Some statistics may lead several southern Illinois counties to rethink their diets.

The Illinois Department of Public Health worked with the American Diabetes Association March 26 with Diabetes Alert Day to raise awareness about the disease, which exists in three types and affects nearly 10 percent of Illinois adults on. "The most widespread diabetes cases exist in Alexander, Pulaski and Williamson counties, according to the two organizations’ statistics, and community officials weighed in on why these areas might have such high rates and how to prevent the state increase," Sabrina Miller, the university’s health department media contact, said in an email that data shows the high rate is probably linked to the rising trend of obesity in Illinois adults. Obesity in Illinois has risen from 16.7 percent of adults... to 28.7 percent in 2010. "It’s really probably tightly related to the fact that a majority of the state is becoming overweight... and that has a tight correlation between obesity and diabetes," he said.

Davis said diabetes and obesity can be prevented by having a healthy diet as well as regular exercise. Although an individual might be more prone to developing diabetes because of family history, he said, it doesn’t mean they will get it. However, Davis said he or she must be more careful than the average person.

"We have had that option for about 20 years or more... so students have always had access to the syllabus when they need it," he said. "Now, whether they know it is here and try and take advantage of that is a different story. Students can always look at a syllabus and decide to drop a class if they want.”

"People who develop Type 1 diabetes will usually be under the age of 20, according to the American Diabetes Association website. There are three main types, but Type 1 and Type 2 are the most common forms, and about 90 percent of all diabetes cases are Type 2. The third type is gestational and affects only pregnant women. Type 1 is an autoimmune disorder where the pancreas produces very little or no insulin. People who develop Type 1 diabetes will have the disease for life, because the pancreatic cells that produce insulin are destroyed, and they will need treatment in the form of insulin shots or an insulin pump.

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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 15,000. Fall and spring semester editions run Monday through Thursday. Summer editions run Tuesday through Thursday. All intersession editions will run on Wednesdays. Free copies are distributed in the Carbondale 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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Publishing Information

The Daily Egyptian is published by the students of Southern Illinois University Carbondale and functions as a laboratory for the Department of Journalism in exchange for the room and utilities in the Communications Building. The Daily Egyptian is a non-profit organization that survives solely off of its advertising revenue. The Daily Egyptian receives no student fees or university funding. Offices are in the Communications Building, Room 1259, at Southern Illinois University Carbondale, Carbondale, Ill., 62901. Bill Freivogel, fiscal officer.

The Weather Channel® 5-day weather forecast for Carbondale

<table>
<thead>
<tr>
<th>Day</th>
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<th>Low</th>
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<td>Sunday</td>
<td>64°</td>
<td>50°</td>
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The Weather Channel

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**DIABETES**  
CONTINUED FROM 1

Type 2 diabetes is normally found in people who are overweight as they age. Although it is sometimes called adult-onset diabetes, more children and young adults from countries such as the U.S. are being diagnosed with Type 2 diabetes because they are not engaging in enough physical activity.

While diet can be an issue, Davis said a correlation could lie between poverty and diabetes rates. According to information provided by the Illinois Poverty Report, Southern Illinois houses six of the 11 counties with the state’s highest poverty rates in southern Illinois, Jackson, Saline, Hardin and Union Counties as well as Alexander and Pulaski, two of the three counties with the highest diabetes rates.

There’s not really a specific research that identifies the specific reasons,” he said. “There’s a lot of hypotheses out there in terms of the relationship, but it does seem to be that in those places … there’s either a lack of healthy food choices or lack of awareness about what healthy foods are.”

Miller said she also thinks poverty levels in the southern Illinois counties, among other factors, are responsible for the diabetes rate.

“The short answer is that according to demographic data, populations in the southernmost portion of the state have characteristics consistent with populations that have a higher prevalence of diabetes,” she said. “For example, income less than $20,000, less than a college degree and most adults are over the age of 50.”

However, according to an Alexander county school official the rates are not

the grade schools’ fault. Rose Gayle Pickett, Cairo Elementary School principal, said the school provides healthy meals and exercise to all students.

Pickett said the Fresh Fruit and Vegetable grant offers schools money so they can provide fruits and vegetables twice a week and promote a healthy diet.

Kids also receive at least 15 minutes of recess per day. Pickett said, and students have gym once or twice a week depending on their grade level.

While officials speculated only diabetes, one student with the disease said it has been a hassle for him since he was diagnosed.

Elijah Roberts, a senior from Fort Lauderdale, Fla., studying economics, said having Type 1 diabetes has been a roller coaster experience.

He said he acquired diabetes in seventh grade and didn’t know he had it until it was almost too late.

He said he went into a diabetic coma after constantly being sick, and doctors told him he would have died if he didn’t make it to the hospital that day.

“It always reminds me that when I see people not taking care of the diabetes that I’m a survivor, and living with it has shown me that you have to definitely change the way you go about doing things,” he said.

Roberts said while his daily life hasn’t changed much, he has to constantly monitor his insulin levels. He said he uses a pump to receive concentrated insulin doses every hour, but he might receive too little or too much insulin if he does not monitor what he is doing and eating.

For the rest of the story please visit www.dailyegyptian.com.

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**SYLLABUS**  
CONTINUED FROM 1

“My friend can sometimes give me an idea of what the workload is, but most of the classes that I do not know anything about, I walk in, a teacher will hand me a syllabus and I think, ‘Oh yeah, there is a lot more than I thought there would be.’” he said.

He said reviewing a syllabus before a class starts could help students better understand their commitments to each one.

“Assuming that a syllabus is up to date with the most current material in the class, I think that having the option to view your syllabus ahead of time would be a fantastic idea, because you know what you are doing ahead of time, and you can schedule classes accordingly,” he said.

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**LET YOUR VOICE BE HEARD**

**WHAT DO YOU THINK ABOUT TOBACCO USE ON CAMPUS?**

SIU’s Smoke-Free Campus Committee wants to hear from you, but time is running out.

Access to a five-question survey is through a link contained in an email sent to the campus community by Student Health Services on March 19. Look for a reminder email containing the link in the coming days.

The survey is easy to complete and your response is strictly confidential.

Don’t let this opportunity pass you by. Act today, the survey ends April 10.
WEDNESDAY, APRIL 3, 2013 • PAGE 4

CHICAGO — The Cure will make their first Lollapalooza appearance in the festival’s more than 20-year history this summer, joining fellow headliners Mumford and Sons, The Killers and Nine Inch Nails, Lollapalooza founder Perry Farrell announced Monday.

“It is so exciting to have The Cure at Lollapalooza for the first time because I love The Cure and we’ve never had them,” Farrell, also the lead singer of Jane’s Addiction, said. “It’s always frustrated me and made me feel incomplete and now I can feel complete and die.”

Other acts among the 130-band lineup include Phoenix, Thievery Corporation, Tegan and Sara, Cat Power, New Order and Lana Del Rey. Vampire Weekend will play the Aug. 2-4 festival in Chicago just months after their upcoming album, “Modern Vampires of the City,” is released in May. The Lumineers, coming off last year’s hit “Hey Ho,” will also perform.

Nine Inch Nails played the original Lollapalooza in 1991 and last played the festival in 2008.

Mumford and Sons rises to a headlining spot this year. In 2010, they played in the middle of the day. Their latest album, “Babel,” has sold more than one million copies.

“They are going to make their victory lap at Lollapalooza this year,” Farrell said.

The lineup includes Lollapalooza’s well-known mix of indie bands, singer-songwriters and country, hip-hop, rock and electronic acts. Musicians come from across the U.S. and the world, including countries like Australia, Brazil, Chile, Greece and Sweden.

“We don’t look to stylize our lineup as much as we just stay away from pop garbage,” said Farrell, who in the past has said he sees himself as a music curator when arranging each festival lineup.

“Sometimes it’s not what I’m going to do. It’s what I’m not going to do that sets your trend,” he said.

In recent years, headliners have included Lady Gaga, Green Day, Eminem and Coldplay. The full lineup is available on Lollapalooza’s website.

The Bonnaroo Music and Arts Festival, the other major U.S. summer music festival, has slated Paul McCartney, Wilco and Tom Petty and the Heartbreakers as their headliners this year. Mumford and Sons are also playing Bonnaroo, to be held June 13-16 in Manchester, Tenn.

This year marks Lollapalooza’s ninth anniversary in Chicago’s lakefront Grant Park. Last year’s festival sold out at 100,000 visitors a day, or 300,000 over the three-day event. Three-day passes priced at between $75 and $235 for this year are sold out. One-day passes are still available.

CARYN ROUSSEAU
Associated Press

The Cure, Mumford and Sons to play Lollapalooza
The Saluki baseball team scored early and often in its 7-2 victory Tuesday over Murray State at Abe Martin Field.

SIU tallied two runs in the first inning off of Murray State pitcher Tim Vonder Haar. Saluki junior infielder Ryan Caillas assisted in the offensive surge as he smoked an RBI single down the middle, just outside the thoroughbred shortstop and second baseman.

The Saluki's successful first inning set the stage for explosive SIU at-bats as the team amassed 10 hits on the game.

SIU coach Ken Henderson said his players' patience with pitches resulted in solid contact with the ball.

“We have been playing a little bit better lately,” he said. “Today we got a lot of quality (at-bats). Hopefully, this will allow the guys to get more confident.”

Junior pitcher Brad Drust threw well despite pitching just four innings. Drust gave up three hits, no earned runs and retired four in a limited start. He struck out his last two batters in the third inning and forced an infield pop-up from Thoroughbred freshman outfielder Taylor Mathews to end the fourth inning after allowing the two previous batters to reach base.

Drust was pulled in the fifth inning after Murray State sophomore catcher Rick Linton hit a single to the outfield and walked thoroughbred senior infielder Paul Ritzheimer to put a runner in scoring position. Saluki freshman Anthony Shimkus was then called from the bullpen.

A Murray State sacrifice bunt allowed the runners to advance to second and third base, but Shimkus kept his composure on the mound. He escaped the situation by forcing an infield pop-up for the second out and a right-field fly ball to end the inning.

Although SIU granted the thoroughbreds six walks, Murray State was unable to score consistently and left runners on bases multiple times. The Thoroughbreds’ first score came in the seventh inning as the team narrowed the score to 3-1.

For the rest of the story, see dailyEgyptian.com
THE DAILY Commuter Puzzle by Jacqueline E. Mathews

ACROSS
1. Lion's cry
5. Picture border
10. Spill the beans
15. Pass on, as information
16. France's Coty
17. Upperclass speaker
18. Increase in value
20. Roses __ red, violets...
21. Highest cards
22. Marvel leader
23. Neighbor of India
25. Pumpkin
26. Works hard
29. Dried grape
31. Old wives' superstitions
32. Mass of bees
34. British restroom
36. Related
37. Political alliances
38. Hard hit
39. Mr. Vereen
40. Stream
41. Quiet as a __
42. Burned
44. Sooched
45. Obese
46. __ fruit
47. Once more
50. "Ticket to ___...

DOWN
1. Ms. McIntire
2. Aroma
3. Rush, burst of energy when excited
4. Broad variety
5. Noisy quarrel
6. Fight off
7. Mont Blanc's range
8. Spot, detect
9. Needle's hole
10. Underwear, for some men
11. Be lissodized
12. "Nay" voter
13. Has __; one no
14. Long-___ popular
15. Take as the rightful owner
16. Jungle animals
17. Balanced, tar
18. Boat propellers
19. Pierce
20. Tahoe & Huron
21. Luggage __
22. Corn popper
23. Light up
24. Lasso's end
25. Snow toy
26. Midweek
27. Run up a tab
28. Write Home
30. Leave suddenly
31. __ 40. Huge hoisting machine
32. 41. Perfect
33. 42. Initiate
34. 43. Quantify
35. 44. Club
36. 45. Coloring

46. __ 47. In the distance

48. Puncture
49. Rainbows
50. Dissemblers
52. Frown
53. Disapprove of
56. Short sleeves
56. Definite articles
57. Earl Grey
58. Launching site

The answers to the crossword puzzle are: 4D 3 3 1 2 6 5 2 3 8 9 4 7 3 5 8 2 1

Crossword Clue:

1. Lion’s cry
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3. Spill the beans
4. Pass on, as information
5. France’s Coty
6. Upperclass speaker
7. Increase in value
8. Roses __ red, violets...
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49. Rainbows
50. Dissemblers
52. Frown
53. Disapprove of
56. Short sleeves
56. Definite articles
57. Earl Grey
58. Launching site

The answers to the Jumbles are:

A: GAADEN
B: KNARCY
C: KTELN
D: FUWAL

E: Answers:

Unscramble these four Jumbles, to form four ordinary words.

1. GAADEN
2. KNARCY
3. KTELN
4. FUWAL

Tuesday’s Puzzle Solved

SUDOKU

SUDOKU of PUZZLES by The Hagan Group

Brought to you by:

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

Complete the grid so each row, column and 3-by-3 box contain every digit, 1 to 9.

For strategies on how to solve Sudoku, visit www.sudoku.org.uk.

HOROSCOPE

ARIES — Today is a 7 — Persistence pays off with a breakthrough. Push ahead and results add up. Release pent up tensions, and exceed expectations. Keep studying to increase your theoretical understanding.

TAURUS — Today is a 7 — Holding your tongue surpasses annoying moments with minimal damage. Take care not to provoke jealousies. Spend time with a partner, and advise caution with their next move.

GEMINI — Today is a 7 — Take slow, calculated actions and anticipate resistance. Have a backup plan. Use time-tested methods. Don’t give up or overstep. Mull it over. It’s a good day for figuring out all the angles.

CANCER — Today is an 8 — Draw your line in the sand. Decrease personal obligations in the coming week. Your time is precious. This goes for your money, too. Scrutinize repeating time is precious. This goes for your line in the sand. Decrease personal

LEO — Today is an 8 — Increase your skill level this week. Shift your emotional direction. Reduce doubt. Argue key points in your head, first. Don’t tell anyone about your lucky break yet.

SAGITTARIUS — Today is a 7 — There is a temporary domestic meltdown. Learn a new balancing act. Compromise isn’t possible yet. Aim high and add elbow grease to do it right. Your money isn’t required, but patience is.

LIBRA — Today is a 6 — You’re entrenched in a controversy. Move quickly, without promising money. Decrease financial risk taking this week, and increase cash flow. Add to recent honors improvements; it’s appreciated.

SCORPIO — Today is an 8 — Reduce your personal workload this week. No need to participate in gossip; it’s a time suck. Find resources nearby, and complete the job. Despite a temporary setback, all ends well.

CAPRICORN — Today is a 7 — Traveling or fast motion could provide hazardous, so take it easy. A secret gets revealed that provides an advantage. Listen, and discover a clue through being observant.

AQUARIUS — Today is a 7 — Wait to see what develops. Worrying messes with your dreams. Cross things off your private list, and hold out for the best deal. Invest in your family, and enjoy it.

PIECES — Today is an 8 — Request personal dignity could provide hazardous, so take it easy. A secret gets revealed that provides an advantage. Listen, and discover a clue through being observant.

Sudoku, visit www.sudoku.org.uk.

Sudoku, visit www.sudoku.org.uk.

SUDOKU of PUZZLES by The Hagan Group

Brought to you by:

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

Complete the grid so each row, column and 3-by-3 box contain every digit, 1 to 9.

For strategies on how to solve Sudoku, visit www.sudoku.org.uk.
The Saluki softball team rallied late in its matchup against SIU-Edwardsville, but a two-run homerun in the 12th inning was the deciding factor in a 6-4 loss Tuesday at Charlotte West Stadium.

The Salukis (14-17) fell behind early in the first inning, when an unearned run put Edwardsville (23-8) on top by one run. The Salukis then tied the game with junior infielder Jazzy Speery's solo home run to lead off the fourth inning.

The Cougars regained their edge in the fifth inning with three runs on four hits off of senior pitcher Brittney Lang to lead the game 4-1.

Sophomore pitcher Alyssa Wunderlich relieved Lang in the fifth inning and kept Edwardsville off of the board for the next seven innings.

The Salukis cut their deficit to 4-2 with an RBI single by Speery in the sixth before they took advantage of two Cougar errors to tie the game in the seventh inning and send it into extras.

The sister schools went scoreless through the next four innings before SIU-E sophomore outfielder Brittany Toney found her pitch and sent a fly ball just out of senior outfielder Morgan Barhan’s reach and over the fence in center field.

For the rest of the story, visit www.dailyegyptian.com