Eastern Illinois University

The Keep

December 2011

12-2-2011

Daily Eastern News: December 02, 2011

Eastern Illinois University

Follow this and additional works at: https://thekeep.eiu.edu/den_2011_dec

Recommended Citation

Eastern Illinois University, "Daily Eastern News: December 02, 2011" (2011). *December*. 2. https://thekeep.eiu.edu/den_2011_dec/2

This Article is brought to you for free and open access by the 2011 at The Keep. It has been accepted for inclusion in December by an authorized administrator of The Keep. For more information, please contact tabruns@eiu.edu.

EASTERN NEWS

DECEMBER 2, 2011VOLUME 96 | NO. 162

EASTERN ILLINOIS UNIVERSITY
CHARLESTON, ILL.





English teacher named top professor in state

Page 3



Panthers try to stay strong in basketball

Page 8

RED WEEK

Students educated, entertained by show

By Timothy Deters Staff Reporter

The Red Show educated students about HIV and AIDS amid dancing, modeling and poem reading Thursday.

The New Student Programs and Student Community Service hosted the fourth annual Red Show to mark World Aids Day and raise money for HIV/AIDS awareness.

More than 130 red-shirted students attended the Red Show, which took place in the Grand Ballroom of the Martin Luther King Jr. University Union and raised more than \$650.

The proceeds will be split evenly between the Greater Community AIDS Project and the Partners in Health/HIV Equity Initiative, said Cordy Love, assistant director of New Student Programs.

Laia Hill, a freshman nursing major, had a friend whose father died from AIDS and wanted to attend because she liked the idea of entertainment and education coming together to raise awareness of HIV/AIDS.

La'Quantas Ruskin, a pre-business management major, presented her dramatic expression piece titled "A Book Through the Eyes of Revenge," in which she portrayed an HIV-positive woman who has an ugly breakup and seeks revenge on men by having unprotected sex with them.

As part of a contest, more than 70 students walked a runway to model large men's T-shirts they had designed with inspirational words and images in support of HIV/AIDS awareness.

Sam Trigg, a freshman undecided





KIMBERLY FOSTER | THE DAILY EASTERN NEWS

Angelike Chiligiris, left, and Ashlee Hare, members of the Pink Panthers dance team, perform Thursday at the 4th Annual Red Show in the Grand Ballroom of the Martin Luther King Jr. University Union. Proceeds from the show will go to the Greater Community AIDS Project as well as Partners in Health/HIV Equality Initiative.

major, modeled a shirt she had fashioned into an over-the-shoulder ensemble on behalf of the University Foundation

"It is not something I normally do, but it was interesting taking part," Trigg said after she had walked the runway to showcase her creation.

Members of the EIU Pink Panther Dance Team Kiki Chiligiris, a junior business management major, and Ashlee Hare, a sophomore special education major, performed a contemporary dance piece to "Lights Will Guide You Home" by Coldplay.

Members of both Delta Sigma The-

ta and Zeta Phi Beta enlivened the audience with a step dance that shook the stage.

Chavonne Farr, a junior community health major and member of Delta Sigma Theta, was a part of the step dance performances and said she found inspiration to take part in the Red Show from the death of her cousin to AIDS a year ago.

"I wouldn't have did what I just did," Farr said, "if it was not for the inspiration of her cousin.

Timothy Deters can be reached at 581-2812 or tadeters@eiu.edu.

UNDING

State approves MAP grant

Staff Report

According to the Illinois Student Assistance Commission, the Illinois General Assembly approved \$33.5 million on Tuesday to assist with 2011-2012 Monetary Award Program funds.

Last updated on Thursday, the Illinois Student Assistance Commission posted that \$33.5 million was passed in the Illinois Senate and House of Representatives during a brief extension of the fall veto session.

Members of the Illinois Student Assistance Commission requested the \$33.5 million because the \$386.7 million MAP grant appropriation for 2011-2012 awards was \$17.2 million less than funds for 2010-2011 awards, according to the post.

"To address this shortfall, ISAC sought authority from the state's General Assembly to spend \$33.5 million in funds that were reserved for student financial assistance and will not require additional General Revenue Funds," according to the post. "Fortunately, that request was granted during a brief extension of the fall veto session, and will now be forwarded to the governor for final approval."

ROOM AND BOARD

Housing rate could increase for fall

By Robyn Dexter

Staff Reporter

The room and board rate might increasing for next fall, which would be the fourth lowest rate in 36 years, said the director of University Housing and Dining Services.

Mark Hudson spoke to the members of the Residence Hall Association on Thursday in Stevenson Hall where he presented the Room and Board Rate Development for the 2012-2013 school year.

year.

The Bond Revenue committee drew up the expenses.

The plan includes all the commodities Eastern students pay to live on cam-

pus such as dining services, Internet usage and utilities.

"We're bringing the very best service for the very best price," he said.

According to the Room and Board Rate Development, an increase of \$742,419 is expected for the 2012-2013 school year. This would be voted on at the Jsn. 20 Board of Trustees meeting.

"We're trying to be as economically feasible as possible," he said.

Eastern is now taking application fees online, instead of applicants mailing them in, Hudson said.

Six applications have already been sent in via Internet since Eastern enabled the option three days ago, Hudson said.

Hudson also discussed the renova-

tions happening in the west wing of Old Main over Christmas break.

Since the admissions office will not be able to accommodate prospective students beginning their campus tours, the starting tour location will be moved to Pemberton Hall until the renovations are finished during spring semester, Hudson said.

The RHA members also discussed future events for finals week and for after break.

Dondre Keeler, National/Illinois communication coordinator, said delegations for the Illinois Residence Hall Association conference in February are under consideration.

HOUSING, page 5

APPORTIONMENT BOARD

UB brings ideas from trip to campus

By Kathryn Richter Staff Reporter

The University Board president presented a summary of the board's trip to the National Association of College Activities to the Apportionment Board on Thursday.

Darius White, a senior family and consumer science major, said the trip to the conference saved more than \$5,000 in fees for booking artists by attending.

"Overall the NACA Conferences saved us more money then it cost for us to go," White said.

The Apportionment Board funded the \$2,589.50 trip, which White said allowed the University Board to see the prospective performers in person versus looking the performers up on the internet, as well as being able to forge personal connections with the performers that could lead to discounts.

White said that budget cuts have affected the amount of money being spent but White said he feels the money spent to send members of the University Board was worth the cost considering the amount of money that University Board has saved.

White said the conference trip provided numerous ideas for activities at Eastern as well as offering University Board a chance to grow.

"It was just a wonderful trip it provided a lot resources for us," White said.

White listed possible acts for University Board events to take place in the Spring semester, which include comedians Honest John, Arvin Mitchel, Jen Kober and Rob O'Reily.

Possible music acts include The Well Reds, Matt Beilis and Preston Pugmire.

University Board also looked at cultural arts performers and expressed interest in Gabriela Garcia Medina, the Dynamic Duo and Black Jew Dialogue.

Kathryn Richter can be reached at kjrichter@eiu.edu or 581-2812

EIU weather

SATURDAY







Partly cloudy High: 50° Low: 46°

For more weather visit castle.eiu.edu/weather.

CORRECTION

In Thursday's edition of The Daily Eastern News, our front page headline, "Board rate increased for Fall 2012," was misleading. The rate still has to be approved by the Board of Trustees. The News regrets the error.

Eastern News

Contact

If you have corrections or tips, please call:

 $217 \cdot 581 \cdot 2812$

217.581.2923

by Eastern Illinois University



Attention postmaster Send address changes to: The Daily Eastern News 1802 Buzzard Hall, Eastern Illinois University

Charleston, IL 61920

Editor in Chief	Alex McNamee
	DENeic@gmail.com
Managing Editor	Shelley Holmgren
	DENmanaging@gmail.com
News Editor	Elizabeth Edwards
	DENnewsdesk@gmail.com
Associate News Editor	Samantha Bilharz
	DENnewsdesk@gmail.com
Opinions Editor	Dave Balson
	DENopinions@gmail.com
Online Editor	Chris O'Driscoll
	DENnews.com@gmail.com

	DENnews.com@gmail.com
News Staff	
Activities Editor	Sam McDaniel
Administration Editor	Rachel Rodgers
Campus Editor	Nike Ogunbodede
City Editor	Sara Hall
Photo Editor	Kim Foster
Sports Editor	Dominic Renzetti
Verge Editor	Seth Schroeder
Assistant Photo Editor	Karolina Strack
Assistant Online Editor	Marcus Smith

Advertising Staff	
Advertising Manager	AnnaMarie Sprague
Promotions Manager	Allison Twaits
Ad Design Manager	Shannon Ready
Faculty Advisers	
Editorial Adviser	Lola Burnham
Photo Adviser	Brian Poulter

Production Staff	
Press Supervisor	Tom Roberts
Business Manager	Betsy Jewell
Publisher	John Ryan
DENNews.com Adviser	Bryan Murley
Photo Adviser	Brian Poulter

Production Staff	
Night ChiefA	lex McNamee
Lead Designer/Online ProductionCou	rtney Runyon
Copy Editors/Designers/Online Production	Sarah Bigler

The Daily Eastern News is produced by the students of Eastern Illinois University. It is published daily Monday through Friday, in Charleston, Ill. during fall and spring semesters and twice weekly during the summer term except during university vacations or examinations. One copy per day is free to students and faculty. Additional copies can be obtained for 50 cents each in the Student Publications Office in Buzzard Hall. The Daily Eastern News is a member of The Associated Press, which is en titled to exclusive use of all articles appearing in this publication

Contact any of the above staff members if you be lieve your information is relevant.

Corrections

The Daily Eastern News is committed to accuracy in its coverage of the news. Any factual error the staff finds, or is made aware of by its readers, will be corrected as promptly as possible. Please report any factual error you find by e-mail, phone, campus mail or in persor



LOCAL

Miracles come true in Charleston

Staff Reporter

Now in their 21st season, the Charleston Alley Theatre is taking a slightly different look at the holiday classic "Miracle on 34th Street" by turning it into a mock-radio show, said Duke Bagger, president of the

The Charleston Alley Theatre will be hosting a mock-radio show production of 'Miracle on 34th Street" from Dec. 2 to 5.

"We are a small experimental theatre that will have productions other companies won't or can't," Bagger said.

Equipped with a radio announc-

er, homemade sound effects, actors voicing multiple roles and even signs to direct audience reaction, the mock-radio show is sure to capture the feel of the late 1940s, he said.

"The stage is so intimate that the actors are within just a few feet of the audience," Bagger said.

The story of "Miracle on 34th Street" is one of reviving faith in the doubtful.

When an old man is recruited to fill the role of Santa Claus for a Macy's department store, replacing a drunkard, he is received well and eventually informs the public that he is the true Kris Kringle.

There is an attempt to have him

which leads to a trial where attornev Fred Gaily attempts to prove Mr. Kringle's claim, according to Internet Movie Database.

To add the radio show aesthetic, there are stops for station identification and advertisement for local business, he said.

The Charleston Alley Theatre is located just east of the square on Monroe Ave.

The tickets are \$10 for general admission, \$5 for children under 12 years old and \$8 for groups of 10 or more.

"We welcome any and all to audition." Bagger said. "Any student wanting to audition is very welriences with EIU students on our stage."

Auditions usually require no prepared material, according to Bag-

Coming soon to the Charleston Alley Theatre are two Christopher Durang one-act plays, with auditions starting shortly after the new

More information can be found on the Charleston Alley Theatre's website, at www.charlestonalleytheatre.com.

Miranda Ploss can be reached at 581-2812 or mlploss@eiu.edu.

STATE WIRE

Classes resume after death of 3 teens

By The Associated Press

KEWANEE, Ill. — Students were asked to return to Stark County High School - a day after classes were canceled because of a car crash that killed three teens.

Henry County Coroner David Johnson pronounced 16-year-old Levi Berg and 18-yearold Bradley Wood dead at the scene of the accident near Kewanee on Tuesday. Fifteen-year-old Kelsey Clifford died later at Kewanee Hospital.

Superintendent Jerry Klooster tells WGIL Radio that some students were upset and met with counselors while class were canceled on Wednesday. Klooster says the deaths are affecting different people in different ways.

Officials with the Henry County Sheriff's Department say five people were in a four-door Dodge when it went out of control at about 4 p.m. Tuesday. Two other teens were injured in the accident.

Last 2 units ratify SIUC contracts

By The Associated Press

CARBONDALE, Ill. — The last two of four bargaining units representing workers at Southern Illinois University have signed off on new contracts with the Carbondale school.

Members of the Faculty Association and the Non-Tenure Track Faculty Association ratified the deals Wednesday.

Spokesmen for both groups say more than 94 percent of the votes cast were in favor of the contracts reached early last month.

The Faculty Association reached the deal Nov. 9, nearly a week after many of its members went on strike at the 20,000-student university.



SHEA LAZANSKY | THE DAILY EASTERN NEWS

Kyle Singer, a junior graphic design major, stays warm by doing handstands outside of Booth Library on Thursday.

Help Wanted

Are you interested in Advertising Sales?

We are looking for hard working, energetic, upbeat students!

Join the DEN Advertising Sales Team!

Stop by Student Publications Office (Buzzard 1802) to pick up an application Phone: 217.581.2816 Email: denads@eiu.edu



Now Renting For

2012-2013

One to Five Bedroom Houses **Close to Campus**

Call Tom @ 708-772-3711

Sign a lease before Christmas break and receive \$25 per person off the monthly rent!

Professor honored with national award

By Rachel Rodgers **Administration Editor**

David Raybin is one of the best professors around at exemplifying the ideals of a teacher who continues to teach and inspire students and teachers, President Bill Perry

Raybin was one of the first faculty members Perry met during his first fall semester at Eastern in 2007 and his committed passion for teaching was instantly apparent, Perry said.

"He spoke to me about the importance of enabling each faculty member to be the best mentor and scholar they can be, so I knew then that he had this really strong focus on his teaching and his scholarship," Perry said.

After 30 years of teaching in Eastern's English department, Raybin was named the 2011 Illinois Professor of the Year by the Carnegie Foundation for the Advancement of Teaching and the Council for Advancement and Support of Education.

Raybin was one of 27 state winners across the nation who received the award, out of 300 professors who were nominated.

Bonnie Irwin, dean of the College of Arts and Humanities, said at the Nov. 18 Board of Trustees in 2011. meeting that this is the first time an Eastern faculty member has received this award.

One of the criteria for the award is to demonstrate excellence in contributions to undergraduate education in the institution, community and profession.

"This is where David truly excels as he is very generous with his colleagues," Irwin said. "When I first approached him about nominating him for this award, he immediately started brainstorming which of his colleagues I should nominate, and that is a sign of David's humility and his desire to bring others up."

Raybin also organized the EIU Literature Conference for about 20 years and National Endowment for the Humanities seminars for high school and college teachers to teach on Geoffrey Chaucer, Ir-

"He has won just about every award Eastern has to offer in the field of teaching as well as nine of our achievement contribution awards over the last 23 years," Irwin said.

Raybin was named Distinguished Honors Faculty Member in 1993, Professor Laureate in 2002, and Distinguished Faculty Member

Perry said he found out right away that Raybin has a great depth of knowledge about Chaucer.

"You can just feel the excitement in his voice by the way he talks about Chaucer, especially with the 'Canterbury Tales,'" Perry said.

Raybin said he decided to be a teacher because he wanted to share his delight in good books and intriguing ideas with others.

"I enjoy greatly the joint effort at learning that marks a good class, along with the one-on-one of working with individual students on ideas and problems," Raybin said. "I especially like watching and contributing as students challenge their thinking and improve their skills."

Raybin said he wants his students to improve their understanding of what they read and become more accomplished, satisfied writ-

"I hope my students will be informed, caring, and compassionate citizens who think about improving the lives of those less fortunate than themselves," Raybin said.

He came to Eastern because he thinks students at a state university should have the opportunities for intellectual growth available to students at elite private universities,



KAROLINA STRACK | THE DAILY EASTERN NEWS

English professor David Raybin was named the 2011 Illinois Professor of the Year by The Carnegie Foundation. Raybin has been teaching at Eastern since 1981, and specializes in medieval literature.

Raybin said.

"I have been happy here from the moment I arrived, in part because I have always liked the students and in part because I have had many good friends and superb colleagues both in my department and across the university," Raybin

Irwin recited what Raybin wrote in his personal statement for the award that when he walked into his first college classroom in Au-

gust 1981, he felt like a child who had been given the key to a candy store, and the room was filled with possibilities that all promised to be good.

"I would say 30 years later he still brings that same passion and enjoyment to his teaching, which is why his students love him," Irwin said.

Rachel Rodgers can be reached at 581-2812 or rjrodgers@eiu.edu.

Jazz band performs original arrangements

By Vicky Kane Staff Reporter

Eastern jazz combos performed jazz compositions, including some of original arrangements by one of the combos on Thursday.

The show included the Apollo Quartet, the Vanguard Quintet, the Birdland Quartet and the Blue Note Quintet.

The Birdland Quartet performed their own arrangements of "Slow Dancing in a Burning Room," "Don't Explain" and "God Rest Ye Merry Gentleman."

Birdland Quartet guitarist, Eric Fitts, said that the group all arranged their own songs as a little project.

The Birdland Quartet had four members, one of which was their coach Jack Helsley, a music department personnel.

Ashley Elkins, a junior journalism major, said she liked the Birdland Quartet's performance.

"I like that the Birdland Quartet

arranged all of their own pieces," Elkins said. "They did a really nice job."

The Apollo Quartet performed first with "Strike Up the Band," "Interplay," and "The Chicken."

The Apollo Quartet consisted of four members, including the combo coach, Paul Johnston, coordinator of the combo program and a professor of jazz studies.

"I always feel ("Strike Up The Band") is a good opener for a concert," Johnston said.

The Vanguard Quintet performed second with "Four on Six," "Perdido," and "Work Song." This group had five

The Vanguard Quintet was coached by Chad Mathis, a graduate music major.

Ending the concert was the Blue Note Quintet with "Three To Get Ready," "Terminal 1," and "Sunny Side of the Street."

Bass player, Chad Mathis, said the composition "Terminal 1" was one of his all time favorites.



DANNY DAMIANI | THE DAILY EASTERN NEWS

Cassandra Bugbee, on trumpet, performs Perdido by Juan Tizol with the Vanguard Quintet during the EIU Jazz Combos Thursday in the Doudna Fine Arts Center Theatre.

One of his previous professors to perform it with him in the past.

Johnston coached the Blue Note Quintet, a five-member band.

Elkins said she like to attend the concerts because she likes jazz music.

"Jazz is one of the most enjoyable music styles," Elkins said.

Each band gave every member a Doudna Fine Arts Center. composed the piece and he was lucky solo where they got to show off their

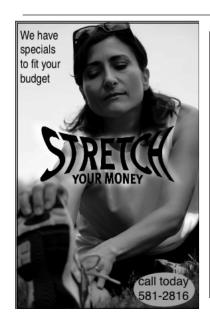
> "I love jazz music so it's nice to be able to hear good, free, live jazz music in Charleston," Elkins said.

> The next jazz event is the Jazz Ensemble, which will be at 7:30 p.m. on Friday, Dec. 9, in The Theatre of

Elkins said she tries to attend as many of the jazz concerts as she can.

"I go to all of the jazz concerts and jazz combo concerts because my boyfriend plays in them," Elkins said.

> Vicky Kane can be reached at 581-2812 or vakane@eiu.edu.



Searching?
Looking for a place to be yourself, to find your own truth? A place where spirituality does not collide with religion? A place where you will not be "told" what to believe?

Yes there is such a place right here in Charleston!

Unitarian Universalist of Eastern Illinois is about acceptance, tolerance, peace, social activism and the freedom to believe what your heart and mind tell you.

Find us on Facebook at Unitarian Universalists of Eastern Illinois

Unitarian Universalist Fellowship

'A place to explore your own spirituality'

Meetings: 2nd & 4th Sundays, 10:30 AM More Info: marymiller2353@yahoo.com Dudley House, 895 7th St, Charleston Everyone Welcome!



STAFF EDITORIAL

Vandalism hurts us all

All week, we've been reporting about vandalism to the chemistry labs on the third and fourth floor of the Physical Sciences that was discovered on Nov. 25.

Bill Weber, vice president for business affairs, told The Daily Eastern News on Tuesday no items have been stolen from the labs and the damage appears to be pure vandalism.

The university has also gone on record to say the damage exceeds \$100,000. Judging from the equipment in those labs, we expect the actual amount to be much higher.

The exact details of the vandalism have yet to reveal themselves and any speculation on the motivation for the crime would be just that.

What we can say for sure is that this is a huge loss for Eastern. It hurts our finances, our reputation and, worst, it hurts the quality of education Eastern provides.

For a university that is still owed \$8 million from the state for Fiscal Year '11 alone, the cost to repair and/or replace the instruments vandalized is not something Eastern has budgeted for. This is not a routine act of vandalism like writing fourth-grade prose on bathroom stall. This was the act of someone determined to ruin some important, expensive instruments.

The costs ar not just financial. This act seriously affects many Eastern's students and faculty. Chemistry majors use these instruments to do long-term research projects, project that can't simply be thrown onto a flash drive and into another machine. Eastern students conduct research that has gains national attention. We had quite an outsized presence at last year's National Conference for Undergraduate Research. To think that this stupid, childish act might prevent students from presenting their research at this year's conference deeply saddens us.

For science majors, the research they conduct at their university is what helps them get into grad school or get hired after graduation. Some Chemistry majors may not be able to present their hard work and have thus been cheated out of the future they earned.

One of the students who had months of research lost due to the vandalism was Levi Gent, a senior chemistry major.

"(Chemistry) explains how the world works, there's rules to follow in chemistry and they're the rules of the world," Gent told *The Daily Eastern News* on Dec. 1.

Exactly. There are rules to follow – one being don't randomly destroy others property and research. And unfortunately for the university, someone decided those rules did not apply to them.

The person responsible must be held accountable. This is a crime against the community, the school, the students and the faculty. It's also a crime in the eyes of the law

The investigation into the vandalism is ongoing and police are asking for any information from the public to provide tips to assist in the investigation. If you have any information, do the right thing and make the call.

The DAILY EASTERN NEWS

"Tell the truth and don't be afraid."

EDITORIAL BOARD

Editor in Chief **Alex McNamee**

Chris O'Driscoll

News Editor **Elizabeth Edwards**

Managing Editor Associate News Editor
Shelley Holmgren Samantha Bilharz

Online Editor Oninio

Opinions Editor **Dave Balson**

The daily editorial is the majority opinion of the editorial board of The Daily Eastern

COLUMN

Porn makes women animals, maybe that's OK

Since I deleted my Facebook account awhile back, I have replaced the former addiction with reading all types of different sources online. A longstanding debate about whether pornographic material is good or bad was listed in my Google Reader feed last week, so I spent a few hours reading all the different perspectives.

Most women I know agree that the porn industry is detrimental to women because it "objectifies" them. However, Dr. Joshua Knobe, associate professor of Cognitive Science and Philosophy at Yale University believes that "animalification" is the reality, a concept that differs from objectification.

See, objectification is the complete dismissal of the human qualities of affect and reason, whereas animalification allows for the acknowledgment of affect while denying the ability to reason. In other words, what seems to happen in the mind of a porn user is that the women involved are nothing but emotional beings, completely void of cognition, rather than being lifeless sex toys.

Dr. Knobe acknowledges that this perspective of women is degrading and possibly detrimental to all parties involved, he just saw something separate from objectification happening and decided to investigate.

I assert that the porn industry is not the only entity animalifying people. Bloggers write about celebrities or politicians, acting as if they are void of logical thought. They even extend



Nikki Davidson

this perspective to the people who voted for such a politician. Have you ever heard the comment, "They only voted for Obama because he's black."?

It seems to me that downplaying humanity keeps people in their comfort zones. It compartmentalizes people into subgroups so that Jenna Jameson is a different kind of human than your girlfriend. Who wants to know that their girlfriend's overt sexual behavior is only a click away for anyone with an internet connection to see?

I don't understand why we can't just look to behavior rather than downgrading the person as a whole. Sure, adults should be responsible for their behavior, but if we label a one-time marijuana user as a druggie, that person is more likely to become a full-blown user.

In my social psychology class, I learned that the fundamental attribution error is commonly made when ascribing a cause for behavior. We tend to explain our own behavior as situational while blaming stable, internal traits for other people's behavior. We tell ourselves that we drank too much because we were unaware of the alcohol content in the beverages while we say that our friend drank too much because she is a drunk.

Could this be why female porn stars are seen as animal-like and politicians and celebrities are deemed maniacal? Instead of accounting for the fact that the porn stars are doing a job and not doing what their personalities guide them to do, we dismiss them as sex fiends. Politicians are not seen as being caught up in the game of politics, rather, they are just crazy.

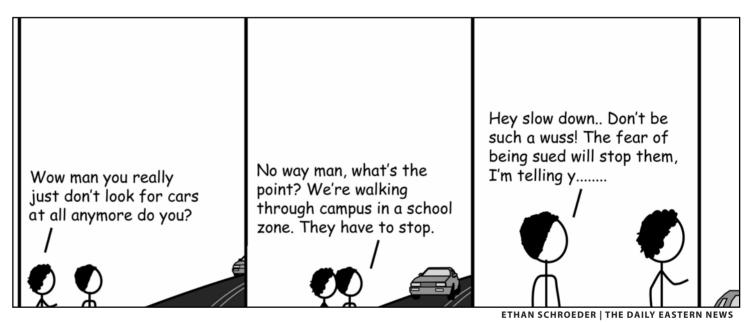
Perhaps it is actually benificial to women for this animalification and fundamental attribution error to continue regarding porn stars. After all, it means that we everyday ladies are viewed differently, and surely will receive more respect.

I'm not worried about being mistreated by my significant other simply because he has viewed pornography. I believe that he is smart enough to know the difference between those women and myself, and to see me as a human rather than an animal or object.

All illegal sites and addictions to xxx material aside, I say let it be.

Nikki Davidson is a psychology major. She can be reached at 581-7942 or DENopinions@gmail.com.

FROM THE EASEL



COLUMN

San Francisco bans Happy Meal, McDonald's wins

Yesterday marked the beginning of the "Happy Meal Ban" in San Francisco thanks to a new law passed by the city. The law states that, in order for restaurants to provide a toy for free in children's meals, the meal must comply with the city's new nutritional standards. According to a Tuesday article by Joe Eskenazi at SFWeekly. com, school lunches would not even meet these new standards of "health," let alone the infamous Happy Meal.

Ever since the law passed earlier this year, observers have wondered how the red and yellow fast food giant would react to a potentially major loss of an iconic portion of their product line. Would the Happy Meal be discontinued in San Francisco? Would the Happy Meal no longer be so happy with the lack of the usual prize toy?

Well, as the SF Weekly article states, "It seems McDonald's has turned lemons into lemonade—and is selling the sugary drink to San Francisco's children." How is McDonald's accomplishing this? By charging for the lemonade.

McDonald's will still be selling Happy Meals in San Francisco, but have chosen to comply with the law by not providing a toy with the meal for free. Instead, the restaurant chain will charge an extra 10 cents for the usual toy, and all proceeds will be given to the Ronald McDonald House. Oh, and did I mention that the only way to pay the 10 cents for the toy is if you buy



Greg Sainer

a Happy Meal?

As Eskenazi points out, it appears that the over-zealous city supervisors' efforts have had the opposite effect. McDonald's may now very well end up selling more of the less-healthy Happy Meals than before because of the added incentive to help a prominent charity while receiving something back in return.

Instances like this are somewhat laughable to me. I know that childhood obesity and the overall health of children is an issue of concern in America, and should be, but when government officials go to these lengths in their attempts to "fix" the problem, I am not surprised when affected businesses find some way around the potential loss of business and end up being better off than before.

That is why tip my hat toward McDonald's, as over-marketed and brand-saturated as they may be to those like myself. They knew what product

people would want, and they figured out a way to ensure that product remained available. The only remaining question is, what to actually do about children's health, as well as adult's?

At this point, so much information has been released about "healthier eating," I think it is easy for people to find themselves too inundated to make a determined decision about every aspect of their personal food intake. We hear so many contradictory arguments that it becomes difficult to want to care about one's own health.

I know I do not always eat the right way, but I have a basic understanding of nutrition. There are just those times when we want to eat something we enjoy, and if the choice we make is a Happy Meal or a Big Mac, then so be it.

I do believe that we should take responsibility for ourselves, but attempting to compel healthier eating at the cost of having the option of a quick, cheaper lunch will most likely not accomplish the purported goals of overzealous health enthusiasts. People will eat what they want to eat, and I do not believe they are wholly ignorant of the basics of nutrition. If we want a healthier country, then it has to begin at the individual level, not the corporate/government level.

Greg Sainer is a senior communications studies major. He can be reached at 581-7942 or DENopinions@gmail.com.

Letters to the editor can be submitted at any time on any topic to the Opinions Editor to be published in *The Daily Eastern News*.

The DEN's policy is to run all letters that are not libelous or potentially harmful. They must be less than 250 words.

Letters to the editor can be brought in with identification to *The DEN* at 1811 Buzzard Hall.

Letters may also be submitted electronically from the author's EIU e-mail address to DENopinions@gmail.com.

CAA

Technology-based courses discussed

By Robyn Dexter Staff Reporter

The Council on Academic Affairs spent the majority of its meeting Thursday discussing technology delivered courses and their revisions.

The three courses they discussed included Publicity Methods, Public Relations in Society and Freedom of Expression.

These courses were approved to have technology-delivered sections, which means students will be able to take the courses online.

James Tidwell, professor and chair of the Department of Journalism, said that many courses have enough students requesting online sections and can be expanded beyond one course.

"Publicity Methods could probably have three sections online," Tidwell said.

Tidwell discussed the student makeup of the technology-delivered courses on the agenda.

"The off-campus courses are largely taken up by our business students," he said in reference to the course, Public Relations in Society.

The CAA continued to toss ideas back and forth about technology-delivered courses and their significance at Eastern.

The last course revision on the agenda, senior seminar Freedom of Expression, brought up some conflict.

"This course is one of the original senior seminar courses approved some 20 years ago," Tidwell said.

This course now contains components where students submit video presentations of themselves in front of an



KIMBERLY FOSTER | THE DAILY EASTERN NEWS

Professor Doug Klarup, chair of the chemistry department, listens to a course revision proposal during the Nov. 17 Council on Academic Affairs meeting in the conference room of Booth Library.

audience to the instructor or during scheduled face-to-face times.

"Sometimes senior seminars could be difficult to have online," said Rebecca Throneburg, professor of communication disorders and sciences.

She expressed her wariness towards the speaking aspect of the online sections and asked the council if all the learning goals could be properly achieved in the technology delivered course sections.

According to the course description for the senior seminar Freedom of Expression, programs such as Skype, You-Tube and Elluminate aid students in being able to present their word via computer.

"There does seem to be a need for

online senior seminar courses," Tidwell

Debra Reid, professor of history, asked the CAA members about the effectiveness of these courses.

"What are the minimum requirements for online courses? Are their standards for speeches?" she asked.

Mary Herrington-Perry, assistant vice president for academic affairs suggested that the CAA revisit the standards for online senior seminars.

The CAA will meet for the last time this semester at 2 p.m. Thursday in Booth Library.

Robyn Dexter can be reached at 581-2812 or redexter@eiu.edu.

Christmas bargains



SHEA LAZANSKY | THE DAILY EASTERN NEWS

Amanda Dibbs, a senior psychology major shops for Christmas gifts in the Union bookstore yesterday. The bookstore had a 50 percent off sale, which made it easy for students like Dibbs to do their holiday shopping.

APPLIED ENGINEERING AND TECHNOLOGY

Program receives full accreditation

By Amy Wywialowski Staff Reporter

The Applied Engineering and Technology program has received full accreditation on Nov. 9 for the next six years.

The program is part of the School of Technology.

Every six years the department goes through a process to be accredited by The Association of Technology, Management and Applied Engineering (ATMAE).

The official accreditation term began Nov. 20.

Wafeek Wahby, professor in the school of technology and chair of the accreditation committee for this cycle, said the process occurs in three phases and begins shortly after the current term begins.

"We do not claim perfection, but

this accreditation is a unique landmark, not many schools get it," Wahby said.

He said most accreditations come with conditions such as a visit two-years in, but Eastern did have any conditions.

In fact Eastern is one of 50 institutions to receive accreditation from the organization, he said.

"Right now we are just catching our breath, but soon we start planning the field trips and things we need to record for the next cycle, we also do student surveys every semester so that it continues," Wahby said

The three phases of the process are the submitting a report, a twoyear reporting phase and a two-day visit phase after the report is submitted

The accreditation committee vis-

ited campus on April 3-5.

While they were on campus the committee met with faculty, staff and administrators of the department as well as Booth Library officials, the Office of Admissions, University Marketing and Communication and Academic Affairs.

"The representatives of the agency came with lots of questions," Wahby said. "They also verified and investigated everything we had reported on. They looked at everything from the lights in classrooms to the physical layout of the building."

After the visit, Wahby and his team went to the group's annual convention this November, which was in Cleveland, Ohio.

While there they attended a hearing to determine whether or not they had been accredited.

"It was like a congressional hearing, they spent about 45 minutes asking further questions," Wahby said. "After that they made a movement and voted unanimously to accredit us."

The accreditation term goes through November of 2017; however this was Wahby's last cycle.

"David Melton is the new chair of the committee," Wahby said. "However, I will still be around and told him I will help in any way I can."

> Amy Wywialowski can be reached at 581-2812 or alwywialowski@eiu.edu

HOUSING, from page 1

Keeler said he will be notifying those attending soon.

RHA is sponsoring candy grams until break, which can be sent to people on campus. Proceeds will go to the Adopt-A-Family program.

Many residence halls such as Stevenson Tower, Weller Hall, Taylor Hall and Lincoln Hall are having ugly sweater contests before finals.

Other halls are also hosting sponsoring snacks for students during finals week. Upcoming events for spring semester include the Tunnel of Oppression, which Lincoln Hall has already picked a theme for which is cyber-bullying.

A new addition for spring includes the acceptance of credit and debit cards in the Martin Luther King Jr. University Union and Java B&B in the spring semester.

"We're hoping to (be able to take credit cards) by January. Keep your fingers crossed," Hudson said.

Robyn Dexter can be reached at 518-2812 or redexter@eiu.edu.





) Help wanted

Help Wanted: 5 energetic, reliable males needed for The School House Gentleman's Club. Male dance review month for ladies. We will train you and \$225/ PERSON 345-5048 give you plenty of time to practice. 2 1 7 - 2 7 3 - 2 9 3 7 www. the school housegc. com

Country Schoolhouse Preschool is accepting applications for child care assistants for Spring 2012. Experience preferred, 345-3082

__12/2

_12/2

Sublessors

2 bedroom apartment available January. \$545/month/person. Brooklyn Heights. Corner of 4th and Polk. Call (217)249-5092 for details.

Looking for roommate for Spring Semester at the Millennium Place. Spacious, fully furnished. \$395/month plus 1/3 utilities. Will pay 1st months rent. 618-562-1252

12/9 1 Bedroom Apartment. 1 1/2 blocks from campus off 6th St. newer, trash + water included. Sublessor needed for January. Call for more details. 708-341-8530

For rent

1 & 2 bedroom apartments across from Buzzard/Doudna. eiuapts.com 217-345-2416

12/2 3 bedroom apartments. One block from campus on 4th Street. Rent starting \$260/person. Call Ryan (217)722-

12/2 For Rent Fall 2012. 4 BR, 2 bath house.

2 blocks from campus. W/D, dishwash-

12/2 Leasing for Fall. rcrrentals.com _

er. Call or text 217-276-7003

12/2 \$175 PER STUDENT FOR A 3 BEDROOM FURNISHED APARTMENT. 10 MONTH

LEASE, NO PETS. CALL 345-3664 12/2 3 Bedroom Townhouse nearly new

construction/ Must See. 9th & Buchan-

an. Call 630-505-8374 24 hours. 12/2 Available January 1st 2012. Court-

house Square Apartment. 2 bedroom (1 large, 1 small). Over a fun vintage/ retro shop. \$400/month. Water included. 217-508-8795

pointments. (217)345-6967

_12/2 Large 3-4 bedroom house for rent for Fall 2012, CA, W/D, \$300/mo per person. Trash included. Call 217-549-5402

12/2 www.MelroseOnFourth.com Seeing is believing! Call today to schedule an appointment to see what everyone is talking about! 217-345-5515

_12/9 www.BrooklynHeightsEIU.com You've been by 4th & Polk and have seen it... NOW it's time to live here! 217-345-

12/9 Beautiful 2 BR fully furnished EXTRA LARGE apts available for 2012-13. W/D, Walk-in closets, large balcony, cable & wireless internet included, free tanning and fitness, hot tub & rec rooms! Use financial aid to pay rent! 217-345-5515 www.MelroseOnFourth. com & www.BrooklynHeightsEIU.com

For rent

OR EVEN MILES FROM CAMPUS WE HAVE HOUSES AND APARTMENTS 1/2 night. Located in Neoga, IL. Once a BLOCK FROM CAMPUS STARTING AT

12/9 Not all nude. Lots of cash! Contact us 2 BR 1 Bath house for Rent \$550/ month. 1409 13th St. Contact Zac 217-

> 12/9 Awesome location and affordable rent. 4 bedroom 2 bath fully furnished. Grant View Apartments. (217)345-3353

> > _12/9

Very nice 2 bedroom house, close to campus. \$640 per month 345-3232

LEASING NOW FOR AUGUST 2012. 1, 2, 3, 4 & 5 BEDROOMS. GREAT LOCA-TIONS, REASONABLE RATES, AWE-SOME AMENITIES! CALL TODAY FOR YOUR APARTMENT SHOWING. 345-5022 CHECK US OUT ON THE WEB www.unique-properties.net

_12/12 LEASING NOW FOR AUGUST 2012 SOUTH CAMPUS SUITES, 2 BR / 2 BA APARTMENTS, 2 BR TOWNHOUSES & 1 BEDROOM FLATS, FREE TANNING, FIT-NESS AND LAUNDRY. AWESOME NEW LOCATION, CLOSE TO CAMPUS WITH RENTAL RATES YOU CAN AFFORD! CALL TODAY FOR YOUR SHOWING 345-5022 OR CHECK US OUT @ www.unique-properties.net

12/12 AVAILABLE AUGUST 2012 4 & 5 BED-ROOM HOUSES 1409 7TH ST, 1434 9TH ST. 1705 9TH ST. GREAT LOCATIONS. CALL TODAY TO SCHEDULE YOUR www.unique-properties.net

12/12 3 & 4 bedroom homes available Fall 2012. Trash and yard service included. No pets. (217) 345-5037 www.chuck-

5 bedroom home on "Campus Side of Lincoln". Trash and yard service included. No pets. (217) 345-5037 www.chucktownrentals.com

12/12

12/12

12/12

NOW LEASING.

www.chucktownrentals.com

August 2012. 1,3,4 BR apartment. 1812 9th; 1205/1207 Grant 3 BR Apartments. 549-4011 www.sammvrentals.com

12/12 FOR FALL 2012. VERY NICE 1,2,3,4,6,7,8 BEDROOM HOUSES, TOWNHOUSES AND APARTMENTS. ALL EXCELLENT LOCATIONS. FOR MORE INFORMATION CALL US AT 217-493-7559 OR

Houses and Apartments 2,3,4,5,6, and 1,2 and 3 bedroom apartments. 3 7 bedrooms, Call for details and ap- blocks from campus, Furnished, One month free rent. Call 620-6989 or 620-

www.myeiuhome.com.

I have 3 and 4 bedroom houses available. Freshly remodeled, all appliances included. 11 month lease. Price range \$275-\$325 per bedroom. Very nice and clean. One block from Old Main. Trash included. Come see what makes our apartments better than the rest! Call Kevin 217-962-0790 pantherproperties.com

NICE 2 BR APTS 2001 S 12th ST & 1305 18th ST Stove, Frig, microwave Trash Ph 217-348-7746 www.CharlestonILApts.com

2BR APTS, 955 4th ST Stove, frig, microwave, dishwasher Garage. Water & Trash pd. Ph 217-348-7746 www.CharlestonILApts.com

For rent

ATTENTION TIRED OF LIVING BLOCKS DELUXE 1 BR APTS 117 W Polk & A ST Free Iphone with rental. Ask how at Fall 2012 very nice 5 bedroom house, FALL '12-'13: 1,2, & 3 BR APTS. BU-1306 & 1308 Arthur Ave Stove, frig, microwave Dishwasher, washer/dryer Trash pd. Ph 217-348-7746 www. Charlest on ILApts. com

> 12/12 Available June '12: 4 BR 2 BA house recently remodeled. Great parking, plenty of space. Great Condition! Call Todd

_12/12 Apartments north side of Square Available January 2012. \$425 per month and \$325 per month. Water/ trash included. 549-7714

12/12 2 BR on the square. Water/Trash included. No pets! \$375/mo. Jeff Hudson, Broker 217-549-5985

12/12 Available June 2012. Nice 1 bedroom apartment off campus. Quiet area, newly updated, good parking. Pets allowed. 217-840-6427

12/12 VILLAGE RENTALS 2012-2013. 3 & 4 BR houses w/ washers & dryers. 1 & 2 BR apartments w/ water & trash pu included. Close to campus and pet friendly. Call 217-345-2516 for appt.

Leasing Fall 2012. 5 & 6 Bedroom. Close to Lantz. Off Street Parking/ Washer/ Dryer Trash included. 217-

12/12

12/12

12/12 Female housemates. 1808 9th St. Private rooms. 217-549-3273

2 bedroom house, 1609 S. 12th, d/w, w/d, a/c, porch & patio, \$345 each, 2012-13. 217-549-3273 12/12

6 bedroom 2 bath house, 1521 S. 2nd, w/d, a/c, \$345 each, 2012-13. 217-549

5 bedroom, 2 bath, w/d, d/w, patio, 1836 S. 11th \$360 each. 217-549-3273 12/12

Call about our great deals and promotions. Find your home in Charleston at www. lincoln wood pinetree. com12/12

For rent

217-345-6000. Great locations for 1,2,3,4 bedrooms

PREMIER HOUSING view your future home at www.eiprops.com

12/12

12/12

1 1/2 BLOCKS NORTH OF OLD MAIN ON 6th Street 3 bedroom house available August 2012. 217-348-8249 www.ppwrentals.com

GREAT LOCATIONS- 1 and 3 bedroom apartments available August 2012. 217-348-8249 www.ppwrentals.com 12/12

NEW 1 BEDROOM APARTMENTS!! Available August 2012. 3 blocks from campus on Garfield Avenue. 217-348-8249 www.ppwrentals.com

Starting Fall 2012. 3 and 4 bedroom houses. Large bedrooms. Off street parking. Central AC 10 month lease. (217)273-1395.

7 BD 3 BATH 1023 WOODLAWN ALL INCLUSIVE! private back yard 217-345-

12/12 Nice 3 bedroom house, 3 blocks from campus. W/D, dishwasher included,

6210 www.eiprops.com

large backyard. 217-690-4976

12/12 6 bedroom house furnished for Fall 2012-2013. Basement plus washer/dryer. 1508 1st street. \$310 each. Call Jan

6 Bedroom house for Fall 2012, 2 Bath. Close to EIU. Air-conditioned, locally owned and managed. No pets. Call for appointment 345-7286 www.jwilliamsrentals.com

Available now and for January: 1 and 2 person apartments. Very nice. Locally owned and managed. No pets. Call 345-7286 www.jwilliamsrentals.com

Spring Semester Openings! Youngstown Apartments 217-345-2363. 1 two bedroom townhouse, 1 three bedroom townhouse, 1 three bedroom garden apt.

4 Amsterdam-

giant

6 It means

nothing

7 De Matteo of

8 Note passers?

"Look at me,

(first words of

come before so

Rogers danced

Building,

designed by

Mies van der

23 Crazy way to go?

Basketball Hall of

26 Polo and others

27 Go out with ____

28 Some Parisian

income

29 Walter

30 Echo, e.g.

34 Some rodeo bulls

35 Doesn't lay off

36 Actress Ullman

37 Boil down

two-time winner 38 Some idols

of golf's U.S. Open 40 Heat divisions

31 Short

9 Korean War

10 Filling yarn

"Misty")

12 What may

much?

14 Taken for

13 How Ginger

15 "Discobolus"

sculptor

22 New York's

Rohe

Fame

25 Jerry in the

leader

"The Sopranos"

5 Pitch

based financial

For rent

close to campus, 5 sinks, 3 showers, 2 laundry areas. Need a group of 4 or 5 females. 1837 11th St. No pets please. Call 217-728-7426

12/12 Available Fall 2012. Newly Remodeled 4, 5 bedroom houses on 12t Street. Walk to campus. W/D, D/W, A/C. 217-

7 BR, 2 BA House near stadium. Washer/Drver, dishwasher, includes mowing & trash. Large parking area. 217-345-6967.

12/12

4 BR house near campus. Washer/Dryer, dishwasher, large front porch, basement. Includes mowing & trash. 217-

_12/12 7 BR House 1/2 Block from campus. 2 1/2 bath, 2 kitchens. Washer/Dryer. Includes mowing & trash. 217-345-6967. 12/12

NOW AVAILABLE! 1 BR APTS 3 BLOCKS FROM CAMPUS BUCHANAN STREET APTS 345-1266

Renting NOW! 1,2,&3 bedrooms, Park Place, Royal Heights, Glenwood, Lynn Ro. Close to campus! www.tricountymg.com. 348-1479

For rent

CHANAN STREET APTS. CHECK US OUT AT BUCHANANST.COM OR CALL 345-

Available Jan 1st 1 BR apts. Water & Trash included, off street parking, \$410/mo. BuchananSt.com or call 345-

1/17 NOW RENTING FOR 2012-2013. ONE-FIVE BEDROOM HOUSES, CLOSE TO CAMPUS. CALL TOM AT 708-772-3711 VISIT O R WWW.HALLBERGRENTALS.COM

1/17 4 bedroom house 1218 Division \$260 each next to city park. 3 or 4 bedroom very nice 3 level townhouse Brittany Ridge \$300/\$260. 2 bedroom furnished Apt at 1111 2nd St \$275 each

Now renting Fall 2012 6 bedroom and 4 bedroom within walking distance from campus. Call 345-2467

including water/trash. (217)549-1957.

BRITTANY RIDGE TOWNHOUSES for 3-5 persons, unbeatable floor plan, 3 & 4 bedroom, 2 1/2 baths, deck, central air, washer, dryer, dishwasher. Free trash and parking, low utility bills, local responsive landlord. Starting @ \$200/ person. Available July 2012. Lease length negotiable. 217-246-3083

Housing Countdown 2012

4BR Brick Ranch - 1 block to Lantz or McAfee or Physical Science bldg.

3BR apts. next to Arby's, Jerry's. Incl. w/d,

dishwasher, a/c, furnished. 2BR apts. for 2 incl. cable, internet

1 person apts. priced from \$335 to \$440. Many with cable & internet incl.



Jim Wood, Realtor 1512 A Street. P.O. Box 377 Charleston, IL 61920 217 345-4489 - Fax 345-4472





www.woodrentals.com

The New Hork Times

36 Like some

"Dracula"

39 "Hooked on

41 "That's the

42 Pacific, perhaps

49 Here, in Juárez

50 Fictional maker

bullets

53 Feature of the

ideal path

of earthquake

spot'

cross-dressers 38 Stoker who wrote

Classics" company

ACROSS

- 1 Theory related to eugenics
- What good competitors may 17 Part of many
- confessions 18 Old Testament
- book before Neh. 19 Some services
- 20 Composer of "1/1," "1/2," "2/1" and "2/2"
- 21 Some HDTVs 23 Noodle
- 24 Guidebook listings for the budget-conscious
- 33 Winter cry in New York
- 34 Riddle
- **DOWN**

- 32 Gossips

1 More prudent,

54 Some I.T. experts

² "The People and Its Leaders"

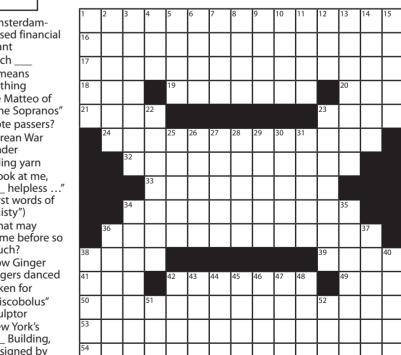
muralist 3 Tangy pie fruit

ANSWER TO PREVIOUS PUZZLE

	Р	Α	L	E	Α	S	Α				N	В		G	
Ε	Α	Т		N	G	0	U	Т		W	Н	Ε	N		
Α	D	Α	Р	Т	Ε	D	Т	0		0	L	Α	F	٧	
U	S	D	Α					W	Α	Ν		Ν	Α	Е	
			R	U	R		Т	Ν	Т		S	Ι	Т	U	
	W	R		Т	Ε	R	S		F	R	Ε	Ε	U	Р	
0	0	0		Α	D	Ε	J	Х		Α	Т	В	Α	Т	
F	0	G		Н	Α	U	Ν	Т	Ε	D		Α	Т	Н	
Α	D	Ε	L	Α		Р	Α	R	Ε	D		В	Ε	Е	
C	Υ	R	Α	N	0		М	Α	R	L	Ε	Υ	S	മ	
Н	Α	Ε	С		Α	Н	-		Υ	Ε	Т				
Α	L	В		U	F	0					R	Α	U	L	F
Ν	L	Ε	R	S		L	Н	Α	S	Α	Α	Р	S	0	
C	Ε	R	Т	S		Υ	Е	S	Ī	N	D	Е	Ε	D	r
Е	N	Т	Ε	R			В	U	S	ΙT	Ε	R	S		,

Edited by Will Shortz

No. 1027



Old House"

_ loquitur

44 Oh so

45 Res __

46 "How's it __

Minor

PUZZLE BY TIM CROCE

42 Part of a 48 Like some Molière work monuments: Abbr. Abram of "This

> 51 Wilfred Owen poem "Dulce et Decorum _

52 Scotland's longest river

 $For answers, call 1-900-285-5656, \$1.49 \ a \ minute; or, with a credit card, 1-800-814-5554. \ Annual subscriptions are$ available for the best of Sunday crosswords from the last 50 years: 1-888-7-ACROSS. AT&T users: Text NYTX to 386 to download puzzles, or visit nytimes.com/mobilexword for more information. Online subscriptions: Today's puzzle and more than 2,000 past puzzles, nytimes.com/crosswords (\$39.95 a year). Share tips: nytimes.com/wordplay. Crosswords for young solvers: nytimes.com/learning/xwords.

DON'T JUST SIT THERE -ADVERTISE! 581-2816!

VIEWS

Panthers have big things in store this season

By Rob Mortell Staff Reporter

If you missed Wednesday night's game against the University of Maine, you missed one of the best basketball games I have ever seen.

The game had everything a fan would hope for: highlight reel dunks, incredible shots, calls by referees that cause you to scream for no apparent reason, late game drama and an overall intensity that is tough to match.

Eastern's men's basketball team looked the best I have seen in two years of covering the team. I know a lot of people will say, "Hey, they blew that lead, the game shouldn't have been that close," but honestly, there was not much more the Panther could do to close the game out.

They made every free throw, except one miss from sophomore forward Alfonzo McKinnie, and had one turnover. OK, not a perfect ending, but it got the job done. Maine just made



Rob Mortell

some incredible plays.

Starting with an enormous putback dunk to a ridiculous four-point play to force the extra period, it would have been easy for the Panthers to fold after giving up a ten point lead with under a minute left, but they showed resolve in overtime and came out with a great win.

Senior guard Jeremy Granger showed why he was a preseason All-Ohio Valley Conference selection as he took over the overtime, scoring all nine of the Panthers points.

McKinnie backed up my last endorsement of him, proving to me and everyone in Lantz Arena that he has to potential to be a fantastic player.

As I have been saying from the beginning of the season, Eastern got a raw deal when it was picked ninth in the preseason poll. The team that was picked first, Austin Peay, is 0-8, the Panthers are 4-2. I know Austin Peay has played some very good teams, but it is no excuse for an 0-8 start.

I am genuinely excited to watch the Panthers the rest of the season. I think there is nothing but big things in store for them.

I know the team is feeling extremely confident, and so should the fans. After a very disappointing season last year.

Eastern should prove to its fans that the injury-riddled 2010 season is over.

The Panthers are off to a great start and big things are ahead of them.

Rob Mortell can be reached at 581-7944 or at rdmortell@eiu.edu.

SIGNING, from page 8

"We're really excited to add Robert to our team in the fall of 2012," Eastern head coach John Blackburn said, in a press release. "He has proven results at both the USTA and high school tennis level, yet I feel he has the drive and focus to improve greatly in his senior year and will continue that trend once he arrives here at EIU."

For the women's team, the Panthers will add Alex Curtis of Tampa, Fla., and Ali Foster of Plainfield.

"We're very excited to be adding Ali and Alex to the team next year," Blackburn said, in a press release. "Alex is a rapidly improving player who is really starting to collect some nice wins in Florida, which is one of the toughest regions in the country for USTA tennis."

Blackburn also said that Foster can make an immediate impact for the team, based on her high school performances.

"Ali has been a very consistent performer in the IHSA over the past three seasons and has collected a lot of great results," he said, in a press release

Dominic Renzetti can be reached at 581-7942 or dcrenzetti@eiu.edu.

STATE

Bull's Rose eyeing championship

By Associated Press

DEERFIELD— Derrick Rose is aiming for the ultimate trophy. The NBA MVP is eyeing a championship after the Chicago Bulls fell a bit short last season.

"This year, our goal is nothing else but a championship," Rose said Thursday. "I'm not thinking about anything else. I'm going to stand on my teammates. I know they're going to do the same thing. We're just trying to hold each other accountable while we're on the court and off the court."

Rose wondered before last season why he couldn't be the league MVP and became the youngest player to win the award. Now, his sights are on the biggest prize.

The Bulls came close last season, winning a league-leading 62 games and advancing to the Eastern Conference finals. Now, they're looking for more.

With a new Collective Bargaining Agreement tentatively in place, teams opened their doors to players on Thursday in anticipation of practices starting Dec. 9. Games are expected to begin Dec. 25.

NATION

Pending Jaguars owner staying away

By Associated Press

JACKSONVILLE, Fla. — Pending Jacksonville Jaguars owner Shahid Khan is avoiding the limelight for

now.

Khan says in a statement that he has turned down an invitation from outgoing Jaguars owner Wayne Weaver to attend Monday night's game against San Diego.

The Illinois businessman says he will be in New York to focus on the NFL Finance Committee's meeting Tuesday.

THE PLACE In Ashmore, IL Annual DANCE CONTEST

Ladies, come out and shake a tail feather this Saturday, Dec 3rd!

-> CASH PRIZES! <-Sign-up starts at 10pm

Must be 21.

DIRTY's

Our name may be Dirty's, but we're actually quite classy! Come in and give us a try!

Lunch Special: Homemade Soup and Fun Salad - Only \$6. Check out our other lunch specials

Hair Benders of Charleston 1820 McKinley Ave. (217) 345 6363

Out-in-

\$8 Haircuts on Tuesdays and Wednesdays

\$8 off a perm or color on Tuedays and Wednesdays

Hours: Mon 12-8 | Tues 9-5 | Wed-Thurs 9-8 | Fri 8-4 | Sat by Appt.







1, 2, 3 & 4 Bedrooms

- Club House
- Fitness Center
- Two tanning beds
- Basketball and Volleyball Court
- Free Shuttle
- Most utilities included in rent.
- Queen size beds
- Washer and Dryer in each home.



217.345.1400 universityvillagehousing.com

ONE
MONTH
FREE!
(limited time)

Pet Friendly!

MEN'S BASKETBALL



ZACHARY WHITE | THE DAILY EASTERN NEWS

Senior guard Jeremy Granger goes around a University of Maine defender. The Panthers went on to win the game and push their record to 4-2.

Panthers try to stay strong

By Rob Mortell Staff Reporter

Eastern's men's basketball team has the chance to win its fourth straight game at Lantz Arena so far this season, as the Stony Brook University comes to Charleston.

The Panthers are coming off an exciting 85-80 overtime win against solid opponent University of Maine.

Senior guard Jeremy Granger said that win will help the Panthers moving forward.

"(The win) definitely boosts our confidence," Granger said. "Hopefully we carry this over, but (the win) does a lot for our team."

Sophomore forward Alfonzo McKinnie agreed with Granger, saying the team played well against a good team and the Panthers learned a lot about themselves.

"Don't give up," McKinnie said. "We just have to move on to the next play."

Stony Brook enters the game at 2-3; however, two of its three losses have come against Big 10 opponents Indiana and Northwestern. Eastern enters the game at 4-2.

The Sea Wolves are led by seniors guard Bryan Dougher and forward Dallis Joyner. Dougher and Joyner are the only two Sea Wolves who average double-figures in scoring. Both players lead the team with 10.2 points per game.

Dougher provides an outside threat, as he has made nine threes in the first five games. He is also shooting 80 percent from the free-throw line.

Joyner gives Stony Brook a presence in the frontcourt. The 6-foot-7-inch forward is shooting 57 percent from the field and is averaging 5.8 rebounds per game.

Do-everything swingman, junior Tommy Brenton, is the catalyst for the Sea Wolves. He leads the team in rebounding, assists and free-throw attempts. The 6-foot-5-inch guard/

forward is averaging 8.2 rebounds and four assists per game; however, his has only made 50 percent of his teamleading 26 free-throw attempts.

The Panthers offense has been clicking the last three games. They have scored over 80 points in each match-up, although two of the games went into overtime. Eastern ranks No. 25 in the nation with 16.7 assists per game.

The offense is fueled by Granger, who leads the team with 17 points per game. He is also averaging 3.8 rebounds, four assists and one steal per game. McKinnie gives the Panthers their own presence in the paint. The sophomore is averaging 13.2 points, 7.7 rebounds and 1.5 blocks per game.

Game time is scheduled for 2 p.m. Saturday in Lantz Arena.

Rob Mortell can be reached at 581-7944 or at rdmortell@eiu.edu. RECRUITING

Three teams sign new players for next season

By Dominic Renzetti Sports Editor

The Eastern softball, volleyball and tennis teams all added multiple signees for next year.

Head softball coach Kim Schuette will have four new faces on her team next season, as three high school signees and a junior college transfer will join the team.

First baseman/outfielder Kylie Bennett will join the team after being a four-year starter at Lincoln Way Central High School in New Lenox. As well as being the team captain, Bennett was also an all-state, all-area and all-conference player, batting .490 and hitting 11 home runs.

Also joining the Panthers will be outfielder Jennette Isaac of West Salem High School in Oregon, Ill. Isaac, who also played guard for her high school's basketball team, was a three time all-conference player.

Outfielder/short stop April Markowski will also look to take her talents to Eastern next season, as the two-time all-conference player will sign with the Panthers. Also a starter on the East Leyden High School volleyball team, Markowski played summer ball for the Chicago White Sox Training Academy Summer Team

After playing at Rantoul High School and then playing at Heartland Community College, pitcher Hanna Mennenga will join the Panthers next season. Mennenga was ranked third in the IHSA with 404 strikeouts and once recorded a school record 21 consecutive strikeouts in one game. During her time at Heartland, Mennenga earned Second Team All-American honors as a freshman and was named Pitcher and Region Player of the Year.

Schuette said Mennega is going to step right in to the Eastern pitching rotation.

"We plan for her to step right in

on the mound and fit right in with our team," she said, in a press release.

After a disappointing 11-20 finish, head volleyball coach Kate Price has added three additional players for next season.

"I am very excited about our 2012 incoming class so far," Price said, in a press release. "All three kids coming in could potentially arrive and make an immediate impact right away as Chelsea, Kayla and Stephanie will each bring something different to our team.

Coming to the Panthers all the way from Menomonee Falls, Wisc., is Chelsea Lee. Lee is a 5-foot-10-inch outside hitter, who chose Eastern despite attention from other colleges, such as Buffalo, Miami (Ohio), Miami (Florida), and Bowling Green.

Another player making a trip to join the Panthers will be Kayla Nesbitt of Mattawan, Mich. Nesbitt was recruited by other schools such as New Hampshire, Ohio, Cornell, and Eastern Michigan, and will look to make an impact on the Panther roster.

The only Illinois signee for the Panthers so far will be Stephanie Wallace, who comes to Charleston from Wesclin. Wallace is the younger sister of senior Brittany Wallace, who is the Ohio Valley Conference era dig leader for the Panthers.

"I am thrilled that Stephanie gets to be part of something that has been such a wonderful experience for me," Wallace said in a press release.

The Eastern tennis team has added one player to its men's team and two to its women's team.

Robert Skolik will come to the Panther men's team from Huntington, W.Va., while owning a Top 3 USTA ranking in the Ohio Valley District.

He is also No. 61 in the Midwest Section rankings.

SIGNING, page 7

WOMEN'S BASKETBALL

Panthers receiving votes in poll

Eastern's women in a three-way tie in rankings

By Alex McNamee Editor-in-chief

The Eastern women's basketball team received 24 votes in the most recent Collegeinsider.com Mid-Major Top 25 poll

The team is in a three-way tie for No. 29 in the rankings with Chattanooga and Illinois State.

The Panthers have already beaten Illinois State this season. Two other Ohio Valley Conference

teams are receiving votes.

Tennessee Tech received 47 votes and

Tennessee-Martin received 11.
Green Bay is the No. 1 team in the polls, followed by Gonzaga, Princeton, Delaware and James Madison.

Green Bay received 28 of 31 first place votes.

Eastern head coach Brady Sallee is one of the members of the Top 25

Team Statistics

Points per game	82.6
Scoring margin	+18
Field goal percentage	45
3-point FG percentage	34.7
Free throw percentage	64.1
Rebounds per game	47
Assists per game	19
Turnovers per game	17.4

voting panel.

The Panthers lead the OVC in scoring offense, averaging 82 points per game, and scoring margin, winning games by 18 points per game.

They also lead the conference in field goal percentage at 45 percent, three-point percentage at 34, and in rebounding.

Around the OVC

The OVC is in for a busy weekend, including the rivalry game between Southern Illinois-Edwardsville and Southern Illinois-Carbondale at 2:05

p.m. Saturday.

The weekend kicks off, however, with Eastern Kentucky playing Evansville today.

There are seven games Saturday and two more Sunday.

The Panthers have the best record in the conference at 4-1, ahead of Tennessee-Martin, who has a 4-2 record.

Both teams are on one-game losing streaks.

Edwardsville, in its first official season in the OVC, is in third place with a 3-2 record.

All three of its wins are at home, as they boast a record of 3-0 on their home court.

The Cougars have lost their last two games.

The bottom feeders of the conference right now are Southeast Missouri and Morehead State with records of 1-6 and 1-5, respectively.

Alex McNamee can be reached at 581-7942 or admcnamee@eiu.edu.



KAROLINA STRACK | THE DAILY EASTERN NEWS
Freshman forward DeAnna Willis goes for a shot Nov. 11 during
a women's basketball game against Oakland City in Lantz Arena.



Christmas takes over the square

By Corey Ascolani and Seth Schroeder Verge Reporter and Verge Editor

Charleston residents can expect carriage rides, live music, gingerbread houses and refreshments at Christmas in the Heart of Charleston.

The festival is 5 to 7 p.m. Saturday in the city square. Everything offered will be free.

Diane Ratliff, the Charleston tourism director, said the event has been around since the early '90s and this year they have been planning since September.

Ratliff said the event is enjoyable because of the downtown atmosphere with music playing and the Charleston City Courthouse lit up.

"It's just a great wintery sight," Ratliff said. "We have quite a few people come out."

Ratliff said there will also be a craft expo 10 a.m. to 4 p.m. before the festival and 2 to 4 p.m. kids will have a chance to make and take

home crafts of their own. She said kids will also be able to give Santa their Christmas lists and parents are encouraged to bring their own cameras to take pictures of their child with Santa.

She said there will be a parade to begin the festival and live carolers throughout the square during the entire event.

Storefront windows around the square will have painted decorations, some will have winters scenes painted on them and others will have live dancers.

Krishna Thomas, administrator at The DanceLife Center on the square, said they will have dancers performing Act II from the Nutcracker Ballet as well as other seasonal performances in jazz, hiphop and lyrical.

Thomas said the performances will last until 7 p.m. and there will also be cookies and refreshments at the center.

"This is a heartwarming event," Thomas said.

Ratliff said other live windows performances include a duet at

Woody's, performed by EIU dancers, and a band playing at the CTF building

She said many other businesses on the square will be open for the festival including the American Taekwondo Association Martial Arts, which will be having demonstrations, and Swanson Jewelers.

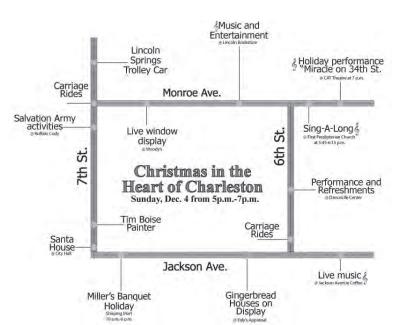
Ellana Swanson, owner of Swanson Jewelers, said they have participated every year since 2007. She said they serve beer, wine and hors d'oeuvres.

"We are always packed," Swanson

Ratliff said after the festival Jackson Avenue Coffee will have the band Mother Load performing. She also said Charleston Alley Theater on Monroe Avenue will have a live performance of "Miracle on 34th Street."

One thing that will not be returning this year is the live reindeer. Ratliff said in past festivals they have brought a reindeer from the surrounding area, usually St. Louis.

She said they were not able to bring back the animal this year because of budget cuts.



INFOGRAPHIC BY COLLEEN HARRIGAN

A map locating the events of Christmas in the heart of Charleston. Information courtesy of the festival's Facebook page.

"It was a large dollar item we thought we could cut without detracting too much or cutting from each individual program," Ratliff She said they will instead have miniature ponies.

Corey and Seth can be reached at 581-2812 or cascolani@eiu.edu or scschroeder2@eiu.edu.

New location benefits Holiday Art Sale

By Seth Schroeder Verge Editor

The art department will be having its annual Holiday Art Sale in the Doudna Fine Arts Center for the first time since the building was renovated and expanded in fall 2008.

The sale is 9 a.m. to 5 p.m. today and 9 a.m. to 1 p.m. Saturday in room 1910 of the Center.

Several of the faculty members organizing the sale said the new location gives the art sale many advantages.

David Griffin, an art professor on the sale's committee, said he hopes the new location generates new regular customers.

"We are more centrally located on campus," Griffin said.
"I can't foresee a disadvantage. We've had a good turnout so far. We've seen regular faces and some new faces, too."

This is the sale's 25th year. Griffin said after that amount of time many customers develop a habit of shopping there every year.

"We've moved several times and they've always seemed to track us down," Griffin said.

He said some of their past locations include the Tarble Arts Center and a renovated shopping center that housed Eastern's art department while Doudna was being renovated.

Griffin said Tarble was always accommodating but the shopping center created a disconnect between the department and the students.

"I've tried to put that memory out of my mind," he said.

Sue Rardin, office administrator of the art department and head of the committee running the sale, said she knows a lot of people go there as a tradition to get one of a kind artwork.

"There aren't a lot of shopping opportunities in this area for this type of merchandise," Rardin said. "We are really hoping students take advantage of the more central location."

Rardin said usually onethird of the entries in the sale are from students, with the rest coming from faculty or local artists. She said they have very strong support from artists in the area.

She said 40 percent of each sale goes to art scholarships such as monetary awards for the Undergraduate All-Student Art Show in March. After 25 years, she said she estimates the sale has raised more than \$100,000 for scholarships.

Rardin said the sale includes lots of ceramic works, stained glass and jewelry. She said while the sale is for the holidays there



ZACH WHITE | THE DAILY EASTERN NEWS

Dwain Naragon, professor of ceramics, prepares to wrap a piece of art during the annual Holiday Art Sale in room 1910 of the Doudna Fine Arts Center.

is not much holiday themed art submitted.

"There are some tree ornaments, but mostly everything else isn't holiday specific," Rardin said.

Jeff Boshart, an art profes-

sor on the sale's committee, said if students could make artwork to submit to the sale, such as picture frames they could mass produce as a team they could make more than \$100 in profits.

The other committee mem-

ber that helped with the sale is art professor Dwain Naragon.

Seth Schroeder can be reached at 581-2812 or scschroeder2@eiu.edu

VERGE

Tradition carries on, dorms decorate doors

By Kaitlyn Kavanaugh Verge Reporter

Since the 1900s Eastern has developed many resident hall traditions, some are still carried on today. Hall decorating and dorm room door decorating is one of them, and has evolved into something more than just a task that all Resident Assistants are required to attain.

Door decorating has become one of the many things in the resident halls that help create a positive atmosphere and fun environment for everyone living in the halls.

Michael Bilek, a sophomore communication studies major, is a resident assistant for Ford Hall. Bilek's hall is decorating their doors this semester.

"It's a great tradition and it is something to make them smile," Bilek said. "(Door decorations) get people excited, spirit lightens the mood and it becomes more of a community and it is something that they can share as residents." He said since Ford's theme was "HD Around the World" he made penguins earlier in the year.

Bilek said he finds residence appreciate the decorations.

"The little things in life that count, that will make a difference in the long run," Bilek said.

The RA of each hall are assigned to create door decorations for their floor each month. A door decoration is a personalized themed decoration, constructed with different types of craft materials. Paints, glitter, foam paper

or stickers can be applied to make the decorations.

Krista Stephens, a junior psychology major and former RA, said many RAs get creative with their door decorations.

Bilek said he was never very artistic before but being an RA made me an artist.

Stephens said one year the students on her floor decorated the doors themselves.

Around the month of December, one group of students took wrapping paper and made the

door look as if it was a massive present.

Anna Nasinska, an RA of Stevenson Hall, said she made leaf shaped door decorations in September and shaped them as snow globes for December.

"I usually go with a monthly theme instead of a holiday theme, just to avoid different beliefs," Nasinska said.

> Kaitlyn Kavanaugh can be reached at 581-2812 and kmkavanaugh@eiu.edu.

REVIEW

Christmas songs sparked with new holiday sound

As the world turns white and holidays are on the mind, music becomes festive. Musicians come out with albums that will brighten this season. Two albums that stand out this season are She & Him's "A Very She & Him Christmas" and Michael Bublé's "Christmas."

She & Him's "A Very She & Him Christmas"

If you are looking for an album that makes you want to drink hot chocolate and enjoy the warm feeling of the season, buy She & Him's Christmas album. This album captures the warm and cozy feeling of Christmas time.

Producer/musician M. Ward and actress Zooey Deschanel join forces to make this album Christmas bliss.

She & Him's signature vintage pop sound radiates through the whole album. They take classic Christmas songs and add their touch to revitalize the songs. No one can listen to this album without having a smiling the whole time.



Kelly Johnson | Verge columnist

The song that sticks out on this perfect album is their version of "Rocking around the Christmas Tree." This might be my favorite Christmas song, but She & Him reaffirms my good decision.

The guitar solo brings a whole new perspective to it and gives a beloved song a fresh sound.

Another song that sticks out is "Silver Bells." It features a ukulele as the main instrument in the whole song. This is a unique characteristic for a Christmas song to have. The combination of Deschanel's voice and the mellow ukulele paints images of fresh fallen snow in your mind.

She & Him's cover of "Blue Christmas" cannot go unnoticed. They channeled the blues in that song perfectly. This exemplifies the band's ability to keep their

sound true while playing another genre.

The only problem I have with this album is that there is a lack of Ward's raspy voice, which normally complements the warm voice of Deschanel.

The perfect example of this lovely combination is on their version of "Baby its cold outside."

Michael Bublé's "Christmas"

On the other hand, if you are looking for another album for celebrating this merry holiday, listen to Michael Bublé's album. Listening to this album places you around the tree opening presents.

Bublé makes these well-known Holiday songs come to life with his flawless voice. There is no one else that can pull of a Christmas album with this sound in this era.

While most of his songs bring thoughts of stockings and mistletoe to mind, his most impressive songs are the opposite.

The two songs that remain with you are his version of "Silent Night" and "Ave Maria." Bublé's

voice is so powerful in these two songs, you have to stop what you are doing and listen in awe. His voice is angelic.

Along with his talented voice, he has two duets that make this album a must have for the holiday season.

His version of "Jingle Bells" featuring the Puppini Sisters captures the essence of Christmas. Its overall swing feels makes you want to tap your foot while listening.

The other beautiful duet is "White Christmas" with Shania Twain. This version is a far cry from the usual. It is a swing version and a nice alternative to Bing Crosby's. Also, who does not enjoy a good Shania tune?

This album is an instant Christmas classic. It makes listeners want

to enjoy the frigid air outside.

Anyone that enjoys the Christmas season will find this album a necessary to their collection.

My only complaint is that I wish there was more to listen to. Bublé makes a lasting impression with this album.

He is a bold musician with his old time sound in an age of modern music. Christmas time is more jolly thanks to She & Him and Michael Bublé. If you are not feeling the holiday spirit put one of these albums on and let the Christmas songs consume you.

These musicians give classic songs a new sound.

Kelly Johnson can be reached at kjohnson@eiu.edu or 581-2812.

STAFF

CONTACT US (217) 581-5812

denverge@gmail.com

Verge Editor | Seth Schroeder Lead Designer | Colleen Harrigan

*Contact denverge@gmail.com if you would like to write, photograph or design for the Verge!







WHEN WHEN WHEN

3B _____12.2.2011



ZACH WHITE | THE DAILY EASTERN NEWS

Alex Wood, a freshman kinesiology and sports studies major, Amber Harris, a family and consumer sciences major and Lucy Honiotes, a special education major, put up a wreath while setting up winter decorations at A Citizens' Law Office in downtown Charleston.

'Holiday of Giving' helps community

Zach White Verge Reporter

This holiday season Eastern students will have the ability to go out and participate to help others within the Charleston community.

The Student Community Service office has set up a "Holiday of Giving" for this Saturday which includes helping with a Holly Day Breakfast at a local elementary school, helping with the Salvation Army bell ringing outside of Wal-mart, and much more.

Those volunteering at the Holly Day Breakfast would be greeting kids, playing carnival games and helping around at various sites

The money raised by the Salvation Army will be going to help with a food pantry and a Toys for Tots program.

There will also be a household items drive going on in where they are looking to collect any regular household item from tools to toilet paper.

"All too often we just focus on the kids, and we want to help out the parents that take care of those kids too," said Rachel Fisher, the director of Student Community Service. "We want to do this to take care of their needs, so that they can have a few more moments of wants."

During the event there is also going to be caroling through the annual Christmas in the Heart of Charleston, with music provided. Volunteers will be leading carols, and these volunteers need to have the outstanding personalities that are often needed in order to get others engaged in the singing.

Adopt a family is another way to get involved and give back.

"Folks send us their information and we send them a local family in need that they can shop for this holiday season," said

There is also a toy drive currently going on through Dec. 9th,

with a drop off bin in the Student Life office, and there is a winter clothes drive going on through the student activity center with a collection bin in the front of the office.

The Newman Center will also be running events this holiday season. Their events also include doing carols on Saturday by visiting local nursing homes.

There will also be a Christmas party for the poor hosted by the St. Vincent de Paul Society, where any gifts for the less fortunate in Charleston will be accepted.

For more information on any of the Student Community Service events, contact the Student Community Service office by email at volunteer@eiu.edu or by phone 217-581-6048.

To find out more from the Newman Center, contact them at volunteer@eiunewman.org or by phone at 217-348-0188.

Zach White can be reached at 581-2812 or zwhite@eiu.edu.

Ugly sweaters are in



NATALIE FEDDER | THE DAILY EASTERN NEWS

Jessica Carey, freshman marketing major, tries on Christmas sweaters at Spence's on Jackson Avenue Tuesday on the Charleston Square. Owner Linda Spence has been preparing for this time of year since January for customers in search of ugly Christmas sweaters for themed Christmas parties. **See a full length story about ugly Christmas sweaters online.**



SI DRAFTS

.25 CENT WINGS

ALL STUDENTS ARE WELCOME TO JOIN US!

MOOSE LODGE

Check out www.dailyeasternnews.com for VERGE online exclusives!





GOT ADS?



4B VERGE

Winter brings physical, mental problems

By Jose Gonzalez Verge Reporter

The start of winter brings both mental and physical problems such as Seasonal Affective Disorder and the high probability for a severe winter season.

Psychology professor Jeff Stowell said SAD accompanies the yuletide season because of decreased sunlight and also has biological reasons behind it.

Stowell said genetics can affect the Circadian Rhythm, and genes that regulate the body's biological clock is regulated in the hypothalamus.

"A circuit in the brain receives circuits from the eyes and the path is important because it resets our Circadian Rhythm," Stowell said. "Light helps you feel more awake."

With any disease or disorder there are various accompanying symptoms and treatment options for it.

Sheila Baker, medical director for health services, said symptoms are similar to depression, but only occur in the late fall and winter-time.

"It's not so much weather related as it is light related," Baker said. "It's more common in women and also depends on how far you live from the equator, as well as the amount of sunlight people receive."

Baker said there are no tests available to determine if someone has SAD, so diagnosing it is almost impossible, except with a clinical interview, and symptoms.

"To make a diagnosis, it has to occur for at least two consecutive seasons, and goes away around spring and summer," Baker said.

Baker said some common thread symptoms of SAD are poor motivation, social isolation, excessive sleeping and excessive eating.

She said there are various types of treatments available to people which include light therapy, medications like Prozac, Zoloft, and Effexor, and socialization and exercise.

"Socialization and exercise gets your body moving," Baker said. "When we are sad, we want to isolate ourselves and it keeps our body and mind active."

Baker said electroshock therapy is also available, but has never seen it in her practice.

"I don't know that shock therapy is a common or first line treatment because I've never seen it," Baker said.

Baker and Stowell both agree that SAD has something to do with the Circadian Rhythm and the balance of hormones in the body, but neither can confirm these as the main reasons.

Though SAD deals with the mental and medical effects of cold weather, there are also physical and scientific effects to consider.

Winter Weather Can Include Extreme Weather Conditions

Cameron Craig, a climatologist for the EIU Weather Center, said winter poses multiple threats.

"Winter storms can be the most dangerous weather phenomenon for the simple fact that multiple variables pose a threat to many human activities," Craig said. "Frigid cold winds, blinding blizzards, slippery ice, and heavy snow all together can make life difficult and cause unnecessary loss of life if we fail to prepare for winter's wrath."

Craig said this winter has a possibility of being one of the worst because of a La Nina pattern that is expected to persist this winter.

"What this means for us is that we can see more snow than the "Over the last year, I developed a flip-flop forecast that provides viewers and readers when it is good or not to wear flip-flops."

Cameron Craig, a climatologist for the EIU Weather Center

30-year average of 19" and slightly colder than normal temperatures than the 30-year average," Craig said. "This could be another good year for people who love snow and a bad year for those who hate winter."

He has also developed a unique weather forecast to help students and others alike.

"Over the last year, I developed a flip-flop forecast that provides viewers and readers when it is good or not to wear flip-flops," Craig said. "When the average temperature drops to below 55 degrees, people should not be wearing flip-flops. The same goes for not wearing flip-flops when there is ice or snow on the ground."

Craig said recent winter activity indicates a jet stream over the Charleston area. He said the combination of a jet stream and near freezing temperatures have the potential to cause problems.

"If a low-pressure cell tracks just to the north of the area, we can expect ice to develop as long as the temperatures are near or slightly above freezing. More snow occurs when the track of the low-pressure cell is further to the south of us," Craig said. "The ice storm that we experienced last year caused a major problem throughout central Illinois and was simply due to the track of the low-pressure cell moving just north of Charleston."

Craig said frostbite becomes a high probability with severe weather.

"Long exposure to the harsh northerly winds can increase the possibility of frostbite that could result in the loss of fingers or toes," Craig said. "The best protection is to use common sense when the temperature drops and bundle up when venturing outdoors."

Jose Gonzalez can be reached at 581-2812 or jgonzalez@eiu.edu

