Terrance Peaceok
Daily Egyptian

Research shows the many Living Learning Communities on campus can improve a student's grade point average, Elizabeth Scally said.

"Every year we look at GPA on each floor and every year we notice students in LLCs do have higher GPAs than students who do not," said Scally, associate director of University Housing.

LLCs are groups of students who live on the same residence hall floor and have the same major.

Freshmen, who lived in LLCs for the fall 2010 semester had an average GPA of 2.87 while non-freshmen LLC students had average of 2.63, according to the Office of Institutional Research and Studies. The overall GPA of freshmen for fall 2010 was 2.44.

"We hope this will have an impact on the persistence the students will continue to have," Scally said.

Scally said LLCs help students with the transition from high school to college. Students share goals with the other students and the university is looking to add more LLCs to floor levels. She said LLCs help students with the transition from high school to college.

According to the website, the Corps personnel planted the floodwall at Cahokia, Ill., a week before its scheduled completion. The city is expected to be a high priority, but the floodwall is currently being built.

In the meantime, Bennett said, he and other city officials in Missouri will continue to look for ways to help farmers and homeowners get as much money back as possible for the land they lost in the flood.

Kayla Kerns
Daily Egyptian

The Army Corps of Engineers blew up the third section of the Birds Point levee in flood-controlled Mississippi County, Mo., at 2:29 p.m. Thursday.

The Corps released a statement Wednesday evening calling off the planned breach because of logistical difficulties. Even so, Corps officials say the project seems to have been a success so far, but their job isn't done.

George Langslet
Daily Egyptian

Fans of the psych-rock band The Flaming Lips revel in the spectacle of balloons, glitter and a lightshow Friday during the band's set at the Beale Street Music Festival in Memphis, Tenn.

The group, which employs the help of fans nightly, believes in an interactive experience between the fans and musicians, according to its website. Please see B11 on page 8 for more.

Kayla Kerns
Daily Egyptian

The previous two blasts have already flooded prime Mississippi farmland, which Johann, state officials and farmers. Cato Bennett said Bennett, commissioner of Mississippi County, Mo., said approximately 136,000 acres of farmland are under water after the Corps blew another hole in the levee to relieve flooding at Cairo.

"If we thought the flooding was bad, the worst is yet to come," Bennett said.

Although Bob Anderson, public affairs officer for the Corps, said the Corps expected the new explosive agent to be more potent, The Associated Press reported Thursday that residents in nearby areas said the last blast was not as strong as the first two.

Bennett said he is focused more on those floors, have a sense of community and can go to staff for help.

Kathie Lott, assistant director of University Housing, said the advantages of LLCs are that students share classes and can support one another in them.

See LLCs
Dietz: Student Affairs can help University College models

SARAH SCHNEIDER
Daily Egyptian

The elimination of the division of Student Affairs is not typically what has led to success in other universities, L. Dietz said.

"I think the issue is that most campuses that have University Colleges also have strong divisions of Student Affairs," said Dietz, current vice chancellor for Student Affairs at SIUC.

"That is not the model I have seen that is successful," he said.

On Monday, Dietz was named vice president of Student Affairs at Illinois State University. He said he submitted his resignation from his job at SIUC Tuesday.

SIUC Chancellor Ria Cheng began implementing the University College model with the restructuring of the division of Student Affairs in December. In a letter to Dietz in December regarding his resignation, Cheng said he would accept Dietz's academic leave in the spring 2011 semester.

"It felt me in a situation to either resign or be put through a process which I was planning to do, or seek another position," Dietz said. "I decided to do the latter. I was nominated for a position where the executive search committee recruited me."

Dietz said he would be working closely with the University College at ISU. He said his new position would work to increase the division of Student Affairs — the career center, Counseling Center, dean of students office, Housing and Residential Life — and work together within the University College model.

"My sense is that building strong ties with student affairs that will support students psychologically, emotionally, socially and develop leadership skills will help them learn both inside and outside of the classroom," he said.

When the division of Student Affairs was eliminated, the offices previously under the division were moved under former Provost Gary Munthe. Each office included new student programs, career services, supplemental instruction, pre-major advisement, University 101, the career center, counseling center, student support services, resident life and international programs and services.

Munthe resigned from his position as provost in January after 10 days on the job. He cited differences over changes, to the direction the university was headed in his resignation e-mail to Cheng. SIUC spokesman said Munthe and Cheng disagreed on the restructuring of the Division of Student Affairs and Dietz's resignation.

"The chancellor, as a new chancellor, has a prerogative to make changes and she has done that," Dietz said. "I think the division of Student Affairs has worked well over the years with a provost's office in delivering programs and services that would have enhanced the experience. She had a different view of that and she acted on that and it has been supported."

SIU President Glenn Poshard said he respects the division's changes that have made at the university.

"She has worked here for nearly a year and she has made some tough decisions that will help students in the future," he said.

Dietz said it will be difficult to leave SIUC because it is his alma mater and he has family in the area.

"Of the 26 members of my family who have attended Southern Illinois University, so it is not a decision I made lightly," he said. "This university is close to my family and I am excited about going to Illinois State University.

He said he is proud of the accomplishments he and his staff made over his 10 years in the Division of Student Affairs.

"It is a time right now for me to apply my skills at another university," Dietz said.

Sarah Schneider can be reached at sschneider@dailyEgyptian.com or 536-3311 ext. 255.

Dietz: Student Affairs can help University College models

LARRY DIETZ, vice chancellor for Student Affairs at SIUC, said it was one of the best things he has been a part of.

Dietz will start his new position at ISU on June 1, said Jay Groves, spokesman for Illinois State University. Groves said Dietz will be taking a national search because of his experience in higher education.

He impressed every area of the campus with his communication skills and his ability to frankly answer questions," he said. "You could tell that he had done his research on Illinois State University because he knew a lot about it. He was very well prepared, and it showed in his presentation on campus.

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Sarah Schneider can be reached at sschneider@dailyEgyptian.com or 536-3311 ext. 255.
Professor hosts benefit for Alabama tornado victims

SAMM Cechowski
Daily Egyptian

After a tornado hit Tuscaloosa, Ala., Rodney Jones said his friend came out of his basement to find his house gone and nothing standing for a two mile radius, every building had been destroyed.

Jones, a professor of English, said when he was growing up in Alabama, tornadoes occurred frequently, and even now when he hears a tornado siren in southern Illinois, he cringes. The tornado, which hit April 27, was the worst he has ever heard of, he said.

Judy Jordan, an associate professor of English, organized a benefit reading for tornado victims in Alabama on Thursday at the Harry T. Moore Auditorium in Farer Hall. Jordan and graduate students in creative writing read poetry about Alabama as well as works by Alabama authors.

Food and clothing donations were accepted at the benefit, Jordan said.

Jordan said she heard about the tornado on the radio while she was driving and immediately tested former students who live in Alabama and her friend, who is a professor at the University of Alabama.

"I spent a couple miles trying to make sure my friends were ok, and then the next morning I was writing to NFR and a mayor of this small town came on and said, Our entire town has been destroyed. People have nothing... please, if you could just get us some clothes and some water to this relief center," she said. "Obviously, I had to do something."

Jordan said proceeds benefits for Hurricane Katrina and Darfur hosted by English professors gave her the idea to plan a similar event.

Jones said while he doesn't think anything anyone can do will help money and community support can.

"Americans are not so good at community anymore, but in emergencies they come together," he said.

A total of 337 people were killed when tornadoes hit southern and some northern states, and 1,000 of the deaths were in Alabama, according to an article in the Washington Post. The article said power outages are believed to be the primary reason for the high number of deaths.

Mythili Rundbbad, a coordinator for Student Development and Service Learning and Volunteerism, said the Department of Public Safety and the Civil Service Commission in Alton contacted her for help from students in flood and tornado damage relief in southern Illinois.

The DPS and the Civil Service Commission are looking for student volunteers to help sandbagging in Elkville and are asking for people in the university to donate items such as nonperishable food, first aid kits, personal hygiene products and gift cards to Walmart or Kroger, she said.

"I thought it was important to do something because we have students (at SIUC) from so many of the towns affected in southern Illinois and I'm sure a few people who are employed at the university," she said. "My undergraduate student assistant's family is from a very badly affected area, so I know what kind of toll it takes on students."

Rundbbad said she currently hasn't heard from any Registered Student Organizations that want to start relief efforts for victims affected by the tornado that hit southern Illinois or the southern states. The said this is probably due to final exams, but she believes there will be more efforts in the SIUC community after finals are over.

"SIUC participated in relief efforts for the March 11 earthquake and tsunami in Japan and during spring break helped rebuild houses in Louisiana that were destroyed by Hurricane Katrina," Rundbbad said. SIUC raised $68,000 in the 2009-2010 academic year for organizations like the American Cancer Society, she said.

The Baptist Student Center is collecting food and toiletry items from 9 a.m. to 9 p.m. If you are interested in donating, contact Director Chase Ake at 564-7404.

Sarah Cechowski can be reached at sceanowski@dailyegyptian.com or at 633-1121 ext. 258.
PM says he won’t move Canada hard to the right

Rob Gilies
Associated Press

TORONTO — Prime Minister Stephen Harper said Tuesday he would surprise Canadians with a hidden-right wing agenda after his Conservatives won a coveted majority in which will be a dramatically changed Parliament. Harper, who took office in 2006, failed to win the majority of Parliament’s 308 seats in two previous elections, but Monday’s vote gave him 167 seats, allowing him to pass any legislation he wants.

Harper deliberately avoided sweeping policy changes in a minority government but now has an opportunity to remake traditionally liberal Canada in his own conservative image. Minority Parliaments are all powerful in Canada.

We got that mandate because the way we have governed and Canadians expect us to continue to move forward in the same way, Harper has once again moved Canada to the right.

In past elections, Harper did not explicitly ask for a majority, which avoided raising fears among Canadians that he would implement a radical right wing agenda. Harper has said he will not tinker with Canada’s liberal abortion and gay rights laws and on Tuesday sought to reassure the country of his commitment to public health care. “I think we’ve made it very clear that we support Canada’s system of universal public health insurance,” Harper said after securing four years of uninterrupted government. While Harper’s hold on Parliament has been tenuous during his five-year tenure, he has managed to meld an instinctively centre-left country to the right, gradually lowering taxes and corporate taxes, avoiding climate change legislation and promoting Arctic sovereignty.

He has also tripled military spending, extended Canada’s military mission in Afghanistan and staunchly backed Israel’s right-wing government.

Stephen Clarkson, a professor of political science at the University of Toronto, said the 52-year-old Harper should now be considered a transformative figure in Canadian history.

“IT’s a sea change,” Clarkson said. “We’ve had Conservative governments before, but not a neo-Conservative that wants to reduce government.”

Barack Obama called Harper to congratulate him on his victory and said Obama looks forward to renewing a commitment to improve security and trade along the border. Harper also congratulated Obama for his success in operations against Osama bin Laden.

Despite their political differences, Harper is said to get along better with Obama than he did with President George W. Bush, possibly preferring the current U.S. president’s liberal style to his predecessor’s backslapping charm. Harper appeared happier than ever Tuesday: “I obviously am feeling great,” said Harper, who joked that his staff forced him to take a selfie from a champagne bottle after his big victory.

The election marks a chance in Canada’s political landscape with opposition Liberals and Quebec separatists suffering a punishing defeat. Liberal leader Michael Ignatieff announced he will step down from the post following the party’s worst defeat in history. Ignatieff even lost his own seat in a Toronto suburb.

Bloc Quebecois leader Gilles Duceppe also lost his own seat and immediately resigned after French-speaking voters in Quebec indicated they had grown weary with the separatist party, which had a shocking drop to four seats from 47 in the last Parliament.

UPCOMING EVENTS

MOTHER’S DAY BRUNCH
SIU STUDENT CENTER FALLROOMS
10:30 - 1:00 PM

TUNING FINANCING
INTERNATIONAL SEMINAR ON ECONOMIC DEVELOPMENT
5TH-9TH APRIL, KOHMA 150

2011 SPRING COMMENCEMENT
MAY 15TH AT SIU CARBONDALE

MAY 14TH AT SIU ARLINGTON

MAY 14TH AT SIU ARLINGTON

MAY 14TH AT SIU ARLINGTON

MAY 14TH AT SIU ARLINGTON
Students should eat for energy, well-being

LYNN GILL
Wellness Center

Feeling fatigued can impact all aspects of life, from the ability to study to the desire to socialize. Rather than relying on potentially harmful energy drinks to stay awake, try the following dietary tips instead:

Eat! The brain requires certain amounts of calories for optimal function. It is not uncommon for students to eat less or skip meals altogether when busy. However, low calorie intake and going long periods without food doesn’t allow for glucose to feed the brain, and this can lead to fuzzy thinking, irritability, and low energy levels. If you are unsure of how many calories your body requires, log onto to livestrong.com/plate.

Avoid Sugar. The average American consumes up to 160 pounds of sugar a year. The human body isn’t necessarily designed to process this much sugar. High sugar intake or eating sugar on an empty stomach can actually lead to low blood sugar. This often results in physical symptoms similar to those described above with not eating. Read labels for terms such as high fructose corn syrup, cane/brown sugar, fruit concentrate and words ending in “ose.” Instead, focus on high-fiber carbohydrates such as fruits, vegetables and grains to help keep blood sugar stable.

Eat Protein. There are many benefits to eating protein such as regulating blood sugar, building muscle and sustaining prolonged sense of fullness after eating. Protein also contains an amino acid that helps make alert chemicals in the body. So if you’re tired, grab some turkey, cottage cheese, nuts, light cheese or sunflower seeds.

Drink Up! Water, that is. Dehydration is one of the leading causes of daytime fatigue. Not drinking enough fluids can lead to hunger, lethargy and can make your body actually retain fluid. There are various recommendations for how much water the body needs. However, an easy formula is to take your weight in pounds and divide by two. The remaining number is how many fluid ounces you could drink in a day. Remember, you do get some fluids from the food you eat. One way to determine if you are getting enough fluids is by the color of your urine. If it is pale yellow to clear, you are most likely hydrated. A darker color may imply dehydration, but it can also result from metabolizing medications or supplements. There are many vitamins and minerals associated with energy. For example, B vitamins are responsible for converting calories into energy and iron’s role is to supply the brain and muscles with oxygen. The human body is designed to consume foods that are naturally rich in vitamins and minerals, so eating a well-balanced diet ensures that your body is getting what it needs.

The bottom line? Follow traditional wisdom: eat a diet high in raw fruits, vegetables, whole grains and cold water fish; keep processed foods at a minimum; and drink plenty of water. Consuming an earth-based diet that the body is intended to eat will have a positive impact on energy levels as well as overall health.

LETTERS TO THE EDITOR

Campus Habitat is not a good place to live

Dear Editor:

I received a text message late in the evening: “Bryant, you won’t believe this. My roof caved in!” Shocked by such a sudden statement, I asked for clarification. He explained to me that the roof of his building at Campus Habitat caved in. He was relocated to the Eco Lodge, a cheap motel in town.

Days later, I ran into a friend of mine and noticed a downcast look on her face.

“What’s wrong?” I asked.

“I’m living in this motel because my room has flooded,” she said.

“I asked her if she stays in Campus Habitat, and she told me she does.”

“But what’s worse is that they still want us to pay rent while staying at the motel,” she said.

Eventually, three more friends told me an altercation from Campus Habitat about the payment of rent while being relocated to motels throughout the town.

Flat out, they shouldn’t pay. Campus Habitat has a reputation for placing their residents in jeopardy and not guaranteeing their safety. Months ago, a student (who’s now relocated at the Eco Lodge) was robbed at gunpoint at his apartment.

I had my own run-in with the company a year ago when a student I knew was attacked by her boyfriend (who wasn’t a resident of the complex). He knew the code to the outside door, made his way to her apartment and kicked her door in to attack her.

I personally asked the management to change the code, since he knew it or to relocate her. They refused.

I later discovered that the same man previously attacked another woman on the exact same property, and although the woman reported it, they refused to change the code or to relocate her as well. After that discovery, they compiled.

Then there was the Island hurricane, where all the residents of the complex had to be evacuated due to the instability of the buildings.

Today, the city has declared Campus Habitat currently unsuitable, for living in. The buildings are old, unstable and dangerous and the management is unrelentive, insensitive and lazy. Yet, they still want their residents to pay rent while being lodged at motels.

Something is wrong with this picture.

Bryant Payne
Graduate student

Submissions

Letters and guest columns must be submitted with author’s contact information, preferably via e-mail. Phone numbers are required to verify authorship but will not be published. Letters are limited to 400 words and columns to 500 words. Students must include year and major. Faculty must include rank and department. Others include hometown. Submissions should be sent to voices@dailyEgyptian.com.

Notice

The Daily Egyptian is a designated public forum. Student editors have the authority to make all content decisions without censorship or advance approval. We reserve the right to not publish any letter or guest column.
Geronimo code name sparks outrage

SUSAN MONToya BRYAN
Associated Press

Geronimo. The U.S. Senate Indian Affairs Committee didn't know when it scheduled a hearing on racial stereotypes that members would have such an emotionally charged example to discuss. But the use of the Apache leader's moniker as a code name for Obama bin Laden has sparked a heated debate in Congress and among Native Americans and drawn calls for an apology.

A legendary warrior, Geronimo was known for his ability to walk without leaving footprints, which allowed him to evade thousands of Mexican and U.S. soldiers, much like how bin Laden evaded capture for the past decade.

For Native Americans, there's an important difference: Geronimo was a hero — not a terrorist.

The issue has resulted in statements of disparagement from tribal leaders, scores of angry comments on social networking sites and a call for President Barack Obama to apologize.

Thursday's hearing was scheduled long before ideas about the Geronimo code name became public. However, the committee will take up the matter, said Loretta Feightner, staff director and chief counsel for the committee.

"Many Native Americans said that while they are angered, they are not surprised. They said the code name is yet another insult in a long, tumultuous history with the federal government."

"We've been oppressed for so long, it just doesn't matter anymore," said Leon Curley, a Navajo and Marine veteran from Gallup, N.M. "The government does what it wants when it wants. The name calling is going to stay around forever. But when you think about it, this is an insult."

"It was quite certain that the use of the name Geronimo was code for Obama bin Laden was based on misconceptions and misunderstandings of Geronimo and his accorded struggle against the United States and Mexican governments," Feightner wrote. "However, to equate Geronimo or any other Native American figure with Osama bin Laden, a mass murderer and currently a terrorist, is painful and offensive to our Tribe and to all Native Americans."

The White House referred questions on the matter to the U.S. Defense Department, which said no disrespect was meant to Native Americans.

The department wouldn't elaborate on the use of Geronimo's name but said code names typically are chosen randomly and allow those working on a mission to communicate without divulging information to adversaries.

"The Apaches are not alone when it comes to battling the impact of stereotypes. The Seminole Tribe of Florida is still waiting to get an apology from Obama over a court brief filed earlier this year that compared the tribe's senators to al-Qaeda. The Defense Department clarified the use of the Seminole reference, but it wasn't enough for the tribe. Chairman Cypress said in a letter to the president Wednesday: "Once again, our nation's native people were categorized as terrorists," he wrote, referring to the Geronimo code name. "The time has never been more appropriate and necessary for you to issue an apology to Native America."

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States ask US court to overturn health overhaul

GREG BLUESTEIN
Associated Press

ATLANTA — More than two dozen states challenging the health care law in a federal court Wednesday to strike down the Obama administration's landmark law, arguing it far exceeds the federal government's powers. The motion, filed on behalf of 26 states, urges the 11th Circuit Court of Appeals in Atlanta to uphold Florida’s federal judge’s ruling that the overhaul’s core requirement is unconstitutional. The judge, U.S. District Judge Roger Vinson, said Congress cannot require nearly all Americans to carry health insurance.

"The law should be struck down in its entirety," Vinson wrote in the 69-page filing. "This ruling does not, however, affect other challenges to the health care law."

"The states have offered a constitutional defense," Vinson ruled. "This case is not about the constitutionality of the health care law."

Vinson's ruling came about a month after the Justice Department formally appealed Vinson's ruling, arguing that Congress had the power to require most people to buy health insurance or face tax penalties because Congress has the authority to regulate interstate commerce.

"The legal wrangling started when the states filed a lawsuit last year. Vinson agreed to a Jan. 31 ruling that said the entire health care overhaul passed by the Democratic-controlled Congress and signed by President Barack Obama is unconstitutional. It is considered the most sweeping ruling against the health care law since the landmark ruling.

"That ruling followed the state's argument that the core reason for the appeal is that a federal judge in Virginia who struck down the insurance requirement. But the Florida judge's ruling also included provisions from the Obama law that cover crackdown on the use of the code name."

Allowing the law to go forward, the states argued in the 69-page filing, would set a troubling precedent that could extend into other areas of liberty, render Congress's other enumerated powers superfluous, and allow Congress to usurp the general police powers reserved in the states.

So far, three federal judges, all Democratic appointees, have upheld the law. Vinson and the Virginia judge, both Republicans appointees, ruled against it. It seems certain that the broad health care challenge will be resolved only by the nation's top court, and Vinson suggested in a March ruling that the Supreme Court may eventually split on this issue as well."

"Vinson agreed to a Jan. 31 ruling that said the entire health care overhaul passed by the Democratic-controlled Congress and signed by President Barack Obama is unconstitutional. It is considered the most sweeping ruling against the health care law."

"The ruling followed the state's argument that the core reason for the appeal is that a federal judge in Virginia who struck down the insurance requirement. But the Florida judge's ruling also included provisions from the Obama law that cover crackdown on the use of the code name."

States ask US court to overturn health overhaul
Wayne Coyne, front man of The Flaming Lips, also acknowledged the conditions but optimistically said he predicted the Mississippi River wouldn’t flood until they were off stage.

The Lips, a psychedelic band from Oklahoma City, had one of the more elaborate shows, complete with lasers, costumes, video projections, large amounts of confetti, giant hands, balloons and complex lighting. For many, though, the highlight of their show was when MGMT, who performed before The Lips, took a break “from getting high backstage” and returned to perform their hit “Kids” with The Lips.


The variety of acts and the $60 ticket attracted a diverse group that crowded around all four stages, one of which was solely dedicated to the blues, a genre born in Memphis.

Music didn’t isolate the crowd, though, as news of the outside world spread throughout the festival on two distinct occasions.

On Friday night, Memphis natives could be heard bawling of their own Memphis Grizzlies, who won their first game in the NBA playoffs against the San Antonio Spurs.

MGMT, who performed while the basketball game was being played, updated the crowd with the score between songs and announced the win before finishing their 14-song set.

During Wilco’s final performance Sunday night, the news of Osama bin Laden’s death reached many via social networking, texts and cell phones.

As the festival drew to a close, the crowd made a mass exodus, covered in mud but thinking about other things.

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Area experts help stressed-out students stay successful

BRENDAN SMITH
Daily Egyptian

Dr. Brian Bird said college students are some of the most stressed people he treats.

"Bird, a physical therapist at Allied Physicians and Rehabilitation of Southern Illinois, is a chiropractor and specializes in natural ways of dealing with stress. "A lot of students balance work, classes and different organizations across campus, and they think about their health last," said Bird, who has been practicing in the Carbondale area for 15 years. Much of that stress hits students during the last weeks of school, which can be both exciting and nerve-wracking for them.

Parting with friends, securing summer jobs and internships, studying for finals, and graduating can be taxing on many students and cause stress levels to skyrocket, said Barbara Elam, a stress management coordinator at the Student Health Center.

"Our recent college surveys say stress is the number one problem that interferes with academic success," Elam said. "It interferes with sleeping, concentrating on school, sometimes even being able to go to school."

Everyone deals with some level of stress, and Bird said the cause of stress differs from person to person. But biologically, he said the body reacts the same.

Bird said stress is related to the adrenal glands, which are also known as the stress glands. He said most people are unaware that the glands work to control hormone levels, blood pressure, heart function, headaches, allergies, asthma, sleeping patterns, weight gain and digestion. He said the glands are stressed when a person is stressed, and then they are unable to work at an optimum level.

"As a chiropractor, I teach patients how to manage their stress through a massage therapy technique, diet, supplements and ensuring that there are no inhibitors preventing nerve flow from reaching the adrenal glands," Bird said.

Elam said she advises students on ways to cope with stress levels. She said it's easy for students to get overwhelmed. Along with academics, an unstable economy and lack of financial options affect students' stress levels.

Brittney Edwards, a senior from Marion studying radio-television, said the state of the economy has affected her post-graduation plans.

"I'm going right into grad school, so I don't have to deal with the job hunt. Otherwise, I'd be way more stressed out than I am now," Edwards said. "I decided grad school would be a good idea because the economy is really shaky right now. Hopefully that will give the economy time to pick back up."

Elam said while there are many things to cause stress, there are also many ways to alleviate it. She said breakfast, daily exercise and plenty of water are basic things that alleviate stress. However, Elam said the simplest and most effective way is to find a sense of calm.

"I have worked here with the School of Medicine for the last six years with the Med Prep students who are studying for their MCATs, which is very stressful," Elam said. "We found that just using a couple of minutes of deep breathing a day has improved their test scores and lowered their anxiety."

Bird said although there are several proper ways of dealing with stress, many students go about it the wrong way. "Taking drugs—whether they're over-the-counter, prescription or illegal—and drinking alcohol are only more stressful because they are more toxic to the body. He said these solutions only mask the problem and don't solve it."

Elam said she agrees with Bird, and heavy drinking is one of the biggest misconceptions of dealing with stress management.

"If you get intoxicated, it takes about 72 hours before the brain can fully function conceptually," Elam said. "Even if the alcohol is out of your system, it's still affecting your conceptual thinking, which is exactly what tests require of you."

Along with completing her final projects, Edwards said she is in the middle of apartment hunting, working as a graduate assistant and funding a summer internship in Los Angeles.

"Edwards said it's easy for her to get overwhelmed, but she balances her busy schedule with recreational activities such as taking drives outside the city.

"Working in the equipment room, I know everyone doing their projects, and I have a lot about one's going on," Edwards said. "I talk to people who are coming in, and it helps because it puts things in perspective that I'm not the only one who's stressed out."

Brendan Smith can be reached at bsmith@dailyEgyptian.com or 518-3711 ext. 258.

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A weekly feature highlighting students at SIU. If you would like to see your photo, please contact Daily Egyptian staff at brendon@dailyEgyptian.com or 518-3711 ext. 258.
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Crossword

**ACROSS**
1 Stem; brusque
6 Dun! in color
10 Festival
14 India's dolbr
15 Tiny amount
16 Sick; Lild up
17 Superstars
18 Sony
20 Contrite
22 Flourish
24 Orderly
25 ThrashOd about
26 Pilots
29 Atkins, Pritildn & South Beach
30 Broadcast
31 Prophcm
33...pocus
37 Stitched joining
39 Supremo Being
41 Spaco agcy.,
42 Capital of Tunisia'
44 Adjust an alann
46 Small barrel
47 Sffly dignified
49 Linear mctrlc measures ;
51 Law
54 Clockmaker_Thom
55 Straying from tho right path
56 Mosque towers
60 Chef
61 Press dothes
63 Choeso-topped tortiDa chip
64 Heavy book
65 Hawaiian roast
66 Ono who helps you find a seat
67 Roach oooas
68 Small insects
69 Glowed

**DOWN**
1 Clutch
2 Filet
3 Come _find!
4 Tisby or tiger
5 Nuns; becomes
6 Who l think of that?
7 Drive out
8 Dined
9 Fight
11 Bubbling water In a pot
12 Depart
13 _ up; tamed
14 Alleviated
15 Hoa no fury like a woman's
cmmod .
16 _ up; with Mod
17 Myst., onous
19 Birthday party dessert
21 Alligator
23 *Hid, no fury like a woman's
cmmod .
25 Cloned
26 Speedy
27 In _ substitute for
28 President
29 Up; wined
32 Mysterious
33 Birthday party dessert
35 Drug addict
36 Wrong
40 Red Sea nation
43 Astonish
45 _ shot
48 the Hun
49 Air cavity near the nose
50 Seal; fox
51 Religious splinter groups
52 Group of Gil Scouts
53 Smel
54 Air cavity near the nose
55 Ditch around a castle
56 At that time
57 Resound
58 Al that time
59 Athy
60 Baseball score
61 Comedy
62 Jelly
63 Cracky
64 Bounce

**THURSDAY’S ANSWERS**

**THURSDAY’S PUZZLE SOLVED**

**SUDOKU**

**THE SAGA OF PUZZLES** By The Meapham Group

**SUDOKU**

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9. For strategies on how to solve Sudoku, visit www.sudokus.org.uk.

**THURSDAY’S ANSWERS**

**Horoscopes**

By Nancy Black and Stephanie Clement

**Virgo** (Aug. 23-Sept. 22) — Today is a 7 - Action packed. Sort out the words around your community today. Connect with friends who won’t let you down. Your presence makes a difference.

**Libra** (Sept. 23-Oct. 21) — Today is a 6 — Learn to grasp the right words in medita-
tion. You know the way things work out. Get a friend’s job description. The size of your pop-
ularity increases now, so listen to them.

**Scorpio** (Oct. 22-Nov. 21) — Today is a 5 — Career opportunity arises, or a new leadership role. Accept guidance from a mentor, and step into it. You have a strong reason to serve. List what you want your strengths.

**Cupidcom. (Dec. 22-Jan. 19) — Today is a 7 — Focus on your goal, and turn small intuitions into truth. Take the philosophical high road. A female friend helps you get the group together.

**Aquarius** (Jan. 20-Feb. 18) — Today is a 9 — Take advantage of a twist of fate. Ask friends for advice, and remain open to suggestions. Share all feedback. Organize paperwork, and do the math. You’ll be glad.

**Pisces** (Feb. 19-March 20) — Today is a 7 — Helps you solve great philosophical questions. Creative self. Optimism knocks on your door. Polish your presentation and shine.

**JUMBLE**

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

**THAT SCRAMBLED WORD GAME** by David L. Hoyt and Jeff Knurek

*Then we grab the money.*

*HIS SCHEME TO STEAL $1000 WAS THIS.*

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

**NOTES**

**Level:** [1 2 3 4]

**Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9. For strategies on how to solve Sudoku, visit www.sudokus.org.uk.
**BASEBALL**

**Salukis continue conference play in Peoria**

**CORY DOWNER**  
*Daily Egyptian*

The Salukis enter Mother’s Day weekend on the road as they head to Peoria to take on Bradley University for a three-game conference series.

- Second place SIU (17-7, 7-5 Missouri Valley Conference) will play last place B. day (10-22, 3-15 MVC) today, Saturday and Sunday in their fourth conference series of the season. Interim head coach Ken Henderson said he expects his team to bounce back from its series loss to Wichita State and play the way it did against Illinois on Tuesday.

"It’s big weekend for us," Henderson said. "We’ve had three tough series before us, and we can’t afford to lose any momentum heading into Bradley’s."

Coming off one of the few best games at the plate, freshman shortstop Jake Welch said the team needs to stay focused against Bradley as it closes to the season end.

He said the Illinois game was a perfect opportunity for the team to get back in rhythm after a disappointing loss to Wichita State.

Welch went 3-5 in the game against Illinois and said he hopes to keep the momentum going as the team heads upstate.

He said he saw improvement from his teammates, including junior left fielder Jordan Sivertson, who went three for four at the plate against Illinois and brought his season-leading batting average to .322.

The Salukis also have a deeper lineup as junior catcher Aiden Bajer returned to the field against Illinois after missing eight games with an ankle injury.

Of the 12 conference games the Salukis have played, starting pitchers are only responsible for three of the team’s five losses. Because of their consistency, Henderson said he will stay with the same starting three.

Junior Cameron Maldonado (3-8, 4.19 ERA) will start Friday night’s game for the Salukis. He is coming off his sixth loss of the season.

After pitching his third complete game of the season, sophomore reliever Cody Forythe will take the mound for game two of the series. Forythe currently holds the lowest ERA in the Valley and is 4-0 in the conference.

Forythe has become more effective on the mound throughout the season, and he said it’s because he limits what he does on the mound and also tries to create pressure on the batters.

"I think it’s all about just throwing strikes and letting the defense do the work," Forythe said. "You have to try not to get into any deep counts and throw as deep into the game as you can.

The Salukis will look to sophomore starter Brad Preact to close out Sunday’s game, as he pitched the final game of all four conference series.

The Salukis have continued to play consistent baseball with a 10-10 record in April, while the Braves have slowed down and gone 5-14 in the month after a 15-7 start to the season.

The series starts at 6 p.m. today and continues with noon starts on both Saturday and Sunday in Peoria.

Cory Downer can be reached at cdowner@dailyEgyptian.com or 563-331 ext. 282.

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**Hawks' confidence growing after split in Chicago**

**PAUL NEWBERY**  
*Associated Press*

ATLANTA — Larry Drew likes the look of these playoffs. His feeling pretty good about his own team, too.

There are ups and downs around the NBA postseason. Top-seeded San Antonio has already been eliminated. The defending champion Los Angeles Lakers are in trouble. And Drew, the rookie coach of the Atlanta Hawks, sees no reason why his own team can’t go farther than anyone would’ve expected.

"This thing is wide open," he said Thursday.

Even coming off a series-tying loss, the Hawks are gaining confidence as they return home for the next two contests. Game 3 is Friday, which shapes up as the most significant night in 14 years for a franchise that has largely been an NBA afterthought.

"We feel good about where we’re at," said Jamal Crawford, the Hawks’ super sub. "We feel like we took their best punch.

Chicago, of course, would prefer to follow the script. The Bulls won 16 more games than Atlanta during the regular season and are in no mood to be the fodder for another playoff upset.

After a shocking 103-95 defeat in the series opener, Chicago played with a sense of desperation Thursday night. The Bulls dominated the boards 56-39, forced the Hawks offense into a stagnant mess (34 percent shooting), handled for seemingly every loose ball and pulled away for an 86-72 victory.

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**QUESTION OF THE DAY**

**Thursday, the NBA announced Lakers forward Ron Artest is suspended for one game for his flagrant foul on Jose Juan Barea with 2.4 seconds left in Game Two. Since this is not Artest's first offense, should he have received a harsher punishment?**

**Jacqueline Muhammad**  
*Chicago Sun-Times*

**Arrest is one of those players who will always have issues," said the man who wants to stop his antics. "The punishment is not nearly harsh enough.

"I think there’s a way to get the message across. That’s why I think fines don’t do it. They don’t go far enough."

**Austin Flynn**  
*Daily Egyptian*

**Absolutely! He should have been struck down with the hammer of Thor! Great Zeus’ beard!**

**Daily Barst**
FLAG FOOTBALL

Teams fight until the finish for title

JACQUELINE MUHAMMAD
Daily Egyptian

As Paul Kim dashed into the end zone he was overcome with excitement because he knew his catch could lead his team to victory.

"It was the second time we had a chance to score," said Kim a junior from Chicago studying biology and member of Team Herk.

I snapped the ball to Mike Jacobsen. He passed it to me, I caught it, put it over the goal line and scored," Team Herk defeated Team Kellogg in the intramural flag football Division B championship game Wednesday at Saluki Stadium. The teams have recently become rivals after battling in the regular season, where Herk won a game by only one point.

Due to their previous encounters, both teams anxiously prepared themselves to face one another. Steve Herek, a junior from Bloomington studying mechanical engineering, is quarterback for Team Herk and said the game was a chance to show everyone the team deserved to be the champions.

"We knew it was going to be tough game, we knew it was going to be a dog fight back and forth," said Rob Jesselton, a junior from Northbrook studying radio-television and captain of Team Kellogg.

Jesselton said team Kellogg got together to come up with strategies to win before the game.

As the teams battled, the tension in the air grew with each point scored. Members of both teams cheered at plays scrambled across the field to wrack each point.

The game went into overtime after playing two 15-minute halves. Team Herk won the coin toss, and they continued to battle long after another overtime after both teams failed to score.

"Both teams played hard, but we play our cards right and fought hard with each play," Kim said.

Herk said he believed the team’s defense led it to winning the title.

Team Herk was undefeated throughout the season, and after its championship win, Herk said the team is confident about another title next season.

Team Herk ran across the field after the game and celebrated because the story of their Cinderella season came true. The team had done the unthinkable — what Herk said was a perfect season.

"We ran up to each other giving high fives, celebrating because it was like one of those games when you run down the field," he said. "It had come down to the wire," he said.

With the final score of 14-13, Herk's win, the players of Team Kellogg were proud of their efforts, and Jesselton said he believed they put up a good fight.

Although it was Team Herk's hard work that ultimately won the championship, Herk said he would like to thank the intramural sports staff for their organization throughout the season and for the chance to play in Saluki Stadium.

JACQUELINE MUHAMMAD

Daily Egyptian

Dawgs to fight for second place in Carbondale

AUSTIN FLYNN
Daily Egyptian

The SIU softball team is in a familiar situation in its final series of the season as they play the Drake Bulldogs Saturday at Charlotte West Stadium.

Drake 32-18 11 Missouri Valley Conference has a better winning percentage than SIU (33-15-5 MVC), and the Salukis need to take all three games to move ahead in the conference standings.

Coach Kerri Blaylock said her faith in the team and knows it can perform even better against the Bulldogs than last year.

"I would love the sweep," Blaylock said. "If we play at our best, there's no reason we can't.

Last season the Salukis needed to win two out of three games against Drake to take the regular season conference title, and this year they need to sweep them to place second. The sweep would also give them a chance at first place.

Freshman Jayna Spivay said she is confident in her team and herself at the end of her freshman season, and she has only one more goal to accomplish this year.

"It's still not over yet," Spivay said. "I'm hoping to end up with a ring somehow, so that happens, then the season will be everything I wanted it to be for the team,"

Sophomore right fielder Morgan Bardak said she needs to stay calm and not worry too much about the team's conference ranking.

"I haven't thought about it much, but I have to keep my approach the same as any other game," Bardak said.

Sophomore outfielder Michelle Bradley said there is no better place to sweep the Bulldogs and have Senior Night then at their home stadium. An opportunity the Salukis did not have last season.

"It's kind of a perfect way to go out, and we couldn't ask for much more," Bradley said. "It's pretty much all in our hands now, so having it at home is just a great feeling.

Senior Day will be on Saturday, and the ceremony will be held after the second game of the series.

Because the team lost two games to Illinois State, senior third baseman Natalie Weisganger said the Salukis' goals will be harder to accomplish, but it all starts with the series against the Bulldogs.

Even though this will be the last regular-season series the teams will play, Blaylock said she doesn't expect anything more from the five seniors than she normally does.

"They're going to give me the best that they have, and I know that," Blaylock said. "This team has given me the best they've had. They never come out flat. We may make some mistakes or things may happen, but it's never because we're not ready to play."

Junior shortstop Haley Gorman rounds third during the Salukis' game against Wichita State March 26 at Charlotte West Stadium. The Salukis will play their last regular-season series at home this weekend against Drake.

STEVE BERCZYNSKI
DAILY EGYPTIAN
Salukis head to Peoria to take on Bradley