

To tan or not to tan?
see Lifestyle

ALESTLE

ALTON ■ EAST ST. LOUIS ■ EDWARDSVILLE

◆ WEDNESDAY, JUNE 26, 2002

SOUTHERN ILLINOIS UNIVERSITY EDWARDSVILLE

Vol. 54, No. 64 ◆

Opel signs with the Baltimore Orioles

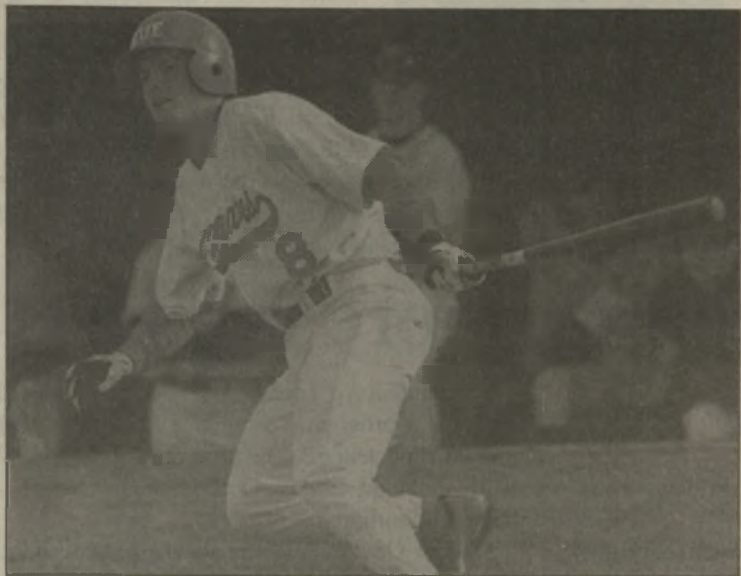


PHOTO COURTESY OF PHOTO SERVICES
Former Cougar Chad Opel was signed by the Baltimore Orioles.

Travis Ross
News Reporter

Southern Illinois University Edwardsville Baseball shortstop Chad Opel has been

signed by the Baltimore Orioles as a free agent.

The Edwardsville native is expected to join the Gulf Coast Orioles in Sarasota, Fla. The team plays in the Gulf Coast League, which is comprised of rookie ballplayers.

According to Opel, he is still in awe.

"I was disappointed at first when I didn't get drafted, but if you just rely on that, you get your

hopes up and then all of a sudden when you're not picked, you get down," Opel said in a recent interview with The Telegraph of Alton via telephone from Sarasota, Fla.

"I didn't want to do that. I kept positive and hoped for the best and here I am."

However, Opel said now that he has gotten his chance, he has to run with it.

"They just ant to see what I can do and how I can play," Opel said. "I just have to keep on being a utility man and continue to work my way in and hope things work out."

see OPEL, page 6

Career Highlights

.355 career batting average
.420 batting average in 2002

7th in NCAA Division II with
302 career hits

SIUE career record holder in
runs scored with 59
and doubles with 59

SIUE single season leader in
at-bats with 274
and runs with 82

Pepsi and SIUE sign contract

TRAVIS L ROSS
NEWS REPORTER

SIUE is switching from Pepsi to Coke.

According to Vice Chancellor for Student Affairs Narabeth Emmanuel, the switch will become official July 1.

"Both Coke and Pepsi provided strong bids for the SIUE contract," Emmanuel said. "Pepsi edged out Coke in areas of vending commissions, the opportunity to provide other beverages, including Coke in

Union Station and the Commons Grill."

According to Morris University Center Business Manager Jim McDermott, with the Pepsi-Cola contract SIUE will have the ability to bring in some competitive products.

"We will be able to bring in five products of our choice," McDermott said. "In all likelihood it will be Coke, Diet Coke and other products."

Emmanuel said he feels the nine-year contract with Pepsi has a lot to offer SIUE.

"Attractions of the contract include marketing opportunities for SIUE in Pepsi's high school calendar, the SIUE logo on the Pepsi trucks and the support for campus activities and events," Emmanuel said. "They will help us with campus life by giving us products and cash to make improvements."

Pepsi will also set up vending machines so students can buy soft drinks with their identification cards.

see PEPSI, page 2

Nursing school receives grant

CALLIE STILWELL
NEWS EDITOR

While state budget cuts are putting a crunch on students' wallets, SIUE has allocated more than \$120,000 in federal scholarship money for trainees in the master of nursing program.

The funding is part of \$22 million from the federal government to increase the number of nurses with higher degrees.

SIUE has been awarded \$50,000 for the Advanced Education Nurse Anesthetist Traineeship grant and \$68,000 for the Advanced Education Nurse Traineeship grant.

"They are for the student directly," School of Nursing Dean Felissa Lashley said.

"We've got about 25 students who will be assisted."

The yearly scholarship can cover books, tuition and fees.

To receive the scholarship, students must be in the master's degree program for anesthesia or nurse practitioner. To graduate from those areas of study, Lashley said it takes about 27 months for anesthetists and about two years for a nurse practitioner going to school full time.

"We've got approximately 500 students total," Lashley said. Nursing programs are offered at Springfield, Fairfield, Effingham and Carbondale through Southern Illinois University.

"We're looking into a master's program at Quincy," Lashley said.

An existing facility will be

used for the program.

The federal funding for the grants are through the U.S. Department of Health and Human Services. Acting Associate Dean for Education Services Wendy Nehring gathered the information to apply for the traineeship grant. There are criteria the school must meet to receive funding.

"We have to go through our records to see how many students we have that meet that criteria (in the master's program)," Nehring said. Information concerning course programs and the number of part- and full-time students is also included, and must be filed by November.

see NURSING page 2

Cool off in Cougar



CATHY CRATER/ALESTLE

The Cougar pool is open to anyone with a valid ID. Pool hours are from 12 to 6 p.m. The cost for membership is \$13 for students; \$45 for faculty, staff and alumni members; and \$60 for the public.



Call 656-UTAN (8826)

6455 Center Grove Rd., Suite 101
Edwardsville, IL 62025

**6 sessions for \$21.00
or 100 minutes for \$21.00**

must present coupon and SIUE student ID



SOUTHERN ILLINOIS UNIVERSITY
Edwardsville

WATER QUALITY REPORT - 2000

To: SIUE Students, Faculty and Staff

We are pleased to report that once again this year University tap water met all United States Environmental Protection Agency (USEPA) and Illinois drinking water health standards. Your water system had no violations of any maximum contaminant level and continues to be safe and dependable. We did, however, have a technical violation of the standards when we did not provide a copy of the 1999 Water Quality Report to all water customers by the July 1 reporting deadline last year.

The year 2000 Water Quality Report summarizes the quality of water that we provided last year including details about where your water comes from, what it contains, and how it compares to standards set by regulatory agencies.

We urge you to visit the Facilities Management website at <http://www.siu.edu/FACILITIES/> to view the complete report. Click on Water Report 2000 in the Features folder. A hard copy of this report also may be obtained by calling 650-2999 and asking for the 2000 Water Quality Report.

If you have any questions about this report or concerning your water system, please contact Lee Hoffmeier (650-3329) or Bob Washburn (650-2999) at Facilities Management, Monday through Friday between the hours of 8 a.m. and 4 p.m.

Positions in housing are filled

NICOLE GAUDREAU
NEWS STRINGER

Two area directors joined SIUE University Housing June 1.

Ken Greich and Kathleen Gardner have replaced Joan Maze and Stephanie Hailey as area directors.

"Our area directors serve in an important role in our residence hall program," University Housing Director Michael Schultz said in a news release.

Greich and Gardner were previously employed at Washington University as residential college directors. Greich has a master's degree in social work from the University of Pennsylvania and Gardner holds a master's degree in education from the University of Maryland.

Greich is the leading director of the residential life staff of Cougar Village and Gardner is the leading director of the residence halls.

"We're excited to have them both on staff," Schultz said.

Sirens to be tested on Tuesday

ALESTLE STAFF REPORT

The civil defense and fire alarm systems will be tested at 10 a.m. Tuesday, July 2.

The civil defense sirens, which emit a long, wavering, intermittent siren, will sound for one to two minutes. Then the fire alarms, the same as those activated by building pull stations, will sound for 30

to 60 seconds.

No evacuation of the buildings is necessary. These tests ensure that the systems are working properly and also familiarize those at the university with the sounds of the alarms.

If neither alarm can be heard, e-mail your name, building address and phone number to Facilities Management at fmserv@siue.edu.

Second meeting, more requests

TRAVIS L ROSS
NEWS REPORTER

Student government convened Friday for just the second time this semester.

The senators reviewed and approved four travel requests and one program request.

The Golden Key Honour Society, Sigma Pi and Sigma Gamma Rho requested \$1,300 to attend their international conventions.

Mu Epsilon requested \$425 to attend "MathFest" in Burlington, Vt.

The Student Art Therapy Association requested \$1,855 for a program, "Strategies for Developing Cultural Competence." The program will be from 7 p.m. to midnight Friday, Oct. 11, in the Lovejoy Library Auditorium.

Student Government President Michelle King made one presidential appointment Friday. She named Felicia Papafio as chair of the Finance Board.

Student Government's next meeting will be at 2 p.m. Friday, July 26, in the Morris University Center.

PEPSI

from page 1

According to Emmanuel, SIUE will start off with 12 to 16 machines able to handle identification cards.

McDermott said another positive aspect of the Pepsi machines is that they will all have Braille instructions.

According to McDermott, Pepsi is practically here.

"Pepsi is going to bring the machines on campus this week," McDermott said.

"On the weekend they will fill them and

Monday they will be accessible."

Pepsi will also offer SIUE bottled Cougar water.

"Every bottle of water that we sell here will have a Cougar label on it," McDermott said.

"A large number of metropolitan areas surrounding us will be buying Cougar water."

According to McDermott, the committee that made the decision consisted of faculty, staff and students.

The Coke contract expires Sunday.

NURSING

from page 1

"We've received grants for several years," Nehring said.

The nursing field has been declining, but Nehring looks to the funding to increase the interest

in the master's program.

"We're very happy to receive this funding, so hopefully more students will want to get their master's degree," Nehring said.

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a student publication
Southern Illinois University Edwardsville

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

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

The Alestle is a member of the Illinois College Press Association, the Associated Collegiate Press and U-WIRE.

The name Alestle is an acronym derived from the names of the three campus locations of SIUE: Alton, East St. Louis and Edwardsville.

The Alestle is published on Tuesdays and Thursdays during fall and spring semesters, and on Wednesdays during summer semesters. For more information, call (618) 650-3528.

Have a comment?

Let us know!

Send us an e-mail:

alestle_editor@hotmail.com

The Alestle

Campus Box 1167

Edwardsville, Ill. 62026-1167

Jack Buck is gone, but not forgotten



The St. Louis Cardinals organization and the people affiliated with it are not alone in feeling a sense of emptiness a week after the death of Jack Buck. I never knew him or met him, but like many others, I felt close to him after listening to him for so many years.

No one can argue how many lives he touched when you consider all the calls to radio stations and the flowers and memorabilia left at his statue outside Busch Stadium. This outpouring of appreciation proves that the St. Louis Cardinals are more than a baseball team to the people who live in this area. They are a major part of the culture of St. Louis area and the surrounding communities. People feel a connection with the team and much of that is because of Jack Buck.

In no other city or for any other team would there be this sort of public display for a broadcaster.

More than 10,000 people showed up to view Buck's casket and be present for his memorial service Thursday. Many teams have a hard time getting that many people in the seats for a

Friday night game against a first-place team. Buck gave so many people years of enjoyment that they felt they needed to say thanks.

I admired and enjoyed Jack Buck, even though most of my memories are of when, to put it in his words, he was giving his worst years to the Cardinals.

I did have the honor to be present for one of his last and possibly his greatest moments. It was Sept. 17, 2001, the first day that Major League Baseball played after the tragedy of Sept. 11. Jack Buck was the master of ceremonies during the pre-game memorial to the victims of the attacks just six days prior. With hundreds of police officers, firefighters and military people on the field, Jack Buck read a poem he had written. The untitled poem struck the patriotic chord of every person in attendance and left few dry eyes.

At a time when people needed to feel good about something, Jack Buck provided it.

It is ironic that one of the biggest tragedies in Cardinal history occurred just four days after his death. When cardinal pitcher Darryl Kile was found dead, fans needed a voice to comfort them. Jack Buck would have been that voice and he would have helped ease the pain felt by so many Cardinals fans and followers.

He will be missed, but we should be thankful that he provided us with so many memories. When talking about his life, you can only say, "That's a winner."

Daniel Toberman
Editor in Chief

Since this nation was founded under
God, more than 200 years ago,

We've been the bastion of
Freedom ...

The light which keeps the free world
Aglow.

We do not covet the possessions of
Others, we are blessed with the
Bounty we share.

We have rushed to help other
Nations...anything...anytime...
Anywhere.

War is just not our nature...we
Won't start, but we will end the fight.

If we are involved we shall be
Resolved to protect what we know is
Right.

We've been challenged by a
Cowardly foe who strikes and then
Hides from our view.

With one voice we say there's no
Choice today, there is only one
Thing to do.

Everyone is saying the same thing
And praying that we end these
Senseless moments we are living.

As our fathers did before, we shall
Win this unwanted war.

As our children will enjoy the
Future, we'll be giving.

Jack Buck
From the KMOX radio Web site

Win a movie pass

Anyone who can identify the object in the picture should e-mail the editor by noon Friday, June 28, at alestle_editor@hotmail.com.

We will draw a name from those who have correctly identified the object and its location. The winner will receive a \$5 movie pass. We will post the name of the winner in the June 26 issue of the Alestle.

The winner must present a valid SIUE identification card in order to claim his or her prize.

Valerie Goldston is last week's winner for correctly identifying the Whiteside tombstone behind Bluff Hall. Come to the Alestle office on the second floor of the Morris University Center to claim your prize.

Thanks to everyone for playing.





Life Fun Under

Jeremy Housewright
Lifestyle Editor

With summer in full swing, tanners are soaking up the rays like a sponge in water.

Tanning seems to be a summer

ritual for many, but what some don't realize or may just ignore is the harm that is being done to their bodies.

In order to tan, ultraviolet rays are actually injuring the body. The body begins to make melanin to protect itself, which is a natural sunscreen. Melanin is the dark pigment that skin cells make to block out damaging rays in response to injury from UV radiation.

Depending on the time of day, most UV radiation comes from UVA or UVB. Both cause skin damage, but most damage is done by UVB. UVA speeds up skin aging and causes wrinkles.

There are three main types

of skin cancer: malignant melanoma, basal cell carcinoma and squamous cell carcinoma. The least common, but deadliest of these is malignant melanoma. Regardless of skin color, all people are vulnerable to skin cancer, although among African-Americans, for example, the incidence is very low.

Many teens and college students are in search of that perfect tan for the summer. Some would argue that not getting enough sun is unhealthy.

"I have seen studies that show not getting enough sun is unhealthy," said Lindsey Buettner, a high school student.

Like many other teen girls, Buettner spends nearly 30 minutes a day tanning either in a bed or outdoors.

"The sun is our only source of Vitamin D," Buettner said.

According to www.endlessssun.com, the sun is the only source of Vitamin D. The Web site also said it is possible to get bone-deforming diseases from the lack of sufficient sunlight.

Many believe indoor tanning is safer than outdoor tanning.

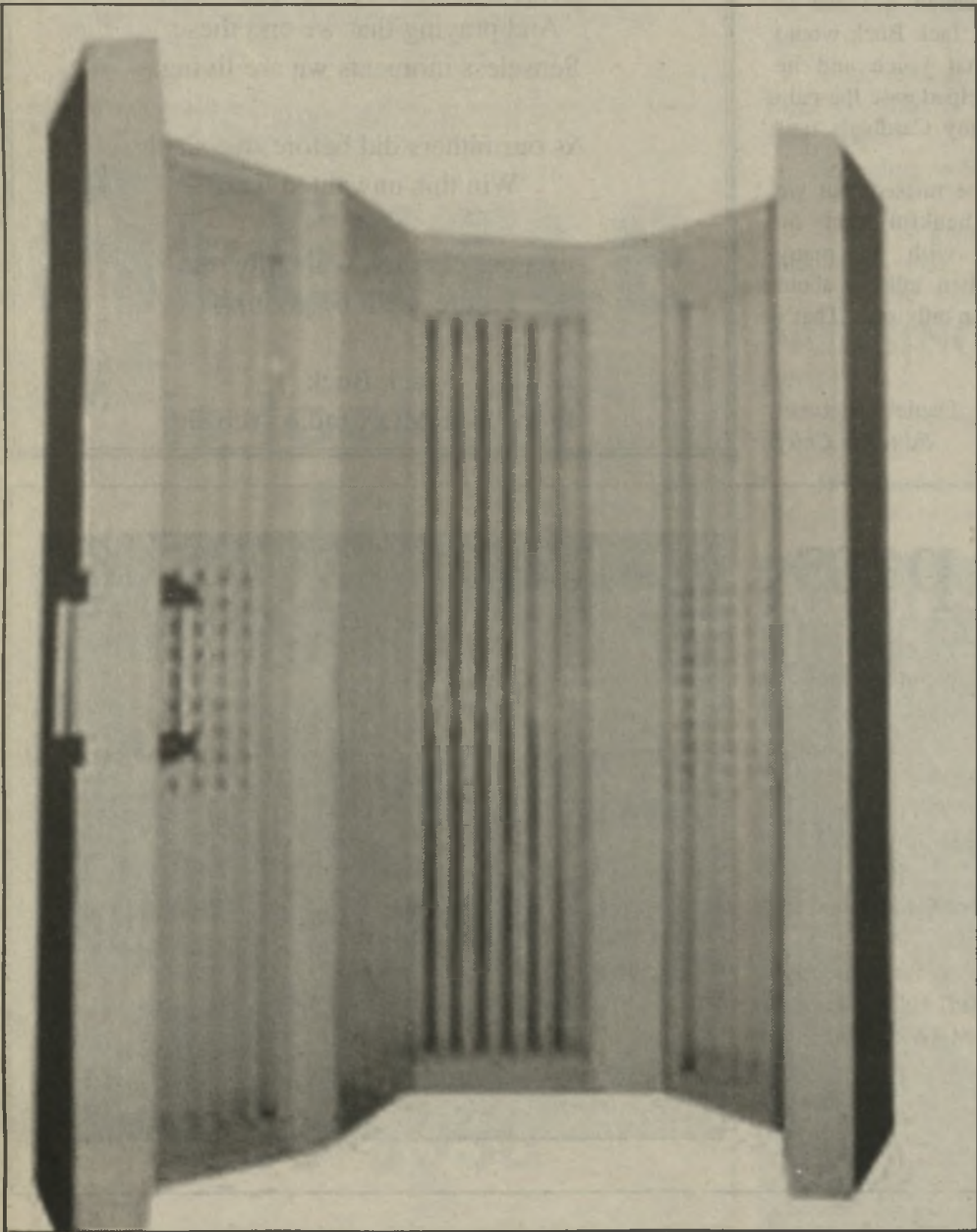
"From what I have heard, it is safer to use a tanning bed than to lay out in the sun," Buettner said.

Many people have been led to believe that indoor tanning is the safe alternative to the harmful effects of the sun. According to the Federal Trade Commission, they have been led in the wrong direction; there are just as many risks associated with indoor tanning as with tanning outdoors.

According to the commissions site, in a normal indoor tanning session, a



'The sun is our only source of Vitamin D'



Styles

PEOPLE, ENTERTAINMENT & COMICS

The Sun

person is bombarded with 15, 20 or 30 minutes of UVA radiation at wavelengths of 320-400 nanometers, about two to three times the UVA in normal sunlight.

Whether a person tans outdoors in the summer or indoors all year round, he or she is increasing the chance of developing skin cancer later in life, suffering cataracts and retinal damage, developing premature skin wrinkling and also



developing ultraviolet light-induced skin rashes when eating certain foods or taking common medications such as birth control pills or antihistamines.

By tanning exclusively indoors, a person is also increasing his or her skin's exposure to the harmful effects of ultraviolet rays.

Despite these warnings, the popularity of tanning salons is at an all-time high.

"I would say we have around 350 clients and way over half of those are young men and women," Claire Ritter, employee of St. Louis Tan Co. said.

Skin cancer is rare among young adults, but the future risk of cancer is much greater.

"Looking good now is important. Guys love it when girls have a tan and know that girls like guys who are golden looking, it is just sexy," Buettner said.

"I used to work at a tanning salon and it was kind of gross. All these girls and guys are just getting fried like a piece of bacon. They get all sweaty and stinky, it is just not very attractive at first, but once they come back, they do look good," Matt Mason, a former employee of St. Louis Tan Co. said.



Mason said he never tanned at the salon.

"I never tanned at work because I had a construction job outside. I try to wear sunscreen as much as possible. I see the older guys with leathery skin and I don't want to be like that," he said.

"I don't tan at salons because it is too expensive. I will tan outside sometimes," sophomore Erin Callahan said.

"There are some people who take tanning too far. Looking like a crispy critter is kind of sick," Callahan said.

"I will admit I like girls to look tan, but seeing all of them tanning, reminds me of a lizard on a rock," Mason said.

With peer pressure to look like Britney Spears, tanning salons and poolsides are sure to be packed with people this summer.

While many tanners think about looking good now, many may be forgetting what they will look like in 30 or 40 years.



'Looking like a crispy critter is kind of sick'



Sports Quote of the Day

"Only those who dare to fail greatly can ever achieve greatly."

~Robert F. Kennedy

For information on times and venues of the Prairie State Games go to www.prairiestategames.org.

◆ Page 6

A l e s t i e

Wednesday, June 26, 2002 ◆

Two Cougars receive praise for academics

2002 GLVC Players of the Year Chad Opel and Jenny Esker named Scholar Athletes

KELI KEENER
SPORTS EDITOR

The Great Lakes Valley Conference recently named



Jenny Esker

Jenny Esker of Steeleville and Chad Opel, an Edwardsville native, Scholar Athletes for their respective sports.

The two Cougar standouts were selected by the faculty academic representatives of the conference's 11 institutions.

Esker and Opel were seen as the student athletes who best exemplified the student athlete concept in the sports of softball and baseball.

The criteria for nomination are threefold. First, academic excellence and academic performance are looked at and then athletic accomplishments in the season upon which the award is based are considered.

Esker, a sophomore outfielder, is a physics major.

She was the 2002 GLVC

softball Player of the Year and earned Second Team Verizon Academic All-America honors earlier this month.

Esker helped SIUE advance this year into postseason regional play and led the Cougars to a school record with 51 victories.

Esker led the team in nearly all offensive categories. She had a batting average of .395 and broke the school record for hits in a season this year with 83.

She also hit a team-leading 12 home runs, recorded 22 doubles, 210 at bats, 56 runs and 30 stolen bases.

Opel, the 2002 GLVC baseball Player of the Year, completed his four-year career at SIUE with 302 hits, making him the seventh player in National Collegiate Athletic Association

Division II history to record 300 or more in a career.

Opel ranks fifth in the NCAA in career runs scored with 229 and at bats with 850.

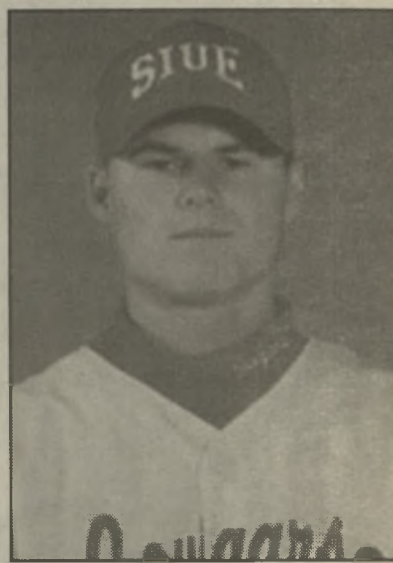
Opel ranks second all-time at SIUE in hits and at bats while holding single-season records for at bats with 274 and runs scored with 82 which he accomplished in the 2001 season.

He helped the Cougars to a 30-24 overall record this season and a third-place finish in the GLVC Tournament.

The former Cougar shortstop just signed as a free agent with the Baltimore Orioles organization as a utility player.

Opel reported to Sarasota, Fla., last week. He graduated

from SIUE in May with a bachelor's degree in kinesiology.



Chad Opel

SIUE welcomes 19th annual PSG to campus

Prairie State Games set to begin this weekend across many Southwestern Illinois sites

KELI KEENER
SPORTS EDITOR

The 19th annual Prairie State Games, Illinois' amateur sports festival, are scheduled this weekend across many Southwestern Illinois sites.

The games are headquartered in the host city of Fairview Heights and take place at more than 45 venues in 13 Southwestern Illinois cities.

The way some sports will be run will change this year, according to Executive Director Phil Donato.

"We haven't added any new sports, but we've tweaked some of the old ones," Donato said in an interview with The Telegraph of Alton on Tuesday.

Basketball and volleyball will follow the same team format as soccer this year. In previous years, those two sports were divided into regional teams based on players' ages. Now they will consist of high school teams only.

By next year, Donato said he will have the age groups divided the way he wants them in order to make the action easier to follow.

In the past, it has been difficult for spectators to decipher what schools and what players were cast on a regional team.

"I think the only regional sport you will see by next year is open

Donato said.

Twenty-two high school basketball teams, 14 girls' teams and eight boys' teams, will take the court at SIUE's Vadalabene Center.

Donato said that volleyball will follow the same format. Volleyball will move from the SIUE Fitness Center courts to the Family Sports Plex in Belleville and the gymnasium of Belleville West High School.

Soccer will stay put at Gordon Moore Park in Alton. Donato said more than 30 teams will take over the 19 fields there this weekend.

Hockey will also remain at the same venue. The East Alton Ice Arena will house the age divisions of varsity high school, mite and squirt youths.

Scholastic tennis, high school age and younger, will remain at the Edwardsville High School courts while the open division will move from Moore Park to the newly revamped courts at SIUE. Track and field,

judo and karate will take place at SIUE as well in the Vadalabene Center.

The Olin Club in East Alton will see competition shooting.

will take place at sites throughout Southwestern Illinois.

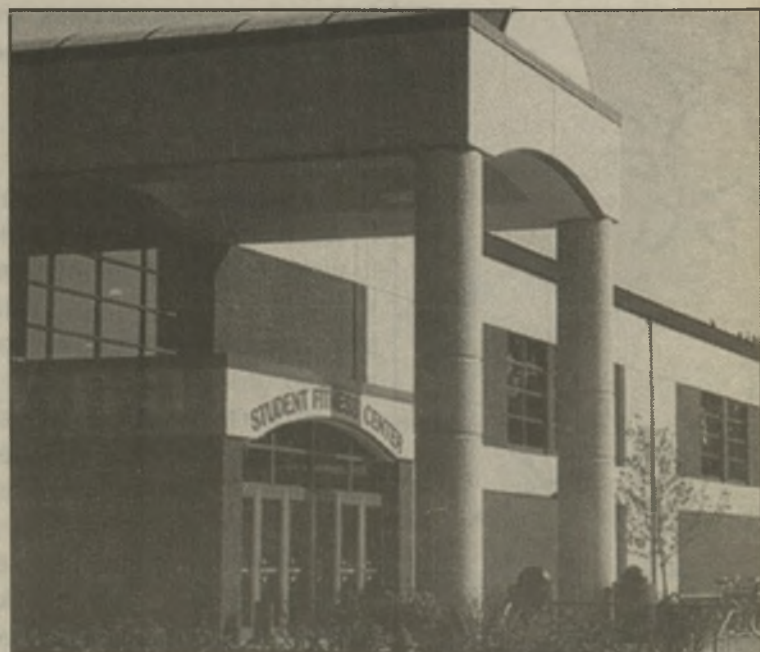
The PSG opening ceremonies are slated for 8 p.m.



soccer,"

Donato said. "Open" refers to a grouping of all athletes who are older than 18.

"It's easier to field teams and increase participation by having high school teams, rather than regional teams playing,"



PHOTOS COURTESY OF SIUE PHOTO SERVICE

Many sports of the Prairie State Games will be housed at the Vadalabene Center and the Student Fitness Center at SIUE.

Other sports such as archery, baseball, baton twirling, bowling, diving, figure skating, football, golf, women's gymnastics, horseshoes, paintball, power lifting, swimming, table tennis, water polo, weightlifting and wrestling

Friday at Ralph Korte Stadium on the campus of SIUE.

Don Davis, St. Louis Rams' linebacker, is scheduled as the featured speaker for the event.

The ceremonies and all sport competitions are open to the public.

Opel

from page 1

While at SIUE, Opel became the seventh player in National Collegiate Athletic Association Division II history to hammer out more than 300 career hits. He finished his NCAA Division II career with 302.

Opel also ranks fifth in the NCAA Division II in runs scored with 229 and at-bats with 850.

SIUE Baseball Coach Gary Collins said only Opel can determine how far he goes.

"I hope he gets to the major leagues," Collins said. "Right now he is in the lowest minor league and will have to battle his way up the ladder."

The climb may be a long one, as the official Baltimore Orioles Web site lists Opel as a 5'9", 170-pound Infielder. Opel is the smallest man in an infield that averages 6'3" 190 lbs.

Opel says his size is just one

of the many things not on his side.

"I already have three strikes against me," Opel said. "I'm small, I'm slow and I'm old."

Collins feels that Opel has a chance.

"His size is not a big obstacle," Collins said. "His arm speed and foot speed are much more important."

But, Collins said, Opel's numbers are going to have to be solid.

"He is in professional baseball now and it's a very results-oriented industry," Collins said. "Produce or perish."

In his final season with the Cougars, Opel led the team with a .420 batting average, 84 hits, 24 doubles, 109 total bases, 54 runs, 11 stolen bases and 31 walks. He was named to the first team All-North Central Region.

Opel owns the career record for runs at SIUE with 59 and he is second on the all-time list at SIUE in hits with 302 and at-bats with 850. Opel's single season records include 274 at bats and 82 runs scored in 2001.

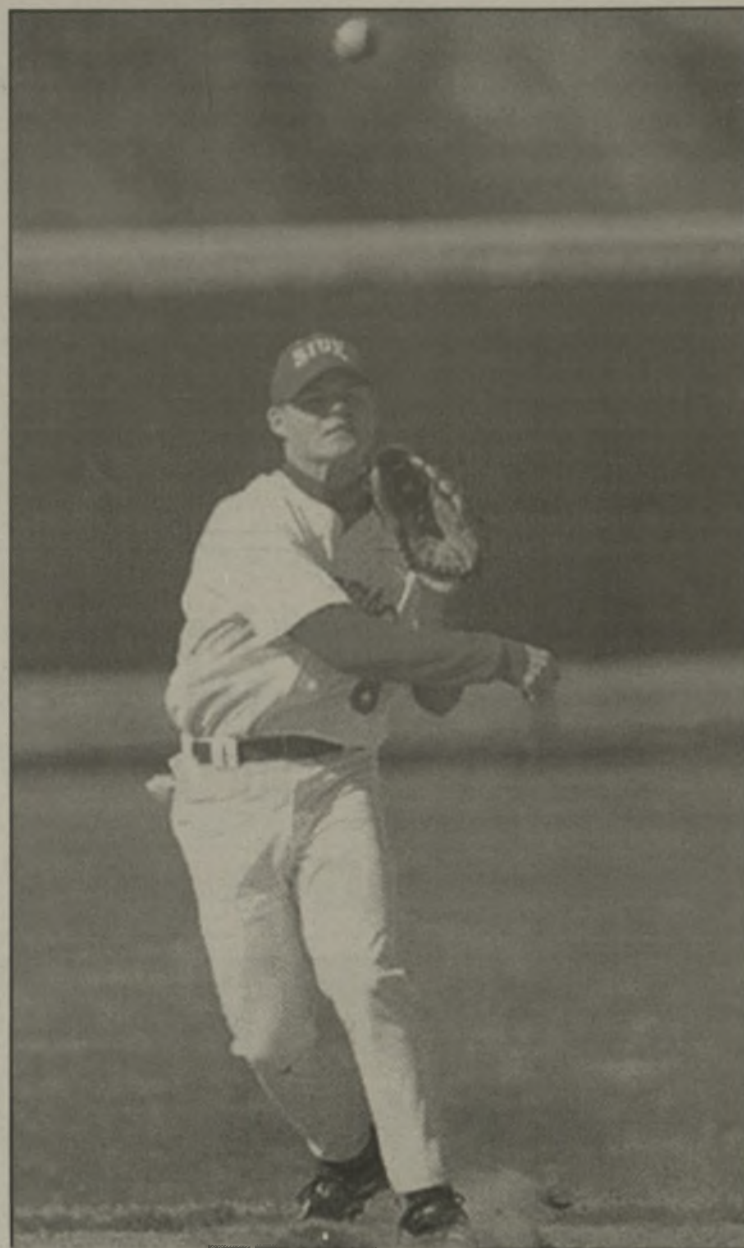
In 1998 Opel led Edwardsville High School to a perfect 40-0 record while winning the state title.

Collins said that the departure of Opel will leave a gap to be filled in the cougar infield.

"Three-hundred hits are hard to replace," Collins said. "I am not expecting whoever takes Chad's place to replicate Chad's numbers."

According to Collins, Opel was a class act.

"Chad meant a great deal to this program," Collins said. "He was well respected by everyone and he set a great example."



PHOTOS COURTESY OF SIUE PHOTO SERVICE
SIUE's Chad Opel made the transition from Cougar to Oriole.

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All The Way To
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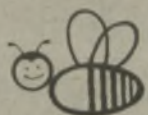
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MISCELLANEOUS

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U.S. Department of
Transportation

Placing a classified ad

Frequency Rates

(For billing purposes, five (5) words equal one line). All classifieds and personals must be paid in full prior to publication.

1 run: \$1.00/line	5 runs: \$.90/line
(2 line minimum)	20 runs: \$.8/line
3 runs: \$.95/line	Personals: \$.50

Adjustments

Please read your ad on the first day it appears. If you cannot find your ad or discover an error in your ad, call 650-3528 or come into the office. Positively no allowance made for errors after the first insertion of advertisement. No allowance of correction will be made without a receipt.

Deadlines

Summer

Wednesday Publication:
Noon Monday

Placing Ads

To place a classified ad, come to the Office of Student Publications, located in the UC, Rm. 2022, and fill out a classifieds form.

Office Hours: Monday thru Friday: 8am - 4:30pm

the
Alestle

650-3528

You're at a greater risk of getting skin cancer
if your hair is blonde or red.

(No matter how much
of it you have left.)

The color of your hair is just one of the characteristics that can put you at a higher risk of developing skin cancer. Others include fair skin, light eyes and a tendency to burn in the sun. If you work outdoors, had excessive sun exposure as a child or have a family history of skin cancer, you're naturally at a greater risk.

If you or someone you love has one or more of these characteristics, be sure to check regularly for anything unusual. If you find a scaly patch, a sore that won't heal or a crusting or changing mole, see your dermatologist.



AMERICAN ACADEMY OF DERMATOLOGY

For more information, call 1-888-302-DESK or visit www.aad.org

The last challenge of a socially conscious society?

Depression strikes millions— indiscriminately. Depression is simply a suppression of brain activity that makes life unbearable. And even though depression is readily treatable, only 1 in 5 ever seeks treatment. Why do so many just drag themselves along or eventually seek relief through suicide? First, there's the lack of awareness of depression— as an illness and as the threat that it is to each and every one of us. Second, there's the unwarranted negative stigma attached to it. You know, the 'mental' thing. It's time to collectively face depression. To know it's an illness, not a weakness. And it's a challenge that's long overdue. It's taken too many of us already.

**UNTREATED
DEPRESSION**

#1 Cause of Suicide

Adapted from message from SAVE: Suicide Awareness, Voices of Education. <http://www.save.org>

Kingston & Chateau and Hamelot Apartments

Any type of lease at 1 year rate

1 & 2 Bedrooms ready immediately

some utilities pd. On site laundry facilities.

Manicured lawns. 24 hr maintenance.

Beautiful Swimming pool w/ side deck

15-20 min. from SIUE

159 South to 140 West into Bethalto

377-3000