

Life on the road

It's not a vacation, it's not easy, traveling for the men's basketball team is a necessary evil... Page 3.



Still rockin'

Although primarily known for late '80s hits "Love Song" and "Signs," Tesla is surviving the grunge craze; play at the Vogue tomorrow.

Food for thought

Keeping up with the latest studies and discoveries concerning higher rating can be difficult, especially on a college campus.

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The IUPUI Sagamore

Monday Morning
January 29, 1996

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1 Section

Everybody wants slice of budget surplus pie

Battle looms large for state funds; some officials forecast taxpayer's money will be saved for rainy day.

By Dan Aaron
The Sagamore

Governor Evan Bayh's administration recently proposed a \$1.46 billion state budget surplus.

What to do with this money? Bayh proposed a \$410 million tax cut package with a \$500 tax credit for

parents with children in college.

Adults could also take advantage of this tax credit if they are enrolled in college full time. A partial credit of \$250 might also be available for part-time college students.

There's no doubt the costs of education are high. IUPUI stands well, however, when their tuition costs are compared to private state universities.

Current tuition cost, per credit hour for in-state undergraduate residents at IUPUI, is \$97.75.

Compare this to Butler University's \$585 per credit hour or University of Indianapolis' \$490 per credit-hour fee. Costs for students at IUPUI can still create problems, though.

Cindy Hunter, freshman majoring in human resources, said her husband is quitting his job to take part in a newly acquired internship, while studying on campus.

"I have three kids too young for college and I don't go full time," said Hunter. "I can't go full time."
"I make \$11.32 an hour, but I have

to work extra to help pay for things and then try to go to school at the same time," she added.

Hunter said because her husband is quitting his job to take the internship, they will lose his former employer's tuition reimbursement.

Their tuition costs combined will now total more than \$2,000 per semester.

"Down the road the education will help us get better-paying jobs so it will pay off," said Hunter. "But at this point and time, especially with three kids, it's hard."

Pat Rooney, special assistant to Chancellor Gerald Bekpo and associ-

ate professor of economics, said he was certainly encouraged by the support shown from our state leaders' tax-credit proposal.

"I would be more comfortable if there weren't so many strings attached or so many caveats associated with it," said Rooney.

Rooney said helping our students would help our economy.

"Economists talk about a social welfare function, what's going to make the most people the most well off," said Rooney. "And clearly, investing in higher education will raise overall productivity levels."

He correlated more college gradu-

ates to higher revenues.

"If productivity levels and the standard of living were raised by our state investing more in higher education, then there would be more tax revenues to finance all these other things that need to be financed," he said.

Todd Schmidt, president of the Undergraduate Student Assembly, recognized many people were looking at the state's surplus as potential relief for educational costs.

Schmidt said a bill was being proposed to use the state's surplus to pay

See SURPLUS on Page 2

Governor approves IU, Methodist merger

Consolidation of state's two biggest hospitals will benefit medical students.

By Dan Sharp
Contributing to The Sagamore

With mergers in the business/media sector becoming commonplace, it came as no surprise when the IU Medical Center and Methodist Hospital announced merger plans last spring.

How the state would respond to the plan was a different question.

On Dec. 15, Governor Evan Bayh answered the inquiry when he approved the proposal for the consolidation.

With this approval, a plan was put into action which, supporters say, will not only improve the quality of health care in the Indianapolis area, but also the training of medical students at IU.

A continuing "high quality medical education" is what IU President Myles Brand foresees as a result of the merger.

A major educational advantage, Brand said, will be to broaden the patient base students have to work with

during clinicals. The available patient base has been steadily declining because of improvements in medical science and the current condition of the state's health care system.

"Procedures that used to involve a week or two can now be done on an out-patient basis," Brand explained.

A side effect of this is medical students are losing a valuable educational opportunity in dealing with patients on a long-term basis.

"One of the reasons we wished to merge with Methodist," said Robert Holden, dean of the IU School of Medicine, "is that when we train sub-specialists, they need to interact with promanologists, physiologists and cardiologists of different types for the care of the complex patients."

"If we loose that ability, with a decreasing census in our hospital, then that educational form suffers," he added.

To maintain a patient pool that offers students the number and variety of patients needed, it was necessary for IU hospitals to form a partnership with another medical facility.

"This partner, and a darn good partner, was available in Methodist," said Brand.

Consolidated operations are expected to begin as early as July 1, but the complete process will take from six to 12 months.

Even though hospital facilities

See MERGER on Page 2

Painting an Identity



Robin Brewer/The Sagamore

Amy Jehn, junior majoring in painting, may be one of many submitting her work to help create the 'murals.'

Two Herron art students commissioned to create 'murals.'

By Jennifer Kay Rumpie
The Sagamore

Walking into the Student Activities Center, to the left stands an ROTC display, to the right, stairs leading to the mentoring program and in the middle, an IUPUI Sagamore rack.

All surrounded by blank, white walls.

But, not for long. As of March 4, two students from the Herron School of Art will be selected to paint "murals" on the SAC's foyer walls.

"We are drumming up all kinds of support from students," said Portia Sharp, senior majoring in sculpture. "Students are definitely going to submit."

"The foyer at the SAC has great space, great light and is a high traffic area," she added.

Last year, Sharp, senator for Herron, said she brainstormed with the former senator for the School of Liberal Arts, Bruce Beal, and decided Herron should put murals on the IUPUI campus "because we have no artwork."

"Students don't know about Herron, and we don't know about the students on campus," she added.

Todd Schmidt, president of the

Undergraduate Student Assembly, said he believes "this mural project is an opportunity to bring Herron students' work right in the middle of campus."

"Thousands will be able to see their work every week," he said. "It would be a good experience and gives Herron students a chance to express themselves, to be appreciated by other students."

Although there are future plans of Herron moving to campus, Schmidt said "this mural project shows students at IUPUI that they, there is a group of students that we never see, never hear about, we don't know what they do."

"Students on campus never get the opportunity to see who these people are and what they are made of," Schmidt added.

"They are looked down upon because they are off on 16th and Delaware. They don't feel a part of our campus. This gives them a chance. This creates better visibility in this community."

After consulting with Robert Shay, dean of Herron, Sharp created flyers requesting junior and senior artists to submit a statement of intent for this project, an artist's statement and five to 10 slides depicting their past work.

Shay was unavailable for comment.

"These really are in-spirit murals," said Sharp. "Mike Wagoner, director of the Student Activities Office, suggested a theme for the paintings, although a wide interpretation of this theme is encouraged."

"Building Community through SAC" is the official theme for the murals.

"We had two suggestions. With artists, you don't want to tell them what to do," said Richard Slocum, associate dean of student activities.

"We wanted to give them some direction for their submissions and eventually, their paintings."

Slocum said there were two things they wanted the artists to consider.

"One is creating a sense of student community on campus," he added. "The other thing we're big on in this building is doing things that support students' perceptions that we can all do better in our academic endeavors."

He related this idea to the student mentoring program on the basement floor.

"It makes students realize they ought to do better," he said. "It's not

just for students who are failing, it's for everyone."

Slocum also explained the mural's theme was based on the first floor of the SAC.

"We are doing a lot of things in there that create our student culture based upon our community," he added.

A selection committee including Sharp, Slocum, Shay, Wagoner, Robert Eageron, professor at Herron; Elizabeth Charman, assistant professor at Herron; D'Lisa Struck, student representative and Christy Sheets, speaker of the House of Organizations for the USA are all part of the decision to review the submissions and elect the two artists Feb. 21.

This is considered a 'mural' project, but "student activities felt we should put the murals on four or five canvas structures," said Sharp.

They didn't want to do anything they couldn't take with them, added Slocum.

"We are going to have the paintings produced on wooden frames and canvas so the murals come with us wherever we end up," he said. "That is the reason we aren't having the paintings put on the walls."

Each artist will receive a \$300 stipend for their work. Painting begins Aug. 28 and will be finished no later than Nov. 25.

According to Slocum, the stipend will go toward registering for a three-credit-hour class.

Funding for the project, such as paints and canvas structures, will come directly from student activity fees, because "it's the only money we have," said Slocum.

"We are approaching this project like a class," he added. "The artist will be evaluated. My assumption is it will be treated like a class project."

In fact, Sharp said their will be no direct supervision of the artists while constructing the murals.

"I'm just going to help set it up and let it evolve what it evolves into," he added.

However, Slocum said there will be some faculty advising. Everyone at IUPUI has one major theme we are striving toward, he added.

"Students work to strive for the highest level of academic achievement. As faculty and staff, we are here to provide that environment and our part to see that they reach this goal," said Slocum. "That is what I would like the mural to reflect."

The mural proposal sent to the SAC states each artist is required to keep a "written reflection" stating their experiences.

These copies will be available upon completion in the SAC.

"We just thought it would be interesting to look at these journals ten years down the road," said Sharp.

What kind of reaction is expected from the mural project?

"Students might be reminded that we are all here because we are part of a community and here for academic achievement," Slocum replied.

IRS adds environmentally friendly tax filing system

TeleFile eliminates paper waste and allows individuals to file taxes via touch-tone telephone.

By Benjamin Cox
The Sagamore

Bill Clinton, Newt Gingrich and environmentalists should be happy about this one.

The Internal Revenue Service launched a new program for filing a 1040-EZ called TeleFile.

It can be done via a toll-free telephone call.

College students are expected to be one of the major groups to benefit from this new program, according to Martha Havenor, spokesperson for the Indianapolis IRS office.

To be eligible for TeleFiling, the filer must:

- be single with no dependents,
- have taxable income of less than \$50,000,
- have previously filed a 1040-EZ form.

See TAXES on Page 2

Surplus

Continued from Page 1

for all Indiana high school text books.

"The high school students want their cut," he said. "Not to mention the middle schools and grade schools."

"Everyone wants to cut this budget up to get their fair cut of it," explained Schmidt. "I mean, \$1.46 billion is a bunch of money."

Schmidt noted this was not money in the bank. It's money they have perceived coming in the near future.

He warned students need to be leery of spending from this surplus too freely.

"What if the new federal budget comes out and it drastically cuts spending appropriations to some very critical state programs?" he asked.

Similar comments were voiced from Steven Russell, associate professor of economics.

"I think some of the people who are reluctant to use the surplus for higher education, or for anything else, just kind of want to save it for a rainy day, for a future situation where revenues go down because of recession," Russell explained.

Like Schmidt, Russell said the surplus just may very well be needed in case of future economically tough times.

"Then you'll need to use that surplus just to finance your existing programs," Russell added.

Natalia Hart, director of financial

aid, mentioned some relief in sight for Indiana students.

"Our state leaders have done better in the last session than they ever did in appropriating money for state grants," Hart said.

She said the state was improving in directing more financial support to higher education.

"Their track record in the last session was the largest single appropriation that they ever made to state grants for students," she added.

According to Hart, the state appropriated \$53 million statewide for higher education.

She also said many colleges are beginning to lower their rate of increase for tuition costs.

"I was just at a meeting that included institutions at the highest cost margins and they are lowering their rate of increase," she said.

"Many colleges are looking very hard at trying to bring down their rate of increase."

Hart implored students to write their representatives and urge them to direct more funds to higher education.

"People like me give the legislators and those in government our best shot," she said. "But what is really effective are individual letters."

She advised the students not to submit to feelings of isolation in a sea of bureaucracy.

"It really does matter a great deal to your representatives in the state legislature to hear that you believe investing in your education is going to pay off," said Hart. "And, to hear that you're a voter."

ery for the problems in the medical school seems to be forming.

"Right now things look to be reasonably successful," Holden said.

If the consolidation continues to be successful, the merger here could serve as a national model for medical institutions throughout the country, Brand added.

"There is so much change and so little past history that there are many, many approaches being tried," said Holden.

"Over 80 percent of academic health centers are in some way undergoing significant change today," he added.

"You can't use TeleFile if you have moved," Havener said.

However, many students probably have their W-2s mailed to their homes and file their taxes from that address, according to Havener.

Otherwise, the paper less system only takes about 10 minutes, using a touch-tone phone, eliminating the need to mail forms and to use envelopes and stamps.

Merger

Continued from Page 1

will remain much the same, the process will involve the relocation of many staff members and activities between hospitals, Brand said. "So, it will be hectic."

"Although the road to this consolidation has had its share of potholes," he said, "groups and teams continue to work within the administration of IU and Methodist hospitals to resolve any problems."

For now, though, the road to reconv-

Taxes

Continued from Page 1

at the same location as the previous year.

This is because the IRS sends the new filing form, which includes a personal identification number for security purposes when filing.

IUPUI CAMPUS POLICE REPORTS

The following events were reported by the Indiana University Police Department. Compiled by Benjamin Cox.

Where's the beef? Not in the hospital

A University Hospital employee reported to police a beef roast (value \$35) was stolen.

Ronald McDonald wasn't ripped off

The Sagamore previously reported items valued at \$5,787.59 were stolen from the Ronald McDonald House.

On Jan. 18, 1996 it was determined all of the items reported to police as stolen on Dec. 18, 1995 had been given as gifts to the staff. The case has been closed as unfounded.

Diaz ... who? Stolen from Riley

A Riley Hospital employee reported to police that 30cc of diazepam (valium) was stolen from her medical cart.

Wife loses Acura, husband finds it

A woman reported her 1990 Acura stolen sometime between 3:30 and 4:30 p.m. on Dec. 1, 1995. At 5 p.m. the victim's husband located the vehicle in Lot 56, according to police reports.

Laptops missing at law school library

A victim at the law school reported his laptop (value \$2,900) stolen from his briefcase. A student at the University Library reported his laptop (value \$1,500) stolen. Police reported both occurrences on Jan. 23, 1996.

Chevrolet Corvette gone, gone, gone

A student reported his 1985 Chevrolet Corvette was stolen on Jan. 8, 1996, according to police reports.

News Briefs

Compiled by Jennifer Kay Ruple

Student insurance packets available

The Mega Life and Health Student Insurance Office will move to the Union Building, Room 517 as of Feb. 1.

Insurance information packets are available at several locations. Please call 278-1159 for more information.

Forum features speech writer

John McConnell, speech writer for former vice president Dan Quayle, will be the featured speaker Jan. 29 at the Student Activities Center, Room 115 from noon to 1:30 p.m.

McConnell will discuss careers in politics and working for the vice president.

Lunch will be provided. For more information, please call 278-2533.

Environmentalist to speak at law school

Gordon K. Durnil, lawyer and author, will discuss the environmental movement in a free presentation Feb. 1, at noon, in the IU School of Law-Indianapolis, Room 116.

Durnil has also served on the board of directors and as finance director for the Ronald McDonald House at IUPUI.

For more information on the lecture, please call 274-8523.

The IUPUI Sagamore

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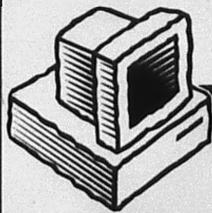
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The Sagamore is looking for an IUPUI student with on-line skills capable to design and maintain a weekly homepage for The Sagamore. The job does require a limited amount of time on Monday mornings, but you will be compensated for your efforts. A resumé is not necessary, however a cover letter describing experience and qualifications would be helpful.

Applicants should contact Brian Moore or Chris Nimz at The Sagamore offices located in the basement of Cavanaugh Hall - Room 001G for more information.



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Sports

On the road again ...

While the road can be enjoyable, preparing for games is often more work than a vacation.

Brian Hendrickson
The Sagamore

As the members of the men's basketball team loaded their belongings into their van at the Phoenix airport, they made one final check to make sure they had everything they needed.

"Where's Carlos?" assistant coach Todd Howard asked, a smudge of concern adorning his face. "As he checked to see if Carlos Knox, their leading scorer and second in NCAA Div. II, was still with them.

"Leave him be," replied Brady Adkins, the Metro's 5-foot-10 guard. "It'll be all right."

"Yeah," Howard responded, "but he's carrying 50 of our points!"

So it would seem that road trips for the Metros work out this way: surviving in a realm of chaos while trying to prepare for a matchup against a nationally ranked team at the same time.

While running up a 15-7 record this year, they have been only 7-7 on the road, possibly indicating that the team has a hard time dealing with road life. This is not, in fact, the case.

On the road, the Metros behave as typical family vacationers. The coaches act as parents, and the players often act like siblings, looking at many of the trips as short vacations. "We've had some good trips, which have made traveling a lot better," said Adkins, referring specifically to the team's December trip to Hawaii.

Similar to their Hawaii trip, the team was in Phoenix to play No. 13 Grand Canyon. The energy was high among the players as they prepared

for the game. They are a team that loves to go up against a tough opponent.

"When you go on the road against a team with good tradition," said Adkins, "you get hyped up and want to play them."

As practice before the game got underway, the intensity level among the team rose. Especially with head coach Ron Hunter.

"You've got to rebound," the coach told the team, running all over the court and getting in each player's face. After David Dickey missed a board over his head, Hunter shouted, "This team is too big for us to miss rebounds!"

"When you go on the road against a team with good tradition, you get hyped up and want to play them."

Brady Adkins, Metro's guard

Hunter put the team through a rough workout that night, stressing to the team the keys to winning the game.

"What we've got to do is what we call gang rebound," Hunter said after practice. "The whole team has to rebound."

As practice concluded, the players wandered off the court weary, bearing eyes which seemed to concentrate on the task before them. Hunter took them aside to give them one final talk before the day was through.

"Come out here and play like you're gonna win, and you're gonna win," he told them, and let his team leave. With practice over, the hard-nosed coach calmed down again, be-

coming just one of the guys, and resumed their family conduct.

Hunter's will to win is very strong. In fact, he hates to lose, and wants the same attitude from his players.

"All coaches hate to lose," remarked 5-foot-10 sophomore Randy Irvin. "You play to win."

The desire to succeed has infected the Metros this season. All the players not only want to win, but expect to take home the victory.

"What we have to do is win," Knox said as he sat down with his fellow comrades to eat lunch. Not a word was spoken in reply. Only their heads nodding and their eyes focusing vacantly indicate their agreement.

That same vacant glare seems to appear every time the team begins to think about their matchup, and as game time rolled around, little was said among the players. The win was the only thing on their minds.

"We're gonna come out of here with a big 'W,'" Irvin said before the game.

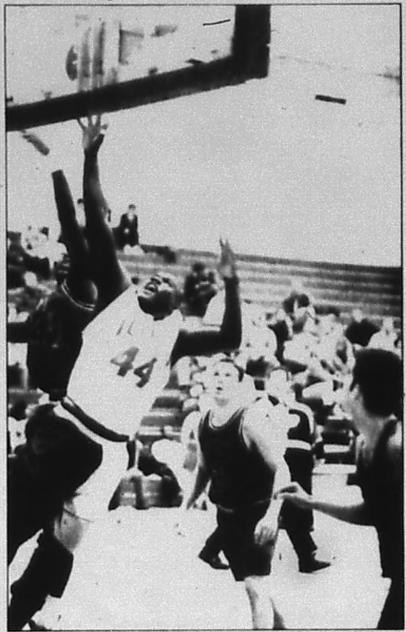
The crowd in Antelope Gym roars as their team comes out. Crowds are what some members of the team consider as the most difficult aspect of playing on the road, although not as bad as most people imagine.

"The fans can get behind a team, motivate a team and make them play better," said Adkins. "Toward the end of the year, a team gets used to it and it phases out the crowd."

Whether crowds have an effect on a team's performance or not can never be proven, but it may have in this game. As the Antelopes rallied in the second half behind the roar of the crowd to win the game 92-83.

If a funeral is the most depressing event in a person's life, then there is no definition for seeing the Metros after they have lost a game. The entire team walked heads low, solemn, empty.

Coach Hunter spoke in a quiet hushed voice, as if speaking in a li-



Jon Ross/The Sagamore

Sophomore forward Marcus Overstreet bullies his way for two points against Drury. Overstreet is second in team rebounding with 5.3 per game. Carlos Knox, the Metro's leading scorer, trails the nation's leader, Moorhead State's Brett Beeson by 1.2 points per game.

brary.

"When you play a ranked team on the road, you've got to play a perfect game," said Hunter.

"We played them about 30 minutes perfect. For 10 minutes we struggled," he added.

The Metros have not had to feel this way often this year. With only seven losses, they can feel much better about the other 15 wins. If they could have it their way, however, they would take zero losses over seven.

IUPUI Scoreboard

Home games in bold

• Upcoming Games •

Men's Basketball

The Metros are off until Feb. 7 when they play at Kentucky St.

Women's Basketball

Jan. 30 • IU Southeast
Feb. 1 • Ballantine

• Results •

Men's Basketball

Indianapolis 70 • IUPUI 61
Scorer: Knox 26

IUPUI 72 • Drury 60
Scorer: Knox 30

Women's Basketball

IUPUI 78 • Franklin 63
Scorer: Murphy 25

St. Joseph's 69 • IUPUI 66
Scorer: Murphy 20

• Records •

Men's Basketball

15-7

Women's Basketball

10-8

• Notes •

20 wins still possible for men's team

With seven games left in their season, the men's basketball team needs to win five to surpass the 20 win mark this year. The last time an IUPUI team reached that mark was in the 1989-90 season when they were 23-14.

Metros extend win streak

Home winning streak stands firm after 72-60 victory over Drury.

Brian Hendrickson
The Sagamore

The Metros increased their record to 15-7 last week, dropping a game to University of Indianapolis and rebounding for a win against Drury. The Metros will be off until Feb. 7 when they visit Kentucky State. The team is 8-0 at home this season, and have won 10 straight home games dating back to last year.

Indianapolis 70 • IUPUI 61
The Metros had no last-minute

magic this time as they split the season series at Indianapolis with a loss Jan. 20. The last time the teams met, on Nov. 25, the Metros rallied late in the second half to win the game in overtime 87-86 here at home.

Knox led the Metro's cause with a 26-point performance on 9-of-22 shooting, 4-of-11 from three-point range. Marcus Overstreet led the team's front court with 10 points and nine rebounds.

The Greyhounds were led by Terry McBryde, who crashed the boards for 16 rebounds and put in 18 points to lead the team to victory.

IUPUI 72 • Drury 60

Carlos Knox posted in 30 points and Jared Lux added 18 as the Metro pulled away to beat the Panthers Jan. 22 in the Natatorium.

Anthony Winburn was his usual dominant self as he grabbed 11 rebounds and added 15 points. Brady Adkins, recovering from an ankle injury, dished out eight assists.

The Panthers were led by their leading scorer Quinn Murphy, who added 17 points and grabbed a team high five rebounds. Ricky Thompson passed out seven assists.

Before the game against Drury, Knox stood as the second leading scorer in NCAA Div. II with an average of 30.1 points per game.

With seven games left in the season, the Metro's must win five to become the first Metro team to win 20 games since the 1989-90 team went 23-14.

The team's next home game will be Feb. 10 against St. Francis college of Illinois.

MORE STAFF POSITIONS AVAILABLE
Check out Page 7 for details.

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The Sagamore is looking for an IUPUI student to help design and maintain a homepage. Contact 274-3456 for more information.

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THE STUDENT ACTIVITIES PAGE

INFORMATION COMPILED BY MICHELLE THORPE

Activities Calendar

Monday/29th

• The Advocate, a gay, lesbian and bisexual group, will meet from 6:30 to 8 p.m. in the Student Activities Center.

The Advocate plans to discuss scheduled and tentatively scheduled activities.

They also will discuss possible activities concerning campus gays, lesbians, bisexuals and their friends and families.



Tuesday/30th

• Join the Spanish Club for their monthly meeting from 2 to 3:30 p.m. in Student Activities Center 131.

Students can check the department office in CA 502A or the bulletin board on the fourth floor for information.

Students can e-mail Anne Currie Flora at aecurrie@indyvax.iupui.edu.



Wednesday/31st

• Join the Catholic Newman Club at 801 N. Martin Luther King Jr. St. for a delicious all-you-can-eat home-cooked meal from 5:30 to 6:30 p.m.

The cost is \$2.50.

• Women in Business is having its monthly meeting from 12:15 to 1 p.m. in BS 4087.

Membership fee is \$6 for the semester.

A guest speaker will be featured. Lunch will also be provided from Subway.



Sunday/4th

• The Catholic Newman Club offers a religious service/workshop every Sunday from 4 to 5 p.m. in the Newman Center.

The Newman Center is located at 801 N. Dr. Martin Luther King Jr. St.



Tuesday/6th

• Psi Chi and the Psychology Club are having an open monthly meeting from noon to 1 p.m. in LD 161.

Everyone is welcome to attend.



Wednesday/7th

• Psi Chi and the Psychology Club are having another open monthly meeting from 12:20 to 1 p.m. in LD 161.

Psi Chi and the Psychology Club are meeting on these two dates to accommodate many diverse schedules.

Spirit Night with the Metros



Get ready for an evening filled with excitement, competition and all-out fun!

The Student Activities Programming Board is sponsoring a Spirit Night for the IUPUI men's and womens Metros basketball teams on Feb. 10. Bring your family and friends

to the Physical Education Building Gym at 5 p.m. to cheer our teams on to victory.

The Lady Metros will kick the evening off with the men's team game to follow at 7 p.m.

The student group who demonstrates the most spirit will receive a pizza gift certificate. There will be one winner each game.

Free spirit items such as megaphones and shakers will be given away to aid

students in their spirited cheers.

Sororities, fraternities and other organizations are encouraged to show their team spirit at this free event.

Watch for more details in upcoming weeks.

For details call Tabitha Mickelson at 278-2272.



Bulletin Board

College connection seekers

If you are a student who's looking for a connection to college life and are interested in learning more about the social sororities on campus, contact Freda Luers at 274-5200.

Luers can also be reached via e-mail at fluers@indycms.iupui.edu.

Sororities offer such experiences as community service opportunities, leadership development skills, promoting scholarship and various social events.

Submitting Items to this page

Pick up a *Sagamore* submission form from the Office of Student Affairs (LY002). Complete all information on the form, including contact person's name and telephone number.

Return the completed form to the Office of Student Affairs by 5 p.m. on the Monday prior to *The Sagamore* publication date.

The Office of Student Affairs will date, stamp and prioritize all completed forms.

For more information on submitting student activities items contact Freda Luers at 274-5200.

Multicultural Student Extravaganza

The Office of Multicultural

Student Affairs is sponsoring a day-long Multicultural Student Extravaganza March 21 in the Student Activities Center.

Students interested in assisting on a committee in preparation for the event should call Raquel Wilson at 274-4239.

Wilson can also be contacted via e-mail at rwilson@indyvax.iupui.edu.

Spring rush 1996

Pi Kappa Phi fraternity is having its spring rush now through Feb. 1.

Any interested male students should visit a rush information table in the Student Activities Center or call 274-3329.

Shinenkai

On Feb. 2 The Japanese Club will host a welcome back party (Shinenkai) from 7 to 9 p.m. Japanese snacks and entertainment will be provided.

Call 925-4789 and leave a message to RSVP and to also find out the location of the party. Send e-mails to jerifkin@indyvax.iupui.edu.

Conversation/tutor groups

The Spanish Club offers conversation/tutor groups on Monday from 11 a.m. to noon and also from 5 to 6 p.m.

Tuesday hours are 11 a.m. to noon and 3 to 4 p.m.

Wednesday they meet from 5 to 6 p.m. and on Thursdays from 3 to 4 p.m.

These meetings usually occur in the Student Activities Center, however, check room assignments in Cavanaugh Hall 502A or the fourth floor bulletin board for advance notice.

For details e-mail aecurrie@indyvax.iupui.edu.

Wing Tsun Club meeting

Wing Tsun, a martial arts club, conducts weekly meetings every Monday and Wednesday from 4 to 5 p.m. in Student Activities Center 132.

This club is open to anyone interested in pure self-defense.

For more information about these meetings call Si-Hing or Todd Wright at 382-1325.

IUPUI Cycling

The road season is upon us. The first official IUPUI cycling race is on Feb. 24-25 hosted by the University of Kentucky. Those interested in competing or observing should contact Rob Blaudow at 624-2900 or Jon Poisso at 262-8576.

PUSH America

Pi Kappa Phi will be holding a fundraising dinner for their national philanthropy, PUSH America.

The event will take place Feb. 10, 5 p.m. at the Student Center.

This will be an empathy training dinner that will allow people to become aware of what PUSH America is all about.

Everyone is invited and encouraged to attend.

The dinner is sponsored by Hardee's of Broad Ripple.

Tickets are \$3 in advance and can be purchased from a representative of Pi Kappa Phi or at Rush tables.

For more information contact Sean Wibbenmeyer, PUSH America chairman at 842-7108 or sawibben@indyunix.

Art contest to capture the spirit of IUPUI



Alpha Phi Omega is hoping to capture the true spirit of IUPUI in art format during their current art contest.

Students, faculty and their families are encouraged to share their visions of IUPUI spirit.

Art may be submitted in pencil, ink, paint or photography.

The deadline for entries is Feb. 2. Entries should be taken to the Alpha Phi Omega desk on the second floor of the Student Activities Center between 10:30 a.m. and 4 p.m.

Work will be displayed Feb. 5 through 8. The best work will be determined by the vote of people who have viewed the display.

A second contest will be for the best Hack artist.

The Hack art will be drawn on the back of the ballot cast for best artist.

All art supplies including paper, crayons and markers will be supplied.

Winners in both categories will be announced on Feb. 12.

Voice

Brian Moore
Editor in Chief

The IUPUI Sagamore

Benjamin Cox
Managing Editor

Claudia Gilliard
Vice Editor

Patrick McKeand
Publisher

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Bills affecting students need their insight

Government makes decisions regarding the future of higher education without hearing from constituents.

It's time for the government to start taking into account students' needs when dreaming up legislation. It's also time for students to start voicing their concerns and needs to their representatives.

Currently, there are more than 14 bills in the state legislature that directly or indirectly affect the students of IUPUI and the entire university system.

These pieces of legislation are being debated, adjusted and voted on right now. And, it is highly likely that state legislators won't hear from students at all.

That is where the process is lacking.

Student groups, whether it be the Undergraduate Student Assembly — the organization which represents students — the Political Science Student Association or the Graduate Student Organization, need to take it upon themselves to communicate to the General Assembly what students need.

Similarly, individual students should show initiative and contact their representatives to let them know how they feel.

Todd Schmidt, USA president and IU legislative intern, knows firsthand the lack of student involvement on education bills.

"Students really need to get their rears in gear," Schmidt warned. By his estimation there are approximately 30 bills that affect students across the entire state.

This year is a crucial time for higher education and the students

seeking post-secondary education.

The federal and state governments have introduced legislation that could very well determine who attends post secondary institutions.

Some bills include:

- a proposed \$500 tax credit for emancipated students or students' families,

- a proposal to make IUPUI an independent university,

- a proposal to create a comprehensive higher education guaranteed loan program for room, board and tuition for students who meet eligibility requirements and maintain a C average and

- a bill that would award students whose parents died from diseases associated with agent orange.

There are various others that affect different types of students. Chances are hundreds or even thousands of students at IUPUI would be affected by the bills currently in the legislature.

Some of these bills will be rejected, but many will be approved. Then it will be too late for student insight.

The excuses for not contacting the legislature are few.

It can be done via the telephone, mail and computer. At IUPUI, students can contact the Indiana State Legislature through the Internet at <http://www.state.in.us>.

Instead of simply reacting to and griping about the decisions of our government, get involved.

Staff Editorial

GOP loses State of the Union battle

While President Clinton often praised congress and used bipartisan themes, Republicans chose to use personal attacks and refused to acknowledge.

It took President Clinton more than an hour to deliver his fourth State of the Union address last Tuesday. But it only took a few minutes to discover the real loser in this political war of words — Republicans.

In a speech filled with promise and emotion, Clinton frequently acknowledged the hard work of the Republican-controlled Congress. He urged the two parties in Congress to compromise and pass a budget deal. The president even tipped his hat to his likely opponent in November's election — Senate Majority Leader Bob Dole — when he honored the efforts of WWII veterans.

And what did Clinton get for all his efforts and bipartisan themes?

An angry, 72-year-old Dole personally attacking the president and refuting the accomplishments of Clinton and his speech.

Dole, with scorn etched on his face, said the Republicans didn't want to compromise because they had to defend their personal commitments as outlined in the "Contract with America." He also attacked Clinton's proclamation that he had downsized the federal government and the "era of big government is over," even though Clinton actually has reduced the size of the government by 200,000 workers.

He gave virtually no credit to Clinton's accomplishments in his three years as president, nor did he embrace the request of Clinton to "never shut down the federal government again." Instead, Dole chose to make the traditional Republican response his first campaign speech of the year.

He spoke of programs and values which he said would allow parents to feel secure when they "tucked in" their kids at night. Dole failed to mention he has no kids of his own, and that the president does.

Dole also claimed that the Democrats are the defenders of the "elite."

But, on the television screen for more than an hour, the American public got to see for themselves who the protectors of the elite really are.

Each time Clinton said something such as "compromise" and "bipartisan efforts," Democrats stood up and clapped. It was easy to identify them as Democrats because they included blacks, women, young politicians and even a Native American or two.

The Republicans decided not to clap. They decided to sit down and shake their heads at any notion of deal-making.

The Republicans were easily identified too. They were the angry, old white men with gray hair.

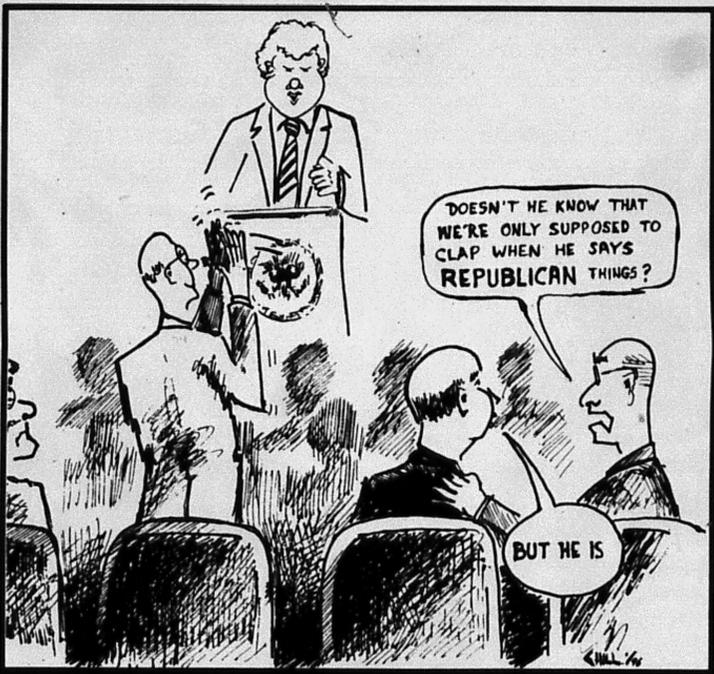
In other words, they are the elite. They've probably been in government for years on end. They have basically no contact with the younger generation. That's why they've shot down every piece of legislation associated with helping college students and their parents.

I ask you, which group represents you? Seventy-year-old white men or African-Americans, women, minorities and younger white males?



Brian Moore

Brian Moore is a senior majoring in journalism



Building community

Students need to volunteer their time to worthwhile services and programs to feel tied to a commuter campus.

Are we becoming a nation of individualists? I see a danger in that. We seem to be moving in America toward an extreme kind of individualism. In a lot of ways, we are becoming so divided that a happy, successful life is drifting out of reach for many.

But what can we do about this here in the university?

I learned long ago that you can't predict someone's actions by identifying him or her as, for example, a Democrat or Republican. These labels hide the complex ideas people have about social and moral issues.

Categories such as "liberal" and "conservative" don't really work well either. But there is one pretty good distinction that helps us to understand another person's actions and attitudes, namely individual vs. community.

Knowing whether a person is motivated primarily by self-centered concerns or primarily by genuine concern for others tells us a lot.

Individualism in itself is not bad. It can mean a strong sense of self-worth and a willingness to assume responsibility, rather than to blame others when things go wrong. But too much individualism leads to an attitude of "I've got mine and I don't care." Just look at the political arena, where our elected federal representatives find it almost impossible to develop solutions cooperatively.

Or look at the economic arena, where many people line their own pockets without regard to economic justice.

Or look at the social arena, where racism is still a deep-seated problem in America. So what can we do? I am convinced that each of us individually can help to improve the world around us by acting on community values. We have a good foundation: the State of Indiana has a history of strong values. And our university

is a caring community.

But the university can still work better as a community, and this will depend on each of us.

Together we can make the campus into a model of support and regard for all, where respect and courtesy count, and where the benefits of a community that works for everyone are plain to see.

We have many strengths to build on in our student activities.

Volunteering is already a part of many IUPUI students' lives. I think, for example, of the efforts of the Indiana University Assembly in supporting United Way; the Black Student Union Christmas Toy Drive; the Phi Kappa Phi scaffold sit for PUSH America; and many other charitable projects on the IUPUI campus.

For those who have not yet taken these steps, the opportunities are practically unlimited. You could begin, for example, by helping a friend informally with skills you may have, such as computing or English.

You could serve as a tutor or mentor to new students, or you could step beyond the campus to work with children in the Indianapolis School 54 after-school program, assist at the Mary Riggs Shelter, or volunteer for the United Way Day of Caring.

The Student Voluntary Community Services office provides some terrific opportunities.

I guarantee that you will gain as much as you give.

And the university will gain too. Is this idealistic? Absolutely.

But the best antidote to too much individualism is to build community right here at home — on our urban university campus.

Myla Brandt is president of Indiana University

Letters from readers



Square One program benefits incoming students.

As an incoming freshman, I think everyone should have the option to participate in the Square One program or something like it.

I was told that there are only a handful of people selected to be in it. It has helped me in several ways.

For example, I didn't really have good study skills in high school, so my instructor, Rod Trabeau gave me a few helpful tips.

The first class session was great. We all went around the circle and gave our names, and why and when we chose to go to college.

I think that gives you a real feel for your classmates and some of their background. I think this program should be opened up for others who need it because everyone who doesn't apply for financial aid on time or is ineligible because of family income can still benefit from it.

Some of the stuff that we talked about such as, how we feel about school, what are our future plans, how are our study skills etc. are a few things that I think every student should have exposure to.

I know that peer tutoring is offered, but I think receiving it in a class setting is better because for the student to get all of his or her problems out so that other students who

are strong in that field can help them. With an interest in an Aviation Technology major, I think that the goal that I pick up in this program are going to pay off in the long run.

In summary, the Square One program made it possible for me and others to attend college that wouldn't have

otherwise. In closing, I am thankful to the program and would like to see it opened up because other students in need of help could benefit from it.

Rhion Gilliard
Freshman/Undergraduate Education Center

The Sagamore seeks writers and contributors

The Sagamore is currently seeking writers to cover events and news on the IUPUI campus. Students should have an ability to meet deadlines, conduct interviews and be innovative in their writing approach.

There are openings in the news, sports, perspectives, voice and focus sections of The Sagamore. Interested students should stop by The Sagamore offices in CA001G, or call the

editorial offices at 274-4455.



The Sagamore welcomes letters and columns

Readers are invited to submit letters and columns on topics relevant to the university or the community.

Letters may be of any length, but must include the author's phone number. A writer's relationship to the university, including school and major, should also be given. Faculty and staff should include a complete university title as well as their department. Letters without names will not be published. The Sagamore reserves the right to edit for length, clarity and style at our discretion. Correspondents may submit letters in

person at The Sagamore newsroom, Cavanaugh Hall 001G. Letters should be left in the mailbox of the Voice Editor or of the Editor in Chief.

Address mail to:

The Sagamore
ATTN: Voice Editor
425 University Blvd. CA 001G
Indianapolis, IN 46202

Letters may also be faxed to the newsroom at (317) 274-2953

Perspectives

Tesla's time is 'Makin' Changes'

■ Tesla vocalist Jeff Keith reflects on the band's current tour and role in rock and roll.

By Amy Tovsky
The Sagamore

Amidst snow and cold temperatures, Tesla's turning up the heat. Touring to support their recent greatest hits release, Tesla bandmates Jeff Keith, Frank Hannon, Brian Wheat and Troy Luccketta are doing what they can to stay warm. "It's been getting cold, but fortunately for us, we've got a bus with a good heater," said Keith in a phone interview. "You have the bus driver have that heater up real high...and deal with it the best you can."

Although many bands choose to avoid the road during the winter months, Keith feels their tour is going extremely well.

"The tour has been excellent," he said. "As far as the shows go, they've all been great." In November of last year, Tesla released a greatest hit album, "Time's Makin' Changes," and a home video featuring live footage, behind-the-scenes interviews and clips of the band on the road, in the studio and hanging out backstage.

Although the greatest hits package was primarily "a record company decision," Keith feels it still has something to offer fans.

"Sometimes people sit there and they just fumble through each album because there's certain songs they like," he said. "I think it's a great little compilation because you have (all the hits) on one album."

"Time's Makin' Changes" includes 14 of the band's biggest hits, including "Love Song," "Signs," "The Way It Is" and "Song and Emotion." The brand new track "Steppin' Over" is also included.

For a band who has opened for arena acts such as Alice Cooper, Motley Crue, Def Leppard and the Scorpions, playing clubs and small concert halls requires some adjustments. When the band visits Indianapolis tomorrow



The members of Tesla are (from left) bassist Brian Wheat, guitarist Frank Hannon, drummer Troy Luccketta, former guitarist Tommy Skooch and vocalist Jeff Keith. The band will headline at the Vogue tomorrow night with opening act Pav.

Courtesy Geffen Records

night, they will play at the Vogue in Broad Ripple.

"We play wherever we can in whatever town wants us to come by and play," said Keith. "Sometimes you come to places where,

unfortunately, it's just a large club or something and that's all they've got except for a big arena... You've got to take what you can get."

Tesla is currently touring as a four-piece, recently losing guitarist Tommy Skooch to drug-related incidents.

However, Keith is enthusiastic about the band's new status — musically and strategically.

"I like it, the people seem to like it and it's a little easier and clearer on stage because it's one less guitar," he said. "I mean, there might be a couple spots where you can't help but miss a guitar, but I think (guitarist Frank Hannon) is doing a great job."

After the band completes their current tour, they will return to the studio to finish recording an album to be released in late 1996.

Although the music industry remains slightly hostile toward Tesla's brand of rock, Keith is optimistic about the fate of the band and the music they play.

"I definitely (see the music industry coming back around)," he said. "I never did think that John Travolta was going to be doing 'Saturday Night Fever' forever and I don't think the grunge thing will be going forever."

"Those people who say (the industry) has kind of changed were right," he continued. "All we can do is just hold our breath and keep doing what we know best... Hopefully the light will be a little bit brighter than it is right now."

Ultimately, Keith attributes the band's success to their dedication, commitment and their legions of loyal fans.

"Those are the people that you appreciate the most right there, and that's the truth," said Keith of Tesla's die-hard fans. "When you look out there and you go, 'man, these are the people that are helping keep it alive for us,' you can't help but appreciate the hell out of that."



'Bed of Roses' Christian Slater

The directors of "Bed of Roses" should have started the movie off with "Once upon a time..."

Face it. Love just isn't this easy. But what "Bed of Roses" lacks in reality, it makes up for in the warm fuzzy category.

Slater is an eccentric florist who sends a total stranger (Mary Stuart Masterson) flowers on a whim. The two meet, fall in love and well, that pretty much sums it up. There are a few underdeveloped sub-plots that don't quite see the light of day. But other than that, "Bed of Roses" is cute.

Cute and satisfying. And after all, it's only a movie. — Amy Tovsky



Courtesy New Line Cinema

Mary Stuart Masterson and Christian Slater star in romance "Bed of Roses."



'Stage' Great White

Call 'em washed up. Call 'em a long-forgotten '80s band. Call 'em what you want. Just don't call them heavy metal.

Great White is a blues rock band through and through.

On "Stage," the band's first full-length live album, Great White's strengths are showcased. Their emotional lyrics, blues-tinged guitar licks and slow, brooding pace on "House of Broken Love," "Old Rose Motel" and "Train to Nowhere" demonstrate the best of the 12 tracks.

With a new studio album to follow, Great White will be hitting the road again soon. When they come through Indy, don't miss them. — Brian Moore



'From Dusk Till Dawn' George Clooney, Quentin Tarantino

By the time the house lights come up on "From Dusk Till Dawn," the audience is knee deep in blood, vampires, a few more gallons of blood and a few slightly used body parts.

"Dawn" starts as a very good action picture with full smart characterizations and Tarantino-esque dialogue. But after an hour in, it radically shifts gears into a late 1970s blood-and-guts-slasher-exploitation picture. Is it bad? Well, it's not for everyone. But, for what it is — a "B" horror flick — it's not really that bad. It's certainly disgusting. Well, "Dawn" is downright re-creating at times, but not bad. — Christopher Nimz

CHRIS FARLEY
DAVID SPADE

BLACK SHEEP

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FEBRUARY 2 DIRECTED BY PENELOPE SPIERCE

There are a very limited number of complimentary passes for the advance screening of Paramount Pictures new film **'BLACK SHEEP'** on Wednesday January 31st at 7:30 pm. Passes are available in Cavanaugh Hall - Room 001H.

MORE STAFF POSITIONS AVAILABLE

The Sagamore Advertising Department is looking for individuals to help sell advertising for The Sagamore. These positions are totally flexible to fit any schedule, but will require your own transportation and good communication skills. Earn as much as \$150 dollars for ONE single ad sold. You will be working on a commission basis only. For more information call Chris Nimz at 274-3456.

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We will be interviewing on campus Thursday, February 29, 1996. Please ask about our information dinner to be held for applicants.

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Help Wanted

NEED CASH? Woodland Country Club in Carmel has a job for you. Can you offer cocktails? Serve a salad? Pour a cup of coffee? If so, call Gloria McGhee at 846-2588 between 10-4 Tues. thru Fri. Starting salary \$7.50.

CAPPUCCINO BAR. PT w/ pot. FT 25-35hrs. Eve. and wends. Also needed vendors for MSA bid \$\$. short hours. 291-2820.

PART-TIME individuals to work at customer service desk. Varied hours. Responsibilities include answering phone and questions from merchants and customers and processing gift certificates. Call Suni Devitt at 251-9281.

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PART-TIME position available. Indiana University Medical Center Gift Shops. 12 - 20 hrs. per week. Perfect for students. Phone 274-3738 for more info.

Help Wanted

PART-TIME office assistant needed for educational management association in Park 100 area (NW Ind.). Skilled in WordPerfect. Windows knowledge beneficial. Minimum of 20 hours weekly. \$6.00 per hour. Call 328-2005.

HELP WANTED for Valentines week. Contact Karen at Balloon Invasion. 844-7007 or apply at 1252 W. 86th.

WANTED. Part-time attendant to work lots in Downtown area. Flexible hours 7am - 8pm. Willing to work around school schedule. Up to 30+ hrs. per week. Starting wage \$6.25. Call 681-8704 for more info.

PART-TIME position available doing visuals for retail merchants. Please contact Tanalee at 251-9281.

Help Wanted

FLEXIBLE part-time position for person with skill in PageMaker 5.0 on a Macintosh system 7.0 creating and editing business forms brochures and other educational documents. For info call Anna Nelson at 226-4699 or fax resume to 237-0454.

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Roommates
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Miscellaneous

IMMEDIATE STAFF POSITION AVAILABLE

The Sagamore is looking for an IUPUI student with on-line skills capable to design and maintain a weekly homepage for The Sagamore. The job does require a limited amount of time on Monday mornings, but you will be compensated for your efforts. A resumé is not necessary, however a cover letter describing experience and qualifications would be helpful. Applicants should contact Brian Moore or Chris Nlmz at The Sagamore offices located in the basement of Cavanaugh Hall Room 001G for more information.



MORE STAFF POSITIONS AVAILABLE

The Sagamore Advertising Department is looking for individuals to help sell advertising for The Sagamore. These positions are totally flexible to fit any schedule, but will require your own transportation and good communication skills. I am as much as \$150 dollars for ONE simple ad sold. You will be working on a commission basis only. For more information call Chris Nlmz at 774 3456.

SUMMER JOBS IN CALIFORNIA!

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Lincoln Technical Institute, a nationally recognized leader in technical education, is looking to hire five (5) part-time employees to call high school seniors to set appointments for our admissions representatives.

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Please call Sandra Collins at (317) 632-1304.
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 Indianapolis, Indiana 46202
 (3 minutes west of IUPUI)

Lincoln Technical Institute

PART TIME CUSTOMER SERVICE POSITION

USA Group has an opening in the Consumer Market Development Unit. This position involves providing information by phone regarding various programs and products to student loan borrowers and parents.

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Good Eats

DON'T sit in front of that

slamming your

and eating

. It's distorting your HEALTH.



By Tishonda S. LoSasso
The Sagamore

Managing time could really be a struggle for some students — especially the ones who have work, family and other social commitments on top of school and study.

How many college students actually have the time to plan and prepare well-balanced meals on a daily basis?

It seems like most students have a complaint about their personal nutrition.

"Last year I went to (another university) and put on quite a bit of weight because I would stay in my room and just eat," said Brandi Schoen, a freshman student in the Undergraduate Education Center, about the effect of col-

Burning calories

The following is a list of sports and how many calories expended per hour by males and females.

	Women 120 lbs	Men 180 lbs
■ Badminton	289	391
■ Gardening	220	300
■ Handball	510	690
■ Judo	263	357
■ Mopping	210	252
■ Ping Pong	204	276
■ Racquetball	510	690
■ Sailing	153	207
■ Wood chopping	350	450

Source: Hippocampus Jan./Feb., 1988

Cholesterol levels

The following is a list of cholesterol levels for people between the ages of 2 to 40 and older.

	Moderate	High risk
■ Ages 2-19	170-185	>185
■ 20-29	201-220	>220
■ 30-39	221-240	>240
■ 40 and older	240-260	>260

Source: Journal of the American Medical Assoc., 1984

Don't do

- Straight leg sit-ups
- Alternate bent-leg sit-ups
- Double leg lifts
- Yoga plow
- 360° head rolls
- Arched push-ups
- Full squats

Do

- Bent leg sit-ups
- Knee rolls
- Raised leg crunches
- Fold up stretch
- Side neck stretches
- Straight back push-ups
- Partial squats

Source: Exercise & Physical Fitness, 1992

Daily servings

The following is a suggestion of serving sizes per day from the five basic food groups.

Milk (2-4 servings for calcium):

- 1 cup of milk or
- 1 cup of yogurt or
- 1 1/2 - 2 oz. of cheese or
- 1/2 cup of cottage cheese or
- 1/2 cup of ice cream or ice milk or frozen yogurt

Meat (2-3 servings for iron):

- 2 - 3 oz. of cooked, lean meat
- 2 - 3 oz. of cooked, lean poultry or fish
- 2 tbsp. of peanut butter
- 1/2 cup of cooked, dried peas or dried beans

Vegetable (3-5 servings for vitamin A)

- 3/4 cup of juice
- 1/2 cup of raw vegetables
- 1/2 cup of cooked vegetables
- 1 cup of raw leafy vegetable
- 1 medium potato

Fruit (2-4 servings for vitamin C)

- 3/4 cup of juice
- 1/2 cup of raw, canned or cooked fruit
- 1 medium apple, banana, orange or pear

Grain (6-11 servings for fiber)

- 1 slice of bread
- 1/2 English muffin or hamburger bun
- 1 oz. ready-to-eat cereal
- 1/2 cup of pasta, rice, grits or cooked cereal
- 1 muffin, roll or tortilla

Source: National Dairy Council

gestions:

■ Instead of choosing a dessert or other sweet treat, snack on a fruit.

■ Order a single hamburger, plain baked potato, chili, soft bean burrito or grilled, baked or broiled fish or skinless chicken breast in place of the usual array of fried foods (fried chicken, fish sandwich, french fries and large portions of hamburger, taco shells).

■ Use mustard, ketchup, Molly McButter and part skim milk cheese rather than high fat toppings such as mayonnaise, sour cream, sandwich spreads, guacamole, high fat cheese or margarine.

■ Choose skim milk, fruit juice or diet colas, low-fat milk shakes instead of high calorie beverages such as colas and high-fat milk shakes.

■ Avoid high-fat salad bar items like cheese, nuts, croutons, seeds, creamy dressing made of cheese or sour cream and items made with mayonnaise. Instead, eat lettuce, tomatoes, mushrooms, green pepper, carrots, celery, cucumbers, kidney beans, garbanzo beans and diet salad dressings.

■ Top pizza with mozzarella made from skim milk, green peppers, onions and mushrooms. Leave out the fat toppings such as sausage, pepperoni and double cheese.

■ Pay attention to labels and limit fast food whenever possible.

■ When you can't avoid eating out, choose items from each of the four basic food groups and don't forget to eliminate any unnecessary fats (mayonnaise, cheese, etc.).

If you are really serious about eating right, keep track of your daily fat and caloric intake.

News Flash: Be watching for a new fat substitute (which contains no fat or calories) to show up in some of your favorite salty snacks.

It has recently been approved by the FDA, even though it has been linked to various side effects. Be watching the shelves of grocery stores everywhere.

(Who knows? Maybe keeping track of fat and calories won't even be a health concern in the near future.)



Mike Thibault/The Sagamore

lege life on her eating habits. "I've found it hard to go back down to my normal weight."

According to Sheila Rivera, Clinical Nutrition Coordinator at the Indiana University Medical Center, maintaining a balanced diet has many benefits.

"College students need to avoid high-fat foods such as fast food and watch the size of their servings," she said.

According to the Business, Science and Technology Division of the Central Library in Indianapolis, in 1990 nearly 28 percent of all people were overweight.

Many might assume that the tidal wave of low-fat and non-fat products on the market has made it easier for people to lose excess or maintain ideal body weight, but it has had a very different effect.

Having a variety of low-fat snack foods to choose from, Americans have justified their increased snacking.

They probably saw the word "free"

and it was interpreted to mean that they could consume as much as they wanted without gaining a pound. (Maybe they all just forgot to check the amount of calories in that entire box of fat-free Snackwell cookies.)

Alice Wong, a junior English/sociology major, agreed.

"When people think low-fat, fat-free foods won't increase their fat, caloric intake, they use it as an excuse to eat more than they normally would," she said.

Amy E. Simpson, a junior majoring in elementary education, also expressed concern

about her diet.

"I prepare about four well-balanced dinners per week," she explained. "Mostly I just snack and even skip meals. I probably eat fast food about three times a week."

Junior Ron Mills agreed.

"I probably eat fast food at least 10 times per week," commented this finance student. "... being a full-time employee and a full-time student, it's hard to find time to actually sit down to a home-cooked meal."

The Indiana Heart Institute recommends that people look at alternatives to their usual fast food orders. Here are some of their sug-



Mike Thibault/The Sagamore