



Career save

Jamie Bastnagel came back from a major leg injury to become a dominant goalkeeper for the Metros.

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Monday — Oct. 7, 1996

Vol. 26, No. 9 © 1996 The Sagamore

The IUPUI Sagamore

The weekly newspaper of Indiana University-Purdue University at Indianapolis

In Voice

Political polyglot

When the parties' labels no longer reflect the parties' platforms, writer suggests voting for individuals rather than the groups they represent.

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In Perspectives

Glowing interview

Voodoo Glow Skulls vocalist Frank Casillas talks about the band's unique style, recent album and current tour with the Reverend Horton Heat.

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Healing hands

Massage therapists speak out on benefits of the art. Techniques give relief for pain, stress and relaxation.

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New medical facility, cancer fighters unite

■ New pavilion offers cancer victims central location for treatment, therapy and hope.

By **Kym S. Reeves**
The Sagamore

At one time, the word cancer sounded a death knell.

With the dedication of the Indiana Cancer Pavilion last Friday, hope now rings out for the victims of all types of cancer.

Bringing eight cancer treatment disciplines into one state-of-the-art facility, completion of the pavilion eases the job of coordinating patient care.

By incorporating diverse programs into one central locale, loss of time is minimized.

The consolidation of these oncology disciplines is expected to improve communication and referral between doctors, nurses and researchers, according to medical staff at the pavilion.

"The idea of two minds working together is the greatest," according to Karen Brenner, a registered nurse at the center.

"All the doctors working in cooperation with each other, puts IU at the forefront of cancer treatment," she added.

The pavilion is part of the IU Medical Center. The third floor will contain programs in bone marrow transplantation, chemotherapy and hematology.

The second floor houses cytopathology, urology and also the oncology programs for gastrointestinal, genitourinary, gynecological, thoracic, head and neck cancers.

"The opening of the Indiana Cancer Pavilion is an extraordinary event in the history of IU Med Center," said Dr. Stephen D. Williams, director of the IU Cancer Center and the new pavilion. "It gives us a physical facility that allows us to maximize our academic efforts that will directly translate into improved patient care."

IU President Myles Brand agreed. "Hope is a lifeline. No one knows that better than the doctors, the nurses, the researchers and the staff of the Indiana Cancer Pavilion," he said in a prepared address. Brand presided at the official dedication ceremony for the pavilion.

Brand continued in the speech by pointing out that one in three Americans will develop cancer. "Those Americans are looking to facilities such as the pavilion to discover the treatments that will make them well again."

The importance of physical healing partnered with the meeting of aesthetic or emotional needs has not been overlooked.

The waiting area of the Woman's Cancer Center, located on the second floor, is dominated by a seven-foot square hand-stitched quilt.

Entitled "Women, why do you weep?," it depicts a single bird in flight soaring above a willow tree heavy with leaves. Each leaf represents male and female cancer victims, the survivors and the deceased.

One thousand of the 1,257 leaves are currently named. The remainder of the leaves are available to be purchased for \$5 each to complete the quilt.

The money raised will go towards providing mammograms for those unable to afford them.

Carol Myers, accomplished quilter, registered nurse and wife of an IU Medical Center physician, began the piece as an entry for the Yes Ma'am fund-raising quilt contest.

Myers said she soon found she "wanted to make a statement that was bigger than that."

"Steve Williams felt the quilt belonged to the victims, and I agreed," Myers added.

One in nine women will get breast cancer. Considering how many people are affected by the disease, funding is vitally important, according to Myers. There isn't the spotlight on this issue it deserves, she added.

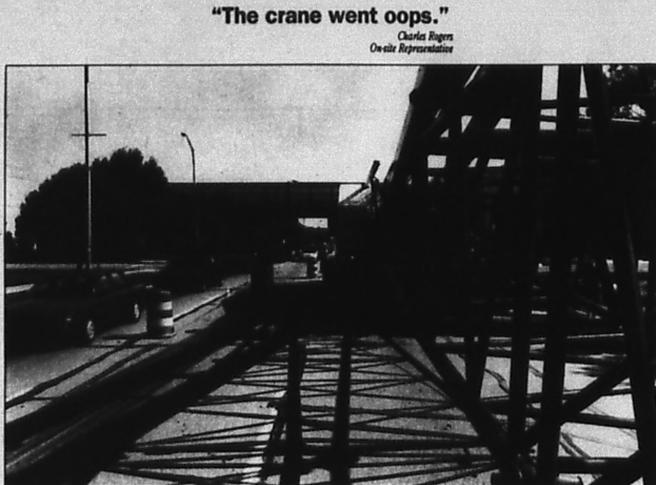
Laboratory and research facilities are scheduled to open at the pavilion in the spring of 1997. This juxtaposition of faculty with staff will position the center as one of the leading cancer treatment facilities in the country, according to Williams.

"The opening of the pavilion should bring about dramatic improvements in the care, treatment, study and research of all types of cancers, she added.

The new facility will open to patients mid-October.

"All the doctors working in cooperation with each other puts IU at the forefront of cancer treatment."

*Karen Brenner
Registered Nurse*



"The crane went oops."

*Charles Rogers
On-site Representative*

FALLING down

Construction workers re-assembled a large crane on Michigan Street last Thursday, closing it down to one lane, causing traffic backups for most of the day.

The crane (above) is being used for the University Hospital-Lilly Expansion Project and was moved to the south side of the hospital to continue the job.

Rebuilding the crane took longer than expected because of an accident with a smaller crane that was being used to disassemble the larger one (right).

"The crane went oops," said On-site Representative Charles Rogers about the smaller crane falling over.

He explained that the load got away from the operator and added that no one was hurt except for a couple of shrubs "that are probably fatal."



Photos by Jan Iles/The Sagamore

COP WORKSHOP

Self-defense class empowers women to take control

■ Pro-active training course emphasizes awareness, self-reliance, resourcefulness, victimization resistance.

By **Amber Hair**
Contributing to The Sagamore

Women on campus can now receive the confidence and training required to protect themselves against violence.

Detective Gregg Bowles, a certified instructor of Rape Aggression Defense, said the program was founded in 1989 by a former police officer in Virginia.

RAD was developed for college campuses with a high female population. This system of self defense is designed especially for women and is now offered at IUPUI.

"The Chief (John Mulvey) is proactive. He is not going to wait for rape to become a serious problem on our campus," Bowles said.

Mulvey, after attending a yearly conference where the RAD system was represented, insisted on sending three officers to an instructors' class at Notre Dame for 30 hours of intensive training.

The first class at IUPUI was instituted over the summer following the certification of all three instructors, including Bowles, Sergeant Doba Jones and Detective Russell Peper.

"The plan is to try and give one course per month," Bowles said, "getting more women involved, offering a variety of days and times."

So far, the class has been taught in a series of two, two-and-a-half-hour sets six days per month.

According to Bowles, the goal of the program is "to develop and enhance the options of self-defense so they may become a viable consideration to the woman who is attacked."

After her apartment complex was broken into by a maintenance man, Catharine Yahng, a 1992 Purdue graduate, attended the first RAD class given this fall.

"When I was at Purdue, I thought it was never going to happen to me," Yahng said. "But it's happening more and more. Violence is rising. Things can happen. Crime has no neighborhood."

Ellen Rainer, a lecturer at the School of Nursing and a participant in the program, agreed. "We live in a violent society," she said.

Program participants must be females. "We also ask for what we like to call a commitment fee," Bowles said. "For \$15, the woman receives a stu-



Amber Hair/Contributing to The Sagamore
Cathy Yahng, a Purdue graduate, throws a punch at the well padded Detective Russell Peper during Rape Aggression Defense training class.

dent manual and a lot of confidence and good information."

The class has a free return practice policy as well.

"Once your book has been signed by the instructor at the completion of the course," Bowles said, "you can attend any other RAD class anywhere in the country free of charge."

According to Bowles, the course takes commitment. "The course teaches three factors:

avoidance, risk reduction and self-defense," Bowles said. "The lecture takes nine to 12 hours, and the (self defense) simulation part of the course takes three or four more hours."

Rainer said the program was much better than she thought it was going to be. "The class is incredibly inexpensive, affordable," Rainer said, "for

Job skills, mentoring help juvenile offenders start over

■ Boys School inmates spend day on campus.

By **Dan Sharp**
The Sagamore

A second chance is all they need. Giving juvenile offenders from the Indiana Boys School that second chance is the focus of the Aftercare IUPUI Mentoring program.

AIM pairs juveniles from the boys school with students from the J370 Juvenile Mentoring class.

"We start working with the boys about a month before they are discharged from the boys school and we develop a relationship with them," said Ronna Holmes, a senior mentor majoring in criminal justice.

Juveniles in the program have either already been released or will be getting out soon, said G. Roger Jarjoura, mentor instructor.

"This program provides some ... support so they can get ahead when they get out," Jarjoura said.

This support is provided by the mentors. "They've had a relationship with their mentor in the boys school, and that relationship will continue after they get out," said Nikki Kincaid, a student working on the institution side of the program.

An AIM workshop which took place on campus Oct. 2 focused on the development of interview skills.

Juveniles from the boys school took part in mock interviews, listened to motivational speakers and toured some campus facilities as part of the workshop.

Speakers included Robert Bedford, director of Multicultural Student Affairs and Jane Lorey, director of human resources at University Place Hotel.

Bedford gave an inspirational speech about the pressures and problems facing youth today and how one should strive to overcome them.

Lorey followed, providing insight into what employers look for in a prospective worker.

Melissa Grider, who teaches a career planning course for the School of Public and Environmental Affairs interviewed several students to give them experience.

Claudia Gillard, director for the Wellness Information Network, was the main speaker during the job skills workshop.

Although the focus of this workshop was job skills training, it is just one aspect of the program, according to Kincaid.

"The program is focusing on

RAD

Continued from Page 1

everything you get out of it."

"After the class, I was lots more confident, more aware," Yang said. "Self-defense may not be foolproof, but now I'm more mentally prepared to handle an emergency situation."

According to Bowles, RAD is the largest program of its kind the world.

"It has served 35,000 women so far, has over 950 acting instructors, with a total of 1,300 certified (instructors)."

Two informational meetings will take place Oct. 8 and 9 at the Student Activities Center in Room 115, from 12:30 p.m. to 1:30 p.m.

The next RAD session will be offered at the Dental School, beginning Oct. 8.

"Class size is limited to 20 students," Bowles said. For information regarding attendance, call 247-2059. "Anyone could benefit from this class," Rainer said. "It gives you a chance. What is your other option?"

BOYS

Continued from Page 1

education, setting goals for education interpersonal skills, every aspect we could think of to help them get ready to be reintegrated into the community," she said.

Gilliard explained the importance of the program's many angles.

"This program is not just about interviewing and presenting yourself. It's about getting ready to make the transition," she said. "A lot of these kids are shy and they already have one strike against them so that affects their self-esteem."

Another goal of AIM, said Gilliard, is to rebuild their self-esteem.

The program continues once juveniles are released from boys school. With the help of mentors and the community, AIM is trying to make the juveniles' reintegration a success.

"The mentor's part is to be on the outside with them as they reintegrate," Holmes said, "kind of buddying around with them, helping them find jobs, whatever they need to make it easier for them to get through this and hopefully not go back, that's our goal."

Gilliard said for opportunities to grow, community support is important.

Programs like AIM are worth the investment of time and resources to give juvenile offenders a second chance, according to Gilliard.

"Corrections aftercare is something we really need to take a look at and for me this is a good first step," she said. "I feel like this is necessary, I feel like it's the right thing to do and I feel like the time has come for it to be done."

Gilliard said she hopes the university takes a leadership role in terms of the next step of the juvenile mentor program.

"Hopefully this kind of program can be multiplied," she added.

Technology center to expand its services

Web site gives teachers front row seat to travel on the information highway.

By Tim Mianor
The Sagamore

Students' access to software and surfing the web just got easier. Educators' Technology Center of Indiana, a software preview center for teachers, has received a \$50,000 grant to put its services on-line.

The Indiana Department of Education provided the funding for a project titled Educate Indiana Resource Access. The grant will be administered by the IU School of Education.

At the center educators can access over 1,800 software titles to preview. Also available are CD-ROMs, laser discs, video tapes, technology publications and resource materials.

Director Chris Franklin said the

project is aimed at improving the accessibility of the center's information. "What this grant has allowed us to do is install a web server and put up a new web site that's much improved," she said. "The biggest feature of that will be ... that teachers all over the state can search our software database to find out what we have."

The center will create a link to software publishers' web sites that offer real versions for preview, said Franklin. Sites that provide demo versions of software are not favored by the center because they don't offer a true picture of the system requirements, features and faults.

Jeremy Van, an employee at the center, said that all of the software is donated. This donation serves as advertisement for the software, but also enables educators to preview before making purchase decisions.

The center's focus is software and technology preview, but other services are offered as well, according to Van. One is the *Director's* newsletter,

published monthly throughout the academic year and available free to educators across the state.

Educators in both public and private schools may use the center.

"Basically, if you call and make an appointment, we'll let you come," Franklin said.

Connie Lawrence, Information Support Specialist at Amy Beverland Elementary School in Lawrence Township, has used the Educator's Technology Center.

"I found it was helpful for the purpose of previewing software," Lawrence said.

Due to the risks involved with buying software, previewing is very important, she added.

"We have learned the hard way never to buy things sight unseen," she explained. Educators' Technology Center is located in the Union Building Room 123. For information about the center call 274-8001 or it can be found on the Internet at <http://tec.iupui.edu>.

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News Briefs

Compiled by Dan Sharp

Date error noted for Thanksgiving break

The Office of the Registrar announced there is an error on page three of the Fall Schedule of Classes concerning Thanksgiving break.

It is incorrectly listed as Nov. 27 through Dec. 2. According to the registrar's office Dec. 2 is the day for classes to resume. It is not scheduled as part of the break. Students should attend class that day.

HIV, AIDS patients sought for testing

The Outpatient Clinical Research Facility at the Indiana University Medical Center is seeking patients for a new HIV test. Patients who have been diagnosed as HIV positive or who have AIDS and are 18 years of age or older are sought.

The study requires one 15 minute visit. Participants will receive \$15 cash and free parking. For more information about participation call 274-3970.

New Alzheimer's drugs investigated

Dr. Martin Farlow, Vice Chairman of Research and Director of the Alzheimer's

Disease Center at IU Medical Center is heading a team to explore the possibility of several new drugs that may aid in treatment of Alzheimer's Disease.

Farlow is interested in seeing people who have been diagnosed with the disease or those with significant memory problems related to Alzheimer's.

Patients, families or other care givers should call 274-4333 for information.

Avoid the dreaded flu bug, get shot

Visiting Nurse Service Inc., a nonprofit United Way Home Health-care Agency, is sponsoring the fourth annual Public Flu Shot Program Oct. 1 through 31. Flu shots are being offered to those 18 years of age and over for \$10. For times and locations call 722-8200.

Chili competition to benefit United Way

The second annual "Chili for Charity" will take place Oct. 15 from 11:00 a.m. to 1:00 p.m. on the main floor of the Student Activities Center.

For a \$2 donation to the United Way participants can sample three types of chili and vote for their favorite.

The IUPUI Sagamore

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Sports

"When the Brickhouse walks out on the field, that's pretty much it. You don't enjoy running into him much."

Steve Franklin
Metro Soccer Coach

'Brickhouse' bruising Metros' opponents

Metros' Bastnagel came back from career-threatening injury to become a dominant soccer force.

Metros to a 6-3 record.

Before the team's 3-0 loss to the University of Indianapolis Oct. 2, he had allowed an even more astounding two goals in six games for an average of .334 per game.

"He's saved me so many times from a mistake of mine," said freshman sweeper Philip Hinojosa. "I'm in debt to him in the games."

Even more impressive than his statistics is Bastnagel's presence on the field. Standing 6 feet 3 inches, 210 pounds, he is an intimidating sight looming in front of the goal.

His high school nickname, Brickhouse, was aptly given. Bastnagel looks like a brick wall, a man forged out of granite, rather than a flesh and blood player.

"When the Brickhouse walks out on the field, that's pretty much it," said Metro coach Steve Franklin. "You don't enjoy running into him that much."

In addition to his powerful build, the Brickhouse's "wingspan" may be one of his best physical attributes. Franklin said Bastnagel can cover the entire goal in one step. When his arms are held out he looks like a condor, he added, and the chance of getting into his nest is small.

Though Bastnagel is only a freshman, he isn't showing signs of nervousness. In fact, he has been as cool and sharp as more experienced players since stepping into his first game Sept. 8 against Southern Indiana.

"I didn't know what to think," Bastnagel said. "It was a college game — I didn't think it

would be any different than any game I'd ever played in. I just came in and did what I did."

In the team's game against Bellarmine Sept. 13, Bastnagel grabbed a shot parallel with the goal's crossbar, body fully extended and sent two defenders sprawling hard to the ground. Franklin said, after seeing the play, a smile adorned his face and he knew he had his man.

"Finally an intimidating force back there I guess was my first thought," Franklin said. "I don't think too many kids came near him after that."

Fortunately for the Metros, the thigh injury that was a curse for Bastnagel ended up being a blessing for the soccer team.

After suffering the injury, many coaches stopped looking at him, so Pike coach Rob Jordan called Franklin about taking a look at Bastnagel.

"I knew I could help the program and they could help me," Bastnagel said.

"Ironically, Franklin had not been looking at him because he thought bigger schools would have already laid their claim.

"Jordan called me up and said, 'Hey, I'd like you to take a look at this kid,'" Franklin said. "I thought everybody was after Jamie."

Now the Brickhouse is dominating the Metro goal. His tough goalkeeping has helped the Metro rack up a 6-1 record since his first start against Bellarmine.

His play has been so strong that it allows the defenders to relax, Hinojosa said. It allows the other players to concentrate on what they need to do, making the team better all around.

"I feel so confident when he's back there," Hinojosa said.

"Stuff like (his goalkeeping) just makes me say, 'gosh, I'm glad he's back there,'" he added.

Now the man who doctors thought would never play again has nothing but high aspirations for the team's future.

"I don't expect anything different," Bastnagel said. "If anything, it's going to get better."

METROS SCOREBOARD

Home game asterisk in ball

RESULTS

Volleyball

Sept. 28: IUPUI 3 • Belmont 1
Sept. 28: IUPUI 3 • Cumberland 0
Oct. 2: IUPUI 3 • Indianapolis 0

Soccer

Sept. 28: IUPUI 4 • Sag. Valley St. 0
Sept. 29: IUPUI 3 • E. Michigan 1
Oct. 2: Indianapolis 3 • IUPUI 0

UPCOMING GAMES

Soccer

Oct. 8: Wittenburg University
Oct. 11: Purdue Calumet
Oct. 12: Rosary College

Volleyball

Oct. 11: U. of Wisconsin-Parkside

RECORDS

Soccer

6 - 3

Volleyball

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By Brian Hendrickson
The Sagamore

As the doctors rushed him into emergency surgery last fall, Jamie Bastnagel's left thigh was purple from the lack of blood circulating through the muscle.

The doctors were worried that his injury, a popped blood vessel in his thigh called Compartment Syndrome, would cause the muscle to die. Had that happened, Bastnagel, the Metro soccer team's starting goalkeeper, may have never walked normally again.

It happened during a game his senior year at Pike High School. While in goal, an opposing player broke away from his defender for a shot. Bastnagel came up and made a sliding stab at the ball to prevent the score.

Ironically, it was not the hard save Bastnagel made that caused the injury. Instead it was one of his own defenders, chasing down the opposing player, who struck Bastnagel in the thigh while jumping over him that popped the vessel.

In the hospital, the prognosis did not look good. Lack of blood had caused nerve damage in addition to the concerns of damage to the muscle. Doctors told his family that he probably would never play soccer again.

"I said screw that, and did what I had to do (to come back)," Bastnagel said.

Some back he did. In his seven games this season, Bastnagel has allowed only five goals for a .714 goals per game average to help the

Goalkeeper Jamie Bastnagel has only allowed five goals in seven games for the Metros.



Jim Igo/The Sagamore

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THE STUDENT ACTIVITIES PAGE

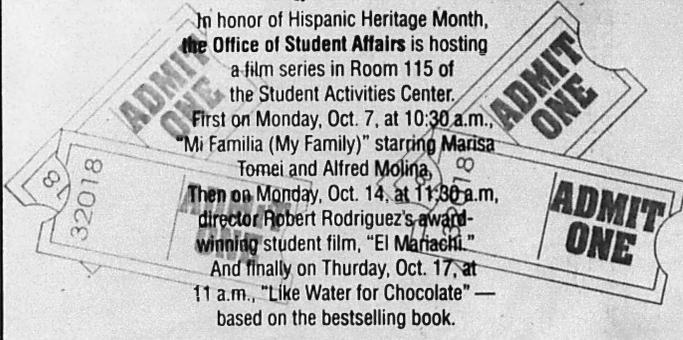
Hispanic Heritage Month Serves Up Choice Flix

In honor of Hispanic Heritage Month, the Office of Student Affairs is hosting a film series in Room 115 of the Student Activities Center.

First on Monday, Oct. 7, at 10:30 a.m., "Mi Familia (My Family)" starring Marisa Tomei and Alfred Molina.

Then on Monday, Oct. 14, at 11:30 a.m., director Robert Rodriguez's award-winning student film, "El Mariachi."

And finally on Thursday, Oct. 17, at 11 a.m., "Like Water for Chocolate" — based on the bestselling book.



CAMPUS Calendar

MONDAY, OCTOBER 7

- Hispanic Heritage Month Film Series: "Mi Familia (My Family)" - Student Activities Center (LY 115), beginning at 10:30 a.m.

- Wing Tsun Club hosts self-defense training - Student Activities Center (LY 132), 5:30 to 6:45 p.m.

TUESDAY, OCTOBER 8

- Leadership Lecture Series: Ed Shilling - "Manage Things — Lead People" - Student Activities Center (LY 132), Noon to 1 p.m.

WEDNESDAY, OCTOBER 9

- Campus Crusade for Christ's Prime Time - Cavanaugh Hall (CA 229), 4 to 5 p.m.

- Newman Club Midweek Menu - Newman Center, 801 N. Dr. Martin Luther King, Jr. Dr., 5:30 to 6:30 p.m.

- Wing Tsun Club hosts self-defense training - Student Activities Center (LY 132), 5:30 to 6:45 p.m.

THURSDAY, OCTOBER 10

- B.S.U. Town Hall Meeting - Student Activities Center (LY 115), 6:00 to 8:30 p.m.

FRIDAY, OCTOBER 11

- International Club Coffee Hour: "China" - International House (Community Room), 4 to 6 p.m.

- 1996 IUPUI Leadership Conference begins, 5:30 to 8:30 p.m.

SUNDAY, OCTOBER 13

- Newman Club religious service and worship - Newman Center, 801 N. Dr. Martin Luther King, Jr. Dr., 4 to 5 p.m.

B.S.U. Town Hall Meeting

The Black Student Union will have a town hall meeting on Race Relations, Diversity and Multiculturalism on IUPUI's Campus on Thursday, Oct. 10, from 6:00 to 8:30 p.m. in Room 115 of the Student Activities Center. For more information contact David Fredricks at 278-2410.



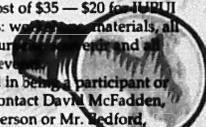
Leadership Conference this weekend!

Mark your calendars now for Oct. 11 and 12 to become a part of one of the greatest leadership development conferences — IUPUI's 1996 Student Leadership Conference — "Leadership in a Multicultural World!"

This year's conference will feature two dynamic speakers: Dorothy F. Cotton and Dr. Blandina Cardenas-Ramirez.

The conference cost of \$35 — \$20 for IUPUI students — includes: workshop materials, all meals, a special surprise event, and a t-shirt.

Those interested in being a participant or assisting: please contact David McFadden, Student Chairperson or Mr. Bedford, Conference Covenor at 274-3931 immediately!



Stop, Look & Listen

ED SHILLING WILL BE THE SPEAKER OF "MANAGE THINGS — LEAD PEOPLE," AS THE IUPUI LEADERSHIP LECTURE SERIES CONTINUES.

THIS PRESENTATION ON A COMMON SENSE APPROACH TO LEADERSHIP WILL BE HELD IN ROOM 132 OF THE STUDENT ACTIVITIES CENTER ON TUESDAY, OCT. 8, FROM NOON TO 1 P.M.



ACTIVITIES BULLETIN BOARD

Lecture series continues

The Office of Student Affairs will host another session of the Leadership Lecture Series next week. On Monday, Oct. 14, beginning at Noon, Claudia Gillard will address the importance of having a successful attitude. The presentation will take place in Room 132 of the Student Activities Center. For more information call 274-3931.

Sociology holds party

There will be informational advising party for the Sociology Club on Tuesday, Oct. 8, from 4 to 7 p.m. in the Sussman Library (CA 316).

Cosmetic workshop

Receive free gifts, facial make-overs and makeup tips as Alpha Phi Alpha hosts a Mary Kay Cosmetics Workshop on Wednesday, Oct. 9, from 6 to 9 p.m. in Room 115 of the Student Activities Center. For more information contact Juan Harris at 299-8023.

Women in Business to meet

Women in Business will have a luncheon/meeting on Wednesday, Oct. 9, from Noon to 1 p.m. in Room 4093 of the Business Building.

Study abroad education

International Affairs and the International Club will host the second of several meetings to discuss studying abroad opportunities at IUPUI on Monday, Oct. 14, from 11 a.m. to 1 p.m. in Room 112 of the Student Activities Center. For details contact, Claudia Grossmann at 274-2081.

Women to kickoff

The Women's Soccer Club will square-off against Vincennes on Sunday, Oct. 13, at the IUPUI Soccer Field. Anyone interested in playing should contact Jenny Off at 758-4118.

Prime Time meeting

Campus Crusade for Christ will be

holding their weekly meeting — Prime Time — Wednesday, Oct. 2, in Cavanaugh Hall, Room 229, starting at 4 p.m. Campus Crusade for Christ is an interdenominational Christian organization located on college campuses across the country.

Get ready to skate

Kappa Alpha Psi Fraternity, Inc. will hold a skating party for all IUPUI students on Saturday, Oct. 12, from 10 p.m. to 2 a.m. at USA West, located at 38th St. and High School Rd. Tickets are not required, but are available by calling Gene Murray at 541-9519.

No experience necessary

The Wing Tsun Club will offer self defense training on both Monday, Oct. 7, and Wednesday, Oct. 9, from 5:30 to 6:45 p.m., in Room 132 of the Student Activities Center. Everyone is welcome and experience is not a requirement.

Officer Elections

Psi Chi/Psychology Club will hold officer elections on Tuesday, Oct. 8, in LD 161. For more information, contact Patti Anderson at 787-7863.

Center hosts services

Once again the Newman Club will host its Midweek Menu on Wednesday, Oct. 9, from 5:30 p.m. to 6:30 p.m. Admission is \$2.50 and everyone is welcome. Religious services and worship will be held on Sunday, Oct. 11, from 4 to 5 p.m. Events will take place at The Newman Center located at 801 N. Dr. Martin Luther King Jr. Dr. and the Newman Club will also host a weekend getaway to Waycross Retreat Center in Brown County from Noon on Saturday, Oct. 12, to Noon on Sunday, Oct. 13. The theme of this event is: "Finding God in Your Busy Life." Cost for the retreat is \$25.00. Registration is required for the retreat, so please contact Fr. Don Quinn at 632-4378 for details.

International coffee

The International Club will host another Coffee Hour on Friday, Oct. 4, from 4 to 6 p.m. in the Community Room of the International House. This week's focus will be China.

Chili cook-off

The Undergraduate Education Student Council invites you to attend the great "Chili for Charity" cook-off on Tuesday, Oct. 15, from 11 a.m. to 1 p.m. in Room 115 of the Student Activities Center. The cost will be \$2 for three sample bowls with crackers. The contest is sponsored by the Undergraduate Education Center, the Office of Student Affairs, Orientation Services and the Learning Resource Center. All proceeds will benefit the campus-wide United Way campaign. For details on how to enter the cook-off call 274-5036.

Looking for research

The Honors Club is preparing for its trip to the National Collegiate Honors Conference in San Francisco, Calif., this October. Eight IUPUI students will be presenting their research at the conference this year. If you would like to learn how you can become eligible for next year's conference, contact "The Club" at the Honors Program Office (ES 2126) or e-mail teecook@iupui.edu.

THE STUDENT ACTIVITIES PAGE IS A PAID ADVERTISEMENT. INFORMATION FOR THIS PAGE MUST BE SUBMITTED THROUGH THE STUDENT AFFAIRS OFFICE LOCATED IN LY 002.

Voice

Political labels confuse voters

■ Student says labels such as liberal, moderate, conservative don't correspond to actions of parties associated with them.

Both definitions seem clear-cut and straightforward until one views what the Republicans and the Democrats say and do.



Mike Sues

Are the Republicans so far to the right that the mere mention of the separation of church and state is considered a damning proposition? Why are Pat Buchanan's or Pat Robertson's proclamations that they are Bob Dole's only hope so scary?

Are the Democrats so far to the left that their promises to balance the budget are only an effort to placate voters just long enough to win the elections? A moderate, according to Webster's, "... avoids extreme political or social measures, i.e. a candidate." To be a moderate, however, a person might actually choose no party or candidate.

What can voters do when no large-party candidate addresses issues important to them while other parties only hone in on very specific criteria? Where does the voter turn when only a few select criteria have been fulfilled?

The variety of issues continually lessens the value and accuracy of political labels to the American voters.

I have two suggestions that might help to end the confusion faced by those who are trying to understand what such labels really mean: First — vote. Don't expect change to arrive with complaints. Help start the process. One vote still means something. What that meaning is depends on the voter.

Second — forget these silly labels and vote from within the heart and the head. Research the possibilities. Choose individuals, not the group with the shiny label.

Mike Sues is a senior majoring in English

It's the fifth day of the 11th month of 1996. Millions, standing within a booth surrounded by a curtain, face a multitude of decisions.

What will it be: this lever, that candidate or any number of referendums? Every citizen has the right and duty to voice their opinions and frustrations about this country's decision-makers through their actions in the voting booth.

But what kind of thought process carries the voter to the booth on election day? Many voters refer to labels to help guide them through this confusing time. "Is she a liberal?" "They're just a bunch of right-wing conservatives." "These moderates are just afraid to offend anybody."

As a society, where does the majority lie — if such a classification can even be made? Are they on the far right, far left, or just a bunch of centrists? Supposedly, the Moral Majority is still neither.

Look around you — at the office, at the bus stop, in the car pool — who are the Republicans, the Democrats? Who are the Socialists, the Libertarians, or the Reform or Green party members. Most labels do only one thing for certain. They confuse people trying to assess an already-muddled process.

Webster's Dictionary defines Liberalism as "a political philosophy based on belief in progress ... and the autonomy of the individual and standing for the protection of political and civil liberties." The definition also states "It is not strict in the observance of orthodox, traditional or established forms or ways."

Conservatism is defined as "a political philosophy based on tradition and social stability, stressing established institutions and preferring gradual development to abrupt change."



This is not a failure of foreign language study, nor does it diminish students' need to participate in it.

Considerable benefit can also be derived from studying a language that is no longer spoken, like Latin or ancient Greek. The first benefit is that studying a foreign language is the best way to learn the English language thoroughly.

As the great German poet Goethe wrote, "Wer fremde Sprachen nicht kennt, weiss nichts von seiner eigene." — "Whoever knows no foreign languages, understands nothing of his own."

Only by learning how another language expresses itself differently from English, can students understand the unique qualities of English words and grammar.

Words and the concepts they express do not precisely correspond from one language to another. Students learn what English words do and do not mean and that an act of translation results in partial distortion.

The intricacies of English grammar are best learned by translation in and out of a foreign language, where one must confront the marvelous, subtle complexity of our verb system.

Learning a foreign language is to treat your own language as an artifact — to learn about language itself. Students who study foreign language know English better, and therefore use it more effectively.

Intercultural experience is the second great benefit of foreign language study, whether or not a language is still spoken today.

You need not study a modern language to benefit strongly from studying a foreign language. Students who take Latin in high school perform 100 points above average on the verbal SATs — higher than those who study any modern language.

Study of an ancient language also provides deeper historical perspective than modern languages. Such study affords students the opportunity to read the Bible and other ancient texts in their original language.

The ancient languages still have much relevance and practical benefit to offer today's student and should not be overlooked in the discussion of foreign language and its place in the curriculum.

Robert F. Sutton, Jr.
Associate Professor of Classics

The IUPUI Sagamore

Benjamin Cox
Editor in Chief

Jody Arthur
Voice Editor

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Purging students' files puts them at risk

■ Carelessness with social security numbers opens students up to credit fraud and endless nightmares.

Look out kids there's danger a-ruck. OK, so it's not quite that bad — but it's close.

Last week *The Sagamore* staff found a large cardboard box, with 300 file folders and 75 cards in it, just outside the back door of the Office of Financial Aid.

At least 200 of the file folders and all of the cards had students' names and social security numbers on them. These were just sitting in the hallway, a common public area — ripe for the picking.

At first mention, this might not sound like a big deal, but stop for a moment and consider the opportunities for a criminal.

Imagine a criminal thinking about getting credit cards, checking accounts, cars — all in YOUR name with YOUR credit history.

Just ask Scott Daugherty and his buddy about what happened to them after their information was scanned. The IUPUI alumni dealt with credit problems for more than a year, including frauds involving: checking accounts, car loans, driver's licenses and social security.

Barbara Thompson, associate director for financial aid, said the box had been put out for janitors to pick up and take to the incinerator.

Unfortunately, anyone could pick them up and do whatever with them — kind of like what we did.

The office was purging old files and the documents inside the folders were shredded.

Office Manager Sharon Taylor said this was the first time the office has disposed of file folders, because they're usually recycled.

However, the office is changing to a computer scanning system to

eliminate storing hard copies. That's great, but shouldn't they be concerned about the confidentiality of our social security numbers and our credit?

YES! Taylor said it did bother her that the files were thrown away without having the information marked out, but didn't think the extra work was necessary when they were going to be incinerated anyway.

Confidentiality is essential. The names should either be marked out or the folders shouldn't be left for curbside pickup.

Think about how many times as a student you are asked to reel off your social security number — when anyone could be listening.

Whenever possible do not give your number. If it's on your driver's license, have it taken off, and definitely do not include it on checks. These are all easy pickings for anyone wishing to steal your credit and identity.

University Registrar Mark Grove said that students can set up a "999" number instead of a social security number, for better security.

Finally, the Social Security Administration said that unless the carelessness had resulted in actual damages, then students don't have much recourse.

The administration official added there is an unspoken agreement that when students enroll and give the university access to their numbers, confidentiality will be protected.

So be careful, because the university might not be living up to its end of the bargain.

Staff editorial

Letters from readers



■ **Writer questions allowances instructors make for over-committed students.**

In a recent *Sagamore*, Registrar Mark Grove noted the shift from part-time to full-time students. Supposedly, full-time students can devote more energy to their studies. The difference between full time and part time can be one credit hour.

The question should be whether full-time students work fewer hours off-campus. If not, a full-time student is just an over-extended part-time student.

Regarding the shift in student age, it was stated that younger students can carry a heavier load. However — maybe due to cuts in financial aid, rising education costs or just personal choices — our average 27.7 year-old undergrad seems to be working more hours than ever, family or not.

This means less time to study. Maybe state aid for part-time students will help, but with only four percent of the \$5 million grant, IUPUI assisted just two percent of its part-time students.

Faculty have to balance their sympathies for over-extended students with their responsibility to academic standards. The University deserves much credit for making its programs accessible and convenient. However, the "student as consumer" model — coupled with overcommitment — can backfire if the student-consumer says, "My job as customer was to pay you, if I'm too busy to study, your job as service provider is to see that I get through this course."

My science colleagues put enormous energy into being lead instructors, imaginative, even entertaining. They worry a lot about being fair in testing and grading. But what can they do for students who don't have the time to study?

The unspoken agreement that used to exist

between professor and student — "If you are properly prepared for this course, and you work hard, you'll get the grade that you deserve (and be rewarded for it in your career)" — is breaking down under the pressures on over-committed students.

It is being replaced by a different agreement: "You indicate how much time you can spend on this course, and I'll adjust my standards accordingly."

At universities such as MIT, where students' parents pay much for the reputation of the degree, standards are preserved by rigorous selection and dismissal.

But IUPUI, as Victor Bowen stated in the *Sagamore*, is "a cross between a community college and a full-time research institution." This is at the heart of the faculty's dilemma.

Some of the most conscientious faculty, weighing all the options, have decided to award the highest grades to students who would do well at a "research institution" and somewhat lower grades to students who merit a "community college" degree.

One can only hope that the job market will respond in a fair and realistic way — because when our students graduate, they will be the products.

Their prospective employers will be the consumers who ask, "What have you learned, and how much is it worth to us?"

Paul Dubin
Professor of Chemistry

■ **Discussion of foreign languages should not ignore value of ancient languages.**

I applauded the support *The Sagamore* gave foreign language study in the recent staff editorial. I am a strong supporter of international programs and international understanding, yet I believe the benefits of foreign language study go far beyond allowing our students to act more effectively in today's international world.

If oral competence in another language is considered the major goal of such study, students may feel cheated unless they take at least three years — fluency in any language can hardly be realized with less.

■ **Professor says diversity in literary study can be found in many departments on campus.**

I am writing in response to Henry Gekonde's article "Literature Studies Lack Diversity," and the accompanying cartoon in *The Sagamore* on Sept. 23.

While I applaud the author's call for diversity in literary studies, the article and cartoon make the erroneous claim that the study of so-called "Third World" literature does not exist on the IUPUI campus.

This claim is patently and demonstrably false.

A simple perusal of the course offerings in either the Department of Foreign Languages and Cultures or the Spanish Department shows there are numerous classes offered every semester that focus — sometimes exclusively — on the literature of the developing world.

By criticizing the Department of English without reference to other departments, Gekonde suggests that the teaching of literature occurs solely in that department.

As a professor of Latin American literature in the Spanish Department, unfortunately I must remind Gekonde that not all literature is written in English and taught in English departments.

Perhaps Gekonde might have a more balanced, fair and accurate picture of diversity in the teaching of literature at

IUPUI if he looked at courses in departments where literature of non-English language cultures is taught.

In the Spanish Department, the courses taught every semester by me and my colleagues, Associate Professor of Spanish Lucila Mesa, concentrate on the literary production of the enormously diverse cultures of Latin America.

Not only do we explore the works by writers of purely European descent such as Jorge Luis Borges (Argentina) and Isabel Allende (Chile), but we also routinely include the works of Native American writers such as Sor Juana Ines de la Cruz (Mexico) and Augusto Roa Bastos (Paraguay).

We examine gay and lesbian writers such as Cristina Peri Rossi (Uruguay) and Manuel Puig (Argentina) and Afro-Caribbean writers such as Nicolas Guillen (Cuba) and Luis Pale's Matos (Puerto Rico).

Of the writers listed above, exactly one-half are living, contemporary writers and most of the rest were active in the 20th century. In the Spanish Department, our courses do not indicate an "infatuation with dead writers."

It is important to remember that diversity in literary studies should not be limited to diversity of race, ethnicity or gender, but should also include diversity of language.

Herbert J. Brant
Assistant Professor of Spanish

The Sagamore welcomes letters and columns

Readers may submit letters of any length and on any topic, but preference will be given to those less than 350 words related to the IUPUI community.

Letters must include the writer's name, address and phone number, and must be dated and signed. Addresses and phone numbers will not be printed. Students' letters must include school and major, and faculty or staff must include a full title and department. Anonymous letters will not be printed.

The Sagamore reserves the right to edit

all letters for clarity and brevity. Those deemed potentially libelous, obscene, inflammatory or in poor taste will be rejected.

Mail or bring typewritten letters to:

The Sagamore
Letters to the editor
425 University Blvd. CA 001G
Indianapolis, IN 46202-5142

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

Peirick pulling double duty for Metros tennis teams

■ Coach agreed to make room to coach Metros men's and women's teams.

By Marlon Riley
The Sagamore

With the recent resignation of Rick Witsken from the Metros men's tennis team, Athletic Director Mike Moore had few options.

Moore made the obvious choice. Debbie Peirick, coach of the women's tennis team, agreed to take control as interim coach.

Peirick, always a team player, is committed to coaching the men through the fall, Moore said.

"I hope to have a new men's tennis coach in place by spring," he added. Teaching the game of tennis is the easiest part of coaching, Peirick said.

"The tennis instruction, the concept of winning a match and how to put a game together is the easiest part and the most fun," she added.

Peirick has been playing tennis since she was 11 years old and is a U.S. Professional Tennis Association certified instructor.

Peirick said the hardest part is not the coaching but all the required NCAA paperwork.

"With the NCAA," Peirick said, "there's so much paperwork and just getting that done takes a lot of time."

In addition to paperwork, the NCAA requires the men's and women's teams to play a minimum of 12 tennis matches each year.

"The women will have everything done so the spring will just be extra



Sophomore Amber Fentress returns a shot during the women's tennis team's loss to Marlon College Oct. 2.

matches that we throw in," Peirick said. "With the men, we have to make sure we schedule all the matches and pray for good weather."

Peirick has been successful in scheduling more matches for the men's team in conjunction with the women's matches because there are other coaches in the same situation.

"If their coach coaches both (men's and women's) and we have a women's match set up, I tell them to 'bring your guys,'" Peirick said.

Peirick said the greatest obstacle

she faces is the time spent between the women and men.

"Just like (Sept. 25 vs. St. Joseph's College) when we had two matches going on at the same time, there was no way I could be with the men's team that played in the upper courts and the women's team that played in the lower courts," Peirick said.

"There's just not enough time to do everything," she added. Peirick is assisted by former Metros player Heather Young.

"She's just wonderful," Peirick

said, "a big help."

Junior Lisa Richards agreed.

"She helps a lot," she said. "She was a player for four years so she knows when we're in a tough match. She knows what we're going through on the court a little bit better than Debbie does."

Aside from coaching both tennis teams, Peirick also works two other part-time jobs.

"I could find someone to cut my grass," she joked, "my life would be perfect."

■ Women's team looks to overcome tight match losses, inexperience to improve their 4-6 record.

By Marlon Riley
The Sagamore

Debbie Peirick's new role as interim coach for the men's tennis team requires time and dedication.

However, the women's tennis team is still her first coaching priority.

Peirick told the women she wouldn't take any time away from them while she is temporarily working with the men.

"She's been there for us for everything," said junior Lisa Richards.

At times, coaching both teams does cause problems for the players.

"The quantity (of time) isn't there," said senior Barbie Mitchell, "but the quality still is."

When Peirick can't be in two places at the same time, assistant coach and former Metros player Heather Young lends a helping hand.

"I try to just help the girls and offer encouragement," Young said.

"It's hard (coaching) because I have played with most of (the players). I let (Peirick) coach them."

Throughout a tough schedule that includes three NCAA Div. I schools, the team started with a 2-0 record and has battled to maintain a 4-6 mark.

"You've gotta play the competition," Peirick said.

"You've gotta play teams that are stronger than you to see how you do to see what amount of work you need to do to get better," she added.

Players remaining from last year's team are: seniors Rox Ann Krahn and Kami Phelps; Richards and sophomore Amber Fentress.

Fentress switched off at the one and two positions with Phelps last season.

New additions to the team are freshmen Heather Sykes and Mary Lurie, who play doubles together.

The starting players at the six positions are, in order: Fentress, Krahn, Phelps, Richards, Sykes and Lurie.

"One-third of our points is (from an inexperienced player)," Peirick said, "but they're coming along."

"They've won several, but they're losing the tight matches and that's what we have to overcome."

Peirick feels the team is progressing and expects a strong finish at season's end.

"(Sept. 25) seemed like a turning point," she said. "A lot of things we've been working on all season all of a sudden seemed to work."

On Sept. 25, the women's and men's teams defeated St. Joseph's College 4-3 and 5-2, respectively.

"It was just a good day for the team," Peirick said. "I was happy."



Peirick

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Perspectives

Punk, Latino blend spawns unique style

■ **Voodoo Glow Skulls'** vocalist Frank Casillas offers band insight on current tour, new music.

By Amy Tovasky
The Sagamore

Vocalist Frank Casillas of the Voodoo Glow Skulls says being one-half of a double-bill has its advantages.

"We started spreading the word that we were touring with the Reverend Horton Heat and the response was awesome," Casillas said in a phone interview last week. "We just figured, 'Let's just do it. It's going to help the band.'"

Touring with another band has its perks as well.

"Not only that," Casillas mused, "but we get to see the Reverend for free every night."

The seven-piece Voodoo Glow Skulls is led by Casillas and his two brothers — guitarist Edgardo and bassist Jorge.

Originally from Riverside, Calif., the band has gained a loyal fanbase by playing an average of three shows a week — every week — for the past two years.

Casillas says the band enjoys positive audience response wherever they go.

"We always get people who have been watching us for years and they pretty much know what our shows are all about," he said. "We like a lot of audience response so that's what we usually get — a lot of people just dancing and jumping around and stuff like that."

The Voodoo Glow Skulls are currently touring to support "Firme," their first release on Epitaph Records. The album has sold more than 150,000 copies and features L.A. radio-hit "Fat Randy."

The band's unique musical blend of punk rock ska and Latino hip-hop is manifested on "Firme," which is available in English or as a special all-Spanish version.



Courtesy Mick Schneider Organization

Ska-core/Latino hip-hop hybrid the Voodoo Glowskulls will visit The Vogue with Reverend Horton Heat Oct. 8.

"We're from Southern California and everybody in the band except for our trumpet player is part Latino," Casillas said. "Myself and my two brothers were brought up in ... a Spanish-speaking household all the way up until we were in the fifth grade."

"It's kind of weird for kids like that because you go home and your parents speak to you in Spanish and they want you to speak in Spanish," he continued. "Then during the day you're in school and they teach you English."

Casillas says this lingual dichotomy was often confusing to him as a child and he eventually "lost touch with the language."

Ultimately, the band felt an all-Spanish version of the album was something they could do to "represent a generation of Latino kids that are in the same boat."

"We did it because we could," Casillas said. "We also did it because

it was a new thing for our record label and our type of music as well."

Casillas says that when the Voodoo Glow Skulls first started playing together they were unsure of a definite musical direction.

"When we first started this band we didn't really know what style of music we were going to play because we had so many different influences," Casillas said. "We just basically started playing four-piece straightforward punk rock and then we just started experimenting."

After hearing Operation Ivy for the first time, the Voodoo Glow Skulls experimented with a variety of horn players and eventually added "three guys that fit the band."

"We've always liked ska," Casillas continued, "and after a while we just developed our own mixture of ska and punk."

will visit The Vogue Tuesday night.

Although the band has only been on the road two weeks, the members have already experienced a few setbacks.

Their van broke down on the way to the first gig Sept. 28, and the promoter for their Oct. 2 show in Albuquerque, N.M., advertised the wrong performance date.

However, Casillas says the positive aspects of touring outweigh the disadvantages.

"All the breaking down and stuff doesn't really bother us," he said. "We know how to deal with it."

Ultimately, he says, the band has relatively basic goals for the tour.

"We just want to have a safe tour," he said. "That's basically what we like to do — go out, have a good time, support our record and return home safely. We still party and stuff like that, but that's pretty much all behind us. We stay focused on playing our music and that's what it's about."

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'That Thing You Do'
Tom Everett Scott, Tom Hanks

Proving that he can act, direct, write and even find a job for his old "Bosom Buddies" co-star, Tom Hanks will surely top the charts with his new film.

"That Thing You Do" follows the meteoric rise and fall of a mythical '60s pop band, The Wonders, with their one and only hit song.

Get it ... one-hit wonders. Sure, it's the whole rags-to-riches, fame-corrupts scenario. But everyone is so nice and likable, that the threadbare plot is secondary to the energy generated by the fresh cast and the music.

The flick is as light as a feather, but it does have a fair amount of charm that keeps audiences chuckling while tapping their toes. — Christopher Nimz



'Undisputed Attitude'
Slayer

When Slayer guitarist Kerry King thought up the idea to do a classic rock album with Judas Priest, Iron Maiden and UFO covers, the band just couldn't put a Slayer edge into it.

So, a tribute to the band's punk and hardcore influences is what "Undisputed Attitude" is all about. Songs by '80s nostalgia groups like TSOL, D.R.I. and Minor Threat are featured on the album plus two new Slayer songs.

It's interesting to hear a Slayer textbook solo inside of Minor Threat's "Filler." But the solo fits and, boy, is this release crusty in a Slayer way.

Although the punk and hardcore covers definitely work, it would have been amusing to hear Slayer cover Judas Priest's "Hell Bent For Leather." — Andrew Duncan



Courtesy 20th Century Fox

One-hit The Wonders and onscreen personnel include (clockwise from left) Tom Hanks, Johnathon Schaech, Ethan Embry, Steve Zahn, Toff Everett Scott and Liv Ullmann. "That Thing You Do" — written and directed by Hanks — hit theaters last Friday.



4HIM, Point of Grace
Live in concert

The Pepsi Coliseum is a lousy place for a concert. It doesn't matter who the artist is or how much money they have invested in a state-of-the-art sound system. The venue sucks.

However, two of Christian music's top draws — 4HIM and Point of Grace — proved that a little effort and a lot of prayer can produce satisfying results.

Point of Grace had the opening slot and gave a stellar performance. The fervent female foursome had enough vocal and lyrical power to counterbalance the negativity of the arena's acoustics.

However, 4HIM had a little more trouble. A way-too-loud bass ruined what could have been a relatively flawless performance. — Amy Tovsky



'Fall of the House of Ruin'
The Walking Ruins

Meaty, meaty, meaty, meaty ... Each cut off this CD is reminiscent of the glory days when Jello Biafra and Lee Ving came, saw and rocked the "milkquost" musical landscape with searing bloody cuts of raw punk rock.

That's not to say, however, that this is some kind of three-chord, been-there, done-that-and-got-the-tattoo-'80s punk. It's fresh, with the unmistakable wailing fury of John's vocals.

He has a smart cyclone of a voice, featuring intelligent, pertinent lyrics — "54 Blows" hollers about police brutality and "Down On My Luck" includes crummy landlords in the vocal distribe.

In other words it's here and now. Any self-respecting CD collection without "Fall of the House of Ruin" is no collection at all. — John Matthew

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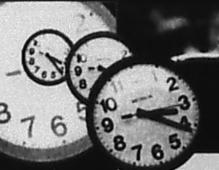
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Focus



Terri Hawkins (left) and Harry Farris (right) of The Bodyworks Associates reflect on the therapeutic effects and benefits of massage techniques.

Jan Ibi/The Sagamore

"We are always in workshops because there's always something to learn and maybe the one little thing will help someone else," said Hawkins.

Hawkins, who has 20 years of nutritional experience, met Farris in '95. She still offers nutrition counseling to clients.

Both Farris and Hawkins use a variety of techniques including muscle balancing, acupuncture and Swedish massage.

"We know how to do several different things, because not the same technique works on every person," said Farris. "What we probably specialize in is the reflexology and the deeper muscle work."

With deep muscle therapy, Farris rubs across the fiber of the muscles which is also called cross upper frictioning.

"You're getting in there and working on the second and third layer of muscles," he said.

Kay Loidoit, massage therapist at Kay's Massage & Reflexology, also specializes in reflexology and a form of Swedish massage.

Loidoit concentrates on a Swedish Easlen technique which involves massaging with long strokes to relax the muscles and increase circulation.

"It releases the chronic tension and the pain in the muscles," she said. "As you rub the muscles and the cells, it releases the toxic acid."

Before and after the massage, Loidoit gives the client a glass of water to help remove the toxic acid from the body. "When the toxic acid is released, it goes through the urinary tract out and any time we can get waste out of the body is the best," she said.

Loidoit is a retired school teacher who, while visiting Japan, became interested in massage therapy. She became certified from The Oakland Institute of Massage when it came to Indiana and gave a class at Beech Grove High School.

"I saw the benefit from it and so I wanted to help people," she said, "and I like doing it because I see the good that it does other people."

Janis Legendre, program coordinator for the Massage Therapy Certificate Program at IUPUI, teaches a class based on Swedish and sports massage, therapeutic work and other techniques.

The class, Massage Therapy Certificate Program, is a way to get a certificate in Indiana upon completion of the course.

"The students get a certificate from Indiana University stating they completed a 500 hour program," she said, "and that allows them to sit for the national board for therapeutic massage and bodywork."

If the student passes the certification, they are a nationally certified massage therapist, according to Legendre.

Legendre, who is nationally certified, worked for 20 years at St. Vincent Hospital.

She claimed that most medical procedures are "painful, humiliating, dehumanizing." Regarding massage, she said, "It's nice to do something nurturing and supportive, one on one."

Most of the techniques are involved with energy in the body.

TAKES

■ Health aspects emphasize importance of massage therapy.

By Andrew Duncan
The Sagamore

Harry Farris and Terri Hawkins sit in the reception area of their office. Rows of nutritional products are lined up across one wall. A computer screen-saver splashes on a monitor in a display of colors while gentle, atmospheric music fills the room.

This is The Bodyworks Associates, a therapeutic massage clinic located south of Downtown Indianapolis. Bodyworks is a clinic that uses massage therapy for pain and stress relief along with relaxation.

Over the past several years, there has been an increasing interest in massage therapy as a healing process and relief from stress.

"More and more people are starting to take responsibility for their own lives," said Farris.

Hawkins agreed.

"I think people are becoming aware of toxic emotions too," said Hawkins.

Toxic emotions are "things that are happening in people's lives that they can intellectually handle, but in the muscle and tissue, the emotions are still caught up," Hawkins continued. "When someone says someone is a pain in the neck, they actually get a pain in the neck because someone is causing it or they're allowing to cause that emotion to extract."

According to Farris, massage therapy is a method of releasing these toxic emotions.

Farris got interested in massage therapy in high school when he used to practice the techniques on his parents. After graduating high school, he went to the School of Swedish Massage in Chicago and is still taking continuing workshops.

Muscle balancing is an example of therapy involving energy.

"There gets to be blockages of energy in the body," said Farris.

The process of muscle balancing tests a specific muscle for its strengths and weaknesses by isolating a muscle. Through various massage points, the weak muscle can be massaged to strengthen the muscle.

"We can do nutritional muscle testing, where you can go through and test different products to see if that product is good for you," said Farris. "To a degree, that's what we are doing with (muscle balancing)."

Not only do the muscles get worked, so do emotions.

"A lot of times we'll see emotional release on our tables because when we are working someone, we'll work the muscle out and they will begin to cry or have emotions just because the entrapment has been released," said Hawkins.

Farris said they encourage emotional release. All agreed that improved circulation is a great benefit.

Farris mentioned that other benefits include stress relief, pain relief and circulation with the lymphatic system — a colorless liquid that carries nutrients to the muscles and picks up the garbage like lactic acid.

Since Indiana has no license requirements, Farris said that people should check their qualifications first when shopping for a therapist.

According to Farris, people should find out what massage therapy can do for them.

"I would just tell people to try it," he concluded.



Terri Hawkins demonstrates a style of massage.

Jan Ibi/The Sagamore

The ABC's of Therapeutic Massage

■ **Acupressure** - vital points along energy pathways in the body are pressed to release blockages.

■ **Infrasonic QGM** - low frequency sound waves release pain by relaxing muscles, facilitating

■ **Myofascial Release** - manual manipulation of muscle and fascia to restore flexibility and body symmetry.

■ **Reflexology** - the stimulation of various points on the feet or hands that affect and benefit

■ **Steam Therapy** - treatments stimulate the immune system and help the body purge itself of impurities.

■ **Touch for Health** - the balancing of the body's energies and all weak muscles; this brings the posture into better

Source: Therapeutic Massage and Reflexology, Indianapolis

Christopher Niess/The Sagamore