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Speak out against silence



NICOLE HESTER | DAILY EGYPTIAN

A student walks by the Women's Center's "We demand a rape-free campus" sexual assault awareness event Tuesday in the Faner breezeway. Jenn Freitag, a graduate student in speech communication and prevention educator from Carbondale, said the event was a great success. "We've had a lot of really great conversations about folks getting involved with volunteering, and people were engaged in the art project and activism project," she said. Jennifer Buchanan, a senior from Chicago studying social work, said the event was a good idea and helped bring awareness to the issue. "This needs to be exposed, and it's an ongoing issue," Buchanan said. "Not a lot of people talk about it." The Center's next event will be the clothesline project at 10 a.m. Thursday at the Eurma Hayes Center in Carbondale.

Diabetes statistics raise lifestyle questions about area counties

MATT DARAY
Daily Egyptian

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 state's high obesity rate.

"Consistent with the national trend, the diabetes trend in Illinois has been increasing since 1995 when the department began collecting prevalence data," she said. "The increase may be 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."

While it is unclear why diabetes is affecting the Alexander, Pulaski, and

"The increase may be 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.

— Sabrina Miller
health department media contact

Williamson Counties more than other areas in the state, a university staff member said the problem might be linked to one's diet.

Jeremy Davis, an assistant professor in animal science food and nutrition, said he thinks the high diabetes rates might stem from the high obesity rate.

"It's really probably tightly related to the fact that a majority of the state is becoming overweight, ... and that has a real tight correlation between obesity and diabetes," he said.

Davis said diabetes and obesity can be prevented by having a healthy diet as well as and 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.

The state could assist with diabetes prevention in some ways, he said, but the state isn't pursuing prevention methods, given Illinois' current budget problems.

Education on diabetes' dangers and food stamp programs giving more benefits for buying healthy foods could be ways to control the issue, he said.

Diabetes is a group of diseases characterized by high blood glucose levels that result from defects in the body's ability to produce and/or use insulin, 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 are usually under the age of 20, according to the website.

People who develop Type 1 diabetes will have the disease for life, because the pancreas cells that produce insulin are destroyed, and they will need treatment in the form of insulin shots or an insulin pump.

Please see **DIABETES** | 3

Syllabus portal could be beneficial

Staff, students: Early online access might help in class selection

TREY BRAUNECKER
Daily Egyptian

As class registration continues, students could use some help steering clear of classes that could be more or less than they bargain for.

Colleges nationwide, including John A. Logan, started an initiative to move course syllabuses online so students can view class information before registration. A USA Today College article highlighted the University of Miami, which could also add an online syllabus collection soon. The report showed college students who signed up for certain classes without any prior course knowledge were disappointed the material did not reflect what they expected, and they could use the syllabus to avoid classes that might not click with them.

Although SIU has taken steps to give students class information before registration, some students and staff said an online syllabus collection would be helpful.

Steven Esling, geology department chair, said while he has seen students drop geology classes for various reasons, students who drop after reviewing the syllabus hasn't been much of an issue. The university makes syllabus information available to students who inquire, he said.

"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."

Syllabuses can be changed depending on what the teacher considers important course material. However, he said an online syllabuses initiative would be convenient for the student body, even with potential changes and the option for students to ask for them.

"It would be more easy for students to access their class schedule, especially if it is all in one area," he said. "I know there are some faculty who view their syllabus as intellectual property, and they do not want it to be public information, but I have not heard my faculty say they would be opposed to posting it online."

While the university has made syllabuses available for students through department offices, a different area college has taken its syllabuses online.

Steve O'Keefe, John A. Logan College director of college relations, said his college's online syllabus preview program has helped students gain better insight into classes and the material covered. He said the college's online syllabus portal helps students learn what is expected of them for the semester as well as for any upcoming courses.

"It is convenient, because students know what they need prior to taking the class," he said. "It allows them to go ahead, get their textbooks and know their schedule before they even enter the classroom."

O'Keefe said the program has helped his college's students, and several SIU students agreed such a program would also help them too.

Michael Kowalenko, a junior from Palatine studying photojournalism, said classes can be overwhelming on the first day. He said the only insight he receives before enrolling in a particular course comes from friends who have taken it before.

Please see **SYLLABUS** | 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 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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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 in 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 10 counties with the state's highest poverty rates are 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 rollercoaster 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.

Melody master



LAURA ROBERTS | DAILY EGYPTIAN

Gregory Tomlinson, a graduate student in music from San Jose, Calif., performs Monday at the Old Baptist Foundation Recital Hall. Tomlinson presented the recital as a requirement to complete a master's of music oboe performance degree. Graduate student concerts continue throughout the semester. The next scheduled performance is 5-7 p.m. April 13 at the Old Baptist Foundation Recital Hall.

SYLLABUS

CONTINUED FROM 1

"My friends 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.

Stephen Shannon, a senior from Chicago studying sports administration, said he has had classes where the syllabus lacked all the necessary information to gauge how much he would enjoy them.

"I have had some syllabi that were beneficial to me, ... but there are some classes where I sign up, get the syllabus and read the description for the class and when I get there, it is completely different than what I expected," he said.

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The Cure, Mumford and Sons to play Lollapalooza

CARYN ROUSSEAU
Associated Press

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 of 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 so 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 slotted 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.

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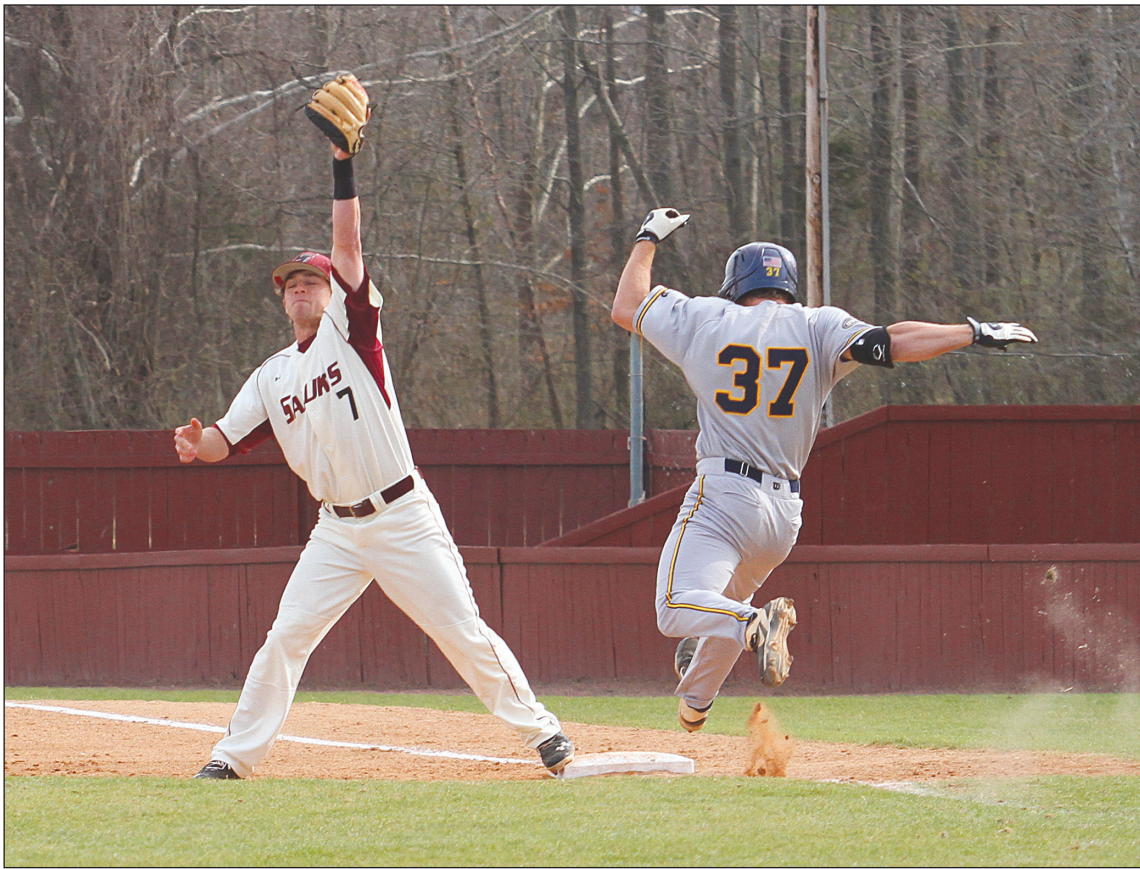
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TIFFANY BLANCHETTE | DAILY EGYPTIAN

Junior infielder Jake Welch catches the ball for an out Tuesday against Murray State University at Abe Martin Field. The Salukis secured a 7-2 win after bringing in four runs in the seventh inning. The Salukis will face the University of Evansville in Indiana for a three-game series starting Friday.

Salukis blast 'Breds

DEMARIO PHIPPS-SMITH
Daily Egyptian

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 Casillas assisted in the offensive surge as he smoked an RBI single down the middle, just outside the thoroughbred shortstop and second baseman's.

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 he walked Thoroughbreds senior outfielder 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*

Win a Chance at a \$50 Gift Certificate by Playing the Puzzling Morris Game!

1. Be My LibGuide: Circle the name of the databases in the word seek puzzle to the right. See the clues to names of the databases and research guides where they may be found on the back.

2. For the final answer, read the leftover letters from left to right, line by line, to see the name of a page on the Morris Library website that is useful for all kinds of research.

3. Got it? Send your name and answer to Mary Taylor, mtaylor@lib.siu.edu by April 15, 2013. Correct answers from SIU Carbondale students are entered in a drawing for a \$50 gift certificate and a larger end-of-semester drawing.

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Answer: _____

CLUES

Use these clues to find the names of the databases. The italicized words point to Morris Library research guides where the names of the databases may be found.

- A refreshing drink for *agriculturists*? _____
- The origin of *anthropologists*? _____
- Mailing labels for *architects*? _____
- Where you can get stored *art*. _____
- Going digital is a natural for *computing machinery*. _____
- It pays to check this *Engineering Index*. _____
- Drives you to forestry and *agriculture* information. _____
- *Musicians* can improve their repertoire with this resource. _____
- *Physicists* should closely examine this database. _____
- What Spaniards would call a country or where they could find out about *political science*? _____
- *Aviators* don't tread; they fly high with this transportation database. _____
- Get yourself *psychologically* ready with knowledge from this resource. _____
- A directory for Twitter and Facebook users or where *sociologists* study them? _____
- The author of *The Very Hungry Caterpillar* can learn about *education* here. _____
- A chorus of doctors in a musical or a place for *radiologic sciences* information? _____
- Where JLo and JHud shop or a place to store *business* and other kinds of journals? _____
- It's "ah!" about allied health, including *dental hygiene* (first word only). _____
- An umpire who tells *geologists* when to evacuate an earthquake zone? _____
- When a *health education* index meets a vacation resort company? _____

Financial support for Puzzling Morris was provided by Friends of Morris Library and the Library Affairs Dean's office

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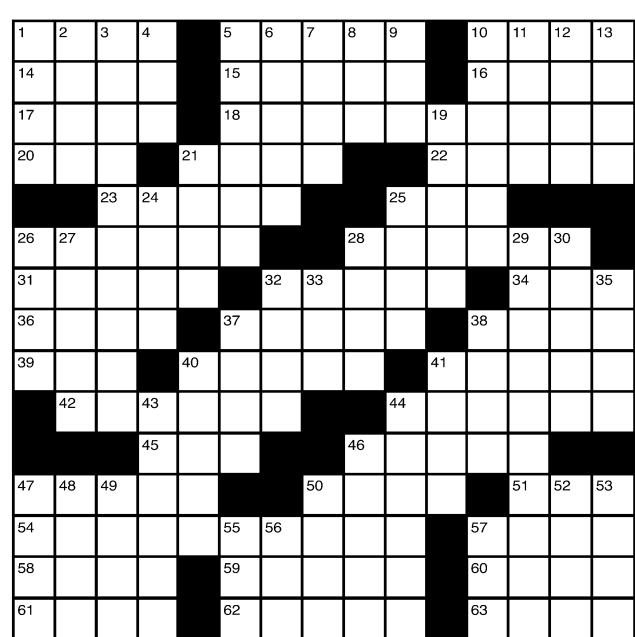
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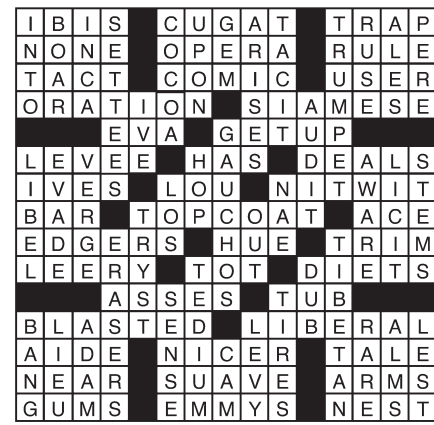
THE Daily Commuter Puzzle by Jacqueline E. Mathews

- ACROSS**
- 1 Lion's cry
 - 5 Picture border
 - 10 Spill the beans
 - 14 Small whirlpool
 - 15 Pass on, as information
 - 16 France's Coty
 - 17 Uninteresting speaker
 - 18 Increase in value
 - 20 "Roses ___ red, violets..."
 - 21 Highest cards
 - 22 Marxist leader Vladimir ___
 - 23 Neighbor of India
 - 25 Bumpkin
 - 26 Works hard
 - 28 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 Soothed
 - 45 Obese
 - 46 ___-frutti
 - 47 Once more
 - 50 "Ticket to ___"; Beatles song
 - 51 TV's "The Flying ___"
 - 54 Experiencing a senior moment
 - 57 Daddy
 - 58 Part of the foot
 - 59 Row of shrubs
 - 60 Perched upon
 - 61 Take ten
 - 62 Artist's stand
 - 63 Scout groups
- DOWN**
- 1 Ms. McEntire
 - 2 Aroma
 - 3 ___ rush; burst of energy when excited



Created by Jacqueline E. Mathews 04/03/13

Tuesday's Puzzle Solved



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- | | |
|-----------------------------------|---------------------|
| 4 Bread variety | 48 Puncture |
| 5 Noisy quarrel | 49 Rainbows |
| 6 Fight off | 50 Disencumbers |
| 7 Mont Blanc's range | 52 Frown ___; |
| 8 Spoil; deface | 53 Short sleeps |
| 9 Needle's hole | 55 Definite article |
| 10 Underwear, for some men | 56 Earl Grey ___ |
| 11 Be lopsided | 57 Launching site |
| 12 "Nay" voter | |
| 13 Has-___; one no longer popular | |
| 19 Take as the rightful owner | |
| 21 Jungle animals | |
| 24 Balanced; fair | |
| 25 Boat propellers | |
| 26 Pierce | |
| 27 Tahoe & Huron | |
| 28 Luggage ___; car topper | |
| 29 Light up | |
| 30 Lasso's end | |
| 32 Snow toy | |
| 33 Misfortune | |
| 35 Ran up a tab | |
| 37 Writer ___ Harte | |
| 38 Leave suddenly | |

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

SUDOKU

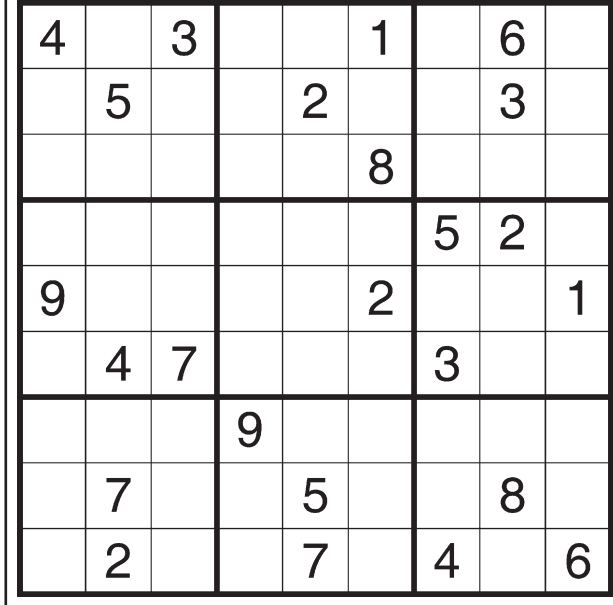
THE SAMURAI OF PUZZLES By The Mepham Group

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Level: 1 2 3 4

Tuesday's Answers:

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


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

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

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GAADEN

○ ○ ○ ○ ○

Answer: ○ ○ ○ ○ ○ ○ ○ ○ ○ ○


Tuesday's Answers: YIELD HITCH AFRAID STIGMA
After the thief was caught stealing the batteries, he was — CHARGED

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

HOROSCOPES

By Nancy Black and Stephanie Clement

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<p>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.</p> <p>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.</p> <p>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 overspend. Mull it over. It's a good day for figuring out all the angles.</p>	<p>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 expenses that may not be necessary.</p> <p>Leo — Today is an 8 — Keep increasing 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.</p> <p>Virgo — Today is a 7 — There's 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.</p>	<p>Libra — Today is a 6 — You're entwined in a controversy. Move quickly, without promising money. Decrease financial risk-taking this week, and increase cash flow. Add to recent home improvements; it's appreciated.</p> <p>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.</p> <p>Sagittarius — Today is a 7 — Resolution is possible soon, although an attempt doesn't work. Advance to the next level with persistence. Then celebrate with the friends who always had your back.</p>	<p>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.</p> <p>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 home, and enjoy it.</p> <p>Pisces — Today is an 8 — Request participation. Increase your social activities, while cautiously making commitments. Your team will make it happen, if they're invested. If there's enough interest, it'll go.</p>
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SOFTBALL

Cougars bite Salukis during extra innings

TERRANCE PEACOCK
Daily Egyptian

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 its 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 Jayna Spivey'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 Spivey 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 Barchan's reach and over the fence in center field.

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



SARAH GARDNER | DAILY EGYPTIAN

Sophomore pitcher Alyssa Wunderlich pitches Tuesday during the Salukis' 6-4 loss to SIU-Edwardsville at Charlotte West Stadium. Wunderlich pitched seven innings in relief and struck out eight batters before giving up two runs in the 12th inning. The team will travel to Charleston Thursday to face the Eastern Illinois University Panthers in a single game.

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