The Daily Egyptian, January 24, 2012

Daily Egyptian Staff

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Volume 98, Issue 85
Interstate talks could bring economic growth, damage to natural resources

See story on Pg. 8

Photo illustration by Sarah Gardner and Chris Zoeller
Sherry Hilscher, a senior in plant and soil science from Mulkeytown, trims one of her “cosmic tomato” plants in a greenhouse near the Agriculture Building. The plants are part of an experiment in which the seeds were sent into space on a shuttle to determine if genetic mutations would result from the higher ultraviolet radiation they were subjected to in space. So far there are no changes.
The university’s Aikido club may be the oldest practicing campus martial arts club, but its legacy isn’t the only aspect that helps it stand out.

John Flowers, club president and graduate student in philosophy from Chicago, said Aikido is an authentic Japanese martial art focused on non-violence.

“I view Aikido as a non-violent way to avoid conflict,” he said.

Brian Stanfield, Aikido head instructor and graduate student in Philosophy from Indianola, Iowa, said the club started 30 years ago when the campus experienced an increase in rape incidents.

“It started off as a way for women to protect themselves,” he said. “It serves for someone who might not be as strong or as big as their aggressor.”

Aikido also teaches self-confidence, emotional maturity and physical flexibility, according to the club’s information flyer. Training involves two partners who, rather than fighting freestyle, practice pre-arranged forms where the move’s receiver initiates an attack against the thrower, who neutralizes it with an Aikido technique.

Stanfield said the club accepts both students and other Recreation Center members at any skill level.

“We don’t expect people to know what we are teaching,” Stanfield said. “The club is a very much an instructional club.”

Aikido differs from other martial arts because it’s not competitive, he said.

“It is kind of a thinking person’s martial art form,” Stanfield said. “It’s starting and ending point is to protect yourself.”

The club is nationally affiliated, Stanfield said, and every instructor is certified.

Rob Gallegly, an Aikido instructor, said his Aikido club involvement goes back 16 years, and he has taught 11 years.

“When I first started, people spent a lot of time and energy on me,” Gallegly said. “This is my way of keeping it up.”

Gallegly said the Aikido club teaches fitness, self-perfection and physical limitations.

“To me, Aikido is the ultimate conflict resolution, whether that be conversational or defensive,” he said.

“The focus on attack neutralization rather than being the aggressor sets Aikido apart from every other martial art, Flowers said. “Aikido translates harmonious energy from the attacker to the suppressor,” he said.

Aikido gives Flowers a less aggressive way to fight and is different than other martial art forms he has practiced.

“I genuinely enjoy martial arts, and I want to expose everyone I can to Aikido’s philosophy,” he said. “It gives them a way to resolve conflict in daily life.”

Aikido gives people peace of mind, as well as a different way to look at conflict, he said. Aikido also applies to all types of people, regardless of body type or personality.

“People often think they cannot do martial arts because they are not strong or fast enough, but with Aikido it’s about applying technique,” Flowers said.

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Registered Student Organization Aikido members John Bradley, front left, and Ian Kong, front right, practice the Japanese martial art moves Tuesday at the Recreation Center. John Flowers, Aikido president, said the sport involves flowing movements and energy redirection. ‘It teaches you a different way to resolve fights and resolve conflict without resorting to simply hitting someone,’” he said.
An Undergraduate Student Government Senator addressed Registered Student Organization participation in council meetings during the group’s first semester meeting Tuesday. Adrian Miller, a sophomore from Carbondale studying political science and a USG Senator, noted the lack of RSO presence at USG meetings. “RSOs come to us and get money, but we don’t require anything in return from them,” Miller said. “Why don’t we hear from them? We are their governing body.”

The USG formed a new committee to oversee student government presence on campus and RSO participation in the group’s biweekly meetings. The committee has yet to be named, but senators intend to finalize its details and members during their Feb. 5 meeting.

Brittany Greathouse, USG president and sophomore from Bolingbrook studying accounting, addressed RSO attendance ways USG could gain RSO interest in a text message. She said USG’s advisory board is working to make online RSO event posting mandatory.

“RSOs are not required to attend our meetings, but we would like them to update us on their events going on so we can let the students know,” she said.

Other discussed topics include keeping monthly senator reports mandatory as a way to stay informed about the status of each senator’s college. USG members also intended to address misappropriated funds by the Alpha Kappa Alpha sorority, but the group was not present Tuesday so the topic was tabled until the next meeting.

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GPSC lights up smoke bans, fees

The Graduate and Professional Student Council debated a possible campus-wide smoke ban during their first semester meeting Tuesday.

GPSC President Blaine Tisdale said the campus Smoke-Free Task Force, an organization he recently attended a January budget meeting for, debated a ban similar to one in place at the University of Illinois — a policy which prohibits smoking within 15 feet of a campus building.

“When I sat down in the meeting, it was not a question of if, but a question of how or when,” Tisdale said.

GPSC also considered complete campus ashtray removal. Some members suggested a complete smoke ban would be unrealistic to enforce.

“One of the arguments the Chancellor made was that it would increase enrollment,” Tisdale said. “Potential students will look at the ban and be encouraged to come here.”

The Smoke-Free Task Force plans to propose a ban to Chancellor Rita Cheng in April, Tisdale said.

GPSC Vice President for Graduate

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HOUSTON — A second suspect may emerge in the aftermath of the shooting at a Houston-area community college that left three people injured, the Harris County sheriff said Wednesday.

At least 10 shots were fired Tuesday during a dispute between two men outside the library at the North Harris campus of Lone Star College, Sheriff Adrian Garcia said. Authorities were still looking for the handgun that was used.

Carlton Berry, 22, is charged with two felony counts of aggravated assault with a deadly weapon. Garcia offered no additional details on the role of a possible second suspect. He said investigators were trying to determine what caused the argument, adding that the dispute was “idiotic, stupidity.”

“We had individuals who did not care about putting other people in harm’s way,” he said at an afternoon news conference. “It was a ridiculous, adolescent confrontation that occurred.”

Berry was injured in the incident and is under police supervision at a Houston hospital, Garcia said. Investigators were still trying to determine how he was wounded.

Berry had a Lone Star College ID but it was unclear whether he was enrolled at the school, Garcia said. Court records did not list an attorney for Berry.

A maintenance worker for the college, 55-year-old Bobby Cliburn, was standing nearby and was shot in the leg. Sheriff’s officials corrected his age, which was reported earlier as 69.

A woman whose name has not been released also received medical treatment. It was initially believed she suffered a heart attack, but Garcia said she was treated for an anxiety attack.

Berry is scheduled for a court hearing Thursday, which could be delayed because of his medical condition, officials said. He faces a total bond of $60,000.

The volley of gunshots around noon Tuesday at the college, located in north Houston, prompted a lockdown then evacuation of the campus. Students were allowed to return to campus and retrieve their vehicles later Tuesday. Classes at the campus resumed Wednesday.

Steve Head, president of the college campus, said at the news conference that employees and students who returned to school Wednesday had questions and were a bit jittery, but he said overall it was a “good day.”

“The students are concerned but we are trying to emphasize that this is an isolated incident,” he said.

Head said the school was reviewing its procedures, including whether the campus alert system notified people as quickly as possible.
Clinton talks Libya attack with lawmakers

Associated Press

Secretary of State Hillary Rodham Clinton delivered fiery rejoinders Wednesday to Republican critics of the Obama administration’s handling of the deadly attack on a U.S. mission in Benghazi, facing off with lawmakers.

At times emotional and frequently combative, Clinton rejected GOP suggestions in two congressional hearings that the administration tried to muddle the country about the Sept. 11 attack that killed Chris Stevens, the U.S. ambassador to Libya, and three other Americans. She insisted the State Department is moving swiftly and aggressively to strengthen security at diplomatic posts worldwide.

In her last formal testimony before Congress as America’s top diplomat — but perhaps not her last time on the political stage — Clinton once again took responsibility for the department’s missteps and failures leading up to the assault. But she also said that requests for more security at the diplomatic mission in Benghazi didn’t reach her desk, and that she was willing to chastise agents, — Clinton was at times de

responsibility to fund security-related

reminded lawmakers that they have a

in Benghazi didn’t reach her desk, and

more security at the diplomatic mission

assault. But she also said that requests for

claims

were brought in to play for them, and

Drummers and other musicians have
donated books — and even concerts.

They’ll get a daily assortment of

vegetables along with their nutritionally balanced biscuits.

Chimpanzees who have spent

their lives in U.S. research labs being

prodded, poked and tested may be

headed from lab to leisure

Research chimps may be

headed from lab to leisure

that opened in 2005 to house former

federal research chimps on a 200-acre

site in rural northwest Louisiana.

Under an agreement made late

last year, before the proposal, nine

chimpanzees arrived Tuesday at

Chimp Haven from the University

of New Iberia’s Lafayette New Beiras

Research Center, which no longer

has an NIHchimp research contract.

Chimp Haven spokesman Ashley Gordon. They include a 2-year-old female and 3-year-old male born in New Beiras and coming with their mothers.

Once their quarantine period is

over and the sanctuary’s behaviorist

and veterinary staff have had a chance
to get to know them, they’ll be put in

a “howdy” — a fenced-off part of

a larger living area — to become

acquainted with the group that seems

the best match for them. Once they

seem to be getting along well across

the barrier, it will be removed.

The federal agency said in 2011 that it would phase out most invasive research on chimpanzees because advances in science have made most such studies unnecessary and, as

director Francis Collins put it, the great ape’s similarity to people “demands special consideration and respect.”

The new 86-page recommendation describes how chimpanzees should be kept and what will be needed for any future research. Chimps should be used only if there is no other way
to study a threat to human health, and the research should be approved by an independent committee with

members from the public, said the Council of Councils.

Animal-rights activists said they were pleased by the recommendations.

“At last, our federal government understands. A chimpanzee should not more live in a laboratory than a human should live in a phone booth,” the People for the Ethical Treatment of Animals said in a statement.
Earning while learning

From aviation weather dispatch to stocked salad bar maintenance in Grinnell Hall, the university offers a wide variety of student jobs to suit almost every interest.

Campus employers post an average 20 job opportunities on the university's financial aid website, which can help students find jobs they might enjoy.

Mike Bacha, a junior from Palatine studying aviation flight and management, works as the weather dispatch for the Southern Illinois Airport in Murphysboro.

"There are a good amount of jobs offered at the airport aimed toward aviation students so that we can have hands-on experience before we graduate," he said.

Jillian Luensman, a sophomore from Troy studying zoology, said it's nice to have a student work position at Grinnell Hall because student housing helps and works around my class schedule.

"I work about two days this semester, and it works well with my classes so that I have some nights to catch up on studying," Luensman said.

Alex Richards, a graduate student in automotive technology from Joliet, is a lab assistant at the new Transportation Education Center (TEC) and is also a graduate assistant while he helps teach and assemble demos for the automotive classes.

"I'd like to eventually teach so before I was a grad student, I was a student worker and they allowed me to fill in and help teach the classes," Richards said.

Ray Mariani, a junior from Bolton, Conn., left, and Mike Bacha, a junior from Palatine, both studying aviation flight and management, answer calls Wednesday at the SI Airport weather dispatch. Bacha said they receive calls from many different people, including farmers and out-of-state pilots. "We are the ones that people come to check in for flights and get their plane packet with the keys and safety instructions," Bacha said.

Jillian Luensman, a sophomore from Troy studying zoology, served as a judge for the 2013 Illinois state and national awards ceremony.

Hailey Conner, a senior from DuQuoin studying radio and television, writes news stories Wednesday in the Communications Building WSBU newsroom. Conner said she worked in the newsroom for about 10 hours a week as a student news producer. "I started here last year volunteering for a radio and television class I was in and loved it, so I got a job here," she said.
A study for a possible southern Illinois interstate has metropolitan representatives salivating and... many acres and potentially many farms. — Jim Maginel
timber farmer in Olive Branch
TARA KULASH
Daily Egyptian

They say it in the metropolitan cities but also... interstate could greatly enhance Girardeau, Paducah and IDOT say promote the entire region."

Elaine Spalding, president of the Chamber of Commerce, said the concept for the... we're not going to be building in a wetland, that would be detrimental to the project."

"We're not going to be building in a wetland, that would be detrimental to the project."

"I just can't imagine a hunter sitting in the tree stand trying to listen to a deer creeping through the woods and having the background noise of interstate highway to contend with," she said.

"Treacy is also a part of Citizens for Southernmost Illinois, a group dedicated to educating others about the project's possible effects. Nelsen said IDOT will work very closely with groups such as CSI to meet their needs."

"Well try to identify people and work very closely with them to minimize any negative impacts," she said. "Going through the Cache River wetland isn't going to be an ideal situation for a road to begin with. We're not going to be building in a wetland, that would be detrimental to the project."

Spalding said she's been assured there will be minimal impact to the environment. She said the possibility of using existing highways in Illinois will reduce the effects on natural resources.

"So the real beauty is that they (would) save us existing highways and just improve those roads so they meet the interstate regulations for access to the highway," Spalding said. Paducah has collaborated with Cape Girardeau for many years to make this road happen, Spalding said, so she's very excited it might become a reality."

"We know it's still a long-term proposition," she said. "Like any major new infrastructure development, you've got to get started on it now so it'll be here for our children and grandchildren in the future."
As independent film “Dig Two Graves” crew members embark on a brisk southern Illinois morning along the secluded Tunnel Hill Trail, director Hunter Adams instructs the crew on the day’s tasks.

Shortly after the crew eats an eggs, rice, black beans and cornbread breakfast, they unload cameras, lighting equipment, heaters and tents from the trucks. After the equipment is set up, Eric Maddison, the film’s director of photography, sits in a cart attached to a dolly. He holds the camera and focuses on Jacqueline, the film’s main character, who stands alone on the trail.

Maddison counts down: “Three, two, one,” and a long day of “Dig” filming has officially begun.

This is the typical day on set for the film, whose shot locations include areas all around Southern Illinois such as the Cache River’s Cypress Swamps, Shawnee National Forest and the Kuykendall Home in Vienna. Filming started Jan. 5 and is scheduled to wrap up near the month’s end, when the post production process will begin.
Networks fight to keep up with cable

Staff Column

Karsten Burgstahler
The Weekender

A young woman, covered head to toe in Edgar Allen Poe prose, disrobes as police officers and FBI agents scream at her to stop. “Help my poor soul,” she says repeatedly, as she brings a knife up to her face. As cops begin to move in on her, she plunges the knife into her eye.

This is Fox’s “The Following,” and this scene occurs within the pilot’s first fifteen minutes. As network television plays catch up with their cable competitors, even innocuous channels have to increase the heat to attract viewers. Fox has always pushed the envelope, but Monday’s “Following” premiere raised the bar.

“The show concerns former FBI agent Ryan Hardy, an alcoholic loner who is called in to track escaped serial killer Joe Carroll. Hardy put Carroll away years ago, and he quickly learns Carroll’s new plans involve brainwashed disciples, a method eerily similar to Charles Manson’s patterns.

Networks may be desperate to produce Emmy-worthy content, and violence similar to “The Following” seemed to rule the top categories. Nominees “Breaking Bad,” “Game of Thrones,” and “Boardwalk Empire” all feature heavy violence. Critically acclaimed cable series “Dexter,” “Homeland,” and “The Walking Dead” all have premises involving death and destruction. Yet these series get the attention come Emmy time, because their loose cable limits allow gritty realism to seep in.

Last year’s Emmy Awards recognized six drama series as top contenders, and PBS’ “Downton Abbey” was the only non-cable drama.

Yes, some cable dramas often border the absurd — “Homeland” struggled with over-the-top plots last season, while its’ first season was rather grounded — but as the envelope is pushed, cable provides viewers unique storylines that blur the typical good vs. evil line.

Fox knows their competition. But because of FCC censors, they must approach the line without crossing it. Fox is home to “Family Guy” and the now defunct “24,” so they are no stranger to controversy. I squirmed like never before while I watched “The Following,” but it was still an amazing pilot. The show would be more suited for Showtime.

The violence issue lingers as the nation reels in the Sandy Hook massacre aftermath. Do we show too much? Do we, as a country, fetishize violence? “The Following” has unfortunate timing— it is the first violent show to premiere post-Newtown. Could the story be told without the gratuitous violence?

Probably. But it certainly wouldn’t have the same impact.

Networks argue they must do something to stop the ratings drop. Bland comedies such as “Animal Hospital” just won’t cut it. But it’s a vicious circle — increase the violence, and people may complain the gore affects children. Why one would let their children stay awake late enough to see a woman stab her eye out is beyond me, but that’s a tough topic, one I’m probably not qualified enough to expand on. It deserves a completely different article.

Ratings don’t lie. “CSI,” a show one can depend on to be bloody and dark, is such a consistent performer that CBS aired the original and two spinoffs for quite some time.

As long as these shows perform well, networks will continue to greenlight them. “Dexter” is my favorite show, but even I’ll admit the show has gone too far several times. I enjoy it because the writing feels free. You can tell the writer was given ample elbow room to construct a plot and pose the tough questions. Yes, some inventive plots delve into the grotesque, but the best shows force audiences to consider the plot’s implications. Can you condone Dexter, a serial killer who only kills rapists and other murderers? Can you condone “Breaking Bad” Walter White, a meth dealer who is close to death and cooks to support his family (at least, at first)?

What compels you to follow Joe Carroll, a college professor who murdered fourteen female students in the name of art?

Yes, the boundaries have been stretched. But it is these terrifying new concepts that create television’s most unique monsters. In the end, when these networks compete, and if you can stomach it, the audience is the ultimate winner.

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What is fashion good for, beyond falling landfills with retrospectively horrifying stirrup pants and giant shoulder pads and cartoonish platform shoes and highly questionable (on anyone over the age of 8) crop tops and Madonna's old lace hair bows? Why do we put up with it? And, more to the point, what new catastrophe is it conspiring to foist off on us in the new year? Will it once again manage to stuff our closets with more clothes we’ll hardly ever wear?

The Conde Nast (Vogue, Glamour, Self, W, etc.) website Style.com seems to be on the same vaguely disgruntled wavelength. (Check it out if you don’t believe me: www.style.com/trend/shopping/inthemoodfor/010213_New_Year_New_You.) They claim to have had it with razzle-dazzle, and to be “in the mood for: the new minimalism.” (Those small caps make it look so much newer somehow.)

Specifically, they suggest:

- A perfectly plain Christian Dior black leather envelope handbag enlivened (or whatever) by a shiny silver top handle like the plunger on a bicycle pump, price upon request, www.christiandior.com, which usually means ridiculously expensive • or, conceivably, “We’re waiting to see if anybody actually orders it before we decide how much to charge.”
- A high-heeled Jil Sander leather boot that appears to be wearing a clean white apron, price upon request, www.jilsander.com. (I checked the website; they didn’t have the spring line up yet in the “shop” section, but I was heartened to see that things from fall were marked down by a respectable 40 percent; a serious-looking black calf tote bag with the word Silence appliqued across the front in swoopy scarlet script was $786 instead of $1,319; a handsome pair of boots was $477 instead of $795; flat lace-ups from Sander’s less expensive Navy line were $225 instead of $375; ballet flats with toothy soles were $171 instead of $285. Desensitized by the $2,600 coat, I caught myself thinking these prices were beginning to verge on reasonable, but luckily my size was sold out.)
- A sleek black pencil skirt by Dion Lee printed in neon chartreuse with what looks like a sound wave, $975, from www.net-a-porter.com.
- A Rhie cashmere turtleneck cut like a cycling jersey, hem swooping down in back, up in front, marked down to 295 pounds, at www.brownsfashion.com.
- A Stella McCartney evening dress that looks like a perfectly simple white column dress, curvy and sleeveless with slightly cut-in shoulders, superimposed on a perfectly simple, slightly less curvy black evening dress with a higher neckline, long sleeves and a bit of a flare at the hem that extends into a small train, $3,800, at www.mytheresa.com.
Tonight:
Music
Memory Lane (karaoke & DJ) @ Key West Bar & Grill
DJ Poin @ Cali’s
Voyageurs (folk) @ Tres Hombres
Craig Roberts Band (acoustic classic rock) @ PK’s
DJ Mike Rude’s Old School Revue @ The Hangar 9
Coutler, Goot & Wall @ Newell House Grotto Lounge

Other
Strategic Gaming @ Castle Perilous
Cosmic Bowling & Karaoke @ S.I. Bowl
The Essence of Dr. King (lecture) @ SIUC Student Health Center Auditorium
Stanley Nonen’s Charade (film screening) @ Carnegie Library

Friday:
Music
DJ Poin @ Cali’s
Mike and Joe @ Copper Dragon
Memory Lane (karaoke & DJ) @ Key West Bar & Grill
Blarney Stoners / Gina Retch @ Bluesville
Sam West Trio / Alex Kirt @ El Greco
DJ Kent @ Two 13 East
Nonw Stop Reggae @ The Hangar 9
Heath Holloman @ Rustle Hill

Other
Strategic Gaming @ Castle Perilous
Open Mic @ Gaia House
Karaoke @ Honker Hill Winery

Sunday:
Music
South of 76 @ Honker Hill Winery
Beattie and Beattie @ Blue Sky Winery
DJ Hot Touch @ Premier Lounge

Other
Saluki Men’s Basketball Vs. Creighton @ Saluki Arena
Saluki Women’s Basketball Vs. Missouri State @ Saluki Arena
Chili Cook off @ Blue Bar
Strategic Gaming @ Castle Perilous

Saturday:
12th Annual Polar Bear Party
10th Annual 12th Annual Polar Bear Party
$1.50 Corona, Bud, Bud Light, Miller Lite & Coors Light
$2 All Three Olive Flavors
$1.50 Mixed Rail Drinks
$2 50 Bud Light Lime-A-Rita 16 oz
Saturday:

Music
DJ Kent @ Two 13 East
Ivas John Band @ Tres Hombres
King Juba @ Key West Bar & Grill
Number Nine Blacktops / Black Bonnet Ballyhoo @ PK's
Barnacle Billy and the Zebra Mussels @ The Hangar 9
DJ Poin @ Call's
Polar Bear Party @ Pinch Penny Pub and Copper Dragon
Casey James @ Newell House Grotto Lounge
Dan Barron @ Blue Sky Winery
Fiddle Rick @ Owl Creek Vineyard
Sam West Trio @ Rustle Hill Winery
Eli Tellor @ StarView Vineyards
Winter Farmer’s Market w/After Barbed Wire
@ Thomas School

Other
WSIU Public Broadcasting, Angie Bailey, and Jo Sanders presents Byrnon Hurst’s Soul Food Junkies
@ Carbondale Public Library
Strategic Gaming @ Castle Perilous
Carbondale New School trivia night
@ First Christian Church
Salsa Night @ Longbranch Coffeehouse
Cosmic Bowling @ S.S. Bowl
If you’re trying to save money — and really, who isn’t? — it’s important to understand a couple of key concepts when it comes to budgeting for pet care: 1. It’s almost always less expensive to prevent health problems than to treat them. 2. Taking your pet’s health care expert — your veterinarian — out of the picture is never going to be the best way to save money. And, yes, they go hand in hand. Veterinarians know money is always an issue, and they’re ready to offer wellness plans that will help keep your pet healthy. A wellness check once or twice a year can catch little problems before they’re big ones, and gives you access to cutting-edge care and advice that will help you save at home, too.

Some more tips for keeping costs down include:
— Take the weight off your pet. Extra pounds increase the likelihood of serious health problems, such as arthritis, diabetes and cancer in pets just as they do in people. And yet few people recognize when their pet is overweight — or even possibly obese!

If your pet is normal weight (you should be able to feel his ribs), measuring food, feeding treats to a minimum and working in a daily exercise session will help him that way. If your pet is overweight, get your veterinarian’s help to reduce weight slowly to avoid the health risks of sudden weight loss, especially in cats.
— Change your buying habits. You can save money buying the largest bags of food or litter, or get case discounts on canned goods. Split your dry food purchases with family or a friend, and store portions in an airtight container. (Do keep product info from the bag, though, in case there are questions or problems.)

Other purchases should be considered carefully. Replace things such as collars when you wear first shows — you don’t want a collar to break and your dog to get loose in a dangerous situation. Buy quality, not silliness. One good collar is a better value than a lot of shoddy but cute ones.

Be careful when cutting down on toys, though. Good chew toys have saved many an expensive pair of shoes.
— Get the do-it-yourself bug. Most people can learn to handle basic pet grooming at home, from bathing to nail trims. If nothing else, you can probably stretch out the time between professional grooming with some at-home care. Check your library for grooming guides and home in on breed-specific tips with an Internet search.
— Don’t forget the value of bartering. Ask about trading goods and services for your pet’s needs.

Poison-proof your home. Go through your home with an eye toward possible hazards. From food hazards such as raisins, Xylitol-sweetened goodies and chocolate to houseplants such as lilies, many poisioning risks can be prevented just by removing them. Both over-the-counter and prescription medications are also a danger, and these are best dealt with by putting them behind cupboard doors.

Don’t be shy about asking your veterinarian to work with you on keeping costs down. For example, ask your veterinarian to give you prescriptions for medications to be filled elsewhere or to match prices. Comparison shopping for medications may offer considerable savings, especially if there are generic equivalents available.

We also recommend looking into pet health insurance, because no pet lover wants to say no to a pet who can be saved because the money isn’t there for the care. Because plans differ, do your research before buying to make sure the most likely health problems of your pet are covered.

Talk to your veterinarian, and you’ll get even more good advice.

Q&A
Q: I got the cat a scratching post. But then I read that one isn’t enough. How much stuff does a cat really need? He doesn’t use the scratching post he has now, ruining my couch instead. — via Facebook

A: I think you’re looking at this wrong. Your cat needs and loves to scratch, and if you provide places that make him happy to do so — and show him that this is where he should scratch — your furniture is going to sustain less damage.

That’s not the only advantage. Feline obesity is a serious and common problem, leading to chronic diseases such as diabetes. Whatever you can do to keep your cat active will help prevent him from packing on the pounds.

The reason you see advice for more litter boxes, more scratching posts (trees, trays and so on) and more toys is because many cats are living lives completely inside these days. And while that’s good for them in many ways, it does require effort on our part to make up for the enriched (and dangerous) environment outside.

If you think about all the places cats can dig their claws into outside, you’ll understand why one little scratching post isn’t enough.

Yes, your cat needs more.

Think variety as well as quantity. Some cats love to scratch horizontally. Some even like to scratch upside down, kicking at the roof of “scratching tunnels” with their hind paws, bunny-style. You’ll find many choices that aren’t very expensive. Check out “scratching trays” that offer the exposed ends of cardboard packed tightly into a compact unit that will fit almost anywhere in your house.

Rub catnip into the places where you want your cat to scratch, if your cat’s one who enjoys the herb (about half don’t react to it). Place the scratchers in various locations, but you should especially place one near the damaged corner of that couch. Use double-sided tape on the damaged area to discourage your cat from digging claws in, and praise him for using the scratching. Later, you can slowly move the post, tree or scratching tray to a preferred location, and your cat will happily follow it. — Dr. Marty Becker
Danny Goldring ("The Dark Knight", "The Fugitive") and Ted Levine ("Silence of the Lambs", "Shutter Island") lead the film's cast. The suspense thriller is based on an old Confucian proverb that warns those who seek after revenge had better dig two graves.

The story of the movie focuses on a young girl named Jacqueline, who is often referred to by her brother as "Jake," as she is caught in an ethical dilemma proposed by three moonshiners; take the life of one person to bring back to life a dead loved one.

Adams said Jacqueline's ethical dilemma is what compelled him most when he wrote the script. Having a child in a position where he or she has to make an adult decision where the lines aren't black and white is the conflict of the film, he said.

"(The Film raises the question) What are you willing to do to save your family?" he said.

The filmmaking process has lasted a few years, Adams said.

The process included getting the movie's script approved by the Independent Film Project, scouting shot locations, casting and finally filming.

To capture the dark-gritty world Adams envisions, Maddison said he is in charge of fixing scenes' color, tone, mood and lighting to the director's liking. Maddison said the film's picture says as much as the dialogue.

"I need to have an idea of what a scene would need to tell in a visual sentence," he said.

Phil Plowden, one of the film's associate producers, said the camera Phil uses is the Red Epic. According to red.com, the camera company's website, the camera is capable of shooting 1-120 frames per second at full resolution. It is extremely fast and makes it easier to change the film's lighting and tone during the post production stage, according to the website.

It makes film images appear crisper, is good for challenging lighting situations and easy to carry, Plowden said.

"It's a great piece of equipment," he said. "It has been used by filmmakers like Peter Jackson ("The Lord of the Rings", "The Hobbit") quite a bit."
**Quick Tip**

To remove garlic peel, crush clove with palm of hand against counter or work surface. Using a large knife and pounding on the flat side of it will produce the same effect. Crushing your garlic releases its oils and makes the flavor a bit stronger and also allows you to remove any green shoots that would give off a mild bitter taste.

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**Chili Amore**

Minutes: 60  Servings: 6 - 8

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This chili variation started as a recipe from my dad, and I elaborated on it. The difference between the two is that I added ground cinnamon, brown sugar, hot sauce and worcestershire sauce, and I served the meat dish over pasta to make it a chili-mac dish. Now if you would like ‘Chillie,’ as my dad lovingly wrote in my book, just omit the four ingredients I marked with an asterisk. Chili Amore is named so because of its taste. Just like love it starts off sweet, and the ingredients’ textures excite the diner before they receive a little love tap of spice.

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### Ingredients

- 1 pound ground beef or venison
- 1 cup chopped onion
- 1/2 cup chopped green pepper
- 2 cloves garlic, minced or pressed
- 1 (16 oz) can diced tomatoes
- 1 (16 oz) can red kidney beans
- 1 (8 oz) can tomato sauce
- 1 (6 oz) can tomato paste
- 4 teaspoons chili powder
- 1/2 teaspoon crushed dried basil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon or to taste crushed red pepper**
- 1/2 teaspoon ground cinnamon
- *1/2 teaspoon ground cinnamon
- *1/4 teaspoon black pepper
- Shredded cheese of choice, to taste (optional)

**Notes on the ingredients**

- My family uses our own crushed red pepper; we dry out our chilies and crush them with a food processor. These red pepper flakes have a stronger flavor than most store bought brands. You also do not need the whole 1/4 teaspoon or any at all.
- The brown sugar amount varies based on two factors: personal preference and meat choice. It is lower for venison because that meat is naturally sweet.
- If doubling the recipe, double all ingredients except the tomato sauce.

Cook ground meat with onions and green peppers until it is brown over medium-high heat. Drain fat.

Stir in remaining ingredients, starting with canned ingredients then everything else over medium heat. Let it bubble, then reduce the temperature to low. Cover and simmer for 20 minutes or until pasta is done.

If cooking pasta, prepare according to package directions immediately after covering the chili.

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**Cost was based on six servings and the shredded cheese was not factored in. Ingredients considered a pantry “staples” (soups/broths, flour, sugar, spices, brown sugar, eggs, milk and olive oil,) were not factored into the cost.**
Salukis prepare to win down the stretch

The Saluki men’s basketball team snapped a five-game losing streak in an impressive upset of Indiana State. SIU dropped the last two games since it won over the Sycamores and needed to make adjustments to win in the conference.

With the conference schedule nearly halfway complete, Missouri Valley teams have realized how to best strategize for SIU — feed the ball into the post. With junior forward Dmitrije Drinkic sacking less play time recently, the tallest Saluki player on the court is usually 6-foot-5 junior guard Domani Jackson.

The team’s best post scorer, by far, is sophomore forward Daniel Daniels. The post man holds the team’s highest shooting percentage at 66 percent and is one of four Salukis to average double-digits points on the year. However, he lacks superior size at 6-foot-5, and larger opposition such as Illinois State’s 6-foot-11 man. Daniels has yet to recover from an ankle injury and hasn’t shown the same productivity on the rebounding end as he did in his freshman season. 6-foot-9 Drinkic hasn’t been effective on either end of the court this year, and coach Barry Hinson has started to run a much quicker and smaller lineup.

During a prolific run in the second half’s opening minutes against ISU on Sunday, SIU climbed within 11 points of the Redbirds who led 49-21 at halftime. The switch from a primarily man-to-man defense to a zone press seemed to throw ISU off guard. Offensively, Illinois State only scored five points in the second half’s first 10 minutes.

If Hinson switches his defensive looks at opportune times, he may be able to get the most from his smaller team.

In the Salukis’ last three conference losses, they have been outrebounded by 22.

Senior guard Jeff Early has rebounded terrifically this season and is the team’s second scoring option (13.2). Early’s effort on the glass has also risen as the competition level increased. The senior hybrid guard has led the team rebounds in five of the last seven conference games.

If the Salukis intend to improve their conference record, someone other than Early must step up and grab rebounds. Jackson has pulled down more than six rebounds per game, but he could average close to eight with his size. Daniels has yet to recover from an ankle injury and hasn’t shown the same productivity on the rebounding end as he did in his freshman season. 6-foot-9 Drinkic hasn’t been effective on either end of the court this year, and coach Barry Hinson has started to run a much quicker and smaller lineup.

This fall will highlight incoming players Kris Grimes, Brooke Cusumano and Kristie Yang. Grimes is the first African-American golfer in SIU history, but she said she is no stranger to breaking racial barriers.

“It kind of shocked me at first,” Grimes said. “Then again I was the first one at my community college again and I was the first one at my state school. She also was named an All-American by the National Golf Coaches Association. Academic All-American awards for 08-09 and 10-11 seasons. Both sisters made the deans list in fall 2011. The Salukis resume play Mar. 11 at the Jackrabbit Invitational in Primm, Nevada.

Matt Ferguson can be reached at mferguson@dailyEgyptian.com or at 535-3011 ext. 282.
The National Basketball Association will hold its annual all-star game in Houston on February 17, in which the league’s best players are chosen to represent their respective conferences. Fans vote on which players comprise the team, and the first team all-star starters include Kobe Bryant, LeBron James and Kevin Durant. Spots are still open on both teams, so which players do you expect the fans to vote onto the teams?

The 'Sixers guard Jua Holiday is playing the best season of his career and with no doubt should be selected to the All-Star game. Holiday is averaging 19 points per game and is fourth in the league in assists with nine per game. He has carried the ‘Sixers lead with Andrew Bynum out. Whenever a guard is one assist-per-game away from a double-double, that means the player deserves to be an All-Star.

Bulls forward Carlos Boozer is a surprising name that could be added to the All-star roster. He has averaged 22 points and 11.5 rebounds per game to help lead his team to a 9-3 record this month, including wins over the Heat, Knicks, Celtics, and Lakers. Boozer is performing like his old self for the first time in a Bulls uniform, and he should be rewarded for it.

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Aries — Today is a 9 — Keep your objective in mind and focus. Distractions could trigger an emotional breakdown. Cooperate with one who has what you lack. You get a secret surprise.

Taurus — Today is a 6 — You're extra brilliant for the next few days. Others may object to a plan, so devise a persuasive argument and dress it glamorously. Get to work and leave celebrations for later.

Gemini — Today is a 6 — The next phase could be profitable and perfect for traveling, more fun with a partner. Imagine a future goal realized. It's a good time to win debates.

Cancer — Today is an 9 — You're awesome and extremely creative, even under pressure. And you're getting stronger. Look forward to two days in the spotlight. Dream a special dream.

Leo — Today is a 5 — If you’re going to worry, do it effectively and where you can make a difference. Some of your best work comes from confronting the difficulties and realities of bootstrapping it.

Virgo — Today is a 9 — You’re doing a great job with what you have; search for allies anyway. You don’t have to go at it alone. Imagine your space reorganized. Love your friends.

Libra — Today is a 7 — Practice obedience, and get stronger. Team projects go well. Accept spiritual encouragement, and open the door to a romantic adventure.

Scorpio — Today is an 8 — Break out of your shell and shatter your next ceiling. Expansion can be sustainable if done with respect for the shared environment. Explore the outdoors.

Sagittarius — Today is a 7 — Now’s a good time to pay bills and complete past homework. In the face of controversy, consider another perspective. Use what you’ve learned to cut costs. Share your ideas.

Capricorn — Today is an 8 — Update your skills and make inroads quietly. You don’t have to brag about your accomplishments. Just believe in yourself and continue pedaling forward. Keep the balance.

Aquarius — Today is a 7 — Somebody very interesting finds you fascinating; stay cool. Don’t go shopping for treats yet. Focus on making money for a few days instead. In the meantime, primp.

Pisces — Today is an 8 — By now you should have done the homework. If you haven’t, don’t put it off anymore. Move up the ladder with increased confidence. What kind of world do you want? Build bridges and alliances.
Tyler “Heath” Hatton does push-ups Jan. 19 at Stark Total Body Fitness and Tanning in Benton. Hatton works there as a personal trainer and general manager.

Heath Hatton signs an autograph on a fan’s hand Jan. 19 after winning the Heavyweight Championship title during Pro Wrestling Collision’s debut event.

Heath Hatton grabs his shoulder during his first match Jan. 19 during the Pro Wrestling Collision tournament.

Heath Hatton tapes his wrists backstage Jan. 19 before getting dressed for his matches during the Pro Wrestling Collision tournament at the SIU Student Center Ballrooms.

Like Spiderman, Captain America and the Hulk, Southern Illinois fitness manager Tyler Hatton also has a secret identity.

When he isn’t whipping customers into shape at his day job, you can find him whipping his opponents with back-breaking pile drivers, leg drops and signature submission moves in the world of professional wrestling.

“Heath” Hatton was one of 16 wrestlers who showcased their skills to a crowd of more than 200 fans at Pro Wrestling Collision’s debut event Saturday at the Student Center. Hatton defeated opponents in multiple wrestling matches to become Pro Wrestling Collision’s first-ever Heavyweight Champion.

The 27-year-old Southern Illinois native has wrestled for three years. He said his first wrestling attempt was supposed to be a joke for his friends to enjoy, but he was hooked after the performance.

Hatton said he fell in love with wrestling partly because of the entertainment and athleticism.

“It’s so challenging,” he said. “I’ve done (mixed martial arts) stuff, I have done boxing, I have done basketball and I have played college baseball, and this is the most demanding thing I have ever done.”

He said he gets tired and sometimes hurt during an event, but everything goes away as soon as he walks through the curtain, sees the lights and hears the fans — until the next day.

“The day after a show, it’s hard to get out of bed, and it’s hard to walk,” Hatton said. “It takes such a toll on your back and arms, so there are days when I don’t even know if I’m going to get out of bed.”

Despite the toll on Hatton’s body after a match, he said he continues to wrestle because of his fans. Hatton also performs one particular move he said female fans can’t get enough of.

“I take off my shirt,” he said. “When I do that, they go nuts. There is nothing that I do that is more spectacular, sex appeal I guess.”

Pro Wrestling is entertainment for the fans, but Hatton’s 5-year-old daughter said she finds herself sometimes concerned for her father.

“When you’re the one ring announcing, you can’t have any red faces, or you get caught, I guess,” he said.

Hatton’s debut with the Pro Wrestling Collision was also the company’s debut.

Wrestling fans Chris Hagstrom and Adam Testa were employees in charge of the day-to-day business of a local wrestling company with dreams to branch out on their own, until they saw an opportunity.

“We had been in the entertainment business for the fans, but Pro Wrestling was entertainment for the fans, but Hatton’s 5-year-old daughter said she finds herself sometimes concerned for her father.

Sometimes she’ll ask my wife, ‘Is daddy hurt?’” he said. “A funny story is one time she came to the back and saw the guy I was going to wrestle and she freaked out.”

Hatton said he saw his grades start to dip and that was when he decided to take on the wrestling business full-time.

He said he began to ring announce in 2006 and worked his way up to producing in 2011.

Hagstrom said there is never a normal day when it comes to owning your own company.

“There is so much that goes into preparation when talking to talent, booking the venues and producing the shows,” he said.

When there is a lot of pressure on him to accomplish a day’s work and things get hectic, Hagstrom credits his employee team for the help to carry the pressures.

“I have a fantastic team behind me,” he said. “They have been able to take a lot of the burden that I used to have to do all by myself off me so I can focus on owning and on the bigger picture.”

The wrestling business can sometimes get crazy, Hagstrom said, but he couldn’t imagine doing anything else.

“I wouldn’t change it for the world,” he said. “It’s hectic. It’s crazy. People always need me, but I honestly wouldn’t do this if I didn’t love it.”

Like Hatton, both Testa and Hagstrom used wrestling to achieve their dreams despite the naysayers.

Now Testa and Hagstrom pay Hatton so he can do what he loves and perform in front of crazed wrestling fans.

Hatton said he has been told he wasn’t good enough, big enough, fast enough or tall enough for his entire career — but he still achieved his dream.

He said he has accomplished everything he wanted to, and his next job since wrestling is over will be to make sure his daughter does the same.