.

Eastern must now jockey for position to determine who they will face in the first round of the OVC Tournament, but it will not be an easy task.

The Panthers must face first-place Austin Peay, who is undefeated in OVC play this year.

Eastern must play Tennessee State and Tennessee Tech on the road with the notable handicap of being the only team in the OVC without a road victory this season.

Facing a probable road game in



### Women's Basketball Standings

	OVC	OVERALL
Austin Peay	11-0	19-3
Eastern Kentucky	10-3	18-7
Southeast Missouri	9-4	15-9
Morehead State	7-6	14-10
Tennessee-Martin	7-6	10-14
Tennessee Tech	4-8	9-14
Eastern Illinois	4-9	5-19
Tennessee State	2-10	4-18
Murray State	2-10	6-17

#### Monday's Results

Morehead State 86, Eastern Kentucky 80  
Murray State 79, Eastern 73  
UT-Martin 60, Southeast Missouri 59

#### Thursday's Matchups

Austin Peay at Eastern  
Tennessee State at Murray State

#### Saturday's Matchups

UT-Martin at Eastern Kentucky  
Murray State at Morehead State  
Austin Peay at Southeast Missouri  
Tennessee Tech at Tennessee State

the first round of the OVC Tournament, Eastern head coach Linda Wunder addressed how her team would prepare for it.

"When you're the underdog going into a game in the tournament, you have to sell your team on the idea that any team can win on any given night," she said.

SWIMMING

# Down the stretch

◆ *Panthers end season this weekend at tourney*

By Michael Gilbert  
STAFF WRITER

Eastern men's and women's swim teams will end their season this weekend at the Midwest Classic Championships held in Indianapolis. The men will be looking to erase the bad memories of their last performance Feb. 8, when they were defeated by the Saint Louis Billikens 125-112.

The Panthers will once again face tough competition. Local rival Western Illinois will be at the event along with Indiana University at Purdue University, Eastern Michigan and Valparaiso.

"Western Illinois is the definite favorite," head coach Ray Padovan said. "After that Eastern Michigan, IUPUI and us are all bunched together."

Despite the Western men's disappointing 3-8 record, the Leathernecks did defeat the Panthers 144-79 last November. Recently, Western finished second in the Mid-Continent Conference Championships. The Leathernecks placed higher than IUPUI.

Besides talented challengers, the Panthers will head into the weekend meet without any male divers. This is a problem Padovan has had to deal with all year and he knows it will play a factor in Indianapolis.

"It (lack of divers) hurts a lot and we will lose points because of it," Padovan said. "Hopefully other people will step up (this weekend) and we will deal with the diving situation next year."

Padovan is not looking for any individual to step up, rather he is expecting the whole team to be at its best.

"It's the end of year so we need everybody," Padovan said. "The best people will place the highest."

Since the Panthers last meet two weeks ago, the team has went through light practices, which

Padovan said could lead to better times and the possibility of records being shattered.

"You don't see many records broken during the regular season," Padovan said. "But now a lot of personal bests and records will be set because the teams have had time to recover and rest."

Last year at the Midwest Classic Championship, senior co-captain Josh Kercheval set three school records and was named Most Outstanding Swimmer of the Midwestern Classic Conference.

Kercheval will be competing in the 200-yard individual medley, 400-yard individual medley, the 200-yard backstroke and four or five relay races.

Joining Kercheval on most of the relay races will be senior Nic Cheviron, junior Rich Wahlgren and sophomore Tom Watson.

"Our strongest relays are the 800-yard free relay and 400-yard free relay with Josh, Nic, Rich and Tom," Padovan said.

The women's team is also looking to put a poor performance against Saint Louis behind them when they hit the pool this weekend. Padovan believes the women are one of the top teams competing.

"It's pretty much three teams at the top with Eastern, Western and IUPUI all about equal," Padovan said.

One key for the Panthers will be how the talented freshmen duo of Claire Garvey and Jenny Curry respond after a disappointing meet against Saint Louis.

"They have been doing such a great job all year long, but last meet they really struggled, especially Claire," Padovan said. "Hopefully two weeks of rest will help."

Health is one concern Padovan will not have to worry about. Both the men and the women were dealing with sickness last week, but as of Wednesday both teams are at full strength and swimming.

The Midwest Classic Championship will begin Thursday and run through Saturday.

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WRESTLING

# Panthers finish season against No. 15 Purdue

By Joe McNellis  
STAFF WRITER

It is conceivable heading into Saturday's showdown against nationally-ranked Purdue at West Lafayette, Ind., Eastern might be nervous, but not this team. The Panthers have grown accustomed to playing the role of David trying to slay Goliath.

The Panthers will make the 150-mile trip to Purdue Saturday to match up against the No. 15 Boilermakers in the final dual meet of the season.

When Eastern steps foot in Purdue's home arena, the Intercollegiate Athletic Facility, they will be ready for the test.

Eastern has already faced many tough opponents including No. 11 Missouri, No. 14 Northern Iowa and No. 20 Northern Illinois. The Panthers have also faced Big Ten powerhouses Indiana and Northwestern, the latter defeating Eastern by a slim 21-20 margin.

The Boilermakers will be yet another tough match for the Panthers.

But head coach Ralph McCausland said; however, the Panthers will be ready for them.

"I think we've wrestled just about every single match or tournament against ranked teams with the exception of maybe three or four," McCausland said. "We scheduled them seasons in advance knowing we would be able to compete. If you don't compete against the best, you won't be the best."

The Panthers have been able to compete this season as they have compiled a 4-12 record in dual meets battling the nation's best every match.

Purdue has a record of 14-4 on the year and has two matches on Saturday. The first will be against the Panthers in a matinee while the second will see Michigan match

*"If you don't compete against the best, you won't be the best."*

—Ralph McCausland

up against Purdue later in the evening. Eastern has a lot of motivation heading into the final meet of the season before the NCAA West Regional comes to Lantz Arena March 8. If the Panthers make a strong showing on Saturday, they can gain some momentum heading into the regional.

Although the Panther squad has been battling injuries all year, the lineup is just about back to where McCausland wants it to be as the season draws to a close.

"When we created the schedule, we knew who our personnel was going to be," he said. "It's just a matter of hoping your personnel holds up. Now we have almost everybody back in the lineup."

Not only will it be the last team match of the year, it will also be the final dual in Frank DeFilippis' career. DeFilippis is the lone senior on the wrestling team this year.

DeFilippis, the reigning West regional champion at 157 pounds, has been one of the Panthers battling injuries all year as he has been sidelined twice for two weeks each with a torn biceps. He has battled back to post a 14-3 record as he prepares for his final dual meets.

"I am pretty sure I should come up victorious if I wrestle like I have been," said DeFilippis. "I'm just going to go out there with the mind set that it is my last dual (meet) and I'm going to wrestle like it."

dence," Loos said. "I think when we played that game we were 1-2 (in conference), so to take that game and even up our record helped us move up the standings."

Loose also commented on Thursday's game and said he understood how much senior guard Henry Domercant means to the Panthers.

"We do play good defense and have been playing well at the offensive end lately," Loos said. "But for them, you have to start with Domercant, but he is certainly not the only thing they have."

Eastern will have to prove this comment to be true in order to beat the Governors this time around.



COLIN MCAULIFFE/PHOTO EDITOR

Sophomore guard Lauren Dailey dribbles upcourt during a recent game. Dailey and the Panthers will face undefeated Austin Peay Thursday.

## Perfection:

CONTINUED FROM PAGE 12A

Murray State with nine points and a career-high nine assists.

## Seidlitz:

CONTINUED FROM PAGE 12A

and seemingly washed up as a boxer.

Not only can boxing promoters not sell any other fighter, but they can't even sell out a Tyson fight anymore, simply because not enough people believe he is any type of

Don't expect the Governors to be overconfident coming to Charleston as the overwhelming conference leader.

"Every game that we play we know that we can lose," Austin Peay head coach Susie Gardner said.

force in the ring. Because of this, promoters and boxers have to stage antics, preferably with Tyson as the headliner, just to get interest.

This just in: Nobody actually knows if this fight is going to happen or not. Instead people would just rather sit back and hear what happens with him outside the ring and have a chuckle at his expense.



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# SPORTS

Panther sports calendar

THURSDAY	W basketball vs. Austin Peay	5:15 p.m. Lantz Arena
	M basketball vs. Austin Peay	7:10 p.m. Lantz Arena
	Swimming at Midwest Classic Championship	
FRIDAY	M/W track at Friday Night Special	Lantz Fieldhouse
SATURDAY	Wrestling at Purdue	1 p.m.

THE NEXT ROUND



Aaron Seidlitz  
STAFF WRITER

## Will Tyson fight? It's a nail biter

This just in: The Mike Tyson fight against Clifford Etienne, scheduled for Saturday night, has been canceled.

And so the Tyson saga continues, even for those who just wish it would go away once and for all. Throughout all of his trials and tribulations, Tyson is still here and he is still considered the top draw for his sport.

More than anything, it should show what the state of boxing has become. No longer does it have the capacity to replace one good boxer with another — otherwise, Tyson would not have been the main man in boxing for a while now.

Boxing, at least in the heavy-weight division, doesn't have the same amount of talented and attention-grabbing boxers as it used to. Take, for example, the 1960s after Muhammad Ali was banned from boxing, he was replaced with Smokin' Joe Frazier who was, in turn, beaten by George Foreman.

All three of these former boxers, if any was to enter the sport at their prime now, would be better to watch than Tyson at this point of his career. I don't know if anybody could be as exciting in a terrifying way, as Tyson was in his prime.

But his prime has passed him. All you have to do is ask the Heavyweight Champion of the World Lennox Lewis who left Tyson with both eyes cut and swollen and a bloody nose after their last fight (if you could call such a one-sided beating a fight).

This just in: The Tyson fight scheduled for Saturday night is back on.

And so the Tyson saga continues. At the same time people are saying (and don't laugh) he has some mental problems and probably shouldn't fight. This is quite a startling discovery considering anybody who has heard Tyson's antics in the past decade understood this concept already.

The most recent events supporting Tyson's mental instability include his claims to have been bed-ridden for the past five days with the flu. Other rumors have circled that Tyson has been experiencing back problems. Either way, is it an excuse for a boxer to skip town for a couple of days while training and get some sort of African tribal tattoo covering up the majority of the left side of his face?

What boxer in his right mind would get a facial tattoo less than a week before he has to go and fight a person whose main objective will be to hit his already sore face as hard as he can? Tyson might as well have tattooed a bullseye on the left side of his face for Etienne.

More importantly, and sadly, this is all boxing has to offer anymore. Their main attraction for the ticket gate and the press is still Tyson, even though he is mentally unstable

SEE SEIDLITZ ♦ Page 11A

MEN'S BASKETBALL

## Could this be the end at Lantz?



COLIN MCAULIFFE/PHOTO EDITOR

Panther senior guard J.R. Reynolds drives to the hoop during a recent home game. Reynolds and the rest of the Eastern men's basketball team must bring its 'A' game tonight against second-place Austin Peay.

♦ *Pivotal game against Austin Peay could position Panthers' postseason standing*

By Aaron Seidlitz  
STAFF WRITER

Eastern head coach Rick Samuels is not as confident as he usually is before the Panthers play a home game.

"They're really good," were the first words out of Samuels' mouth when he was asked about their 7:10 p.m. meeting with Austin Peay Thursday.

While Samuels may be a little worried about playing the second-place Governors, the Panthers still need to pick up this win since they have three games remaining in the regular season. It could be Eastern's last home game of the year, where the team is 9-2 this season.

It will be the last game in Lantz Arena for the Panthers' five seniors if they can't work their way into the top four teams in the Ohio Valley Conference standings.

It could be a difficult accomplishment for Eastern with games remaining against the Governors and third-ranked Tennessee Tech.

"We want to focus on the next game, but we just can't ignore the upcoming games and the impact they will have on positioning in the conference tournament," Samuels said. "But overall, we just want to play the best we can right now."

Both teams head into this matchup with a clear memory of the first battle the two squads had earlier in the year. The game went into overtime with the Governors coming out on top by seven points.

After losing that game, the Panthers have won six of their last eight and enter playing their best basketball of the season. Their last win put the team over the .500 mark, where they have been hovering around for the past month.

Adding more intrigue to this game will be the rivalry the two teams seem to be building up. With the last matchup going into overtime, close games seem to be the norm for these two teams.

"I think we just match up really well with each other right now," Samuels said. "It is hard to tell whether this is a rivalry because all the games within the OVC have been so close this year, but the players do seem to get a little more juiced up for this game."

SEE END ♦ Page 11A

WOMEN'S BASKETBALL

## Panthers will try to stop Peay's perfection

Matchup breakdown



Austin Peay  
Governors (19-3, 11-0) at Eastern  
Panthers (5-19, 4-9)

WHEN: 5:15 p.m., Thursday  
WHERE: Lantz Arena  
RECENT RESULTS  
Eastern

♦ Murray State 79, Panthers 73  
♦ Tenn.-Martin 62, Panthers 58

Austin Peay  
♦ Governors 93, Tenn. State 45  
♦ Governors 76, Lipscomb 48

By Matthew Stevens  
SPORTS REPORTER

The magic number for Austin Peay to clinch a share of the Ohio Valley Conference regular season title is two, but the Governors want to make history in 2002-2003.

Austin Peay (19-3, 11-0) is striving to be only the fifth team in OVC history to end a conference season undefeated, and the team will try to do it by winning its fourth straight game in Lantz Arena.

The Governors are led by senior guard Brooke Armistead with nearly 17 points per game who is looking to sweep the Panthers in her four-year career at Austin Peay.

The Governors have won their last 14 games, 11 of them by 10 or more.

"They're a very difficult team to defend because they can beat you in so many ways," Eastern head coach Linda Wunder said.

Eastern (5-19, 4-9) is currently on a four-game losing streak and has lost 11 of its last 15 games since the beginning of January. The Panthers have 24 days separating them from their loss against the Governors, which ended with a score of 73-53 at Clarksville, Tenn., Jan. 27.

"I don't know if there's ever enough time to prepare for (Austin Peay)," Wunder said.

Thursday night will mark the final home game for center Brooke Gossett and forward Kayla Bloomer. Gossett has appeared in all 106 games as a Panther and is having a career year in points (10.1) and rebounds (5.3). Bloomer

is currently 26 points away from 500 in 103 career games.

The key to Thursday night's game could be at the free throw line, where Eastern was hurt in a pair of losses last weekend to Tennessee-Martin and Murray State. The Panthers' opponents were a combined 47-of-55 (85 percent), including 41-of-44 (93 percent) in the second half.

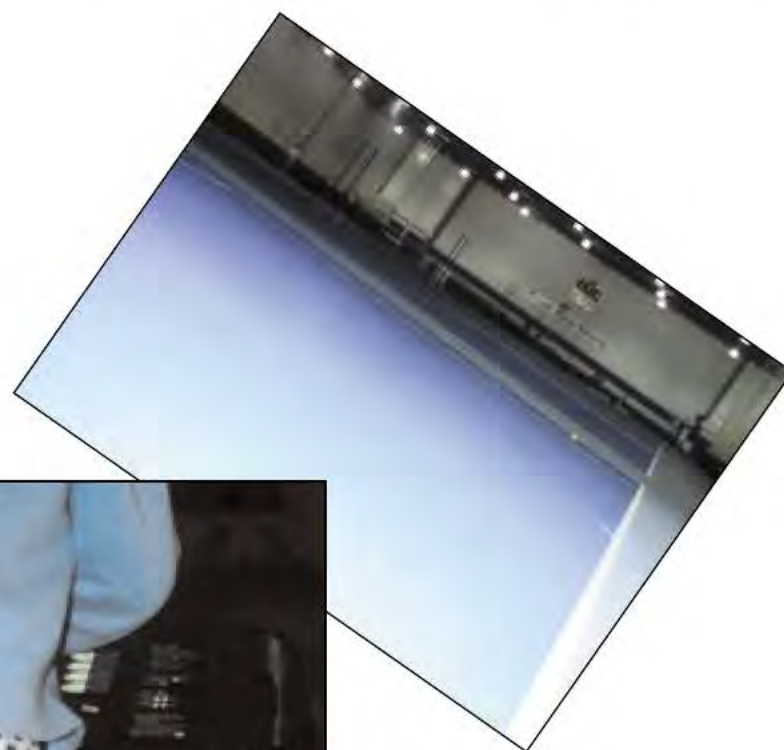
"I'm disappointed we didn't come away with a win because we put ourselves in a position to do that," Wunder said.

Panther fans can breathe easier with the return of guard Ashley Kearney over the weekend, who was out for five games nursing a sore back. Kearney nearly missed her first career double-double at

SEE PERFECTION ♦ Page 11A



# Where to get your butt in gear



COLIN MCAULIFFE/PHOTO EDITOR

The Student Recreation Center offers plenty more than treadmills and other workout machines. The rec also includes (clockwise from top left) abs classes, tennis courts, basketball and mountain climbing platforms.

## Student Recreation Center offers more than just weights, machines

By Brooke Bonnell  
STAFF WRITER

The Student Recreation Center and the Physical Education Department offer several programs and facilities for individuals who wish to get fit.

These include the student recreation center, aerobics classes, a pool facility, and the ATP lab, all of which are located in Lantz Building. Each of these programs and facilities offer unique ways to maintain or improve a healthier way of life.

Attendance numbers at the rec

are always high and are increasing. "The last week of January the rec averaged 2,500 daily visitors," said Ken Baker, director of campus recreation.

It offers aerobics programs and access to the pool facility for all members.

"The aerobics programs attendance at Eastern has increased tremendously over the years because we have invested more money in the program for a new sound system, mats, hand weights, exercise balls, and most importantly, instructors," Baker said.

Kathy Stoll, campus recreation

secretary, said the aerobics program has been running for over 15 years.

Students have shown great support for all of the aerobics classes offered. The aerobics program strives to stay current with the latest fitness trends, Stoll said. With the ever-changing industry, this is sometimes difficult.

The rec offers several different aerobics classes to accommodate personal needs. For toning and strength training classes the aerobics program offers Abs, Muscle Mania I and Muscle Mania II. Creative Cardiovascular, Box,

Simply Step, and Power Step are aerobics classes offered for a cardiovascular workout.

Students looking for classes that offer both cardiovascular and toning might attend Cross Training, Toning, or Aqua.

Sarah Zumbahlen, aerobics coordinator for campus recreation, is currently teaching newly offered Pilates and Mat Science classes.

All aerobics schedules are available on the web at <http://www.eiu.edu/~crecsrc> or they may be picked up at the rec's front desk.

Attendance in the aerobic pro-

gram differs from course to course and class sizes can range anywhere from 5 to 105.

Results of aerobic activity vary from individual to individual and class to class.

"Remember, almost everyone has a six pack somewhere. It is just a matter of removing what is located on top of that muscle," Zumbahlen said. The most highly attended class is Abs.

The campus pool is a facility that is shared by campus recreation, the physical education department,

SEE CENTER ♦ Page 8B



# How to eat healthy in Charleston

By Carly Mullady  
CITY EDITOR

Eastern students interested in healthy eating alternatives can turn to local restaurants for low fat meal options.

Beyond the dining hall salad bars and Subway in the Martin Luther King Jr. Food Court, Charleston may not appear to offer much healthy nourishment for college students interested in bettering their diets.

However, a few local restaurants offer healthy meal options on their menus or are willing to cater to those desiring low-fat options.

E.L. Kracker's offers a selection of low-calorie healthy meals. Krackers' salad bar is a healthy dining choice.

Also, specialty salads and light chicken dishes are offered as meals on the menu.

Specialty salads include spinach salads, cobb salads, grilled chicken caesar salads and the "Hot Chicken Nest."

"The spinach salad is a bed of spinach with mushrooms, tomatoes and onions," said Joe Pagone, assistant manager and bartender at E.L. Krackers.

The "Hot Chicken Nest" is a spinach salad with chicken strips layered on top.

Pagone said Krackers' grilled chicken caesar salad is a popular selection, especially during lunch hours.

"We have a lot of young college women ordering grilled chicken caesar salads," Pagone said.

Russ and Lynda's is willing to accommodate customers with healthy dining interests. "We have several items on the menu," said Russ Wittington, owner of Russ and Lynda's.



STEPHEN HAAS/ASSOCIATE PHOTO EDITOR

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asdfsdfkj

A variety of salads and meals made with fat-free ham are offered on the menu. Russ said meals are not limited to those listed, though.

"We'll fix up just about anything that anyone would want," he said.

Jitters and Bliss has a particularly large selection of healthy dining choices.

A menu of sandwiches and salads lists healthy eating alternatives beyond the 'bliss'ful desserts the restaurant is known for.

Keith Bliss, owner of Jitters and Bliss and

Java B&B, said he tries to offer a wide selection of gourmet salads and sandwiches.

"My menu is similar to places like Panera Bread Company, only set into the small-town Charleston atmosphere," Bliss said.

Fresh vegetables, gourmet breads and olive oil are the ingredients of Jitters and Bliss' meals. The restaurant also offers fruit smoothies and gourmet teas.

"I buy the best possible ingredients for a quality European menu," Bliss said.

One of Jitters and Bliss' healthiest options is its portabello mushroom sandwich.

It is a vegetarian sandwich with a grilled portabello mushroom, peppers and artichoke hearts.

Bliss said he has been surveying his customers to accommodate their interest in a healthy menu.

"I want to get into different kinds of gourmet salads and panini sandwiches," Bliss said.

Low-carbohydrate foods and low-fat muffins are also future menu items.

Healthy items are selected by about half of Jitters and Bliss' customers, Bliss said.

# Fad diets not near fabulous, full of fibs

By Tim Martin  
CAMPUS EDITOR

The names of some fad diets sound anything but healthy.

They call themselves the Russian Air Force diet, the Slim Fast Jump Start diet and the Scarsdale diet plan.

But if the saying is you can't judge a book by its cover, can you judge a fad diet's health by its name?

"It depends what diet you're talking about," said Jane Frankie, a registered dietitian from Sarah Bush Lincoln Hospital. "There are thousands of different kinds of diets. Most of the times they aren't safe or effective."

Beth Cavallero, a graduate student nutrition education coordinator, also said fad diets are ineffective.

"Generally, they don't work after a short period of time," she said. "And fad diets usually only have

## Fads aren't rad

Jane Frankie, a registered dietitian at Sarah Bush Lincoln Hospital, said most fad diets aren't safe. Here are some to watch out for:

- ◆ Russian Air Force diet
- ◆ Slim Fast jump start diet
- ◆ Scarsdale diet plan

you lose water weight or bone structure."

The long-term effects of a fad diet can be disastrous to a person's health.

"When I give students weight counseling, I tell them that a safe amount of weight loss each week is one to two pounds," Frankie said. "If a diet guarantees more than that, it can cause you to lose body fluid and that will only dehydrate yourself."

Cavallero also points out the pos-

sible health risks of fad diets.

"I know it sounds very enticing to lose weight quickly, but as soon as you go back to a normal diet you gain it right back — we call that yo-yo dieting," she said. "It's risky because you can mess with your metabolism, so that when you eat normal portions, you'll gain weight."

There are a number of danger signs that Frankie said to look out for.

Frankie said if a diet "promises you the moon," or if the diet only allows you to eat one type of food, those are warning signs the diet will not work.

"Look at what the diet plan actually specifies," Combs said. "If they don't follow the guidelines for the food pyramid, or if they cut out

one food group completely, I would say that is pretty suspicious."

Cavallero said she doesn't like the fad diets commercial.

"I get kind of upset because they make the diet seem so believable," she said. "And they put someone reputable on there like a doctor, but what people don't realize is that they usually don't have formal training in nutrition, so they aren't experts."

The alternative to fad dieting is a longer process that requires exercise and healthy food choices, not dietary or herbal pills.

"You can lose weight by cutting down on snacks and eating baked foods instead of fried," Frankie said. "A college student might be able to lose four to eight pounds for spring break (if they started

today), but they aren't going to drop four dress sizes."

Cavallero said students need to be motivated to diet.

"I think they need to be motivated to change their lifestyle," she said. "They have to think how much they want to do this. It depends on the person inside."

Regardless of the facts, many college students use fad diets because of the pressure of a New Year's resolution or spring break.

But the process is something that should have been started much earlier than January or February.

"Students need to start planning for spring break in the fall semester before Christmas, before they get all those Christmas goodies in them," Frankie said.

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# The hot, dark truth about tanning

By Jessica Caudle  
STAFF WRITER

Some students have turned to tanning beds to get the darker complexion.

However, there are some side effects that come with lying in that bed.

"I don't recommend it, but if you do it, do it in moderation," said Eric Davidson, assistant director of Health Services.

The American Cancer Society states the ultra violet rays in tanning beds can cause possible eye damage and harm to the immune system.

Even though tanning salons are required to clean the beds between uses, tanning beds can be the breeding ground for bacteria and viruses.

Tanning accelerators commonly found in tanning salons are not approved by the Food and Drug Administration, Davidson said. Tanning pills, which are available on the market have caused eye troubles much like the problems

caused by the ultraviolet rays.

Other consequences of tanning are premature aging and an increase for skin cancer, he said.

Mark Sosaman, owner of The Body Shop in Charleston said: "We take precautions ourself."

The health department has regulatory standards for Sosaman's salon as well as others, such as a client is only allowed to tan only once every 24 hours.

Students had mixed emotions about tanning beds.

Freshman special education major Katie Neeley said she tans because it makes her complexion clearer.

Junior physical education major Anne Wierzbicki said she does not tan because it looks too fake and is worried about tanning beds causing cancer.

Sosaman thought a ratio of 70 percent females and 30 percent males tan.

While more men are getting into the tanning beds, some still think it is for the women.

Freshman graphic design major



STEPHEN HAAS/ASSOCIATE PHOTO EDITOR

Jessie Huls, freshman undeclared major, gets ready for Spring break by working on her tan on Wednesday afternoon at Tan Lines on Lincoln Avenue. Huls will be going to Florida with friends to visit a friend.

Alex Nicol said he doesn't tan because he stays dark enough all year round and doesn't want to risk cancer.

Bronzers and self-tanning foams, creams and lotions have been approved by health officials as ways to achieve a darker look.

"I limit my sun exposure (or tanning), have a decent sun protection factor and keep well-hydrated," Davidson said.

# Parlor owner: No hepatitis risk exists from tattoos

By Avian Carrasquillo  
STUDENT GOVERNMENT EDITOR

Kenny Alexander, who owns a tattoo parlor on Lincoln Avenue, said 80 percent of his clients are Eastern students.

But the majority of students will have to wait until they turn 21 before they can get a tattoo at Alexander's, where all potential customers must present identification and fill out a form before they can get a tattoo.

Alexander said trends in tattoos change all the time.

"The most popular tattoos for men now are tribal tattoos on the arm. The most popular tattoos for women are butterflies and flowers on the lower back," Alexander said.

Alexander said the pain of getting a tattoo is more comparable to a burning sensation than the feeling of being pricked by a needle.

Alexander said no high risk of hepatitis exists from getting a tattoo, contrary to the common myth.

"You're more at risk of getting hepatitis from a public restroom than here," Alexander said.

The needles at Alexander's parlor are disposed of after every use, and then the tube which holds the needle is disinfected for 48 hours in metracide, a germ-killing agent used in hospitals.

"A lot of people worry about the needles, but nine out of 10 places dispose of the needles," Alexander said. "Your primary concern should be the tube that holds the needle because of it is not disinfected correctly could potentially spread a disease like hepatitis."

Tattoo prices vary by size and location, and amount of detail.



STEPHEN HAAS/ASSOCIATE PHOTO EDITOR

Kenny Alexander, owner of The Ink Spot, works on a tattoo on Saturday afternoon in his shop. Alexander said the most popular tattoos include tribal symbols, butterflies and flowers.

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# He'll pump you up

◆ *Lotz enjoys his job as personal trainer in student rec center*

By Meagan Brusnighan  
STAFF WRITER

Paul Lotz, a 20-year-old sophomore physical education major, has been working as a personal trainer at the Student Recreation Center for a year and a half.

Lotz decided to become a personal trainer while researching a speech on physical fitness when Ken Baker, the director of campus recreation, told him about the personal trainer job.

Baker then gave Lotz information on the American Council of Exercise certification exam.

The certification meant Lotz is qualified to construct a workout schedule for clients. "Every workout is different and constructed to fit around each person's needs," Lotz said. "The best type of workout is weight training, along with cardiovascular exercises."

Angela Peterson, a freshman accounting major, reserved a spot with Lotz for Monday afternoon to talk about her schedule.

She hadn't heard about the personal trainers until she saw the signup binders at the rec.

"I'm not sure what to expect," Peterson said.

Lotz, a full-time student, spends much of his time in classes and on homework, but is able to spend about 15 or 20 hours a week at the rec.

Lotz said he enjoys the time he spends there. Stefanie Steele, a senior physical education major, has been working with Lotz for three weeks. She played softball in high school and at another college before transferring to Eastern.

### The Paul Lotz file

- ◆ Occupation: Physical trainer at the rec
- ◆ Age: 20
- ◆ American Council of Exercise certified trainer
- ◆ Spends an average of 15-20 hours at rec
- ◆ Future plans: High school teacher

*"Giving people the motivation and watching them reach their goals (is the best part of being a trainer)."*

—Paul Lotz

Steele said working with Lotz helps keep her in shape.

"Paul knows what you need to do get fit, but he's also very flexible with the hours he sets up for you," Steele said.

And Lotz said he gets satisfaction from helping clients.

"Giving people the motivation and watching them reach their goals (is the best part of being a personal trainer)," he said.

He said he plans to be a high school teacher after graduating, but will keep his options open.

Students or faculty members who want to make an appointment with Lotz need to sign up at least 24 hours in advance, and the first meeting will be a consultation to discuss what kind of fitness program will best suit a client's needs.



COLIN MCAULIFFE/PHOTO EDITOR

Paul Lotz, a junior physical education major and personal trainer, helps Stefanie Steele, a senior physical education major, with her workout program. Students can make appointments to have Lotz help them, as well.

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# ‘Bionic Woman’ helps rec patrons reach fitness goals

By Evan Hill  
STAFF WRITER

Who needs a personal trainer, when you can have the “Bionic Woman?”

Meg Gozdecki, a junior finance major, has been motivating students at the Student Recreation Center since her freshman year, and her tireless work ethic has earned her the nickname among her friends.

Gozdecki worked at health clubs around the Chicago area before she earned her diploma from Mother Guerin High School.

Even though she plans to pursue a career in finance, she will continue personal training on the side.

Though she started out teaching aerobics classes at the rec, she recently became a nationally-certified personal trainer.

The certification, given by the Aerobics and Fitness Association of America, required her to complete a 20-week course dealing with a broad variety of topics, which include physiology, kinesiology, exercise science and the ethics and standards of the profession.

“I really like being able to help someone reach their fitness goals, whatever they may be,” Gozdecki said. “Exercise is so important, and anything I can do to encourage someone to work out and live a healthy lifestyle makes me feel that much better.”

Gozdecki’s friends and co-workers attest to her abilities as a fitness instructor.

Sarah Zumbahlen, a graduate assistant communication disorders and sciences major and aerobic instructor supervisor, said Gozdecki works well with her

*“Anything I can do to encourage someone to work out and live a healthy lifestyle makes me feel that much better.”*

—Meg Gozdecki

clients.

“As far as her personal training, she is very experienced and a good one to go to,” she said. “She makes people comfortable with who they are and is a good person to go to for advice.”

In addition to Gozdecki’s duties as a personal trainer, she teaches several different aerobics classes each week.

Zumbahlen sometimes has to tell her to slow down.

“I have to tell her not to be over there. She’s there teaching aerobics class, personal training, and then she goes there to hang out,” she said.

Julie Kluck, a senior speech communication major, spends a lot of time working out and hanging out with Gozdecki, and she said Gozdecki’s unbreakable optimism is one of the pillars of her personality.

“Every time that we’re together, even if we’re going to Wal-Mart, she makes the best of every situation,” Kluck said. “Even if it’s an activity that’s not fun. That’s one of the reasons why we became such good friends.”

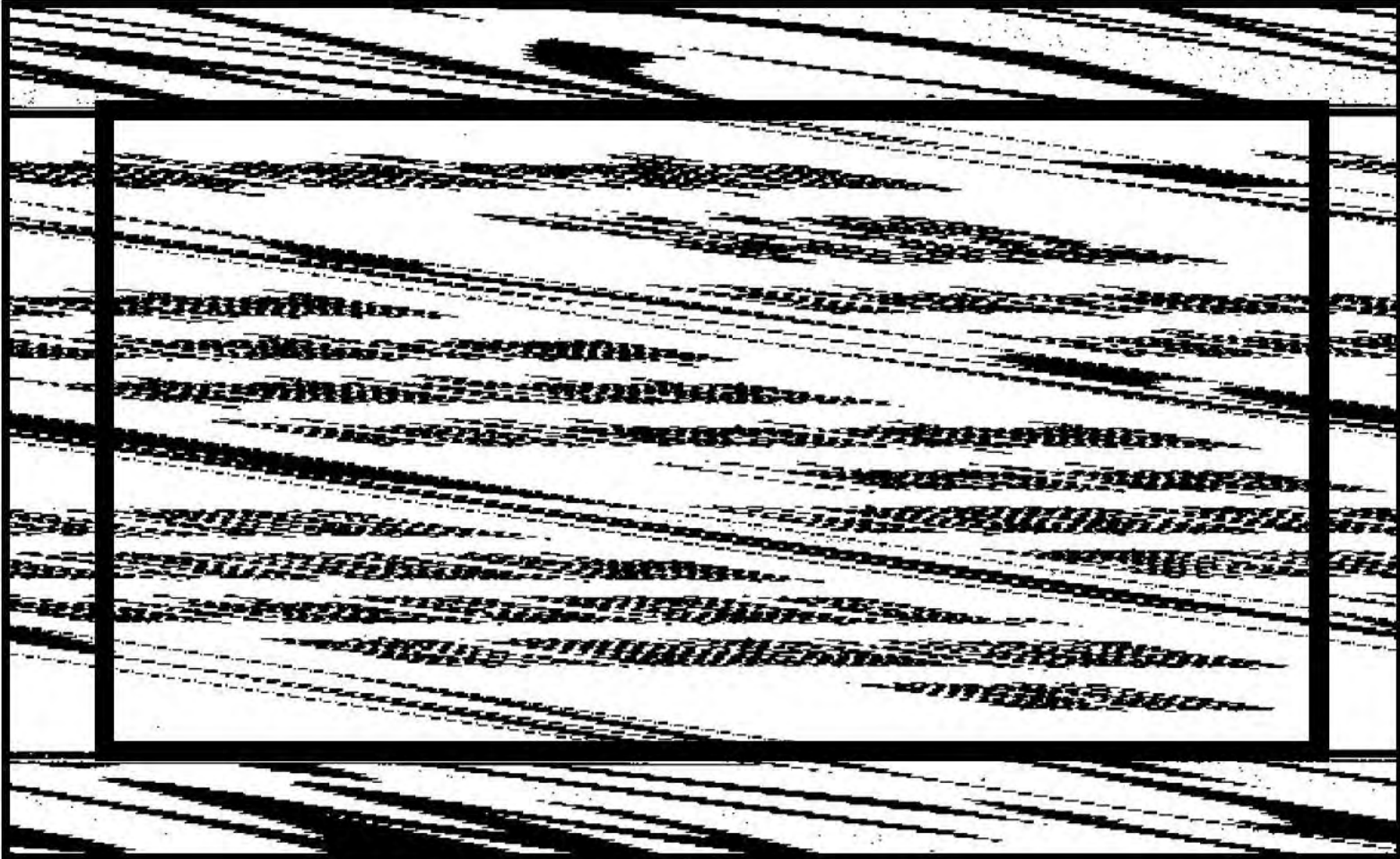
Kluck is surprised how Gozdecki can handle her schedule.

“No one knows how she does it,” she said.



COLIN MCAULIFFE/PHOTO EDITOR

Meg Gozdecki, a senior finance major instructs Sam Tableriou, a junior art major, on proper technique for lifting weights. Gozdecki is one of two personal trainers at the Student Recreation Center.



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# Intramurals break daily routine

◆ Eastern's program features variety of sports, tournaments, events

By Nathan Hall  
STAFF WRITER

Activities in Eastern's intramural program can give students an outlet away from the daily grind.

The intramural program offers team sports, singles-doubles tournaments and special events such as softball, kickball and basketball.

"Volleyball in the fall and basketball in the spring are the most popular sports by far," said Kevin Linker, assistant director of campus recreation.

The Student Recreation Center houses most of the indoor events, and the fields outside of the center are where most of the outdoor events are held, he said.

"Plans are underway to start working on new fields this summer, and two of the four new fields will be lighted," Linker said. "We hope this will increase participation."

For team sports, greek organizations and residence halls each have their own league while teams independent of an organization can participate in either league. Teams play four or five games during the regular season and then face a single-elimination playoff, he said.

Special events winners are determined on the day of the event, Linker said.

"Greek divisions have a point champion, so they get trophies. All intramural champions get intramural champion T-shirts that are pretty cool," he said.

The rewards of participation in intramural activities go beyond just a T-shirt, said Beth Cavallero, a nutrition education coordinator in Eastern's health education department.

"A regular activity plan can help students in maintaining and losing weight — and also can reduce the risk of certain diseases later in life such as cancer and diabetes," she said.

Intramurals offer students an outlet, said Peter Shoop, a rec employee.

"Extra-curricular activities provide fun and give a student a positive outlet," he said.

Linker said students participate, "because they like the competition, but



COLIN MCAULIFFE/PHOTO EDITOR

Jackie Andrews, a freshman marketing major, gets ready to shoot during a recent intramural basketball game. Andrews was on team Zippers.

it is about fun, also."

Eastern's intramural program offers activities distinguishing it from other university programs.

"Our intramural program is very competitive," he said. "I think we have a lot to offer compared to other programs. Participation is definitely better compared to other schools. We try to provide something for everyone as long as safe-

ty comes first."

Comparatively, Eastern, Western Illinois and Illinois State universities offer almost the same programs according to their Web sites. Western offers dodgeball, one activity that neither Eastern nor ISU provides students.

Student may visit the rec online at [www.etu.edu/~crecsrc](http://www.etu.edu/~crecsrc) for a listing of Eastern's activities and events.

# Skipping breakfast to sleep unwise

By Avian Carrasquillo  
STUDENT GOVERNMENT EDITOR

Many students at Eastern and anywhere pass on breakfast every morning in favor of extra sleep.

But Melanie Burns, dietetics coordinator for the School of Family and Consumer Sciences, said breakfast is the most important meal of the day and shouldn't be ignored.

"If you take the word breakfast, break-fast, it breaks the fast," she said. "If you go without break-fast, then your body has gone without nourishment since dinner."

Eating breakfast boosts energy to start the day.

"You need energy to start the day," Burns said. "If you eat breakfast it increases your metabolism; it helps to supply your body with energy. If you eat breakfast, your percent of calorie intake stays at a constant level."

Breakfast also helps the body stay nourished, Burns said.

"Otherwise when you get really hungry from skipping a meal, you could find yourself going to a vending machine to get some unnecessary fat grams," she said.

Graduate student Beth Caballero, a nutrition education coordinator for Health Services said people who eat breakfast do better in early morning classes and tend not to overeat throughout the day to compensate.

"There's no guarantee that eating breakfast will help you lose weight; it depends on what you eat," Caballero said. "If your breakfast consists of 12 strips of bacon, then you're not going to lose weight."

The American Dietetics Association reports students who don't eat breakfast may find concentration is harder, verbal fluency is impaired and muscle contractions are delayed.

On average, breakfast eaters are better prepared for the day and are less likely to be overweight, the ADA said.

*"If you go without breakfast, then your body has gone without nourishment since dinner."*

—Melanie Burns

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# Campus health clinic offers many medical services

By Joe Delcorse  
STAFF WRITER

The campus health services building provides a quick and convenient way for students who need health care.

Most students use health services to obtain a doctor's note for a missed class, but students need to know all of the services offered because it can be beneficial to their health.

Lynette Drake, director of Health Services, said student health is of the utmost importance.

"It is important for college students to learn how to take care of themselves because it is the first time that they actually have to take responsibility for their own health," Drake said.

Health Services mainly accommodates students for upper respiratory illnesses such as the flu.

The health center also offers dozens of over-the-counter drugs for students at a substantially lower price than most pharmacies.

"Part of our mission is to try and help students manage their own health," Drake said.

Health Services offers more to students than just medicine. Just by looking at the brochures at Health Services, one can discover the many programs for students.

Some of the programs offered to students are nutritional analysis to help students organize a balanced diet.

"Everyone needs an outlet to get away from everyday rigors of being a college student," Drake said.

Health Services also offers classes for students with drug and alcohol problems and can directly connect someone to local Alcoholic Anonymous group meetings.

Health Services also has plenty of information about birth control options, sexually transmitted

infections and safer-sex practices.

The latest program the health center has organized is external clinics. External clinics are programs when the health center sends nurses from the service center to give out shots for tuberculosis testing or meningitis immunizations for students.

"Over 350 students received meningitis immunization shots for during last summer's freshmen orientation," said Drake.

The health center always has a tel-a-nurse Monday through Friday from 7:30 a.m. to 6 p.m. and on Saturday from 10 a.m. to 2 p.m. on duty taking calls from students with questions or to make an appointment.

"I think that the tel-a-nurse on phone is the most important thing to students to know about because if students do not know what is wrong with them, then they have a professional that is ready and willing to help," Drake said.

Health Service has a lot of information about sexually transmitted infections.

"One in every four people are infected with a sexually transmitted infection by the time they are 23," Drake said. "It is important to communicate with your partner and to be able to trust that person. It is sad to tell someone that they are diagnosed with something for the rest of their life."

That is why the health center is essential for students to take advantage of all of the services that are offered right here on campus, Drake said.

"It is important to stay healthy, eating right, getting enough sleep and managing stress," Drake said. "Taking health precautions is very important for students to keep in mind because college kids get sick for a long time because they don't take proper care of themselves."



Health Service employee Mary Russell checks out an x-ray with former community health major Erica Pixley. Health Services offers educational materials, women's health care and physical exams.

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# Rec Center always adding features

◆ *Center houses 70,500 square feet of equipment, courts, tracks*

By Adam Testa  
STAFF WRITER

On an average day, the Student Recreation Center serves about 2,300 students who use exercise equipment, participate in events and programs and use personal trainers.

The rec center covers 70,500 square feet and contains more exercise equipment than any other Illinois state school, said Ken Baker, director of campus recreation. The equipment found inside the rec is constantly being replaced with new equipment.

"We're always turning over equipment. It gets so much use," Baker said.

The rec center contains more than 50 pieces of workout equipment including treadmills, stair steps, other machines and a climbing wall.

Baker said the large amount of equipment is great for students and also provides a challenge with the maintenance. The equipment is replaced with money from the student activity fees included in students' tuition.

"We made a decision to buy equipment instead of to pay staff," Baker said.

The rec center employs only three full-time employees whereas Western Illinois University pays 11 full-time employees at its recreation center, Baker said.

In addition to providing exercise equipment, the rec center also offers a variety of classes and programs to students. The two most popular programs are intramural athletics and aerobics classes, Baker said.

Darryl Kimble, a freshman English major, said, "Aerobics is a great way for me to try to keep in shape and it's fun and enjoyable."

Other programs offered at the

rec center include yoga, self-defense classes, fitness clubs and tennis clinics. Schedules for the programs are available at the rec center or on the rec center's Web site.

The rec center also employs two students as personal trainers. These students are American Council of Exercise certified, Baker said.

The learning material for the ACE certification training and the certification test are paid for by the rec center. These students are then paid \$6.25 per hour and are available to all students at no cost, Baker said. Professional personal trainers cost between \$30 and \$80 per hour.

One problem with the rec center, in the eyes of students, is the time that they have to wait to use the equipment.

"It's just really hard to get a basketball court there," said Jared Whitlow, a freshman computer information systems major.

Statistics show the busiest time at the rec center is from 4 p.m. to 6 p.m., Baker said. The least busy times are from 5:30 a.m. to 11:00 a.m. and from 11:00 p.m. to midnight. January and February are the busiest months of the year.

Baker said the rec center staff thinks being busier is better because it means that students are using the equipment and getting their money's worth.

Two new intramural sports fields will be added to the rec center facilities soon, Baker said. These new fields will be lighted to provide for the opportunity for intramurals in the evening.

Baker said the addition of lighted fields would provide more students the opportunity to participate in intramurals along with their classes. Construction of these fields will begin soon.

The rec center is open from 5:30 a.m. until midnight Monday through Thursday, 5:30 a.m. until 10 p.m. Friday, and 10 a.m. until 10 p.m. Saturday and Sunday.



COLIN MCAULIFFE/PHOTO EDITOR

Renee Szaflarski, a junior elementary education major works on her abs during a recent abs class workout. Abs classes are held everyday at 3 and 6 p.m.

## Center: Rec Center needs more equipment, director says

CONTINUED FROM PAGE 8B

and athletics. This often creates a problem because there are only so many hours in the day.

"We certainly need another pool," Baker said.

The rec uses the pool facility for lap swimming and water aerobics.

The ATP lab offers the several kinds of fitness assessments such as blood pressure, heart rate, body composition, muscular strength and endurance, muscular flexibility and cardiovascular endurance assessments.

This particular program is designed to allow individuals to see what their fitness level is and also provided direction and guidance as to how to improve

the different components of fitness, at the same time it will let individuals currently in a workout program see their progress, Baker said.

Jill Owen, supervisor of ATP lab and Physical Education professor, and her staff, are able to set up personalized exercise prescriptions for cardiovascular endurance, muscle strength or endurance, and flexibility.

"The exercise prescriptions are individualized so whether a faculty, staff, or student wants to use the SRC or do home pro-

gram, we can accommodate to their needs," Owen said.

The ATP lab also provides weight-training orientations to the weight equipment in the SRC.

The ATP lab has been open on Eastern's campus for seven years. In that amount of time, the program numbers have grown tremendously.

"I believe more people are aware that we are here and know the services we have to offer," Owen said. "Also, we have more equipment and we have had advances in our technology."

Baker added, "The ATP lab attendance had indeed increased thanks to outstanding collaboration with the Physical Education Department."

Each semester the ATP lab does approximately 1,000 assessment and prescriptions, Baker said.

ATP lab assessments are provided to all faculty, staff and students free of charge on Mondays and Wednesdays from 9 a.m. to 6 p.m., Tuesdays and Thursdays from 10 a.m. to 6 p.m. and on Fridays from 8 a.m. to noon.

In Honor of African American Heritage Month

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At 8 P.M.  
**Thursday, February 20th**  
7th Street Underground

Sponsored by UB, African American Heritage Committee, & Black Student Union

**TIME IS RUNNING OUT!**

## IMMUNIZATION COMPLIANCE DEADLINE IS FEBRUARY 24!

FOR SPRING 2003 STUDENTS

**ILLINOIS LAW, PUBLIC ACT 85-1315**

Requires that all students born on or after January 1, 1957 entering a four year public or private institution of higher education, enrolling in 6 or more hours of on campus classes provide Health Service with proof of immunity by the 7th week of classes.

Immunizations are required for:

- \*Diphtheria/Tetanus (DT) within the last 10 years  
(International students are required to have 3 DT's)
- \*Measles, Mumps, and Rubella (MMR) 2 after 1st birthday

FAILURE to send your immunization records in to the Health Service will result in a \$25 non-compliance charge and a hold placed on the student's university records. If you have questions regarding your immunization records please call the Health Service at 581-3013.