

# The Shield

The University of Southern Indiana Student Newspaper

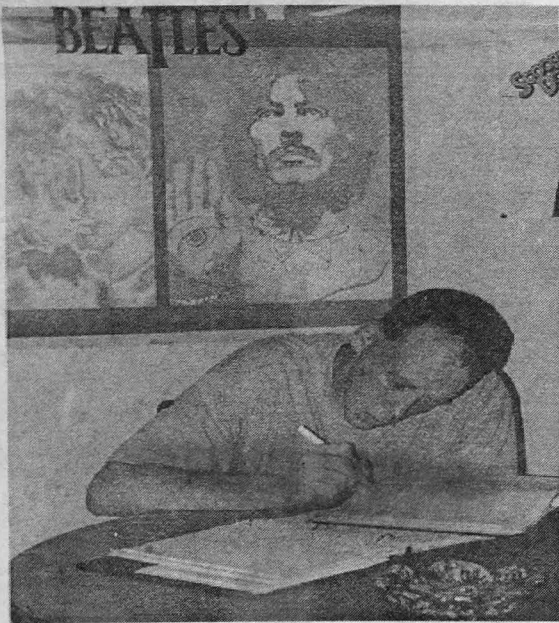
April 29, 1999

Vol. 28, Issue 27

## Finals week begins Monday Students finding alternatives to studying



Shield Photos by Ryan Kern



Chris Jeffries (top left) relaxes by tossing a line in USI's Reflection Lake while Nathan Clover (bottom left) completes his Business Statistics homework. Dana Templeton (bottom right) types a paper while listening to the sound of her favorite music.

by TIM HILLEBRAND  
Correspondent

Finals begin Monday, and that also marks the time for those who are going home for the summer to begin packing up and moving out.

"I can't believe this year is almost over," USI freshman Ivy Krom, said.

Those words are echoed all over campus. It seems like it was only yesterday when everyone arrived in vehicles packed with clothes, food and whatever else might fit.

Now it's almost finals time and the question arises, "Are finals in the spring more difficult than those in the fall?"

"Finals are more difficult in the spring because of the great weather and because I am packing to go home," sophomore Jordan Kelly said. "I am going to the Kentucky Derby on May 1,

so I'm looking forward to that, instead of studying."

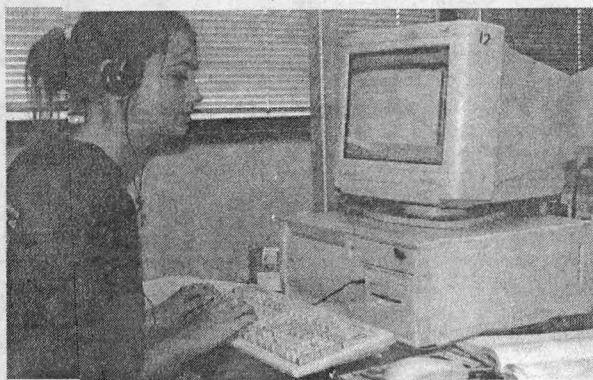
Students are in the process of moving out of their apartments, which could be worse than studying for finals.

Several students are using storage facilities over the summer so they don't have to take everything home with them and bring it back next fall.

"We just rented out storage here in Evansville. That will help me out a lot," freshman Abby Fischer, said.

Even though there is excitement for the semester to be over, some will miss their friends, as well as the freedom that they have while at college.

"I'm happy that school is over for the year, and I don't have to study for a while. But I am sad because I will miss my roommates and I have to deal with my parents all summer," Fischer said.



## 22 sign up for Italian study tour

by NATASHA GERTH  
Correspondent

As some of us sit in a classroom this summer, others will be on an Italian study tour.

This tour, which will be May 17-30 during the first summer session, will be taken by 22 students and faculty.

"This trip is available for three credit hours," Margaret Skoglund, chair of the art and music department, said. Students will attend lectures so they know what to expect during the trip.

Skoglund will lead the tour. She has been a frequent visitor of Italy and has taught there.

The base cost of the trip is \$2,450 and includes air fare from St. Louis, accommodations in Italy, breakfast and some dinners, motorcoach and tours, Skoglund said.

The tour includes visits to cities such as Rome, Pisa, Florence, Milan, Lugano, Venice, Capri, Pompeii, Montecassino as well as several others.

In these cities, Skoglund and her group will visit museums, shops, cathedrals and chapels.

"The trip has been booked since Christmas so we are taking no other participants," Skoglund said. "There will be another trip next summer and people can sign up now."

For more information or to sign up for next summer's tour, call 465-7047 or 465-1023.

### Getting in Touch

Editor's Line: 465-1645

News Line: 464-1856

Advertising Line: 464-1870

### On the Inside

A few goodbyes, a few thank you's and a little advice, p.4

### Also...

USI Golden Key honor society inducts a new class of members, p.5

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# Shield 4-Day 4-Cast

THURS



mostly  
cloudy  
lo 52  
hi 65

SAT



sunny  
lo 47  
hi 71

FRI



partly  
cloudy  
lo 43  
hi 65

SUN



sunny  
lo 52  
hi 79

# Coming Attractions

## Today, April 29

- Journalism Society/Funnybone presents Finis Henderson 7:30 p.m., The Funnybone, Tickets \$5 in advance, \$9 at the door
- Student Affairs Awards Ceremony, 6 p.m., Carter Hall

## Friday, April 30

- The Empire, concert, Habitat for Humanity, 6:30 p.m., Carter Hall
- Multicultural Center Recognition Banquet, 6:30 p.m., Carter Hall
- Softball GLVC Tournament hosted by USI
- Chill Out, APB, 5 p.m., UC 205, 206, 214, 215

## Saturday, May 1

- Baseball vs. Quincy University (2), 12 p.m.
- Softball GLVC Tournament hosted by USI

## Sunday, May 2

- Baseball vs. Quincy University, 1 p.m.

## Monday, May 3

- Finals Begin
- Teacher Recruitment Fair, 7 a.m., Carter Hall
- Men's golf, NCAA Regional

## Tuesday, May 4

- Switcom dinner, 6 p.m., Carter Hall
- New employee orientation, 8 a.m., UC 206
- Men's golf, NCAA Regional

## Wednesday, May 5

- Men's Golf, NCAA Regional

## Thursday, May 6

- No events scheduled.

## Friday, May 7

- Board of Trustees meeting, 1 p.m., Carter Hall A, B, and C
- Senior reception and dinner, 6 p.m., Carter hall, complimentary dinner to graduating seniors, call (812) 464-1924 for reservations
- Baseball at GLVC Tournament, TBA

## Saturday, May 8

- Graduation brunch, 10 a.m., Carter Hall D
- Nurses pinning ceremony, 8 a.m., PAC
- 1999 Commencement, 7 p.m., Roberts Stadium
- Baseball at GLVC Tournament, TBA

### Getting in the calendar

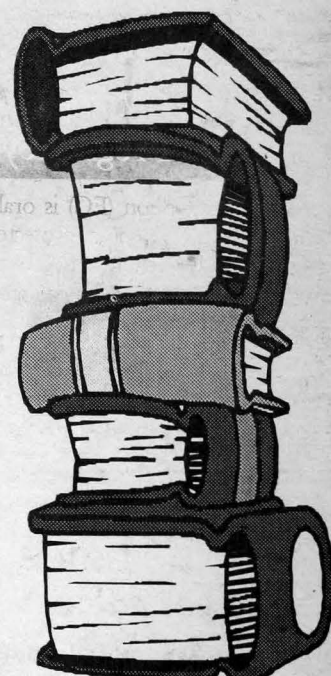
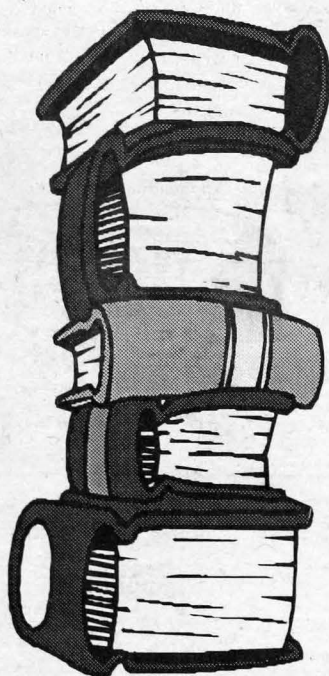
If you have an event or activity that you would like to have placed in the upcoming calendar, please submit the information via e-mail to: [Shield.ucs@smtp.usi.edu](mailto:Shield.ucs@smtp.usi.edu) or bring the information to our office in UC 003.



## "Surf Into Finals"

Tomorrow, April 30th  
5:30pm, McWest Rec Room

- Free Food
- Live Music
- Prizes
- Stress Relief



## Campus

# Cultural diversity class helps USI students broaden views

by PAULA HOWSON  
Shield correspondent

Imagine a class where you are challenged everyday to take a look at the world around you. Where you must look at the world through not only your eyes but also through others eyes.

Here at USI students must do this every day in their Cultural Diversity class. Several different instructors teach the class including David LaMar.

"Cultural Diversity is one of my favorite classes to teach. I feel as though I'm not the teacher as much as I am the mediator," David LaMar, instructor of education, said.

The class is available to all USI students but it is a requirement for most education majors. Cultural Diversity is offered as a block education course. LaMar's class depends heavily upon class

participation, which is not a problem for most students.

Another important part of LaMar's class is a portfolio assessment of articles that are collected throughout the semester. The portfolio includes student's ideas and opinions on the article.

The textbook for the class was written by James Banks, considered the "guru of culturalism today". LaMar said Banks was one of the first to take an open-minded look at the causes and effects of today's cultural diversity.

LaMar stated that students would be unprepared for today's schools and workforce without the knowledge provided in this class. It helps students find a connection between the past and present. The students take a look at the problems facing various cultures today and in the past and then compare it to their own lives and experiences.

## Student Ambassadors hold elections; involved member elected president

by JARRED S. ILLINGWORTH  
Shield correspondent

The USI Student Ambassadors have elected Jenni Niccum as their new president.

Niccum has been involved with the student ambassador program for four years. She served as treasurer for two of those years. During her involvement, she has implemented the student ambassador jackets and other programs that instill pride among the members.

Niccum, a member of Gamma Phi Beta sorority, Sexual Assault Peer Educators and a participant in the rape aggression defense class, is a social work major.

"I always enjoyed being an active part of the organization, now I have a chance to help others become more involved", Niccum said. "I know that

with the support of the other members, we will have a successful year."

"I think that the student ambassadors have a tremendous potential for growth. We have a variety of members who are involved with other student organizations, and all of the majors are represented", Niccum said. "I do want to get more upper classmen involved with the organization, and create more fun activities for the members."

The student ambassadors are responsible for helping host Southern Hospitality Days, one hour of office work per week, taking potential students on housing and campus tours and telephoning and mailing potential students.

If a student is interested in becoming part of the student ambassadors, they must first be in good academic standing. Applications are available in the admissions office.

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## Viewpoint

# Are we so sure we like this 'free will' idea?

by ANDREW PIERCE  
Shield columnist

It's no secret that we're fallible. As humans, we screw up every day of our lives.

We tell lies, fornicate, break wind, get jealous, swear and, yes, lose our tempers. Man! Do we get angry! I throw some frightening fits; I'll admit that. I've even wished others dead.

Chances are, at one time or another, I've wished you dead.

Nice guy, huh?

However, despite my hatred, rest assured, I'm not building propane bombs in the basement. I'm not drawing John Madden diagrams on how I plan on leveling USI and all students therein. I dislike trench coats, despise violence, and don't celebrate Hitler's birthday.

Basically, I'm an angry pacifist. But enough about me. Enter Littleton, Colo. We've all seen the reports. We know the death toll. We know that something went very very wrong. But why? How could this happen? Who or what should we blame?

As humans, we look for answers. At the very least, we look for possible explanations. That's what we do... it's in us.

I was troubled recently when someone approached me with the idea that the children killed and maimed their classmates out of free will—they did what they did because they could.

The idea, in itself, is grand and deserves a closer look.

However, my acquaintance then tried to apply the concept of free will to an all-powerful, loving God, stating that

He made humans to think and operate for themselves. His gift to us is freedom, choice.

I'm not about to umbrella all Christians under this holy, laissez-faire view of free will. Many Christians feel that our lives (and deaths) have been mapped out and carved in stone by the Chief upstairs.

However, let's consider for a moment, that this omnipotent, omniscient God "blessed" us with free will.

Is our freedom of choice a blessing or a curse? A gift or a some kind of sick cosmic joke?

All Christians would agree that God is all-knowing. Nothing gets past the Big Man. He sees and is aware of everything... past, present and future.

Are we satisfied with the notion that the Lord actually foresaw the Littleton

tragedy? If so, do you still believe in the concept of free will, though God knows what your decisions and actions will be ahead of time?

Can a decision be truly free and foreseen at the same time?

Further, Christians consider the Lord an all-powerful force... the top of the pyramid... king of the mountain. Follow me here: Regardless of human free will, this places God in the position of intervening in events such as Littleton. In other words, despite His absolute power, He chose to idly watch as bullets flew, faces exploded and "free will" reigned in Colorado.

Needless to say, I'm no longer comfortable with this God or His gift of free will.

We'd probably be better off worshipping David Berkowitz.

### Kanamania



Carrion Luggage

## Ask the USI Doctor

Dr. Carol Ann Goodman of the USI Health Center fields a student's question

Dear Doctor:

I have a friend that I am concerned for. She is very thin, yet she eats large amounts of food at a time, especially when we go out to eat. I know I could not eat this amount and stay thin.

Do you think something is wrong? What should I do?

There is much emphasis on physical appearance and the desire to stay thin. Because of this, millions of Americans suffer from eating disorders. There is no single cause of eating disorders, but there are similar characteristics these disorders have in common.

Usually, these people have low self-esteem and tend to keep feelings to themselves. They come from strict families (particularly a mother's critical eye) and have high expectations.

Biology may also contribute. There may be abnormal functioning of the neurotransmitter serotonin. Depression and obsessive-compulsive disor-

ders also coincide.

The two most common eating disorders of young adults are anorexia nervosa and bulimia nervosa.

People suffering from *anorexia nervosa* are terrified of gaining weight. They refuse to eat in spite of hunger and continue to lose weight. They are often emaciated. They often cut food into tiny bits, chew a specific number of times and weigh their food. Signs of alarm are compulsive exercising, cessation of menstrual periods or impotence, hair loss, chest pain, loss of consciousness and withdrawal from family and friends.

*Bulemics* often eat to excess from powerful cravings called a binge. They consume more than a day's worth of calories in a matter of hours. Then, to prevent weight gain, they "purge" themselves by vomiting, using laxatives or taking diuretics.

This sounds like your friend. You should look for these warning signs and help them seek medical treatment as soon as possible.

### The Shield

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*The Shield* is the official student newspaper of the University of Southern Indiana. Views expressed on the editorial pages do not necessarily reflect the views of the entire *Shield* staff, the USI faculty, administration or student body.

*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 the shield.ucs@smtp.usi.edu. Letters must be signed and include a phone number for verification.

## Diversions

# USI Fitness Center helping students stay healthy

by LAURIE MCCARTY  
Shield correspondent

Tae-bo, kickboxing, step aerobics, 6-pack-abs, weight lifting and treadmills are available at USI's Fitness Center to students who want to stay in shape—all for free.

The Fitness Center, located in the Factory Card Outlet complex just west of Wal-Mart, allows center employees to tailor a program specifically designed to meet the individual fitness goals of each student.

"Every person is different in the training they need and are willing to work at," Gina Ford, Fitness Center assistant program coordinator, said.

Ford said students who are new to the fitness center can take

part in a body assessment, which determines the type of workout a student needs. The test measures flexibility, body fat, cardiovascular strength, endurance and overall strength.

Once a student gets through with the body assessment, a trained employee is available to guide students through their fitness program and show them the correct way to use equipment.

"Students often don't realize that the technique in weight lifting is very important. Improper technique can do more harm to muscles than good," Ford said.

Although a suggested program is recommended to students based on their body assessment, the student can choose to work out at their own pace or completely disregard the suggestions. However, the fitness center does staff 25 trained

employees certified in CPR that often know what type of workout would be most beneficial.

Generally for new student members, fitness center employees start slowly and work at the student's pace. Ford said she usually begins working a student at 50-55 percent of their maximum heart rate and then slowly works them up to 20-30 minutes of cardiovascular training. Usually weight lifting starts at around 15 pounds.

New to the Fitness Center is a class called "spin bikes," which is a high intensity cycling class. Fitness Center employees will also continue offering other aerobic classes throughout the summer based on student demand.

Fitness Center hours for the summer will be Monday through Friday 8 a.m. to 6 p.m. and Saturday 8 a.m. to 12 p.m.

### USI Student Health Center

- Acute and minor care
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For appointments or information, call 468-3915.

4600 W. Lloyd Expressway, Evansville  
(on-campus location coming this fall)

Come support the USI Journalism Club tonight at the Funnybone Comedy Club. Tickets are \$5 at the door when you present your student or faculty ID. The Funnybone will be presenting Finis Henderson. The show starts at 7 p.m.

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# Sports

## Softballers WINNNN! Sluggers to take on No. 1 Quincy

Team takes two out of three at Battle Creek

by Mark Buczkowski  
Shield Sports Editor

The USI softball team is on top of their game after coming off some great wins last weekend.

The team won two out of three games in the GLVC/GLIAC challenge at Battle Creek, Mich.

In the opener, against Hillsdale, the Eagles' scored three runs in the top of the 10th inning to take a 9-6 lead.

Katie Roberts gained the win as USI held on to an impressive 9-8 victory.

In the second game against Northwood, USI snapped a 2-2 tie with two runs in the bottom of the sixth inning to secure a 4-2 win.

Amy Stetler earned the win and improved to 17-5 on the sea-



son. In game number three, the Eagles' couldn't hold on against Ferris State.

Roberts (13-8) was tagged with the loss, as USI was defeated in a nailbiter 6-5.

The Eagles' are 30-14 and are awaiting the upcoming GLVC Tournament, which will be at the USI softball complex this weekend.

by MARK BUCZKOWSKI  
Shield Sports Editor

The USI Baseball team chalked up two more wins last weekend, and the season is now in the home stretch.

The Eagles were near-perfect in sweeping a doubleheader against IUPUI-Fort Wayne.

In game number one, junior designated hitter Scott Braun hit a two-run homer in the second inning to lead the offensive attack in a 6-5 victory.

Junior Brad Miller earned the win, improving to 4-1, and Rob Bowers recorded his eighth save of the season.

In the second game, Steve Arnold went the distance on the mound in leading USI to a 5-0 win.



Arnold, only a freshman, walked two and struck out five in improving to 3-0.

The sluggers improved to 32-18 overall and 15-8 in the Great Lakes Valley Conference.

With only three league games remaining, the team must finish with a bang in hopes of earning a berth in the conference tournament.

The Eagles will host Quincy in a doubleheader Saturday beginning at noon. The teams will meet again Sunday for a single game at 1 p.m.

Quincy is currently in first place in the south division of the conference.

## Eagles baseball on WSWI AM 820

*Join the voice of Eagles baseball, John Morris,  
for all the USI action!*

In the last issue of the Shield the cost of the CLEP test was incorrectly reported. The cost is \$44.

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### Men's Golf Update

USI will play in the NCAA Division II North Regional May 2-5 at the Glade Springs Resort in West Virginia.

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