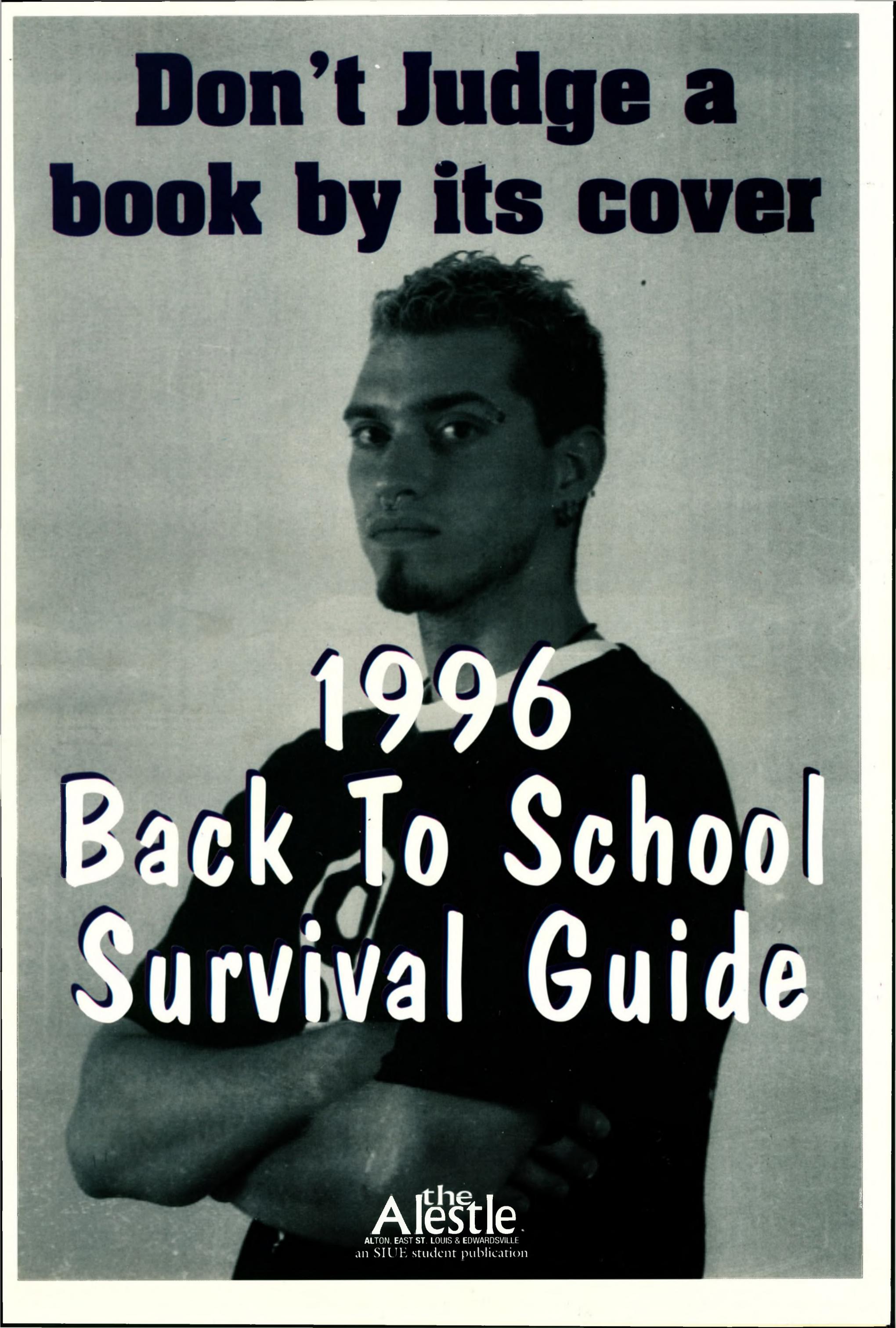


**Don't Judge a
book by its cover**



1996

**Back To School
Survival Guide**

the Alestle
ALTON, EAST ST. LOUIS & EDWARDSVILLE
an SIUE student publication

"A free press can of course be good or bad, but most certainly, without freedom it will never be anything but bad."

—Albert Camus (1913-1960)
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What they didn't tell you about college

by melanie adams
editor in chief

First off, I would like to welcome all of you to SIUE. Whether you are a first year student, just graduating from high school or you're a transferring /returning student you are about to embark on a wonderful adventure called the great college experience. As I am sure you all are aware of there is a lot you need to know before you embark on your journey. There are some things, that your parents, advisors and friends didn't tell you. For example....

You don't have to attend every class

Contrary to the restrictions in high school, it is okay to skip class. After all, you're the ones paying for your education. However, I wouldn't advise doing it too often, since many teachers limit your number of absences to three; after three lowers your grade a letter grade. But, if you're lucky and you end up with an instructor who doesn't take attendance, by all means skip a few classes. It's your life **and** your choice!

You don't have to rush into picking a major

It is okay to enter college and have no idea what you want to do, deciding what you want to do the rest of your life is a big decision. Take your time to consider what it is you would be happiest doing, and take a couple of intro classes to it. Your best bet, if you really are unsure, and if you pick a major you thought you would like and didn't, change it. There is nothing wrong with changing your mind. At least one in every four students change their major throughout their college career. The key to finding the perfect major is to experiment. Take classes in subjects you are interested in and if you are at the point in your academic career when you absolutely must pick a major, the Career Development Center can be very helpful in assisting you in finding a major that utilizes all of your skills.

There is more to college than classes

As you soon will learn, there is more to college life than attending classes and getting good grades. There is a whole world out there for you to explore and you should go exploring. The formula to succeeding in college is academic

involvement + extra curricular involvement.

Find an organization on campus that is interesting to you and that you can get involved in. There are tons of them at SIUE to choose from.

The more involved you are on campus, the stronger your voice can become on how it is run.

Managing your time wisely can be vital

With all of the classes, organizations and jobs that we hold during our college career, managing our time wisely is essential. If you want to finish in four years or if you want to finish without suffering from a nervous breakdown, learn to prioritize. If you have trouble keeping or remembering a schedule, make an investment and purchase a planner to write down when and where you have to be. You will be spending a little money, but what you will be saving is something even more valuable... your time.

Budget your money wisely

For many entering college, the issue of money will be a problem. You are used to being given what you need and using your paychecks for frivolities — clothes, CD's and magazines. However, when you live on your own, having to pay for groceries, insurance, rent and clothing all begins to add up very quickly.

Your \$100 paycheck which used to look so grand begins to look small after all your expenses are paid and you begin to get a little bit panicky as to what to do.... What you should do is budget your money.

Figure out how much you will spend for an average month at school; what your insurance, rent, food or miscellaneous will cost and then compare this to the amount of money you make in a month. If your expenditures add up to more than your income, it is time to either cut down on what you are spending or get a better job. If your expenditures are equal or less than your income then you have a good budget to follow.

Although, you do have to follow this budget once you create it. Which means you have to control yourself and not overspend. When you see something that you want, for example a \$500 watch, ask yourself if this purchase is something that you absolutely

need, and then if the answer is yes then purchase it. Thinking before you buy and sticking to a set budget will ease your financial bind in college.

Sometimes cracking open the book can be a wise move

I am not going to lie to you. There are some courses in college that your books can be better used as table legs than instructional material, but these courses unfortunately are few and far between, which means a LOT of

into one big blur. Your body needs to revitalize itself and the best way to do that is by sleeping.

If you have a break in your schedule or a long lunch break, take a nap for a few minutes. There are plenty of places on campus to kick up your feet and relax for a few minutes.

After your nap, your mind will be clearer and you will be able to face the rest of your grueling day at school, work, church, home, meetings....

Top ten discoveries of the college experience

10. My parents were right.
9. Drinking the night before a test is not wise.
8. Saving is good, spending is bad.
7. I really do have to read the book to pass the class.
6. Living at home is not as bad as it seems.
5. I do miss my family.
4. I don't know everything.
3. I am becoming just like my parents.
2. Sleep? What is sleep?
1. Pass on the bubbling purple stuff at the mixer.

reading for you.

According to many academic advisors, a student is supposed to study two and a half hours for every hour you are in class.

With our busy schedules as students, employees, family members and everything else we do to get by, yeah, right.

Some people can study five minutes and know the material, others it take hours. Know your study habits, form some good ones early and please, for your parents' sake, read your book every once in a while, even if it is just for a laugh.

Take naps

As you will soon find out, if you don't know already, COLLEGE LIFE is TIRING. And when it comes to cutting something out of your schedule to make time for everyone and everything on it, sleep is usually the first to go.

Power naps are important in college. After all-nighters, juggling work and trudging from lecture to lecture, everything begins to blend

Get to know people on campus

College can be a serious chunk of time out of your life. And often times the people you meet in college end up being some people that affect your life in very significant ways. You will be spending almost four to eight years of your life here so why not make it enjoyable. Get to know people on campus and in your classes. It will make for a better college experience, I guarantee it.

Have fun, but not too much fun

Okay, so now you're finally out of high school and out on your own, your parents can't control you anymore because now you're an ADULT. You can sleep in if you want to, you can party till you puke and you can spend money like it's water, but remember, you're here for a reason... to get an education.

You can have as much fun as you want, but there is always a price. (And a hefty one at that, with as much money as we're shelling out for school these days, it's a wonder they are not requiring our first born as part of the payment plan!)

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THAN EVER...**

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PARTICIPATING AREA
BUSINESSES, AND REAP
THE BENEFITS.**

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Don't be a geek, go greek!

By Darryl Howlett
News Editor

So you want to be a Greek? Well, the Greeks on the campus of SIUE are coming off of a very successful year. From Red Cross blood drives to a Greek step show, Greeks put their skills to the test. Greek-letter organizations offer students opportunities for long-lasting friendship, leadership roles and community service.

At SIUE, sixteen fraternities and sororities have more than 300 members from all over the state and region. Under the umbrella organization of Greek Council, the chapters are organized under three separate councils based on their historical traditions, rituals and interests.

Collegiate Panhellenic Council

(historically, white women's organizations—sororities)

Alpha Phi	"A Phis"
Alpha Sigma Tau	"A.S. T.s"
Delta Phi Epsilon	"D Phi Es"

Interfraternity Council

(historically, white men's organizations—fraternities)

Alpha Kappa Lambda	"A.K.L.s"
Sigma Phi Epsilon	"Sig Eps"
Sigma Pi	"Sig Pis"
Tau Kappa Epsilon	"Tekes"

National Pan-Hellenic Council (historically, black organizations)

fraternities

Alpha Phi Alpha	"Alphas"
Iota Phi Theta	"Iotas"
Kappa Alpha Psi	"Kappas"
Omega Psi Phi	"Omegas"
Phi Beta Sigma	"Sigmas"

sororities

Alpha Kappa Alpha	"A.K.A.s"
Delta Sigma Theta	"Deltas"
Sigma Gamma Rho	"S.G.Rhos"
Zeta Phi Beta	"Zetas"

Here's a sample of some of the things fraternities and sororities are looking for in new members.

Fraternities

Sigma Pi — a progressive, social fraternity founded in 1972 at SIUE. Purpose: The organization is dedicated to the development of gentlemen, with strength lying in a diverse membership.

Requirements: Enrollment in a recognized, college-level institution. There is no GPA requirement for freshmen interested in pledging but the organization does require slightly higher GPA than other fraternities on campus.

Contact: Sigma Pi Chapter House, (618) 659-1022

Iota Phi Theta, Alpha Beta Chapter — an organization whose members are business-like and are concerned with community service. The organization was founded nationally in 1963 at Morgan State University in Baltimore, Maryland. The Alpha Beta Chapter was founded at SIUE in 1976.

Purpose: To provide strong leadership skills to men of color and whose motto is "Building a tradition, not resting upon one."

"Iota Phi Theta is looking forward to another successful year of upholding our motto. We are also working on numerous community service projects including working with the United Negro College Fund and

sponsoring a blood marrow drive," Darryl Howlett, president of Iota Phi Theta, Alpha Beta Chapter, said.

Requirements: GPA of 2.5 and a second semester freshman.



Aleste Photo File

Members of the Alpha Phi sorority take time to recruit new members during Rush Week.

Renowned Iota's include: Spencer Christian, national weatherman for ABC's "Good Morning America" and T.C. Carson, actor and co-star in the FOX hit "Living Single."

Contact: Darryl Howlett, (618) 274-5379.

Phi Beta Sigma, Epsilon Chapter — an international organization whose membership consists of college and professional men.

Purpose: The organization is dedicated to promoting African-American freedom, justice, equal rights and service to America's communities.

Requirements: GPA of 2.5 and a second semester freshman.

Renowned Sigmas include: Huey P. Newton, founder of the Black Panthers; Dr. George Washington Carver, scientist; and Jerry Rice of the San Francisco 49'ers.

Contact: David Douglas, (618) 659-4850..

Alpha Phi Alpha - founded in 1906 at Cornell University in Ithaca, N.Y. SIUE's chapter was founded 21 years ago. The organization is currently the only Greeks on campus to have their own housing.

Purpose: It is a social fraternity that stresses academics and community service.

Requirements: GPA of 2.5 and a second semester freshman. Pledges must show proof of participation in an off- or on-campus community service project.

"This summer we hosted the Alpha Phi Alpha Midwestern Leadership Institute for high school students. We also are planning another 'Dedication for Black Women,'" Ramon Blakley said. "The first event that Alpha Phi Alpha is having is a dance in the Cougar Den on Saturday August 24."

Contact: Jarret Brooks or Ramon Blakley at (618) 659-4100.

Sigma Phi Epsilon - a national fraternity in the Interfraternity Council. The SIUE chapter was founded in 1973. Only fraternity on campus to own their own house off-campus. The house is also a federal historical sight (It is the oldest building in Edwardsville). The house is located on Route 159 next to Clark's gas station.

Purpose: "We just started a program called Balanced Man Project," said member Grahaeme Hesp. "It's a four year program getting you established on campus and the Edwardsville community. It develops personnel and leadership skills."

Student Leadership Development Program and Career Development Center

Fall 1996 Semester Calendars

SLDP MODULES - FALL 1996

Module No.	Date	Presenter(s)	Module Topic	Time	Organization
-	8/20	S. Kutterer-Siburt	Orientation	2:30p & 7:00p	Kimmel Leadership Center
-	8/21	S. Kutterer-Siburt	Orientation	2:30p & 7:00p	Kimmel Leadership Center
1	8/27	Frank Akers	Leadership Characteristics: You are a Leader!	7:00p	WSIE-FM
11	8/27	J. Pennekamp/J. Grandone	Role Models/Risk Takers:Blueprints for Successful Leaders	2:30p	Leadership Council Southwestern Illinois
-	8/28	S. Kutterer-Siburt	Orientation	4:30p	Kimmel Leadership Center
2	9/3	Major Greenberg	Civic Responsibility and Citizenship	2:30p	Military Science, SIUE
12	9/3	Ann Schonlau	Goal Setting and Delegating Effectively	7:00p	Campus Recreation, SIUE
3	9/10	Candy Runion	Community Service Opportunities & Responsibilities	2:30p	Beverly Farms
13	9/10	Shelly Henry	Effective Meetings	7:00p	University Personnel Services, SIUE
4	9/17	Nancy Belck	Effective Communication	2:30p	Chancellor, SIUE
14	9/17	Alonzo Byrd	Major Influences in the Political Process	7:00p	Fleishman-Hillard, Inc.
5	9/24	Ron Knapp	Group Process	7:00p	Catholic Campus Ministries
15	9/24	Don Owens	Community Change: What a Leader Needs to Know	2:30p	Coro-Midwestern Center
6	10/1	Joan Pace	Assess Your Service & Leadership Style	2:30p	United Church Neighborhood Houses
16	10/1	Glenn Abramowski	Developing Self-Esteem	7:00p*	McDonnell-Douglas
7	10/8	Suzanne Huebner	Conflict Resolution: Negotiating Differences	2:30p	[*Held at Religious Center] University Police, SIUE
17	10/8	Will Schmitt	Leading Your Peers	7:00p	St. Louis Ambush
8	10/22	Ann Bullock	Human Relations	2:30p	Career Development Center, SIUE
18	10/22	Hershala Wilson	Motivating Others	7:00p	H.P. Global Transportation Service
9	10/29	S. Kutterer-Siburt	Cross Cultural Awareness	7:00p	Community Panel
19	10/29	Bruce Rose	Understanding the Organizational Climate	2:30p	Coca-Cola Bottling Company
10	11/5	Victoria Vasileff	Values & Ethics	2:30p	Legal Services, SIUE
20	11/5	Sarah Lambright	Analyzing Public Perceptions	7:00p	St. Louis 2004
21	11/12	Jack Holcomb	Leadership Challenges for Men & Women	7:00p	Stifel & Nicolas
23	11/12	Sandra Hudson	Leadership Challenges for Minorities	2:30p	Madison County Urban League
24	11/19	Marvin Peterson	Managing Stress	2:30p	Counseling Services, SIUE
-	12/3	S. Kutterer-Siburt	Volunteer Service Structured Reflection	2:30p & 7:00p	Kimmel Leadership Center

All Modules will be held in the Mississippi-Illinois Room in the University Center unless otherwise noted.

"PROJECT A PROFESSIONAL PRESENCE THROUGH..." SERIES

September 11th
September 18th
October 16th (sign-up required)

Image
Attire
Dining/Conversation/Networking

4:30p
4:30p
4:30p

Location: Comm. Bldg. Theatre
Location: Comm. Bldg. Theatre
Location: UC Restaurant

Please Note:

Sign-up required for volunteer programs
Call 692-2686 for information!

VOLUNTEER OPPORTUNITIES/PROGRAMS

Day of Caring-River Bluff Girl Scout Camp	8a-5p
Urban Plunge-Neighborhood Houses, St. Louis	8a-5p
Holy Angels Shelter, East St. Louis	8a-5p
Habitat for Humanity, Alton, Illinois	8a-12p

September 14th
October 12th & 13th
November 9th
First Saturday of the Month - Fall Semester

CAREER DEVELOPMENT CENTER WORKSHOP SCHEDULE - Fall 1996

Bldg. II, Room 3126 • 618-692-3708 • <http://www.careers.siu.edu>

CDC ORIENTATION SESSIONS

August
26-Monday, 1:55-2:25 p.m.
27-Tuesday, 9:55-10:25 a.m.
28-Wednesday, 1:55-2:25 p.m.
29-Thursday, 9:55-10:25 a.m.

September
3-Tuesday, 9:55-10:25 a.m.
4-Wednesday, 1:55-2:25 p.m.
11-Wednesday, 1:55-2:25 p.m.
12-Thursday, 9:55-10:25 a.m.
16-Monday, 1:55-2:25 p.m.
17-Tuesday, 9:55-10:25 a.m.
25-Wednesday, 1:55-2:25 p.m.
26-Thursday, 9:55-10:25 a.m.
30-Monday, 1:55-2:25 p.m.

October
1-Tuesday, 9:55-10:25 a.m.
9-Wednesday, 1:55-2:25 p.m.
10-Thursday, 9:55-10:25 a.m.
21-Monday, 1:55-2:25 p.m.
30-Wednesday, 1:55-2:25 p.m.
31-Thursday, 9:55-10:25 a.m.

November
4-Monday, 1:55-2:25 p.m.
5-Tuesday, 9:55-10:25 a.m.
13-Wednesday, 1:55-2:25 p.m.
14-Thursday, 9:55-10:25 a.m.
18-Monday, 1:55-2:25 p.m.
19-Tuesday, 9:55-10:25 a.m.

December
2-Monday, 1:55-2:25 p.m.
3-Tuesday, 9:55-10:25 a.m.

WORKSHOP SESSIONS

RESUME WRITING

2:30-3:30 p.m.

September 9 & 26
October 7 & 24
November 4 & 21
December 2

INTERVIEWING SKILLS

3:30-4:30 p.m.

September 9 & 26
October 7 & 24
November 4 & 21
December 2

JOB SEARCH TECHNIQUES

2:30-3:30 p.m.

September 24
October 16 & 29
November 13 & 19
December 4

INFORMATIONAL INTERVIEWING

3:30-4:30 p.m.

September 24
October 16 & 29
November 13 & 19
December 4

OKTOBER CAREER FEST AND VOLUNTEER FAIR IS COMING OCTOBER 23rd!

How to Make the Most of Oktober Career Fest

Workshop Schedule

15 Minute Brown Bag Lunch Workshops Meeting in the Cahokia Room of the U.C. Cafeteria

12 noon & 12:30 p.m.

October 17, 18, 21, & 22

Participants of noon hour "brown bag" workshops are welcome to bring and eat lunch during the workshop.

Workshops to be held in the Career Development Center

10/16 - 1:55-2:15 p.m.

10/17 - 9:55-10:15 p.m.

10/21 - 9:30-9:50 a.m.,

2:30-2:50 p.m.

10/22 - 9:55-10:15 a.m.,

2:30-2:50 p.m.

Greek
from page 6

Requirements: GPA of 2.25. The fraternity does not only consists of fall rush but recruitment all year long.
Contact: Grahaeme Hesp at (618) 692-1901.

Sororities

Alpha Kappa Alpha — an academic and service organization. Founded at Howard University, Washington D.C., in January 1918, it is the first college-based sorority of African-American women.

Purpose: to encourage high scholastic and ethical standards, and to promote unity and friendship among college women. The sorority also tries to alleviate problems affecting women in order to improve their social stature. Members strive to be of service to all mankind.

Requirements: A full-time student and second semester freshman. They must have current and cumulative GPA's of 2.5 and possess high moral and ethical standards. Leadership qualities will be developed and pledges should strive to be role models.

Contact: Davina Pulliam at (618) 659-4173.

Alpha Sigma Tau

Purpose: For those who are seeking friendships of others their own age. The sorority experience teaches social and practical skills needed in the work place and after college. The goal is to reach a 3.0 GPA as a whole.

"Our goals are for quality, positive pledge education, retention of members after graduation, increased devotion in active members, and more involvement in university-based activities," said member Alix-Ann.

Contact: Kristi Bennett 288-5112

Zeta Phi Beta — a social and community service organization.

Purpose: To promote the principles of service, scholarship, sisterly love and finer womanhood. The sorority began at Howard University, Washington D.C., in January 1920.

"We're dedicating the year to reaching out and supporting other African-American females to help them reach their potential and create a support system," member Audrey Smith said. "One of the ways includes community service and by becoming a strong force in our community. We're looking for an exciting year."

Requirements: 2.5 GPA; second semester freshman.

Contact: Audrey Smith or Amber Howlett at 656-4638.

Have a Voice in What Events Happens at SIUE!

Join a Committee on UCB!

With 11 Committee's to Choose From.
There is Something for Everyone!

Programming:

- ★ Advertising & Promotions
- ★ Performing Arts
- ★ Ethnic Flair
- ★ UC Attractions

- ★ Public Relations
- ★ Visual Arts
- ★ Current Affairs
- ★ Recreation

Advisory:

- ★ Building Services
- ★ Finance
- ★ Policy Review



UNIVERSITY CENTER BOARD

CALL 692-3371 FOR MORE INFORMATION!

A look at what's in, what's out, what's new

By Darryl Howlett
News Editor

There have been several changes at SIUE this summer. So the following is a breakdown of what's new—and what's old.

First of all, the most obvious change on campus is the new busing system. Madison County Transit began busing for the university on the first of July. Earlier this summer, Vice Chancellor of Administration Ken Neher gave his thoughts on the new busing system.

"We're pretty excited about this. These buses are fully handicapped accessible. And the off-campus busing will allow students to go up and down (Route) 159 where all the stores are and surrounding communities," Neher said (Aleste May 29th issue). However, many students would like to point out that there are some setbacks—mainly the fact that the buses only make particular stops.

The university also has implemented a sexual harassment policy and procedures. The policy provides for a sexual harassment committee made up of 12 individuals who are nominated by the director of Human Relations. The director receives the names from the president of the student body, staff senate and faculty senate, in addition to the four vice-chancellors.

Another change will be advisors for each building on campus who will attempt to help resolve sexual harassment problems before they reach a point where legal action might have to be taken. Any unresolved problems will then be referred to the Human Relations office. The office will conduct and investigation and a report will be made to a rotating committee from the panel of twelve (Aleste June 5th issue).

Another change this year is our own Cougar Den. With new renovations the facility will add more space for social gatherings for the upcoming year. And despite the eating establishment will decline in number of people who can eat it has other items to offer. Assistant University Center Director Lyle Ward described the new changes.

"The purpose for the renovations is to upgrade the dining and seating area. It will look very much like Center Court when finished. It will also have the same kind of lighting configuration as Center Court," Ward said. (Aleste May 22nd issue).

Other changes that the Cougar Den now has is a new walkway and restrooms.

Some controversy has come with the next change. Just last month the Office of Information Technology changed the local calling area for students living in Tower Lake and the Residence Hall. OIT and University Housing sent a memo to all students residing in university housing the first week in July explaining the reason for the change.

It stated that prior to 1991, all Tower Lake resident were only permitted local access to the city of Edwardsville and Collinsville north of Interstate 70. At the request of students, the University extended the wide-calling area for residential students effective July 1, 1991.... In recent audit findings, the University discovered that local calls made by students were exceeding the amount students pay through their leases for telephone charges (Aleste July 10st issue).

Other Changes to Campus Include:

- University Center's Union Station is now under Dining Services. More grocery items will be sold.
- The information/ID center will end its present site. The information center will remain inside of the University Center. The ID center will move to the Enrollment Center in the Rendleman Building.
- No open parking between semester and holiday breaks.

EMERGENCY MEDICAL PROCEDURES FOR SOUTHERN ILLINOIS UNIVERSITY AT EDWARDSVILLE ARE THE FOLLOWING:

Emergency Telephone Numbers:

Edwardsville
School of Dental Medicine
East St. Louis Center

911

University Police
University Police
University Police

If serious injury or illness occurs at the University, immediately contact University Police using the appropriate emergency telephone number. Give your name, describe the nature and severity of the medical problem and the location of the victim. University police will then immediately dispatch an ambulance.

Do not move the injured except for protection from further injury.

Do not administer first-aid except for the following:

- 1. Perform artificial respiration/CPR if the injured is not breathing and if you are qualified to do so.**
If not, attempt to find a qualified individual to assist the victim.
- 2. Control bleeding by applying direct pressure to the wound.**
- 3. Flush any chemical and/or fire burns with cold water or immerse the affected area in cold water if possible.**

Stay with the victim until the police or ambulance arrives.

Questions about these procedures may be directed to the University Health Service (618) 692-2850

The Alestle's who's who at SIUE

By Darryl Howlett
News Editor

So you are just arriving at Southern Illinois University at Edwardsville, and you really don't know who is important to your needs and questions. Well, never fear. The following is a "who's who" of SIUE staff to assist you.

The "top dog" on our ladder of education is President Ted Sanders. He is responsible for not only SIUE, but SIUC as well.

Overall, responsible for your education and quality of life is Chancellor Belck. Now in her third year as top administrator, she is continuing her push to make the university grow.

Provost and Vice Chancellor of Academic Affairs David Warner is in charge over the curriculum and affairs for the university.

Vice Chancellor of Student Affairs Narbeth Emmanuel is within his first year here on campus. Known affectionately as "Nobby", Emmanuel is pleased to work with all students and always is willing to receive opinions and suggestions from students.

Vice Chancellor of Administration Ken Neher is on top of all business transactions that the university undertakes. If you have a question about any services in which the university provides his office is always open.

Vice Chancellor for Development and Public Affairs, James Buck has the job of promoting the university to its highest. Buck also keeps in touch of all issues to further the image of our institution.



Ted Sanders



Nancy Belck

Representing the heart of students, Student Body President Christopher Nance, a junior, is head of our student government. If there is a problem that could have far reaching consequences for students, Nance will try to solve the problem.

Vice President James Little runs all student government meetings and always will listen to the thoughts of students.

Twelve student senators have also been elected to represent students and their needs. The senators also serve on various committee to address particular issues. The following is a list of the 1996-97 school year senators:

Bill Anderson, Lamont Bankston, Mark Hunter, Kelley Jones, Kendra Manning, Robert Mumphard, Demetre Pegues, Heather Rulo, Antonio Stephens, Nicole Watson, Charmanyne White, and Sheri Williams.

Sean Pohl, Audrey Smith, and Azhar Umer round out those participating in student government. Pohl is student trustees in charge of recommendations on how your money should be spent. Smith is personnel and public relations chair, in charge with the promotions of events held on campus. Umer is over the Finance Chair and works closely with Pohl to make sure all financial matters are correct and in order.

Housing director Michael Schultz would be the man to see concerning all questions dealing with Tower Lake housing and the Residence Hall.

Mary Robinson, Director of University Center, is another person who is

please see Who's who, page 11

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New Patient Exam

Includes consultation and bitewing x-rays

Smile
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Campus Box 1620
Southern Illinois University at Edwardsville
Edwardsville, IL 62026-1620
(618) 692-3708 - (618) 692-3656 Fax

The Career Development Center (CDC) is a comprehensive center for the development of career objectives and direction for students and alumni. The CDC assists students and alumni to relate academic majors to career fields in the implementation and enhancement of their individual career development, exploration and confirmation of career/major choices and the development of job search strategies.

Beginning with the Fall semester 1996, the Career Development Center will be registering currently enrolled students at **NO COST** to you via the Cougar On-line Registration! Registering with the CDC's Homepage at <http://www.careers.siue.edu> and complete the registration information and the resume. Complete instruction are provided On-line. Access to the CDC's Homepage is available in the computer labs on campus. the Career Resource Center in the CDC and at your home computer with Internet access.

fairly new on the job. Her enthusiasm to please students is well known on campus. Any questions from the University Book Store to Union Station is Robinson's area.

The following pictures are some of the people on campus that you need to know.

David Werner



Provost and Vice Chancellor of Academic Affairs

Ken Neher



Vice Chancellor of Administration

James Buck



Vice Chancellor of Development and Public Affairs

Narbeth Emmanuel



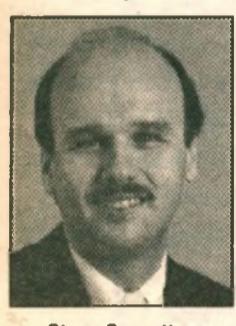
Vice Chancellor of Student Affairs

Steve Sperotto

Chris Nance

Mary Robinson

Charles McDonald



Steve Sperotto,
director of
Kimmel Leadership.



Student Body President



Director of University Center



Chief of University Police

James Little

Wille Epps

Felissa Cohen

Patrick Ferillo



Student Body Vice President



Director of East St. Louis Center



Dean of the School of Nursing



Dean of the School of Dental Medicine



Karen Patty-Graham
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Melanie Adams
Editor in Chief
The Alestle



Robert Carver
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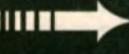
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Counseling services, help is just around the corner

By Melanie Adams
Editor in Chief

College can be a stressful place, a place where problems seem to enumerate by the droves. So where can a student go to find help for their problems? One place students can go for help is the SIUE Counseling Services located at 4-Corners.

Student Counseling Services assists individuals of the University community to feel better about themselves and their lives in a confidential setting. Counseling services provides a consulting Psychiatrist that students can see once a week if needed.

Students may make an appointment with Counseling Services, however, walk-in service is also available. Issues for which students seek assistance include; depression, relationships,

drug/alcohol abuse, decision making goal setting, sexual assault/harassment, problems with roommates in the Residence Hall or Tower Lake "and almost any other topic students wish to talk about," director Marvin Peterson said.

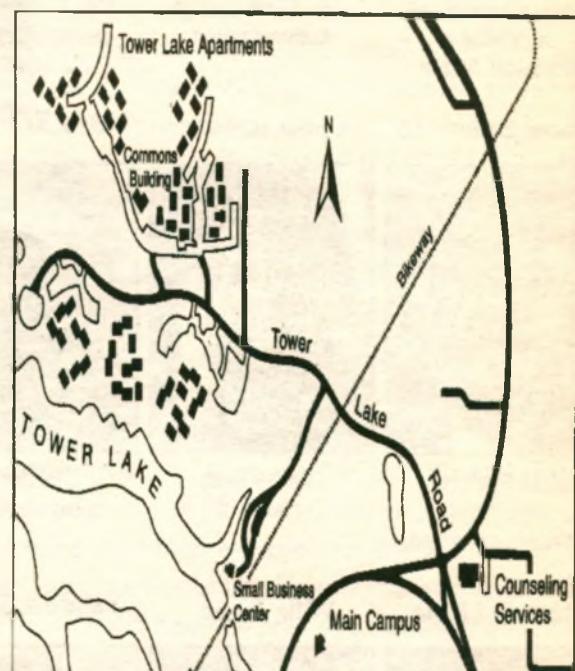
Besides helping students with their daily problems Counseling Services also serves SIUE through its Sexual Assault and Prevention Program. The Sexual Assault and Prevention Program provides education, information, advocacy and support for individuals from the University community with issues concerning sexual assault. Services are provided through various workshops and training, support groups and counseling. A crisis line is also available after hours.

Counseling Services also provides workshops for classes, groups and surrounding communities. Workshop issues include; stress management, realistic self-esteem, crisis intervention, communication skills, suicide intervention, personal safety for adults and children, acquaintance rape, mandated reporting of child sexual assault and abuse and help for victims of sexual assault and abuse.

Another service that Counseling Services provides is a "Survival Skills" group that students may participate in. This group setting gives students a chance to talk to

other students with similar problems regarding course load, or burn-out and helps them work it out together. The goal of this program is helping students help each other reach academic success.

Counseling Services is also planning to extend their services to the Alton Dental School this fall semester in order to serve the students in the area. If all goes well, Counseling Services may provide service there on a more permanent basis, Peterson said. For more information on the workshops or Counseling Services call, (618) 692-2197.



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Lost and no where to go? The Information Center will help you find your way

By Darryl Howlett
News Editor

You are new to the university and suddenly there's a place or number that you are not familiar with. How do you get help? Who are you gonna call? Surely, not Ghostbusters. The answer to your problem is located on the first floor of the University Center.

The Information Center provides information, brochures, calendars of events and other campus information. But why isn't the center called the Information and ID Card Center anymore? Well, as student worker, Nicole Watson, explains there are some changes.

"We're (ID Center) moving starting this fall. The ID Center will move over to the Enrollment Center," Watson said.

The Enrollment Center is located on the first floor of the Rendleman Building. Watson added the ID Center will also take on the responsibilities of the universities' meal plans. The Information Center itself, will continue to work out of the University Center providing information and service to students and faculty.

So if you're lost and can't find your way, remember in between the two lounges (Opapi and Goshen) you will find another place to relax your fears.

Welcome Students

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What is housing anyway???

by melanie adams
editor in chief

Housing (hou'zin) n. 1. the act of providing shelter or lodging. 2. accommodation in houses, apartments, etc. often used arbitrarily.

Housing Coordinator Scott Gluntz defines the term housing as a goal to providing a loving learning environment with a standard of living conducive for students social interaction. pretty long and technical definition, but what is it?

Housing is where you live, breathe and eat. Housing is where you spend your time outside of class. Housing in a nutshell is where you hang your hat. And at SIUE you can hang your hat in the Residence Hall or in Tower Lake Apartments.

There are some definite advantages to living on campus. One advantage is it is close to all those wonderful classes that you are taking. Another advantage is the cost of living, "It is definitely cheaper to live on campus than to try to live in a house or apartment off campus," Gluntz said, "A lot of people use the excuse that it is cheaper to live off campus, but they are soon back in campus housing with in a semester or two."

The biggest advantage is that living on campus gives students access to computers and the library at hours when most people will be heading for home.

Socially there are advantages to living on campus as well. "it is much easier to get to know people on campus if you see them everyday coming and going where you live. If it were not for me living on campus, I would not have picked the career I did and I would not have met my wife."

Gluntz also said that the friends he made in college were some of the closest friendships he had ever encountered and these friendships have influenced his life the most.

With both forms of housing their are some distinct perks for those that live there. In the Residence Hall, students have the unique advantage of living with all freshmen which gives them the opportunity to develop as a class, Gluntz said.

Also in the Residence Hall, there are three meal plans that students may choose from for their meals. Meals are prepared for the students in the Lower Level of the UC.

Students learn a little bit about living on their own and the responsibilities that go along with it while living in the Residence Hall, however, Tower Lake takes this learning to another level.

At Tower Lake students have a freedom that can not be achieved at the Residence Hall... the freedom to come and go as one pleases. No one can possibly monitor your coming and going at Tower Lake and privacy is very well guarded.

Also at Tower Lake, students have the opportunity to cook their

own meals, buy groceries, take care of a whole apartment, taking learning responsibility to the next step.

Housing has a lot of advantages,

and course

disadvantages. True, there is not the complete freedom you would have if you live off campus, but with the cost of living, the taste of responsibility and the closeness to campus, the good outweighs the bad.

do's and don't's of living in university housing

Do

- ✓ Read the Student Handbook.

- ✓ Meet your neighbors.

- ✓ Get to know your R.A.

- ✓ Have a good time.

- ✓ Make friends.

- ✓ Bring a positive attitude.

- ✓ Be independent.

Don't

- ✓ Use the Student Handbook as toilet paper.

- ✓ Beat up your neighbors.

- ✓ Get to know your R.A.'s car stereo.

- ✓ Have a good time all over your roommates floor.

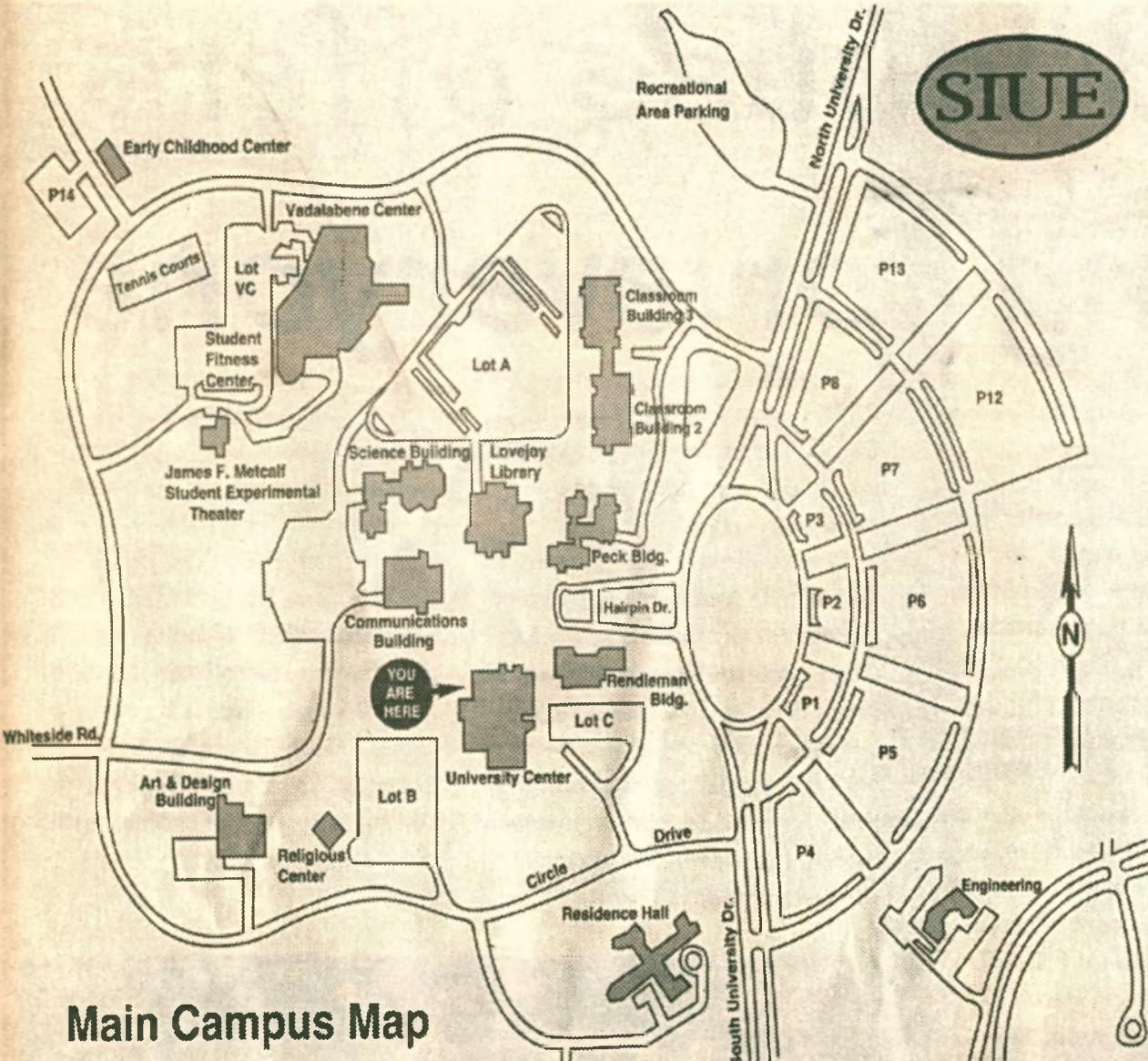
- ✓ Make enemies.

- ✓ Bring fire arms.

- ✓ Expect to be spoon-fed

Where do I find... here's a campus map to help you find your way around campus

1996 BSSG / 15



Main Campus Map



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- ✓ University Center Board

The Kimmel Leadership Center

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Arts and Issues offers something for everyone

By Danette Watt
Assistant News Editor

This year marks SIUE's 12th consecutive year in presenting students, faculty and the general public with a number of distinguished performers and speakers through its Arts & Issues series.

The 1996-97 series will feature an eclectic range of events, offering something for everyone. "I've never been more pleased with the variety of events as I am for this upcoming season. The new season offers programs in some new areas that will spark the imagination," A&I Coordinator Richard Walker said.

The series begins Sept. 5 with "Conversations from the Heart," featuring readings by Joyce Carol Oates of a variety of her works. A prolific novelist, Oates has been twice nominated for the Nobel Prize for literature and who has won a National Book Award. Her latest book is "Zombie," a "bold and thrilling exploration into the life and mind of a serial killer."

The Tannahill Weavers will appear Sept. 25. The quintet is famous for their powerful pipe and fiddle instrumentals, three-part vocal harmonies and broad Scots wit. Using spirited songs, ballads, lullabies and instrumentals, they will present the rich and varied musical heritage of the ancient and modern Celtic peoples.

Another European presentation comes from The Lyric Theatre of Belfast, North Ireland.

Philadelphia, Here I Come! is playwright Brian Friel's 1964 hit, appearing Oct. 30. The play tells the story of a young man from war-torn Belfast as he sets out for the United States.

The new year will start off with Joycelyn Elders, the first African-American surgeon general and only the second woman to hold that post. Elders will speak Jan. 30 about "The Keys to a Healthy Life." The former surgeon general is now a pediatric endocrinologist at the University of Arkansas Medical

School. She believes that violence, sexually transmitted diseases, poverty and substance abuse are the biggest threats to the health and well-being of our children.

SIUE is the final stop of the final tour of the **Bella Lewitzky Dance Company**, the West Coast's leading representative of modern dance. Blending movement and color, choreographer Lewitzky is said to "create drama in space". This 30-year-old dance troupe has performed in 43 states and 20 countries on five continents and will be in Edwardsville Feb. 26.

In a performance March 27, the **Uptown String Quartet** will disprove the notion that strings can't swing. The musicians bring a wealth of experience in both classical and American music to create a unique sound. Their performance will include original works and arrangements of the blues and spirituals as well as the music of Scott Joplin, Charlie Parker, Duke Ellington and James Brown.

The final event of the season is a lecture by **Donald Johanson**, one of the world's leading paleo-anthropologists. He will speak April 24 about "Our Oldest Human Ancestor." Working in Africa, Johanson has dedicated the last 25 years to exploring, discovering and studying the most significant — and the most controversial — fossil find ever made in the search for the origins of humanity. In his presentation, he will revisit the historic site in Ethiopia where his team discovered "Lucy," considered by many to be our oldest, most complete human ancestor.

The Arts and Issues program receives funding from state money and a number of private sources such as donations and grants. Recently, Arts Midwest Performing Arts Touring Fund awarded SIUE grant money to support the performances of Uptown String Quartet and the Bella Lewitzky Dance Company. Earlier this year, Target stores awarded SIUE a

\$2,000 grant to bring the Tannahill Weavers to Edwardsville. Revenue is also generated by advertising and ticket sales.

Tickets went on sale August 1 and include free parking. Student tickets range from \$2 to \$5 for single performances or \$26 for all seven events. General admission tickets are \$6 to \$12 per event or \$60 for the series. Card-carrying SIUE Alumni Association members receive \$1 off each full-price general admission ticket.

Wheelchair seating is available and sign language interpreters are available upon advance request.

For more information or to order tickets, call (618) 692-2626 or toll free from St. Louis (314) 621-5168 ext. 2626. Hearing impaired patrons may call (618) 692-3782 (V/T). To order tickets by mail, write: Arts & Issues, SIUE, Edwardsville, IL 62026-1083. Tickets may also be charged using MasterCard or VISA.

Arts and Issues Schedule

All performances start at 7:30 p.m.; locations vary

Imagine Arts & Issues

- Joyce Carol Oates: "Conversations From the Heart" — Thursday, Sept. 5, 1996 — Meridian Hall, University Center
- The Tannahill Weavers — Wednesday, Sept. 25, 1996 — Communications Building Theater
- The Lyric Theatre, Belfast: "Philadelphia, Here I Come!" — Wednesday, Oct. 30, 1996 — Communications Building Theater
- Joycelyn Elders: "The Keys to a Healthy Life" — Thursday, Jan. 30, 1997 — Meridian Hall, University Center
- Bella Lewitzky Dance Company — Wednesday, Feb. 26, 1997 — Distinguished Communications Building Theater
- Uptown String Quartet — Thursday, March 27, 1997 — Communications Building Theater
- Donald Johanson: "Our Oldest Human Ancestor" — Thursday, April 24, 1997 —

speakers and performers

If you have the "under 21 blues", we have the solutions for you

By Alestle Staff

It's Friday night and all is quiet in your room/apartment. You lonely and downhearted. You sigh as you look longingly out the window at the rows of cars that drive past heading towards the nightlife in town. You have the under 21 blues, old enough to go to war, but not old enough to go to a bar.

Never fear, your friendly neighborhood campus paper is here with a top ten list of things for the under 21 on those lonely Friday nights.

Top Ten Things to do if you are under 21

10. Roam aimlessly around Wal-Mart.

This is one of my favorite past times. I could do it for hours. You don't have to buy anything, just be there to smell the Wal-Mart smells, to see the women yelling at their five children as they too wander aimlessly around, it is so American... and so time consuming.

9. Read a magazine. I am not talking about any rag mags like Cosmo or Glamour. Read a real magazine, like Time or NewsWeek. You can impress your friend later on by spouting all the hot topics in the News.

8. Go see a movie. The Cottonwood has movies for all seats \$1.75 every day, you can't beat that price.

7. Go bowling. Bowling can be a very entertaining pass time if you make it that way. Bowl stupid, granny bowl backwards or on your stomach. Half the fun is watching other people watch you bowl.

6. Have someone else buy you beer. Enough said.

5 Play intramurals.

4. Call the infomercial hotlines and ask them questions. "So, what is your real name?" Does the spray on hair come in shades of magenta?" Loads of fun.

3. Play pool in the UC.

2. Channel Surf. Some people actually have this down to a science.

1 Read the Alestle. What could be more fun and enlightening?



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Where to eat on campus...

When hunger strikes, where can you go to fill your belly? You could depend on friends and family to send you care packages. Or you could trek out to Edwardsville for a taco or a pizza, a sub sandwich or a donut. Check out the Wild Turkey in the Commons Building at Tower Lake Apartments and the University Restaurant.

But why bother when you can get all those and more right here on campus. The University Center is where you'll find the most choices. There are even a few vending areas around campus that offer sandwiches and drinks. We've picked the best to showcase here.

Other Options

- ✓ **Wild Turkey** — Lower level, Tower Lake Apartments Commons Building. This snack shop and grill has burgers, dogs and \$1.99 specials along with prepackaged convenience foods. Meal plan cards accepted. Open noon-8:30 p.m. Mon.-Fri.; noon-5 p.m. Saturday; closed Sunday.
- ✓ **University Restaurant** — Second floor, UC. Treat yourself to a meal with table service and choose from daily lunch specials and an all you can eat saladbar. Open 11:30-2:00 p.m. weekdays.
- ✓ **Cougar Den** — A fast food menu of burgers, fries, shakes and more, including a vegetarian burger. Open 10:30-3 p.m. Monday-Friday.
- ✓ **Vending Machines** — There are a number of vending machines around campus that dispense sandwiches, snacks and candy. Most have a microwave nearby. The best setup is on the second floor of Peck Building. There, students, faculty and staff can buy everything from soup to nuts and anything in between from one of the half-dozen machines.

Center Court Dining Guide

- ✓ **Cafe Java** — Gourmet coffees, including espresso, latte, cappuccino.
- ✓ **Taco Bell Express** — Offers the basics in tacos and burritos.
- ✓ **Deli Express** — SIUE's "Subway," there are a variety of meat/cheese and vegetarian combination sandwiches.
- ✓ **Pizza Hut** — Get personal with a cheese, supreme or pepperoni pizza. Breadsticks are also available.
- ✓ **Sweet Surprises** — Self-serve bakery area offering pies, cakes and cookies.
- ✓ **GRAB 'n GO** — Packaged foods, drinks and Dunkin' Donuts, located along the back wall.
- ✓ **Garden Patch** — A healthy balance of a daily lettuce bowl with garden condiments and a variety of fruit.

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If you're over 21 and have no where to go... get ready to party, Edwardsville style

By Alestle Staff

You've been here for only a weekend now, and are almost excited to hit your first day of class because after everything was moved in your place the rest of the weekend was rather... boring! Don't be mistaken, there are some places in Edwardsville to have fun, you just don't know where yet.

Never fear, the Alestle's guide to over 21 nightlife will get you where you want to go.

Here is a list of some of our favorite places to frequent:

Stagger Inn — 104 E. Vandalia-656-4221. This restaurant/bar features alternative music on Saturday nights, live music on Fridays and Saturdays and open mic night on Sundays and Wednesdays. Every day, one particular beer is offered at a reduced price. Every Tuesday and Thursday there's a spaghetti special that is served beginning at 3:00. There are three sizes: children's for \$1.25; jumbo for \$2.50 and all-you-can-eat for \$3.75. The meal is served with bread and vegetarian style spaghetti is also available.

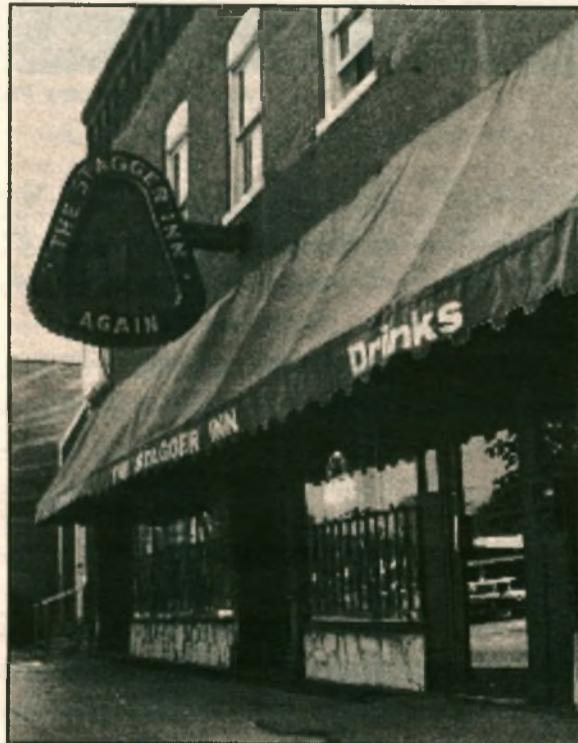


Photo by Jeremy Paschall/Alestle



Photo by Jeremy Paschall/Alestle

Featured on Tuesdays are \$1 bottles, contests and raffles. On Thursday night, Q104 broadcasts live. Killer B is the DJ. Penny Pitchers! Every Friday, The Point broadcasts live. There again is no cover for anyone with **Rusty's** — 1201 N. Main St.-656-1113. This restaurant/bar features top 40s live entertainment on Fridays and

please see NIGHTLIFE, page 20

Shenanigans Bar and Grill — 2157 Center - 656-8363. College night is every Tuesday night after 9:00. With a college ID, students can get half-price appetizers, \$4 pitchers of Coors light, \$1.25 Schnapps shots and \$2 margaritas. There are other drink specials every other day but Friday.

The Gallery — 2858 S. State St. Rte. 159 Glen Carbon-659-0506. Tuesday is disco 80s night when students can get in with no cover with a student ID.



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Nightlife

from page 19



Photo by Jeremy Paschall/Alestle

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a college ID. Beginning in three weeks, there will be women boxing every Saturday night with cash prizes. Sunday night is karaoke night with \$1.25 amaretto sours. Monday is open mic night.

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M	Sept 2	Labor Day Holiday - University Closed	CLOSED
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What to take, what to take, a guide to picking those classes

By Melanie Adams
Editor in Chief

You've been accepted into SIUE and have picked where you are going to live, the next step is to pick your classes, and for those of us undeclared majors, the academic advisors in academic advisement will be glad to assist you.

The first step in picking your classes is knowing what it is you are required to take for your general education and your designated or soon to be designated major, Alison Barber, Academic Advisor said.

The next step is to pick out some courses that you think you may enjoy taking and ask around about them. But be warned, just because someone else did not like the course doesn't mean you won't either. "Everything is based on opinion," Barber said, "If you have heard some bad things about a class you can choose not to take it, but you may miss out on a good experience."

If you pick a class that you don't like, that doesn't mean you made a bad choice, Barber said.

"There is no such thing as a bad choice," Barber continued, "you've learned something through the course and you've eliminated something you don't want to do."

Barber also said that the best time to decide to pick classes for the next semester is by mid terms. "The earlier the better. Students will have better choices for what is open if they choose their classes early on," Barber said.

When it comes to declaring a major, when to declare depends on what the requirements for the major are. "With some majors students can declare right away because they do not have any requirements to fulfill first," Barber said.

In order to declare, if there are no requirements that need to be fulfilled, students need to be in good academic and financial standing and close to 60 hours of completed classes.

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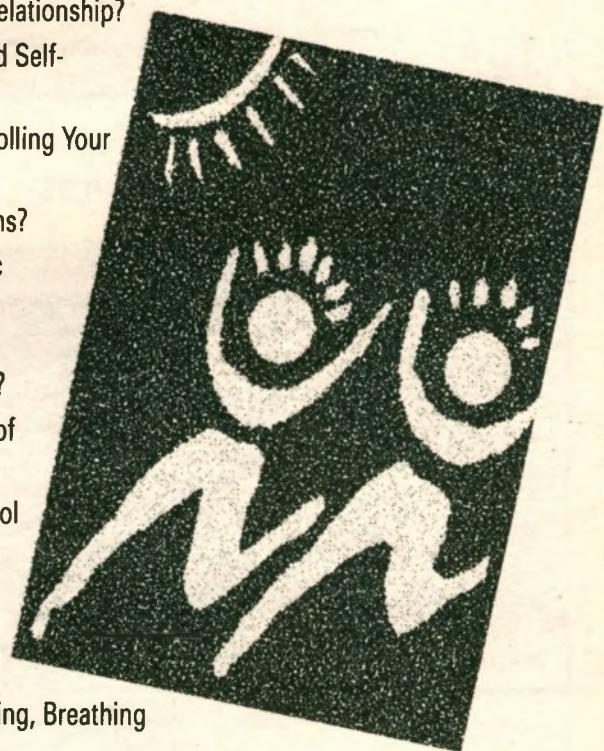
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SPORTS OUTLOOK

August 1996

Todd Spann / Sports Editor

Memorable moments highlight first GLVC season

"In a conference you establish rivalries and that makes things exciting especially for the fans. It's good to have that and it is very positive."

Volleyball/softball head coach Sandy Montgomery

1995-96 sports season marked the first year SIUE was apart of the Great Lakes Valley Conference and quickly made their presence known.

Along the way SIUE teams found new rivalries and now fans can actually start to recognize opponents since the Cougars will have relatively the same schedule each year.

But the year was topped off by several events that need to be mentioned again.

- The women's tennis team leads the list by winning the GLVC last fall. Their 11-0 record was marked by good performances from all the players on the team.

- The year in women's basketball was highlighted by Terri Evans breaking the SIUE scoring record.

in the GLVC for his outstanding tennis play throughout the year.

- Tennis head coach Bill Logan received coach of year in the GLVC for the women's season last fall.
- The softball team finished 2nd in the conference after a strong season.

- In their first season the volleyball team finished 11-12 in the conference and made post season tournament.

- The women's soccer team made it all the way to semifinals of the GLVC tournament.

- The baseball team

ished the year in post season when they made it to the GLVC tournament.

- Men's soccer played their final games as a Division I team and will join the GLVC this season and become a Division II team.

Last year had a lot of moments to write about and this upcoming GLVC sports season should not be any different. SIUE has established themselves and are ready to make a run at the championship.

"In a conference you establish rivalries and that makes things exciting especially for the fans, Volleyball/softball head coach Sandy Montgomery said. "It's good to have that and it is very positive."



Alester /file photo

The volleyball team took to the courts for the first time this year and finished their inaugural season 15-15 and 6th in the GLVC with a 11-12



Volleyball

Inaugural season a great success...

Team looks to improve on a .500 mark from last season

"I'm very happy with the season and I'm not surprised with how we played.

We should of done better but the lack of experienced did show up in some of the close games,"

Head Coach Sandy Montgomery

Todd Spann / Sports Editor

If there ever was an SIUE team that had an excuse for having a poor year it would of been the new founded women's volleyball team.

But instead of using excuses the team stepped up and had a remarkable inaugural season going 15-15 and finishing 6th in the GLVC with a 10-12 mark, just good enough to make post season play.

Of course everybody will expect great things out of the team this year with six returning players all of whom received playing time last season.

Out of those six players is sophomore Michele Gilman who finished 12th in the nation in blocks.

"It's quite an accomplishment especially for a freshman to come in and do something like that," Head Coach Sandy Montgomery said.

During the first season Montgomery was very pleased with the effort but knew with more experience the team could of won more games.

"I'm very happy with the season and I'm not surprised with how we played. We should of done better but the lack of experience did show up in some of the close games," Montgomery said.

This year the lack of experience should not be the problem. With a team load of experienced players and for the first time having game footage of the other teams

should help out this year.

All and all Montgomery felt the year went well but said the toughest part of coaching a first year team is not having any returning players to build a team around.

"We were pretty organized has the program itself goes but the tough part was not knowing any players," Montgomery said.

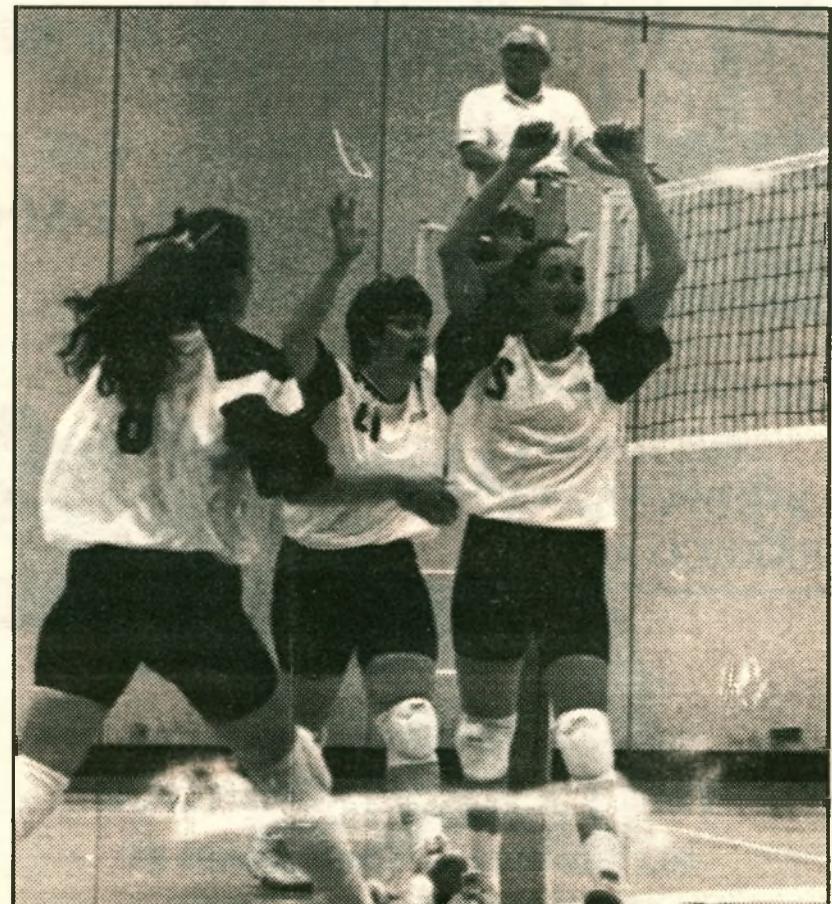
As of goals for the team, Montgomery lets the players determine what they want to accomplish. But she did say the main goal is to do

well in the conference.

"We have a pretty strong conference but we made it to post season last year and with us having some experienced players returning will help us play more consistently and hopefully get us back to post season," Montgomery said.

Montgomery also said she had a new batch of big freshman coming in. so that should help the squad a lot.

Montgomery is very excited about the year and hopes the fans start to get excited about the sport just as much.



Alester/file photo
Volleyball team celebrates after winning point in one of their GLVC



Men and women's programs see rise in athletes

Things are starting to fit into place with the cross country/track team. First, they have a beautiful playing facility and now the men have tripled in number and the women have doubled their number.

Head Coach Darryl

Cross Country

Grows in force...

By Todd Spann / Sports Editor

Frerker made a few goals when he took over the program last year and one of them is coming true.

"One of the goals was to have a bigger team and that has happened. The next goal of ours is to get better and then see if we can make a run at the

national tournament," Frerker said.

Frerker gave a lot of the credit for the increase in numbers to the track and field stadium that was built to house the Summer Olympic Festival in 1994.

please see CROSS COUNTRY page 25

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"The word has gotten out about the great facility we have and it's helped to tell people that we have a team and good facility," Frerker said.

At the present time, the men's and women's cross country teams are in a building stage and with the new athletes coming in, it looks like a bright future.

The men will be lead by returning seniors Gus Coronado, George Patrylak, and Travis Roundcount. While the women will be topped by Seniors Colleen Casey and Vicki Johnson. One lone junior Christina Ray Peterson is back and Trisha Huelsmann, Kendra Newell and Jacqie Vazquez return as sophomores.

"I expect good performances out of both my teams and I think we are going to do well but we will see as the season goes on," Frerker said. "In the meantime we will have some fun and win some meets."

One thing Frerker stressed was that the team is open for students who used to run cross country or track and if they are interested to give him a call or stop by the office which is in the Vadalabene Center.

"We want Athletes and it will be open tryouts to all who are interested," Frerker said. "I just want it to get out that we have a cross country team that is moving in the right direction."



Alester/ file photo

The men's cross country team looks to improve this season by adding more athletes to the squad. The team tripled their size in the off-season and the women's team doubled the amount of athletes.

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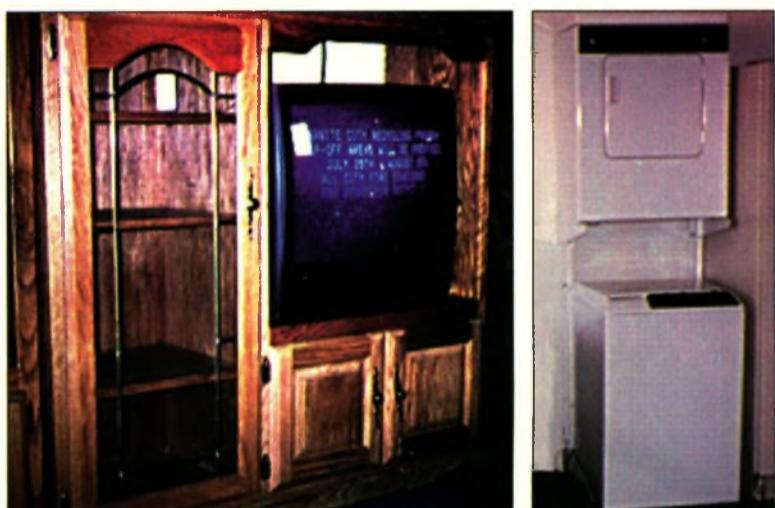
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