Aquatic center closer to reality

SHARON WITTSKE
Daily Egyptian

The clock is ticking for Carbondale Park District to reach its goal of raising $625,000 for the city’s new aquatic center.

A grant for $2.5 million was awarded to the Carbondale Park District in October for the specific purpose of building an outdoor swimming pool, said Kathy Renfro, the district’s executive director.

She said the grant is administered by the Illinois Department of Natural Resources and uses federal stimulus money.

“In order to receive the money, we have to raise a match of at least 25 percent,” Renfro said. Another condition of the grant is that the pool must be operational no more than 30 months from the date the grant was awarded. Renfro said, meaning the pool must open for business by June 2014.

The site for the new aquatic center will most likely be in the Superblock area near Carbondale Middle School, she said.

Renfro said much of the money will be raised through the park district’s capital campaign, “Make a Splash for Carbondale,” which will officially debut at the May 20 opening of the city’s splash park at Attucks Park.

She said the campaign is emphasizing that donations of any amount are welcome and no amount of money is too small.

The concept for the aquatic center began in 2003, when Carbondale’s human relations council looked at ways to improve relationships among the city’s neighborhoods, she said.

The council decided a community pool was a good way for people to interact, Renfro said, because people communicate easily when they’re relaxed and enjoying the outdoors.

“There’s something different about being there in your bathing suit, playing in the water on a hot summer day,” she said.

Women’s law forum fights for promised rights to same-sex couples

Most of these rights can never be reached with a private contract.

— Ray Prather
final speaker of the evening

DEVONTAE WEAVER
Daily Egyptian

When asked by a same-sex couple to help them in a dispute with their landlord, Bernard Cherasov, who was a lawyer at the time, said it pained him to tell them there were no laws protecting them and he could not help.

Seven years later, Cherasov, chief executive officer of Equality Illinois, an advocacy and promotion group for LGBTQ people and their rights, spoke about why he joined the battle for civil unions and the confusion many in the state feel about the newly initiated law. A bill legalizing civil unions in Illinois was approved Nov. 30, 2010, signed by Gov. Pat Quinn on Jan. 31, 2011, and went into effect June 1, 2011.

Cherasov was one of three speakers Tuesday who addressed the filled Lesar Law Building Auditorium for the SIU Women’s Law Forum event, Civil Unions: What You Get and What You Don’t.

Katnaah McMasters, a third-year law student from Monticello and vice president of the Women’s Law Forum at SIU, said the mission of the night was to inform the law students of the issues surrounding civil unions and to help them understand some of the deeper issues regarding the rights “handed out” with a marriage license.

"Most of these rights can never be reached with a private contract,” he said.

Prather said the Defense of Marriage Act, which states marriage is strictly between a man and woman, is what started the Civil Union Act, and although the Obama administration no longer defends DOMA, it still enforces it. Prather said this is why he and other activists are fighting for equal rights.

Lt. Gov. Sheila Simon, a former law professor at SIUC and advocate of civil unions, also spoke at the forum.

“It’s a new law, and it feels great to be helping lead the way,” she said.

DeVontae Weaver can be reached at dwweaver@dailyEgyptian.com or 536-3311 ext. 254.
Family, friends mourn loss of loved one

Family and community members light candles Tuesday at a vigil for Viola Garner on Bridge Street in Murphysboro. Garner died Friday after being struck by a vehicle as she crossed the street. The family will bury Garner today in Murphysboro.

P O L I C E  B L O T T E R

March 29 - April 4

C A M P U S

Kyle P. Dick, a student from Mt. Vernon, was arrested Sunday for underage possession of alcohol on 715 S. Washington St. He was issued a Carbondale City pay by mail citation.

Destiny M. Young, a student from Chicago, was arrested Saturday outside University Hall on a failure to appear warrant out of Jackson County because of an original charge of underage possession of alcohol. Young was unable to post the required bond and was transported to the Jackson County Jail.

Byron K. Taylor, a student from Chicago, and Deeter T. Gardner, a student from Chicago, were arrested Saturday outside of Max Smith for fighting. Both were issued Carbondale City notices to appear.

Jacob S. Raczk, a student from Naperville, and Bryce A. Naeve, a student from Buda, were arrested Saturday outside Price Hall for possession of under 20 grams of cannabis and possession of drug paraphernalia. Raczk was issued a Carbondale City notice to appear for possession and Naeve was issued a Carbondale City notice to appear for the drug paraphernalia.

Police responded to lot 23 Friday for a report of a aggravated battery. Two 19-year-old students told police that three male, on BMX-style bicycles approached them. After a brief conversation, one suspect sprayed a chemical, believed to be pepper spray, in one victim’s face. The victim was then struck by all three suspects in an ensuing struggle. The second victim was also sprayed in the face but was away and called police. The two declined medical treatment. One of the suspects was described as a Hispanic male in his early 20s, possibly wearing plaid knee-length shorts and a t-shirt. A second suspect was described by the victims as a black male wearing a black Chicago White Sox hat. There was no clothing description for the third suspect, also a black male. The three suspects were last seen going eastbound on Douglas Drive. The investigation is ongoing.

Elizabeth Ann Dix, a non-SUC student, was arrested Friday for a violation of order of protection. She was transported to the Jackson County Jail.

Campus police responded to Weeley Hall Friday for a report of items stolen including a Dell Inspiron laptop computer, a Samsung digital camera, a Dynex TV, a Sony PS3, a Nintendo DS Lite, Nintendo DS Lite games, a Sony PSP, Sony PSP games and approximately 50 PS2 games. Police report it was not forcible entry. A suspect has been identified and the investigation continues.

Janva M. Martin, a non-SUC student from Country Club Hills, was arrested Friday by Campus Police for an arrest on warrant. Martin was unable to post required bond and was transported to the Jackson County Jail.

An Apple iPhone was reported stolen Tuesday at the Recreation Center. There was a report of credit card fraud Thursday at Woody Hall. An SUC Apple iPod 2 was reported stolen Thursday at Neely Hall.

C A R B O N D A L E  P O L I C E

Police responded to the following burglaries:

- Sunday to a burglary on the 600 block of West Owens Street, where police learned an unknown suspect entered the residence and stole property between 2 p.m. and 9 p.m. that day.
- Sunday to a burglary to a motor vehicle on the 1400 block of East Main Street, where police learned an unknown suspect entered a vehicle and stole property between 2 p.m. and 3 a.m. that day.
- Sunday to a burglary to a motor vehicle on the 600 block of East Campus Drive, where police learned an unknown suspect entered and stole property between 2:30 p.m. on Friday and 1 p.m. on Sunday.
- Sunday to a burglary to a motor vehicle on the 600 block of Campust Drive, where police learned an unknown suspect entered and stole property between 2:30 p.m. on Friday and 1 p.m. on Sunday.
- Saturday to a burglary to a motor vehicle on Pinewood Drive, where police learned an unknown suspect entered the residence and stole property sometime between 12 a.m. and 8:30 a.m. that day.
- Saturday to a burglary to a motor vehicle to a business lot in the 700 block of East Grand Avenue, where police learned an unknown suspect entered a vehicle and stole property sometime between 8:30 p.m. and 11:35 p.m. that day.
- Saturday to a residential burglary in the 600 block of East Park Street, where police learned an unknown suspect entered the residence and stole property sometime between 12 a.m. and 5 a.m. that day.

The investigations continue.

P A R K

CONTINUED FROM 3

She said during the past 40 years, the city has tried periodically to build a community swimming pool.

“I’m really excited about what lies ahead,” she said. “This, to me, is the closest we’ve ever come to feeling like we were really going to accomplish this.”

Rick Erickson, vice president of the park district’s board, said raising money through the capital campaign and seeking contractors’ requests for proposal to build the aquatic center would happen simultaneously.

He said despite past problems with building a community pool, which included arguments made by citizens who thought a pool would be too great of an expense, the board is going to move forward and aggressively seek donations.

He said the new aquatic center will become a destination for people in the region as well as a place for Carbondale’s residents to enjoy.

Renfro said most likely people living within the park district will pay lower fees than those outside of the district to use the aquatic center, but that it will be important for everyone in southern Illinois to have access to the proposed facility.

“If people engage, they will have a healthier lifestyle — both mental and physical health will increase from outdoor activity,” she said.

Sharon Wimte can be reached at swimte@dailyEgyptian.com or 536-3311 ext. 266.

THURSDAY, APRIL 5, 2012 • PAGE 3
Salsa teacher aims to keep it alive at Longbranch

ANTHONY PICKENS
Daily Egyptian

After the tables and chairs were cleared from the back room of Longbranch Coffeehouse, Solomon Hults began to clear Longbranch Coffee to teach one of his favorite hobbies: the salsa dance.

After an hour Saturday night, the lessons were over and fun was about to begin. More people came, excitement on their faces, and danced the night away.

In order to enjoy salsa to its fullest, Longbranch delivers a non-alcoholic environment every Saturday evening, which best suits dancing, said Hults, a doctoral student studying biology from Azuma, Ertrreo.

Hults said he enjoys teaching salsa, as he also teaches at the Recreation Center.

The salsa is a famous dance in Latin cultures, he said.

According to a Washington Post article, the salsa is a dance reminiscent of the mambo step from the 1930s, done in a 4/4 beat.

Hults said it is a great feeling to see people with no dancing ability grow and become excellent dancers from his teaching.

He said it’s that feeling that makes him want to keep contributing to the community.

With other people stepping in to help inexperienced dancers, the environment is friendly enough to welcome people of all dancing abilities, he said.

“You feel right at home here,” Hults said.

While he started as a regular attendee, Saturday night host Aur Beck watched over the dancers.

“Beck makes me how quickly students learn,” he said.

Beck said he has been attending Salsa Night at Longbranch since 1999, a year after the event first started.

He said an opportunity eventually opened up for him to become a host for the event because he attended so frequently.

Beck said he looks for a place to salsa dance wherever he goes.

People come to have fun with others of all ages, he said. Competition is not taken seriously, and that is what makes salsa night at Longbranch one of the best salsa clubs around, he said.

“People come here solely for one thing to dance,” Beck said.

The fun environment attracted Carbondale-based DJ Craig Johnson.

Longbranch got him into salsa dancing, he said.

“The amount of money I’m making (at salsa night) is almost like volunteering,” Johnson said.

The warm environment and the chance to meet new people is what entices him to keep performing, he said.

Johnson said he likes the exercise salsa provides and prefers it more than the gym.

“Beats going to the gym any day,” he said.

Anthony Pickens can be reached at apickens@dailyEgyptian.com or 536-3311 ext. 266.

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409 W. College 1
501 W. College 2
509 W. College 2
605 W. Freeman
706 S. Forest
511 S. Hays
401 S. James
903 W. Linden
610 S. Logan
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Clashes in rival towns kill 22 in western Libya

RAMIAL-SHAHEEB
Associated Press

TRIPOLI, Libya — Militias from rival towns in western Libya battled each other with tanks and artillery on Tuesday in bitter fighting that killed at least 22 people, local officials said.

The clashes erupted over the weekend in the town of Ragadalein and the Berber-dominated town of Zwara, some 110 kilometers (70 miles) west of the capital Tripoli. The violence is fueled by deep-rooted animosity between the neighbors, who took different sides in Libya's civil war that toppled Muammar Gadafi last year.

The fighting is the latest in a series of local rivalries that threaten to divide Libya along tribal and regional lines. Libya's new leaders, who took power after Gadafi's capture and killing in October, have struggled to stamp their authority on the country and rein in the myriad armed groups that helped defeat the dictator's forces but have refused to disarm.

In Tuesday's clashes, local Ragadalein official Rami Kaaman said 17 houses in the town were killed, including two women and one infant. The infant was killed when a rocket fell on his home, collapsing the ceiling, Kaaman said.

Zwara spokesman Adel Kashbour said five people from his side were killed and 49 wounded.

"The fighting continues. Two rockets landed in the city, killing two young men," Kashbour said of the most recent deaths.

The clashes first began Sunday after fighters from Ragadalein said they took 34 men from the Zwara brigades of hostages to avenge what Ragadalein forces said were months of abuses, including the looting of properties.

The hostages were released Monday after mediation, but the cease-fire quickly collapsed.

Prime Minister Abdurrahim el-Keib's Libyan prime minister

Libya's eight-month civil war. Fighting in the remote desert oasis of Sabha between Arab tribes and an anti-Gaddafi African tribe killed around 150 people and left hundreds displaced last week.

Zwara, a town of 45,000 people, is less than 10 kilometers (six miles) from Ragadalein, which is twice as large.

Zwara residents were quick to join the uprising last year that led to Gadafi's capture and killing in October. The Berber tribe there complained of discrimination under Gadafi, including neglect and a ban from high-level posts.

Ragadalein, which is inhabited primarily by Arab tribes, was a stronghold for Gadafi loyalists and heavily armed by his regime during the civil war.

Zwara residents, themselves well armed by rebels during the uprising, boast of having a couple of raging women, lootting property and attacking the town last year for their supposed cooperation with Gadafi. They say they are now being blocked by Ragadalein's tribes from reaching their farms south of the city.

Yahoo dumping 2,000 workers in latest purge

SAN FRANCISCO — Yahoo is laying off 2,000 employees as new CEO Scott Thompson eliminates jobs that don't fit into his plans for turning around the beleaguered Internet company.

The cuts announced Wednesday represent about 14 percent of the 14,000 workers employed by Yahoo. Yahoo estimated it will save about $375 million annually after the layoffs are completed later this year. The Sunnyvale, Calif.-based company will absorb a pre-tax charge of $125 million to $145 million to account for severance payments. The charge will reduce Yahoo's earnings in the current quarter.

Workers losing their jobs were being notified Wednesday. Some of the affected employees will stay on for an extended period of time to finish various projects, according to Yahoo.

The housecleaning marks Yahoo's sixth mass layoff in the past four years under three different CEOs. This one will inflict the deepest cuts yet, eclipsing a cost-cutting spree that laid off 1,500 workers in late 2008 as Yahoo tried to cope with the Great Recession.

The previous purges under Yahoo co-founder Jerry Yang and his successor, Carol Bartz, boosted earnings. But trimming the payroll didn't reverse a revenue slump, which has disillusioned investors yearning for growth at a time when more advertising is flowing to the Internet.

The cuts are part of an overhaul aimed at focusing on what Thompson believes are Yahoo's strengths while also trying to address its weaknesses in the increasingly important mobile computing market.

Thompson is betting Yahoo will be able to sell more advertising if it's more attuned in the analysis of personal information that it collects from the roughly 700 million people who visit its website each month. He is also looking for ways to improve the products that it makes for smartphones and tablets computers, a goal that may require hiring more specialists in those technologies.

Yahoo also has been exploring selling a service, called Right Media, that helps place ads around the Web. If it deals get done, that would enable Yahoo to shed even more workers. No further details on the Right Media discussions were provided on that effort at Wednesday.

Thompson is making his move three months after Yahoo hired him from a job running eBay Inc.'s online payment service, PayPal.

"The layoffs are an important next step toward a bold, new Yahoo — smaller, nimble, more profitable and better equipped to innovate as fast as our customers and our industry require," Thompson said in a statement.

"We are intensifying our efforts on our core businesses and realigning resources to our most urgent priorities," he said. "Our goal is to get back to our core purpose — putting our users and advertisers first — and we are moving aggressively to achieve that goal."

Investors seemed skeptical whether Thompson's strategy will work. Yahoo's stock fell 13 cents to $15.05 in midday trading Wednesday. The stock has been down by 8 percent since Yahoo announced Thompson's hiring in early January.

Thompson said he would elaborate on his plans April 17 when Yahoo is scheduled to release its first-quarter results.

As dramatic as the cuts may be for the laid-off workers, Yahoo needed to prune its payroll to show Wall Street that the company can run more efficiently than it has been in recent years, said Standard & Poor's Capital IQ analyst Scott Kessler.

Last year, Yahoo produced revenue of $3.535 billion per employee while its two biggest rivals, Internet search leader Google Inc. and social networking leader Facebook Inc., each generated revenue of $1.27 billion per employee.

Other major technology companies were also far more productive: Microsoft Corp. had about $800,000 in revenue per employee last year, while Intel Corp. posted $540,000 in revenue per employee, according to S&P's data.

Wednesday's upheaval is the latest sign of Thompson's determination to shake up the company once apacesetter, Yahoo in recent years has been outmaneuvered and outsmarted by Google and Facebook in the race for online advertising.

"The bottom line is that Yahoo has a new CEO who has obviously taken a very comprehensive and fresh look at the company," Kessler said.

Since Thompson arrived, Yang left Yahoo, and four other members of the company's board, including Chairman Roy Bostock, have decided to step down later this year. The exodus cleared the way to appoint new directors to join Thompson on what will eventually be a 10-member board.

One of Yahoo's largest shareholders, hedge fund manager Daniel Loeb, is pledging to shake up the board yet again. Spurned by Yahoo, Loeb has launched a campaign to persuade the company to elect him and three other alternative candidates as directors. If a truce isn't reached, the dispute will likely be settled by a shareholder vote at Yahoo's annual meeting.

Thompson also picked a fight with Facebook in an attempt to bring in more revenue. Last month, he is using Facebook for alleged infringement of 10 on of Yahoo's Internet patents. Facebook denied the claims and retaliated with a patent-infringement lawsuit of its own this week.

Yahoo's eight-month civil war. Fighting in the remote desert oasis of Sabha between Arab tribes and an anti-Gaddafi African tribe killed around 150 people and left hundreds displaced last week.

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"The government must improve its performance and speed up their efforts, or we will have to take extreme measures, especially with the defense and interior ministries, which have failed to deliver any of their plans," a spokesman said, warning that ministers could be replaced soon.

The conflict between the towns is one of many local rivalries stemming from Gadafi's 40 years of divide-and-rule policies and
Husband, wife folkies celebrate two anniversaries

ELI MILEUR
Daily Egyptian

Maybe it doesn’t really matter whether it’s the years or the mileage. Folk duo Curtis and Loretta Teague are celebrating plenty of both this April with their anniversary tour, commemorating 35 years of playing together and 25 of being married. After meeting in California in 1977, the two have been acquainting the country playing their musical blend of folk and Celtic, covers and originals. The two will perform at Coonin Andy’s Coffee House at 7:30 Friday. They will also be appearing on 91.1 WDBX at 5 p.m. before the show. They took some time to talk to the Daily Egyptian about how they met and living the folk musician’s life.

DAILY EGYPTIAN: So how did you guys first meet?
CURTIS TEAGUE: I had been kind of a beach bum in Hawaii for five years. I ended up in Santa Cruz (Calif.). I was helping a friend of mine I knew in Hawaii make bamboo flutes. I was just kind of hanging, sitting on the beach. It was right on the beach, and I happened to gaze out. There was just this postcard sunset and I saw this lady, long hair blowing in the breeze swaying her way down the beach with her guitar in her hand, and I thought, “Wow. Nice guitar.”

LORETTA SIMONET: That’s his version. I went to college and got a degree in theater. So I’ll go to the west coast and make my break in music or theater. So I got to Santa Cruz. I didn’t make my break yet, so I was working as a nurse’s aid. And so I went down to the beach to practice my guitar because I had a gig that night in a variety show. This guy walks up to me and says, “Hey, I play guitar.” Well, I didn’t know what to think. You can’t know if you can trust people or not on a beach. He actually ran back to where he was living and came back with a mandolin. Immediately we sat down on the beach and started jamming. We think the first song we played together was “Suzanne.” Right away we thought, “Wow, our voices really blend together nicely,” so he came to this gig with me and that night played the very first night we met.

DE: Did you guys immediately start gigging together regularly then?
CT: Santa Cruz at the time had this amazing ... main street that was more or less closed off. There was just a real amazing street scene going on there, and there were just a lot of cool California hippie restaurants. I’d been playing on the street there since I got there. You could play on the street and make 10 bucks or something, and there was a 20-cent burrito place there, so you could feed yourself. A lot of the cafes would let us come in pretty much anytime we wanted to and sit down and play.

LS: Those were our first gigs together, playing for tips.
CT: I’d hitch-hiked up and down the west coast a few times, so I knew where all the abandoned buildings and church missions were. For a while, we just hitch-hiked up and down the west coast. Then we hit it big in folk music and bought a ’62 GMC from one of my uncles and lived in the back of that for quite a while.

LS: We were really excited about being able to make a living playing music. At the years went by, we progressed to doing regular, real gigs.

CT: You can see the discrepancy between the two anniversaries, 35 years playing music and 25 years married. There was a 10-year gap there. Normally I would say I must have proposed thousands of times, but certainly you’d have to agree that it was hundreds.
LS: Absolutely.
CT: She just wouldn’t go for it. I tried everything. I was very creative. I wrote songs. Dinners. I would burn candles all over the house. Finally it was like zero degrees here (Minnesota) and I remember saying, “Why don’t we just go to Mexico and get married, you don’t have to tell anybody.” And I remember the day she said, “Well, may-be.”

DE: After all those years and proposals, what finally tipped the scales?
LS: It was erosion.
CT: You wore me down. No, I think I just didn’t grow up with that kind set. I felt like I was complete without being married and I just wasn’t sure if I wanted to be married to anybody. But I guess I just finally realized that I wanted to be with him forever, I just wasn’t sure how.

CT: When she finally said yes it just scared me.
LS: But we did go to Mexico. Got married in Santiago, a little tiny town. Of course our certificate’s in Spanish.
CT: We play shows for church groups and retirement centers, so we play for 80, 90... even 100-year-old people, and you tell them, “Oh, we’re having our 25th anniversary,” they go, “Yeah, it’s nothing.”

Eli Milier can be reached at emilier@dailyEgyptian.com or 536-3311 ext. 265.
**FOOTBALL CONTINUED FROM 12**

"Kory is going to be our No. 1 quarterback coming out of spring, and it'll be up to Paul to show that he's a better quarterback than Kory," Lennon said. It also gives AJ Hill a tremendous opportunity to really step up and get quality reps and show what he's capable of doing.

Hill saw limited action last year, serving as the backup to Faulkner when McNamara went down. "My goal is to be more comfortable in the offense and be able to make all the right checks," Hill said. "I also want to start to lead more vocally than by example. I'll be a junior (in the spring) and I've got to start being more vocal."

Hill said McNamara's absence has led to the availability of more repetitions for himself and Faulkner, as well as for freshmen Matt Vincent and Matt Lipham. The four players are the quarterbacks on the spring roster.

— Dale Lennon
SIU football coach

"We motivate each other to perform at our ultimate best. CrossFit is a family."

— Kristin King
co-owner and trainer at CrossFit So Ill

***CROSSFIT CONTINUED***

King said morning and evening classes held every day of the week have a lot of different people coming through the door, and the appearance and reappearance of new and old faces are quite common.
ACROSS
1  Bread rolls
5  Riddles
10 Little Jack
14 Willing to listen
15 Frog’s noise
16 Go higher
17 Facial center
18 Awaken
19 Above
20 Went into
22 Popular cat
24 Argument
25 Division of a long poem
26 Dug for ore
29 Fraimliness letter
30 Each __ one
34 Excessively dry
35 Soft drink
36 __; yed; not quite awake
37 Stir together
38 Consolatory
40 Compost
41 Actors’ tales to the audience
43 Mr. Koppel
44 Sensible
45 Transparent
46 Craze
47 Alma __ one’s old self
48 Danger
50 Pea casing
51 Dishonest
52 Gang member
56 Journals
59 Ms. Moorehead
61 Ms. Felker
62 Competent
63 Good boys
64 Wickedness
65 Unwanted plant
66 Fashion
67 Palm tree fruit

DOWN
1 Ribs or scapula
2 Sitting __ atop
3 __ egg; money saved up
4 __ all showed contempt for
5 Threaded fastener
6 Nude
7 Dalier’s note
8 Capital of the Bahamas
9 Cobb of yarn
10 Move a pupil to the next grade
11 Not taped
12 Does drugs
13 Parian mother
14 TV __ Sifting
15 Ring-shaped island
16 Paris, Rome or London
26 Cradle-rockers, often
27 __ letter; reddish dog
28 Undeliverable piece of mail
29 Little child
31 Usual practice
32 Clear the slate
33 Actress Winona
35 Bolt contents
36 __ Abbott
38 Actress Bo __
39 Nourished
40 Removed from office
41 Walked like a duck
42 Appear __ly
43 Cow’s remark
49 Peruses
50 Sheriff's group
51 Talon
52 King’s attire
53 Make eyes at
54 Satan’s realm
55 Mohan rock
56 College credit
57 Boy or man

SUDOKU

THE Daily Commuter Puzzle by Jacqueline E. Mathews

Wednesday’s Puzzle Solved

LIBRA — Today is a 7 __ Don’t say it all yet. It isn’t what you thought. You’re confident now, with power increasing. Neatness counts. Check for errors and changes.

SCORPIO — Today is a 7 __ Slow down and think it over. The next two days are good for treasure hunting. Complete old tasks, and conserve resources without sacrifice. Love motivates.

CAPRICORN — Today is a 6 __ The road ahead may be filled with obstacles. You can either find another route or plow ahead and enjoy the adventure. Disagree persuasively.

AQUARIUS — Today is a 7 __ Life is either a daring adventure or nothing! The words of Helen Keller resonate with Aquarius today. Take notes for your memoir. Create something memorable.

PISCES — Today is a 6 __ Intense feelings are on the rise. Learn to take advantage of these feelings for the best. It might not be easy to make a choice. Trust your instinct.
CrossFit So Ill keeps fit on the Strip

CALEB MOTSINGER
Daily Egyptian

It’s not an aerobics class and it’s not weight lifting — it’s CrossFit, a mixture of resistance training and cardio, which has made its way to the Strip.

Many businesses line Illinois Avenue, but CrossFit So Ill stands out with the large windows and open doors exposing passersby to a world of crashing weights and up-tempo music.

“It may seem kind of weird here at first because you’re on the Strip, where a lot of people walk and drive by,” said Jennifer Vought, a CrossFit member of Carbondale.

“The commotion that you hear with the loud music, the grunting and the weights being thrown around makes people look. I was a little standoffish when I started, but you start loving it after a while.”

Co-owners and trainers Emma Moburg-Jones and Kristin King have been in business since August, and in a relatively short amount of time they have helped build a fitness community in Carbondale dedicated to a healthy medium between strength and endurance.

Holly Mason, one of the eight trainers at CrossFit So Ill, has worked at the gym since its opening. Mason said CrossFit appeals to those who wish to specialize in not specializing.

“CrossFit is good for people who don’t want to be good at just one particular exercise,” Mason said. “It’s an all-inclusive approach towards fitness.”

There is a diverse range of men and women who work out at CrossFit So Ill. Despite who they are outside the gym, all work toward a common goal once the music begins and trainers start the class.

Please see CROSSFIT | 8

SARAH GARDNER | DAILY EGYPTIAN

Kristin King, left, of Carbondale, and Jimmy Winters, of Chester, do pushups Sunday during a class at CrossFit So Ill in Carbondale. Winters has been coming to CrossFit since February and said it was unlike anything he’d tried before. “If you have a weakness, they’ll find it,” he said.

Faulkner leads, McIntosh recovers

BEN CONRADY
Daily Egyptian

Saluki quarterback Kory Faulkner said when he goes to high-five fellow quarterback Paul McIntosh, he uses his left hand, though neither is left-handed.

The action is actually a joke between two teammates, because McIntosh’s injured shoulder has left him unable to even lift his left arm. McIntosh continues to suffer from a separated shoulder from last season and the multiple surgeries that followed to repair it.

Faulkner means no harm toward his close friend by the joke; in fact, it usually draws a chuckle out of his teammate. The action, however, is a stark reminder that the Salukis will be without their starting quarterback for the remainder of the spring.

“It’s unfortunate for Paul. Paul’s one of my good friends,” Faulkner said. “Seeing him not being able to participate is tough. But at the same time, it’s given me a lot of reps, so when Paul does come back in the fall we’ll have a good competition.”

SIU coach Dale Lennon said McIntosh will not be available to speak with the media until he returns from his injury, which Lennon expects to be in June.

As the second week of spring practice draws to an end, the SIU offense has started to come together, Lennon said.

“The biggest improvement that you see is execution,” he said. “We’ve got the majority of our installation accomplished. Now we’re trying to put the players in a competitive situation so we can see which guys are capable of stepping up and being playmakers.”

Faulkner said he has embraced the leadership role he was thrust into with McIntosh’s injury last season and relishes the chance to show how much he has improved.

“I was a captain in the offseason, so I’m trying to be a leader in the offense,” he said. “I feel a night and day difference between last season and where I am now, both mentally and on the field.”

Faulkner struggled at times during the ’11 campaign, passing for five touchdowns while throwing eight interceptions as the Salukis stumbled to a 2-5 record with Faulkner as the full-time starter.

Lennon said McIntosh’s injury allows every Saluki quarterback to gain much-needed experience, but there is no mistaking whom the lead role belongs to.

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SARAH GARDNER | DAILY EGYPTIAN

Sophomore quarterback A.J. Hill, right, shares his water with sophomore quarterback Kory Faulkner on Wednesday during practice at Saluki Stadium. Because junior quarterback Paul McIntosh is injured, the other quarterbacks have had more practice time.

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