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Lisa Mandl

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Independent

Volume 6

Northeastern Illinois University

Issue 6

5500 N. St. Louis Ave. Chicago, IL 60625-4699

November 9, 1992

(312) 794-2812

Production grows on a person



Tom Weckler (Judge), on left, and Faith Dukor-Chaplick (Mrs. St. Maugham, right), enjoy a light moment as the two are served by William Petrovich (Maitland) in a scene from Enid Bagnold's "The Chalk Garden." Performances run through November 14 in the Stage Center. For more information, call (312) 794-6652. Photo courtesy of University Relations

Problems for education majors resolved

by Darlene Saxon and
Anastasia Epstein
Staff Writers

Issues that had been in dispute were resolved at the second meeting of the Elementary Education Advise-ment on October 29. This meeting addressed Elementary Education Majors, Early Childhood Majors, General Education, and all Education Majors and Minors. The issues discussed were changes that are no longer required by the Illinois Certification Board (ICB) in the areas of Social Studies, Natural Science and Speech. If there are to be any changes Dr. Michael Belica, Chairperson of Curriculum and Instruction said, he and other advisors would be available to review students status on a "one-on-

one" basis.

Belica admitted to the students at the second meeting that "it was an oversight" upon receiving changes in Majors and Minors from ICB.

Belica stated that, until further notice, the present general education program is entirely acceptable and approved. As a result of periodic reviews, some changes in the future may occur. If any changes do occur, the university will have three years to implement.

Belica guaranteed the students at the meeting, "For all declared Social Science, Natural Science and Speech minors, the total number of semester hours required for certification and graduation will 'NOT' be increased."

See 'Majors,' page 6

Professionals teach students more about newspapers at convention

by Darlene Saxon
Staff Writer

The National College Media Convention sponsored by the Associated Collegiate Press (ACP) and College Media Advisors (CMA) met October 29 through November 1, at the Hyatt Regency Chicago with more than 2,000 college journalism students from around the country in attendance to learn more about media reporting, advertising, business consulting, job search workshops, resume workshops, and internship workshops from advisors, peers and professionals.

Dr. Jerry J. Field, Acting Director of Business Services Bureau and College of Business and Management at Northeastern was one of the speakers for the "Job Internship Workshop." Dr. Edmund M. Rooney, Journalism Coordinator and Assistant Professor of Journalism at Loyola University and Director of the National Center for Freedom of Information Study, also spoke. Field and Rooney discussed resumes, internships, and job interviews.

Key points of Field's lecture

were for job applicants and for students who were interested in internships to focus on being aggressive, but not a nuisance. Submit an resume that specifies your accomplishments, summer jobs, and most importantly, Field said, "What level of responsibility has the individual accepted."

Other issues Field focused on for news reporting were to "check out the facts." He quoted Arnold Dorenfeld from City News Bureau, "If your mother says she loves you, check it out!"

He emphasized on using the library for checking out facts. He said "better readers make better writers," a quote from Curtis MacDougal, the late Chairperson of the Journalism Department of Medill, the School of Journalism at Northwestern University. Field emphasized the use of the library. He said if something does not check out you may have a story by following the inconsistencies.

Field stated that a college newspaper should not report the Cubs. What the college newspaper is for is to report what is happening at the university with their own sports

teams.

He suggested the attendees "watch how broadcast news develops." He gave a scenario about a man who died and whose dog ran away and later found its way to the home of a brother. On the three segments of news broadcast the story changed. Field's point was that the dog finding its way to the brother's house was the story.

Field also stated what editors look for in news writing. "If you misspelled a word you're out! If you misspell a person's name, you're out, and if your facts do not check out, you're out!"

Rooney backed up Field about job applicants being able to meet "Boot camp deadlines" which means to be able to cover hard news and to be able to put out three editions per day if required. University and community newspapers should cover every city meeting, fire, or crime, said Rooney. Key points Rooney focused on were for students to dress appropriately for job interviews. When sending your resume you can include a picture along with as many

See 'Convention,' page 6

Touchtone registration to end Dec. 4

Advance registration for the Spring 1993 semester began November 2 and will end December 4. Students will register for courses by calling the Touchtone Telephone Registration System (TTRS). Advance registration using TTRS is different than advance registration under the "old" system. When students advance register using TTRS, they will immediately know if the course is open and will then be able to register for the course at that time. Upon completion of the phone call, students will know their class schedule, tuition and fees, and the deadline date for payment and/or validation of their bill.

Students should have already received their Touchtone Telephone Registration Notice in the mail. (Students who have not received one should go to the Admissions and Records Information Counter for assistance.) The Touchtone Telephone Registration Notice will include the student's PIN (Personal Identification Number) which is needed to access

See 'TTRS,' page 8

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NEWS

Northeastern's Clubs and Organizations information

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NEWS

Everything students need to know about TTRS

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ENTERTAINMENT

New Bon Jovi album reviewed, Ned's concert review, Film Fest

In this issue

EVENTS

UPCOMING

November 9

Independent meeting at 2 p.m. in E-049.
Science Fiction Club meeting from 12 to 1:30 p.m. on the second floor of the Commuter Center.

Open Mike Session sponsored by Apocalypse Literary Arts Coalition. Open mike session consists of readings of poetry and short fiction done by featured readers, and by members of the audience who wish to read. Free admission. From 7 to 10 p.m. in the Unicorn.

November 10

Student Support Service presents "Writing Better Papers." From 1:40 to 2:50 p.m. Contact Student Support Services for the location of this event.

Management Club subgroup APICS (American Production and Inventory Control), presents Speaker Meeting #3 on a topic related to production and inventory control from 1:40 to 2:50 p.m. in CC-216.

Music Department presents "NEIU Contemporary Music Ensemble" at 7 p.m. in the Auditorium. Phone (312) 794-3042.

H.E.L.P. Career Seminar Series presents "Computer From Soup to Nuts" by Patricia Walker & Jacqueline Cohen at 1:40 p.m. in CLS 3031.

Generativity, the Gerontology Club presents speaker Sandra Levi at 7 p.m. in CC-216.

November 11

AA meeting 12 to 12:50 p.m. in A-108. "The Chalk Garden" a play by Enid Bagnold, directed by Anna Antaramian at 7:30 p.m. in the Stage Center. Call (312) 794-6109 for fees for this event.

November 12

"The Chalk Garden" a play by Enid Bagnold, directed by Anna Antaramian at 7:30 p.m. in the Stage Center. Call (312) 794-6109 for fees for this event.

OA meeting from 12:30 to 1:30 p.m. in D-213.

Science Fiction Club presents "The Black Cat" at 1:40 p.m. in the Unicorn.

H.E.L.P. Career Seminar Series presents "So, You Want to Be a Vet?" by Sylvia Hampazomian at 1:40 p.m. in CLS 3031.

Dr. Vivian L. Fuller, Athletic Director, will be welcomed to the university from 1:40 to 3 p.m. in the Heritage Room (Faculty Lounge). Co-sponsors are Women's Core Faculty, Women's Services Board, Women's Studies Board and Affirmative Action.

November 13

"The Chalk Garden" a play by Enid Bagnold, directed by Anna Antaramian at 7:30 p.m. in the Stage Center. Call (312) 794-6109 for fees for this event.

CODA meeting from 12 to 12:50 p.m. in D-213.

AA meeting from 12 to 12:50 p.m. in S-301.

Music Department presents Chester String Quartet as part of the Chamber Music Series at 7:30 p.m. in the Auditorium. Call (312) 794-3042.

NSAB and Student Senate present "Spanish Fly" from 12 to 2 p.m. in the cafeteria.

November 14

"The Chalk Garden" a play by Enid Bagnold, directed by Anna Antaramian at 7:30 p.m. in the Stage Center. Call (312) 794-6109 for fees for this event.

Kidz Nite Out - Kids Lock In - fully supervised care for children aged 4 to 12 from 7 to 10:30 p.m. Cost is \$5 per child. Call Joyce at (312) 794-6139 for more information.

November 15

Northeastern's radio show, "Vantage Point," hosted by Dr. David Unumb, Speech and Performing Arts, airs at 7 a.m. on

WTMX-FM (101.9). Guest this week is *Encyclopedia Britannica* Editor in Chief Robert McHenry speaking about "The Written Word of Encyclopedias."

November 16

AA meeting 12 to 12:50 p.m. in A-108.

November 17

OA meeting from 12:30 to 1:30 p.m. in D-213.

"Arts Education - Not for the Arts Alone" presented as part of "Tuesday Talks" by Professor David Unumb, speech and performing arts department, at 2 p.m. in CC-217.

Music Department presents the NEIU Brass Ensemble, Andrew Glendening, Director at 7:30 p.m. in the Auditorium.

H.E.L.P. Career Seminar Series presents "Civil Service Employment - Pros & Cons" by Marko Urukalo at 1:40 p.m. in CLS 3031.

Generativity, the Gerontology Club Senior Peer Counseling meeting with speaker Ruth Friedman, "Respite Care," at 7:15 p.m. in CC-216.

November 18

CODA meeting from 12 to 12:50 p.m. in D-213.

AA meeting from 12 to 12:50 p.m. in S-301. **Theater Department** presents Noontime Theater at 12 noon in Stage Center.

NSAB (Northeastern Student Activity Board) presents the film "Close Encounters of the Third Kind" at 5 p.m. in the Unicorn.

Finance Club meeting - "Careers in Banking" presented by John Frail, President of the Bank of Commerce and Industry. Frail will speak about the positions available in banking and his experience in the banking industry. Refreshments will be made available. From 1:40 to 2:50 p.m. in CLS 3106.

November 19

NSAB (Northeastern Student Activity Board) presents the film "Close Encounters of the Third Kind" at 1:40 p.m. in the Unicorn.

Management Club presents "Time Management Workshop." Mary O'Malley will lead a hands-on workshop on this topic which is crucial to management success. From 1:40 to 2:50 p.m. in CLS 3109.

Music Department presents NEIU Opera Workshop Scene Recital Ronald Combs, Director, at 7:30 p.m. in the Auditorium. **Accounting Associates** presents "How to be More Successful in your Business Career" from 1:40 to 2:50 p.m. in CC-218.

H.E.L.P. Career Seminar Series presents "Life Can Be So Interesting: Let Me Tell You Why," by Margo Smith 1:40 p.m. in CLS 3031.

Wilderness Club meeting from 1:40 p.m. in S-111.

"The Enduring Maya: 500 Years of Resistance," is the Art Gallery's new exhibit which will run through December 18. A reception will run from 1:30 to 3 p.m. in the Gallery November 19.

November 20

Theater Department presents Noontime Theater at 12 noon in Stage Center.

Danish Pianist Kristian Rasmussen, prize-winner of the 1992 Contemporary Record Society's National Competition for Performing Artists, will perform as part of the Music Department's Guest Artist Series at 7:30 p.m. in the Auditorium. Admission is \$10; senior citizens and students, \$8. For further information call (312) 794-3042.

November 22

Northeastern's radio show, "Vantage Point," hosted by Dr. David Unumb, Speech and Performing Arts, airs at 7 a.m. on WTMX-FM (101.9). Guest this week is Dr. Alina Fernandez, Director, Child Health Services, Chicago Department of Health, speaking about "The Silent Epidemic: Lead Poisoning."

Earth Science Club hits rock bottom again

by Robert Zanio
Staff Writer

Earth Science Club (ESCI) recently returned from its 56th Annual Tri-State Geology Field Conference held at Whitewater Wisconsin. The theme of the conference was the geological setting of Whitewater Wisconsin and the surrounding area.

Some of the trip's events included the viewing of the glacial meltwater drainage channel and muck farming operations, the Galena Dolstone quarry, the Waterloo Quartzite (Precambrian) quarry, and the Niagara Dolstone quarry. Accommodations were at the Best Western Motel.

This educational and rec-

reational trip was enjoyed by 16 individuals from NEIU. President Marianne Horan was pleased with the turnout which was twice her expectation. Marianne felt that the cold weather didn't dampen the group's spirits. They learned about the glacial geology of the midwest. Several members found fossil forms of mollusk (cephalopods), clam type animals (brachiopods), and exotic animals (trilobites).

ESCI welcomes new members. There is no membership charge. The next club event will be on when Sanders will be joined by local geologists to discuss job opportunities for individuals with a geology degree. For more information, call (312) 583-4050, extension 4014.

GLBA sponsors lifestyle awareness seminar

Northeastern's Gay, Lesbian and Bisexual Alliance (GLBA) will sponsor a lifestyle awareness seminar entitled "The World Around Us" on Thursday, Nov. 12, from 7 to 9 p.m., in CC-217.

The admission is free, and the seminar is open to the public. Students and professionals in the areas of psychology, social work, criminal justice, sociology, women's studies, and related fields are especially encouraged to attend to learn more about gay, lesbian and bisexual concerns. The seminar will cover such topics as homophobia, coming out at home and in the workplace, AIDS, and diversity within the gay, lesbian and bisexual community itself.

Presenters include two local mental health professionals, Barbara Kelly, Psy. D., a clinical psychologist in private practice who specializes in lesbian and feminist issues, and Robert Richardson, M. Ed., psychological consultant for the Management Planning Institute, who has worked with Horizons and Howard Brown Memorial Clinic.

The GLBA is an official campus organization formed in 1990 as a support group to the gay, lesbian, and bisexual community on the NEIU campus.

For further information on the seminar, contact John Fitzpatrick at (312) 583-4050, extension 3856.

UPRS on campus

UPRS is the oldest Latino Student organization at Northeastern. It began more than 20 years ago when Puerto Rican students in this country found access to the university in relatively large numbers for the first time. As they entered Northeastern they found that the discrimination and hardships that their community faced in day to day existence were also a reality on this campus. UPRS became the organization that fought for their rights and struggled to promote their history and the many positive aspects of their culture. Times change, and with time they have celebrated many victories and encountered new struggles.

Since our founding, some of their communities' most prominent leaders have served as members and officers of UPRS, including Marvin Garcia, director of Don Pedro Albizu Campos Alternative High School; Pablo Medina, prominent community leader who has worked with the city of Chicago's department of race relations; Ines Bocanegra, prominent community leader and owner of El Yunque bookstore;

State of Illinois Senator Miguel del Valle; and many other equally distinguished persons.

Early in UPRS history, Que Ondee Sola was founded. Que Ondee Sola is a student publication designed to promote history, and culture and to defend students at Northeastern. Que Ondee Sola is the voice of the Latina(o) students.

The Union for Puerto Rican Students promotes pride in culture and heritage. They promote the concepts of self-determination and the critical understanding of their history and believe that as Puerto Rican students, they have deep roots in the communities, that experiences here should not lead to an escape from the community and its many problems. Rather, it should lead to a better understanding of reality, to develop our human potential, and for all the above-mentioned reasons, they struggle to help students stay in school until they graduate. Join us and be a part of the long tradition of struggle and learning which is the very essence of the Union for Puerto Rican Students.

To receive a listing on the Upcoming Events calendar, send pertinent information to Independent, c/o Lisa Mandl Room E-049, 10 days prior to an issue.

Disabled students get some H.E.L.P.

by Lisa Greenberg
Staff Writer

The H.E.L.P. (Handicap Educational Liaison Program) office was established two years ago to provide disabled students equal opportunity for post-secondary education. The small staff and their 35 student files were put in an empty room, from which they were offered disabled students basic accommodations. Victoria Amey-Flippin, Coordinator of the H.E.L.P. office, reports now having 130 student files, but this does not adequately represent all the disabled students on campus. The fear of "negative labeling" is real.

The program is state based and is working on many projects to help disabled students through college and into the job force.

According to Amey-Flippin, very few disabled students have ever worked and they are having to deal with self-esteem issues. "Sometimes even programs that are in existence can be a disincentive, like SSI. A person is sometimes hesitant to give up money that they are already getting to try and find a job. Sometimes people who are physically challenged feel, "who is going to hire me, EVEN after a post-secondary education." That is what we are trying to work on now - Negative vs positive self esteem."

A learning disabled person reported that, "It would be really easy for me to sit home and collect a check,

but I want to make something of myself. My high school counselor laughed at me when I said I wanted to go to college. He suggested that I join the Army. He suggested I fight for this country since I don't have the same freedoms as non-disabled people."

The H.E.L.P. Office received a federal grant last year to facilitate new programming. The grant has three components:

1. Through coursework, mentoring and knowledge of legal rights a) student empowerment b) career enrichment - by establishing worksites and internships on campus and throughout the Chicago c) Inservice training and technical assistance

2. Providing work study and internships at Northeastern Illinois University and the metropolitan area. Also the establishment of an Advisory Board where professionals from education, business and industry provide direction within their specific area.

3. To provide in-service training and disseminate information to new faculty and staff about H.E.L.P. participants.

H.E.L.P. is sponsoring a number of workshops and seminars. Please check future issues of this newspaper in the "Upcoming Events" section.

"We were put in an empty room. Now it is full of life, bursting with people, excitement and the thought and knowledge that everybody is doing their best to advocate for the rights of people with disabling conditions at NEIU," said Amey-Flippin.

Workshop teaches students how to study

by Lisa Greenberg
Staff Writer

If you can't tell someone how you study, then you don't have a workable system for studying according to a Student Support services faculty member.

Katherine Gleiss Monar, Academic Coordinator, suggested using "SQ3R" (skim, question, read, recite, and review).

Survey your textbooks at the beginning of each semester. Skim your reading assignments and formulate questions about the bold faced heading to help you get more out of your reading.

By using these prereading skills you can increase understanding and reduce your study time. Process what you read by reciting it and review it each time you study.

Studying everyday helps long term memory and you will be able to pull up the facts easier on the next exam. These and other study tools were discussed during the Textbook Strategies Workshop, Tuesday, Oct. 13.

Student Support Services offers

these workshops on the second Tuesday of each month, during student activity hour (1:40 to 2:50 p.m.) to all students to help them get the most out of life and college. November 10 workshop will be in CLS 2005.

The topic will be "Writing Better Papers." Due to final exams there will not be a workshop in December.

These workshops will continue January 12 (room number to be announced at a later date) on the second floor of the Commuter Center.

There will be flyers posted in all buildings regarding these workshops. Monar conducts these workshops with three peer counselors, Tara McGraph, Scott Bennett and Christine Garza.

Daily studying is better than cramming. If you write good notes when it is time for major exams you won't have to go back to your book.

McGraph said that she writes her reading notes on the back side of the paper and her class notes on the front side. This way when she studies she has both sets of notes together.

Garza suggested that when you get into your minor/major classes to keep a file of notes and papers.

Independent Advising

by Douglas Gates
Academic Advisor

How many students recall that line they stood in the first time they registered at Northeastern? Many undoubtedly remember waiting hours to discuss their class selection with someone. Then being directed to the line winding its way from the Center Desk, only to go to the lines in Alumni Hall to wait even longer. Ahh! The good old days! (Now students get to sit beside their telephones and wait.)

However, if you know the system, you're a step ahead. You may not be able to escape all the pain, but it can help! Remember all those lawn chairs you saw the first time you registered, one of which you desperately wished you'd had? Or how ticked you were when the guy down the hall sent you to the F-Wing and you waited two hours in the wrong line? That's where this column comes in.

Independent is going to allow me to assist students in learning the ins and outs of the university. (Since these are constantly in flux, I may have succeeded in securing my employment!) Perhaps the tremendous changes in procedures that are coming so quickly as we move to Touchtone Registration make this effort even more timely.

Essentially, this column will be a regular feature in which I answer individual questions about how things are done at Northeastern, why such and so occurred, what are the alternatives in particular circumstances, and so forth. Any and all questions regarding student situations at the Northeastern campus are fair game. If I can't give you an answer myself, I will get one from someone who can.

Mail any questions or concerns you might have along these lines to "Independent Advising," care of Independent, E-049 or to Douglas Gates, Academic Advising, A-111, "Independent Advising" collection box in the Learning Center, library, fourth floor. All correspondence becomes property of Independent. We reserve the right to edit any letters printed for clarity, content, effectiveness for generalization, ad infinitum. Editorial policy requires the senders' name, but a name can be withheld upon request.

I will try to respond to all inquiries that contain a means of contacting the author. You may need to be patient; there are weeks the Academic Advising Center schedules students every 20 minutes for each advisor seven hours a day. However, if your letter is not selected for publication and you include a phone number or address, I will try to call or write as appropriate.

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KAPLAN
The answer to the test question.

Deadline for submissions for the next issue is November 13

VIEWS

Platforms are being accepted for the Editor in Chief and Business Manager positions at Independent newspaper.

The term of each position runs from January to December 1993.

Any interested students can submit a platform by November 16, by 3 p.m.

Voting by members of the newspaper will take place on Friday, Nov. 20 at 2 p.m.

A member is any student who has either had three articles published in the paper, or has attended three meetings, or a combination of the two.

For more information, contact Lisa Mandl at (312) 794-2812.

Viewpoints

Military shouldn't be allowed to recruit on campus

by Robert Castillo
NEIU Student

What if the Ku Klux Klan was allowed to set up in Village Square for recruitment purposes? What if Northeastern welcomed the Klan here on campus, saying that although the Klan does practice discrimination, they are also offering students opportunities? And what if the Klan's policy of discrimination was in direct conflict with Northeastern's own anti-discrimination policy?

It would be safe to say that numerous campus groups, as well as students and faculty, would denounce the Klan's presence and would also denounce the university for allowing them to recruit on campus. The university would be pressured to boot the Klan off campus and would probably have to issue a formal apology for being insensitive to the needs of those groups offended by the Klan's presence. The Klan would also not be allowed back on campus until it changed their policy of white supremacy.

Although the Klan doesn't recruit on campus, there is a group that recruits here that openly discriminates. That group is the military. The group that the military discriminates against is homosexual men and women (known as lesbians) and bisexuals.

"Homosexuality is incompatible with military service" is the excuse that the military uses to ban gays from serving in the military. This ban on gays has been in effect since the 40's and that same policy is used to deny able-bodied men and women the "right" to serve their country, even though they are willing to serve.

Lately, the ban on homosexuals in the military has come under attack, with a growing number of discharged soldiers filing lawsuits against the government for discharging them. There have also been a number of military personnel who have publicly declared their homosexuality on national television to challenge the military's ban and to also show that gays do make good soldiers.

This is the same military that continues to actively discriminate against homosexual, lesbian and bisexuals students when the military is on campus recruiting. The military asks a person to "be all the you can be" and they are always "looking for a few good men," however, homosexuals need not apply.

The military's discrimination policy assigns homosexuals to a second class status and the military is doing so with the full knowledge of the university.

I have talked to the Affirmative Action director about the military's recruiting on campus and their office says that there is nothing that the university can do about removing the military from our campus. The university has to allow the military on campus because the military's policy of excluding homosexuals is a federal policy and federal policy supercedes university policy.

Also, the university maintains that although the military does discriminate against gays, the military is providing Northeastern students opportunities and should remain on campus. If this was the Klan, the Klan would have been booted from campus by now. By reinforcing the military's presence here on campus, the university is sending a

clear message to Northeastern's homosexual students that discrimination is tolerated here and that the university's anti-discrimination policy, which prohibits discrimination against students and faculty based on sexual orientation, is only for show!

Why prohibit discrimination on one hand and then allow it to happen on the other? By allowing the military on campus, the university contradicts its own anti-discrimination policy by allowing an organization that openly discriminates against homosexuals on campus. The university seems to be saying that the need of its homosexual students are not important and can be overlooked if possible. This is not acceptable and should not be tolerated.

I, as a gay man on campus, am sickened whenever the military is here on campus recruiting because I know that I am not welcome in their military. The university should enforce its anti-discrimination policy by asking the military to cease recruiting on campus until the military changes its anti-homosexual policy and becomes a truly "equal opportunity employer."

Although some may not compare the Ku Klux Klan to the military, for me the military with its discriminatory policy towards homosexuals, is my Ku Klux Klan. The military is saying that heterosexual soldiers are better and that I am not equal to my straight counterparts here on campus. I believe that if our university is truly committed to its students and faculty, and that includes homosexual students and faculty, the university will stand up for my rights by saying NO to the military and its discrimination and YES to equality and just for all on campus.

Financial aid process frustrating

Name withheld upon request

You're at Financial Aid, waiting at the foot of the stairs, and wondering how fast the line is going to move. You're also wondering if you're going to get the information you need. Sometimes the answer to your question is no more substantial than a "You should be okay." Or, if you're lucky, you merely have to submit a document or two and get a receipt. Then, you can forget about it for that particular day. Inevitably, though, you have to come back for a follow-up or wait to receive a letter in the mail that arrives painfully close to a deadline, if it arrives at all.

Sound familiar? Sure it does. So what's the point? When students must worry about grants and loans, endless paperwork and waiting in

lines, financial aid becomes a nightmare?

By the way, this viewpoint isn't about getting money for school. There's plenty written about that already. This is more about little things. Lots of little things.

What I'm talking about is that letter from the school that tells you how much of a grant you're really getting (I never got one). Or, if you left out a dollar amount on a loan application, you receive it for correction three days later instead of one month later. Or, if you've received an award, you get a letter of explanation instead of a mere computer form that gets passed around your household because no one can figure out exactly what it is.

All of the above examples really happened, or didn't happen, as

See 'Aid,' page 5

Independent

Independent is the student newspaper of Northeastern Illinois University, 5500 N. St. Louis Ave., Chicago, IL. 60625, (312) 794-2812, room E-049. **Independent** is published bi-monthly (every two weeks) except during final examinations and semester breaks.

Editorials in **Independent** express the opinion of the majority of the editorial board, but do not necessarily reflect the opinions of the advisor, faculty, staff or administration of Northeastern Illinois University.

Independent welcomes letters to the editor. Letters must be received by the Monday prior to each publication in order to be included in the next issue. All letters should be limited to 200 words and must be signed by the author, although the author's name will be withheld upon request. We reserve the right to edit letters for grammar, libel, and space considerations.

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Letters to the Editor

People shouldn't use automatic doors

I realize there are more important things to be concerned about, but one of the problems regarding the environment is that little things do add up. One simple thing which will help is to avoid using the automatic doors which are for handicapped students. When the temperature difference between inside and outside is large we have a significant loss of energy because the automatic doors are designed to give more time for access by wheelchairs. Unless you are handicapped or are carrying a load of materials, don't use the automatic door. It's one small deed, but it helps.

Fred Flener

Department of Curriculum and Instruction

Why was meeting taped?

Why are Northeastern University officials allowing or participating in secret videotaping of speakers and students at an open, publicly advertised student-group meeting on campus? To whom is such a videotape shown? Are records being kept by the university or others of who is attending such meetings, and if so, why are they being kept? If such "political files" are being created, is the university turning over this information with government agencies?

On Thursday, Oct. 29, at 1:30 p.m., I attended a publicly advertised meeting of CHIMEXLA at the Golden Eagles Room. The speakers were two Mexican members of the Revolutionary Democratic Party in Mexico (PRD), the opposition party whose leader, Cuauhtemoc Cardenas, was widely believed to have won the last presidential election in Mexico before vote fraud denied him the office of president. The speakers were scheduled to speak on "Contamination of the Border by U.S. Companies" and the "U.S. Free Trade Agreement with Mexico." Evidently these are dangerous topics on Northeastern's campus.

When I got to the room before the meeting, the speakers were informally talking with several people. I took my seat waiting for the meeting to begin. The Golden Eagles Room has no windows that look outside. However, it has one door which has a darkened small window in it. The door opens on to another room in the building which in turn has other entrances to it. After I took my seat, waiting for the meeting to begin, I noticed a flashing small red light from behind the darkened window. Looking further I

Aid

(continued from page 4)

the case may be. My very first experience happened before I'd even set foot in a classroom, and pretty much set the tone for all my future dealings with Financial Aid.

In June of 1991, I was considering obtaining a work study position. I went through all of the steps, and when I didn't hear anything from the work study office, I decided to work part-time in the evenings. Towards the end of August, I had already scheduled my classes and lined up a job. Then, on August 23, just a week before the start of classes, I received something from work study. It was the "Offer of Student Assistance" form, but at the time, I had no idea what it was.

Since my mother had just attended NEIU full-time, I believed her when she told me it was an award of a grant. I was only to learn much later that "CWS" (College Work Study) meant work study. Among all the general information on the back of the form, nowhere did it explain what "CWS" meant. If the form had come with a letter stating "This is a work study award . . .," I wouldn't have had a rude awakening at the Cashier's window.

Adding insult to injury, somebody had written the address on the envelope with the form already inside, so that the impression came through lengthwise on the yellow copy, covering some of the words.

My next "adventure" occurred exactly a year later, last summer. As usual, I did all the applying as early as I could. My initial award was pretty small, so I went to Financial Aid to talk to somebody. I took the answer (the now-

could see someone holding a fairly large video camera pointed first in the direction of where the speakers were talking in the back of the room and then swinging through the room, filming anyone present. All the while I was watching there was this little flashing of the red light on the camera indicating it was operating.

I got up and went over to the door with the darkened window and saw a man filming. Because it was dark inside the back room I could not identify the man, but I believe he had some kind of a uniform on. I tried to open the door but found it locked. When the person filming saw me, he stopped filming and backed away. I immediately called attention of his presence to other people in the room, asking if they knew why he was doing that filming. As I was doing this, a uniformed policeman of the university came from the back of the room towards me and told me I was mistaken, there was no one back there, no one was filming. I said, "Come and look." I went back to the window of the locked door and saw the cameraman disappearing with his camera. I turned back to the policeman, and told him so, he then left the room never to return. None of the speakers or the audience knew who was doing the filming, but we all felt a chill about what had been happening on a university campus.

I return to my questions and am asking them directly to President Gordon H. Lamb, "Who at the university authorized such videotaping? Who at the university participated in such videotaping? Who outside the university requested such videotaping - the U.S. government, the Mexican government? What is being done with the videotape? Does the university have possession of it, or does some other agency have it? Are students who attended the meeting being identified and are files being kept on them? Do I get a file because I am writing this letter? President Lamb, don't you think that such political spying is in direct contradiction to what a university's purpose is, one of full and free inquiry? What kind of authoritarian atmosphere is being created by such actions? What steps will you take to prevent such occurrences at this university? I invite your response directly in the pages of *Independent*.

Eugene Gogol
NEIU student

famous "You should be okay!") to mean that I was to receive additional funds somewhere down the line. I waited about a month and then decided to call a bank to send me some student loan applications. I also went to school to see the loan movie, which is required for anyone who wants to apply for a loan.

By this time, the dreaded last week in August was rapidly approaching. The Friday before the last week of August, I paid Financial Aid another visit. Since my previous dealings with them had already left me sufficiently numb, I didn't flinch when they told me that my file was not only inactive (information had not been input into their computer system), but lost! I was told I'd get a call when it was found.

To their credit, I received a call the following Monday, at which time the person, upon reviewing my file, asked me to submit a loan application. Luckily I had one filled out, so I turned it in the same day. The loan application came back from Financial Aid a month later because I had left out the dollar amount I was applying for. I had left out the amount because I didn't know how much I needed and I thought Financial Aid would determine the figure.

This brings us up to present day, and yes, there is a happy ending. Just recently, Financial Aid came through with a sizable award that appeared (out of the blue) on my last tuition bill. As far as the loan is concerned, I still need it, but I haven't heard anything.

I don't think I'm making a mountain out of a molehill, but there must be a better way to go through all of this.

Classified Ads

To place a classified ad, contact
Cynthia Werner at (312) 794-2812.

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Majors

(continued from page 1)

The first meeting on October 27 addressed issues concerning proposed General Education Requirements and Academic Minor changes by the Illinois Certification Board.

At the first meeting it was brought to everyone's attention that in 1988 Northeastern was notified by the Illinois Certification Board of Major and Minor changes that were no longer required and/or accepted.

Students were angry that they were not informed of the changes by their Advisors. Also, at this meeting, the administration became aware of the changes from the Illinois Certification Board.

Chaos broke out when several students shot questions at Belica. Tempers flared. Students were under the impression that they had to fulfill more requirements in addition to those no longer accepted by the Illinois Certification Board.

Students were dismayed over the lack of administration preparation for the meeting and were angry that no state representative took the student meeting seriously enough to attend.

Kathy deGeus, Majoring in Elementary Education and several students organized an emergency committee to protest changes in the curriculum without notifying students in advance.

They are prepared to protest changes of any type, now or in the future without notification by the administration or the Certification Board. The protesting students met for a second day to protest changes in academic majors and minors.

They took a silent poll, by protesting, on more "oversights" in curriculum changes. They want to be informed on any future changes. Notification methods include flyers sent to them in the mail or posted on the bulletin boards and/or given to all advisors.

According to Belica, each student is to contact him to arrange a conference to plan the completion of their professional program. He stated that "Wherever possible, an 18-hour area of concentration (minor) will be developed through an approved substitution of courses." He assured students "in any event, the total number of semester hours required for certification and graduation will not be increased."

Convention

(continued from page 1)

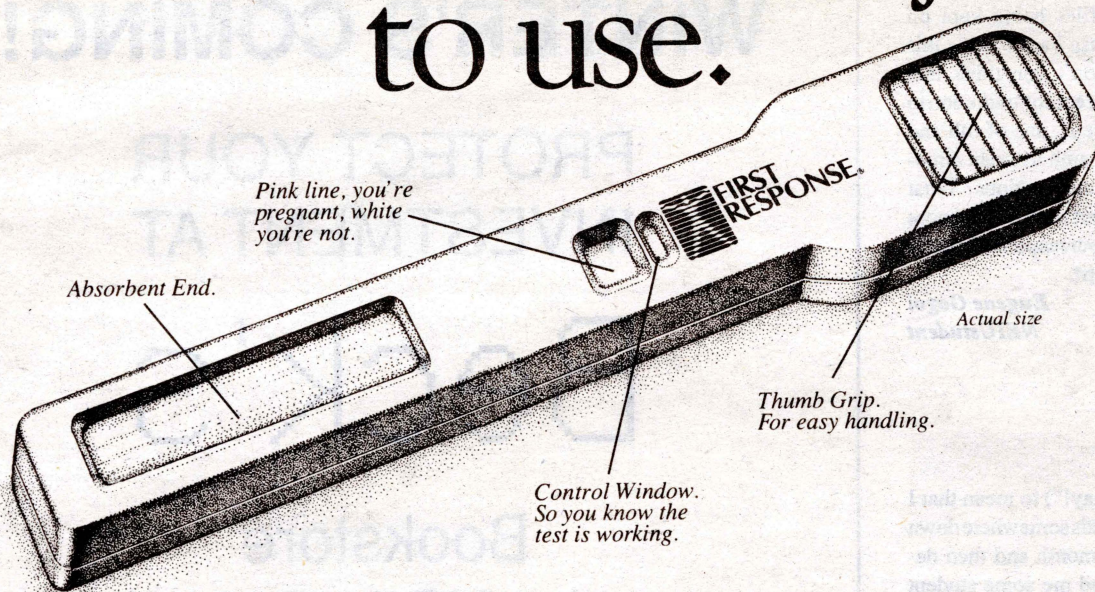
clips as you want. He stated that some editors would like no more than eight clips.

Rooney pointed out three things a journalist can do. First, begin to network. Second, get into journalism clubs. Third, volunteer your service at media and professional groups.

He stated that a good thing to do after submitting a resume is to call the contact person and follow-up.

Rooney and Field agreed that internship jobs should be paying jobs, although some firms are still getting students for free. Students who are interested in fulfilling an internship in the areas of Marketing, Accounting, Management, or Journalism can contact Field by calling (312) 794-2897.

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Health Watch

MSG will be listed on more labels in 1993

by Darlene Saxon
Staff Writer

Individuals who are sensitive to Monosodium Glutamate, a food flavoring enhancer, will be happy to read that the new federal labeling law will require food producers to state all additives, preservatives, and food flavoring enhancers on the new labels. The Food and Drug Administration's new labeling law will begin on May 8, 1993. These newly labeled food packages will not be on the shelves until later in 1993.

In the January-February 1992 issue of the **FDA Consumer**, "Food Labeling" written by Judith E. Foulke quoted the Commissioner of the Food and Drug Administration, David A. Kessler, M.D. He stated the goal of the new labeling proposal: "A label that the public can understand and count on." This goal has three objectives: "to clear up the confusion; to help us make healthy choices; to encourage product innovation, so that the companies are more interested in tinkering with the food in the package, not the words on the label."

The article states that the ingredient labeling proposal would require that the listing of all FDA-certified color additives by name, list of ingredients in descending order with the predominance by weight, sweeteners by weight, identification of caseinate as a milk derivative that claims to be nondairy, the use of a format to declare ingredients by percent, declaration of sulfites used in standardized foods because some people are allergic to these preservatives, declaration of protein hydrolysates, used in many foods as flavor and flavor enhancers, for consumers with religious or cultural dietary requirements, and the food source additive will have to be identified.

The FDA also plans to require that the flavor enhancer MSG be declared on the label whether it is added as a separate ingredient or as a component of protein hydrolysates (HVP).

The reason for stricter labels is children and adults are experiencing allergic reactions, or they are experiencing a chemical imbalance due to these food additives, preservatives, and flavor enhancers.

Dr. William J. Pizzi, of Northeastern's Psychology Department, said that "there is no need for Monosodium Glutamate in our foods." He stated that if we put more than what is suppose to be in our bodies we will have a chemical imbalance in the blood vessels which can cause headaches or migraines. These headaches or migraines can interfere with work or school.

Pizzi said that when we eat MSG it does not go to the brain. A headache is not part of the brain's process. Headaches and migraines have to do with swelling and constricting of blood vessels. There are no pain receptors in the brain. The pain receptors are in the blood vessels.

He concluded, "giving glutamate to people who are sensitive to it, may cause a headache or migraine due to

change in blood vessels."

According to Dr. Seymour Diamond, Director of the Diamond Headache Clinic, in Chicago, "MSG intensifies the severity and duration of the migraine." He estimated that three percent of his child patients suffer migraines that are related to MSG. He estimates that more than 3 million children in the United States suffer with migraines due to MSG.

He added that children may exhibit behaviors such as being uncooperative, overemotional, irritable, and can run a fever. Diamond is currently doing research on MSG. His patients who suffer from MSG-induced migraines are following a strict diet to "prevent and abort the migraine," concluded Diamond.

Monosodium Glutamate is a flavor enhancer. It makes food taste good. It is used universally in most foods we eat. Its toxic substance can cause behavior problems in children, breathing and asthma problems, depression, headaches, migraines, and menstrual cycle problems. Case studies include migraines, arthritis-like symptoms, dizziness, slurred speech, retina problems. Other problems due to MSG are associated with the elderly. Older people suffer from dizziness and balance difficulties.

To define Monosodium Glutamate you have to break it down in syllables; mono is one, sodium is salt, that acts as a preservative in foods, and glutamate is a flavor enhancer that is an amino acid. We find glutamate an amino acid, occurring naturally in seaweed and other plants.

In 1975-1978, Pizzi and his colleagues here at Northeastern began an extensive study of mice. They found that giving baby mice MSG caused reproduction disor-

ders, obesity, and stunted growth.

Other studies of adverse effects due to MSG consumption include: Arthur D. Colman, M.D., Clinical Professor/Department of Psychiatry, U.C. Medical Center, Sausalito, California, studied depression and MSG (1978); Dr. Liane Reif-Lehrer, Harvard Medical School, studied children and MSG, (1978); Dr. J. Timothy Greenamyre, at the University of Michigan, studied glutamate neurotoxicity, (1986); Dr. D. Newhouse and Dr. J. P. Lucas studied rapid irreversible destruction of the cells in the retina (1957).

Currently, most labels on foods are misleading. In 1988, George R. Schwartz, M.D., published a book **In Bad Taste, The MSG Syndrome** which shows how the labels are misleading. For example, Natural Flavoring (NF) and Hydrolyzed Vegetable Protein (HVP) have 20 percent MSG. These labels say nothing about the 20 percent MSG. Other names he in-

cluded are Accent, Ajinomoto, Zest, Vetsin, Gourmet powder, Subu, Chinese seasoning, Glutavene, Glutacyl, RL-50, Hydrolyzed plant protein, Flavorings, Kombu extract, Mei-jing, and Wei-jing. Most people who read these labels need a degree in chemistry.

Schwartz did research on fast-food restaurants that serve food containing MSG. They are as follows: Wendy's chicken nuggets, croutons, salad dressings, chicken fried steak, fish file, sausage gravy, ketchup (NF) and chili (NF); Burger King's chicken speciality, chicken tenders, sausage, house salad dressing, Whaler fish file, ketchup (NF), Fish for Filet-O-Fish (NF), ketchup (NF), mayonnaise (NF); Arby's cheese sauce, breaded chicken breast, breaded fish file, fresh pork sausage; Denny's croutons, roast beef, sausage patties, breaded chicken pieces and strips, battered cod, breaded shrimp, breaded onion rings, green beans in

See 'MSG,' page 9

Finally some notes you won't mind taking.

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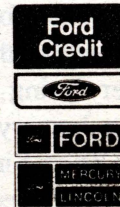
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Admissions and Records Office answers questions commonly asked about TTRS

Listed below are some of the most commonly asked questions regarding TTRS and their answers.

Q: How is advance registration through TTRS different from the advance registration process under the "old" system?

A: Under the "old" system you were requesting courses. Many times you did not receive the courses you wanted. Under TTRS you will know immediately if the course is open and will have the ability to register for the course at that time. Upon completion of your phone call, you will know your class schedule.

Q: Why am I calling a 708 number if Northeastern is in Chicago?

A: The computer that the touchtone system uses is not located in Chicago.

Q: Why do I have to call from a touchtone phone?

A: The computer only recognizes the signals of a touchtone phone.

Q: Why did I hear so many busy signals?

A: It became evident during the pilot that there were not sufficient phone lines to accommodate the number of calls TTRS. We are in the process of installing additional phone lines. This, however, does not mean students will never get a busy signal, but gaining access to TTRS should become easier.

Q: What information will appear on the TTRS notice?

A: The student's name, address, social security number (SSN), personal identification number (PIN), student type, level, cumulative hours earned, grade point average (GPA), major, advisor name, restrictions, and earliest date and time to register.

Q: Why do I have to have a personal identification number (PIN)?

A: Your personal identification number provides an additional layer of security to maintain the confidentiality of your student records.

Q: If I lost my PIN, how do I obtain it again?

A: Come to the Admissions and Records Office Information Counter with photo identification. This information will not be given over the telephone in order to prevent unauthorized persons from obtaining your PIN.

Q: If I am experiencing difficulties or have questions about TTRS, who do I contact?

A: You can call Admissions and Records at

(312) 794-2700 or stop by the Admissions and Records Office Information Counter during office hours.

Q: If I am hearing impaired, how can I be accommodated?

A: Visit the H.E.L.P. Office or the Admissions and Records Office.

Q: If English is not my first language and I am having difficulty with understanding TTRS, what can I do?

A: You may come to the Admissions and Records Office Information Counter for assistance on how to use TTRS.

Q: What is the purpose of the TTRS worksheet?

A: To organize all the information necessary to use TTRS. You will then be able to respond to the prompts in a timely manner.

Q: Do all students need to see an academic advisor before registering?

A: No. Your TTRS Notice or the Touchtone System will tell you if you need to see your advisor before registering.

Q: Why does TTRS allow only 10 minutes to register and only five calls per day?

A: The 10 minute time frame as well as the number of individual calls you may make on a daily basis to TTRS was implemented to allow maximum access for each day of registration.

Q: How much time will I have to register during advance registration?

A: Each student will be assigned a specific period of time to register between November 2 and December 4. You may register and add/drop as many times as you wish during your assigned time period.

Q: Do I have to hear the entire message before pressing the keys on the phone?

A: No. Once you become familiar with the process, you may process without hearing the entire message. However, it is extremely critical to listen to the entire message regarding payment of your tuition. Failure to pay/validate on time will result in cancellation of your classes. If a student has a hold or some other type of restriction, the student should not call back to TTRS until the hold or restriction has been waived or removed.

Q: Can I hear open sections?

A: Yes, but only during your scheduled time period.

Q: What options do I have if a class is

closed?

A: You should contact the department to receive information regarding the procedure for that specific department.

Q: Why doesn't TTRS state the professor's name?

A: This information is usually in the schedule of classes. In addition, reciting this information would use up a portion of the 10 minutes that you have been allocated to complete the registration process.

Q: Do I need to submit written permission to the Admissions and Records Office if I am allowed entry into a closed course?

A: No. The department will place your name and course information on an authorization file. After this has been done, you will be able to register for the course via TTRS.

Q: If I am adding and dropping classes, why is it recommended to drop first?

A: You should drop first so that you will not create an overload of hours, or if you are simply changing sections of a course, you will not duplicate that course.

Q: What does it mean to "confirm"?

A: This tells the system that you wish to process the add, drop, complete withdrawal or pass/fail you entered for a course. If you do not confirm, your add, drop or pass/fail will not be processed.

Q: If I enter a wrong reference number, is there a "clear" button?

A: No. However, if you discover your mistake before you have pressed the "1" key to confirm your entry, press the "2" key to start again. If you discover your mistake after hearing your schedule, listen to the tuition and fee information, then return to the main menu by pressing the "2" key, select option one to register or make an adjustment, and then take the appropriate action to correct your schedule.

Q: What procedures do I follow to take an overload (more than 16 hours per term)?

A: You must contact your college dean.

Q: How do I know that the courses I added or dropped were processed by TTRS?

A: After you have dropped or added classes, TTRS will repeat your schedule to you which would include any changes you made that day.

Q: Will there be an on-campus registra-

tion in January 1993?

A: Yes. However, if you are eligible, it is to your advantage to advance register using TTRS. Many courses will be closed by the time on-campus registration occurs.

Q: Why is it important to listen to the billing information?

A: To determine if a balance is due, and to hear validation/payment deadlines and deferred payment amounts.

Q: How do I make my tuition payment?

A: Payment may be made at the Cashier's Office by cash, check, or charge. It is important to remember that your payment/validation must be received by the Cashier's Office by the deadline date. If there is ample time to mail in your payment/validation, send it to Northeastern c/o Cashier's Office. If time does not allow you to mail it, come to the Cashier's Office during business hours and utilize the drop box outside the office.

Q: Will TTRS, in the future, provide the option of paying by credit card?

A: Many options will be added to TTRS in later phases. Among options under serious consideration is the payment of tuition using a credit card.

Q: Will I always receive a tuition bill?

A: No. Not all students will receive a tuition bill, therefore, it is extremely important to listen to deadline dates for payment/validation. If you do not pay/validate by the deadline date, your courses will be canceled.

Q: What does validate mean?

A: To validate means that you are confirming your registration with Cashier's Office. It must be done by the payment due date for each registration period whether you are receiving Financial Aid, have a scholarship, or are paying with a credit card, check, or cash.

Q: If I am receiving financial aid, do I need to validate?

A: Yes. All students must validate whether they receive Financial Aid or not. Validation MUST take place by the published due dates for each registration periods.

Q: If I do not validate/pay by the due date, what happens to my courses?

A: Failure to validate your tuition bill by the due date for each registration period will result in the cancellation of your courses.

TTRS

(continued from page 1)

TTRS, any holds or restrictions which must be removed or waived before the student registers, and the student's earliest time and date to register. To determine the latest time to register for their student classification, students must refer to page 11 of the Spring 1993 Schedule of Classes.

Students will only be able to call TTRS during their scheduled time period. Therefore, students who do not call within their time period must register during on-campus registration on January 7 or 8, from 10:30 a.m. to 7 p.m. Since many classes will already be closed at on-campus registration, it is to the student's advantage to advance register.

Students-at-large may register only on January 8. Students will not be allowed to add/drop or make section changes during on-campus registration. Additional information regarding on-campus registration can be found on page 12 of the Spring 1993 Schedule of Classes.

Anyone wishing to adjust their Spring 1993 schedule may do so during change of registration by calling TTRS. Also, students who did not take advantage of either advance registration or on-campus registration may register during the change of registration period, January 12 through 15, 19 and 20.

Students can refer to page 13 of

the Spring 1993 Schedule of Classes to determine their earliest date and time to register. Students may call on their earliest date and time or at any time thereafter through January 20, excluding the holiday.

It is important to remember that students adding classes during change of registration must receive authorization from the instructor before they call TTRS to register. If a student attempts to register for a class which he or she has not been authorized for, TTRS will respond with a message stating the class is closed.

This does not necessarily mean the course is filled. Students are advised to contact the academic depart-

ment for the specific procedure they must follow to determine class availability.

The Spring 1993 Schedule of Classes (available at the Admissions and Records Information Counter) contains detailed instructions on how to use TTRS, a TTRS worksheet, the schedule for advance registration and change of registration, and a glossary of terms.

As the university moves through this transition period, TTRS will be evaluated to determine how we should proceed with future registrations; however, it is our goal that the university will eventually be able to utilize TTRS for all registrations.

Cross country team places third

by David Wivlott
Sports Editor

Despite all of the injuries to members of the NEIU cross country team, The Golden Eagles were able to pull out a third place finish at the University of Chicago meet on October 31.

"I was happy with our performance after many on the team were in the training room for various injuries," said Coach Tom Lake.

Freshman Greg Garland was the top male finisher for the squad by placing 10th with a time of 26:59. Freshmen Mike Wolke and sophomore Neil

Slater also ran well placing 15th and 16th respectively.

For the women, junior Angie Jablonski led the team by finishing third overall with a time of 19:12. sophomore Colette Marotto finished in 11th place.

As the team prepares for the NCAA Regional Meet on November 14, they seem to be peaking.

Six different runners had personal bests.

Lake said, "With all the pr's (personal records), we are on target to peak in two weeks and have an outstanding season."

Volleyball team betters last year's mark

by David Wivlott
Sports Editor

Northeastern's volleyball team has already bettered last year's mark by winning their 12th match of the season. They defeated the College of St. Francis on Monday, Nov. 2, by the scores of 15-8, 15-9, 8-15, 13-15, 15-11.

"I was happy for the win but it follows the pattern of the season of winning the first two [games] and having the match go five games," said Coach Deborah Ofcky. This is the fourth time this has happened during the season.

However, the team was able to put it all together in a stunning upset of Kansas State, 11-15, 15-10, 17-15, 15-13.

"It was our biggest win of the year," said Ofcky of her team's victory over their opponent from the Big 8 Conference. "It was a total team effort."

Sophomore Diane Dorcak agreed "We did it as a team. Everybody played great."

Key players over the last couple of weeks have been, junior outside hitter Diana Yacono and sophomore middle blocker Jill Kreiling.

Yacono had been letting bad matches effect her performance. So Ofcky had a talk with her most productive hitter and "got her back on track."

Kreiling, on the other hand, seems to finally be asserting herself more on the court. In a loss to Western Illinois, she had 19 kills and a hitting percentage of .607.

"I have been waiting for her to blossom for two years," said Ofcky about Kreiling's performance.

With one match remaining, this season has already been a success for the Golden Eagles.

MSG

(continued from page 7)

butter-style sauce and Italian-style vegetables in butter sauce, ranch dressing, brown gravy, chicken gravy, country gravy, Au Jus, cacciatore sauce, clam chowder, split pea soup, chicken noodle soup, cream of potato soup, teriyaki glaze, and stuffing: Kentucky Fried Chicken's breading mix, gravies and all food products: Cafeterias serving students in elementary schools, universities, and colleges are likely to serve meals containing MSG.

Here in NEIU's cafeteria, Ray Terrill, Acting Food Services Director, said that Service America will follow the new labeling laws to inform the patrons in what foods MSG is used. Currently, there is MSG in the sauce that Pizza Hut uses. You can find MSG in packages of salad dressing, and salad dressing that is used for fresh vegetables, here in the cafeteria.

Schwartz's study confirms that we can find misleading labels on packaged foods, soup base, canned soups, in packages of gravies, canned or jars, in prepared pizza tomato sauce, in salad dressings, bottles or packages, in vending machine snacks, hot dogs, injected in bread dough, pasta dough and turkeys, in some cheeses, ketchup, mustard, cans of tuna, diet foods, cured meats and lunch meats, international foods, in all purpose seasonings, seasoning salts such as garlic salt or onion salt, meat tenderizers, steak sauces, BBQ sauces, chicken batter, packages of salad dressings, mixed in hamburger meat, dips, canned meats and frozen dinners.

Some labels of spices list "monopotassium glutamate" instead of MSG and are advertised as "sodium free." The glutamate ion they contain affects the taste buds and the nervous system.

Where you would not find MSG is in canned fruits and vegetables, rice and grains, fresh meats, soft drinks and juices. However, poultry can be injected with MSG for flavoring if cooked.

There is no quick remedy to remove MSG or food additives from foods. Until the new labeling laws goes into effect, what fast-food restaurants who use products that have MSG can do is let the public know by posting signs inside the menus or on the walls like Pepe's or any Mexican restaurant that serves margaritas with salt. Most of us are aware that too much salt causes high blood pressure. The same refers to the sodium in MSG.

In the situation of people wearing Pace-makers, there are posted signs "Microwaves in use" in order that they can avoid that place. People who cannot have too much cholesterol and people who count calories need this information on labels to permit the small number of adults who are sensitive to MSG to have a choice in eating foods containing MSG.

The FDA labeling law will not go into effect until May 8, 1993. It is important to keep in mind that in quantities, MSG is toxic to everyone. For those who cannot metabolize MSG, it can act like a poison. What MSG and food-sensitive individuals can do now, and when the new labeling laws go into effect, is to read all labels, don't be afraid to ask waitresses or waiters to check for MSG in the food they are going to order for you.

Tell them no spices or Au Jus on steaks or hamburgers and do not salt the fries. Most importantly, read all labels on food packages. Just read, read, read, all labels, assume nothing!

Extension 200

During the period of October 19 through October 30, 1992 the following Public Safety incidents occurred compiled by NEIU Officer Bob Paprocki

October 19

Accident/Non-Injury: A student's auto was struck by another driver in the H-Lot. Theft: Three textbooks were stolen from a student's locker in the Classroom Building. Beck's Bookstore was alerted. Accident/Non-Injury: A student who was driving in to the campus from Foster Avenue was struck by another car entering the campus.

October 20

Burglary: Level II Parking Permit 03881 was reported stolen. Station Information: Parking Permit 02120 was reported stolen. Theft: A student reported two textbooks stolen from a locker. Beck's Bookstore was alerted. Theft: A faculty member reported mail stolen. Criminal Damage: Padding from work-out mats was reported cut away from the gym floor. Similar damage was done recently. Station Information: Parking Permit 05519 was reported stolen from a car off-campus.

October 21

Burglary: Parking Permit 01510 was reported stolen from a parked auto. Station Information: A witness saw a driver strike a parked auto and leave. The owner of the struck car found no damage and did not file a complaint. Suspicious Person: A faculty member noticed a person trying to open several doors in the Classroom Building. This person was gone when Public Safety Officers arrived. Attempted Theft: A P.E.. Building attendant noticed tool marks on two locks in the men's locker room. Nothing was reported stolen. There have been several thefts in this area in the recent past. Other Police Department: A surveillance camera video tape is being processed by TV Services and Public Safety Officers to help ID two robbery offenders. Theft: A student reported a bicycle stolen from in front of the Classroom Building.

October 22

Disturbance/Fight: A student became irate when another student's car was blocking the passage of his auto. No charges were filed. Theft: Parking Permit 05640 was reported stolen from an auto on campus.

October 23

Public Service: An NEIU staff member was released from an elevator during a power outage. Theft: A staff member reported her purse and wallet taken from an unlocked, unattended room. Theft: A student reported seeing three suspicious persons reaching into his locker. Cash

and credit cards were reported stolen after he checked the locker. Criminal Damage: Graffiti was found at three locations on campus. Suspicious Persons: Two juveniles were discovered in a closed area of the university. They were photographed, warned and released. They had been carrying a bag of tools. Criminal Trespass: A neighbor called Public Safety Officers because three people were seen climbing into a window of the B-Wing. One offender was an NEIU student, one was a North Park College student, and one was a University of Wisconsin student. All were officially warned and released.

October 24

City Fire Department: A faculty member reported to Public Safety Officers that flames were visible from the nearby Nature Center. This was a brush fire which was put out by the Chicago Fire Department.

October 26

Mischievous Conduct: A staff member reported her work area disturbed. Criminal Damage: A staff member reported scratched mirrors in the men's room of the Main Building. Theft: A student reported textbooks stolen from her locker. Beck's Bookstore was alerted. Criminal Damage: A student reported his lock broken from his locker, but nothing was taken from the locker.

October 27

Theft: Textbooks were stolen from a student's locker. Beck's Bookstore was alerted. Criminal Damage: A student reported his auto damaged while parked on campus. Service To Other Police: An NEIU Police Officer observed a traffic accident with injuries on Bryn Mawr Avenue and assisted the Chicago Police Department. Disorderly Conduct: A student was seen striking another student in a parking lot. This was a deteriorating personal relationship. No charges were filed. Trouble Alarm: NEIU Officers and engineers responded to complaints of a smell of smoke in the Science Building. This was probably from the B-Wing ceramics kiln.

October 30

Suspicious Auto: An auto which could not be traced for ownership was towed from the area of the Day Care Center.

Public Safety Officers also assisted at one medical assist during this time.

ENTERTAINMENT

Crossword Companion



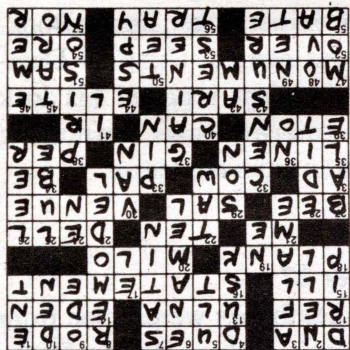
ACROSS

- 1. Determine heredity characteristics (abbr.)
- 4. Fees
- 8. Ride (p.t.)
- 12. Referee (abbr.)
- 13. Arm bone
- 14. Paradise
- 15. Sick
- 16. Comment
- 18. Thick lumber cut
- 20. Early-growing grain
- 21. Myself
- 22. "Perfect" number
- 23. Wooded valley
- 27. Stinging insect
- 29. My Gal _____
- 30. Locality of crime
- 31. Paid notice
- 32. Female cattle
- 33. Friend
- 34. Am
- 35. Cloth
- 37. Alcoholic beverage
- 38. Each
- 39. Short jacket
- 40. Able
- 41. Internal Revenue (abbr.)
- 42. India garment
- 44. Upper-crust
- 47. Gravestones

- 51. _____ Snead
- 52. Above
- 53. Ooze
- 55. Lessen force of
- 56. Receptacle for holding items
- 57. And not

DOWN

- 1. Drop
- 2. Woman's name
- 3. On fire
- 4. Sunset
- 5. Ultimate (abbr.)
- 6. Protective covering
- 7. Smooth silk fabric
- 8. Remake
- 9. Poem
- 10. Lair
- 11. Suffix used to form adjectives
- 17. Elevated train
- 19. Mid-West state (abbr.)
- 22. Marble
- 24. Suffix used to form verbs from adjectives
- 25. Oil car
- 26. Eye suggestively
- 27. Packaged hay
- 28. Blue pencil
- 29. Male offspring
- 30. Covered truck
- 32. Criticize
- 33. Comes after hair or safety
- 36. Negative word
- 37. Type of dive
- 38. Penitentiary
- 40. Helmet decoration
- 41. Mid-West state (abbr.)
- 43. Be
- 44. Glimpse
- 45. Tropical plant
- 46. Emergency (abbr.)
- 47. Disorderly crowd
- 48. Eggs
- 49. Butterfly catcher
- 50. Brewed drink



Album Review

Bon Jovi fans should 'Keep the Faith'

by Lisa Mandl
Entertainment Editor

After a long four-year hiatus, Bon Jovi is back with a fifth album.

New album title, "Keep the Faith," is a message to their older fans who believe that Bon Jovi would be back.

During the past few years, though, Bon Jovi was thought to be gone. Lead singer Jon Bon Jovi went out to do a solo project, the soundtrack to "Young Guns II" and his hit single "Blaze of Glory," rose on the charts which made the group seem like a thing of the past.

Also, guitarist Richie Sambora released a solo project "Stranger in This Town" and went out to perform a solo tour with Bon Jovi drummer Tico Torres last winter.

All I can say is that I'm so glad these musicians put aside whatever problems they were having and came back together because their solo projects were garbage. If I never hear the song "Blaze of Glory" again, or hear a sappy love song by Sambora, it will be way too soon. Bon Jovi and Sambora bring each other to perfection, but alone they leave much to be desired.

As a fan of the group Bon Jovi from the days of the single "Runaway," I was definitely looking forward to this release.

This album has the main ingredients: pulsating rhythms by Torres, screeching by Bon Jovi, great guitars and backing vocals by Sambora, bass by Alec John Such, but it has a brand new touch. David Bryan's keyboard playing is much more intricate and has a lot more substance than anything he's ever played before.

If you play "I'll Sleep When I'm Dead,"



Bon Jovi are from left: David Bryan, Tico Torres, Alec John Such, Jon Bon Jovi, and Richie Sambora. Photo courtesy of Mercury Records

Bryan's keyboard stylings come across loud and clear.

Title cut "Keep the Faith" is a good song, but that's not even a fair sample of what this album offers. The song's background dance track by Jesus Jones should have stayed with Jesus Jones because Bon Jovi and dance-tracks don't go well together.

"I Believe" is one of my favorites for its biting lyrics and wonderful melody line. Other favorites are "If I Was Your Mother," for its intricate music, and "Fear" and "I Want You" for their lyrics.

This is one package that made the four-year wait worthwhile. ★★★★★

Film Fest

Film Festival was fine display of film art

by Derek Monroe Mischczak
Music Critic

This 28th International Film Festival was a fine display of the film art, although it featured less presentations than before, and many people complained about the quality of selections. In my opinion, this festival wasn't as great as last year's in both quantity (only around 100 films were shown) and selections. Nevertheless, the event is still the major place for Chicagoans to go and preview what is going on in the world of the international cinema.

Due to the budget cuts and limited number of entries, this year's festival was dominated mainly by filmmakers from the Americas and Europe with minimal presence of films from Asia and Africa. The best film award was given to the Mexican project "Like Water for Chocolate," the story of love, contrasted with the ancient Aztec method of chocolate making. Despite its beautiful photo imagery, I don't think this was the best film of the festival. Overall the qualitative level of the films shown was rather equal, with a very few films that raised above average. Here are several interesting films you might want to see in upcoming months:

Close to Eden- great photography and psychoanalysis of two major characters and cultures: Russian and Mongolian. It's a story of two people meeting each other by coincidence and developing a strange, friendship like relationship. It shows China's Inner Mongolia with an interesting detail with relations between traditional lifestyle of natives to the progressive urbanized civilization. (Mongolia, Russia, France)

Back to the USSR-Hilariously funny and weird black comedy costarring a psychotic fan of

Marxism-Leninism and his roommate, enigmatic Lenin-like Vampire comrade. Placed in contemporary Finland, it's crude and fast paced but also unforgettable. A must see. (Finland).

Immaculate Conception- Good, sensational plot with many surprising turns and very real depiction of urban life in Pakistan. Centered around an Anglo-American couple determined to have a baby, no matter what it takes, the films offers thrills and chills that soon turn their lives into a real nightmare and divorce. (U.K)

Romper Stomper-very real depiction of violence perpetuated by racist skinheads in Australia. Very graphic and brutal but real and interesting film. (Australia)

Luna Park-Russian version of right wing gangs ruling the life of Moscow with a personal touch of an Anti-Semitic leader who finds out his father was a Jew. There is a lot of energy and black humor in this film. Good photography. (Russia)

Hold me, Thrill me, Kiss me- Funny and sometimes stupid comedy that presents a guy on the run, his jealous girlfriend, a porn star and an innocent love motive. Plenty of nude situations but also a lot of great, sarcastic humor and funny gags. If the obscenities don't bother you, you'll have a good time.

My five favorite picks are: "Back in the USSR" - Finland; "Close to Eden" - Mongolia, Russia, France; "Dark of Noon" - France; "Romper Stomper" - Australia, and "Deadly Currents" - UK.

The five flicks that you should avoid at every cost are: "Rising to the Bait" - Germany; "Warsaw 5703" - Poland; "On Earth as on heaven" - Belgium; "Vegas in Space" - USA, and "Dust of Angels" - Taiwan.

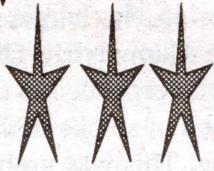
The Rating Guide



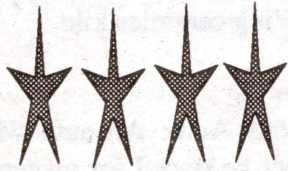
Warning this is a rip-off



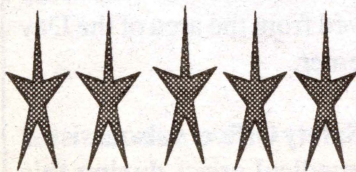
It could have been better



Average



It's cool



Buy it NOW!

Concert Review

Ned's Atomic Dustbin aren't 'Sleeping' on this tour

by **Ranan Engelhart**
Music Critic

Once again, Ned's Atomic Dustbin proved they were up to the task of funneling the energy of their albums into a live performance. And energy there was! From the opening drums of "Suave and Suffocated," Ned's had the crowd jumping up and down and slamming, a display which continued non-stop through their entire hour-and-a-half set. The endurance of this band, not to mention the crowd, was unbelievable.

Ned's cranked out some of the hits from their debut album, "God Fodder," such as "Kill Your Television," "Grey Cell Green," and "Happy," but the majority of the set was devoted to new material from their upcoming "Are You Normal?" release. Often times when a group's first album is a hit, they tread upon shaky ground when it comes time for their second release. Granted, "God Fodder," was not a hit in comparison with such mega-pop stars such as Mariah Carey, Garth Brooks, or Metallica.

However, to go from virtual obscurity to underground favorite with little or no exposure is testimony to the sheer talent of this band. The main difficulty that Ned's had was that the show was two days prior to the album release, so they played virtually an album's worth of songs which were unknown to the crowd. An outsider, however, would not have been able to determine the new material from the

old, for the crowd acted equally enthusiastically to all that Ned's had to offer. With their new material, Ned's kept doing what they do best with their original style of high energy dance music, punk, funky bass lines and hard hitting lyrics.

The power behind the music of Ned's Atomic Dustbin continues to be their revolutionary rhythm section; a drummer and two bassists. Dan, on drums, continues to be the skin-beating madman that he was on "God Fodder," and really sets the pace of the music with his intricate beats and fills.

If anything, Alex and Mat, the dynamic duo bassists of Ned's have actually improved. Their twin bass attack gives Ned's their original sound by not only forming the rhythm of the music, but many of the powerful leads as well. It never ceases to amaze me, the talent which they have for harmonizing bass lines. This is the musical element which truly sets them apart and gives them their distinctive sound.

The only noticeable difference in Ned's Atomic Dustbin's new material is in guitarist Rat's sound. Gone is the loud, wailing, distorted, wall of sound guitar and in its place is a more mellow, wailing, distorted guitar sound.

This took a bit of the hard edge from their music, but it would be preposterous to say that their music has gone soft. Their music is still extremely driven and powerful. Their new sound has simply made them a little more harmonic.

Anyone who caught Ned's at one



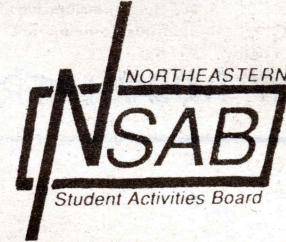
Ned's Atomic Dustbin are from left: Dan, Rat, Mat, John, and Alex. Photo courtesy of Columbia Records

of their Chicago appearances on their "God Fodder" tour, will most likely have recognized a few of the tunes. They have been performing "Legoland," "You Don't Want to Do That," and their first single off the new album, "Not Sleeping Around" for almost a year. Other standout new songs that they performed live include "Spring," "Walking Through Syrup," and "Who Goes First?" All in all, Ned's new album appears to be quite an impressive follow-up to last year's "God Fodder."

With no special effects, incredible lighting, or elaborate staging, Ned's Atomic Dustbin proved that the most important element of seeing this band

live was the music. Their "Are You Normal?" songs are an unmistakable display of Ned's Atomic Dustbin's immense talent. They are powerful and energizing. Don't be surprised to see Ned's join the ranks of their more well-known partners of the newest wave of British rock EMF and Jesus Jones. They have come this far on their own, and with a little more exposure, they could easily reach the level of popularity which they truly deserve. I would encourage anyone to catch this band the next time they come around. Rumor has it that they will be back early next year for a more extended U.S. tour to promote their new album. Don't miss them!

BE ACTIVE!



NSAB is the most active organization in the campus and our events are geared toward the student populations. This term we've presented You Laugh - You Lose, Fun Flicks, and the Back to School Dance. All the events are exclusively chosen and implemented by students. If you would like to be part of planning future activities, contact us at X3859 or visit us at E-205 above the bookstore.

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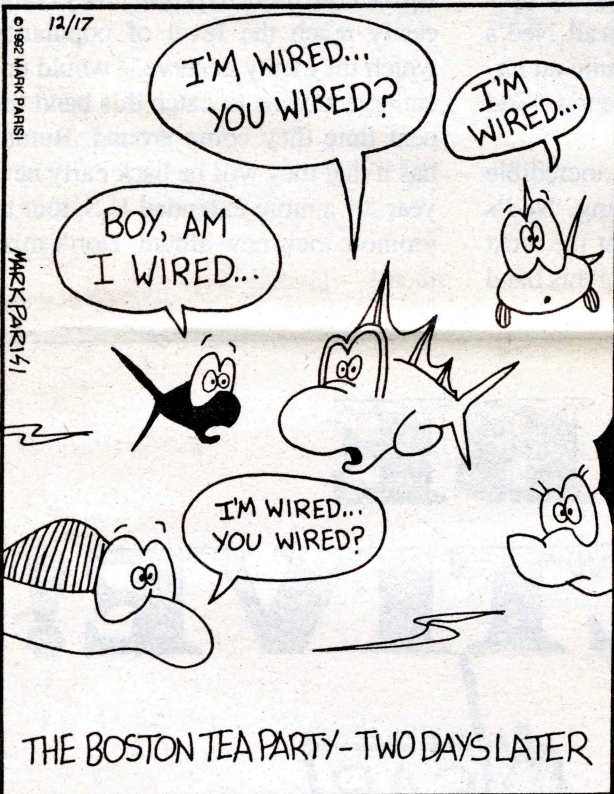
November 18

PG-13 PARENTS STRONGLY CAUTIONED
Some Material May Be Inappropriate for Children Under 13

ENTERTAINMENT

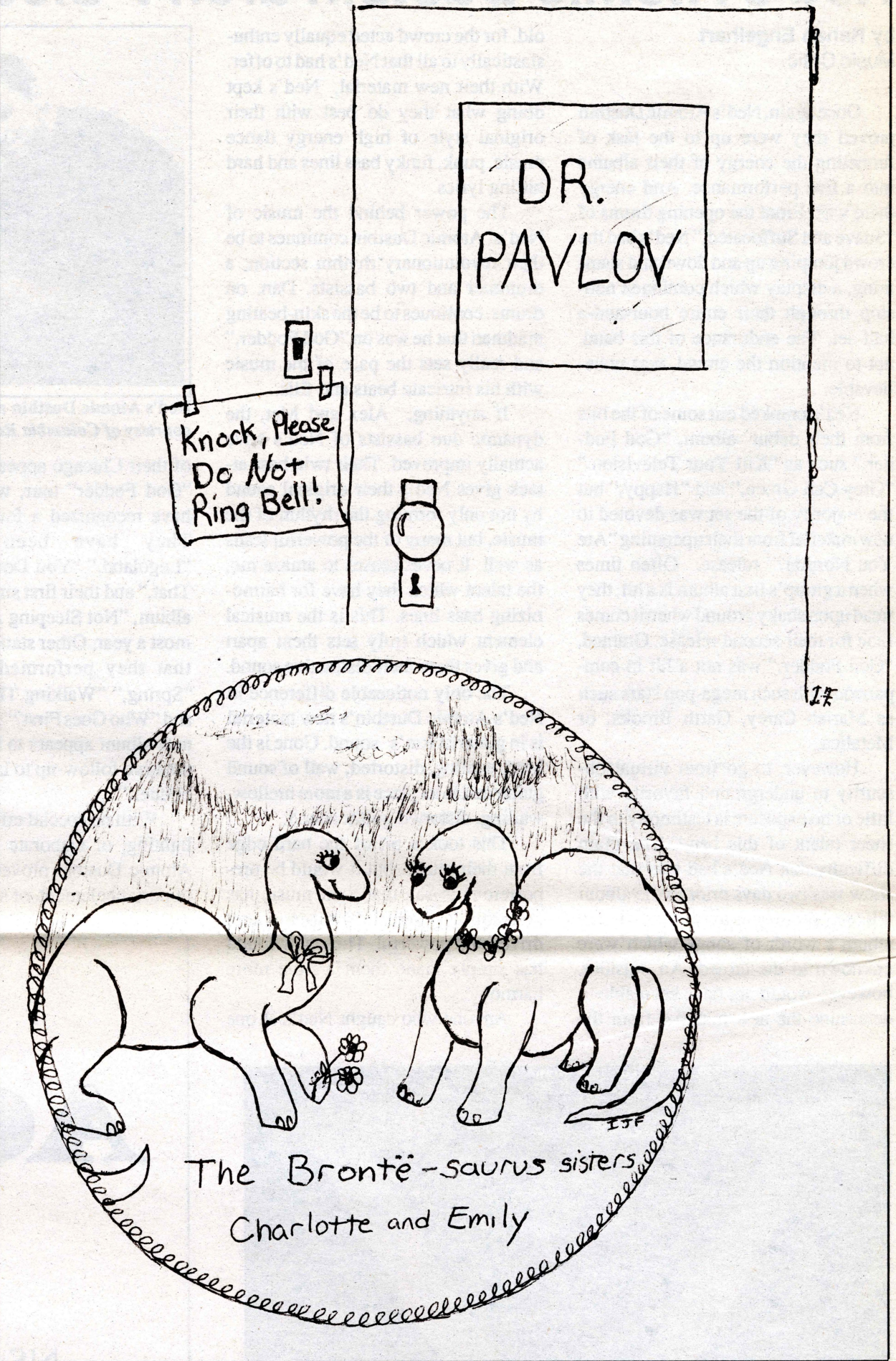
off the mark

by Mark Parisi



Second Glance

by Irene Flebbe



Boy Meets Girl

by Nelson Taplas

