Two community organizations will expand a national health program to university students this semester.

The MOVE! Project, a federally funded weight-loss and health initiative previously only available for veterans, received a grant to expand the program and train community-based educator teams of civilians in places such as churches, schools and other community centers, said Sharon Peterson, registered dietitian and staff member of the VA Medical Center’s MOVE! Project.

Both Eta Sigma Gamma, a campus health organization, and the Marion Veterans Affairs Medical Center plan to bring the program to students.

Peterson said the cooperation between Eta Sigma Gamma and the medical center is part of the Move to a Healthier Community project, which helps area groups receive free training and materials to run the six-session wellness program in their communities. The program can help provide structure, she said, but it can also support both veteran and civilian students who want to become healthier.

"Over 75 percent of veterans in our region are overweight or obese, having a Body Mass Index over 25," Peterson said.

BMI is a height and weight-based measurement used by the National Institutes of Health as a guideline to determine whether an individual is overweight or obese, and the U.S. military and Veterans Administration uses the same basic mathematical formula.

"The program is offered at no cost to participants, and the groups running it can structure it however they like, whether it is weekly classes, bi-weekly or however best meets the needs of the participants," Peterson said.

Issues such as stress, a greater access to high-calorie, low-nutrient foods and a lack of natural physical activity contribute to the high number of overweight veterans, Peterson said, and these same factors also affect the general public. The program is designed not to only help participants lose weight, but also educate them on how to maintain a healthy weight and lifestyle, she said.

"The program consists of classes on how chronic disease and weight can affect overall health, managing stress, setting goals and even quick and effective healthy cooking methods," she said.

Bethany Kies, a doctoral student in health education from Platteville, Wis., is part of the Eta Sigma Gamma group who will bring the MOVE! curriculum to campus. She said health education students are already focused on health and wellness, so the choice of which semester project to conduct was an easy one.

"We do a project every semester, and for the spring we wanted to do something more community-based," she said. "When we heard about the MOVE project, it seemed like a natural fit."

Kies said a meeting held this week should determine the date and location of the group’s first seminar, and she has high expectations for the program.

"We’ll release flyers around campus when we’re fully organized, and we’re focusing on students, as well as veterans who are just coming back to school," she said.

Rosanna McMullin, a graduate student in curriculum and instruction in secondary education from Vichy, Mo., said her only issue with the program is the MOVE! curriculum to campus. She said health education students are already focused on health and wellness, so the choice of which semester project to conduct was an easy one.

"We’re planning to make the sessions available right on campus, so they’re accessible to everyone," Kies said.

Ryan McKennedy, vice president of the Student Veterans Organization and senior from Springfield studying psychology, said a lack of structure and organization can affect both veterans and students’ health and wellness.

"I gained almost 30 pounds after coming back from my deployment," he said. "I was used to someone telling me what to do and having structure. Once I came to school it all went away."

McMullin participated in the MOVE! program in both Virginia and Marion. She said she decided to join the program for the structure and support it offers.

"I was having no success with losing weight on my own," she said. "I realized I need the support."
The Weather Channel® 5-day weather forecast for Carbondale, Ill.

Today
49°
24°
AM Clouds/PM Sun
20% chance of precipitation

Tuesday
47°
30°
Partly Cloudy
20% chance of precipitation

Wednesday
52°
38°
Sunny
0% chance of precipitation

Thursday
55°
34°
Showers
40% chance of precipitation

Friday
51°
33°
Partly Cloudy
10% chance of precipitation

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Machine prompts
FDA response

CLANCE COOK
Daily Egyptian

A controversial but unique vending machine at a Pennsylvania university will not be regulated by the Food and Drug Administration, but some SIU staff have reservations about its contents.

On Wednesday, FDA officials said the administration will not regulate Pennsylvania’s Shippensburg University’s contraceptive vending machine, which sells sexual health products such as condoms, Plan B and feminine care products. Parents and faculty questioned the machine’s validity, but the FDA decided to take no action because it can be used only with a school ID the individual’s age. However, the FDA has previously come out to favor removing the age requirement.

Sarah Steinkamp, Wellness Center coordinator, voiced concern about the vending machine. Unlike a pharmacist, a contraceptive vending machine would not give a female student necessary information she would need before taking the Plan B pill, Steinkamp said. “I think Plan B, like any other medication, has a lot of detailed information that you need before you take it and that having availability to anyone at any time can increase the amount of people who take it, without understanding the side effects,” she said.

Peggy Sullivan, a doctoral student studying human growth and development from Pittsia, said she was also concerned about the pills’ easy vending machine access for students. “I think the condoms would not be a problem, although they are available without paying for them,” she said. “I would have to have more information before I say that the Plan B pill should be that readily available.”

Steinkamp said she thinks the pharmacist plays a key role when purchasing any medication. “We have Plan B available in our pharmacy here,” Steinkamp said. “The reason that is a good thing is because the pharmacist can have a conversation with the student. If a woman is on birth control, sometimes Plan B isn’t good for her to take, and having that conversation is important.”

Steinkamp said the vending machines would serve as a way to help the students with sexual health and to help combat sexually transmitted diseases and infections, but the focus has been on the availability to the Plan B pill and what message that sends to students who are sexually active. Large STD or STI outbreaks are rare on college campuses, she said. “Our STI rates are on par with national averages; students are sexually active and get STIs, she said. “I know more about portion control and having a balanced plate than I did before,” she said. “The program also provided me with a free pedometer so I can track how much I walk in a day.”

MOVE
CONTINUED FROM 3

A general orientation meeting and weigh-ins begins the program, McMillin said, and each session teaches various topics, such as “Creating a healthier you.” “You are the boss” and “The psychology of eating.” The focus is to become healthier overall rather than simply losing weight, she said.

“Living at Wall and Grand, there weren’t many condoms handed out in Wall and Grand events,” he said. “I know the RAs are supposed to give them to us if we need them, but I didn’t know that testing was $6, or that price anywhere else.”

Sullivan said students should be aware of their sexual health options. Treatment and testing is available at the Student Health Center, she said. “The first step is education,” Sullivan said. “The second step would be to get the student over to the Health Center to get tested and get treatment, if treatment is available.”

The testing center is open to all students; Steinkamp said, and the $6 testing bill can be issued to students’ bursar bills.

Even if a contraceptive vending machine is ever established on campus, both Sullivan and Steinkamp said contraceptives are already available at an affordable cost.

“Own pharmacy has condoms available for $2, a pack of 12 Magnums for only 2 dollars,” Steinkamp said. “I have never seen that price anywhere else.”

Garrett Israel, a junior from Crystal Lake studying architecture, said he was unaware of the Health Center’s options. “LIVING at Wall and Grand, there weren’t many condoms handed out that I have seen, but I don’t participate in Wall and Grand events,” he said. “I know the RAs are supposed to give them to us if we need them, but I didn’t know that testing was $6, or that it could go on my bursar.”

CONTINUED FROM 1

Kashari Pierce, a sophomore from Chicago studying biological sciences, said problems arise when students forget to cash out early. “If students forget or don’t have time to cash out, that’s our money going down the drain,” she said.

Amy Piermarini | DAILY EGYPTIAN

Russell Vaicius, of Carbondale, fishes along the icy Crab Orchard Lake east of Spillway Road. “Fishing is not just for the summer,” he said. Tournaments are held year-round at the lake.

EXPRESS
CONTINUED FROM 1

Blake Mangalavite, a Grinnell employee and sophomore from Rochester studying health care management, said student employer hours have been cut almost in half because student availability is highest during hours the shops are now closed. “It’s difficult going from 12-15 hours to about six hours a week,” Mangalavite said.

“Usually, it’s very easy to work around schedule, but it has been harder lately,” Jennifer Palmer, a Grinnell staff member and a junior from Westfield, Ill., studying psychology, said her hours have been cut from 12 a week to about five a week and her hours were still cut, Palmer said.

Some students say they are having trouble adjusting to the new Thursday cash out, since many are still in class by the time the shops close.

Casting in the cold

Zach Martin can be reached at zmartin@dailiegyptian.com or 536-3331 ext. 254.

Russell Vaicius, of Carbondale, fishes along the icy Crab Orchard Lake east of Spillway Road. “Fishing is not just for the summer,” he said. Tournaments are held year-round at the lake.

NEWSPAPER
CONTINUED FROM 1

Kathari Piterc, a sophomore from Chicago studying biological sciences, said problems arise when students forget to cash out early. “If students forget or don’t have time to cash out, that’s our money going down the drain,” she said.

“Araiah Dwumaah, an undecided sophomore from Ghan, said it’s difficult to plan meals ahead of time. “You never know when you’re going to be hungry, or when you’ll get a chance to eat,” she said.
### 206 W. College Suite 11 Carbondale

#### The Best Rentals in Town

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WASHINGTON playing with fiscal fire

LOS ANGELES TIMES

Federal statisticians issued unexpectedly bad news Wednesday, saying the economy contracted in the last three months of 2012 — the first downturn since the recovery began in mid-2009.

The sour numbers weren’t as bad as they seemed at first, yet they still sent a clear signal that the recovery is too fragile to withstand a sudden shift to fiscal austerity. Unfortunately, Congress doesn’t seem to be getting the message.

The Commerce Department’s Bureau of Economic Analysis reported that U.S. gross domestic product decreased by 0.1 percent in the fourth quarter of 2012, after growing 3.1 percent in the third quarter.

The two main factors in the contraction were sharp reductions in military spending — not unusual for that time of year — and business inventories. In fact, much of the growth in the third quarter stemmed from increases in those two areas. Over the course of the year, GDP grew 2.2 percent, or about half as fast as would have been expected in the typical recovery.

Considering the havoc caused by Superstorm Sandy and the uncertainty surrounding the so-called fiscal cliff, the fourth quarter could have been worse. And the economy may still sink further.

As a result of a last-minute compromise on the fiscal cliff, temporary cuts in payroll taxes (for all wage earners) and income taxes (for the highest incomes) lapsed at the beginning of the year. And in March, more than $100 billion in across-the-board cuts to discretionary spending programs are scheduled to begin.

This kind of double whammy could push the country back into recession.

Included in the 2011 deal to raise the debt limit, the across-the-board cuts were seen as a worst-case scenario that would help push Republicans and Democrats to reach an agreement on how to fix the federal government’s finances for the long term.

From that perspective, discretionary spending isn’t the problem — entitlement programs are, especially those such as Medicare and Medicaid that provide healthcare benefits.

Sadly, both Republicans and Democrats seem ready to let the cuts go into effect as scheduled rather than trying again to bridge their differences over a long-term plan.

— Los Angeles Times

As problematic as large, sustained deficits are, the first priority for lawmakers should be stronger economic growth and more jobs.

They won’t be able to solve the deficit problem as long as the economy remains sluggish. And it should be obvious that pushing the country back into recession would be a step in exactly the wrong direction.

What’s needed now is a clear, achievable plan to bring the debt and deficit under control for the long term.

A crucial part of any such plan is promoting a more vigorous economy, possibly by simplifying the federal tax code.

Another important piece is putting entitlements on a more sustainable path, reducing the drain on the Treasury.

That means expanding on the 2010 healthcare law’s efforts to increase efficiency, quality and innovation in healthcare.

But if Congress is determined to cut federal spending now at all costs, it may be upset to find how much it costs the economy.

Submissions
Letters and guest columns must be submitted with author’s contact information, preferably via email. Phone numbers are required to verify authorship, but will not be published. Letters are limited to 400 words and columns to 500 words. Students must include year and major. Faculty must include rank and department. Others include hometown. Submissions should be sent to opinion@dailyegyptian.com.

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Every two seconds a child is orphaned, and every 90 seconds an orphan dies from malnutrition and hunger, according to the president of Food for Orphans.

Food for Orphans, an organization that packs and sends meals to orphans worldwide, teamed up Saturday with the SIUC Newman Center to hold a food-packing event. Hundreds of volunteers collaborated to pack 92,000 immune system-boosting meals in an effort to curb orphan starvation.

President and founder Gary VanDyke said he started Food for Orphans in 2007 after eight years of volunteer work with other organizations and helping orphans around the world.

"After visiting impoverished countries, I noticed that orphans were suffering the most," VanDyke said. "They were starving to death."

A total of 400,000 orphans die from starvation each year and 60 million go to bed hungry every night, he said.

Regional representative Tim Lewis said the first Carbondale food packing event was a success and hopes to hold a second event in the fall because of the large response from campus and area groups.

Fraternities, sororities, Saluki athletic teams and numerous area churches volunteered Saturday to reach the packing goal. Many Conway, of Steeleville, heard about the events from her church and traveled to volunteer.

"I hope the food goes to anyone in need," Conway said.

Food for Orphans holds about 20 packing events and ships five to six freight containers each year. The Colorado-based organization will vote whether the container, which was filled on Saturday, will be shipped to Haiti or West Africa.

Volunteers combine the ingredients for each meal Saturday at one of 20 assembly tables at the Newman Center. Ten volunteers surrounded every table and, after three packing shifts, the groups completed 92,000 meals.

Misty Conway, from Steeleville, prepares food Saturday at the Newman Center for homeless orphans. Each meal was designed by scientists to boost the immune system of starving children. The meals contain a special recipe of rice, soy protein and vegetables, enriched with 21 vitamins and minerals.

Lauren Lehman, a 5-year-old from Carbondale, packs meals Saturday for Food for Orphans at the SIU Newman Center. Each event requires a minimum of 200 volunteers to ensure a successful day. Over 160 students alone volunteered to help reach the goal of 92,000 meals. Students can volunteer by joining the Food for Orphans Student Advisory Council.
Zombie films have a long and serious history: “28 Days Later,” “Night of the Living Dead” and “I Am Legend” are just a few examples. What’s not serious about walking corpses and the end of humanity itself?

However, a mass of zombie comedies such as “Shaun of the Dead” and “Fido” have recently broken the genre’s seriousness rather than propel it. These films draw a clear line between funny and serious.

“Warm Bodies,” a new zombie movie which falls on the line’s funny side, follows a zombie named R who falls in love with a human named Julie after he attacks her search party and kills her boyfriend. R learns more about Julie when he eats her boyfriend’s brains (don’t ask), and the two discover their love is the zombie virus’ cure as their relationship forms. The film’s remainder follows R’s and Julie’s struggle to reveal the cure to the world.

Austin Flynn: There are so many vampire and zombie movies nowadays. To be honest, I can’t remember the last one I truly cared about. While “Warm Bodies” was a lot of the same as far as plot goes (there’s not much you can do with the end of the world), I’m happy to say it was an enjoyable experience filled with laughs and respectable character development. Nicholas Hoult played R well in his lifeless state, and he really made the stiff-acting style Kristen Stewart trademarked in “Twilight” look good. Teresa Palmer’s Julie pleasantly complemented his performance. For me, the actors made the movie, and it was nice to see film veteran John Malkovich along side some younger actors, even though his character didn’t make many appearances.

Karsten Burgstahler: I’m actually quite bummed that Malkovich appears very little. His mannerisms and dry acting methods could have been put to more use, but I digress. I agree Palmer and Hoult play well off of each other, but I’m not sure how well the dialogue can help when the movie’s main character can speak only in groans. R’s grunting is funny for a little while, but it eventually gets old so I’m glad his character evolves. Rob Corddry as R’s friend M plays a nice supporting role, but I think he was underused. The screenwriters had enough clever twists to keep the audience occupied, and the action elevates the film above its “Twilight” brethren.

AF: Although it is slightly cheesy to use love as the cure, the twist was handled interestingly. My biggest complaint was Julie’s strange willingness to accept the fact that R killed her boyfriend, but I suppose I can let it slide if I can accept zombies curing themselves by means of warm, fuzzy feelings. The action was impressive, the comedy was well-timed and the actors played their respective roles admirably. The screenwriters had enough clever twists to keep the audience occupied, and the action elevates the film above its “Twilight” brethren.

KB: I would say the movie surpassed my expectations as well. February movies are often ones the studios want to hide, so “surpassed expectations” is a victory. The action sequences, although not incredibly numerous, are exciting. Summit Entertainment, the studio that also produced “Twilight,” has built a teen-flick empire. “Warm Bodies” was a gamble, but I would say they’re on the right track since the company earned a positive review after we drubbed the last “Twilight” flick. “Warm Bodies” is a fine example of how a paranormal-romance flick can appeal to a wide audience. Kristen Stewart, take note.
SIU’s rebounds and foul trouble struck again as the Salukis lost their 10th consecutive game against Bradley University. The 90-48 loss also marks the largest victory margin by an opponent since Illinois State’s Jan. 19 89-41 victory, which resulted in the former head coach Missy Tiber’s resignation.

The Salukis (4-16, 1-8) kept the game within 10 points through the first five minutes against Bradley (9-11, 3-6), but a 20-3 Braves run extended the lead to 35-12. Bradley didn’t stop there, as they went on a 19-8 run before the end of the half to give the Braves a 54-20 lead.

“We tried basically every defensive thing besides pressing,” interim coach Adrianne Harlow said. “We played zone; we played man. We just don’t have a real buy-in to stop anybody.”

Bradley was dominant in the post, and the team’s 28 points in the paint alone was more than the Saluki’s scored in the first half. The Braves ended the game with 18 offensive rebounds and 25 second-chance points. Bradley came out of the half holding the Salukis to just two points through the second half’s first six-and-a-half minutes.

“We just couldn’t keep up with them scoring-wise,” Harlow said. “We had 38-40 percent shooters wide open with literally no one by them. You’ve got to hit a shot at some point.”

The Salukis capitalized on Bradley’s second-half mistakes and scored nine points on five Brave turnovers, but the lead proved too much to overcome.

Saluki freshman guard Rishonda Napier was SIU’s leading scorer with 13 points. Napier has shot 30 percent since being named the Missouri Valley Conference’s Newcomer of the Week. Normally dangerous from beyond the arc, Napier is just 2-13 from 3-point range in the same time span.

Fellow Saluki guard sophomore Cartessa Macklin had a rough offensive night and tallied eight points for the game. The sophomore guard also had six turnovers. Her five fouls held her to just 15 minutes of play.

However, she wasn’t alone in her struggles as no Saluki hit more than five shots in the game. Bradley ended the game with six players in double-digit scoring and shot 50.7 percent. This was the Braves’ largest margin of victory against an opponent in 29 years.

The loss extends SIU’s losing streak to eight against Missouri Valley Conference opponents and ranks SIU with the worst record in the MVC.

The Salukis will tip off next against Evansville — the team that began their current losing streak — Saturday at SIU Arena.

Matt Ferguson can be reached at mferguson@dailyegyptian.com or 533-3611 ext. 282.
Track and Field
CONTINUED FROM 12

Sophomore DeAnna Price rounded out the top five with her fourth-place 18.64-meter toss. Freshman Josh Freeman won for the second consecutive week in the men’s shot put final with his 16.98-meter throw, which measures to more than 52 feet.

Junior Brian Cooper and sophomore Bradley Sauer followed their teammate’s success to sweep the top three places. Cooper threw a final distance of 16.30 meters, and Sauer tossed 15.60 meters. Sauer’s throw propelled him to third in the nation among active NCAA division one throwers; he was previously ranked eighth at 20.35 meters. Sauer also moved ranks in the SIU record book, as his performance moved him from sixth to fourth in SIU history for the men’s weight throw.

Coach Connie Price-Smith said she was happy with SIU’s performance, and predicted a strong finish in future conference meets if the men can perform like the second-day weekend invitational.

“Having a scored meet helps the athletes focus on contributing to the team’s total points,” Price-Smith said. “That’s the attitude that we will need going into the conference meet.”

The Salukis will travel to Allendale, Mich., on Friday and Saturday for the GVSU Big Meet at Grand Valley State University.

Ball
CONTINUED FROM 12

During a six-minute window, The Redbirds’ outstanding performance stretched the lead to 24 points. Hinson said his team looked flustered and hesitant at times.

“The second half ‘just got away from us, and we had no chance of getting it back,’” he said. “There was an eight-minute span where we just went brain dead. Frustration, lack of confidence culminated.”

Junior guard Demar Jackson came off the Saluki bench and scored 14 points on six of 18 shooting from the field. The junior made two 3-point field goals in limited action and nabbed four rebounds.

“Demar is pretty good at not being punished,” Hinson said. “He missed an activity. Not only did he miss one, but he missed three times.”

Sophomore Saluki big man Dantiel Daniels’ scoring was held to just a point in the blowout and missed four free throws. Daniels is still nursing an ankle injury and hasn’t been very productive in recent games.

Hinson said heading the sophomore post man was meant to motivate and energize him.

“I think it’s pretty obvious what I’m trying to do here — I’ve got to find a way to get Dantiel to play,” he said. “He played 15 minutes today and he scored one point and gets one rebound? He’s our tallest player. We have to get something.”

SU’s offense has struggled lately, and no Saluki has scored more than 20 points in a game since Jackson notched 21 points against Bradley on Jan. 15. Although SUU isn’t a talented 3-point shooting team this season, more than half of the team’s shots Saturday were from behind the arc. The Salukis shot a meager 30 percent from the field. Daniels’ scoring was held to just a point in a game against Bradley on Jan. 15. Although SIU isn’t a talented 3-point shooting team this season, more than half of the team’s shots were from behind the arc. The Salukas shot a meager 30 percent from long range this year.

Redbird senior center Jackie Camishaud dominated the post, scored 15 points and snatched 11 rebounds off the boards. The senior also made six of five free-throws as his team lost 80 percent from the free-shot line.

“They are an enigma to me,” Hinson said. “I watch them against other teams, and for whatever reason they really like playing against us.”

The Salukis look to end the six-game skid in a battle Tuesday against Wichita State in the SIU Arena.

Swimming
CONTINUED FROM 12

“I’m leaving for the Hungarian National Team training camp this week. It’s going to be a bumpy camp, so it’s going to give me an extra boost when I come back,” Gericsak said. “Then once I come back, I have to get the speed and put it all together for the conference meet.”

The team’s next meet is the conference championships. The women’s meet takes place Feb. 14 in Carbondale, but the men’s conference won’t happen until March 7 in Carbondale.

Walker said he was happy with the seniors’ Saturday performances, and he needs the upperclassmen to continue their leadership.

“It’s nice to see the seniors go out in a situation when they can swim fast and go out with a win,” he said. “Our ladies and guys have been showing our younger athletes how to do it since day one and this just culminates to the end of the year.”

Swimming
CONTINUED FROM 12

Sophomore pole vaulter Caselyn Harding begins to clear the bar between Friday and Saturday during the SIU Invitational at the Recreation Center. Harding finished fourth during the final vault with a height of 3.35 meters. Both men’s and women’s teams placed first at the meet after taking 15 of 28 event titles.

Laura Roberts | Daily Egyptian

In the SIU arena on Friday night, SIU’s women’s teams placed first at the meet after taking 15 of 28 event titles.

Sophomore pole vaulter Caselyn Harding begins to clear the bar between Friday and Saturday during the SIU Invitational at the Recreation Center. Harding finished fourth during the final vault with a height of 3.35 meters. Both men’s and women’s teams placed first at the meet after taking 15 of 28 event titles.

The Recreation Center. Harding finished fourth during the final vault with a height of 3.35 meters. Both men’s and women’s teams placed first at the meet after taking 15 of 28 event titles.
THE Daily Commuter Puzzle by Jacqueline E. Mathews

ACROSS
1 slang: the game of China 4 Thing worth having 9 USNA for one 12 Palm of pine 15 Sound loudly 16 Nat King 17 Flower stalk 18 Arm on the loose 19 Egg on 20 Physical ... gym class 22 Anthropologist Margaret 23 Stitheth 24 ... bandage; elastic wrap 26 Get away 29 Church musician 34 Smudges 35 Drive loc fast 36 No, in Dundee 37 Uncovered 38 Anchor 39 Idaho export 40 Actress ... Marie Saint 41 Place for a spare tire 42 ... that it were so! 43 Dover's state 45 Like a spoiled child 46 Ford du ... W!! 47 Stag or doe 48 Bangkong native 51 ... homework; teacher's task 56 Sharpen 57 Word with soy or Hollandaise 58 Part of speech 60 TV sitcom about a deacon 61 Wading bird 62 Pierce 63 Cronk's field 64 Canary food 65 Crispadown DOWN 1 Rushmore and Sinai: abbr. 2 Camedian ... Johnson 3 Pay attention 4 On fire 5 Gray, like fine-grained rock 6 Robe of India 7 Consequently 8 Adolescent 9 Showedness 10 Apple's center 11 Pond growth 12 Owner's paper 13 Immate 14 Barking & tams 25 Scoundrel 26 Wasted 27 Work very hard 28 Pinkish color 29 Give one's views 30 Stink 31 Comment 32 St. Marie 33 Our first Pres. Roosevelt 35 Insulting remark 38 Noisy quarrels 39 Flying high 40 Aboda 41 Defunct airline 42 Songbird 44 Marlins and others 45 Has offsetting 47 Chopped finely 48 Other ... besides divider

Created by Jacqueline E. Mathews (2/3/17)

Thursday's Puzzle Solved

1 3 6 8
2 5 6 4
3 9 7 2
4 8 5 1

Answer: "-"

Thursday's Answers: OPERA SPENT OPPOSE SPUCE Whether or not the coin would land heads or tails was — A TOSS UP

Sudoku

Castle Perilous Games and Books

Brought to you by:

#SUDOKU #UPLESS #ByTheHephaestGroup

8 1 3 6 7
5 2 4 1 9
9 4 8 2 5

1 3 6 8 2
3 6 4 7 1
9 4 8 3 5

7 2 5 3 4
8 9 5 4 6
4 1 7 5 2

Level: 1

Thursday's Answers:
9 5 3 4 6 2 1 7 8
2 7 6 5 3 4 1 2 9
7 6 2 4 9 8 3 2 1
8 1 3 6 7 4 9 5 2
5 2 4 1 9 6
9 4 8 2 5 7
3 6 5 8 1 2
4 9 7 3 1 6
6 8 1 5 2 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contain every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk.

Jumble

Imagery in English

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

MIXED UP BY:

PYRCT

DEEMLY

PAPREA

Answer: "MERRY CHRISTMAS"

Find us on Facebook http://www.facebook.com/jumble

Amazing results are possible.

Get your Jumble puzzle to complete the grid by David L. Hoyt and Jeff Knurek

- by David L. Hoyt and Jeff Knurek

- by David L. Hoyt and Jeff Knurek

- by David L. Hoyt and Jeff Knurek

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Pick up the Daily Egyptian each day to test your crossword skills

Aries — Today is a 7 — Travel at your own risk. News affects your decisions for the next two days, so remain flexible. Don’t stress; keep studying. Cut the Ruff. Keep a low profile.

Taurus — Today is a 9 — Appearances deceive, and changes require budget revisions. Craft inspiring goals that push the boundaries of what you consider reasonable. No boredom allowed.

Gemini — Today is an 8 — Vivid feelings and expression of love occupy you for awhile. Good judgment is still required. Keep your home clean to avoid an argument.

Cancer — Today is an 8 — The next few days get busy. Don’t spend over budget; speculate or take financial risks. Discipline is required. Get team opinions before committing. A wide perspective sees farther.

Leo — Today is a 9 — Romance blossoms, but there could be difficulties, like temporary confusion or misunderstanding. Ignore insignificant irritants and advise your partner to do the same.

Virgo — Today is a 9 — Change takes time. Plan a project privately without rushing. No detail is too small. Research the full story and impress an elder. Score extra points for flair.

Libra — Today is an 8 — Request copies of missing documents. You’ll find it easier to concentrate. Irritate no one. Stick with what you have. Relax and enjoy it.

Scorpio — Today is a 9 — Morale gets a boost. Others buy in to your plans. Don’t fuss about something that doesn’t fit expectations. Often it’s better (although disguised).

Sagittarius — Today is a 7 — Take a solitary walk. Answer new questions, provide comfort. Heart and mind are in sync today and tomorrow; let practical optimism guide. An old love blossoms anew.

Capricorn — Today is an 8 — Watch for surprises, and keep secrets. Work through some old business. Figure out what you really have together. The possibility of error is high.

Aquarius — Today is an 8 — Guard against being impetuous, and hold your temper. Keep following your dream, and do what you promised. Sum up a meeting, but don’t show excessive folks unfished work.

Pisces — Today is a 9 — There’s a test or challenge coming up. Get quiet to find your focus. Determine priorities. New information dispels an old fear. Amazing results are possible.
Seniors lead Salukis to dual-meet wins

JACK ROBINSON  |  Daily Egyptian

The Saluki swimming & diving team took 21 of 26 events on a night when the team said goodbye to eight seniors. Seniors Csaba Gercsak, Jessica Anderson, Thomas Defay and Anna Beeck ended their collegiate careers with individual and team wins on Saturday.

SIU held a dual meet Saturday in Carbondale against the University of Evansville. The Salukis won both the men’s and women’s meet with both teams scoring more than 150 points. The men beat Evansville 156-72 and won a total of 11 events. The women’s team won 154-89 and added 10 titles to bank 21 total individual Saluki wins.

Coach Rick Walker said the win is exactly what the team needed with the Missouri Valley Conference meet just two weeks away.

“The seniors are really happy,” he said. “In many ways, we could take it lightly and get hammered, or we could take it lightly and accomplish nothing.”

The seniors’ performances were highlighted by Gercsak and Defay, who both won individual events. Gercsak won the men’s 1,000-yard freestyle swim with a final time of 9 minutes and 58.01 seconds. Defay competed in the 200-yard individual medley and swam a time of 1:58.51, which beat out second-place freshman swimmer Troy Burger of Evansville by nearly two seconds.

The emotion present is usually bittersweet when seniors leave their respective schools, Gercsak said, but he liked leaving SIU on a high point.

“Everyone showed support for the seniors, and it was very emotional, but overall it was a good day,” he said. “We all swim well and showed a lot of effort and had a great meet.”

According to senior Kirsten Gosmes, the SIU swim team acts much more like siblings than they do teammates.

“We all spend 24-7 together, we get along and make up like brothers and sisters,” she said. “At meets we are really behind each other. We know each other’s goals and we make sure to support those goals. If a teammate accomplishes a goal, you feel like you did as well.”

With the MVC meet round the corner, Walker said rest is the main part of his practice plan.

“We’ve worked hard and worked on the physical aspect of the sport and we beat them up,” he said. “But now it’s just time for rest and relaxation.”

Gosmes said rest is important to success as well.

“We always try to get more rest than usual and try to calm down,” she said. “Most people watch and tape our diets, some start earlier and some start later, it just depends on what your event is.”

However, Gercsak said he does the opposite to prepare for the MVC meet. He will leave for Hungary this week to train in his home country, and will return after a seven-day camp.

Please see SWIMMING | 9

TRACK AND FIELD

Victory comes in pairs for Salukis’ track team

TERRANCE PEACOCK  |  Jack Robinson  |  Daily Egyptian

The men’s and women’s Saluki track and field teams breezed through the weekend’s competition as the men and women won a combined 15 events in front of their home crowd. Friday and Saturday at the SIU Invitational.

SIU’s men finished the meet with a 207.5 team score, and Central Arkansas’ 81.5 was a distant second. Meanwhile, the women finished the invitational with a 182.5 team score, which is 66 points ahead of second place Alabama State’s 91.5.

The invitational also saw a handful of personal bests, which included sophomore Krista Menghini’s win in the 3,000 meter race. Menghini finished at 10:15.99, which is more than 13 seconds better than her personal best.

“Usually I’m pretty nervous before my races, and I just thought that was kind of weird,” Menghini said.

Senior Lucas Cherry overcame multiple injuries to win his first career mile run at 4:20.03. Sophomore Juan Carrera and junior Nick Schrader and Brian Dixon all notched personal bests and finished in the top 10. This was Cherry’s second meet of the season after returning from rehab for an injured hip and shin as well as stress fractures from the cross-country season.

Cherry said he is happy to get back on the track after such extensive rehab.

“It’s my senior year, so it’s my last time to race here indoor,” he said. “I was happy to get the win, but I would have liked to be a little faster.”

Senior Kim Fortney grabbed the women’s shot put with a throw of 16.25 meters, which was within two inches of her personal best.

“Everyone showed support for the seniors, and it was very emotional, but overall it was a good day,” he said. “In many ways, we could take it lightly and get hammered, or we could take it lightly and accomplish nothing.”

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Please see SWIMMING | 9

MEN’S BASKETBALL

Redbirds rely on defense for victory

DEMARIO PHIPPS-SMITH  |  Daily Egyptian

Illinois State overwhelmed SIU 83-47 Saturday in Normal. The loss extends SIU’s losing streak to a season-high six games and is the worst margin of defeat, in the two teams’ history.

Defensively, ISU smothered the Salukis’ all-guard starting line-up. Senior guards Jeff Early and TJ Lindsay accounted for just four points of the SIU offense. Lindsay, who sank three 3-pointers against Drake, failed to connect on his only attempt in the game. Early led the Salukis with 11 rebounds, and four came from the offensive glass.

“Even if you don’t get baskets, you get stops and the other team can’t go on a run,” ISU coach Dan Muller said. “It’s about playing every possession defensively.”

Despite a poor offensive start, SIU trailed by just 12 points at halftime. Saluki freshman guard Anthony Beane Jr. hit a 3-pointer with 13 minutes left in the game to bring SIU to a 52-40 deficit. However, for coach Barry Hinson and the Salukis, the momentum wouldn’t ride with SIU for long.

Please see BBALL | 9