

The Shield

University of Southern Indiana Student Newspaper

Oct. 26, 2000 • Vol. 30 Issue 7

4-Day 4-Cast
High Low
Today 78° cloudy 58°
Friday 73° cloudy 52°
Saturday 66° cloudy 46°
Sunday 64° cloudy 45°



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Tip of the Week

The EASC is holding its soccer and volleyball nights out!!

October 27, 5pm (Soccer) at Strassweg Field
Free food, games, and prizes!!

October 28, 1pm (Volleyball) at the PAC
\$300 First prize for most spirited student organization!!

Courtesy of SGA

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Chief Justice advises students to shape a career that cannot be shaped

by teri beckman
staff writer

Being prepared for accidents and unexpected opportunities can be the difference that makes a career, Randall Shepard, chief justice of the Indiana Supreme Court, said Tuesday.

Shepard visited campus to speak in Mitchell Auditorium, an event co-sponsored by the Scripps Howard Center for Media Studies and the department of communication.

His speech was titled "Study, Reflection, Speaking: Preparing for a Career You Cannot Shape."

"It's not that you can't shape a career, but you cannot predict its shape," said Shepard in his opening remarks. Accident, opportunity and how well you are prepared for each determine what you can be, he said.

The chief justice said col-



lege is one the absolute best places to have the blinds pulled from your eyes and realize how much you can do in the world. Shepard warned that only the "prepared mind

encounters the unexpected." Making the connections among accident, opportunity and being prepared is the best way people can go places they never dreamed of.

The message of his speech was to be prepared for anything. Through study, reflection and speaking, preparing for the world can be a little bit

See Justice, page 2

USI to host satellite broadcast, Nobel Peace Prize winner to speak

staff report

USI will host the fifth annual satellite broadcast of "Worldwide Lessons in Leadership Series," from 9:45 a.m. to 4:30 p.m. on Wednesday, Nov. 15, at the Radisson Hotel, 600 Walnut Street.

The topic is "The Brave New Workplace: Strategies to Excel in a World of Change." It will bring together the world's leading business strategists.

The Worldwide Lessons in Leadership Series is broadcast live via satellite hosted by colleges and universities at

various sites in cooperation with Fortune magazine.

Nobel Peace Prize winner Nelson Mandela will open the series with personal insights, followed by renowned authors Dr. Stephen Covey, Dr. Tom Peters, and Dr. Ken Blanchard, among others.

Intel founder Andy Grove will appear alongside Yahoo! founder Jerry Yang.

Martha Stewart, chair and CEO of Martha Stewart Living Omnimedia, will share her expertise in the FORTUNE executive panel that is known for lively exchanges among the world's best business minds.

Inspiring leader Nelson Mandela, former President of South Africa, has won numerous awards for peace and freedom accomplishments.

Dr. Stephen Covey, named one of America's 25 most influential people by Time magazine, has sold over 12 million copies of his book 7 Habits of Highly Effective People.

Author of the Brand You50, the Project50, and the Professional Service Firm50 series, Dr. Tom Peters has launched a revolutionary new movement on reinventing work that has been featured

on national television, radio, and on the covers of Time magazine and USA Today.

Dr. Ken Blanchard, author of the One Minute Manager and his newly released Big Bucks, is an advocate for respecting human worth in organizations, and has had four books on Business Week's top 15 best seller list.

Rates for the series vary from \$159 to \$199 per person, depending on the number of people in a group.

For more information or to register for the workshop, call 1-800-689-9771, or visit the Web site at www.wyn.com.

Campus

Oct. 26, 2000

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Upcoming Events

Oct. 26

- SGA General Assembly Meeting, 4:30 p.m.
- Dave Westol Presentation, Carter Hall D
- APB Screaming Eagle Thursdays, 11:30 - 1:30 p.m. UC
- A reading by Melanie Culberson, 7 p.m. Kley Meyer Hall, LA

Oct. 27

- International Club Meeting, 4:00 p.m., Mc West
- Alcohol Screening Tests, 9 a.m.-3 p.m., UC 205 & 206
- Rape Aggression Defense Training, 8:00 a.m.-11:00 a.m., Pac 200
- Rape Aggression Defense Training, 12:00 p.m.-3:00 p.m., Pac 200

Oct. 29

- No events reported
- Oct. 30
- No events reported

Oct. 31

- SHA Meeting, 9:30 p.m., McWest

Nov. 1

- Prof. Robert Boostrom of the School of Education will speak to the Philosophy Club on "The Politics of 'School Choice.'" All are welcome! 8:30 p.m. in LA 2022

Justice

continued from Page 1

easier.

He said, "Study. The capacity to understand how the world works is what this university is trying to give you. College is a cornucopia of people, ideas and events, and you ought to treat it that way."

Shepard related his own college career to his advice. He urged students to take their college years and treat them as if they are the best years of their lives. Reflect on the challenges that are set before you.

"Take time to appreciate and assess what it is that you really like doing, and this is the closest you will get to deciding what you can be," said Shepard.

College students should be prepared to encounter the unexpected, and one way to be prepared is to have good presentation and speaking

skills.

Shepard said, "It is very important to be able to walk into a room and participate in what brought you there."

Whether it's walking into a classroom, raising your hand to participate or walking into a room full of reporters, people should be able to communicate well.

Shepard, an Evansville native, told students that, at the age of 17, he had dreams of working in foreign service, in the newspaper business or becoming a lawyer. His career was not shaped because he had a clear focal point of a destination. He did not focus on a piece of the world but on the whole of the world.

Shepard's speech was followed by a short question and answer session. He told students of a speech he would give later that day to the Rotary about a proposed

change to the state's constitution.

As it stands, the constitution states that anyone who is convicted of a crime and is sentenced to 50 years or more skips the court of appeals and automatically receives a hearing from the state Supreme Court.

Because of the recent decision to punish convicted murderers with at least 55 years in prison, these cases are making up two-thirds of all the cases heard by the Supreme Court, leaving only one-third of the Supreme Court's session time to hear from the rest of the Hoosiers who want an appeal.

The amendment, if passed by the voters, would eliminate the automatic judicial hearing based on length of a prison sentence.

Flu vaccine still delayed

by heather kinnett
shield correspondent

The flu season is here and still no sign of the flu shot at surrounding health centers, which could mean problems for many people.

"The manufacturing of the serum was delayed due to problems in the laboratory,"

says Gina Lang, a nurse at the Health Center here at the University of Southern Indiana.

The center may have the vaccine within a month.

Those people with chronic diseases, HIV, asthma, and the elderly will be given top priority.

It is a good idea for any-

one to get the vaccine especially those in contact with large numbers of people.

When the supplies do arrive at the University Health Center they will cost \$ 10 for students and \$ 7 for staff and faculty. For more information the vaccine call the center between 8 a.m. and 4:30 p.m. at 465-1250.

Intramural deadlines set

by jason heavilin
shield correspondent

The intramural department has scheduled many events for the upcoming months of the semester.

These events also have sign-up deadlines that you must meet in order to have the opportunity to participate in that event.

The events scheduled for

the months of November and December are rock climbing, the basketball fest, Christmas game night at Walther's Fun Center, basketball and the fall 2000 intramural recreational sports video and photo contest.

Basketball fest sign-up deadline is Friday Nov. 3 and takes place on Sunday Nov. 12.

The sign-up deadline for Christmas game night at

Walther's Fun Center is Thursday Nov. 16, but the game night is not until Thursday Dec 7. Basketball sign up deadlines for 2-on-2 coed and the 5-on-5 tournament are Thursday Nov. 9 and they both begin on Tuesday Nov. 28.

The fall 2000 intramural recreation sports video and photo contest sign up date is Friday Nov. 17 and takes place Tuesday Dec. 5.

Pumpkin Bust hits USI Friday

staff report

The Pumpkin Bust, a philanthropy event sponsored by the Lambda Chi Alpha's is to benefit a charity, will be at McWest Rec Room on Oct. 27, 2000.

The benefits from this dance will go to benefit the North American Food

Drive—an annual canned food drive which will be held in November 2000.

The dance will be from 9p.m.-midnight free and admission is free if you bring 5 canned goods or \$3 at the door. 2000.



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Alcohol Awareness week kicks off



Left: Lindsey Goad, freshman, prepares a hot dog over the open fire at Oksoberfest. This event kicked off a week long campaign to promote alcohol awareness.

Bottom left: Barry Schronberger, dean of students, relaxes around the campfire with USI students. Bottom right: Students at the Oksoberfest were treated to music by 103 GBF. Their Hummer also made an appearance here.

(Photos by Jen Wilmes)



Barber to lead discussion role in changing world

staff report

Dr. Charles Barber, a professor of political science, will lead "Defining Our Role in a Changing World," a four-part discussion series on America's future.

The discussions will be held from 6:30 p.m. to 8:30 p.m. on Mondays beginning Oct. 30 at the Alexandrian Public Library in Mt. Vernon.

Members of the community are encouraged to participate in the discussions. Registration to attend the four sessions is required.

The discussions are part of a national project of the Watson Institute for International Studies at Brown University.

The results of these discussions across the US will be evaluated and a report will be generated.

The discussion groups will focus on the topic "Where we as a nation and how should we define our role in a

changing world?"

The program will not advocate any particular point of view on this question, but will seek to bring citizens together at a non-partisan public space to deliberate the direction the nation should take in the next century.

Participants will receive the book *Defining Our Role in a Changing World* to serve as a basis for the discussion, introducing current public issues. These issues will be accompanied by a framework, of four alternative possibilities for America's future that also raise important questions about the goals of US foreign policy.

This series is made possible by a grant from the Choices Education Project of Brown University and the Friends of the Alexandrian Public Library. For more information or to register for this series, please contact Alexandrian Library Adult Services at 838-3286

Halloween Sale in the Bookstore!

Monday, Oct. 23 -
Friday, Oct. 27
regular bookstore
hours.

All clothes (t-shirts, sweatshirts, jackets, etc.) are now 25% off the sticker price. Selected items are 40% off the sticker price.

Order textbooks, clothes, trade books, and more online at www.usi.edu/book/order.s.htm

Did you know?



Talk about walking the dogs! If you took all the hot dogs Sonic Drive-Ins serve in one year and put them in a row, you'd have to travel 8,561 miles just to reach the end!

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Children's Center provides full-care service

by roberta fugate
shield correspondent

Raise your hand if you know there is a day care center on the USI campus.

If you raised your hand, you are correct. In fact, there has been a child-care center on the USI campus for about 25 years. What started out as a drop-in center has grown to a full-service, licensed child-care facility.

The Children's Center is open Monday through Friday from 7 a.m. until 5 p.m. The center is available mainly for USI students, faculty and staff members but includes the Evansville community as well.

According to Pam Busckill, coordinator of the center, 70 percent of the children now at the center are children of USI students, 27 percent are children of faculty and staff members at USI; and the remaining 3 percent are children from the Evansville community.

The center is serving about 60 families and has about 62 children enrolled.

The center employs one full-time, two part-time and 12 student workers.

The full-time and part-time instructors have either an associate's degree in early childhood or a childhood development associate certificate.

Student workers bring a variety of interests to the center. They are not only education majors but also social work, business and psychology majors. Not all of the student workers are women either. A male student worker whom the children call "Big Mike" is on staff.

Last year, USI was one of 87 colleges and universities in the nation to receive a four-year grant from the Department of Education for expansion.

According to Busckill, the money will be used to help keep parents in school by subsidizing child care for parents who are Pell Grant recipients.

Part of the grant money will also be used to pay a teacher's salary on Monday and Wednesday



Three children have fun at the USI Children's Center evening program. The on-campus center offers part-time and full-time care for children 3 to 6 years, from 7 a.m. to 5 p.m. Monday through Friday. Evening care is offered until 9 p.m. on Mondays and Wednesdays during the fall and spring semesters for children 3 to 10 years old. Pell Grant students may be eligible for child care subsidies. For more information, call the 464-1869 or visit the USI web site, www.usi.edu. (Photo by Roberta Fugate)

evenings so that services can be provided from 5 to 9 p.m. for children ages 3 through 10.

The Children's Center has also received approval for renovations of the old theater center building with the hopes of turning the space into two

more classrooms. This fall the center plans to expand and possibly add a program for 2-year-olds to the curriculum.

The other classroom will be used for community-based programs.

In addition to the

school year, the Children's Center staff is hard at work during the summer.

Last year 400 children were enrolled in programs offered at the center. Of these children, approximately 120 were school-aged.

Study abroad program offers students chance for travel, personal growth

by jennifer schmitz
shield correspondent

Every semester, USI students leave campus to study abroad.

The study abroad program, sponsored by the International Programs and Services Office, provides opportunities to travel abroad to countries such as England, Finland, Japan, Germany, Australia and others.

The international office also participates in the International Student Exchange Program that allows students to travel to Japan and

Germany.

Director Heidi Gregori-Gahan said the ISEP program "makes study abroad accessible to so many students."

The most popular study abroad program is Harlaxton College in England. Audra Weisheit, a senior who studied in the spring of 2000, said she learned to "work with and learn about other cultures and how other countries are run politically and socially."

Students choose to study abroad for many reasons, including learning about other cultures and having the chance to travel.

Renee Gelarden, an elementary education major who is hoping to study abroad, said, "Studying abroad is a once-in-a-lifetime opportunity, and the things I learn there will help me in my teaching." Gelarden is planning to travel to Australia to study abroad this spring.

Those who choose to study abroad learn many things about other countries, as well as themselves. Weisheit said she "grew more independent. Traveling with small groups or alone in cities, such as London, one of the largest cities in the world,

allows you to grow more independent."

A myth that many students believe about study abroad is that it is very expensive, but participating in ISEP study abroad means the cost is based on USI's tuition and financial aid will apply. Gregori-Gahan said they are "great programs and great deals."

For more information about study abroad or other programs offered through the International Programs and Services Offices, contact Gregori-Gahan in the office or call 465-1248.



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Finding my true personality



joe grace
Shield
columnist

It's amazing what a personality test can induce from just a few random questions.

Last week, I visited an internet site called Emode. This web site offers a variety of personality tests ranging from Celebrity Matchmaker (Angela Bassett) to What Color is Your Aura (red, even though my car isn't an Aura, it's a Lumina).

The main one is called the Ultimate Personality Test.

(Not to be mistaken with the sub-title of the three presidential debates.) It finds out what your ultimate personality is (duh) and compares it to that of your friends.

Turns out, I have a skydiver mentality. "You're a free-spirited, independent, action-crazed lunatic." And I always thought of myself as a Republican.

There's more. "Anything for a good time' is your motto, even if that means dancing half-dressed on some boozed-slicked bar."

I'm not sure, but the last time I checked, I didn't work at Coyote Ugly. That and I'm an Irish white male which

means my dancing skills are par to that of any other Irish white men not in Riverdance.

In other words, imagine Al Gore trying to hip-hop. If you correctly see this, you should be on the floor laughing your guts up. That's the same position most people are in after watching me dance.

There's even more. "People adore you. They'll cross a busy street just to get a closer look at you."

I don't even have a fan club, yet. I'm still waiting for someone on the campus to start one. Heck, I'll even be the president of the club.

The only time anyone has ever crossed a busy street to

look at me was when I got stuck in a fence during the Fourth of July this summer...I mean many years ago...I mean my mother got stuck in the fence while I was in her womb. Yeah, that's it.

Now, I have the burden of trying to fit into my skydiver personality. I plan on accomplishing this in three ways.

First of all, I'm going to have to stop being a Republican. I guess the craziest thing to do is to join the Libertarian party. I don't really know what their beliefs are, but I've heard they throw bitchin' parties.

Secondly, I need to learn to dance. Gene therapy seems

to be the best way for me to overcome my Irish heritage. Hopefully, I don't end up with a third testicle or something gross like that.

Finally, I intend to become famous. I'm not sure of how to do this, but if anyone wants an autograph for when I figure out how to make it happen, I'll be happy to comply.

It's a good thing I took that personality test or who knows where I might have ended up. Probably in a well paying steady job or some other horrible thing that goes against my true personality. Thank you Emode.

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A letter written to George

by chad crowe
columnist

I found myself laughing a bit too much as I was watching your final debate.

Although this certainly made the debate entertaining, a part of me doesn't think that politics should be quite so humorous. I just want to highlight some types of your statements.

Many of your statements are "fluffy." Early in the last debate you said, "It's time for our nation to come together and do what's right for the people." I thought that it was time for our nation to come apart and to do what's wrong for the people.

George, you spend too much time campaigning the obvious. Later you said, "Each of us must love our children with all our heart and all our soul." Thanks for the reminder. We all tend to forget about loving our children.

You love to say, "I trust people. I don't trust the federal government." If you don't trust the federal government,

why would you want to lead it? Later, in response to a question about military deployment, you remarked, "I think the mission has somewhat become fuzzy." That's nice to know, George. That is the type of specificity that I am looking for in a president.

The second category shall be called "illusory."

You like saying, "It's an issue of principle, not politics." I guess that you intend to imply that you are a man of principle, a man of conviction, a man very different from that sleazy D.C. guru next to you.

You went to Bob Jones University as a matter of principle, right? It would be absurd to think that you went there to win the Christian, conservative right-wing vote.

Later, when a man questioned the apparent pride that you felt when you spoke of putting "three white thugs" to death in Texas in the previous debate, you said, "I'm not proud of any record."

Throughout your primary campaign, I vaguely remember you lauding the efficiency and success of the Texas crim-

inal justice system.

In fact, you said you were absolutely certain that no innocent person had been put to death. This seems to me like pride in a record. In addition, you smiled and snickered in the previous debate as you said that you were going to put the "three thugs" to death.

I think that you insulted the intelligence of the man who asked you the question by responding as you did.

The last category, George, is the "unfunny" category. You may not realize it, but most of the time, when you are laughing, the rest of us are not.

Perhaps Texas humor does not extend far beyond the state lines. Try to keep your humor to a minimum. You receive plenty of laughs without even trying.

I hope that this helps, George.

Oh, one final note. You should probably stop saying, "Should I earn your confidence," because the public might start to ask themselves that same question.

Best of luck.

The Shield

University of Southern Indiana Student Newspaper

| | |
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The Shield is published weekly and distributed on campus each Thursday morning during the fall and spring semesters.
Letters to the editor may be submitted in person or sent via e-mail to shield@usi.edu. Letters must be signed and include a phone number for verification. Letters must be 250 words or less.

Weekend missed teen target Set better example for kids

by kevin gadsey
staff writer

This semester's Family Weekend gave positive impressions to most parents visiting the campus and their college students, yet the Activities Programming Board missed a golden opportunity during "Weekend at the Nest."

The programming for whole families was superb and the coinciding off-campus events such as "Scots in Harmony" provided many choices to the parents and students.

The two showings of the movie "Dinosaur" delighted many families with young children.

And Midnight Madness nearly blew the top off the PAC center.

But the activities for chil-

dren and youth were severely lacking.

Children had several areas with arts, crafts and games set up during the lunch hour. The tables ranged from sand art to mini-golf.

That impressed the four-year-olds, but a four-year-old is impressed with a box of crayons.

The older children congregated around the basketball goal. This was a missed opportunity to make USI seem fun for the future college students.

APB could have called in a magician, clown or other entertainer.

Several years ago, the first incarnation of the program offered a "Fun with Chemistry" program. Something similar should be offered in next year's program.

But the biggest loss involved the visiting teenage siblings who are very close to choosing their first college.

One teenage sister told The Shield that her favorite part of the weekend was Eastland Mall. That is a shame.

Instead, the teens got a mediocre impression of the university and may or may not choose to attend USI in the next few years.

APB provided many wonderful programs that will serve as building blocks for future "Weekends at the Nest."

But the programming for the brothers and sisters must be changed for next year's Family Weekend. USI can not let this golden opportunity pass by again.

To Editor,

What is wrong with college students today?

We seem to not be taking enough responsibility. On Wednesday I was walking to class, and I saw a group of young children picking up trash on our campus.

I thought to myself, why are those children picking up our mess? We do not even pick up our own trash. What kind of an example are we setting for them by littering, and then not even making an effort to clean it up afterwards.

It is true that we have habitat for humanity which plants trees and flowers, but we have no campus groups to pick up trash and recycle.

There are not even any readily available recycling receptacles in the apartment complex!

With all the trash that is produced by college students, I feel that would be an important thing to invest in.

For now, however, we are letting five and six year olds be and examples for us.

Sincerely,
Rebekah Koehler

Letters to the editor may be submitted in person or sent via e-mail to shield@usi.edu. Letters must be signed and include a phone number for verification. Letters must be 250 words or less. Deadline Monday, noon.

Big banks might not be your best bet

by gus khalil
guest columnist

Most students start shopping for banks when they graduate from high school and enroll in college. A checking or savings account provides convenience for students to deposit money from a part time job, withdrawal money to pay expenses, or save money for a future event.

When I started shopping for a bank, I was looking for one with a great customer satisfaction, a location close to USI campus, and also one that offered incentives to college students.

I opted to open an account with Citizens Bank at the University Heights branch.

I got to know the branch manager who introduced me to his assistants who helped me get my first credit card and explained to me how to start building solid credit from scratch.

Citizens Bank changed its name to Civitas Bank, everything went wonderful and everyone lived happily ever after. Not really!!!

A larger bank out of Cincinnati, Ohio called Fifth Third Bank bought Citizens Bank.

The new big bank started advertising their long experience with customer satisfaction and promised their new customers an excellent banking service.

In the first few weeks I didn't see many changes other than the new name, the new signs, and the new Jeannie Debit Card.

The old friendly employees remained with the bank and kept on providing the services they are used to provide to their customers who are mainly USI students.

Things looked stable and nothing changed. Not really!!!! I noticed that the old employees were leaving one by one.

This started with the

branch manager on down, they were to be replaced by fewer employees to do the same job.

Now, the five-minute stop at the bank to ask a question takes twenty or more due to the fewer employees helping customers.

The more I asked students at school about the new bank, the more negative stories I heard about their deposit and withdrawal system. All tickets are stamped by hand and take a long time to show up on your account.

When students deposit checks on Friday and write a check on Friday or even the weekend, they will be charged \$27 if they do not have enough funds and \$5 a day until the system credits their account for the amount of the check deposited on Friday.

One student was charged \$64 because the system did not credit her account quick enough.

I realized that customer

satisfaction started to go south when every time I called to ask a question, the bank transferred me to a 1-800- number that played all kinds of elevator music while they put you on the long "can you hold please." I tried to come to the branch and talk to the manager her self, but the manager was not working most of the time.

I tried to call the downtown office to complain about the situation, but after twenty minutes of holding, transferring, and the best hits of the 80's, I got to talk to a customer service specialist. I told him that I needed the name of the supervisor of the branch manager on the west side to file a complaint. He told me "If you have a problem, you need to talk to the branch manager."

He did not want to give me his name or the name of the person in charge.

He said, "I will take your name and number and get back with you soon."

Nothing happened.

This is the classic case of a big bank taking over a smaller bank. Customers become just an account number, and you are worth how much money you deposit.

Since students do not deposit that much money, they are not worth that much attention at Fifth Third Bank.

In conclusion, I would like to tell management at the University Heights Branch of Fifth Third Bank that students are your target market and you need to spend more time satisfying their banking needs.

Also, you need to reengineer your procedures regarding deposits and withdrawal, and understand that the students of today are going to be the business people and professionals of the tomorrow who will have more money to deposit.

So take care of them and they will keep you in business.

Health & Fitness

Oct. 26, 2000

7

Exercise Schedule

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---------------------------|-------------------|-------------------|-------------------|----------|
| 12:15-1:00 PM | | Spinning | | Spinning | |
| 4:30-4:45 PM | Six Pack | Six Pack | Six Pack | Six Pack | Six Pack |
| 5:00-6:00 PM | Double Trouble | Cardio Kickboxing | Cardio Kickboxing | Cardio Kickboxing | Step |
| 6:05-6:20 PM | Six Pack | Six Pack | Kick-n-Cardio | Six Pack | Six Pack |
| 6:30-7:30 PM | Step-n-Cardio Awesome Abs | Kick-n-Kickboxing | Double Cardio | Trouble | |
| 7:45-8:00 PM | Six Pack | Six Pack | Six Pack | Six Pack | |
| 8:15-9:15 PM | Cardio Kickboxing | Step-n-Jab | Cardio Pump | Step-n-Jab | |
| 9:30-10:15 PM | Step | | Cardio Pump | | |

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Eating before exercising a must

Question:
What should I eat before exercising?

Answer:

There are several variables that we need to consider when determining what we should eat before exercising.

Those would include: The training intensity, how many calories will be consumed, and what foods to choose. The primary purpose for eating before exercising should be to provide adequate fluids and to prevent discomfort from hunger. Adequate amounts of water before exercising should not be compromised.

For those people who are engaging in aerobic activity, what to eat is very important. Deciding what to eat depends on the time before training because of the digestion process.

Proper hydration is

very important. Also, a carbohydrate-containing beverage could be beneficial depending on the time before exercising.

Digestion requires blood flow to be directed to the digestive tract. During exercise, blood flow is diverted to the muscles so digestion may either slow down or almost cease.

So what do I eat?

I have 3 recommendations: If you have only 1 hour before exercise choose a snack, fruit juice, fruit, or sports drink.

If you have 2-3 hours before exercise choose a snack like a bagel, breads, cereals, fruits and juices. If you have four or more hours choose a meal high in complex carbohydrates, low in fat and moderate in protein.

— Glenna G. Bower
Coordinator University
Fitness Center

Stretching proves beneficial

by cori girten
health and fitness editor

higher level of body awareness is developed.

Stretching also promotes blood circulation.

Stretching is one of the most beneficial, yet neglected aspects of fitness. Regardless of genetics and specific objectives, one can never be too flexible.

There are numerous reasons for stretching.

Stretching reduces muscle tension and can help prevent or reduce soreness after a workout. Stretching gives a sense of whole relaxation.

Additionally, the mind's control of the body becomes more relaxed and the body moves more naturally.

Stretching increases range of motion and helps decrease the potential of injury due to tight muscles. As each major area of the body is stretched, a

Before stretching, a brief warm-up should be performed to increase muscle temperature and blood flow. A longer warm-up is necessary for more strenuous activities.

Once the muscles have been warmed up, hold deep stretch positions and breathe slowly and deeply.

While stretching, never stretch or strain to a point of pain. Instead, stretch to a point of tension and hold four ten to thirty seconds.

Never bounce while stretching and be sure to stretch all major muscle groups.

Mathematical association to meet at USI

staff report

The 2000 fall meeting of the Indiana section of the Mathematical Association of America (MAA) will be held Saturday, Oct. 28, in the Liberal Arts building at USI. Registration will begin at 8 a.m.

The keynote address "Symmetries of Culture" will be delivered at 8:30 a.m. in Kleymeyer Hall by Dr. Donald Crowe, professor emeritus of mathematics at University of

Wisconsin in Madison.

His brief introduction to geometric symmetry in the Euclidean plane will be followed by many real-world pictorial illustrations of symmetries of textiles, carvings, and architecture from Africa, the Americas, and the Pacific.

He will discuss what can be learned, confirmed, or conjectured about cultural history by a careful study of the geometric symmetries appearing in decorative art.

Dr. Gene Freudenburg,

associate professor of mathematics at USI, will present "Algebraic Transformations of R^n " at 1:15 p.m. in LA1003. Other meeting topics include "Riemann Theta Functions of Genus One" and "Jobs for Mathematics Majors."

Registration is \$10 and students get in free. For more information, visit the MAA Website at www.maa.org or contact Dr. David Kinsey, associate professor of mathematics, at 812/464-1714.



Ralph Nader's clean-up crew made a stop at USI in front of the UC. (Photo by Heather Mahuron)

Planning session links students to business

by brad youngman
shield correspondent

The USI School of Business has taken pre-registration a step further this year.

On Wednesday, Oct. 18, the business school hosted their first planning session at Governor's Hall.

The meeting, open to all business students was to get the students connected with the School of Business as soon as possible and to answer any and all questions that business students had of the school and its professors.

About 30 students attended the meeting almost one hour, and when it ended the students left with a better picture of what they needed to succeed.

"I have always known I would go into marketing, but now I know more about what I can take and what organizations are available for me to join," said freshman Brianna Callahan.

After a brief overview of how the school is structured presented by Tim Mahoney, professor of economics, the group was introduced to a faculty representative from each department in the School of Business.

Not only were the students told of majors and class-

es, minors were discussed and they were made aware of the many co-op and intern positions available to them.

"It doesn't matter which aspect you are pursuing, the prospects for jobs are amazing no matter where you want to go," said Dr. Marv Albin, computer information systems chairperson.

"Not only do you learn about the job, but you gain work experience and meet people," said Jessica Bradley, a senior accounting student.

For students who just wanted to know how to get involved listened to representatives from business clubs and organizations.

Angela Williams, a senior CIS major and secretary for AITP, an organization for students entering the technical profession was at the meeting to answer questions and speak of her decision to enter the CIS major.

"We just want to give our students a heads up and help them plan. Not just for next semester, but for further down the road," said Mahoney.

Students wishing to speak with someone about the School of Business are encouraged to call any business advisor or Tim Mahoney at (812) 464-1947.

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College classes that will fit your lifestyle

Distance education learning offers students flexibility

This spring and summer, Hoosiers pursuing higher education will have more opportunities than ever before.

The Indiana College Network's (ICN) new class catalog lists over 1,400 courses available through the Internet, videotape, satellite/cable television, CD-ROM and correspondence.

Distance education classes offer students flexibility, enabling them to enroll in classes that might not otherwise fit into their on-campus course schedules.

This program will enable students that for whatever

reason cannot make it onto campus, a chance to obtain a college education also.

Students should work with their academic advisors to determine what courses can be applied to their on-campus degree programs.

These classes are equivalent to on-campus courses at participating institutions:

Ball State University, Indiana State University, Indiana University, Ivy Tech State College, Purdue University, University of Southern Indiana, Vincennes University and the Independent Colleges of Indiana are already using distance education programs.

Start planning now-contact the ICN Student Services Center to request a free copy of the ICN's spring/summer

class catalog, register for classes or obtain information about financial aid and career development.

The ICN Student Services Center can be reached at 1-800-426-8899 and info@icn.org.

Information is also available on the web site, www.icn.org.

The ICN Student Services Center is a service of the Indiana Higher Education Telecommunication System's (IHETS) Indiana Partnership for Statewide Education (IPSE).

Their mission is to ensure that life long learning opportunities are available through distance education to Indiana residents no matter where they may live or work.

SGA wants students to express opinions

by justine baxter
staff writer

Thursday: Glow Bowling with Intramurals and APB at Franklin Lanes 9 p.m.

Friday: Alcohol Screening Tests with Counseling Center at UC205/206 at 9 a.m. to noon.

Philanthropy: SGA is welcoming the student body to participate in our adopt a kid toy purchasing program for the Christmas holiday.

This program is meant to give underprivileged kids a gift for Christmas day.

Students are allowed to participate as singles or pair up with someone; however, ideally, the director wants each kid to get a gift(s) totaling \$30.

If you are interested in the program, email Justine Baxter at jdaisy2002@aol.com by Thanksgiving break.

Telephone: If any stu-

dents have been having problems calling out or receiving long distance calls on campus or at Golden Towers, SGA wants to know.

Get in touch with Justine Baxter at jdaisy2002@aol.com. Your cooperation will be appreciated.

Recreation Room: In the basement level of the UC, a rec. room has been started. However, we want your ideas about what you want to see (games, couches, TVs, etc.)

Email your ideas and comments to Justine Baxter at jdaisy2002@aol.com.

SGA Meetings: Open to the public; we have weekly meetings every Thursday afternoon at 4:30pm in LA 1003.

Please come to express your opinion/comment or just to find out more about student government.

The Shield is looking for Campus writers. If interested please call Jason at 465-1645

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New movies this weekend

Lucky Numbers

Starring John Travolta, Lisa Kudrow and Tim Roth.
Directed by Nora Ephron.

Blair Witch 2: Book of Shadows

Starring Jeff Donovan, Kim Director. Director Joe Berlinger

Little Vampires

Starring Jonathan Lipnicki and Richeard E. Grant.

Where to go this weekend

The Funny Bone

Friday & Saturday-8 p.m. and 10:15 p.m.
Raven

Breaker's

Friday & Saturday
10 p.m.
3 O'Clock Charlie

Harpole's

Friday 10 p.m.
The Crowd

Marina Pointe

Friday & Saturday
10 p.m.
Blammo

Fast Eddy's

Friday & Saturday
10 p.m.
Lesser People

Sky's

Friday & Saturday
10 p.m.
Nobody's Cousin

'Bedazzled' or Bedazzless?



ryan
jackson

Entertainment
Editor

Director Harold Ramis is now 0 for 2 in my book with the release of his new comedy, *Bedazzled*. Ramis proves once again that he has no idea how to put a story together. In fact, director Ramis would probably be 0 for 3, I just never got around to see *Multiplicity*, remember that one? That was Michael Keaton's attempt to break out of the *Batman* role and continue his attempt to be a diversified actor. You don't see him around much anymore do you?

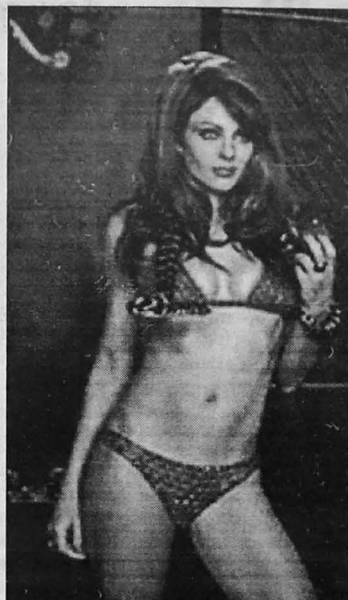
For Ramis, his past three films: *Multiplicity*, *Analyze This* and now *Bedazzled*, are all attempts to regain the respect he crudely earned in the '80s; most notably for *Caddyshack*.

But, although *Caddyshack* and the more recent *Analyze This* were both pros-

perous at the box office Ramis' films seem to lack one sequential element...story! And, so is the case with his new film *Bedazzled*, starring young adult heartthrob turned leading man Brandan Frasier and sultry British bombshell Elizabeth Hurley. It's not that his films lack good comedy, although DeNiro's crying in *Analyze This* wasn't funny (more in line with pathetic) Ramis' films never seem to bring you into the actual characters' lives who are supposedly living in this story. And that's always been the case with his films, not just the oddly-constructed *Bedazzled*, but even *Caddyshack* lacked good character development and a thorough plot.

Yes, Bill Murray was hilarious as the absent-minded groundskeeper and Chevy Chase did have great one-liners, but the fact is the actual plot in all of Ramis' movies never adds up enough to capture the great performance by an actor and in turn winds up making the movies have nothing more than a few good jokes and good but misguided performances, due to lack of direction. Will someone tell this guy to get a clue!

There is an argument that good com
See *Bedazzled*, Page 12



Elizabeth Hurley stars as the devil opposite of Brenden Frasier in the remake of *Bedazzled*

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| Book of Shadows: Blair Witch 2 (R) [1:00] 3:10 5:40 8:00 10:10 [2:40] 5:10 7:20 9:40 | Exorcist (R) [2:15] 5:15 8:15 |
| Little Vampire (PG) [1:50] 4:20 6:40 9:00 | Lost Souls (R) [2:30] 5:00 7:45 10:30 |
| Pay it Forward (PG-13) [12:50] 3:40 6:30 9:20 [1:20] 4:10 7:00 9:50 | Meet the Parents (PG-13) [2:10] 4:45 7:15 9:55 |
| Bedazzled (PG-13) [2:20] 5:05 7:40 10:15 | Remember the Titans (PG-13) [1:30] 4:30 7:10 9:45 |
| Legend of Drunken Master (R) [2:00] 4:50 8:05 10:20 | Dr T & the Women (R) [2:50] 5:30 8:10 |
| Ladies Man (R) [2:55] 5:25 7:50 10:25 | Bring it On (PG-13) Open Caption Exclusively at Stadium 16 5:30 7:40 Monday only |

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TOP 10 MOVIES OF THE WEEK

1. Meet the Parents \$16.3
2. Bedazzled \$13.7
3. Pay it Forward \$10.1
4. Remember the Titans \$10
5. The Legend of Drunken Master \$3.7
6. The Contender \$3.6
7. Lost Souls \$3.3
8. The Exorcist \$2.9
8. The Ladies Man \$2.9
10. Dr. T & The Women \$2.5

Deltron dynamically delivers with '3030'

by eric leucking
staff writer

Deltron 3030 (a group consisting of Dan The Automator on production, Del handling the rhymes, and Kid Koala on turntables) recently delivered its long-awaited self-titled LP, a concept album at its finest. It's the unofficial sequel to '96s Dr. Octagon, which consisted of Automator on production, Kool Keith on the mic, and DJ Q-Bert on the 1s and 2s.

The album is set in the year 3030 after the World War 4. Earth is pretty much how it is today. So, therefore, much of what is said on the album is meant about the present. The album spans just over 60 minutes in 21 tracks (12 songs, 9

short interludes).

Automator brings his usual strong, layered beats using horns, an orchestra, and nice drum loops. Del delivers his nearly sung raps in his typical way, and Kid Koala scratches up some obscure vocal and musical cuts. His presence isn't as in your face as Q-Bert's was on Dr. Octagon, but if you listen closely enough, you'll hear him. The tracks wouldn't be as good without him.

Guests on the album include Damon Albarn (lead singer of rock band Blur), Sean Lennon (John Lennon's son from the Beastie Boys Grand Royal label), Money Mark (the Beastie Boys former DJ), Prince Paul, and Mark Bell (producer of some of

Bjork's critically acclaimed music) to name a few.

Standout tracks on the album include the opening song "3030," "Madness," and the lead single "Virus." It is meant to be listened to from beginning to end, but the tracks in themselves can be listened to singly and still have their message conveyed.

Deltron 3030 doesn't necessarily have the most original concept to it, but the way it is delivered in a storyboard fashion is to be commended. Since I bought it, it has not left my stereo (and will probably not do so for some time). I now have a new favorite album for the year.

5 out of 5 discs

Charlie Brown opens up to rave reviews

by justine baxter
staff writer

You're a Good Man, Charlie Brown opened to an eager, excited audience on Oct. 18 at 7:00 p.m. at the Mallette Studio in the Liberal Arts building.

This play was a light hearted look on life through the eyes of our beloved Peanuts kids. I laughed so much during this play especially anything that Snoopy did/said. Snoopy just reminds me so much of my little Royce, with all of his acting out and expressions.

Being one of the better plays so far at Mallette Studio, *Charlie Brown* and his cast really lit up the stage, each acting his/her own character out very well. I was impressed with the abil-

ity of each of these aspiring theater students to get into their roles.

They bounded with excess energy and indecisiveness, as many little kids do. I think each one of them did a wonderful job in their roles, and they made a great start to the school year by performing such a likable, enjoyable play.

The theater department really does not get the credit it deserves; they have many talented, energetic students who have the will and determination to make it to the big time.

So, if you get the opportunity to go out to the play this week, please do so—you will be pleasantly surprised with the ability of these young pupils.

Crunch Calhoun even though he isnt in this one by Bryan Bretz

100 stories up in a lavish Dynamo penthouse.

What?

I couldn't beat him, his Kung-Fu is too powerful!

Machio, you've failed me for the last time. Get out of my sight.

So Crunch thinks he can just waltz in here and take back my city. We know better than that, don't we Mr. Pinchy?

On it Boss!!

Good. Now Mr. Pinchy we will see who really runs Dynamo! HaHaHa!

Bruno & Jeeves, summon all ninjas at my disposal. Tell them I want Calhoun OFFED!!

Hey all. This is Bryan here. I just wanted to take this extra space for some thank you's and shout outs. First off, I want to thank God for the talents he's blessed me with. Secondly, I want to thank J. Isaacs for hiring me, and for being a G. Finally, I want to thank The Boy Genius and Misc. B. for their support and creative input.

Thanks All!

fivestarththeory makes a spark on local debut

by kyle lowry
staff writer

From the remnants of two bands born and bred at USI rises fivestarththeory. Members from local ska heroes Olive Lucy and the punk-charged Nice Guys Finish Last let loose with pounding four-chord rock on their debut album "your life is passing by." The six-song LP is set to enter the world of mass marketing via the Internet on Oct. 31.

In addition to the band's website, fivestarththeory.com, the album, released by Higher Step Records, will be available at Amazon.com and BestBuy.com.

The guitar-based rock enters full throttle on the band's opening tune "caller id," penned by bassist Tim Lockridge. Although the album is charged with energy throughout, it culminates dur-

ing the pulsing chorus of "her lips against me/I think that I could die."

Lockridge wrote five of the CD's songs, sharing a co-writing credit with drummer Aaron Dislter on "hang up." Guitarist Leo Kempf made a valid contribution with his loose laden "if only."

The added element of Ryan Douglass' keyboards lends charm to every song.

While all six songs at least make a passing glance at the subject of love, fivestar's sensitive guy approach is best reflected lyrically on track three, the melodic ballad with a killer bass line, titled "february 9."

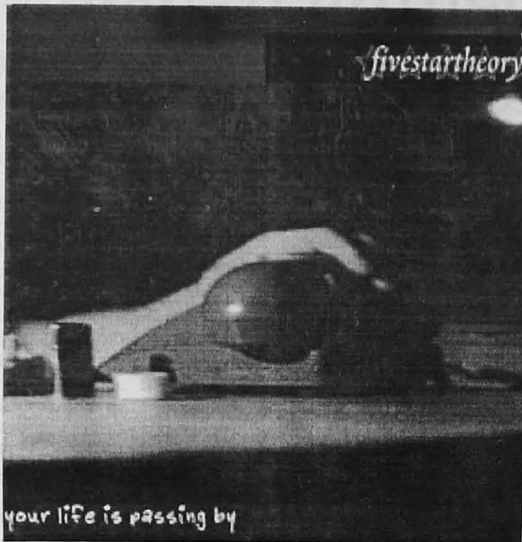
However, on most songs, singer/guitarist Ryan Bernhardt's limited vocal range (think a more nasal Tom DeLonge of Blink 182) distorts rather than evokes emotion from the lyrics. The standout vocal-wise on the CD is "hang

up", where Bernhardt utilizes the flatness of his voice to an advantage. He also focuses more on the song's rhythm, and the backing vocals seemed relaxed in harmonizing with him, instead of sounding continually rushed.

The boys make their exit on "i was waiting for that," where Bernhardt and the rest of the group unleash themselves in singing goodbye to stale 1999 and hello to the unexpected in the New Year. Distler's drumming, by far the preeminent musician in this band, is supportive, never showy.

Fivestarththeory will continue to make sparks on the local scene, but for a band that names themselves in part after a five-star rating in Rolling Stone, they will need to polish their act before they can achieve a rating worthy of their name.

Three out of five stars.



fivestarththeory's new CD entitled "your life is passing by" will be for sale starting Halloween. The band is comprised of USI students.

Bedazzled

continued from Page 10

edy can stand on its own, for example slapstick and pratfall comedy and complicated story lines only get in the way of the true purpose...the comedy! Yet, films such as *Animal House*, *Austin Powers 1 and 2*, and *Meet the Parents* have faithfully proved again and again that great plots mixed with hilarious comedy make for illustrious entertainment.

So, with the new comedy *Bedazzled*, about an obnoxiously unpopular computer service operator who sells his soul to the devil for seven wishes, Harold Ramis once again gives sporadic (but funny) humor and not a whole lot else.

Like the rest of his movies, *Bedazzled* has very good comedic performances, in particular, Brendan Fraser does a hilarious job portraying a character who changes to five different personalities

as each wish becomes more ridiculous and denounced than the previous. He is especially funny as he wishes to be the most emotionally sensitive man in the world, in doing so he hopes to win the affection of Allison, his dream girl. Also effective is Liz Hurley, who gives an impressive portrayal as the seductive and enticing Devil.

With Fraser's honest charm and flair for acting, mixed with Hurley's impeccable British accent and her beautiful well-toned body, the two mix splendidly and have a screen chemistry that teases your imagination. Now, if only director Ramis had given them something to do with all that talent; although, seeing Hurley in a skintight leather bikini is almost reason enough to spend five bucks! Almost.

COOL STUFF WANTED!

PLATO'S CLOSET® is a new retail store that buys and sells gently used, brand name teen apparel and accessories! We're stocking up for our new store in Evansville opening September 28th. We're looking for gently used, brand name clothing and accessories such as:

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Upcoming Events

Men's Cross Country

Nov. 4

NCAA Division II Great Lakes Regional, Ashland University

Women's Cross Country

Nov. 4

NCAA Division II Great Lakes Regional, Ashland University

Men's Soccer

Oct. 27

McKendree College
7:30 p.m.

Nov. 1

GLVC first round @ Southern Illinois University-Edwardsville

Women's Soccer

Oct. 27

McKendree College
5 p.m.

Nov. 1

GLVC first round, Indianapolis or Wisconsin-Parkside

Women's Volleyball

Oct. 27

@ McKendree College
7 p.m.

Oct. 28

Northern Kentucky

Men's Basketball

Oct. 28

Red and white game
3 p.m.

Cross country teams place 2nd, 3rd in GLVC season championships

adam pruiett
staff writer

Both USI cross country teams finished in the top three Saturday at the GLVC championships hosted by USI.

The women's team finished in second place after winning the GLVC championship the last two seasons. They finished 19 points behind the University of Wisconsin-Parkside, which had three of the top ten runners.

The second place finish was somewhat disappointing for the Screaming Eagles. They had previously beaten Wisconsin-Parkside by 60 points earlier in the season.

The home court advantage may have actually hampered the team. "We knew where the hills were at and

Wisconsin-Parkside didn't," says senior Melissa Eddy. "But I think we tended to hold back in anticipation of the hills while they didn't, they took leads that we couldn't overcome."

Head coach Mike Hillyard agreed with Eddy, "We may have had too much respect for our own course," says Hillyard. "Although we lacked focus we had a good effort and ran very well."

Eddy led the team and finished eighth overall with a time of 22:50.74. Sophomore Jenny Farmer (11th place), Senior Kelly Cunningham (16th) and Senior Nicole Shepler (20th) all finished in the top 20.

The USI men's team placed third, which was only the fifth time since 1979 the Eagles had not finished first or second.

The Eagles have won a conference record 12 GLVC championships.

The placing, though, does not deter the team. "It's good to take our lumps now and realize what we need to improve on," says senior Jon Jacob. "Regionals determine if we can prolong our season."

USI was led by Jacob. The three time all-conference member placed second overall with a time of 32:37 over the 10k USI course. Junior Jeff Rumsey and sophomore Mark Thurner both finished in the top 20 at 13th and 19th places respectively.

Jacob has an interesting state of mind when he runs. "I try to be dumb about it when I run," Jacob says. "I turn off my brain and try not to analyze or worry about things."

Coach Hillyard believes both teams need to have Jacob's unassuming mindset. "We need both teams to relax," he says. "Our fitness levels are high so all we need to do is get rested up and focus."

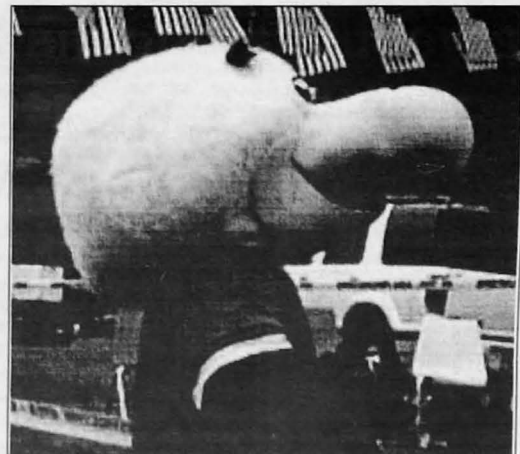
Both Eagle teams now prepare for the NCAA Division II Great Lakes Regional on Saturday, Nov. 4, in Ashland, Ohio, hosted by Ashland University.

Both teams have high hopes for the regional.

"I think for us to win, we need each player to step up and move up one notch from the GLVC championships," says Eddy.

"We can't worry about things now," said Jacob.

"We'll be fine as long as we don't overanalyze."



In photo at left, Emily Maier and a teammate embrace after finishing the GLVC Championship race. Above, Archibald Eagle shows his support for USI runners. (Photos by Jen Wimes)

There's no place like home for USI volleyball

by Joe Grace
sports editor

The Eagles proved once again last weekend that they're tough at home with victories over Kentucky Wesleyan College and Bellarmine University.

The women are now 21-2 overall and 11-1 in the GLVC, while remaining undefeated at home.

The Eagles swept past KWC with ease.

They jumped out to an early lead in each of the three games and cruised to a 15-4, 15-7, 15-4 victory.

The win was the 20th of the year, which marked the

first time USI had reached 20 wins since 1993.

The game against Bellarmine was more difficult, but the Eagles still won 15-7, 15-5, 15-13.

The first two games were reminiscent of the KWC game with USI jumping out to quick leads before winning the game.

However, in the third game, Bellarmine put up a fight.

They kept up with the Eagles throughout the game and were looking for the win at 13-11. USI pulled together, though, and scored the next four points to win the game.

"This team really chal-

lenged us," said coach Katie Loyer.

The entire team played well with sophomore Shannon Wells leading the team with 16 kills and 7 service aces. Junior Leah Mercer was close behind with 14 kills and junior Liz Prewitt added 11 kills.

Defensively, the team kept Bellarmine off the board. Senior Emily McIntosh and sophomore Kristina Kavanaugh each had 12 defensive digs, while sophomore Jamie Turner had 11 digs.

Setting up the rest of the Eagles was Kim Boehmer with 45 assists.

USI to make up women's soccer match with Wisconsin-Parkside

USI will make-up the women's soccer match with the University of Wisconsin-Parkside Sunday, Oct. 29, at Saint Joseph's College in Rensselaer, In. at 3 p.m.

The match was postponed on Sept. 22 when thunderstorms struck Kenosha, Wis.

The game became neces-

sary to determine GLVC Tournament seedings after Wisconsin-Parkside tied Bellarmine University Sunday afternoon.

If USI wins, the Eagles will host the University of Indianapolis in the first round of the GLVC Tournament Wednesday, Nov. 1.

If Wisconsin-Parkside

wins or the match results in a tie, the Eagles will play the Rangers on Nov. 1.

The Eagles will play their final regular season home match Friday, Oct. 27, when they host McKendree College for "Senior Night."

The match will begin at 5 p.m.

Men's soccer advances to GLVC post season

by Ray Simmons
sports information director

The USI men's soccer team clinched a spot in its first GLVC Tournament since 1995 with a 3-0 victory over the University of Missouri-St. Louis Friday night in St. Louis. USI raises its record to 6-9-1 overall, 5-4-1 GLVC.

The Eagles took the lead in the first half on a goal by

freshman midfielder Matt Settles, who scored at 31:38 off a pass from sophomore midfielder John Havill. The goal was the fourth of the year for Settles, who takes over the scoring lead for USI with 10 points on four goals and two assists.

Havill was not through for the evening, scoring USI's first goal of the second half at 79:30. The unassisted goal was

Havill's first of the season. The final USI tally was an unassisted effort by junior forward Tom Peroutka.

Peroutka scored his third goal of the season with just over eight minutes to play at 81:55 to produce the final score of 3-0.

The Eagles will complete the regular season with "Senior Night," Friday, Oct. 27 versus McKendree.

USI men's basketball to play annual red and white scrimmage

All Screaming Eagles men's basketball fans are welcome to attend the Red & White Scrimmage on Saturday, Oct. 28, in the Physical Activities Center.

The scrimmage will

begin at 3 p.m. or 30-minutes following the USI-Northern Kentucky University volleyball match.

There is no admission charge.



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The year of the running quarterback

by mark buczkowski
managing editor

There once was a time in the 1980's and throughout most of the 90's, that all a quarterback would do is throw the football.

Dan Marino was the perfect example. He was immobile and never ran with the football.

Now in the last few years we have seen a new style of quarterback.

This day and age the

quarterback does everything, and on some nights he might

Opinion

even be the teams leading rusher.

When you look around the NFL the teams that are successful now are teams with a mobile quarterback.

Defenses are having a hard time adjusting to the new age of quarterbacks taking off at will.

Don't get me wrong there have been plenty of solid run-

ning quarterbacks in the past in John Elway, Randall Cunningham and Steve Young, but it is no longer that one team that you have to worry about a quarterback running the football.

A team like Minnesota has so much talent on their team that defenses can't stop every part of their offense.

If it's not Randy Moss or Cris Carter going deep than it's Robert Smith breaking off long runs.

It took almost two years for defenses to get Moss and

Carter under control, and now they have to worry about Daunte Culpepper.

Defenses are so worried about Moss and Carter that they are leaving huge running lanes for Culpepper.

Cade McNowan, Akili Smith, Donovan McNabb, Jeff Blake and Brian Griese are other quarterbacks taking the NFL by storm.

The new type of quarterback is a Michael Vick type.

A player that is smart in the pocket, has a cannon for an arm and has 4.4 speed.

It'll be very interesting to see how many of these quarterbacks will be able to go through a whole season without getting hurt.

You never can tell though, Kurt Warner really isn't known for racking up rushing numbers and he's out 5-6 weeks.

Many people think the new style of quarterback is a fluke.

I don't think it's shocking at all and I think we will continue to see quarterbacks looking like running backs.

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