Southern Illinois University Carbondale OpenSIUC

April 2013

Daily Egyptian 2013

4-18-2013

The Daily Egyptian, April 18, 2013

Daily Egyptian Staff

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ALEXA ROGALS | THE WEEKENDER

Students and faculty gather in the Student Center ballrooms Tuesday for the annual Research Town Meeting.

Students, faculty introduce newfound research to public

JESSICA WETTIG MILES The Weekender

Research shows that men support women's choice to breast-feed as the healthiest choice, but there isn't enough literature for fathers when it comes to the decision.

Dava Roth, a graduate student in curriculum instruction from Evansville, Ind., has researched with others in her department this semester to test the decision of whether to breast-feed based on the father's perspective.

Roth was one of several students and faculty from different disciplines who presented their work to the public during Tuesday's Research Town Meeting in the Student Center ballrooms. The types of research varied from testing animals for behavior and evaluating how men feel about breastfeeding to testing strands of chlamydia for information on why they infect different parts of the body. Roth said she chose to research the fathers because there is a gap in the literature.

there are results showing significant differences in feelings for dads on the decision.

Roth said the fathers understand breast-feeding is the right method, but a connection is missing. There is a gap in the bond because breast-feeding leaves more time and closeness with the infant and mother, she said, and takes away bonding time from the fathers. However, she said this doesn't have to be the case because dads simply need to be

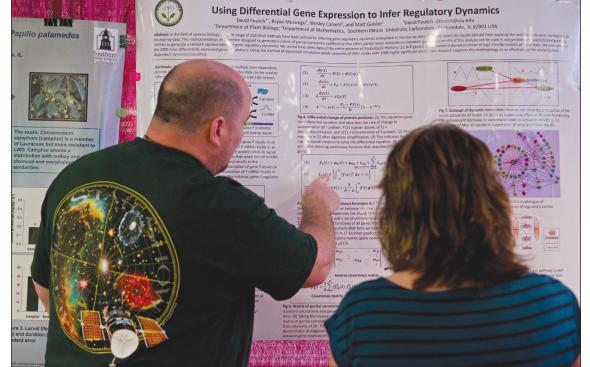
educated on how to make that missing connection with their children.

Saulo Silva, a graduate student from Brazil studying animal science, also showed his work at the fair.

He conducted experiments that compared the sizes of different ovarian-related structures in cows. He conducted two 10-day experiments to compare sizes, the first with Aberdeen Angus cows compared to heifers. The angus cows showed a larger follicle

size, but the corpus luteum was the same. The second experiment was with pregnant and non-pregnant cows. The results both showed the follicle size was different, but the luteum size was the same.

Speech Communication Professor Sandy Pensoneau-Conway said she and Molly Wiant Cummins, a doctoral candidate in speech communication from St. Cloud, Min., conducted research on dialogue between students



and professors. Pensoneau-Conway said she taught a graduate course last semester entitled "Pedagogy and Dialogue," where Wiant Cummins was one of her students. Pedagogy means to think about teaching from a more philosophical and critical perspectives.

"For my final project, I asked (Pensoneau-Conway) if she'd be willing to write letters back and forth to me to consider dialogue (and) how it works in our everyday life and in our lives as teachers and students," Wiant Cummins said.

The experiment's purpose was to explore and break down the barriers between teachers and students, Pensoneau-Conway said. The first test was to examine the letters as a function of dialogue. Therefore, they examined

"There's just not enough information out there about the dads," Roth said.

She said there's very little information out there for dads when it comes to choosing whether or not to breastfeed, but plenty exists for the moms about preparing for breast-feeding and parenthood in general.

Fathers also need more information on how to establish stronger bonds with their infants, she said. They are increasingly gathering more data from fathers in their research, she said, and

ALEXA ROGALS | THE WEEKENDER

David Foutch, a senior from Carbondale studying mathematics, explains his group's poster to an attendee of the annual Research Town Meeting on Tuesday in the student center. Group member Bryan Musungu, a doctoral student in plant biology from Fayetteville, N.C., said it took a lot of time to prepare for the project. "Collecting all of the data and analyzing it took nearly 6 months of hard research," Musungu said.

the content of the dialogue, she said.

"We were able to use our letters to think more differently, to think more critically, to think dialogically about the things that we were doing," Pensoneau-Conway said.

The second question asked how the letters helped to look more critically at the roles between teacher and student, she said. Letters could help them think differently about what it means to be teacher and student, she said, but it didn't erase the roles as they knew them. This way, she said, they learned from each other.

A lot of studies have shown that students will do well in courses not because of the content, Pensoneau-Conway said, but because of the relationship with the instructor.

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About Us

The DAILY EGYPTIAN is published by the students of Southern Illinois University Carbondale 50 weeks per year, with an average daily circulation of 15,000. Fall and spring semester editions run Monday through Thursday. Summer editions run Tuesday through Thursday. All intersession editions will run on Wednesdays. Free copies are distributed in the Carbondale and Carterville communities. The DAILY EGYPTIAN online publication can be found at www.dailyegyptian.com.

Mission Statement

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

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Publishing Information

The DAILY EGYPTIAN is published by the students of Southern Illinois University Carbondale and functions as a laboratory for the Department of Journalism in exchange for the room and utilities in the Communications Building. The DAILY EGYPTIAN is a non-profit organization that survives solely off its advertising revenue. The DAILY EGYPTIAN receives no student fees or university funding. Offices are in the Communications Building, Room 1259, at Southern Illinois University Carbondale, Carbondale, Ill., 62901. Bill Freivogel, fiscal officer.



University to gather for shooting remembrance

MITCH SCHAFER

The Weekender

Staff and students will come together Saturday in remembrance of a student who lost her life during a school shooting.

Austin Cloyd lost her life during the 2007 school shooting at Virginia Tech, where she was a freshman. Cloyd was a Champaign resident before leaving for college, and she had an impact in service activities and volunteer work around the city. The university will have its third annual day of remembrance, known as Austin's Day, Saturday. Leslie Lloyd, health care management associate professor, said Austin's Day has become more substantial since the event's first year.

"It's growing," Lloyd said, "The first year was sort of a spur-of-the-moment thing."

The first year of the event was informal and was only planned a few months in advance, she said. Three agencies — the Boys and Girls Club of Carbondale, Southern Illinois Healthcare Breast Center, and Keep Carbondale Beautiful — as well as about 40 volunteers participated in volunteer work. Last year about 75 volunteers participated, and Lloyd said organizers expect between 50 to 60 volunteers this year.

Chancellor Rita Cheng said she gives her full support to Austin's Day.

"This is something our students have done for a number of years, and it's something that I try to stop by to say hello and support," she said.

Austin's Day events remind the campus of the importance of supporting families who have experienced tragedies, Cheng said.

Krystle Zubik, Austin's Day program coordinator and senior from Braidwood majoring in health care management, said preventing campus violence is a goal of Austin's Day.

"My personal goal is to get people aware for the shootings that happen at school," she said. "I think it's important for people to know that we're all here for a reason — for education and there shouldn't be violence," she said.

The day begins at 9 a.m. when all volunteers

will meet at the Mary Simon Memorial sculpture near the Applied Sciences and Arts building to find out which local agency they will assist for the day. At about 9:30, there

will be a candlelight ceremony and a prayer for all school shooting victims and survivors.

Some of the volunteer agencies that people will join are Shawnee Health Services in Carterville, Keep Carbondale Clean and the Boys and Girls Club, both in Carbondale, and SIUC's Center for Service-Learning and Volunteerism, Lloyd said. Other agencies volunteers have offered services to, but have not confirmed as resources yet, include the Breast Center of Carbondale, United Way of Carbondale, the Marion Humane Society and the Women's Center of Carbondale, she said.

The event will also feature a speaker who experienced campus violence firsthand.

t's important for people to know that we're all here for a reason, for education, and there shouldn't be violence.

— Krystle Zubik Austin's Day coordinator

Although she wasn't physically injured, former NIU student Christina Meo, who was on the NIU campus during the 2008 campus shooting, has spoken at the event each year.

Lloyd said she wants to spread violence awareness throughout the day, but her main focus is to give love and support to survivors.

"(Austin's motto was) no one can do everything, but everyone can do something," she said. "If everyone does something, then together we can change the world," she said.

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Campus organizations, departments receive USG allocations

Undergraduate Student Government allocated more than \$260,000 to 25 Registered Student Organizations during the group's Tuesday night meeting.

Several organizations received five-figure allocations, while one campus department received a six-figure allocation.

Spring allocations are as follows:

Student Programming Council: \$116,000 Vine Community Church: \$31,44.84 International Student Council: \$25,721.00 Black Affairs Council: \$23,000 *Inter-Greek Council: \$19,300 Alpha Phi Alpha: \$12,334.47 Hispanic Student Council: \$11,649.75 Blacks Interested in Business: \$9,478.06 **Alpha Kappa Alpha: \$5,439.74 Intervarsity Christian Fellowship: \$4,619.60 Student Alumni Council: \$4,120.50 Newman Catholic Sudent Organization: \$3,414 Delta Phi Mu Sorority: \$3,345 SIUC Equestrian: \$3,000 African Student Council: \$2,650 Up 'Til Dawn: \$2,400 Latin American Student Association: \$2,230 Sigma Lambda Gamma: \$1,295.89 Kappa Delta Chi Sorority: \$1,155.25 Nepalese Student Society: \$1,018.19 Automotive Tech Organization: \$1,000 Sri Lankan Student Organization: \$600 Wesley Student Council: \$425.96 Women Business Association: \$250

*Student Trustee Jesse Cler represented the Inter-Greek Council and said the allocations would make a \$15,000 conference possible. Miller said the council should receive \$26,000 because it oversees the entire Greek community on campus. However, senator Christopher Wheetley said USG shouldn't fund the council more money that they requested on the bill. This would have been the only Registered Student Organization that would have received extra money they did not ask for, he said. Miller's motion failed, and the amount IGC was to receive did not change.

**Alpha Kappa Alpha sorority representatives addressed concerns that they would not receive as much funding because their membership consists of only two students. Members argued their sorority's size is not what should be considered, but rather how many students their events affect. Senator Adrian Miller said he wasn't comfortable giving about \$27,000 to a two-member organization, and in the end, USG allocated \$5,000 for the sorority.

Funding Denied:

Beautify Southern Illinois Alliance Chi Alpha Campus Ministries Delta Zelta Sorority Film Alternatives Hispanic Business Association Inter-Fraternity Council Iota Phi Theta Fraternity Korean Student Organization Latino Cultural Association PACES Persian Iranian Association Phi Beta Sigma Fraternity Saluki Respect Life SIU Women's Rugby SIUC Design Program WIDB Radio Wildlife Society Zoology Club

SOURCE: USG SPRING ALLOCATION BUDGET 2013-2014

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April 20, 10am - 2pm Altgeld Hall (Room 116)

SIU Southern Illinois University April **18 - 21** , 2013







Canoeing on the e



Beach your canoe on the west side of Upper Cow Lake in eastern Oregon and hike the lava rock.

PETE ZIMOWSKY

Staff Column

ON UPPER COW LAKE, ORE. — Our rig bounced over the rock-hard dirt roads of the high desert of eastern Oregon, and the canoe shifted and rattled on our Subaru's roof racks.

Nothing looks stranger than a canoe in the middle of sagebrush country, but we were hunting for Cow Lakes and what we thought would be a great spring bird-watching and paddling adventure in the remote wildlands.

As we approached Lower Cow Lake about 19 miles from Jordan Valley, Ore., our hopes of paddling sunk. How about mud flats hiking? The lower lake looked about one-third full, and there were a hundred yards of dried mud flats before you could even get to the water. Canoeing? Maybe time to second guess this plan.

But we weren't ready to give up. My wife, Julie, and I continued up the road to the U.S. Bureau of Land Management's campground at the Cow Lakes Recreation Area and hoped for the best at Upper Cow Lake.

Water! Just what you need for paddling. Whew! There may be a canoeing story after all.

I saw the lakes about a decade ago during a good water year, but I put it off for years and decided to go for it a few weeks ago.

The upper lake was slightly low, but still looked good for paddling.

We launched at the boat ramp, loaded the dog in the canoe and headed west.

Since the lake is a mile wide and about 2.5 miles long, we decided to keep close to the

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dge of the craters



PETE ZIMOWSKI | MCCLATCHY TRIBUNE

shoreline in case those nasty afternoon desert winds whipped up.

Our canoe moved slowly along the rocky, sagebrush shoreline, and in places, it looked like any old reservoir in eastern Oregon or Southwest Idaho, like a giant puddle in the desert.

The fascinating thing about Cow lakes is they were naturally formed by volcanic activity.

Evidence of that was readily apparent with the unique basalt formations jutting from the lake's shore and spiced with orange, rust and green lichen.

There were pieces of basalt pillars on the bank, and the geology of the area changed as we paddled along the shoreline.

A family of otters popped up like periscopes on the glassy surface and started swimming toward us. Grunting sounds came from the critters, and we their black and gray swirls, trenches and pinnacles at the edge of the water.

It looked like melted licorice frozen by time.

The black rock splashed with the colors of lichen extended out of the lake and continued over the horizon.

Little points resembling mountain lions, towers and bears could be seen on the rock formation's skyline.

We beached the canoe and stumbled upon the southeastern end of massive lava flows in the 46-square-mile Jordan Craters natural area.

Whoa! This was turning out to be some kind of adventure.

"It looks like Hawaii. Oh, I guess I mean Owyhee," I joked.

We've all heard how the name Owyhee originated for this region of Idaho and Oregon from an incident where three Hawaiians were lost in the area in early 1800s.







had to steady our retriever to keep from flipping the canoe and sinking right there.

It isn't every day you paddle along with a family of otters watching your every move.

It was a sign of surprises to come. A unique paddling adventure was unfolding.

This wasn't any ordinary desert reservoir. It was a rare glimpse at the world surrounding a lava lake. Behind us, at the far eastern end of the lake, a huge flock of snow geese cork screwed down and landed on the water.

Off to the side on the north side of the lake, mergansers flew a few feet off the water.

Nearby, Canada geese aggressively honked on their nesting sites even though we were a hundred yards away. Wildlife is skittish out here. Apparently they don't see that many people.

It was getting tricky switching from paddles to binoculars and back.

A yellow-bellied marmot jumped up on a rock on the rimrock to see what was going on.

It kept getting better. We continued to paddle toward the western tip of the lake, and we were soon surprised by remnants ancient lava flows with Hopefully, we weren't going to get lost. After we landed the canoe, we started another adventure — hiking across the lava flow.

This is when you appreciate wearing hiking boots while canoeing instead of paddling shoes. It takes stout boots for walking across the sharp lava rock.

The hike really makes you appreciate this land of fascinating sights and sounds.

We heard the croaking of sandhill cranes. The birds were grazing on vegetation at the edge of the lake.

You never know what you're going to see out there, and a lot depends on the season and migration patterns.

There can be thousands of waterfowl and hundreds of shorebirds in the area during good water years.

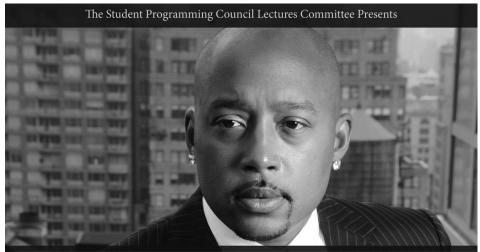
I talked with Richard White, assistant field manager with the Vale District of the BLM about the Cow Lakes Recreation Site after our trip.

"We get the strangest migratory birds out there that you can imagine," he said. "It's a different world when you get out in those lava flows. It's amazing."

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Rain prompts flood worries in Mo., III., Iowa

JIM SALTER Associated Press

The Mississippi River, so low for much of the winter that barge traffic was nearly halted, could reach up to 10 feet above flood stage by the middle of next week in parts of Iowa, Illinois and Missouri, National Weather Service hydrologists said Wednesday.

The weather service is predicting 3 to 4 inches of rain — and perhaps more — from Kansas City, Mo., to Chicago by Friday morning, the result of an unsettled weather pattern that prompted widespread tornado and thunderstorm watches. Soil is already saturated from an unusually wet early spring, raising concerns along the Mississippi from the Quad Cities, which are along the Iowa-Illinois border, south to St. Louis.

"I'm worried," said Mark Fuchs, a National Weather Service hydrologist in suburban St. Louis. "Major flooding appears to be on the table at a lot of locations. North of St. Louis, we're looking at the kind of flooding we haven't seen since 2008."

Floods in the spring of 2008 were particularly troublesome in Iowa, where hundreds of homes were damaged in Cedar Rapids, Iowa City and other towns. Maren Stoflet, a hydrologist for the weather service in the Quad Cities, said that with the ground already soaked, all the new rain will run off into rivers.

The flooding is an ironic twist considering that the Mississippi was approaching record-low levels all winter following months of drought. The Corps of Engineers worked feverishly to dredge the river bottom enough to keep barge traffic moving, though loads were limited for several months.

But late-winter snow and frequent rains have pushed river levels back to normal and beyond. The Mississippi on Wednesday was at or near flood stage at several spots north of St. Louis, slightly lower to the south.

The rain this week is expected to be furious at times, up to an inch an hour in some cases, Stoflet said. That could create flash flooding at smaller waterways. Tributaries to the Mississippi and Missouri rivers could also flood, and that water eventually pushes into the bigger rivers, which would crest next week.

Fuchs said if the rain falls as predicted, minor flooding would occur on the Missouri River in Missouri, while the Mississippi could rise 8 to 10 feet in some spots, including St. Louis.

Already in southeast Iowa, heavy rain Wednesday led to some road closures and rising creeks, according to hydrologist Maren Stoflet. And more rain was in the forecast.

Property buyouts, enhanced levees and flood walls will limit any damage, but several roads,

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Major flooding appears to be on the table at a lot of locations. North of St. Louis, we're looking at the kind of flooding we haven't seen since 2008.

— Mark Fuchs National Weather Service hydrologist

thousands of acres of farmland and a few homes and businesses would be impacted and small levees could be overtopped.

Emergency management operators say they've begun to brace for the worst.

"I'll go into a full-scale flood fight," said John Hark, emergency management coordinator in Hannibal, Mo., the scenic hometown of Mark Twain.

The historic downtown area, including Twain's boyhood home, is protected by an earthen flood wall, and buyouts have removed flood-prone homes outside the wall's perimeter. But Hark said the excessive rain could create a sudden rise that would cause Bear Creek, a Mississippi River tributary, to back up, closing roads and threatening some homes.

About 30 miles to the south, Louisiana, Mo., has no flood wall. The downtown is far enough from the river that it is in no danger, but a flood reaching 8 to 10 feet above flood stage would push muddy river water over Highway 79 the main north-south highway through town and damage a few homes and businesses, City Administrator Bob Jenne said.

"We do have sand and all the bags already stockpiled in the event we need them," Jenne said. "Right now, it's wait and see."

Potentially worsening the flooding in the nottoo-distant future is another strong snowstorm in the northern Plains, snow that will eventually melt and trickle into rivers. The newest system could drop as much as 15 inches of snow in western South Dakota by Thursday, forcing schools to close and making travel dangerous. It follows a weekend storm that dumped a single-day record 17.3 inches of snow on Bismarck, N.D.

The National Weather Service on Wednesday told Fargo, N.D., and Moorhead, Minn., residents to prepare for flooding along the Red River. It would be the fourth major flood in five years for an area that has about 200,000 people.

The weather service said there's a 40 percent chance the north-flowing river would top the 2009 record of 40.84 feet, or nearly 23 feet above the point when the river spills its banks. That would likely mean sandbagging for more than 200 homeowners in Fargo and about 40 homeowners in Moorhead.

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GIVE YOURSELF A BREATHER STUDY BREAK ON PAGES 22-23

Online research new standard for students

TREY BRAUNECKER The Weekender

As the use of online resources in the classroom continues to grow, more professors have accepted the use of virtual research for papers instead of the traditional brick-and-mortar library.

According to The Chronicle of Higher Education, a recent survey showed professors find services offered by libraries and scholars less valuable than previous years. It also revealed that, even though professors still prefer traditional forms of academic research - such as books or periodicals - the use of online articles has become more acceptable with college students' increased Internet use. The survey was created by Ithaka, an academic nonprofit organization, and was sent via email to 160,008 faculty members at random four-year universities with 5,261 members responding to it. But while professors' attitudes might be changing, university staff and students are mixed in their opinions of how useful changeable internet resources such as Wikipedia really are.

Susan Tulis, information services associate dean, said she realizes the convenience students have finding articles online but is concerned the information published online might not always be correct.

"We always tell students to be very careful of what they find on a website," Tulis said. "Just because anybody can publish whatever they want online does not mean it is always legitimate information."

If students want established academic articles for research papers, Morris Library subscribes to a number of online databases that provide full texts of accredited journals to people registered with the university, she said.

"If you go to a publishing companies website, they usually ask for a username, password or tell you it costs \$35 to access an article," she said, "If any SIU faculty or staff go through the library's website, they have free access to those articles, because we are already paying for them."

Tulis said, although most professors would discourage websites such as Wikipedia as online resources, she does not want to dissuade students from using websites for information gathering. Still, it is important for students to evaluate the sources they use to make sure the information is credible, she said.

"I use Wikipedia and Google," Tulis said. "They're a valuable resource, because I can use them as a starting point. But I have been in this business for 30-some years, so I can probably look at a website and tell what is correct and what somebody has fabricated." However, students who use the library can be sure they are getting the latest version of an article or book for their work, she said.

"A lot of people say 'if the information is on the internet, why would you need a library,' but the fact that there is so much information out there, that is where libraries and librarians come into play — they can help you sift through what information is current and what is not," she said.

History professor Jonathan Bean also recommended that students consider using library resources, as the ability to access digitally archive opportunities articles has enhanced research for students. He said the option to search for articles, newspapers and journals online drastically cuts the time normally needed to search for information by hand.

"It makes information gathering easier and gives students more focused literature searches, so you can find what is most relevant to your topic," he said

He also said the biggest online research issue professors and students have is how to use technology effectively.

"The biggest handicap students have with online research is that students use the Internet and simply Google information they can find much more effectively through an online database, especially the articles we have archived, organized and paid for here at the university," he said.

Some students said they think online research is the new standard for students, echoing Tulis' and Bean's opinions.

Chris Marshall, a junior from St. Louis studying rehabilitation services, said he thinks online resources have taken the place of physical research in recent years.

"(Online resources give) you easier access to what you need," he said. "You do not have to go to the library. All you have to do is hop on your laptop or smartphone and look up the key terms you need to find the resources you want."

Jeremy Meyer, a junior from Chicago studying advertising, said he agrees professors have warmed up more to online research.

"Anytime I need to do a reading for an article, most of the teachers just post everything on Desire2Learn, I don't even need to really buy a book anymore," he said, "I only have one professor who still has us read the book, but it is online for the most part, and I enjoy it more that way," he said.

> Trey Braunecker can be reached at tbraunecker@dailyegyptian.com or 536-3311 ex. 259.







Monday, April 29th from 5p.m. - 9p.m. in Activity Room A, 2nd floor of the Student Center. Applications available at **www.spc4fun.com** For more information call **618/536-3393**

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RESEARCH CONTINUED FROM 1

Jordan Larson, a senior from Macomb studying psychology, said his research involves the use of computer software for analysis, called automated analysis, of brain images in a structural context. He examined ADHD MRI brain scans to those with non-ADHD MRI scans, and examined the density gray matter was examined, which is part of the central nervous system affecting learning, memory, perception and other traits, he said.

The general conclusion indicated that smaller amounts of grey matter were discovered in the ADHD scans compared to the controlled scans, Larson said. This could mean that grey matter volumes are associated with ADHD, he said.

"It's not to say that you could (give) a kid in an MRI scan, look at his brain and (just) because these volumes (of gray matter) were smaller or larger, you could not attribute that for a child having or not having ADHD," Larson said.

Ryan Ceresola, a graduate student in sociology from Washington, said his presentation, called "What Good Work Works Well," tested social sport theory, which is an idea that communities and individuals that provide instrumental and expressive resources to others will experience less crime.

"The more support you have, the less crime there

He said there have been a few studies on this where individual social support, community and government all explain some kind of social sport theory — but they never test it in the same model. Ceresola said he decided to do his research in order to determine which elements work better in the model.

He said his conclusions indicated that government social support, which includes aid such as food stamps and welfare, caused property crime to decrease. However, violent crimes were decreased through individual social support, such as charity, he said.

But he saw an increase in violent crime based on community support, which are non-profit organizations. He said these results were strange, but the circumstances could be that non-profit organizations and other forms of charity are more

likely to come from places where there is violent crime. Adolfo Frias, a senior from Lyons studying microbiology, said his research tested a strand of chlamydia that is one of several glycogen, an energy source in animals, negative out of the nine species, which can be grouped into a glycogen positive or a glycogen negative. His experiment sought to determine if the glycogen factor could yield a conclusion. The big picture says it's hard to understand why different strands of chlamydia affect humans and animals, he said, so his project examines one of the minor differences to see if he can come up with a kind of a conclusion.

Tom Egdorf, a graduate student in zoology from Oswego, said his research tested the ranivirus in amphibians. They evaluated tadpoles based on size, with the theory that the smaller ones would be more suceptable to the virus. They believed the larger ones were more likely to spread the virus. However, the conclusion said the larger ones were more susceptable to the virus.

Cheyenne Adams, a junior from Bloomington-Normal studying environmental zoology, said her research is a pilot project based on a larger project that seeks to establish a Mariculture, a branch of aquaculture involving the the use of marine organisms for food and other products, industry in Illinois. She said the research involved pumping salt water out of saline aquifers to use the salt to raise salt water fish. Her research showed that there are no statistical differences between fish growing in aquifer salt and ocean water salt.

Matt Johnson, graduate student from Minnesota studying behavioral analysis and therapy, said he used the Madagascar hissing cockroach as a new subject for analyzing behavior. Using the cockroach is much cheaper than using rats for research, he said.

The cockroach was used to test reward stimuli using different kinds of food that they prefer, he said. The cockroach pressed a lever to deliver a drop of food. He said the highest preferred food generates more quickly, much like humans.

> Jessica Wettig Miles can be reached at jwettig@dailyegyptian.com or 536-3311 ext. 259.

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EcR & 🖆



The culture of fishing

Kayli Plotner | Weekender

Jordan Bowlby, a freshman things together affect whether Rather than casting a line and waiting for fish to bite, some from De Soto studying

fishermen prefer to shoot their agriculture business, said bow targets as they jump out of the fishing is easily his favorite fishing is when it's at least 75 water.

fish, bow fishing is the primary fishing can't. way to catch an Asian carp, which is becoming a threat to native fish and overpopulating waters in places such as southern Illinois, according to

form of fishing because it poses Of the several ways to catch a a challenge that rod-and-reel

"You only have one shot at they shine. it," he said. "You have to be able to accommodate for the height of the fish, the speed of the fish flying through the air and how the National Wildlife Federation. fast the bow shoots. All of those weather gets warmer.

or not you make the shot. The best weather for bow degrees and sunny, Bowlby said, which makes the fish jump more and become easier to see when

Craig Cowan, of Chester, said weather is a prime factor for a successful fishing day because fish become more active as the

Fishing | 16

Photo by: Sarah Gardner



UNIVIERSAL UCLICK



Momentous news: Last week I ran three pairs of blue jeans through the washer. And then ... *I dried them in the dryer.*

I had to. They'd all gotten too big.

Yes, truly, after several decades of air-drying my jeans on the railing in the second-floor hall — where, in the interests of being able to breathe while wearing them, I could give their damp waistbands a good stretch whenever I happened to pass by — somehow, magically, those waistbands have loosened up. And, like the blue jean waistbands of kids who affect gigantic jeans as a statement of subcultural identity, mine are always needing to be pulled up — except for the first day I wear them straight out of the dryer.

I'm telling you, honestly, it's like Christmas.

Like many other overweight Americans, I've wanted this to happen for such a long time, and it just wouldn't. I hoped and hoped, and nothing happened.

I volunteered for a psychology experiment testing a protocol for weight loss and weightloss maintenance at a local university. (That was 12 weeks ago.) And thus I learned the secret to losing weight.

Which, of course, isn't a secret at all. It's something I knew all along, something everybody knows: To lose weight, consume fewer calories than you burn for energy.

See: You already knew that, right? It's practically obvious.

But if it's so obvious, why are we fat?

it's only a matter of time — and calories.

Two reasons: wishful thinking and general muddle-headedness intensified by marketing communications.

The wishful thinking part is obvious. How do you know how many calories you're eating and how many you're burning? Finding out isn't difficult, exactly, but it's a lot of trouble. Lots of weighing and measuring and looking up the calorie count for a half-cup of whole milk for your cereal and then, when it turns out to be a whopping 150, stopping to agonize over whether you can get by with a quarter-cup, and eventually deciding, and writing it down, and moving on to look up the calories in a tablespoon of raisins, and so on. Nobody wants to do that first thing in the morning.

The muddle-headedness and magic thinking are more complicated. Food is so much more than calories. It's love, it's pleasure, it's culture, it's memory, it's life itself — all things you want, and can't have too much of, and don't want to deprive yourself of.

Surely there must be an easier, pleasanter way that lets you have all the food you want and still be as thin as you'd like?

Here, of course, our friend capitalism stands ready to confirm our wishful thinking. Free enterprises specializing in weight loss, looking to market their various magic formulae, trip over each other to reassure us that losing weight is easy as pie. Really, it's just a question of deciding how you prefer to indulge yourself.

Check it out. A local "medical weight loss program" promises you'll lose 2 to 5 pounds a week — and makes your fantasy its web address: www.wakeupskinny.com.

Nutrisystem's come-on: "Diet food? Forget it! We're giving favorites like Cinnamon Buns, Quesadillas and chocolate a good-for-you spin with the right balance of carbs, protein and fiber, so you can look and feel fantastic — for as low as \$8 a day." You'll look forward to goodies like Double Chocolate Muffins.

Slim Fast invites you to "Indulge your sweet tooth!" Delicious shakes "satisfy your hunger for up to four hours" — and, if you get hungry between "meals," you can try NEW 100-calorie Snack Bites, "crunchy and delicious" in Nacho Cheese, Sour Cream and Onion and Cinnamon Spice.

The low-carb Atkins Diet lets you "feast on steak with bearnaise sauce, eggs, bacon and cheddar cheese omelets."

On the Belly Melt Diet, you'll "say yes to pizza, pasta and more!" and you'll "sleep away fat!"

Weight Watchers promises that "nothing is forbidden." You'll "learn to make the smart choices that let you eat the foods you love, when you want to."

Or you can skip all the diets and just take green coffee extract instead. According to Consumer Reports lookalike www.consumerhealthreview. org, you'll lose an average of 17 pounds without changing what you eat or doing any boring exercise.

OK, but who really believes any of this?

We all do, at least a little. Otherwise we'd be thinner — and the weight-loss industry wouldn't be worth \$20 billion a year.

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for the college life

Recipes and Design by Sabrina Imundo The Weekender

DAD'S HORSERADISH BURGERS SABRINA IMUNDO | THE WEEKENDER

Hello All

With all the good weather lately it appears a grilling recipe is in need. Per request, here is my dad's Horseradish Burger recipe. I do have to give special thanks to my friend and grill master Dan Mikalian who lent me his grill and grilling expertise this past weekend and to my dad for the recipe. To all: enjoy the good food and good weather this weekend.

Dad's Horseradish Burgers

Minutes: 25 Servings: 4

Form meat into eight thin patties

ngi

1 1/2 pounds ground beef Up to 1/4 Cup Horseradish (add this ingredient gradually; taste often) 1/4 Cup Sour Cream Salt, to taste Pepper, to taste Hamburger Buns Condiments of Choice 4 slices of American or munster cheese (optional)

Ingredients

Meal Idea Grilled Zucchini with **Onion and Cheese** Time: 50 minutes Servings: 4 - 6

3 small zucchini 1 red or yellow onion Salt, to taste Pepper, to taste Oregano, fresh or dried, to taste 1/2 stick butter 1 Cup Cheddar-Jack Cheese, shredded or slices

Mix sour cream and horseradish well.

Add sour cream and horseradish mix to the center of four of eight patties. Next, place the four sauce-less patties on the sauced ones. With fingers, close edges of the patties together. Add salt and pepper to patties to taste.

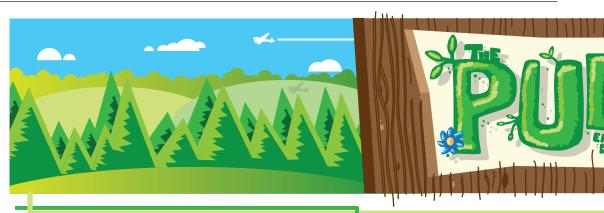
Place on grill and cook for seven minutes over slow, direct, heat. Flip, cook patties until meat is cooked fully. Top with cheese and condiments on buns if desired.

> Slice zucchini into pieces and put on a very large piece of aluminum foil (approximately 1 foot x 3 feet (30.8 centimeters x 91.4 centimeters.)) Chop onion; put on piece of foil with the zucchini. Sprinkle vegetables with salt, pepper and oregano to taste. Add 1/2 stick of butter in tablespoon increments to the top of the vegetables.

> Fold foil into packet; fold foil lengthwise, then fold in the shorter sides. Cook over direct heat for 30 minutes. Stir in bowl when finished cooking and cover with cheese. Cover bowl with foil to melt the cheese for five minutes.







Tonight:

Music

Key West Bar and Grill • Memory Lane (karaoke and DJ)

Shryock Auditorium • Southern Illinois Civic Orchestra @ 7:30 p.m.

Pinch Penny Pub / Copper Dragon Brewing Company • WDBX DJ challenge

Newell House Grotto Lounge ${\scriptstyle \bullet \ }$ Coulter, Goot, and Wall (jazz)

Tres Hombres • Deep Fried Five (funk)

Hangar 9 • AfroZep (worldbeat, Led Zeppelin tribute) / Chatsworth and Dupree

PK's • Tim Whiteford Band (power trio)

Other

Communications Building Room 1032 • Dome Days festival World Game panel @ 4:30 - 6:30 p.m.

Paul Simon Public Policy Institute Lobby • former Drug Enforcement Agency Director of Intelligence Steve Casteel (politics lecture) @ 12 p.m.

S.I. Bowl • Carterville: cosmic bowling / karaoke

Castle Perilous • Carbondale: strategic gaming

Sunday:

Music

Two 13 East • DJ Kent / Diva's of Illusion featuring Blanche DuBois (drag show)

Honker Hill Winery • Larry Dillard and Blues Therapy

Blue Sky Vineyard and Winery • Makanda: Sunday in the Park series w/ Beattie Rhodes Band (folk)

Walker's Bluff • Carterville: Dan Barron Duo (classic rock)

Von Jakob Orchard • Alto Pass: Dirtwater Fox (southern rock)

Rustle Hill Winery • Cobden: Carbondale New School Locally Grown Music Festival

Old Feed Store • Cobden: Rural Kings (bluegrass)

Friday:

Music

Hangar 9 • Whistle Pigs (hillbilly musi

Pinch Penny Pub / Copper Dragon Bre Brushfire / Drew Baldridge (country-w

Shryock Auditorium • David Baskeyfie

Tres Hombres • Jewels (jazz)

Key West Bar and Grill • Plagiarists (c

PK's • Uncle Shifty (Americana) / Her End

Other

Varsity Center for the Arts • Jackson C presents Sean Grennan's Making God L 7:30 p.m.

Longbranch Coffeehouse • Dave Schult present "An Homage To Trailer Trash bluegrass, performance art)

Museum / Faner Hall • Brenda Suromi arts painting exhibit) / Rudy Faulkner (exhibit) @ 4 p.m.

Buckminster Fuller Dome Home • Dor presents Stephan Moore (sound installa

Student Center Ballroom D • Student | presents Springo Bingo @ 7 p.m.

Castle Perilous • strategic gaming

Other

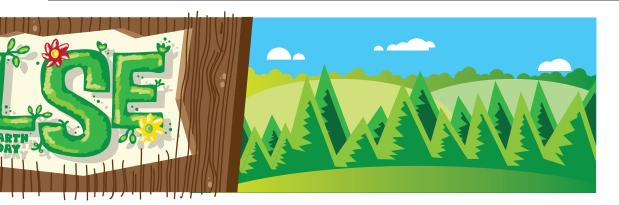
Varsity Center for the Arts • Jackson Coupresents "Sean Grennan's Making God La (live theater) @ 2 p.m.

Kite Hill Vineyard Bed and Breakfast • C Garza presents "Culinary Journey: Tradit class and banquet) @ 6 p.m

Stone Center • Carbondale Community "Upward Mobility" (art exhibit and fundr

Civic Center • Talent Education School or recitals @ I p.m.





Saturday:

Music

c) / Honky Suckle	Kite Hill Vineyards and Bed and Breakfast • Marty Davis (blues)				
c) / Holiky Suckie	Fat Patties' Red Corner • Whisky Tongue (Americana)				
wing Company • estern showcase)	Big Muddy Independent Media Center • Plaza Records Record Store Day celebration w/ Secondary Modern / Flowers of Evil (indie-rock showcase)				
ld (guest organ recital)	Farmers' Market • After Barbed Wire (bluegrass)				
	Longbranch Coffeehouse • salsa night				
	Key West Bar and Grill • Memory Lane (karaoke and DJ)				
lassic rock)	PK's • Big Idea (Americana)				
Gin Error / Long Sharp	Pinch Penny Pub / Copper Dragon Brewing Company • Funky Monks (Red Hot Chili Peppers tribute)				
	Newell House Grotto Lounge • Casey James (blues)				
	Tres Hombres • DJ fourtwentyradio (blues, soul, reggae, hip-hop)				
ounty Stage Company augh (live theater) @	Hangar 9 • Four Hands 4/20 Party w/ Mom's Kitchen (Widespread Panic tribute) / Funky Butt Brass Band (N'Awlins music)				
	Blue Sky Vineyard and Winery • Makanda: Elliott Ranney (singer / songwriter)				
tz and the Blue Billies " (literary readings,	Walker's Bluff • Carterville: Richard "Rip Lee" Pryor (blues) / Eastwood Frisch (southern rock)				
	Yellow Moon Café • Cobden: Howlin' at the Moon featuring John Vitt and Ray Hogan (open mic)				
Aravjo (master of fine master of fine arts glass	Rustle Hill Winery • Cobden: Matt Basler / Bone Dry River Band (Americana)				
	Owl Creek Vineyard • Cobden: Swamp Tigers (rockabilly)				
me Days festival ation) @ 7 p.m.	StarView Vineyards • Cobden: King Juba (blues, classic rock)				
Programming Council	Other				
	Varsity Center for the Arts • Jackson County Stage Company presents "Sean Grennan's Making God Laugh" (live theater) @ 7: 30 p.m.				
	The I3th Occasional Tour de Carbondale • Starts at 902 W Mill @ 12 p.m.				
unty Stage Company ugh"	Buckminster Fuller Dome Home • Dome Days festival charette, reception and benefit @ 7 p.m.				
nef Georgia de la ional Spain" (culinary	Evergreen Park • Carbondale Park District and Astronomical Society of Southern Illinois present Saturday Stargazing				
Arts presents	Castle Perilous • strategic gaming				
aiser)	S.I. Bowl • Carterville: cosmic bowling				
f Southern Illinois	Plaza Records • Record Store Day celebration				











Just add water: hydration key to feline health

DR. MARTY BECKER UNIVIERSAL UCLICK

For a healthier cat, add water. No, not to the outside — your cat will happily bathe himself — but to the inside. Encouraging increased fluid intake is one of the best things you can do to keep your cat healthy, along with keeping him at the proper weight.

Combined, these two preventive-care strategies cost little and can save lots, by helping to prevent a common malady that can be a serious problem for cats and their owners — feline lower urinary tract disease.

FLUTD often causes cats to urinate outside the litter box, a classic warning sign of illness that you can see — and smell. Other symptoms include straining to urinate, crying out in the box or going more frequently.

While FLUTD may strike any age or gender of cats, it is more frequently seen in middle-aged and overweight cats. Factors that increase the risk include lack of exercise, stress and chronic dehydration.

Tips for avoiding FLUTD include:

• Hydration. Some cats will drink more if the water seems fresh, such as with fountains that keep the water filtered and circulating. You can find these at any good pet-supply



store, or search for "cat drinking fountain" online.

• Chill your cat out. Decrease stress in the environment by providing your cat with scratching posts, window perches or kitty condos, and by playing active games with him. Pheromones such as Feliway also help keep cats calm. PROVIDED PHOTO

• Keep home sweet home. Be more aware of changes in your cat when there are changes in your life such as new pets, a home remodel or a move. Provide your cat with a quiet room with all the amenities during a transition.

• Switch to "wet food." Canned diets have higher water content than dry ones, and their palatability ensures that cats will take in more water with their meals. If you can't completely switch, cut back on kibble and offer canned as a complement.

April 18 - 21, 2013

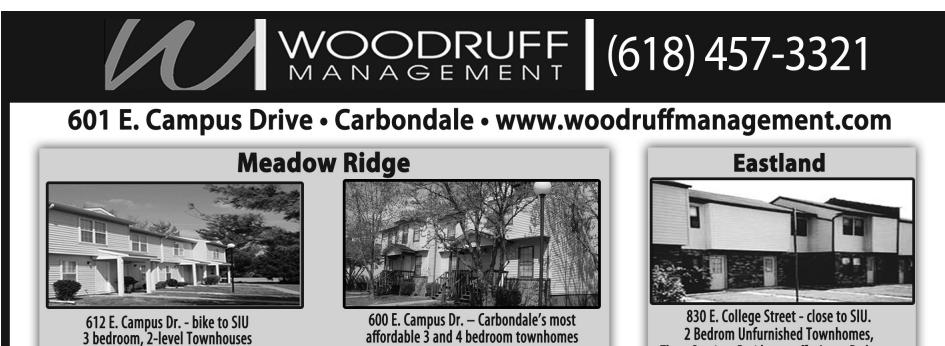
• Breaking up meals. Feed your cat several small meals during the day instead of one or two larger meals. Even better: Help keep your cat active by hiding food, either placing the bowls around the house or tucking food into special toys called "food puzzles."

• Feed for health. Ask your veterinarian if therapeutic diets for urinary tract health are appropriate for your cat. These foods contain clinically proven antioxidants, omega-3 fatty acids and controlled levels of minerals and vitamins to maintain a precise urine pH, and work to help treat or prevent FLUTD.

Above all, make sure your cat stays at a healthy weight. Fat cats are a good thing only if they're cartoon cats. For real-life ones, obesity leads to FLUTD and other serious health problems, such as diabetes. If you're not sure if your cat is at proper weight, ask your veterinarian at your cat's wellness exam.

Once you know the weight your cat should be, you can then weigh him weekly by holding him, weighing the both of you, then weighing yourself without him.

Keep a simple log of your pet's weight and any changes so you stay ahead of any potential problems. And keep that fountain clean, so your cat will keep drinking!



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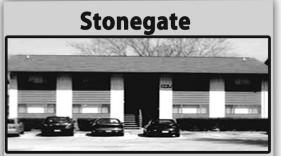
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'42' scores at home, Cruise dominates overseas

DAVID GERMAIN The Associated Press

LOS ANGELES — Baseball has scored a rare hit in Hollywood, while another American institution — Tom Cruise — has delivered his latest hit overseas.

The Jackie Robinson tale "42" took in \$27.3 million to claim the weekend boxoffice championship domestically, according to studio estimates Sunday.

The film has yet to open overseas, where the sport is a harder sell. But Cruise knocked it out of the park with a \$61.1 million international launch in 52 countries for his sci-fi thriller "Oblivion."

That bodes well for the domestic debut of "Oblivion" next Friday. The film stars Cruise as a workman on a devastated future Earth who lands in a battle with aliens.

If "Oblivion" packs in comparable domestic crowds, it will help maintain the action-star momentum Cruise regained with 2011's "Mission: Impossible — Ghost Protocol." That return to box-office luster came after some fitful years that followed odd turns in his personal life, culminating with the breakup of his marriage to Katie Holmes last year.

Released by Warner Bros., "42" easily beat the domestic start of an established franchise in "Scary Movie 5." The Weinstein Co. sequel opened in second-place with \$15.2 million, the smallest debut for the horror-comedy series.

Three of the previous four "Scary Movie"

installments had debuts of \$40 million or more.

On the other hand, "42" outdid the usual expectations for baseball movies, which usually do modest business at best. Box-office trackers had expected "42" to pull in less than \$20 million.

The previous weekend's top draw, Sony's horror remake "Evil Dead," tumbled to No. 5 with \$9.5 million, raising its domestic haul to \$41.5 million.

The \$27.3 million opening for "42" is a record for a baseball flick in terms of straight dollars, topping the \$19.5 million debut of "Moneyball" in 2011. Factoring in higher ticket prices, the \$13.7 million debut of 1992's "A League of Their Own" would have been on par with "42" in terms of inflation-adjusted dollars.

The film stars Chadwick Boseman as Robinson and Harrison Ford as Brooklyn Dodgers boss Branch Rickey, who brought No. 42 onto the team in 1947 as the Major Leagues' first black player.

"It's a story that has so much emotion to it. Jackie Robinson's life had such an influence on our country," said Dan Fellman, head of distribution for Warner Bros., who noted that all Major League players will wear No. 42 on Monday for Jackie Robinson Day, the 66th anniversary of his Dodgers debut. "Think of what a tribute that is for what he accomplished. Every player wearing 42 on his back."

With generally good reviews, "42" drew in older crowds, with 83 percent of the audience over 25, Fellman said.



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SARAH GARDNER | THE WEEKENDER

ABOVE: Kevin Renth, left, of O'Fallon and Mark Mason, right, of Collinsville hold up their winning bass Saturday during the Angler's Choice bass tournament at Lake Kinkaid in Murphysboro. Their total fish weight was 19.18 pounds, awarding them \$1,135 for first prize.

LEFT: Jordan Bowlby, a freshman from De Soto studying Agriculture Business, aims his bow at an Asian carp Sunday on the Big Muddy River.

For more photos of carp fishing and the Angler's Choice tournament, please visit www.dailyegyptian.com.

FISHING

"Right now we're leading up to the spawn, which is when a female bass moves to shallow water to lay her eggs," he said. "There are fish in other lakes in southern Illinois that are coming up to spawn as soon as this cold front breaks. So you've got guys who are going to hit areas leading into spawning coves ... and that can be where a lot of big fish bite."

Bass tournaments are one of several ways fishermen spend their time on the water, and 14 boats chose that option Saturday at Lake Kinkaid in Murphysboro for one of the lake's many Angler's Choice divisional competitions.

Cowan, the tournament's director, said fishing is something that can become addicting.

"It gets in your blood," he said. "The part that attracts me is the competition, and it's all in good fun with a great comradery that goes around."

Cowan said each boat pays a tournament entry fee, and that money is pooled for prize money at the end. Saturday's \$160 entry fee made first place worth \$1,135, and the fishermen whose catches were at least 16 inches long and outweighed the rest split the pot.

"Once you catch your sixth keeper, you sit down and call out the smallest fish and put him back," he said. "(You) just keep doing that throughout the day and keep trying to catch a larger one."

Kevin Renth, of O'Fallon, and Mark Mason, of Collinsville, won the tournament. The two said they have been fishing partners for nine years and swept the competition with a final weight of 19.18 pounds. They said they compete because they've grown up fishing, and the key to success is practice.

"It's more than being out there trying to find spots," Renth said. "It's more of being out there eliminating water. If you're moving along and not getting bit, that's eliminating water."

Mason said he enjoys fishing on southern Illinois lakes because there's good grass cover and proper forage for the fish to feed on.

"The saying is that 90 percent of the fish live in 10 percent of the lake, and sometimes it seems that way," Renth said. "You can go miles and miles and never have a bite but pull up on one spot and then it's boom boom boom."

Along with time on the water, several elements from bait color to water clarity can make a difference, said Rick Byrnes, of Tamaroa, the southern Illinois tournament circuit owner. He said fishing allows him to remain competitive in something even at his age, and there is incentive involved to qualify for the national championship. This year, he said, Angler's Choice and its sponsors are set to give away more than \$150,000 in cash and prizes as well as three fully equipped Mercury boats that can retail at nearly \$40,000 each.

"It's like any other competition," he said. "There's the thrill of winning when you do well and catch that big fish, when you're out on the water and you're high-fiving. It's just like other sports with the thrill of winning and the agony of defeat."

Byrnes was one of two father-son teams that competed in Saturday's tournament. He said fishing is a different kind of bonding experience.

"It's really similar to any other sport, except

with fishing it's very inclusive with father and son," he said. "You can't have your dad out there blocking for you while you're running, but you can have him in the boat with you."

Fishing instills family values from a young age, he said.

"There's something about the sport that keeps kids in line," Byrnes said. "It gives them an interest, something that they love to do that's more important than some other things that could get them in trouble."

Bowlby said he has been fishing ever since he can remember. His mother taught him everything he knows about the sport, he said.

Hayden Snyder, 15, of De Soto, has been fishing with Bowlby for more than six years and said he has been fishing his entire life as well.

"It's a sport that's starting to grow quite a bit around here because the rivers are so overpopulated," he said. "Basically all I do is work and fish."

> Kayli Plotner can be reached at kplotner@dailyegyptian.com or 536-3311 ext. 257





Sports April 18 - 21, 2013

Great defense fuels Salukis' season turnaround



TERRANCE PEACOCK The Weekender

After a shaky first half start to its season, the Southern Illinois softball team has come around and won nine of its last 16 games, including seven of the last nine in Valley play.

Before the Salukis' Wednesday doubleheader against Evansville, they were 19-20 overall and 7-6 in the Missouri Valley Cofference with 15 season games left. SIU is fourth in the conference, just four games

behind first place Creighton (24-11, 10-2 MVC). With a crucial weekend matchup against the Bluejays approaching, the Salukis will look to continue

their season turnaround, which Coach Kerri Blaylock said she credits to her team's defensive improvements. "I felt like we were really making some mistakes we shouldn't make, and we have been very, very sharp

the last seven or eight games as far as defense goes," Blaylock said.

The team's defensive struggles were evident in a March 23 loss against Northern Iowa.

The Salukis committed four errors in the game, including an error in the bottom of the 11th inning to help the Panthers pull away with a 4-3 victory.

Since the loss, the Salukis have won eight of their last 14 games with defense being the focal point.

Junior infielder Jayna Spivey said new philosophies in practice to be the main factor in the team's improvement on the field.

"The coach's decided we were going to change practice a little bit," Spivey said. "We started doing more game situations defensively instead of just drills, and I think that has really translated over to our defense the last couple of weeks."

Spivey said with great defense comes better offense, and the Salukis have been able to produce hits in key situations to come out with pivotal wins.

"Like Kerri (Blaylock) keeps saying, our last few wins have stemmed from good pitching and good defense, and it keeps us in it so our offense always has a chance," Spivey said. "I think that is really what has helped us turn it around."

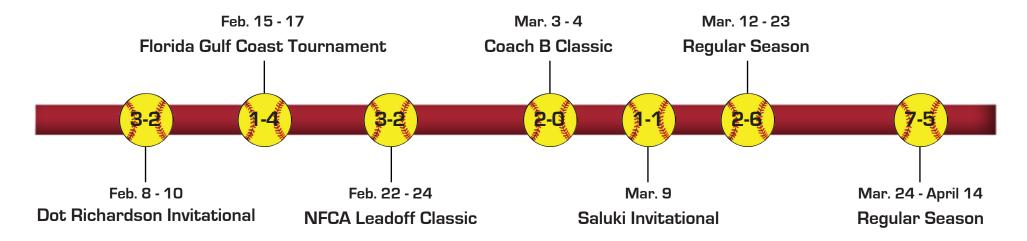
SOFTBALL | 24



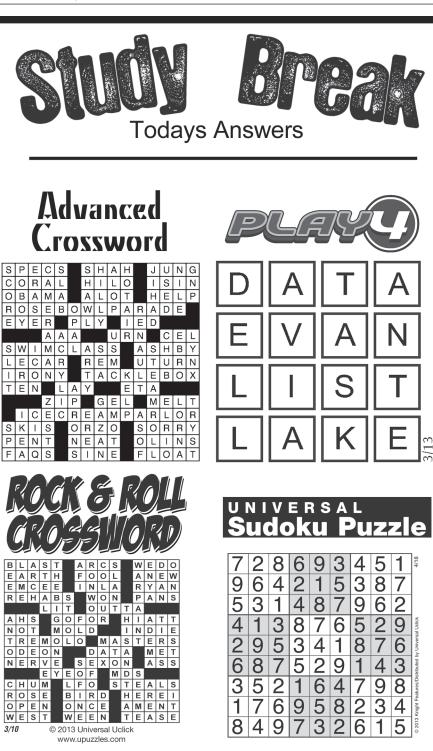
JON-ERIK BRADFORD | THE WEEKENDER

Freshman shortstop Kelsey Gonzalez throws a runner out at first base April 6 during the Salukis' 7-6 win over Wichita State University at Charlotte West Stadium. SIU took two of three games in the series against the Shockers. The Salukis are now 7-6 in the Missouri Valley Conference after starting the season 0-4.





DANIELLE MCGREW | THE WEEKENDER



Post-Urlacher Bears defense starts

Associated Press

LAKE FOREST — Chicago Bears players and their new coaches are promising not to tamper with what worked in the past on defense.

So while conducting their first minicamp practices this week under coach Marc Trestman and defensive coordinator Mel Tucker, only the faces have changed. The defensive scheme looks identical to the same 4-3, cover-2 zone approach they used under Lovie Smith to lead the league in forcing turnovers the past nine years.

"I think that's been the way and the style of defense that we're going to play and have played here," Trestman said Wednesday. "Obviously Mel being here and being a new guy from a defensive standpoint he's going to put his spin on things and his take. He's going to try to use all the positive elements that we have and have a system that's flexible to use this speed, to use the type of players that we've got on the field here."

Tucker sounded an awful lot like Smith did when asked about the chief aim of his scheme.

"It's all about taking the ball away and getting to the quarterback," he said.

Even the way Bears defenders practice looks the same.

Under Smith, defenders started a tradition of scooping up incomplete passes off the ground and returning them to repeatedly simulate returns after turnovers. They're still doing it.

"It made us a successful defense, so why change it?" free safety Chris Conte said. "We're going to keep that stuff going. We have mostly the same players. The same mentality is still there. And these coaches are preaching the same thing now that our coaches were before."

Conte said even the terminology used by players in the defense is staying the same. "We want them to hit the ground running,

and I've been in a lot of different schemes," said Tucker, who served as defensive coordinator for Cleveland and Jacksonville. "A lot of (the challenge) was just terminology, so we're going to take it and try to move it forward down the road."

What doesn't look the same is the lineup. Brian Urlacher, the face of the franchise since 2000, is gone and former Bronco D.J. Williams is manning his middle linebacker spot while former Carolina linebacker James Anderson is playing the strong side linebacker spot formerly held down by Nick Roach.

Williams had only one start and played in seven games last year due to a violation of the banned substance policy and a DUI conviction.

"He's a guy who has come here to reinvent himself, so to speak," Trestman said. "Maybe that's the wrong term, but you know he's in a new place in a new time and a new start. There's guys on this team that know him and think very highly of him, guys in the locker room that think very highly of him."

Still, Urlacher had been a leader and the face of the Bears for 13 years.

"It's different," defensive end Julius Peppers said. "But we have got to keep moving forward with the guys that are here. We definitely miss him, but we've got to adjust to it."

Urlacher's leadership has to be replaced on a defense that has veteran Pro Bowl players like Peppers, cornerback Charles Tillman, linebacker Lance Briggs and cornerback Tim Jennings.

"We have a lot of leaders on the team and we have a lot of guys that are ready and willing to step up and take that role," Peppers said.

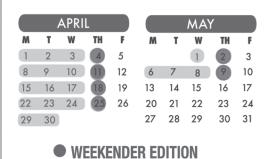
Urlacher remains unsigned by any team. Bears general manager Phil Emery on Tuesday said he could "never say never" regarding anything but he has moved on without Urlacher.

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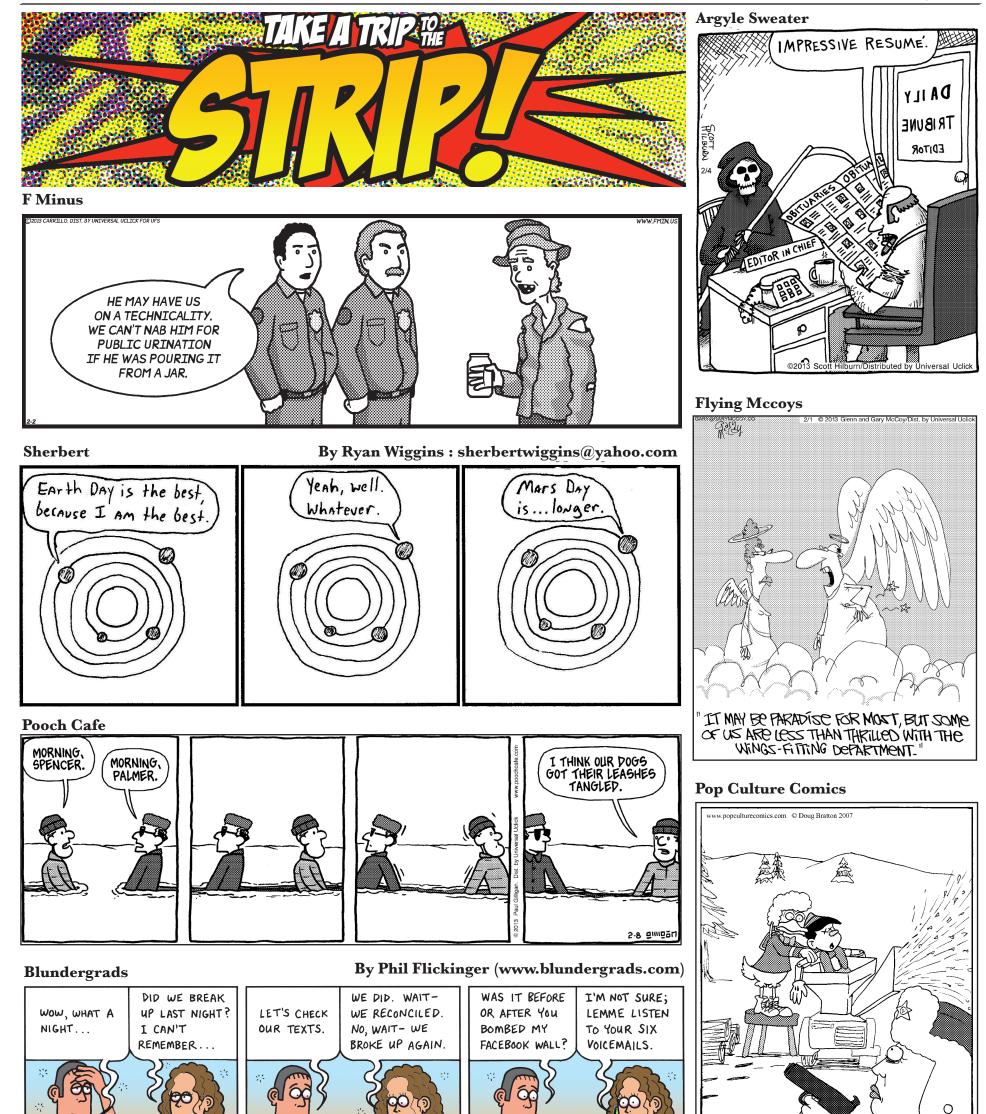
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Aries — **Today is a 7** — Even in the face of confrontation, access your cool head. There are calmer winds ahead. Celebrate with a home-cooked meal and cozy couch time.

Taurus — **Today is an 8** — There's so much to do. Streamlining your routine saves time. Surround yourself with love. Have the party at your house, but don't go overboard on preparation.

Gemini — **Today is a 9** — Don't beafraid to assume responsibility. Only when undaunted by fear of defeat can you taste victory. Others may want to distract you from your goals.

Cancer—**Today is an 8**—You're tempted to buy something you may not need. Think it over. Your energy is best spent making money. Limit your guest list or just make it a potluck.

Leo — Today is a 7 — Watch those nickels and dimes. You're bringing them in, possibly the hard way. Walking relieves tension. Move quickly and with keen eyes. Travel later.

Virgo — **Today is an 8**—You're empowered. Dig deeper without being critical. Resist the splurge temptation, ontinue to increase personal assets. Contemplate your next move. **Libra** — **Today is an 8** — Make a decision you can live with. Hold firm to whatever's most important. The more complete, the better. Be respectful. Defer gratification.

Scorpio — **Today is a 7** — Decide what you want. There's a disagreement about priorities. Don't push too hard. Check out other options. Confront and diminish old fears.

Sagittarius — **Today is an 8** — It's getting adventurous for the next two days. Don't overlook career obligations. Get friends to help, and you get to spend time with them.

Capricorn — **Today is an 8** — Work to achieve immediate goals. Right now, it's better to receive than give. Minimize risks. Make big changes without spending money.

Aquarius — Today is an 8 — You still have paperwork to finish. Continue to increase savings in the coming week. Assume responsibility. Talk about your feelings.

Pisces — **Today is an 8** — Don't believe everything. Watch out for misunderstandings or errors. Work out the details with your partner, and put your heads together behind closed doors.

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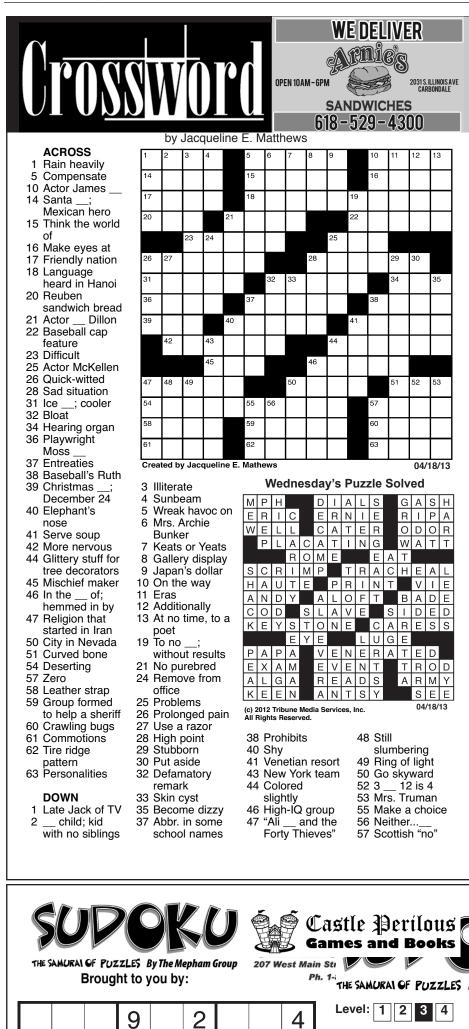
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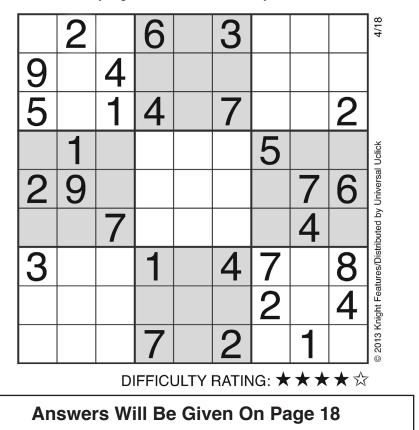
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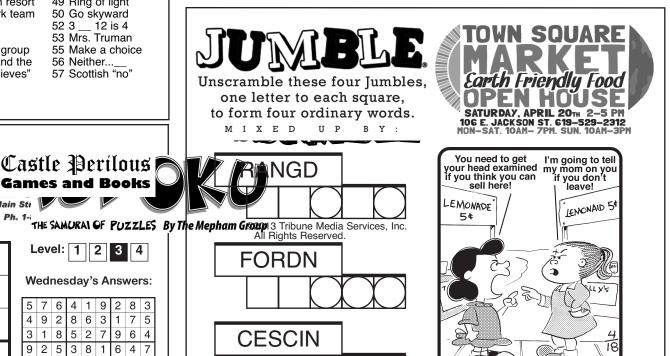


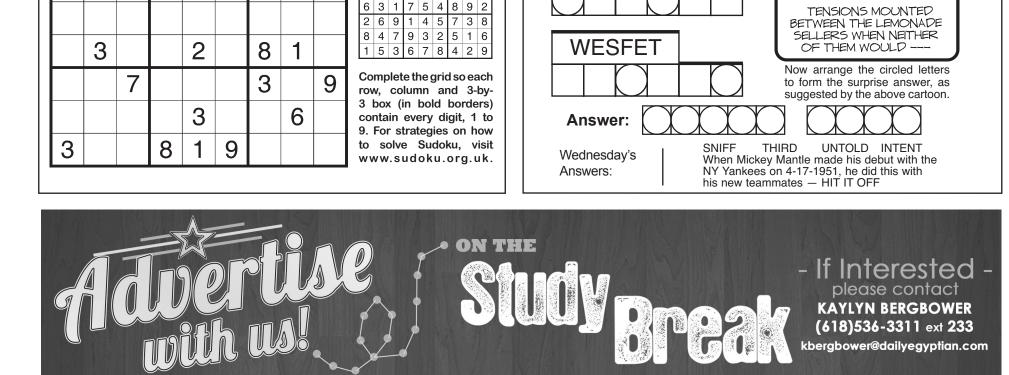


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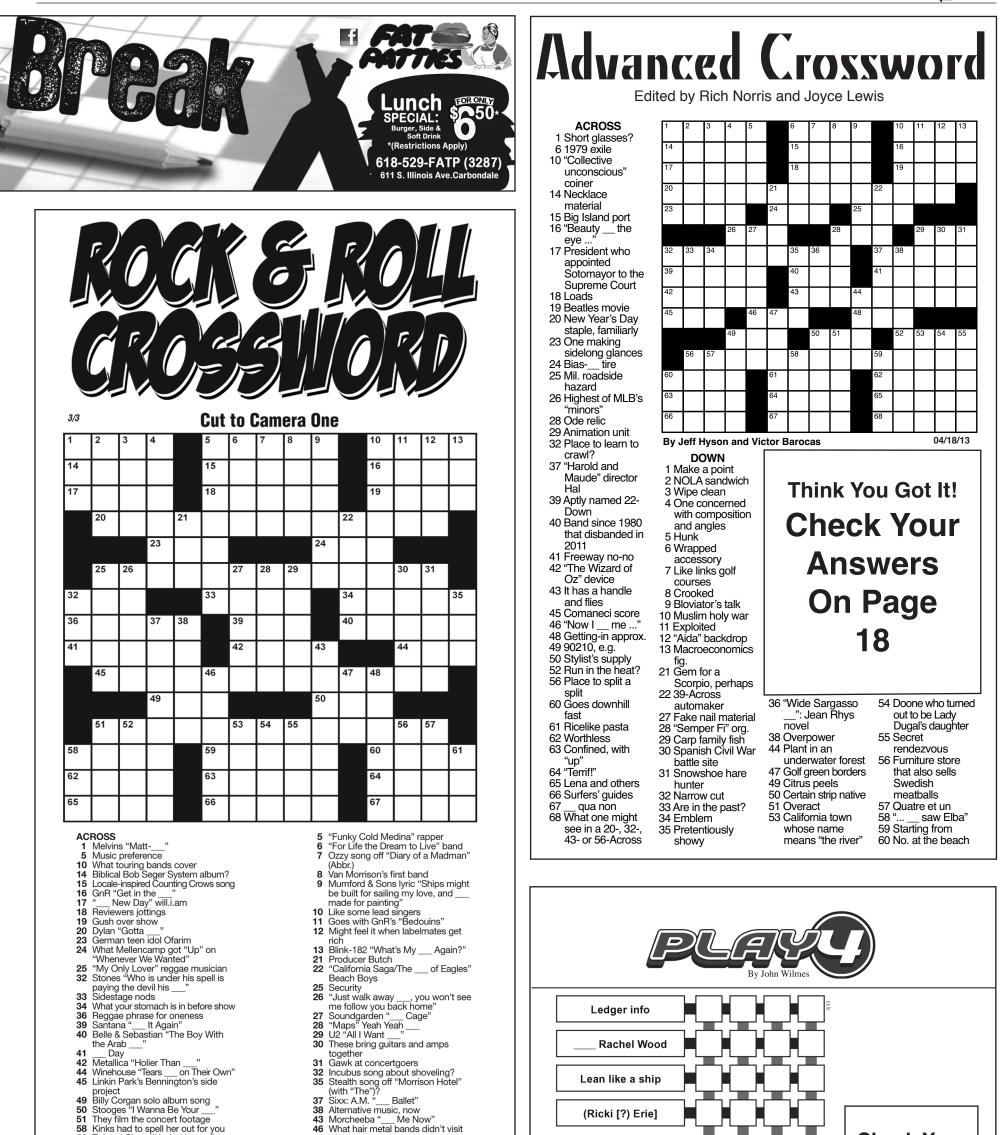
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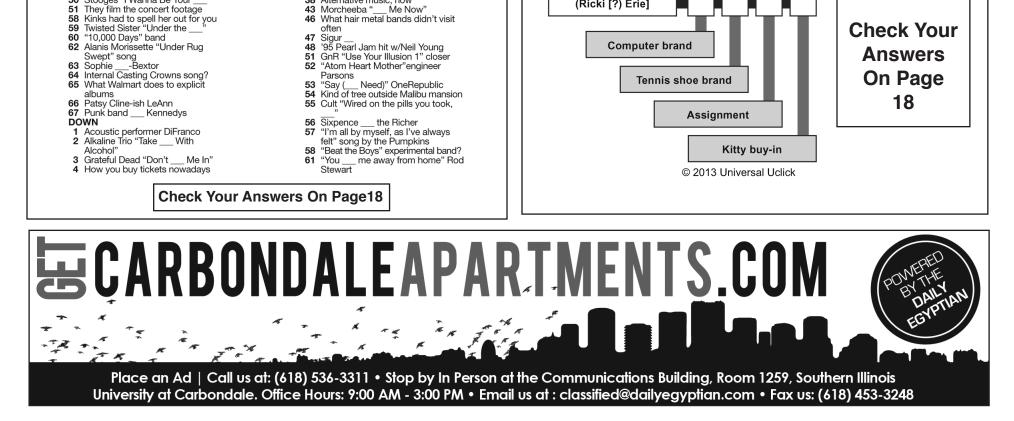
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Salukis featured on national stage





SARAH SCHNEIDER | THE WEEKENDER

Senior outfielder Austin Montgomery slides into first base to avoid a pickoff Tuesday at Abe Martin Field during the Salukis' 7-6 win over the University of Tennessee at Martin. The game was SIU's seventh consecutive non-conference win bringing the team's record to 18-18. Montgomery posted four hits from his five at-bats.

season, coach Ken Henderson said.

"He started off slow last year then we got into late play, and he really started swinging the bat," he said. "I think part of it is confidence. If you think you are going to hit the ball, you can hit."

Senior catcher Luke Mottashed has also seen his play progress since April. Mottashed, who is listed at catcher, but often gets appearances at designated hitter, already has 26 more at bats than last year. Mottashed had 10 runs, 14 hits and nine RBIs in 20 appearances during the 2012 season. This year, Mottashed has

eight runs, 25 hits, 16 RBIs and a .338 batting continue to play well. average in 22 games played.

Henderson said Mottashed's approach to the game is much different than it was last year.

"I think he is battling really hard, and he has made the adjustments mechanically as well," he said. "He just wants to hit, and he wants to play."

The Salukis will face Creighton University this weekend in Omaha, Neb., in their third MVC season series. Henderseon said there is no reason they shouldn't beat CU if the Salukis

"They are a good aggressive ball club, and they are going to try and make some things happen," he said. "All we have to do is go out there, pitch well and play good baseball."

Sunday's 4:30 p.m. game will be featured on ESPNU, and Henderson said the opportunity is huge for the school.

"When they asked us to do that it was a no-brainer," he said. "They only do one Valley game a year, and to be selected for that, you can't measure the importance."

senior outfielder Rennie Troggio struggled to hit the ball. Troggio has moved his batting average up to .231, posted 14 RBIs and hit one home run this season.

Troggio had a similar year in 2012, when he struggled early then picked up late in the

SOFTBALL

CONTINUED FROM 17

Spivey has been a key contributor to the Saluki offense as she has been the team's most clutch hitter.

The junior has three walkoff hits this season including a walkoff grand slam and a walkoff single Saturday and Sunday against Missouri State.

Spivey is second in the Missouri Valley with 10 home runs, and she leads the Salukis along with being tied for fourth in the conference with 35 runs batted in. Her .317 batting average is second among SIU's everyday players.

"She is so locked in right now," Blaylock said. "She feels good. She knows what pitches she needs to hit, and she feels like she can go toe-to-toe with anybody."

Along with Spivey, sophomore outfielder Kalyn Harker has led the way for Saluki offensive.

e started doing more game situations defensively instead of just drills, and I think that has really translated over to our defense the last couple of weeks."

- Jayna Spivey Junior, Saluki softbáll infielder

in the two hole and moving Taylor (Orsburn) to the five," Blaylock said. "It gives Taylor a chance to swing like she should and it moves Kalyn to a spot where she can use all of her offensive weapons."

The Salukis are playing their best ball all season, and with three weeks remaining, Blaylock said the season comes down to how bad her team wants to win during the year's final stretch.



The sophomore has a team-best .405 batting average with 17 hits in Valley play and is tied for the MVC's lead with 15 RBIs. She, along with Spivey, is on seven-game hitting streaks.

Harker was recently moved up to the No. 2 spot in the Saluki batting order, which moved junior infielder Taylor Orsburn down to the No. 5 spot, a change that Blaylock said has tremendously helped her team.

"I like the switch we made putting Kalyn

"If we come ready to play, we can hit a lot of people," Blaylock said. "We just have to believe we can do it and keep going."

> Terrance Peacock can be reached at tpeacock@dailyegyptian.com or 536-3311 ext. 269.

Keep up to date on all things Saluki softball at www.dailyegyptian.com

JON-ERIK BRADFORD | THE WEEKENDER

Senior Brittney Lang hurls a pitch toward home plate during the Salukis' Strike Out Breast Cancer game against Wichita State University April 6 at Charlotte West Stadium. Lang is leading the team with 10 wins and 84 strikeouts. The Salukis beat the Shockers 7-6.