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## The Daily Egyptian, November 14, 2013

Daily Egyptian Staff

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# weekender

November 14 - 17, 2013  
Volume 99 | Issue 50

## Growing the beard culture

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Paper Planes**

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**TRAINERS PLAY KEY ROLE  
IN SALUKI ATHLETICS**


**PG. 9**

**ITCHY JONES STADIUM  
GETS 3D TURF**

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**Mission Statement**

The DAILY EGYPTIAN, the student-run newspaper of Southern Illinois University Carbondale, is committed to being a trusted source of news; information, commentary and public discourse, while helping readers understand the issues affecting their lives.

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**Chris Pratt delivers in 'Parks'**

RICK BENTLEY  
McClatchy Tribune

LOS ANGELES — The sixth season of "Parks and Recreation" continues Thursday night after a month hiatus. If things had gone as originally planned, Chris Pratt wouldn't have been on the show after the first six episodes aired in 2009.

He was hired as a guest star, but his performance as Andy Dwyer was impressive enough that he became a member of the cast. "He had a certain voice that seemed to work. When they threw all of the characters into a bowl, for some reason this character seemed to pop out. So they weren't going to let me go," Pratt says.

Pratt came to the half-hour comedy after working on the hour-long TV dramas "The O.C." and "Everwood." He loves being on the comedy because it's the closest hours an actor can get to a 9-to-5 job. He and his actress wife, Anna Faris, are new parents and they can work and still have a home life.

Parenthood and working on the NBC series are just two of the many projects keeping Pratt busy. He's just returned from London where he spent five months filming "Guardians of the Galaxy," the next big feature film based on a Marvel comic.

He also can be seen on big screen with Vince Vaughn in "Delivery Man," set to open Nov. 22. The comedy, based on the Canadian film "Starbuck," has Vaughn playing an energetic sperm donor who finds out he's the father of hundreds of young men and woman suing to find out the name of their biological father. Pratt plays his best friend and lawyer — a beleaguered family man — who tries to keep the information on the donor confidential.

"The trick was making sure that my

character — who is so beaten down and glum — doesn't come across as depressing," Pratt says. "He's a nice contrast to Vince's character, who is an idealist who wants to take care of these kids and doesn't see the reality of the situation."

Pratt's character well understands the demands of family with four demanding kids. One scene with the children was particularly challenging to film. While he tries to deliver a serious speech about the legal realities of this massive fatherhood, Pratt's face is repeatedly slapped by the young actress playing his daughter. The scene was made more difficult because it was filmed in freezing weather.

But that was nothing compared to the physicality of "Guardians of the Galaxy," a film that could launch Pratt into the fandom that comes with starring in a comic-book movie.

He takes a low-key approach to what the film could mean to his career.

"As an actor, you learn to hedge your bets and avoid heartbreak by lowering your expectations," Pratt says. "You want things to happen, but you don't want to invest too much in them — with your heart, your soul, your spirit — because if it doesn't work, you are devastated."

Everything about being a dad has soared higher than he anticipated. Pratt's seen a big change in himself since becoming a father because he feels like he has a new window to see the world.

"Everything is exciting for me again. The way something feels or smells or tastes or how drawers open. I'm like, 'Look at that, kid. That is actually really cool.' It's like just a wall with a knob and then you pull it, and there's a bunch of (stuff) in there. What is that about? I wouldn't take a minute to appreciate a drawer before my son," Pratt says.

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JOHN SCOTT | THE WEEKENDER

The cast of "The Gospel According to Crag" rehearses Tuesday at Kleinau Theater. The performance begins at 8 p.m. Nov. 14 through Nov. 16 and doors open at 7:30 p.m.

# Kleinau compiles and preaches 'Gospel'

**JAKE SAUNDERS**  
The Weekender

Creativity soon will collide with the natural life at the Kleinau.

Andrea Baldwin, the publicity director at the Kleinau Theatre, has written, compiled and will be co-directing the newest performance, "The Gospel According to Crag."

"This show is about the act of desire, or the want of something, what goes through our bodies, what goes through our minds when we want something and it's told through the story of Diamonds and Salt, in ways that you would think, and ways that you don't," Baldwin, a graduate student in speech communication, said.

The show is of various inspirational sources. Among them is "Salt: A World History" by Mark Kurlansky, which tells the story of the baseness of salt in its grandeur — how it is the only rock which we eat and digest, a trading commodity that has passed its tests in time and

has become equally as important as diamonds.

"That's the idea of how diamonds and salt come together, as they are both rocks that we consume and for different reasons," she said. "Another part of the show is largely inspired by the motion picture "O Brother Where Art Thou?" so it's a revival and rustic type feel."

The show itself is presented through various elements on the periodic table, which are embodied by the cast of characters. They are the elements essential in their functions within life in relation to the human being.

"(The show) talks about human relationships and how when we are compounded with others, we make different things. Another element... is the gospel, so it is music based and its very Southern Gothic," she said. "Desire is always connected with the spirit and the show explores how that could or could not happen."

The cast of characters includes Carbon, Chlorine, Sodium, Oxygen and Zirconium.

"I play Sodium in the play, and he is kind

of the very base-grounding and very 'Zen' member of the cast. He adds a very direct and very centered point of view on a lot of the issues presented in the show," said Lloyd Coakley, an undergraduate from Belleville studying anthropology.

The show consists of a great compilation of features ranging from scenes of comedic or dramatic compilation through prosaic texts, ingrained with bits of poetry and granules of rhythmical melodies throughout.

"What initially interested me was the difference between what I have done in the past and what was going on here," Coakley said. "I was very familiar with the traditional style of production, of much smaller space — and the way that this show is written and the way it is performed is much more organic. There's a lot less prop and a lot more usage of your body and I think that really affects the way the show presents itself."

As the set is minimalist, Baldwin sought to focus on the inner workings of the show.

She sifted through resources and found reinforcement through friend Olivia Perez-Langley, a graduate student in speech communication from Texas and the co-director of "Crag".

"We have been working together in performance for eight years, but this is the first time we've ever directed together," she said.

Perez-Langley was tasked with gathering the molecular façade of the production and presenting it in coalesced granules of a pure and clean aesthetic, with the embodiment of characteristics to remain true to the text.

"The Gospel According to Crag" will be performed at the Kleinau Nov. 14 through Nov. 16. The doors will open at 7:30 p.m. and the show will begin at 8 p.m. Tickets are \$5 for students with an I.D. or \$7 general admission.

*Jake Saunders can be reached at [jsaunders@dailyegyptian.com](mailto:jsaunders@dailyegyptian.com) or 536-3311 ext. 254.*

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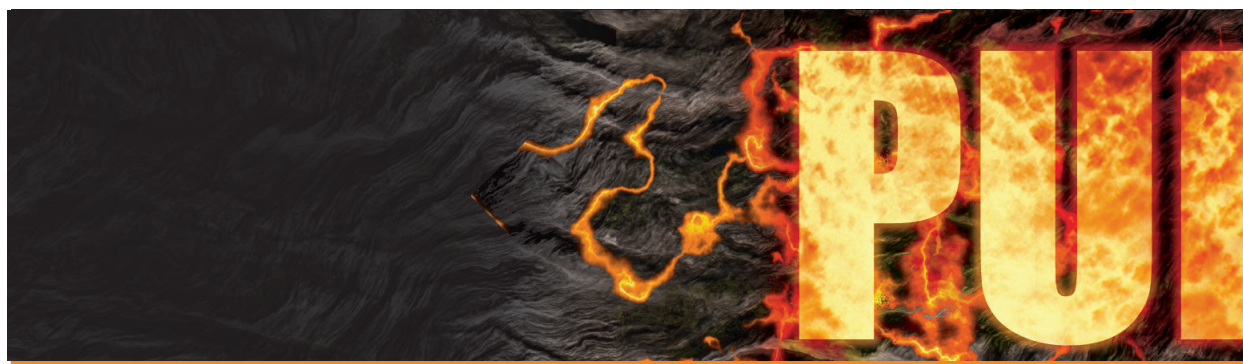
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**Copper Dragon** Stoney Larue w/ Kyle Park @ 10 p.m. ; \$10 in advance \$13 at the door

**University Museum** Conflict Zone @ 10 a.m. - 4 p.m.

**The Student Center** Cosmic Bowling @ 8 p.m. - 11 p.m.

**The Student Center** We're the Millers @ 7 p.m. ; \$2.00 students, \$3.00 public

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**Von Jakob** Dirtwater Fox @ 2:30 p.m. - 5:30 p.m.

**Pulliam Hall Rm 42** Southern Illinois Dance Company @ 7:30 p.m. - 9:30 p.m.; \$8 general admission, Students & Seniors \$5 admission, \$4 15 years and under admission

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# M.I.A.'s spirit rises in "Matangi"

DYLAN FROST  
The Weekender

The world's most misunderstood pop star is also among the world's best.

Despite not having released a full-length album in three years – and after having “Matangi” delayed for several months by Interscope Records – M.I.A. has stayed warm in the spotlight through words and actions that have seemingly isolated all of the United States.

Through misconstrued quotes by the New York Times making her appear as a pro-war advocate, to the middle finger shot at the camera during the Super Bowl halftime show, Maya Arulpragasam has been in the midst of a public relations battle from hell in the States. Indeed, she offers a strong bark on social and political issues that have made her an enemy to those who find her actions distasteful.

Although some of her philosophical beliefs come off as forced or ambiguous, many people do not know about her rise from social oppression during her youth in Sri Lanka, India.

Her family was part of the lower-class Hindus known as the untouchables – subordinates to the highly regarded Brahmins. Her father, Arul Pragasam, was a Tamil activist for the equality of the untouchables. Because of the dangerous state Sri Lanka was in at that time – and after several failed attempts to escape the country – her family moved to London.

From there, Maya's stardom rose from art student to the pop sensation who wrote “Paper Planes.” Now she professes “Matangi” to be her “spiritual” album.

The album title is attributed to the singer's full birth name, Mathangi Arulpragasam. Matangi is the Hindu goddess of music and learning, who also has the power to manipulate her enemies. The goddess is seen as impure; she represents and lives in the slums with the poor.

A lot of the content on “Matangi” does play around with those religious themes; even if in a facetious sense, like naming the opening track “Karmageddon.”

“Ain't Dalai Lama/Ain't Sai Baba/My words are my armor and you're about to meet your karma,” she softly sings at the end of the opening track before erupting into an energetic and dark song on the title-track “Matangi.”

There is a lot of spontaneity in the opening half of the album: abrupt tempo changes, collisions of Western- and Eastern-influenced music, and a sample of a sitar being strummed followed by a meditative hum from M.I.A. that interrupts several songs.

“Come Walk With Me” offers a sweeter side of the singer – a song that launches into a fusion of R&B and Bollywood sounds until it is drowned out by samples that sound like they have been taken from an array of Apple products.

Then there is the catchy song, “Bad Girls.” The song, previously released on her mixtape “Vicki Leekx,” is an anthem to living fast and dying young.

“My chain hits my chest when I'm banging on the dashboard/My chain hits my chest when I'm banging on the radio,” she sings on the 2-year-old single.

“Matangi” hits a bit of a lull toward the last half of the album becoming consistent sleeper pop songs. Another issue with the album, despite there being plenty of creative language, is the use of clichés: “what doesn't kill us, it makes us stronger.”

In her attempt to either rejuvenate or criticize the teen anthem “YOLO” – or as her version states – “Y.A.L.A.,” (You always live again) she sings a bunch of nonsense over an otherwise catchy beat.

“YOLO? I don't even know anymore, what that even mean though? If you only live once, why we keep doing the same (stuff)? Back home where I come from we keep being born again and again and again. That's why they invented karma,” she says in the song's outro with a teenaged innocence.

Despite the albums' dull moments, “Matangi” is packed with energy, smooth and beguiling beats and the attitude that makes M.I.A. so lovable to those who don't overact to a finger being broadcasted to millions of people. A Pitchfork writer recently said that she thought “Matangi” was boring because of how long it had taken to release, a delay she said made the songs stale and uninteresting. Besides “Bad Girls,” that seems illogical. Most of the music is still new and only recently unveiled; and besides, when did month-old music become aged?

The brilliant artist who was once thought to be a one-hit-wonder with “Paper Planes” has again surfaced to be the best at contemporary pop music. M.I.A. is here to stay.

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In a small bowl combine salt, pepper, basil, cumin, onion powder, garlic powder and paprika or cayenne pepper. Set aside.

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Recipes, photos & design by Sabrina Imundo | The Weekender

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# Grizzly Bear remixes 'Shields'

**JAKE SAUNDERS**  
The Weekender

Delicately moving yet forcefully driving, peculiar and pleasant, nevertheless concrete and completely promising, the American psychedelic rock band Grizzly Bear has reissued B-Sides into their album known as "Shields Expanded."

Grizzly Bear, comprised of band members Ed Droste, Chris Taylor, Daniel Rossen and Christopher Bear, released their fourth full-length album, Shields in 2012. Having received much success and acclaim from their previous two albums, 2009's "Veckatimest" and "Yellow House" in 2006, the band sought to establish a unified sound.

What began as a solo project for Droste sporadically began incorporating more members and the previous albums thusly presented themselves as scraps from one member to the next, creating many a blended song.

The 10-track album of "Shields" opens strongly with "Sleeping Ute," one of the remixed tracks out of eight B-Sides on disc two of "Expanded." Rossen's evolving signature style of guitar tapping and intricate strains, accompanied by the undertones of synthesized production asserts a reassurance that is further driven deep within the grain of the steady drum and tenor voice arrangement.

Listeners might find the following track, "Speak in Rounds," to be inspiring and catchy. The tracks differ from one another in that the vocal lead shifts from Rossen to Droste, a continuous pattern that shadows in suit throughout the album.

The body of the album is elaborate and well formed. It possesses the strength and versatility that is "Veckatimest" as well as the ghostly ambiance that is "Yellow House" and, Grizzly Bear's first album, "Horn of Plenty."

Next on the album of serenity is "Gun-Shy," a pleasingly polyphonic track of quick-paced tempo under a steady vocal arrangement. An

echoing of Rossen's voice agreeing to the over-tone of Droste's, wallowing here and there in breathable sighs.

The next track, "Listen and Wait," enshrouds the listener in the cryptic cavorting of deep piano notes amidst Rossen's light voice echoing. It begins building, a chaotic drum crescendo that is then hushed through Droste's voice with the harmonic back-dropped stirring of voices from both Rossen and Taylor. The song, still reminiscent of "Yellow House," intrinsically enraptures the drumming of the ears, and then subsides.

"Will Calls" is a further example of the success and the nostalgic and eerie mourning melodies of "Yellow House." The voice of Droste begins calling, drawing us gently into the atmospheric appeal of calm. Soft, driving, persistent and cleverly written, the steady strangeness of the drum taps into the fledging clutches of the songbird that is the gripping chorus. It is then set off by the bewildered horn arrangement, the muffled flute accompaniment and the shattering cymbal waves, ultimately tearing and slowly descending.

Finally, the remixed editions of the Grizzly Bear songs beckon, and they are considerable pieces. The four-minute track "Sleeping Ute" is remixed by Nicolas Jaar into a track just shy of eight minutes, which certainly deserves a listen. There is some stifling of the guitar pace, and certainly a dragging of the vocal harmony, though it places it all into a dissonant harmony that catches the sound of Grizzly Bear in decently relative spades.

The last two tracks are also remixes, "A Simple Answer" by Liars and "Gun-Shy" by Lindstrom, though of thoroughly alternate effect than Jaar's take and Grizzly Bear's iconic sound. New featured tracks include: "Smothering Green," "Taken Down" and "Everyone I Know."

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# Meyers wants to prove nice guys can finish first

**NEAL JUSTIN**  
McClatchy Tribune

MINNEAPOLIS — It was a familiar scene: Seth Meyers sitting in the anchor chair, his right arm propped up on the news desk, reading jokes off a Teleprompter. But Meyers was far from the confines of "Saturday Night Live," operating instead from the studio of a Minneapolis TV station.

It was part of a promotional tour for "Late Night With Seth Meyers," which will fill the slot left by Jimmy Fallon when he takes over "The Tonight Show" on Feb. 24.

As Meyers posed for pictures with giddy employees and glad-handed advertisers, it came across as a more subdued version of the tour Conan O'Brien went on in 2009 in support of his inheritance of "The Tonight Show," a gig that ended after less than eight months in a public feud between O'Brien and NBC that played out like a Kardashian divorce.

That could never happen again. Right?  
"Look, anything can happen again," said

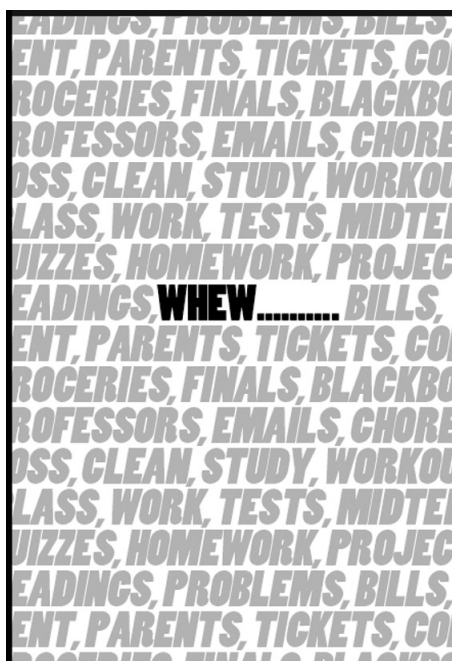
Meyers, sipping bottled water in the station's green room.

"I could absolutely guarantee it would happen again if I said it couldn't."

In the world of late night, patience isn't just a virtue; it's a necessity. Even David Letterman and Jay Leno might look back at footage from their first few months and cringe. Meyers has a head start, thanks to a 12-year run on "SNL" and a likability factor that could bust through the roof of a skyscraper. But he's also well aware that shows like "Late Night" are a work in progress.

"I'm certainly prepared for the fact that these things take time," he said. "But the thing I also have to prepare for is that, after the first show, everyone will sound off on what they think the show will be. It's a bit like sportswriters covering baseball. If your team loses 3-2 on the first day, people are like, 'OK, let's pack it up. It's over.'?"

If there are early footfalls, Meyers has an elite support group at 30 Rock Center in New York to prop him up.



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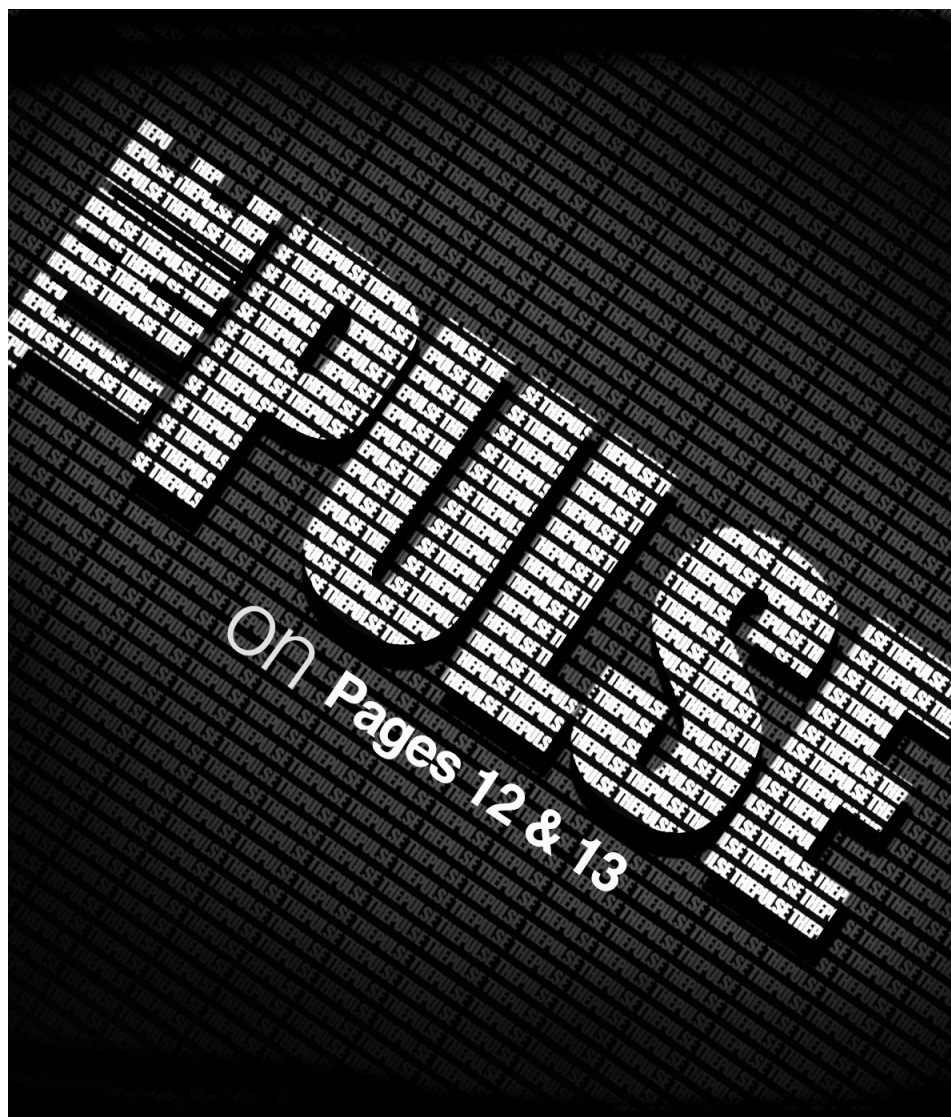
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# No-shave celebrates those who buck the razor

SETH RICHARDSON  
The Weekender

November is synonymous with many parts of American culture. Football season is in full swing and Black Friday has become the biggest capitalist event in the western hemisphere.

But recently, November has become known for something more: facial hair.

The phenomenon of growing facial hair during the month of November, known colloquially as No-Shave November, has grown in recent years. A quick look around campus and one sees men looking a bit more grizzled than usual.

Beards have been making a comeback culturally, but many cannot pinpoint the reason.

Some men have a hard time remembering why they grew one in the first place. Allen Demling, originally from Glen Ellyn and now living in Austin, Texas, appeared on the cable show "Whisker Wars." The show documents the lives of professional beard growers.

"I grew it just to be different. You know, stand out in a crowd or something," he said. "When I was working up in Chicago I was working for a consulting firm and it was very streamlined. Buttoned up shirts, clean-shaven. I thought it was a way to differentiate myself."

Some have cited the show as the reason why they started growing a beard. Don Darnell of McCleansboro, university alumnus and Southern Illinois Beard and Mustache Enthusiasts president, said this was the case for him.

"I started growing a large beard after I watched 'Whisker Wars,'" Darnell said. "I didn't know people competitively bearded, and so I started growing my beard out after that."

Darnell said that anyone who can grow a neat beard should do so. Facial hair is now commonplace, he said.

"I think beards have gone mainstream," he said. "You aren't looked at as much as you were. I don't get as many stares as I used to. You always used to see people with shorter beards less than a quarter-inch. But now you're seeing those people with beards longer than an inch."

The Southern Illinois Beard and Mustache Enthusiasts raise money with their competitions as well. This year they are supporting St. Jude's Children's Hospital.

Darnell said shows like "Duck Dynasty" have also fueled the flame. Beard contests are now commonplace all over the country. There is even a Beard Team USA, which holds competitions throughout the year.

Facial hair has even seeped into pop culture. Popular artists like Zach Galifianakis, Ben Affleck and even Brad Pitt have been sporting the beard as of late. Matt Garrison, an English professor at John A. Logan College, said there is a certain aura of manhood surrounding the beard in pop culture.

"If you go back, in the 19th century, beards were often viewed as this symbol of masculinity," Garrison said. "I don't know the history well enough to understand why, but somewhere in the 20s and 30s that changed."

Benjamin Harrison was the most recent president with a full beard, and the U.S. Army has not allowed them since World War I.

Garrison said the beard was relatively gone from major Hollywood pictures until Robert Redford in 1972's "Jeremiah Johnson." This also led to the idea of the beard as something else: counterculture.

"The bearded man is a nonconformist," Garrison said. "There's no doubt about that."

However, this ideal may be going by the wayside.

"They've definitely made a comeback," Demling said. "I'm sometimes wondering if they've already jumped the shark with 'Duck Dynasty' and everything. It's no longer unique as it once was."

Demling said he thought the emergence of facial hair had to do with men trying to find themselves in changing times.

"Part of it could be that everyone is going through tough economic times and it's like bringing yourself by that primordial man," he

said. "You remember that you don't need to sit in an office all day and stare at a computer."

Masculinity may also play a role as well, he said.

"I think in some regards it has to do with masculinity," Demling said. "I don't think it's an overtly testosterone-driven masculinity. It's more like we as a society have forgotten how to do some things. We need to get back to that. It's not like, 'I'm trying to grow the bigger beard because I'm the alpha male' thing."

Demling and Darnell also shared some techniques for desirable facial hair.

"Your beard hair is a little different from the hair on your head," Darnell said. "A lot of people's needs oil. They need to be conditioned. I use a separate conditioner and shampoo. I shampoo my beard about once a week and use a conditioner on it every day. I also use a beard oil which makes it softer and not break as much."

Demling only had one piece of advice in regards to growing a beard.

"The number one rule to growing a beard is don't shave," he said.

Community members might be wise to heed this advice, as the prizes for great facial hair can be considerable during No-Shave November. No one really knows where the idea of a month of not shaving came from, but philanthropic organizations are taking advantage of it. The No-Shave November Foundation raises money every year for the American Cancer Society and encourages people to grow a beard in full support.

The Movember Foundation is similar in vein only with mustaches. They donate yearly to the Prostate Cancer Foundation.

Jan Wolterstorff, vice president of the Movember initiative, said the event was originally started by Adam Garone and a few friends in Australia in 2003.

"(Garone), his brother and a couple of friends were just sitting having a couple of beers in Melbourne, Australia," she said. "They were talking about bringing something back in men's fashion that went away. They decided to grow mustaches."

The next year, they decided to do the same thing, only this time they wanted to promote men's health. Garone decided to bring his initiative to the United States in 2007 and has since raised a hefty sum for the PCF. Wolterstorff said Movember is the largest fundraiser worldwide for prostate cancer and has raised more than \$18 million in the U.S. alone.

"It's the story surrounding the conversation about the mustache that is really changing the generation," Wolterstorff said. "I firmly believe my son will lead a healthier life because of what Movember has done. This generation knows about Movember. They know why they're growing a mustache and they all say it's for men's health. So their tagline of changing the face of men's health is very appropriate."

Even on campus, organizations are raising money based on facial hair in November. Joshua Roderick, a senior from Bridgeview studying marketing, is the president of Pi Sigma Epsilon, the co-ed business fraternity on campus. They are sponsoring a No-Shave November contest to raise money for both the organization and the Mason Children's Home in Murphysboro.

"People already do it. We thought we could make a fundraiser out of it," he said. "We did a little marketing research and found out that guys would pay for it if they got the incentives we were offering."

For \$8, entrants get a T-shirt, free food during signups and discounted drinks at Hangar 9 on November 25. There are also prizes for the best mustache and the best beard. For more information about the Southern Illinois Beard Enthusiasts, visit their Facebook page at [www.facebook.com/SIBME](http://www.facebook.com/SIBME).

Seth Richardson can be reached at [srichardson@dailyegyptian.com](mailto:srichardson@dailyegyptian.com) or 536-3311 ext. 259.

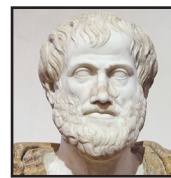


JACOB HAINES | THE WEEKENDER

Don Darnell, SIU alum and president of the Southern Illinois Beard and Mustache Enthusiasts.

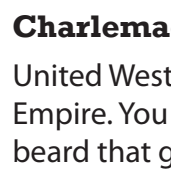
## GREAT BEARDS THROUGH TIME

BY SETH RICHARDSON



### Aristotle (428-322 BCE)

Aristotle taught Alexander the Great. Alexander the Great would've been known as Alexander the Best if he had a beard.



### Charlemagne (742-814)

United Western Europe after the fall of the Roman Empire. You probably would have followed a beard that great too.



### Genghis Khan (1162-1227)

There's a reason he almost conquered the world (hint: it was the beard)



### Vlad the Impaler (1431-1476)

Solidifying the 'bad guy with the mustache'



### Ivan the Terrible (1530-1584)

Between Vlad and Ivan, it was a bad time for facial hair.



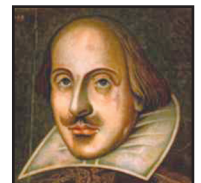
### Shakespeare (1564-1616)

Made beards artsy and sexy.

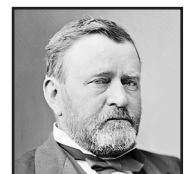
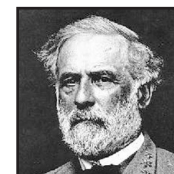
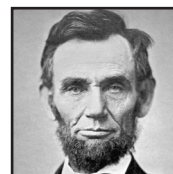


### Blackbeard (1680-1718)

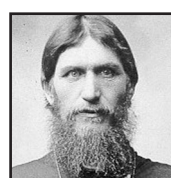
Privateer with a rockin' beard.



### Civil War Era Beards



Abraham Lincoln, Robert E. Lee and Ulysses S. Grant were among the best.

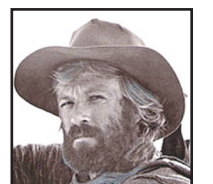


### Grigori Rasputin (1869-1916)

His beard gave him superpowers that made him incredibly hard to assassinate.

### Robert Redford

Rocked a beard in 1972's Jeremiah Johnson. Brought the rugged look back to the screen.





# W sports

November 14 - 17, 2013



## *Behind the sidelines*

*See story on page 16*

# Itchy Jones stadium expands possibilities

AARON GRAFF  
The Weekender

SIU baseball players will be the first in the nation to experience a new and improved kind of playing surface when the renovations to the stadium are complete.

Associate athletic director Andy Pettit said the turf is the first of its kind to be laid down in the world. AstroTurf has a tendency to make players slide up to three times as far as they would on sand, but the new kind has more of an authentic feel to it. Players will know the difference between the "sand" area and the "grass" area just from the way it feels beneath their shoes.

"It's a new generation of AstroTurf," Pettit said. "Just the visual impact is incredible, the field just grabs your eye."

The turf is also more weather-ready, allowing the team to play more of its games and make more of its practices even when it rains. Coach Ken Henderson said the team lost a lot of practice time because of poor drainage.

"We missed a lot of days during the course of a year because of weather and we couldn't get on the field," Henderson said. "The old field just didn't drain well, so we are going to miss a lot less preparation days."

Not only will the Salukis have turf to play on, but also have lights to play under. SIU is the last team in the conference to get lights. Henderson said the team can now prepare for night games.

Pettit also said lights would allow more games to be played despite rain delays because in some games at the old field, the weather would improve, but it would be too dark to complete the game.

The stadium obviously helps the baseball team's image, but Henderson said it would be great for upcoming recruits noticing the excellent facilities getting put up.

"It already has provided a great needed help in recruiting," Henderson said. "It's opened some doors for us we have not gotten into before."



LEWIS MARIEN | THE WEEKENDER

A construction crew works on a dugout Friday at Richard "Itchy" Jones Stadium. The new dugouts are part of the \$4 million project to renovate the baseball stadium. The renovations are to be completed by the upcoming baseball season.

Senior pitcher Tyler Dray said the field has so many improvements and can bring more fans and recruits. He said it is a huge step for SIU baseball. "The old field has been there since pretty much the team has been formed," Dray said. "The new stadium will help bring some new fans, attract potential recruits later on, and hopefully bring bigger schools that want to come play here."

With the new facilities comes a new identity

for Saluki baseball, including a new name for the stadium.

Henderson said the field could also potentially help preparation of the players, and Dray said infielders would be able to make plays easier off of the turf.

"As a pitcher, there is not much it will do for me personally," Dray said. "But, it will definitely help the infielders behind me make a lot more

plays."

The renovations also include the left field and right field fences being moved inward from 340 to 330 feet. Henderson said 340 was just too far, and was almost a professional dimension. He said the field still will not see many homeruns because of the wind direction, but they did want to make it a fairer park.

"We did not do that to increase the power numbers, we did it to make it a fair ballpark," Henderson said.

Pettit said the field is now the best in the conference, and the stadium is a drastic improvement. "We were by far the worst in the league," Pettit said.

He said our stadium is now at least in the top third within the conference, and there is a possibility the team will eventually host a conference tournament.

"I know in terms of playing surface, there won't be any better around," Henderson said. "In terms of atmosphere and settings, we will be as good as anyone in the league."

Originally the new clubhouse was going to be named Richard "Itchy" Jones clubhouse, but because of his popularity and success as a coach, the whole stadium will be known as Richard "Itchy" Jones stadium. The field itself will retain the Abe Martin field name, and the clubhouse will be named after former SIU baseball coach, Dan Callahan, who passed away in 2010.

Jones coached the team to a total of 10 National Collegiate Athletic Association Tournament appearances and three College World Series appearances during his time.

SIU baseball's first home game of the season will be Feb. 28 against the Northern Illinois University Huskies at 2 p.m.

A dedication ceremony has been set for March 13 before a three-game series against the University of Illinois Fighting Illini. Jones will throw out the first pitch and members of the Martin and Callahan families will throw out the first pitch at the following games that weekend.

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# Senior duo uses football to create lasting friendship

**TERRANCE PEACOCK**

The Weekender

Saturday marks the last time 17 seniors will sport their Saluki maroon and step onto the turf of Saluki Stadium to go into battle in front of the crazed fans who breathe Saluki football.

When two freshmen stepped on that field five years ago, neither knew they would have left such a lasting impact on not only the team, but on each other.

Quarterback Kory Faulkner and receiver John Lantz are fifth-year seniors on the SIU football team. Once this season rolled around, they were both already three-year starters and two of the leaders of the offensive unit.

The tandem had a feel for each other and it showed right out of the gate as the two combined for four catches, 99 yards and a touchdown the first game of the season against the University of Illinois.

It should be no surprise the chemistry the two have with each other. Not only are the two close friends, Faulkner and Lantz have also been roommates all five years of college.

"All the way from Thompson Point until now, we have been living together," Lantz said.

The two did not know each other before attending SIU. Faulkner said he thinks the coaches assigned the two to live together to create a relationship on the football field.

"It was more so just random," Faulkner said. "With me being the quarterback and John being a receiver, they maybe looked into it as 'hey we want to build this relationship early when they get here so they can rely on each other.' It's been great ever since, I consider him one of my best friends."

One reason the two clicked Lantz said is because the two have a lot in common.

"We do a lot of things outside of football," Lantz said. "We like to play golf, mess around and hang out with all our other friends. (Faulkner) has a cool personality, he's a funny kid and he's fun to be around."

Faulkner said the work ethic he noticed in Lantz during the first workout their freshman year was enough to know that he was a person worth being around.

"I saw it from day one our first workout that this kid is here to work and he's here to make a difference and be a great player," Faulkner said. "Any time as a hard worker, you can see that from someone else, you instantly gain a respect for him."

The hard work has paid off for both of them



SARAH GARDNER | THE WEEKENDER

Seniors John Lantz, left, and Kory Faulkner watch from the sidelines Saturday during the SIU game against Missouri State University. Lantz and Faulkner have lived together since their freshman year at SIU.

this season; each were having the best seasons of their career.

Although Lantz came into this season with no touchdown catches despite being a two-year starter, he has already caught five touchdowns this season, the most for a Saluki since 2008. He is also second in the Missouri Valley Football Conference in receiving yards and third in the MVFC in receiving yards per game. Lantz set a career high Saturday with 139 receiving yards.

Faulkner's season was cut short because of a fractured right index finger, but before the injury he was statistically one of the best quarterbacks in the conference.

Faulkner still leads the conference with 233.2 passing yards per game and is second in the conference with 258.4 total yards per game despite not playing in the Salukis' last two games.

The phrase "Faulkner to Lantz" has been a

fixture to the likes of Saluki play-by-play caller Mike Reis over the years, and Faulkner said knowing each other's tendencies on and off the field is a big reason why.

"It was evident early in the season that I trusted him on the field," Faulkner said. "I don't think that just comes from football. We play basketball, golf, video games, so it's just, 'what would John do in this situation?' We kind of figured each other out that way and on the football field it just carried over."

Off the field, Faulkner said the two are like brothers.

"We both go to each other's houses on family vacations," Faulkner said. "Our parents bought me and John World Series tickets this year to go to the game in St. Louis so we made a lot of memories outside of football as well as in football. Building a relationship with John was probably one of the better memories I'll have here at SIU."

However, Lantz did say there is one thing Faulkner does at home that sometimes grinds his gears.

"He has a major snoring problem when he takes naps," Lantz said. "We will all pass out on the chair and he'll be passed out on the couch and he'll always wake me up snoring. I'll try to wake him up and tell him to go to his room or something."

Faulkner said he does not think he snores as bad as Lantz says.

"I'm asleep so I can't really stick up for myself," Faulkner said. "He tends to over exaggerate that a little bit."

The duo's third roommate this year, former SIU golfer Jake Erickson, has known Lantz his entire life as the two grew up playing sports together. Erickson, who is now a graduate assistant in the athletic department, said while he already had a great relationship with Lantz, it didn't take any time for the same to happen with Faulkner.

"Kory and John have lived together since they've been down here and I used to live with golf first, but I'm glad I got to live with them this year," Erickson said. "I've known Kory for a long time now and he's a good friend of mine too."

Saturday's home game against Illinois State University is senior day, where all the senior football team members will be acknowledged for all the dedication they put forth in making the SIU football team a winning program.

Lantz said it would be emotional knowing that football is almost over and the next stage of life is set to begin.

Faulkner said walking out on senior day, not being able to play, will be very hard for him.

"I was having a good year and I put everything I had into this," Faulkner said. "I wanted to be the guy to lead us into the playoffs and that opportunity was there and this injury took that away from me. It's going to be tough to walk out there knowing that I won't finish my career with shoulder pads on or a helmet on, I'll be on the sidelines."

However, Faulkner said he would still be there for his team.

"Coming in with the (seniors) going through everything we did, I will definitely be there to support them and I'm excited to watch them play," Faulkner said. "I'm their biggest fan."

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## Dolphins brouhaha shows that the culture of the league is stuck in the past

**NEAL GABLER**

Los Angeles Times

So the secret is finally out: The National Football League is an anachronism. Not the game, which is as ever. But the league's culture.

The NFL's out-of-touch, out-of-time "context" has been on vivid display during the ongoing contretemps between Miami Dolphin guard Richie Incognito and his offensive tackle teammate Jonathan Martin. When Martin left the team complaining of an unsafe workplace environment due to harassment by Incognito and other Dolphins, he launched a national conversation about bullying, hazing, physical and verbal abuse and athletes' antics. But as important as these things may be — especially bullying — they are tangential to the deeper issue of the Incognito-Martin dust-up: the war to define what constitutes masculinity.

For generations, just about every boy growing up in America felt obliged to prove his manhood, which generally meant demonstrating physical strength, a disdain for gentility, a willingness

and ability to stand up for himself, especially with his fists, and a disregard for anything "soft" — women, except as sex objects; intellectual prowess; and general sensitivity.

That is how it was, right through adolescence and often beyond. Toughness is what made a man a man. No boy wanted to be called a "sissy" or a "wimp" or, worst of all, a "girl," which is still a term of opprobrium used by some coaches to push their troops.

And that is the way it still is, apparently, in large parts of the NFL. That sort of manliness was on full display when, according to a Florida police report, Incognito allegedly used a golf club to touch the genital area of a female volunteer at a charity tournament and then rubbed himself against her; or when, as the head of a Dolphin Leadership Council, he held meetings at a strip club; or when he left a vicious, racist message on Martin's voicemail. Incognito has defended himself by calling these episodes a "product of the environment," and he is right.

But Incognito and many of his

NFL brethren do not seem to realize that they are living in a time warp. Just about everyone in the media, including the sports media, was scandalized by Incognito's language — even after he protested that it was a joke and told a Fox Sports reporter that Martin used similar language with him — and just about everyone outside the NFL seems inclined toward defending Martin, which is how the bullying meme began.

That is due in part to decades of feminist proselytizing, but also to general civilizing forces that have deemphasized machismo and allowed men to define themselves in ways other than physical intimidation.

Martin is himself an example. He is an offensive lineman who is the son of two Harvard-educated lawyers. He graduated from Harvard-Westlake School in L.A., and then Stanford. By all accounts, he loved football, but he did not love the muscle-flexing culture of the NFL. As his high school coach said — speaking of the cultural divide between Martin and others in the game — Martin was accustomed to Stanford, Duke and Rice players, not Nebraska,

Miami and LSU players.

The old machismo, however, dies hard. Incognito's teammates have leapt to his defense, and so have many others associated with the NFL, lambasting Martin in the bargain. A number of players called Martin a coward. One ex-Dolphin's lineman, Lydon Murtha, said that Martin "broke the code," adding that playing football was a "man's job" and suggesting that the 312-pound Martin was not up to it. New York Giants safety Antrel Rolle said that Martin should have punched Incognito in the face, presumably because that's how men settle disputes.

Incognito himself is said to have felt betrayed by Martin because, he asserts, the racial slurs and abuse were intended as a form of "tough love." Even several African American players on the Dolphins excused Incognito's use of the "N-word" as just Incognito being Incognito. In effect, they were saying that machismo is thicker than race — though, of course, in defending Incognito, they were defending their own outdated machismo. What it all adds up to is

an admission of this old-fashioned notion: How do you know you are a man if you don't act like a goon?

The NFL is one of the last redoubts where goons and thugs have a privileged status. Two years ago the New Orleans Saints were punished for paying a bounty to players who incapacitated opposing players. Everyone admits that the violence of the sport, the danger and the hits, are a good part of the appeal of the league — our very own Hunger Games. Professional football allows its fans, and especially men who may feel culturally neutered, to reexperience the good old days when bravado and violence defined winners. Even cuddly John Madden, the former analyst, used to enthuse over what he called a "de-cleater" — a tackle that knocked a man off his feet.

So whatever else Jonathan Martin is the victim of, he has been preyed on by a form of ugly, vestigial, brutalizing masculinity. And he decided to resist it, not with his fists but with a legal process. That may not seem "manly," but it is the way men do things nowadays — real men, that is.

# Georgia Tech tries to upset Clemson

MARK BRADLEY  
MCLATCHY TRIBUNE

This was once the sort of game Georgia Tech won. Four times in Paul Johnson's first four seasons here, his Jackets beat a team ranked among the nation's top 15 — No. 15 Florida State and No. 11 Georgia in 2008, No. 4 Virginia Tech in 2009, No. 5 Clemson in 2011.

More than two calendar years have passed since last Tech did such a deed. The Jackets are 0-7 against ranked opposition during that span. They have a chance to change that Thursday night at Clemson.

Even as we stipulate that it's difficult to beat a good team playing at home at any time and especially in a night game, the dynamics don't appear unduly dire for Tech. Owing to the thrashing administered in Pickens County by Florida State — guess it's not impossible to beat a good team on the road at night — Clemson has been eliminated from an appearance in the ACC title game. In the Tigers' first post-FSU outing, they yielded 27 points to a Maryland team in the process of collapsing.

Johnson has had a way of beating Clemson. He's 4-2 against the Tigers and Dabo Swinney. (To be fair, the first of Johnson's victories came when Swinney was an interim head coach.) Clemson has won two of the past three seasons,

but the Tigers remain a team on which no one can rely. That Clemson lost to FSU wasn't so shocking — the Seminoles actually were favored — but the magnitude of the defeat (51-14) was such as to call into question all the perceived gains made in the Tigers' victories over SEC brand names LSU and Georgia.

Tech has had an odd season: Win three, lose three, win three. If the Jackets beat Clemson, they'll finish in a first-place tie atop the ACC Coastal. (The tiebreakers are not in their favor, though.) It's no easier to know what to make of Tech than it is Clemson: The past three victories have come against Syracuse, Virginia and Pitt. None of the above is very good — Virginia is flat-out awful — even though the Panthers did just beat Notre Dame.

The pressure, however, won't be on Tech. Clemson still has a chance to grace the Orange Bowl (presuming FSU plays for the BCS title), and it's the team that's supposed to win. If the Jackets can get ahead early — remember, Tech led Miami 17-7 on the road and was driving to make it 24-7 when quarterback Vad Lee fumbled — and keep the ball away from Tajh Boyd and Sammy Watkins, it would be intriguing to see how Dabo copes. Or, being Dabo, doesn't cope.

On paper, Clemson is clearly the better side. But there was a time when Tech and Johnson made a habit of beating seemingly superior teams, Clemson among them.

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# OPINION

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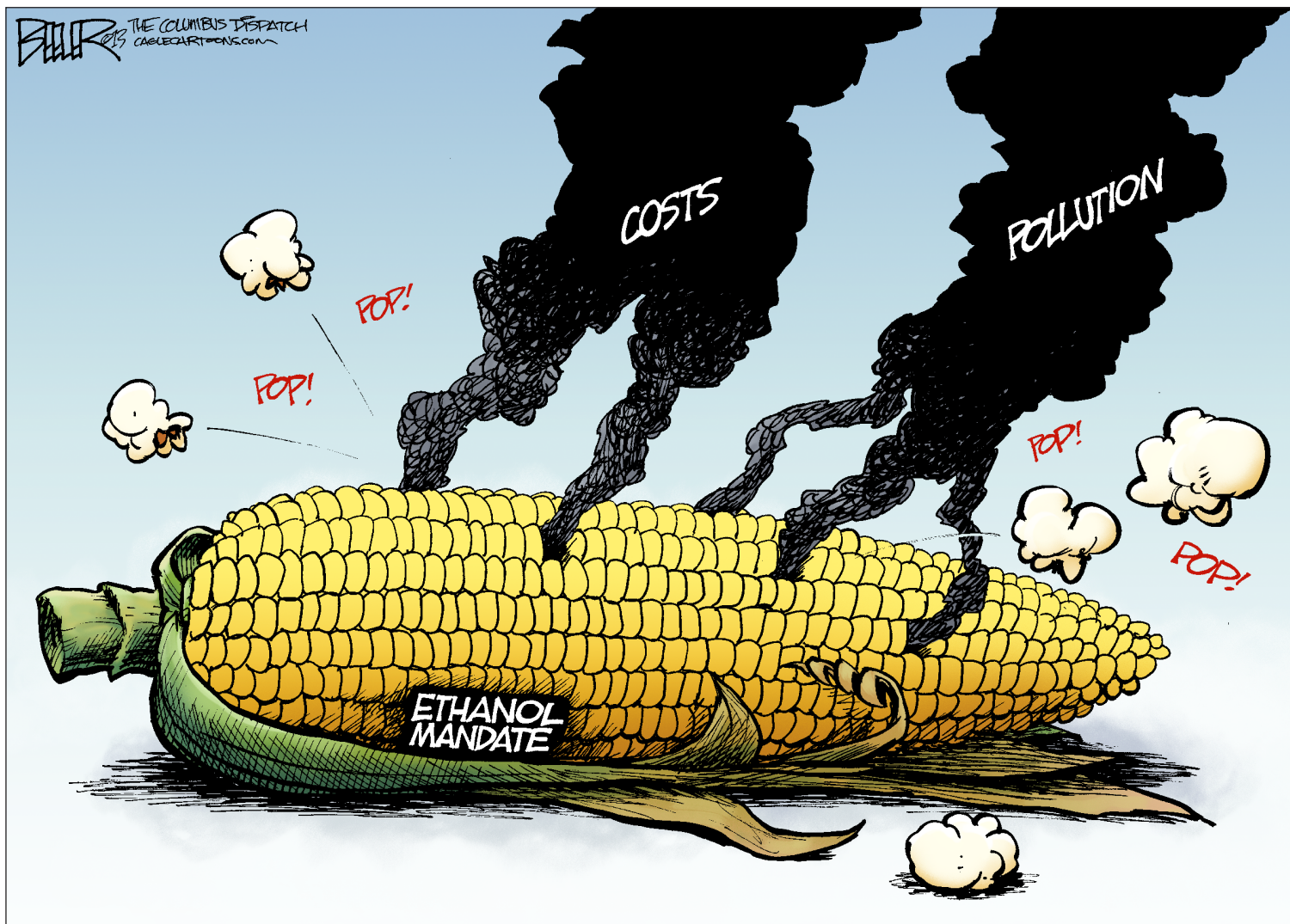
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## THEIR WORD

# For Congress, early education makes sense

SEN. PATTY MURRAY  
McCLATCHY-TRIBUNE NEWS

Of the 535 members of Congress, each person comes to Washington with his or her own, unique background.

Of course, we come from 50 diverse states, but we're also a collection of military veterans, farmers, business owners, and much more. As for me, I came to Congress as a mother and preschool teacher; someone who was once told that I couldn't make a difference because I was only "a mom in tennis shoes."

But when I got here, I knew that if we wanted to strengthen our economy and give our kids a brighter future, we couldn't wait until they were teenagers or adults to invest in them. I had seen in my own classroom that when young children get the attention they need, they're miles ahead of their peers on the path to success.

I saw that my own students knew to raise their hand to ask a question, or how to stand in line to go to recess, were the ones prepared to tackle a full curriculum in school.

That's why this week, I joined Sen. Tom Harkin, D-Iowa, and a bipartisan group of colleagues to introduce legislation that will give every American child access to high quality early education.

The Strong Start for America's Children Act aims to increase significantly access to and the quality of early learning programs that start when a child is born and last until their first day of kindergarten.

The legislation authorizes a federal program that supports individual states' efforts to educate their youngest citizens.

It ensures that early learning programs everywhere have quality teachers and meet high standards, but it also provides states, school districts and preschool programs the flexibility they need to meet their local children's needs.

And though I approach this issue as a grandmother, a mother and a former preschool teacher, many of my colleagues have their own reasons to support early education.

The former law enforcement officers, lawyers and sheriffs whom I work with know that when we invest in our children at a young age, they're

more likely to stay out of trouble and out of prison.

The business leaders and economists know that when we spend a dollar on a child's education in the first few years of their life, we save as much as \$17 throughout their lives.

Our military leaders tell me that 75 percent of our nation's 17- to 24-year-olds are ineligible to serve their country, often because they're unable to pass the necessary math and reading tests.

So it's not only teachers who are fighting for preschool. It's generals, sheriffs and CEOs, too. And 50 years of research backs them up.

For example, we know that 80 percent of a person's brain development occurs before the age of 5. But while China is aiming to provide 70 percent of its children with three years of preschool by 2020 and India is doing the same, we don't have a national strategy to get the youngest Americans ready to learn.

Nobel-prize winning economist James Heckman, a well-known advocate for early learning, says that "skill begets skill." So when a child who's benefitted from early education

knows how to open a book and turn a page, someone can teach them to read. But in classrooms across our country, some children are still learning to hold a pencil when their peers are already spelling out their own names.

That gap between children who start school ready to succeed and those who don't has serious implications for our country's future.

Though historically we've invested in education to build a path to middle class, we're falling behind. We now rank 28th globally in the proportion of 4 year olds enrolled in preschool, and 25th in public funding for early learning.

That cannot continue.

So, in the coming weeks and months, we'll be working with all our colleagues in Congress to make smart investments in our education system and move this legislation forward.

Many Democrats, including President Obama, are committed to expanding early education, and many Republicans, including governors in conservative states like Oklahoma and Georgia have shown that quality early learning programs work.

### Submissions

Letters and guest columns must be submitted with author's contact information, preferably via email. 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 [opinion@dailyegyptian.com](mailto:opinion@dailyegyptian.com).

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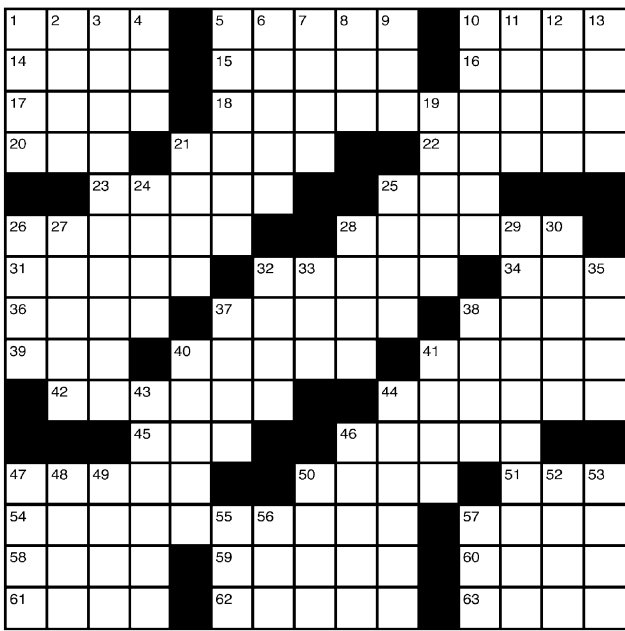
# Study Break

## Crossword

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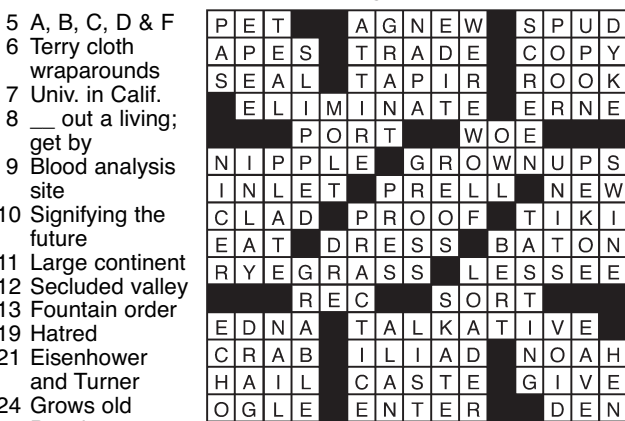
### THE Daily Commuter Puzzle by Jacqueline E. Mathews

- ACROSS**
- 1 Foot digits
  - 5 Thin porridge
  - 10 Air \_\_\_; car safety devices
  - 14 Domed church extension
  - 15 "\_\_\_-bye baby, on the treetop..."
  - 16 Capital of Norway
  - 17 Actress Winslet
  - 18 Physically fit
  - 20 Inventor \_\_\_ Whitney
  - 21 Notion
  - 22 Ross or Rigg
  - 23 Creates
  - 25 Sardine holder
  - 26 Sayings
  - 28 Instructed
  - 31 Doles out
  - 32 Biblical hymn
  - 34 Noah's boat
  - 36 Wading bird
  - 37 Subject
  - 38 Linden or larch
  - 39 Singing pair
  - 40 Erie or Suez
  - 41 July 10, 2012
  - 42 Like an old twisted log
  - 44 Is skeptical
  - 45 Take to court
  - 46 Often state-run game
  - 47 Location
  - 50 Relinquish
  - 51 Pen contents
  - 54 One's \_\_\_; means of support
  - 57 Mirth
  - 58 Prayer closing
  - 59 Actress Keaton
  - 60 Adolescent
  - 61 Bookish fellow
  - 62 Fall bloom
  - 63 Chances
- DOWN**
- 1 \_\_\_ for granted; assume
  - 2 October's gem
  - 3 Calculated guess
  - 4 Behold
  - 5 A, B, C, D & F
  - 6 Terry cloth wraparounds
  - 7 Univ. in Calif.
  - 8 \_\_\_ out a living; get by
  - 9 Blood analysis site
  - 10 Signifying the future
  - 11 Large continent
  - 12 Secluded valley
  - 13 Fountain order
  - 19 Hatred
  - 21 Eisenhower and Turner
  - 24 Grows old
  - 25 Powder
  - 26 In the center of
  - 27 Do an insect exterminator's job
  - 28 Follow behind
  - 29 Like Easter eggs
  - 30 "Trick or \_\_\_!"
  - 32 Small horse
  - 33 Jacuzzi
  - 35 Door openers
  - 37 Story
  - 38 Talk up; promote
  - 40 Sadistic
  - 41 Carry
  - 43 Rise
  - 44 Walk unsteadily
  - 46 Sierra \_\_\_; African nation
  - 47 Think ahead
  - 48 Green citrus
  - 49 State positively
  - 50 Winter wrap
  - 52 Require
  - 53 Male dolls
  - 55 Ms. Lupino
  - 56 \_\_\_ and hers
  - 57 Classic Pontiac



Created by Jacqueline E. Mathews 11/14/13

### Wednesday's Puzzle Solved



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Wednesday's Answers:

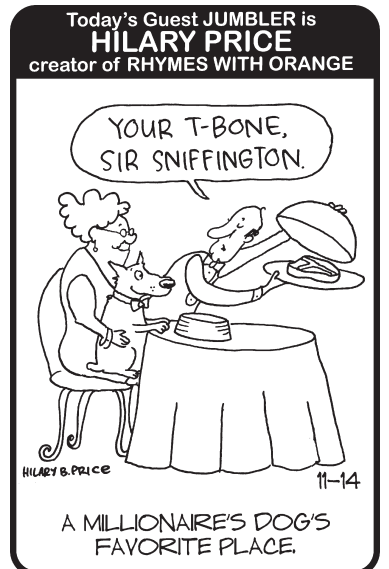
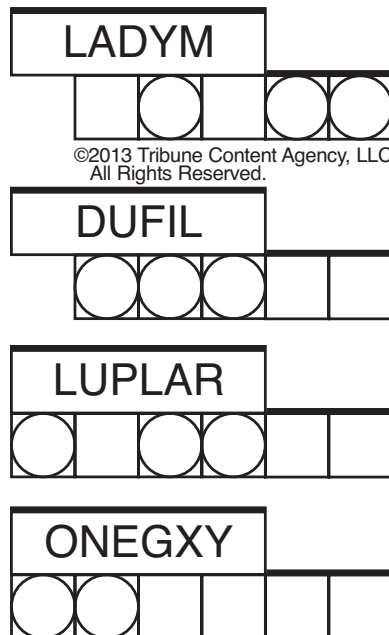
	1		5	9								
8			7	4	6	5					3	
5			6							4	8	
3			4		8							7
7			3	6	4							9
						7	2			5		

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

Complete the grid so each row, column and 3-by-3 box (in bold borders) contain every digit, 1 to 9. For strategies on how to solve Sudoku, visit [www.sudoku.org.uk](http://www.sudoku.org.uk).

## JUMBLE

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



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

Answer: THE [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

Wednesday's Answers:

DUCTS ALLOW ZOMBIE ACCESS  
 When Quincy chewed up Jason's math homework, it was found to be a "CALCU-LOSS"

## HOROSCOPES

By Nancy Black and Stephanie Clement

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**Aries — Today is an 8 —** Your newly gained power may keep you from seeing something important in your peripheral vision. Don't forget to look around. Stop and smell the roses. Explore your dream's meaning.

**Taurus — Today is an 8 —** It may feel like the world is on your shoulders. Release some of your imaginary load. The improvement is almost immediate. Insight bursts upon you. Make a list and set priorities.

**Gemini — Today is a 9 —** Someone has unique problems. Have a good time solving them. It's better with friends. A barrier's dissolving. For the next seven months, you find opportunities for travel.

**Cancer — Today is a 7 —** Better make sure you have all the pieces, and that they all fit together, to avoid overlooking details that could cause delays. More information could lead to more confusion, however.

**Leo — Today is a 9 —** Romance works if you don't push too hard. Things could get spicy and adventurous. On the financial front, frugality and simplicity work fine. Do all the facts fit your theory?

**Virgo — Today is a 9 —** Get one or more geniuses to help. They'll get cranky if they don't hear from you. Clean house and figure out ways to make use of something you thought worthless, and save twice.

**Libra — Today is an 8 —** Something doesn't go quite as planned. Creativity and patience are required to work it out. Luckily, you've got both. Imagine the perfect outcome and go for it. Consider philosophical input.

**Scorpio — Today is an 8 —** Don't show skeptics unfinished work or you might get disillusioned. Don't try to solve a problem with money, either. Continue your search for tantalizing cuisine.

**Sagittarius — Today is an 8 —** The more you shift and move things around at the risk of stirring up controversy, the more you discover. Get rid of the trash and gain something. You feel more optimistic.

**Capricorn — Today is an 8 —** Finish your homework as best as you can. Don't be harsh on yourself if it's not perfect. Keep practicing and your skills increase. Take charge, but be nice about it.

**Aquarius — Today is an 8 —** Postpone shopping or splurging. Begin a personal journey, and document it thoroughly. Don't spend or make foolish promises to impress. Share benefits with your team.

**Pisces — Today is an 8 —** Unusual fears could appear. Follow your inner wisdom and improvise as you go. There's time to edit later. Some actions could be temporarily delayed or blocked.



# Trainers work to keep Saluki athletes in the game

SYMONE WOOLDRIDGE

The Weekender

Working day-to-night shifts seven days a week, taping body parts and monitoring athlete's health, the SIU athletic trainers devote an enormous amount of time to keeping athletes healthy.

Trainers must not only be on call during the season, but work in the off-season as well. The athletic trainers work with players to help strengthen their bodies for upcoming games or the following year.

The athletic training staff consists of a group of one assistant athletic director, assistant trainers, graduate assistant trainers and undergraduate workers.

Larger sports such as football, requires more training staff.

Ryan Schneider, a graduate assistant who received his bachelors of science in athletic training at Millikin University, is an SIU athletic trainer, who covers football and men's and women's tennis.

Hours before game time, Schneider along with other trainers set up the field, dragging out 10 gallons of ice, setting up stationary bikes and laying out towels. Not only are these items used for the players, but also for the band and cheerleaders.

Throughout game day, the training room will show the same field setup, only adding materials such as tape, rollers or patches. The athletes are able to use ultrasounds, which could be used therapeutically as a deep heating treatment.

Prior to kickoff, nearly 4 out of 5 of the men get at least one part of their body taped. Most SIU football players suffer minor shoulder injuries and ankle sprains due to tackles and other gameplay on the field.

At Millikin University, Schneider was a college athlete and he found himself interested in the medical aspect. Although football is not his favorite sport, he was interested in making it a part of his athletic training experience.

"Before I got here I knew I really wanted a football position," Schneider said. "Football is looked at as the gold standard in athletic training so if you can do football that is such a high contact sport, it is pretty much assumed you can cover any other sport."

Lee Land, the assistant athletic director for sports medicine and performance oversees the athletic trainers. Land is in charge of the health care of every student athlete and deals with policy issues as well as athlete's physical coordination. Land is also the head athletic trainer for football.

Although people may think men and women's bodies are completely different, Land said the biggest difference he sees is the mentality between the two. While most men may seem tougher than women, Land said that's not always the case.

"I have female student athletes where everybody's perception of them is that they're not as strong or not as tough but they would run through a brick wall," Lee said. "Then there are males athletes where I'm like, really? That's all you've got?"

Not only do trainers work on athletes bodies themselves, they also send athletes to physicians. After an athlete's injury, an athletic trainer may evaluate the athlete. If the trainers need a further opinion, they will send the athlete to the Student Health Center.

Crystal Zeigler, a graduate assistant who also studied at Millikin University knew Schneider when the two were in school together in Decatur. Zeigler is the only graduate assistant who covers women and men's track & field and cross-country.

As athletes travel to different cities or states, there is always an athletic trainer on sight. Before the cross country teams take off for a long distance run, Zeigler does treatments and taping.

Most recently, as the cross-country teams traveled to Iowa on Nov. 2, Zeigler was able to watch the teams sweep Missouri Valley Conference titles.



SARAH GARDNER | THE WEEKENDER

Assistant athletic director for sports medicine Lee Land, left, treats junior running back Malcolm Agnew's neck on the sideline Saturday during the SIU game against Missouri State University. Land has worked for SIU for 13 years and oversees the training staff for SIU athletics. Land is also the head athletic trainer for the football team.

Zeigler said watching the cross-country teams win was her most rewarding moment thus far.

"We have a male and a female athlete that we've been just getting through these last few weeks with minor injuries," Zeigler said. "And to see both of them do pretty well two weeks ago was very exciting."

Another set of Zeigler's runners, although rather different, is the track and field team. Track and field athletes vary from throwers, jumpers, distance runners, sprinters and other positions. She said, these athletes are more prone to back strains from heavy lifting.

Depending on what sport an athlete plays, they tend to strain a particular part of their

body differently than another sport. For example, baseball and softball athletes seem to accumulate more shoulder and overhead injuries, said Land.

"When 300 pound guys run into each other and something breaks it's usual pretty easy to figure out what it is," Land said. "With sports like track and field and swimming with a lot of overuse injuries things are a lot more subtle."

After spending such long hours in the training room everyday, the athletic trainers begin to build a relationship with the athletes.

"We get personal relationships with a team of 100 athletes like football or some

of those smaller sports like golf," Land said. "No matter what, we know who all of them are."

The athletic trainers are not only important to the athletes, but the fans as well. The trainer's goals are to help athletes as much as they can, and get them back on the field or court stronger than they were.

"Our job is to get them better as much as we can," Land said. "And if we can improve them to the point where they play better than before, then that's great."

*Symone Wooldridge can be reached at [swooldridge@dailyegyptian.com](mailto:swooldridge@dailyegyptian.com) or 536-3311 ext. 269.*