SIUE research says energy drinks damage tooth enamel

ASHLEY ZBOREK
Daily Egyptian

Energy drinks may provide as a study aid to students during finals week but some consumers are unaware of their irreversible damage.

A recent study at SIU-Edwardsville demonstrates the harmful effects of energy drinks on teeth.

The study, published in the May/June 2012 addition of General Dentistry, shows how high acidity levels found in energy drinks such as Red Bull and Monster produce rapid damage to tooth enamel, the layer of protection on a tooth.

Poonsam Jain, a researcher and professor at SIUE, said she created the study with college students in mind.

“Students are always drinking energy drinks. It is a product of their generation, so we really do not know too much about their health effects,” she said.

According to the journal, the study was conducted over five days. Samples of teeth were soaked in nine different energy drinks and 13 different sports drinks for 15 minutes straight, four times a day. After each individual soaking, the teeth samples were then submerged in saliva.

Jain said each 15-minute period imitates how long it takes to drink one of the beverages, and the saliva’s purpose was to delude and process the acidic residue left on the teeth.

“The goal of this study was to simulate the same exposure that a large proportion of American teens and young adults are subjecting their teeth to on a regular basis when they drink one of these beverages every few hours,” Jain said.

The American Beverage Association posted a response to the study on its website, saying it is irresponsible to blame foods, beverages or any other single factor for enamel loss and tooth decay. It also said science shows that individual susceptibility to both dental cavities and tooth erosion varies depending on a person’s dental hygiene behavior, lifestyle, total diet and genetic makeup.

The results of the study show energy drinks contain nearly double the amount of teeth rotting acid as sports drinks and that levels of acidity were not consistent with brand but depended more upon flavor.

“It was very evident at the end of the research that these drinks were causing irreversible damage to not only teeth, but bone development as well,” she said.

“After only five days, the teeth samples showed substantial damage. That is just a small glance at the amount of damage being done to those who consume these drinks daily.”

Jain said she is concerned most people, especially adolescents, are not aware of the possible health problems caused by these drinks.

Emotions evoked by Alzheimer’s expressed through spoken-word ballet

TIFFANY BLANCHETTE
Daily Egyptian

Alzheimer’s disease can affect the surrounding family as much as the diagnosed. For one family, creating an experimental ballet was a way to cope with watching a family member develop the disease.

“A Life Unhappening” became a healing process for Adam Stone, writer and producer, and his family as he watched his mother deal with Alzheimer’s.

The ballet was performed Friday at Shryock Auditorium as a preview to its May 11 premiere in St. Louis. The proceeds of the show will benefit the St. Louis Chapter of the Alzheimer’s Association.

Unlike a traditional ballet, where the dance is choreographed to music, Stone created a ballet in which the dance is choreographed to a pre-recorded spoken-word audio track.

Through the dialogue, the nine-scene narrative unfolds as dancers channel their characters’ emotions while the monologues are spoken.

For about one hour, each scene features an aspect of Stone’s experience, from a diagnosed mother struggling to hang on to her memories, a son devoting himself to support his mother and a granddaughter trying to understand the experience.

The backgrounds and lighting, which were a collaboration between Stone and Richard Cadena, the lighting designer, reflect details and emotions within the dialogue and create a bittersweet atmosphere.

Stone, a 1990 SIUE alumnus with a Bachelor of Arts in English and a 2001 graduate from SIU School of Law, said he believes his production may be the first full-length, spoken-word ballet ever performed.

“Since there wasn’t really a template to follow, I was just trusting my instincts,” Stone said. “I was trying to create a narrative that was true to the experience of what we went through as a family.”

Alzheimer’s disease is one form of dementia that gradually gets worse over time and affects memory, thinking and behavior, according to the U.S. National Library of Medicine.

Please see BALLET | 3

Hallie Chameytsky, a freshman at Carbondale Community High School, performs Friday during the preview performance of “A Life Unhappening” at Shryock Auditorium. The spoken word ballet was written and produced by Adam Stone and choreographed by his daughter Chelsea Stone, both SIUC alumni. The premiere of the ballet is Friday in St. Louis.

Please see BALLET | 3
The Weather Channel® 5-day weather forecast for Carbondale:

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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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Publishing Information

The Daily Egyptian is published by the students of Southern Illinois University Carbondale. Offices are in the Communications Building, Room 1259, at Southern Illinois University Carbondale, Carbondale, IL, 62901. Bill Freyvogel, fiscal officer.
Ballet

CONTINUED FROM 1

One in eight older Americans has Alzheimer’s disease, which is the sixth leading cause of death in the United States and the only cause in the top 10 that cannot be prevented, cured or slowed, according to the Alzheimer’s Association.

“My mother, who suffered from Alzheimer’s, passed away in 2009,” Stone said. “Being a writer, I knew I was going to cope with it somehow through writing.”

Working alongside Stone during the creation of “A Life Unhappening” is his daughter, Chelsea Stone.

Chelsea Stone, a 2011 SIUC alumna with a Bachelor of Arts in English, has been dancing for 18 years and choreographed the ballet to her father’s dialogue.

“The storyline means a lot to me,” she said. “At first I would get so emotional listening to the words my father had written that I couldn’t choreograph, but lately, now that it has all come together, I love how the dancers express the emotions, and I can see my family and my situation within the characters.”

She said her inspiration came from trying to sync the choreography to the emotions each scene was about.

The role of Sara-Jo, which portrays the granddaughter character and most relates to Chelsea Stone, was played by Hallie Chamesetzky, a freshman at Carbondale Community High School.

Chamesetzky said though it was difficult at first to dance to dialogue instead of music, the words over time helped to find answers to her character’s emotions, and those answers helped translate the emotion into her dancing.

Chance Marshuan Hill, a senior at Southeast Missouri State University studying dance, played Thomas, a son whose mother has Alzheimer’s, and heagreed with Chamesetzky.

He said it was difficult to perform to only words in the beginning, but it made him a different dancer.

“Instead of using music to portray emotion, we found emotion within ourselves through what our characters were speaking to us in the dialogue,” Hill said.

While the dancers had to learn to perform to dialogue for the first time, the Stone family was also exploring uncharted territory.

The inspiration for the ballet came during the last week of his mother’s life while he sleeping on the floor of the room she was staying in, Adam Stone said.

“Half asleep, I looked up and saw two nurses who came in to reposition her,” he said. “There was something so artful in the way they moved together to care for her.”

He said writing is his outlet and can be healing, and he hopes that it can be a healing experience for anyone who comes to see the ballet.

Chelsea Stone said she hopes anyone who has dealt with Alzheimer’s, or even those who haven’t, can see its effects through this performance.

The premiere in St. Louis will be broadcast on the higher learning channel so that everyone can learn about Alzheimer’s and take something away from the ballet, Chelsea Stone said.

“The family and everyone who surrounds the person diagnosed with Alzheimer’s disease is affected by it, and I want those people to know they’re not alone,” she said.

Tiffiny Blanchette | Daily Egyptian

Hallie Chamesetzky, a freshman at Carbondale Community High School, poses before the seventh scene Friday during the preview performance of “A Life Unhappening” at Shryock Auditorium. “A Life Unhappening” examines the emotions connected with Alzheimer’s disease through ballet performed to dialogue. “Performing to a spoken-word ballet is challenging, but the dialogues became helpful in improving the way I express emotion for my character,” Chamesetzky said.

“Performing to a spoken-word ballet is challenging, but the dialogues became helpful in improving the way I express emotion for my character,” Chamesetzky said.

Teeth

CONTINUED FROM 1

Jessica Strauss, a sophomore from Skokie studying history, said she consumes energy drinks regularly, and especially during finals week.

“I’ve always been aware of sugar damaging your teeth, so I have always drank sugar-free drinks, but I had never even considered the acid that they contain,” she said. Jain said this is a common misconception.

According to the study, the sugar-free drinks that were tested also showed high acidity levels. Jeremy Martin, a junior from Chicago studying journalism, said if he knew about how damaging energy drinks were, he never would have tried them. “I don’t drink them often, but so many of my friends rely on them to get by daily,” he said. “They don’t know that their obsession is hurting them, and honestly if they did, they probably wouldn’t stop drinking energy drinks.”

Jain said her best suggestion for eliminating the risk of tooth damage and decay is to avoid energy and sports drinks altogether. She said the best substitution would be water.

Ashley Zborak can be reached at azborak@dailyEgyptian.com or 536-3311 ext. 206.

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Southern Illinois University

Carbondale

Monday, May 7, 2012 • Page 3

Fadelle Blanchette | Daily Egyptian

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Crab chips, fruity Oreos: popular snacks overseas

CANDICE CHOI
The Associated Press

NEW YORK — Russians prefer their Lay’s potato chips dusted in caviar and crab flavors. The Chinese like their Oreos stuffed with mango and orange cream. And in Spain, Kellogg’s All-Bran cereal is served floating in hot coffee instead of cold milk.

Americans might get squeamish at the thought of their favorite snacks being tweaked. But what works in the U.S. doesn’t always work everywhere.

In other words, Lee Linicicum, a market researcher, says: “It can’t be some generic mix of spices that might fool an American.”

Food makers long have tinkered with their products to appeal to region-specific tastes, but getting the recipe just right is becoming more important than ever. That’s partly because people in developing nations such as China and India are gaining more of an appetite for American-style “on-the-go” foods as they work longer hours and have less time to cook. But it’s mostly because snack makers increasingly look for growth in other parts of the world as sales slow at home.

Growth in the snack food industry has been virtually flat in the U.S. for the past two years, according to market research firm Euromonitor. Meanwhile, combined sales in China, Brazil and Russia — three major developing markets — rose 15 percent in 2010 and 11 percent last year to $17 billion. That’s half the size of the U.S. market but it’s growing.

SNACKS IN A DIFFERENT LAND

The challenge for snack makers is that people in other countries have different tastes. Consider the Oreos, which Kraft Food Inc. introduced in China in 1996. Sales of the vanilla cream-filled chocolate cookie sandwich were respectable there, but the Chinese didn’t completely take to it.

So Kraft decided to tweak the Oreos. But executives of the Northfield, Ill.-based company knew that they had to proceed with caution. “When you have a brand that’s 100 years old, you don’t mess with the recipe thoughtlessly,” says Luzinda Li, head of the company’s global biscuit and cookies business.

In 2006, Kraft began offering the Oreos as a wafer, a popular cookie throughout Asia. It is made up of cream sandwiched between crispy wafers. The plan was to help familiarize more Chinese customers with the brand. Three years later, the company decided to go a step further.

Kraft worked with a panel of consumer taste experts from around the world to identify the characteristics of the Oreos — including color, crunchiness, bitterness, color — that were likely to appeal to Chinese tastes. Executives learned through research that the Chinese don’t like their treats as big or as sweet as Americans do. So the company rejiggered the recipe to create a cookie that was a tad smaller and a touch less sweet.

To test the new recipe, hundreds of Chinese consumers tasted the new Oreos. It was a hit. “It made us realize the smallest of details make a big difference,” Davis says.

But the company wasn’t finished. After noticing sales of Oreos were lagging in China during the summer, Kraft added a green tea ice cream flavor. The cookie combined a popular local flavor with the cooling imagery of ice cream. The green tea version sold well, and a year later, Kraft rolled out Oreos in flavors that are popular in Asians desserts — raspberry and blueberry and mango-and-orange.

The result? Over the past five years, Kraft said sales have grown an average of 60 percent a year, although it declined to give revenue amounts. The Oreos now is the top-selling cookie in China with a market share of 13 percent. The previous top cookie was a biscuit by a Chinese company.

Kraft, which operates in more than 80 countries, is taking a similar approach with other snacks. In Saudi Arabia, Kraft offers its Tang powder drink in a lemon-pepper flavor. In Mexico, it comes in tropical fruit flavors like tamarindo and mandarin, and a hibiscus version fashioned after the flower. Sales have nearly doubled to $1 billion worldwide since Kraft expanded into the local versions in 2006.

Kraft’s ability to adapt to local tastes is increasingly important as it looks for growth overseas. The rise in international revenue at Kraft was more than double the increase in North America last year.
Last FAMU hazing deathendant arrested in Fla.

Associated Press

ORLANDO, Fla. — The last of 11 band members charged in the hazing death of a Florida A&M drum major has turned herself in to authorities. The Florida Department of Law Enforcement says 20-year-old Lamont Shuler surrendered Saturday at the Orange County jail. Jail records showed that Codner posted $15,000 bond and would be released.

Eleven FAMU band members face third-degree felony hazing charges from Robert Champion's death in November. Two others face misdemeanor counts.

Champion died aboard a charter bus outside an Orlando hotel. His death revealed a culture of hazing at the Tallahassee school and has jeopardized the future of its prestigious Marching 100 band.

A criminal investigation of the band's finances continues, as does a probe by the state university system into whether university officials ignored warnings about hazing.

Debate over Ala girl's death plays out on Facebook

JAY REEVES

GADSDEN, Ala. — Relatives and friends of the grandmother and stepmother charged with running a 9-year-old girl to death as a punishment have been defending and attacking the Facebook pages on Facebook and at least one case nearly divulging what could be considered evidence.

A judge has warned prosecutors and defense lawyers not to discuss the murder case, and so far they have obeyed. But experts say the hundreds of messages posted online since Savannah Hardin died in February show the legal system has yet to catch up with the social media explosion. They say it highlights the difficulty of making sure witnesses and jurors aren't swayed by outside influences.

Many posts are fairly innocuous, either supporting the women or honoring Savannah's memory. Others get to the heart of the case, including a few discussing how the child died.

Many high-profile cases are discussed by thousands or even millions of people online, though in most cases those people aren't connected to the case. For instance, the case Anthony and Trayvon Martin cases generated immense worldwide attention on Facebook and Twitter.

Because of that, judges routinely admonish jurors not to read about a particular case online. And in Idaho, the Prosecuting Attorney's Association has advised prosecutors to avoid social media relationships that could create ethical problems — including being Facebook friends with judges — and never to talk about their cases online.

The grandmother of Savannah Hardin, Joyce Hardin Garrard, is charged with capital murder for allegedly making the child run and carry yard debris for hours as punishment for a lie about candy. Her 13-year-old stepdaughter, Mac Hardin, is charged with failing to intervene in the punishment until it was too late. Garrard could be sentenced to death if convicted; Hardin could get life imprisonment.

Both women remain in Etowah County's jail without access to computers. But as in other high-profile murder cases online, pages dedicated to the case appeared soon after Savannah's death.

The "Justice for Savannah Hardin" page includes calls for harsh sentences for the women. A "Justice for Joyce Hardin Garrard" page includes supportive posts from relatives and friends of Savannah, Joyce Garrard and her husband, Johnny Hardin.

Backers of the women can even order T-shirts for about $15.

Many of the posts simply express sympathy for one side or the other, but some go further. In a post last month, a post-mortem on Johnny Garrard disagreed with a commenter's claim about what killed the child, concluding: "I have the Death Certificate and I don't like what it says."

A few other writers suggest they have knowledge about the case that hasn't been made public in court. In one post, a person who claims to have known Jessica Hardin for two decades explains the circumstances of the girl's death and concludes that, in effect, Savannah ran herself to death by trying to finish chores too quickly.

Court files don't indicate whether Judge William Ogletree is aware of the way the case is playing out in social media. He publicly admonished lawyers during a hearing in March to keep a lid on their own comments, though.

"This case has been attempted to be tried somewhat in the court of public opinion," Ogletree said at the time.

Ogletree's warning didn't slow down the social media chatter, and law professors said it's unlikely a judge could do that anyway because Facebook posts are a bit like people talking on the courthouse steps. They said the case highlights the problem of communicating with each other with social sites like Facebook, where jurors, witnesses, lawyers and even judges could be "friends" or see the latest, unfounded gossip on cases.

"It's a phenomenon in society that's just starting to enter the legal field," said Don Cochran, a former prosecutor and professor at Samford University's Cumberland law school in suburban Birmingham. "I think it's a huge issue in practice, and it ought to be something we're talking about in law schools."

Steven Hobbs, a law professor at the University of Alabama, said attorneys don't generally have a duty to police comments by relatives and friends of people involved in criminal cases.

"However, a lawyer might find it useful to so advise a potential witness as the witness is being prepared for the trial," he wrote in an email. "Expressions on social media could hurt the case just like anything we say or post on Facebook, etc., could be used against us in the court of law or the court of public opinion."

"Judge Ogletree has noted that Joyce Garrard's attorney declined comment on the Facebook posts. A lawyer for Jessica Hardin did not return a message seeking comment."
Karaoke takes over Hangar 9 Tuesdays

Amy Myers, a junior from Athens studying cinema, sings Tuesdays at Hangar 9. Every Tuesday, Hangar 9 offers a karaoke night with no cover and $1 drink specials. Myers, lead singer of the band Kid Tiger, said she likes to stop by on occasion to take part in the fun.

ANTHONY PICKENS
Daily Egyptian

Don Schatte took Hangar 9’s stage Tuesday with all the lights on him. He picked up the microphone in front of a crowd and began to sing Garth Brooks’s “Friends in Low Places.” While Schatte didn’t perform an exact rendition, he sang with confidence, if not in key.

After his performance, many other audience members got a chance to take the stage. As the night progressed, the bar became crowded. Long lines formed outside as the midnight hour hit. This is what to expect during Hangar 9’s Karaoke Night every Tuesday, Schatte said.

The music played during the night was mostly pop, while other songs ranged from country to soft rock.

The beer garden was packed, and the second floor gradually filled as the night went along. Schatte, a self-professed regular at Hangar 9, said most of the people who perform aren’t bad, and some are even professional singers.

Amy Myers, a junior from Athens studying cinema and photography and lead singer for Carbondale band Kid Tiger, is one of those singers.

Myers said she enjoys karaoke singing and has a lot of fun at Hangar 9. Karaoke is what draws her to come out Tuesdays, she said. Schatte said Tuesday nights used to be dead at the bar. Trivia Night once filled the evening, but it wasn’t enough to draw a crowd, he said.

Sally Carter, co-owner of Hangar 9, said she saw how empty the bar got so she decided to make Tuesdays Karaoke Night every week at the start of the spring semester to draw a bigger audience. Carter said that and dollar drinks have increased attendance.

“It (Karaoke Night) attracts a crowd that normally wouldn’t come,” Myers said. Myers said she would be reluctant to come on Tuesdays if she wasn’t able to perform on stage. And she isn’t the only one.

Michelle Patzelt, a sophomore from Chicago Heights studying English education, said she probably wouldn’t go to Hangar 9 at all if it didn’t have Karaoke Night.

Patzelt said she enjoys dancing and singing off-key with friends, and that’s what makes the night special.

Myers said she has more fun with karaoke than performing for a band because of the freedom to sing whatever she wants.

While Myers is accustomed to performing on the stage, she said others who sing at Karaoke Night do well too — sometimes.

Part of the excitement is watching participants really get into their performances, she said.

“They’re all good in their own way,” she said. “They’re all entertaining.”

Anthony Pickens can be reached at apickens@dailyEgyptian.com or 536-3314 ext. 266.
Beastie Boy leaves a legacy worth second look

STAFF COLUMN
ELI MILEUR
Daily Egyptian

By now everyone who knew who he was will be aware that Beastie Boy Adam Yauch died Friday. For those of us whose knowledge extended little beyond that he was one of the three Beastie Boys (which one is hard to say) it’s probably a good time to give the pioneering trio a second look.

I must admit to never having been much of a fan of the Beastie Boys. I own none of their albums, I think I’ve listened to “Paul’s Boutique” once, and whenever the video for “(You Gotta) Fight For Your Right (To Party)” would come up on Fuse or VH1 (oh, the days when those channels were watchable) I would see what else was on.

Nevertheless, the Beastie Boys were always there, and only now that one of them is gone do I realize how oddly comforting they were. Sure, I never could get into their yappy, Straight-Outta-Long-Island vocals, and their arch, parodic tone

But it’s obvious how much of their attitude can be seen in Eminem in his more Slim Shady moments and in the super irony of LMFEO.

Not to mention, “Paul’s Boutique,” with its emphasis on sampling, is now regarded as a landmark in the history of rap. With its eclectic mix of musical clippings, it paved the way for a lot of the more interesting rap production out there now.

Then there are the more ambiguous achievements. According to the New York Times’ obituary of Yauch, protégé and music producer extraordinare Rick Rubin credited the Beastie Boys with bringing rap to the suburbs.

One could go on forever about what the mainstreaming of rap did for its artistic credibility, and for all rappers out there reaping the rewards of big record deals, it’s undoubtedly a good thing.

And if the Beastie Boys’ success can in any way be linked to rise of fellow white rappers Insane Clown Posse, their place in the annals of music history is marred. In any case, whether they can be linked to some of the more regrettable phenomena in the history of hip hop, their positive contributions surely outweigh the bad.

And if there’s any good that will come out of Yauch’s death, perhaps it will be inspiring a bunch of people (myself included) to make the effort to reaquaint themselves with a band that they’d taken for granted for so long.

My earliest memory of anything Beastie Boys is seeing the video for “Intergalactic” on MTV when I was a kid. Its deliberately cheesy send-up of Japanese monster movies certainly piqued the interest of a Godzilla-fanatic, 9-year-old self.

Though I’ve still got that venerated refrain of “Intergalactic planetary, planetary intergalactic” stuck in my head, it’s probably a good time to go back and have another listen and appreciate a group that was out to fight for our rights to party.

Eli Mileur can be reached at emileur@dailyEgyptian.com or 536-3311 ext. 265.

Actor Gary Sinise supports Ill. veterans

Associated Press

LISLE — Hollywood actor Gary Sinise is helping promote a summer concert in suburban Chicago that will benefit veterans.

The “Forest Gump” star helped kickoff ticket sales for “Rockin’ for the Troops” on Thursday at the Navistar headquarters in Lisle.

The concert is planned for July 21 in nearby Wheaton. Sinise is slated to perform with his Lt. Dan Band, which is named for his character in the Oscar-winning movie.

The Daily Herald reports that proceeds will benefit Operation Support Our Troops America. The Naperville-based charity has raised $2 million for projects benefiting veterans, including research on post-traumatic stress disorder and traumatic brain injury.

Sinise says “we all enjoy what the military provides for us.”

Officials from Navistar and other companies also announced efforts to hire returning veterans.

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The Truth of Exile Folktale
• Monday, April 23 4 p.m.
Mary Ellen Larch, SUU English professor, will present a talk about the hidden meanings of stories in Tihokaihian England.

A Midsummer Night’s Dream • Tuesday, May 22 6 p.m.
Shakespeare Society will present Shakespeare’s already of love set in a forest fairyland. Bring lawn chairs and blankets and enjoy the show on the library’s front lawn.

Shakespeare’s Folktale Workshop • Saturday, May 5 3-5 p.m.
All ages are welcome to attend Shakespeare’s Folktale activity and workshop.

Understanding A Midsummer Night’s Dream • Tuesday, May 29 6-8 p.m.
An informal chat with director Jeffery Gordon.

Meditation on A Midsummer Night’s Dream • Wednesday, June 9 6-8 p.m.
Join the library’s meditation group as we meditate on Shakespeare’s dream.

Musician Mikeexiones
• Wednesday, June 16 6-8 p.m.
Join us at our annual Shakespeare in the Park event.

A Midsummer Night’s Dream • Tuesday, June 29 6-8 p.m.
Shakespeare Society will present Shakespeare’s dream. Bring lawn chairs and blankets for an outdoor performance of Shakespeare’s dream.

A Midsummer Night’s Dream • Monday, June 28 6-8 p.m.
Join us for a special performance of Shakespeare’s dream.

Shakespeare’s Summer Tour • Monday, June 28 6-8 p.m.
Come watch the show on DVD and discuss the performance.

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"The Avengers" is the first best comic book movie to come out since Christopher Nolan's 2008 hit "The Dark Knight." It's entertaining and fun to watch, with solid acting performances and great special effects. The film made its debut by breaking the domestic revenue record with a $203.3 million opening, beating last year's $196.2 million opening of the last Harry Potter film.

The film follows a group of superheroes learning to work with each other for the first time. It opens with the villain Loki, Thor's brother, as he tries to take over Earth with an alien invasion. In response, Col. Nick Fury (Samuel L. Jackson) assembles a team of superheroes, including Captain America, Iron Man, The Hulk, Thor, Hawkeye and Black Widow, to fight back against the invasion. He calls them The Avengers.

Outside of Black Widow and Hawkeye, these heroes have taken down villains in their own movies. Now they are asked to unite under the same cause, something they struggle to do at first. Though the plot may be generic, it does its job by holding the audience's interest.

Making any of these heroes believable can be a challenge, especially for Captain America, who fought during World War II, is frozen under a blanket of ice, was thawed out and now exists in today's world, having not aged at all.

"It's hard for someone to take a man seriously who wears blue tights and is as patriotic as George Washington on steroids," actor Chris Evans does a good job as Captain America, making characters focus more on this character as the leader The Avengers on the impossibility of his existence.

Other actors bring life to their characters well, particularly Robert Downey Jr. and his turn as the wisecracking Iron Man. While the performances of the actors are good, the special effects are even better. The action scenes will direct "The Avengers" in its array of impressive action sequences also include watching the heroes fight each other before they find their stride working together as a team. One scene that was particularly entertaining was seeing Thor, the god of thunder, square off against The Hulk.

Beforehand, we see Captain America, Iron Man and Thor in a standoff with each other. It's a fun match, even though the heroes essentially fight each other and the comedown ends up looking like little kids trying to impress each other on the playground.

"The Avengers" doesn't stretch too far from its comic book roots, with top-notch action sequences and big set pieces. It's what makes the movie good and also gives what the film some of its problems.

Because "The Avengers" is a comic book film adaptation, it doesn't try too hard to present any serious theme outside of teamwork.

This does lead to one problem with the film: the characterization of the primary villain, Loki. Loki's character supposedly fell to his death at the end of the film "Thor." The problem with "The Avengers" is that it offers hardly any explanation for how he returns from the dead. It also seems like a missed opportunity to develop his character well from his comic book origins, and as a result, audiences are simply told to believe that Loki is killing off numerous people in his pursuit of power and world domination.

"The Avengers" is the film any fan of comic books shouldn't go without seeing. It delivers the one thing expected from a summer movie blockbuster: a good time.

Anthony Pickens can be reached at apickens@dailyjeepy.com or 530-331 ext. 266.
COUNTRY DUEL, 1 BDRM. pets $500, falls view, 428-8968.

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Cancer — Today is a 7 — Your dreams may be misleading at first. Focus on completing the tasks at hand, and then move to bigger and better things. Looking at things from a different perspective helps.

Aries — Today is a 7 — Your dreams may be misleading at first. Focus on completing the tasks at hand, and then move to bigger and better things. Looking at things from a different perspective helps.

Taurus — Today is a 6 — Avoid spending on momentary pleasures. Authorities want persuasion. Old friends offer great new ideas. A technical friend is a big help, too. Reinforce compassion as a goal group.

Gemini — Today is a 7 — Postpone travel for a few days. Impulsiveness could cause accidents. Clean up to avoid arguments in other words, slow down and be respectful. An opportunity for a rare opening.

Libra — Today is a 6 — Navigate your work with calm. Navigate your work with calm. Navigating your work with calm. Navigating your work with calm. Navigating your work with calm. Navigating your work with calm.

Scorpio — Today is a 8 — Don’t get soiled by what you need more of (unless you really want to give it away). Money plays an important role in today’s scenario. Don’t borrow or lend money.

Sagittarius — Today is an 8 — You’re in charge (and you may as well let others know). Don’t be afraid if you don’t know how to manage it all. You’ll figure it out. Be gentle with yourself and others.

Capricorn — Today is a 5 — Don’t sweat the small stuff (even if you feel compelled). Don’t get lost in some dark forest of your own making. Know your way out. Think about it.

Aquarius — Today is a 6 — Getting grounded and focused provides a definite improvement. Trust your imagination. Don’t be afraid to take on new responsibilities. Stop and listen for what’s next.

Pisces — Today is a 6 — There’s no need to worry, as everything works out in the end. You can easily get yourself out of the trouble you get yourself into. New ideas begin to gel.
Abe Martin Field, named after a former coach who resurrected the Saluki baseball program in 1947 and coached for 33 seasons, is the oldest baseball facility in the Missouri Valley Conference, and several players and coaches said they understand the need for renovations.

“It just doesn’t keep up with the parks we play at,” junior third baseman Austin Montgomery said. “Our field is probably the worst in the Valley. We don’t really have the big atmosphere of the bigger schools.”

Of the eight stadiums in the MVC, Abe Martin Field is the only one that hasn’t been renovated in the new millennium. Old bleachers, small dugouts and declining field conditions are reasons why Athletic Director Mario Moccia said the field desperately needs renovations.

“It’s not fun-friendly. The restrooms are kind of in the back; they’re dark. The concession stand is a trailer,” Moccia said. “It’s hard for me to take a recruit out there, and we have no lights; there’s standing water in the outfield, and the pressbox doesn’t have a restroom, and it looks like a World War II pillbox, and you have crummy stands.”

Moccia said he’s been happy with the job SIU baseball coach Ken Henderson has done with a field that needs to be renovated. Henderson said he wants the new turf because it will help the team through adverse weather conditions, since the current field of Bermuda Grass doesn’t drain well after rain.

He also said having lights at Abe Martin will be a big deal, not only because SIU can play night games, but it will be able to play games during the day without darkness thrusting to postpone the game. He said the team will be able to practice under the lights, which will help it get used to road games played at night.

“I want to create a better atmosphere at Abe Martin, but in terms of recruiting, it’s a big issue,” Henderson said.

Henderson said the old facility hurt recruiting and now, with pictures of the construction plans, the Salukis have landed recruits that Henderson said he didn’t think they could get two or three years ago.

Pitching coach P.J. Finigan, who handles a bulk of recruiting duties for baseball, said the first contact any coach can have with a recruit is through email Sept. 1 of the recruit’s junior year of high school, a full nine months before a coach can contact a recruit over the phone. When Finigan used to contact recruits, the first thing he would show them is pictures of the facility.

“(The facility) is where you spend a lot of your time. You probably spend half your time here, so it is a big part of what goes into your decision,” Finigan said.

Finigan said SIU has lost players to teams such as Western Kentucky that have more impressive facilities than Abe Martin. Now that Finigan has pictures of the proposed construction, recruits have been more responsive to the idea of playing at Abe Martin, he said.

Senior Associate Athletic Director Jason King said the renovations to Abe Martin weren’t included in the first phase of the Saluki Way project because other things needed to happen first such as a new track facility to replace the old one in former McCandless Stadium.

Fundraising efforts started in 2011, and King said the Athletic Department has raised approximately $750,000 that the school will match with a loan to the Athletic Department, which brings the total money raised so far to $1.5 million.

Moccia said the Athletic Department won’t raise the student athletic fee to pay off the money from the university, but it will consider selling tickets to baseball games that are currently

King said the Athletic Department has, for the most part, focused on alumni who played baseball at SIU to solicit donations for the project. He said it plans to branch out fundraising efforts in the future, but the money raised is in line with where King said the Athletics Department predicted it would be at this point.

Depending on the amount of money raised, Gatton said the construction could come in phases, meaning one part of the renovations would be completed before another part is ready to start. King said the Athletic Department approaches the fundraising like it will be able to do every phase of construction at once.

Gatton said that originally, the lights were the first priority of the Athletic Department, although he said it now seems that artificial turf is at the top of the wish list.

Baseball swept by Illinois State

Joe Raguza
Daily Egyptian

The Salukis couldn’t find a win when they traveled to Illinois State for a four-game series Friday through Sunday.

SIU (25-23, 9-9 Missouri Valley Conference) lost 8-1 Sunday to Illinois State, 31-3 as the Redbirds completed the three-game sweep.

The Salukis took an early 1-0 lead in the second inning off an RBI sacrifice fly by senior catcher Brian Bajer, but freshman right-hander Sam Coonrod (2-4, 5.25 ERA) gave up the runs in the third and fourth innings to help seal the sweep for Illinois State.

The Salukis had another 1-0 lead against the Redbirds in Friday’s opener, going into the bottom of the eighth inning, but ISU plated three runs off Saluki left-handed junior Cody Fiers (5-6) and took the 3-2 victory.

Fysonye (3-3, 3.12 ERA) took the loss despite going into the eighth inning with a one-hitter. He gave up three earned runs on five hits and struck out four in eight innings of work.

SIU didn’t fare any better Saturday, as it was on the wrong end of a 5-3 win by Illinois State. Senior right-hander Cameron McKaunden (6-1, 5.71 ERA) gave up one run in the fourth inning, and sophomore right-hander Matt Murphy (2-4, 5.05 ERA) took the loss in relief.

Fysonye gave up four runs on four hits in an inning and a third, but only one of the runs was earned.

SIU returns home 3 p.m. Friday to play a three-game series against second-place Indiana State.

Projected renovation of Abe Martin Field. | Saluki Athletics PROVIDED PHOTO

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Projected renovation of Abe Martin Field. | Saluki Athletics PROVIDED PHOTO
Moccia: Abe Martin field needs updates

Baseball field renovations behind schedule, projected to finish on time

Joe Ragusa
Daily Egyptian

The renovations to Abe Martin Field have hit a snag with their initial plans, but university administrators say the project is still set to finish on time.

Phil Gatton, director of plant and service operations, said Tuesday the university is in the process of selecting an architect or engineer who will look at the specific needs and desires of the Athletic Department and then provide a better estimated cost of the project rather than the $3 million to $5 million Moccia said the Athletic Department expected to pay.

According to plans provided by Gatton, the Athletic Department wanted a firm selected by May, but that hasn’t happened yet.

The preliminary plans for renovations were approved by the SIU Board of Trustees Dec. 8, and the initial budget of $5 million was for the addition of lights, a new turf field and a new grandstand with a state-of-the-art pressbox and new dugouts.

Planning for the renovations began in 2004, when former Athletic Director Paul Kowalczyk laid out his initial plans for the Saluki Way project, which provided a new football stadium and renovations to the SIU Arena among other changes to the university.

Gatton said the Athletic Department is still hopeful an architect or engineer will be selected and that the project will have preliminary designs with programming and cost estimates submitted to the SIU Board of Trustees by its Sept. 13 meeting.

Once the architecture firm creates designs, which Gatton said should be done by January 2013, the Athletic Department will put the project up for bids. Gatton said while the architecture firm will be selected based on quality, the contractors will be selected by the lowest bid.

Once the bid is finalized, the plans provided by Gatton said the Athletic Department put the bid contract up for approval with the SIU Board of Trustees Feb. 14, 2013. The contracts will take about two months to finalize, after which construction will begin, which should take between six and eight months months and finish in December 2013.

Please see ABE MARTIN | 11