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Daily Egyptian

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Monday, October 4, 2010

CITY

Family receives new habitat from humanity

PAGE 4

WORLD & NATION

How much do you know about breast cancer?

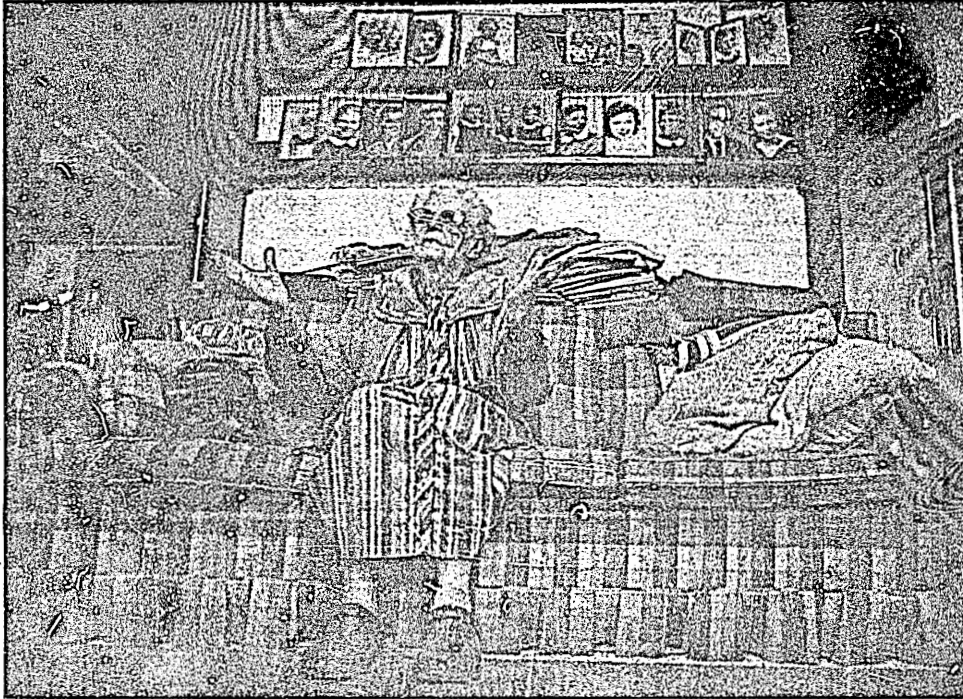
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SPORTS

Salukis' end losing streak

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Helen Sirles, 99, of Alto Pass, sits for a portrait Friday in her home in Alto Pass. Sirles, a retired high school teacher, lives by herself in her family home behind Rendleman Orchard and Farm Market. Sirles said she loves the autonomy and is glad she has such a close family. In her home, she has three rooms dedicated to family photos, a collection she said is something of which she is most proud. FOR THE FULL STORY PLEASE SEE PAGE 6. ISAAC SMITH DAILY EGYPTIAN

Cadets, veterans invigorate SIUC

SIU Veteran Affairs ranked second best

MICARA CANTY
Daily Egyptian

SIUC's second-place finish in a nationwide competition was not good enough for Edward Obidi.

Military Times EDGE, a magazine for military personnel, ranked SIUC second in its inaugural listing of best universities in the nation for veterans.

But Obidi, a graduate student in public administration from Chicago, said SIUC should have been higher.

"SIUC's vet office should be No. 1," he said. "They make it so simple. They are the middlemen or to my knowledge the 'man.' They are (veterans') real life database."

Obidi said he has gone to the Veteran Affairs office since fall 2006, and he would have never imagined himself as a graduate student or made it through college without it or other campus services.

Military Times EDGE invited more than 4,000 accredited institutions of higher learning to provide information about their veterans programs, policies and resources. The programs were evaluated on financial assistance through scholarships, waivers, GI Bill accessibility; academic flexibility; campus organizations and ac-

tivities and other support services.

Chris Piha, veterans center coordinator, submitted an application in August to enter the competition. He said SIUC's success is only the tip of the iceberg of many more achievements to come.

He said the Veterans Center received support from various departments on campus.

"There was not just one office on campus that can be attributed for this success," Piha said. "It was a collaboration of all the departments across campus and we could not have done that without the support of the administration."

SIUC Chancellor Rita Cheng said the ranking honored the university and SIUC would continue the same level of service to veterans.

"We are pleased that our faculty, staff and students have been recognized for their dedication to helping our student veterans achieve academic and career success," she said.

The center is not only great at helping students on veteran issues, but they aim to give veterans a well-rounded college experience, said Alan Beck, a graduate masters in exercise science from Steeleville.

Please see VETERAN | 3

ROTC embedded in Carbondale for training exercise

RYAN VOYLES
Daily Egyptian

Samuel Nelson camped alongside 90 other ROTC cadets during the weekend with only the supplies in his backpack, three portable toilets and wake-up calls at 5:30 a.m.

And he said he would not have had it any other way.

Nelson, a sophomore from Benton, Mo., studying administration of justice, was one of 91 cadets in the U.S. Army Reserve Office Training Corps to participate in the program's fall training exercises Friday through Sunday at the Department of Public Safety Firearms Range, south of the SIUC Farms.

Cadets shot M4 Carbines, practiced crawls on the ground with their guns in hand and learned about other cultures during the training. The weekend was capped with hands-on training with a UH-60 Blackhawk helicopter, which transported cadets from the training ground to the "landing zone" across from McLafferty Annex.

Nelson said the training was to not only improve on weaknesses, but also to build relations with other cadets.

"It's a great thing," he said. "You get closer

66 *It's a great thing, you get closer to everybody here in ROTC, you become better friends with everyone.*

— Samuel Nelson
sophomore studying administration of justice

to everybody here in ROTC; you become better friends with everyone."

The exercise was used as an introduction to ROTC for new cadets, as well as to prepare older cadets for courses they will need to take, said Capt. Jonathan Cape, a ROTC enrollment officer.

"The younger cadets sort of get to learn about some of the drills and procedures that they'll be expecting to do later, while the juniors will be preparing for the (Leadership Development Assessment Course)," Cape said. "Our seniors and older cadets lead each of the programs that take place in the exercise."

Aaron McNeal was one of the student leaders who helped train the younger cadets.

Please see ROTC | 3

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About Us

The DAILY EGYPTIAN is published by the students of Southern Illinois University Carbondale 50 weeks per year, with an average daily circulation of 20,000. Fall and spring semester editions run Monday through Friday. Summer editions run Tuesday through Thursday. All intercession editions will run on Wednesdays. Spring break and Thanksgiving editions are distributed on Mondays of the pertaining weeks. Free copies are distributed in the Carbondale, Murphysboro and Carterville communities. The DAILY EGYPTIAN online publication can be found at www.dailyegyptian.com.

Mission Statement

The DAILY EGYPTIAN, the student-run newspaper of Southern Illinois University Carbondale, is committed to being a trusted source of news, information, commentary and public discourse, while helping readers understand the issues affecting their lives.

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• Lecture by Professor Pranab Bardhan from University of California-Berkeley
• Book signing prior to lecture.
• Free to public.
• Reach Nancy Mallett for questions at 453-5085

Dr. Andrew Youpa Presentation: Sigma Tau Delta Lecture Series
6 p.m. to 7 p.m. Oct. 12 in Saline Room of Student Center
• Dr. Youpa from the Dept. of Philosophy will be discussing his research.
• Open and free to public.
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ROTC

CONTINUED FROM 1

McNeal, a senior from Chicago studying industrial technology, said the goal was to teach and entertain the new cadets and leave them with valuable knowledge.

"We bring them out here and motivate them, make it interesting to them," he said. "All while letting them know the things they'll definitely need to know once they go to the course or join the regular Army."

"The course is a 32-day camp put on by the Army that most cadets attend between their junior and senior years," Cape said. He said the camp evaluates the progress of the cadet up until that point.

"Everything that they're learning here, they are going to be evaluated by their higher officers there," he said.

Cadets who pass the course are ranked nationally by their performance and get to choose which branch of service they want to go into based on their rating," Cape said.

Nate Grunert, a freshman from Frankfurt studying foreign language and international trade, said although he is still several years away from going to the course, there was still a lot to learn at the exercise.

"It's been very educational, it's a good program," he said. "There are a lot of things here to prepare the (juniors) for the course, but there are a



EDYTA BLASZCZYK | DAILY EGYPTIAN

ROTC Army cadets Junior Aundrea Schuette, freshman Matt Rabone, and Junior Nicholas Ruemker figure out how to tighten a seatbelt in a UH-60 Blackhawk helicopter Sunday in a field south of the SIUC Farms.

The field training is used as an introduction for new ROTC cadets, and prepares the upperclassmen for the Leadership Development Assessment Course put on by the Army in Fort Lewis, Wash.

lot of things here for us (freshmen and sophomores) that give us the opportunity to learn. So when we go to the course, we will not have to worry about being fresh and not knowing what to do."

Grunert and the other freshman were not the only ones getting their first experience with the ROTC field

training exercise. Lt. Col. Eric Roberts, director of army military science, took over the ROTC program in July after the retirement of Lt. Col. Gary Himes in June. Roberts said he decided to take the position to help develop cadets into future leaders.

"It's not just about training future

officers, it's about training citizens who will be invested in their communities who will hopefully become leaders some day," he said. "Even if they don't go through the four years and commission at the end or whatever happens, I believe they will come out of this as better people, better leaders and better citizens. I'm hop-

ing they'll take these skills and put them to good use."

Many of the cadets said they not only appreciated the lessons they were learning during the exercise but also valued the bonds they were developing with others.

Nick Ruemker, a junior from St. Louis studying aviation flight, said he had done some training with the Air Force in Colorado, but he transferred to SIUC so he could learn to fly helicopters. He said the ROTC training builds up field expertise as well as friendship between the cadets.

"It's kind of like taking an extra class, with a little bit of extra work. ... But it's a good way to build up some camaraderie," he said. "We do some fun stuff, if you're into these sort of things."

Besides the lessons taught by his superiors, Nelson said what he would take away the most from the weekend was the sense of teamwork and trust developed between his fellow cadets.

"We have to learn communication, and understand that everybody is here to be an officer," he said. "You may not be having a good day, but other people are having bad days too, so we just have to learn to build from your weakness and focus on everybody else as a team."

Ryan Voyles can be reached at rvoyles@dailyegyptian.com or 536-3311 ext. 254.

VETERAN

CONTINUED FROM 1

Beck said the transition from postwar to civilian life has eased over time.

"It was a rough transition," he said. "I just kind of showed up and did not know how to start with school. They work immensely to try to find something out there for us whether it was grants, dental,

counseling, housing, etc."

Beck said what he likes most about the university is the fact that staff and faculty go above and beyond to help veterans. Disability Support Services collaborate with the center

to help veterans in any way it can.

Puha said the ranking proves how much the university cares about its students who have served the military.

"I am proud," he said. "It says a lot about our university and how we truly

feel about the men and women who honorably served our country."

Michaiah Canty can be reached at mcantyh@dailyegyptian.com or 536-3311 ext. 259.

The Student Programming Council would like to announce the . . .

2010 Homecoming Court

2010 Homecoming elections will take place online this year! Please check your SIUC email account for further information.

Elections will take place from Monday, October 4 at 8:00 am to Thursday, October 7 at 8:00 am



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Volunteers create habitat for dream

"I can't believe a dream of mine finally came true, and it was a big dream."

— Tammy Swinney-Prude
future resident of Habitat
for Humanity House

CHEYENNE ADAMS
Daily Egyptian



DANIELLE MCGREW/DAILY EGYPTIAN

David Koster, of Carbondale, measures the length of floorboard needed in a Habitat for Humanity home on East Burke Street. He has been involved with Habitat for a decade, but is more involved now than he used to be after his retirement as a chemistry professor.

Tammy Swinney-Prude, the future resident of Habitat for Humanity's most recent project, said the opportunity to have a home built for her in Carbondale was a dream come true.

First-time home owner Swinney-Prude and her family were given the keys to 406 East Burke St. Saturday after a dedication ceremony, said David Koster, the construction manager for Habitat for Humanity of Jackson-Union County. Koster is overseeing the finishing touches at house and said he expects the house to be finished Wednesday.

The SIU chapter of Habitat for Humanity volunteers with the Jackson-Union County affiliate Saturdays from 8 a.m. to noon. President Toni Manzella said. Manzella, a senior from New Lenox studying social work and psychology, said she reactivated the chapter in 2009.

All the group's officials will graduate this year and Manzella said she is trying to establish new leadership.

"I'm trying to get (some people) acclimated to more of a leadership role instead of just a participant role," she said.

Manzella said the SIU chapter hosts fundraisers and participates in alternative spring breaks in addition to volunteering with the local affiliate.

She said student volunteers are requested by the affiliate each Saturday for the site, which has been under construction since spring. She said the students then RSVP to volunteer at the site.

"They build it from the foundation all the way up to the appliances," Manzella said.

She said the residents who receive the house are chosen by a family selection committee. They then pay a monthly mortgage as determined by the residents' financial situation.

The future residents of any Habitat for Humanity house must be employed, complete a program to learn about Habitat for Humanity and volunteer at the construction site of the house they

will receive, Manzella said.

Swinney-Prude said she heard about the program through a co-worker and decided to give it a shot. She has put in quite a bit of work on the house and even came on weekdays with her children, she said. Swinney-Prude said it has been a learning experience but the hard work is definitely worth it.

"I'm truly, truly excited," she said. "I have always wanted to be a homeowner."

She added that their previous residence was poorly insulated. Swinney-Prude paid enormous utility bills and the house was still cold in the winter and hot in the summer, she said.

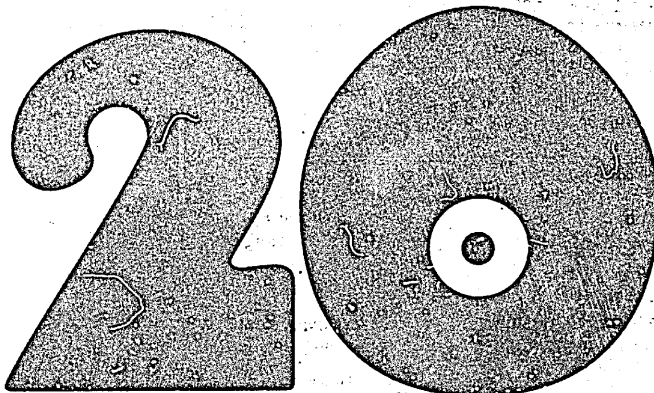
Koster said families usually get an \$80,000 to \$90,000 house for approximately \$60,000. They also have an interest-free loan for 15 years. The money generated from the houses is used to sponsor other projects, he said.

Habitat for Humanity of Jackson-Union County has a goal to raise \$500,000 to build 10 houses, Koster said. He said the income from these houses would provide enough money for future projects.

"I can't believe a dream of mine finally came true," Swinney-Prude said. "And it was a big dream."

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cadams@dailyegyptian.com
or 536-3311 273.

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Things you don't know about breast cancer but should!

LIFESAIVING SCREENINGS

1. **Clinical breast exams are as important as mammograms.**

Menopausal women starting at age 40 are crucial for them earlier if you have a family history of the disease, but they're an important screening tool, especially for women who have dense breasts. That's why an annual clinical breast exam from a doctor is a must.

"This is especially important for detecting inflammation because of the way it can be difficult to see type that can make the breasts so firm and thick, which can often be missed on mammograms," explains Dr. Patricia H. Lee, a breast specialist at the Cleveland Clinic Breast Center.

Doing a self-exam is also an important part of the screening process, which is most important if you have dense breasts. If you have dense breasts, self-exams are equally important.

Male breast cancer makes up less than 1 percent of all cases of breast cancer.

Although breast cancer in men may develop at any age, it's usually detected in men between the ages of 60 and 70.

Radiation exposure, high levels of estrogen, and a family history of breast cancer can increase a man's risk of developing breast cancer.

Men with breast cancer usually have lumps that can be felt. There are four types of standard treatment for men with breast cancer: surgery, chemotherapy, hormone therapy and radiation therapy. But there are new types of treatment being tested in clinical trials.

AMERICAN NATIONAL CANCER INSTITUTE

2. **Breast self-exams really can help.**

It's good to do them at the same time every month. That's not to say you don't have them passed into your doctor. What self-exams can help you become familiar with what's normal for your breasts. So when you find a lump, you'll know and can bring it to your doctor's attention.

Don't panic if you get called for a mammogram "redo" or have calcifications.

"Most women over 40 have calcifications, whether in their breasts and the rest of their bodies," explains Dr. Lee. These can show up as white spots on a mammogram — they tend to be harmless if they're large, sparse, solitary, or do not suggest the tiny flecks cluster together in a linear pattern.

Most radiologists can distinguish between the two, and only the suspicious ones warrant a biopsy. Although the period between the initial and follow-up mammograms can be anxiety filled — a common reason some women delay their follow-up, says research at the Dana-Farber Cancer Institute in Boston — most of the time the call-back turns out to be nothing.

HOW DIET AND EXERCISE LOWER YOUR RISK

4. **Active women are less likely to develop and die from breast cancer.**

Regular exercise has consistently been associated with a lower risk of breast cancer. This type of exercise is likely to help by lowering estrogen levels. Dr. Seewald explains. What's more, a new study from the University of North Carolina suggests women with high aerobic fitness levels have a 55 percent lower chance of dying from breast cancer than their less-fit peers. So get moving!

5. **Get your folate.**

A growing body of research suggests getting enough of the B vitamin folate (in leafy green vegetables, beans and fortified cereals) may help mitigate the increased risk associated with drinking alcohol. (Having two or more drinks a day up breast cancer risk by about 25 percent.) Go easy on the alcohol, but "if you have one drink daily, getting plenty of folate from your diet or a multivitamin may help," says Dr. Claudine Isaacs, director of the clinical breast cancer program at Georgetown University Medical Center.

6. **Being overweight is riskiest after menopause.**

When it comes to breast cancer, it's the postmenopausal women who are particularly dangerous. "In postmenopausal women, one of the most significant sources of estrogen comes from body fat," explains Dr. Isaacs. "So if you're overweight, you have higher amounts of circulating estrogen, which could stimulate breast cancer growth." And it doesn't take much. Losing over 10 pounds may help lower your risk.

7. **Steer clear of soy supplements.**

Soy is a natural phytoestrogen, which can act like estrogen in your body, but it usually stimulates the growth of certain types of breast cancer, explains Dr. Seema A. Khan, a professor of surgery and co-leader of the first breast cancer program at Northwestern University and Chicago. Soy products usually contain more concentrated doses of phytoestrogens, so experts recommend avoiding them. But soy foods — edamame, soy milk, tofu — are fine.

HOW YOUR BREASTS LOOK AND FEEL

8. **Lumpy breasts don't mean a higher cancer risk.**

Many women have cysts in their breasts that come and go through their menstrual cycles (which also are known as fibrocystic changes). Feeling any kind of lump or lumpiness can be scary, but these types of cysts don't typically lead to cancer, Dr. Seewald points out. Still, it's especially important for women who have fibrocystic breast lumps to have self-exams and get annual exams.

9. **Pain isn't usually a sign of breast cancer.**

If you have pain in one or both breasts, rest assured it's probably due to hormonal changes, a benign cyst, a ligament strain or another condition, Dr. Isaacs says. More common warning signs of breast cancer include a palpable lump, a change in the size or shape of the breast, puckering of the skin, nipple changes like scaling or discharge or increased warmth. — Clumps you should bring to your doctor's attention: A, A, P.

10. **Women with very dense breasts are four times more likely to develop breast cancer.**

"When breast tissue is dense, the cells grow and multiply at a faster rate, which means there's more of a chance for some to become abnormal or cancerous," explains Dr. Lee. Ask your doctor if you have dense breasts. Since mammograms aren't as effective at detecting cancer in very dense breasts, if you fall into this category you may benefit from getting regular MRI scans or ultrasound plus mammograms.

YOUR ODDS

11. **Breast cancer risk is not 1 in 8 for all women.**

That stat applies to lifetime risk, assuming you live to 85 or beyond. At age 40, the average woman has a 1 in 69 chance of getting breast cancer in the next 10 years, at 50 the risk rises to 1 in 42, at 60, it's 1 in 24, and at 70, it's 1 in 27. Which means, statistically speaking, women are at most risk for breast cancer in their 70s and 80s — but that's when breast cancer has the highest cure rate because women in that age group usually get a less aggressive and more treatable form of the disease, Dr. Seewald says.

12. **A family history doesn't mean you'll definitely get it.**

Only about 20 to 30 percent of people who develop breast cancer have a family history of the disease, and an even smaller number — 5 to 10 percent — carry

WOMAN'S DAY MAGAZINE BY STACEY COLINO

Ask any woman what disease she's most afraid of, and chances are she'll say breast cancer.

"Almost everyone knows someone who did everything 'right' and still got breast cancer," says Dr. Victoria Seewald, co-leader of the breast and ovarian cancer program at the Duke University Comprehensive Cancer Center.

"That can make women feel like they have no control."

While you can't control your genes, there are powerful steps you can take to protect yourself. But experts say there's a lot of confusion about what really matters.

Here's what they want you to know ...

13. **If it's caught early, breast cancer has a more than 90 percent survival rate in the U.S.**

"The majority of women who get breast cancer in this country don't die from it," says Dr. Powell Hinson, a medical oncologist at the Baylor College of Medicine in Houston and a member of the scientific advisory board for Susan G. Komen for the Cure.

At stage 0 (which means the cancer is confined to the milk ducts) and stage I (a tumor is 2 centimeters or less), survival beyond the breast the five-year survival rate is now 100 percent, according to the American Cancer Society. Five years may not sound like much, but if you get to the five-year benchmark without a recurrence, your prognosis for leading a long, healthy life is good. Dr. Seewald says.

At stage II (the tumor is between 2 and 5 cm) the cancer has spread to one to three lymph nodes, the five-year survival rate is 86 percent. Thanks to better screening, most breast cancers in the U.S. are now caught in the early stages.

14. **Many factors affect your risk.**

Family history isn't the only thing that matters. Other factors come into play, including when you first get your period, or if you have children and how active you are. Discuss all the details of your lifestyle and medical history with your doctor so she can make sure you're getting the right screenings at the right time.

15. **A father or brother with prostate or colon cancer can raise your risk.**

These are signs of possible BRCA1 or 2 mutations, Dr. Lee says. These gene mutations can run on your dad's side, so be sure to ask if any of his female relatives had breast or ovarian cancer.

16. **Get an MRI and a mammogram.**

Doing both will increase the odds of finding small tumors in women who are at high risk (if you have a strong family history of breast and ovarian cancer and carry the BRCA1 or 2 mutation). However, an MRI should only be ordered under the care of a breast specialist, says Dr. Anne Wallace, a team leader of the Maves Cancer Center breast program at the University of California, San Diego.

17. **If you have the BRCA1 or 2 mutations, removing your ovaries lowers your risk by nearly 50 percent.**

Your ovaries produce hormones, so taking them out changes the hormonal mix," explains Dr. Dabita Sabath, a clinical professor of surgery at the University of Pennsylvania and director of the Integrated Breast Center at Pennsylvania Hospital in Philadelphia.

18. **Taking certain medications can help.**

Tamoxifen and raloxifene are drugs that can block estrogen's ability to promote breast cancer. They lower the chances of developing the disease by about 50 percent in women who carry the BRCA1 or 2 mutation, Dr. Brown says.

"These medications can be used for five years and the risk reduction continues for 10 years after stopping them," Dr. Hinson says. "Yet most women who are candidates for the drugs aren't taking them."

Of course, there are side effects: Both drugs can worsen hot flashes, and tamoxifen increases the risk

of uterine cancer. But for some women, these risks are considered worth the benefit.

TREATMENT

19. **Breast cancer is not a single disease.**

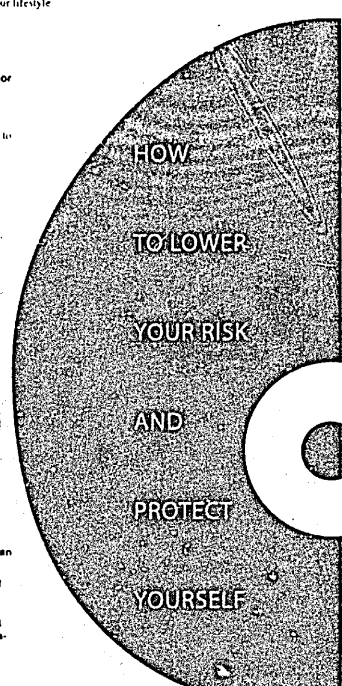
What's helped doctors and scientists develop more effective treatments is realizing there are different types of breast cancer with different causes. Among the primary ones: estrogen receptor-positive breast cancers, whose growth is fueled by the hormone estrogen; HER 2-positive breast cancers, which contain a protein called HER 2; and triple-negative breast cancers, which don't have receptors for estrogen, progesterone or HER 2.

20. **Chemotherapy isn't always a given.**

These days, doctors do genetic profiling on a breast cancer tumor to help advanced test like the Oncotype DX or MammaPrint to gauge a woman's risk of a recurrence. If chances are low, doctors may not advise chemotherapy.

"We're being more selective about using them than in the past to help women avoid unnecessary toxicity and having to go through unnecessary suffering," Dr. Wallace says.

© Breastcancer.org



Cobden, Alto Pass colors captured in cameras

They have a lot of insight that I wouldn't really be able to get anywhere else and to work with a group of them, you don't usually get that.

— George Lamboley senior studying photojournalism

LINDSEY SMITH
Daily Egyptian

George Lamboley left for class at 4:15 a.m. Friday.

Lamboley, a senior from Seneca studying photojournalism, was one of 30 to 35 students who participated in a workshop Friday through Sunday in Cobden and Alto Pass put on by the College of Mass Communication and Media Arts photojournalism department.

The Weekend in Cobden/Alto Pass Workshop was a part of a larger multimedia documentary project called South of 64, which aims to focus on a different southern Illinois community each year, said Phil Greer, an assistant instructor in the School of Journalism. In 2009, Murphysboro was the featured community.

South of 64 was inspired by Mark Dolan, an assistant professor in the School of Journalism, who began a similar program at Syracuse Univer-

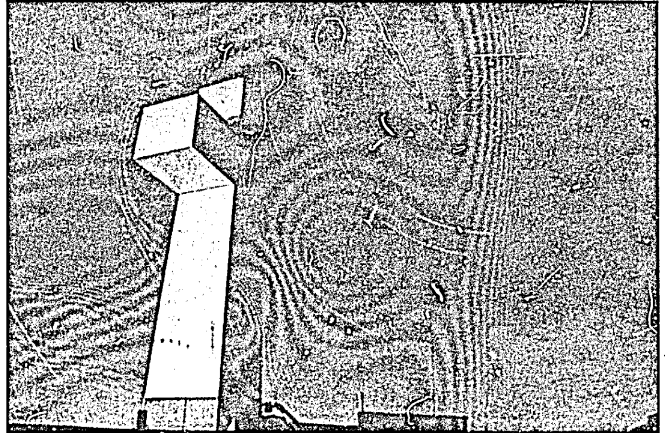
sity, Greer said. During the workshop students had many objectives such as taking night photos, feature photos or postcard photos.

"The whole goal was for students to learn and to grow and to understand the photography and help them make their pictures, and I think without question that was successful," Dolan said.

Greer said the workshop was successful because it took students out of their comfort zone and allowed them to have their images edited by professionals.

"I've had several students say that they have learned more in these three days than they have in a month or month and a half in the classroom because it's actually hands-on," Greer said.

The workshop lasted from dusk to dawn Friday, Saturday and Sunday and consisted of 30 to 35 students as well as Dolan, Greer and five visiting professionals, who traveled to Cob-



PAT SUTPHIN | DAILY EGYPTIAN

Night passes over Bald Knob Cross from Saturday to Sunday morning in Alto Pass. During the weekend, the SIUC photojournalism department held a weekend workshop to document Cobden and Alto Pass.

den on their own expense from places such as Louisiana and Indiana. The images and stories collected from the workshop will hopefully result in a book to be designed in the spring semester, Dolan said.

Cobden Mayor Molly Beckley said

she also hopes the workshop results in a book and that the university allows the town to use some of the photographs to create postcards to aid the community's tourism business.

Beckley said since 1962 a part of Cobden's population has immigrated from Cheran, Mexico. She said she hopes to use the potential boost in tourism revenue to help the town's Illinois Migrant Council, which provides support services for the Spanish-speaking community. A shortage of money has made the council's future uncertain, Beckley said.

"The thing about these particular indigenous people is they consider this home when they come to the United States," she said. "I'll be honest, I'm really quite concerned that we might be losing some funding for the migrant council. I'm desperately scrambling because I don't want to lose any [of it]."

Dolan said he didn't have a figure for how much grant money was used for the Murphysboro workshop, but the Cobden/Alto Pass workshop did was unfunded. But it was still put on through the dedication of Dolan and Greer, said Erin McCracken, a visiting professional from the Evansville Courier and Press.

"They were committed ... to make this happen, no matter how they were going to do it, whether they were going to foot the bill themselves," Mc-

Cracken said. "They put this on for the students because they believed that this exercise and this weekend is so important in their growth and in their learning."

Working with a group of professionals was a highlight of the workshop, Lamboley said.

"They have a lot of insight that I wouldn't really be able to get anywhere else and to work with a group of them, you don't usually get that," Lamboley said. "It's always good to get a fresh perspective."

While students received a fresh perspective on photos, Beckley said the workshop offered residents a different perspective on Carbondale and SIUC students.

"It really will help us in particular because you'll hear older people, and I'm not beating up on older people because I am one, but they'll say 'I don't know about Carbondale because it's a college town,'" Beckley said. "This weekend helped them see that [the students] are really kids, just like their grandkids or anybody else and they're interested in what's going on."

Images and stories from the South of 64 documentaries workshop can be found at www.southof64.com.

Lindsey Smith can be reached at lsmith@dailyegyptian.com or 536-3311 ext. 252.



GENNA ORD | DAILY EGYPTIAN

Reverend Annette Westermarck ushers Clint, her 7-year-old son, out of the Anna Arts Center on Friday. Westermarck, of Stockholm City, Sweden, is the

reverend of the First Presbyterian Church in Cobden and the first female pastor in the community. "The first time I saw Cobden, I felt a sense of belonging," she said.

Emanuel: He's preparing to run for Chicago mayor

KAREN HAWKINS
The Associated Press

CHICAGO — Former White House chief of staff Rahm Emanuel announced Sunday that he's preparing to run for mayor of Chicago, a position widely known he has long desired.

Emanuel made the announcement in a video posted Sunday on his website, ChicagoforRahm.com. He had been careful not to launch his candidacy from Washington and headed to Chicago immediately after President Barack Obama announced his resignation Friday.

In the video, Emanuel said he's launching a "Tell It Like It Is" listening tour of Chicago.

"As I prepare to run for mayor, I'm going to spend the next few weeks visiting our neighborhoods — at grocery stores, L stops, bowling alleys, and hot dog stands," Emanuel said.

The two-minute video shows a relaxed Emanuel sitting behind a desk wearing a white shirt that's open at the collar and a dark jacket. Behind him is a photo of his family and several books.

One of the challenges facing him in a mayoral run is reconnecting with Chicago voters after his time in Washington. Emanuel highlighted his ties to Chicago in the video, noting his three terms representing a North Side district in Congress before serving as Obama's chief of staff.

No laps for warm laptops; skin damage is possible

LINDSEY TANNER
The Associated Press

CHICAGO — Have you ever worked on your laptop computer with it sitting on your lap heating up your legs? If so, you might want to rethink that habit.

Doing it a lot can lead to "toasted skin syndrome," an unusual-looking mottled skin condition caused by long-term heat exposure, according to medical reports.

In one recent case, a 12-year-old boy developed a sponge-patterned skin discoloration on his left thigh after playing computer games a few hours every day for several months.

"He recognized that the laptop got hot on the left side; however, regardless of that, he did not change its position," Swiss researchers reported in an article published Monday in the journal Pediatrics.

Another case involved a Virginia

law student who sought treatment for the mottled discoloration on her leg.

Dr. Kimberley Salkey, who treated the young woman, was stumped until she learned the student spent about six hours a day working with her computer propped on her lap. The temperature underneath registered 125 degrees.

That case, from 2007, is one of 10 laptop-related cases reported in medical journals in the past six years.

The condition also can be caused by overuse of heating pads and other heat sources that usually aren't hot enough to cause burns. It's generally harmless but can cause permanent skin darkening. In very rare cases, it can cause damage leading to skin cancers, said the Swiss researchers. Drs. Andreas Arnold and Peter Jun from University Hospital Basel. They do not cite any link in cancer cases linked to laptop use, but suggest, to be safe, placing a carrying case or other heat shield under the laptop if you have to hold it in your lap.

Southern Illinois University Carbondale

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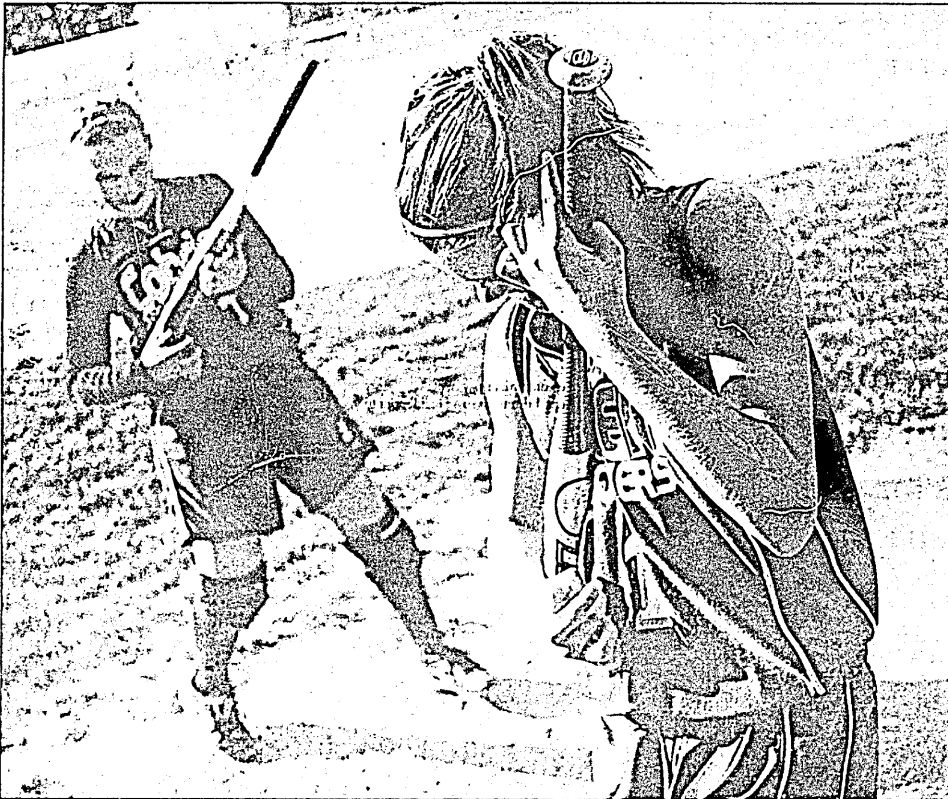
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STATE JOURNEY FALLS SHORT
 Cobden seventh graders Taylor Tomaszoll and Carley Washer play air guitar to "Don't Stop Believing" Saturday before their first round Illinois Junior High State softball game against Pope County in Pickneyville. The Lady Appleknockers were defeated 18-3. "We had a great season, but we just didn't come to play today," said coach Becky Knop. The team said they were disappointed about losing, but were excited for next season.
 JESS VERMEULEN
 DAILY EGYPTIAN



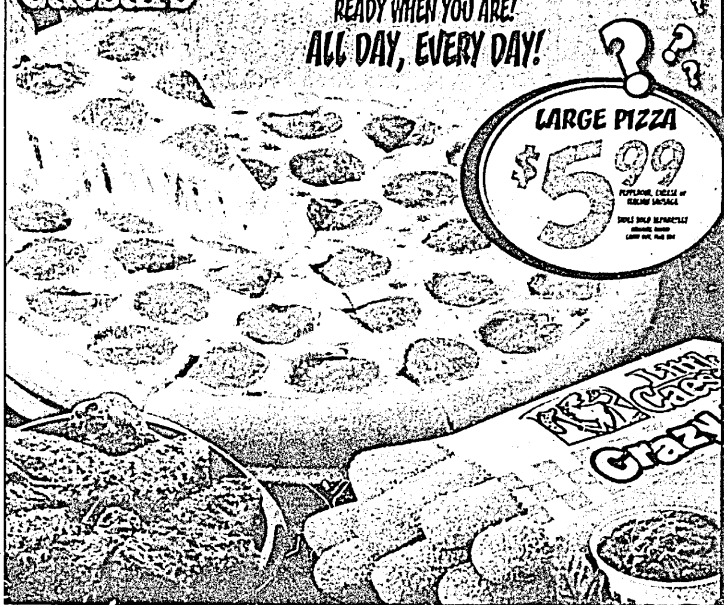
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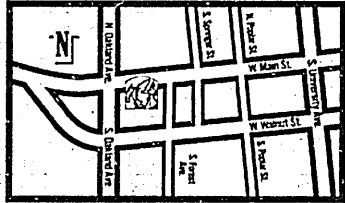
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D.E.

Daily Bark

The Salukis catapulted themselves back into the Missouri Valley Football Conference title race with a 38-17 victory at Illinois State on Saturday. Does SIU still win the conference despite its early season struggles?



NICK JOHNSON
njohnson@dailyegyptian.com



BRANDON COLEMAN
bcoleman@dailyegyptian.com



RYAN VOYLES
rvoyles@dailyegyptian.com

The Salukis catapulted themselves back into the Missouri Valley Football Conference title race with a 38-17 victory at Illinois State on Saturday. Does SIU still win the conference despite its early season struggles?

The Salukis have shown that when they finally limit the turnovers, they can actually put a team away. I think judgment on whose the best conference team needs to be withheld until after the UNI game Saturday.

Sure, why not. Crasier things have happened, like the Packers giving the Bears the win Monday. Come on Chicago fans, you know your team got lucky, yet you act like you won the freaking Super Bowl. Just because no major team in your city has won anything in years Blawhawks don't count since they only had about ten fans before they made the postseason last year, and the White Sox don't count — they know what they did.

from the POUND

Today's question:
After earning its first conference victory of the season against Bradley University, does Saluki volleyball still have a shot at the MVC title?

Friday's question:

After Saturday's game against Illinois State, the Salukis will get their rival Northern Iowa for homecoming. What are you most looking forward to in that game?

Your answer:

Apparently no one is looking forward to the game...

CROSS COUNTRY

Salukis leave invite with mixed feelings

BRANDON COLEMAN
Daily Egyptian

Senior Saluki runner Megan Hoelsher was elbowing her way through a field of more than 300 runners at Saturday's Louisville Classic when the female runner next to her fell and was trampled by the thundering pack.

"The whole first mile was a big fight," Hoelsher said. "You couldn't move a lot."

At one point in the men's race, 30 runners were crammed on top of one another trying to fit through a

narrow part of the course, sophomore Lucas Cherry said. The Saluki men finished sixth out of 38 teams while the women finished 22nd out of 35 teams.

Coach Matt Sparks said the SIU teams still have a lot to prove after the Classic, but the race was beneficial because it was an opportunity for both teams to compete against better runners.

"You don't always get to control the race," Sparks said. "You have to learn how to race from the middle to the front of the pack. You can't always be in the very front of the pack."

He said he's pleased with his teams' performances at the invite against in-conference foes such as the Illinois State Redbirds. The men beat ISU, but only Senior Emily Toennies and Hoelsher finished ahead of Redbird runners on the women's side.

"(Illinois State) was there but there were so many people there it made it difficult to be competitive with them and look for their runners," junior Jamie Pfister said.

Senior men's team leader Dan Dunbar said the men's team could have beaten Eastern Kentucky Uni-

versity and Shippensburg University, the teams that finished in fourth and fifth place ahead of the Salukis.

"The disappointment comes in that we could have done something but we didn't," Dunbar said.

Dunbar said although the team beat bigger name schools such as Georgia, Missouri and Kentucky, those programs are not known for having strong cross country teams.

"Those were teams we expected to beat," Dunbar said.

Sparks said the Salukis try to find quality teams to run against. "People that are better than us

are going to push us to be better," he said.

Sparks said a consistent goal he has for the women's side is to continue developing sophomore Kelsey Kaiser and junior Kristain Baldwin.

The Salukis run against different teams every meet to get a better feel for where they stand competition-wise.

"Every time you get into a meet and have a different type of experience you should come out of it a better athlete," Sparks said.

The Salukis' next race is Oct. 15 at the Bradley Classic in Peoria.

BIRD

CONTINUED FROM 12

Harris said the offensive line was instrumental in his success and he was just doing what coach Dale Lennon said the team needed to do: win. One way to get victories is have a dominant running game, Harris said.

"It feels very good to get back to the running game," Harris said. "We took what the defense gave us; it equaled big yardage."

Next up for the Salukis is their homecoming game against Northern Iowa, who are 2-2 with a perfect Missouri Valley Football Conference record. After the Redbird victory, SIU is 2-4 and 1-1 in the MVFC.

UNI's defensive line is better than ISU at getting through the line of scrimmage; the Panthers have 13 more sacks and six more tackles for loss than the Redbirds. Harris said the Saluki running game isn't going to change anything from what it did against the Redbirds.

"We are going to do the same

thing, we're going to pound the ball, work on our fronts and do what we do, play SIU football," Harris said.

Lennon said the game against the Redbirds was a game his team needed for motivation and momentum to get back in the conference title race. He said he thought his team would have a better record at this point in the season but falling short in the previous two games made winning against the Redbirds a must.

"It's a lot better than being 1-4 right now; this was a huge game for us," Lennon said. "We were at a point as a team where we thought we could be good, we had some success in the previous games but couldn't put it all together to a point where we could pull the win off when we needed it. ... To finish the way we did today is very encouraging."

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TURNOVERS

CONTINUED FROM 12

"I had one I threw into the wind and it got hung up there a little bit; on the other one my arm was lit," Dickler said. "But hey, we bounce back, it doesn't affect us."

The wind played a factor in the game and forced the team to run more instead of throwing the ball, Lennon said. The weather in normal reminded him of his previous coaching experiences, he said.

"I come from North Dakota where it's always windy. We coached in a lot of those games," Lennon said. "The importance of the coin toss (was) we wanted to defer. It's one of those if you can get the defensive stop, you can really gain momentum and force punts."

Thuston, who blocked an ISU punt and scored a touchdown, said the team is being trained not only to tackle opponents, but to get the ball out of their hands as well.

The defensive unit has worked on stripping the ball during tackling drills, he said.

VOLLEY

CONTINUED FROM 12

"They had good servers; we were struggling a little bit in our serve receptions," Berwanger said.

Northern Iowa narrowly outdug the Salukis 52 to 47 and managed to capitalize on SIU's 19 hitting errors.

Berwanger said there wasn't one player the Salukis could single out as a weak link against Northern Iowa.

"They have a lot of different weapons. There wasn't one player that we could ignore on the court," Berwanger said. "All six players you had to pay attention to."

Winkler said SIU struggles offensively against teams, such as UNI, that have multiple players who can defend every part of the court.

Sophomore middle blocker Alyssia Mayes said the Salukis' passing game was off against the

Panthers and they must improve on staying in bounds when they attack the net on returns.

"Errors in the last game took us out of it," Mayes said.

Junior Amanda Arnold replaced Thole in the second set of the UNI game after Thole suffered an injury, Winkler said. The Salukis are thin in the libero position, she said.

Winkler said the Salukis plan to erase future hitting errors by emphasizing the importance of hitting inbounds.

Whitehead should see more playing time at the outside position because of her ability to jump and score between defenders, Winkler said.

The Salukis continue play 7 p.m. Friday against Indiana State and 7 p.m. Saturday against Illinois State at Davies Gymnasium.

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Sports

Daily Bark

Does win put Salukis back on track to repeat as MVC champs?

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FOOTBALL

Salukis set sights on UNI after first conference win

SIU looks to extend winning streak at Homecoming

BRANDON LACHANCE
Daily Egyptian

Redshirt freshman SIU safety Luke Thuston said scoring his first touchdown at the college level against Illinois State University Saturday was an unbelievable feeling.

With his team up 10-0 in the first quarter, Thuston blocked an ISU punt, collected the ball and ran eight yards into the end zone to give SIU a 17-0 lead.

"I know this is weird but I couldn't stop laughing once I landed in the end zone and everyone started jumping on me, it was exciting," Thuston said.

But he wasn't done. Later in the game, Thuston picked up a fumble after Redbirds quarterback Matt Brown was sacked. The Saluki defense forced four turnovers:

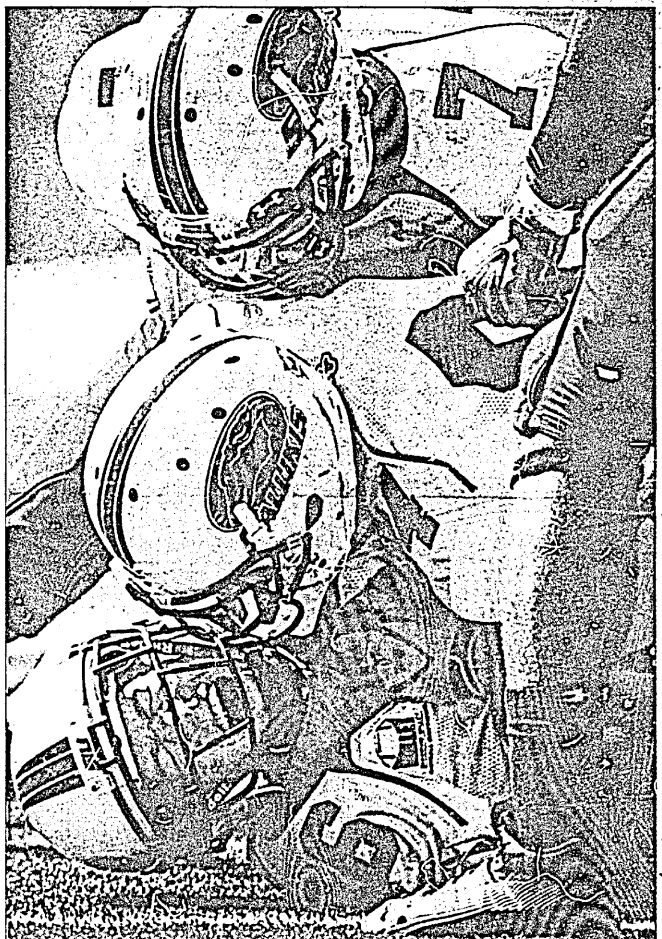
an interception, two fumbles and Thuston's blocked punt. The Salukis won 38-17 and earned their first conference victory.

Thuston said the coaches have stressed the importance of causing turnovers and will need to master it against the Panthers.

"All our practices, that's what we've been working on because other games we've been kind of slow on it," Thuston said. "We worked on stripping drills and gang tackling to get the ball out."

SIU dominated ISU offensively with its rushing attack, as running back Sharif Harris carried the ball 37 times for 171 yards and two touchdowns. Senior quarterback Chris Dieker carried the ball 10 times for 91 yards and a touchdown.

Please see BIRD | 11



JAMES DURBIN | DAILY EGYPTIAN

Redshirt freshman safety Luke Thuston celebrates in the end zone after blocking a punt and returning the ball eight yards for a touchdown during the game against the Illinois State University Redbirds

Saturday in Normal. "I couldn't stop laughing once I landed in the endzone and everyone was jumping on me; it was exciting," Thuston said. The Salukis beat the Redbirds 38-17.

Turnovers play role against Redbirds

BRANDON LACHANCE
Daily Egyptian

The Salukis and the Illinois State Redbirds only had to drive the ball the entire length of the football field once in their matchup, as turnovers put each team in ideal scoring positions. But SIU used the turnovers to its advantage in the 38-17 win.

The teams combined for seven turnovers. The Salukis gave the ball away three times, as starting quarterback Chris Dieker threw two interceptions and ISU returned a blocked punt for a 30-yard touchdown. SIU's defense forced two fumbles, intercepted a pass from Redbirds quarterback Matt Brown and also scored on

a blocked punt by redshirt freshman safety Luke Thuston.

Saluki linebacker Stephen Franklin intercepted Brown's throw in the red zone, stopping ISU from scoring a touchdown which would have tied the game at 17 points. SIU drove the ball to ISU's 16-yard line, where Dieker threw one of his picks. Two plays later Brown was sacked and Thuston secured his second takeaway of the game when he recovered Brown's fumble.

Dieker, who rushed for 91 yards and scored a touchdown, said turnovers happen and his team played on.

Please see TURNOVERS | 11

VOLLEYBALL

Southern Illinois wins at Bradley, falls at Northern Iowa

BRANDON COLEMAN
Daily Egyptian

Sophomore libero Laura Thole displayed the grit the Salukis played with during the weekend when she dived out of bounds to return a serve against No. 15 Northern Iowa.

Thole was forced to return a second time, and did so successfully though she was flat on her

66 felt in the last week we've been back on our mindset and work ethic we had in preseason.

— Brenda Winkeler
coach

"I felt in the last week we've been back on our mindset and work ethic we had in preseason," Winkeler said.

Winkeler said during the Salukis sweep of the Bradley Uni-

versity Braves Friday, the team stretched the court as they dove out of bounds to save balls and set up freshman outside hitter Jessica Whitehead.

Winkeler said though Bradley isn't the toughest team in the Valley, it occasionally challenges the top tier teams in the conference. The Salukis were able to out hustle the Braves because of improvements they made to their defense, she said.

Thole saw increased time at the libero position, where she was key in the Salukis' first conference win.

On Saturday, the Salukis played Northern Iowa close during the first set of the match, tying them twice before eventually losing 25-23, Winkeler said.

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