

Eastern Illinois University

The Keep

February

2022

2-9-2022

Daily Eastern News: February 09, 2022

Eastern Illinois University

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Eastern Illinois University, "Daily Eastern News: February 09, 2022" (2022). *February*. 2.
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THE WEEKLY EDITION

THE DAILY EASTERN NEWS

'TELL THE TRUTH AND DON'T BE AFRAID'

February 9, 2022

MORE THAN A CENTURY OF COVERAGE

VOL. 106 | NO. 75

SEX! LOVE! DATING! OH, MY!

Love, sex and relationships are all natural parts of the college experience, but oftentimes the topics are misrepresented or considered taboo. In this issue you'll find articles on:

- *Inexpensive dates for college students, page 2*
- *Real stories from college students about their dating app, relationship and hook-up mishaps, page 4*
- *Dating and self-discovery as a queer person in college, page 6*
- *Why sex should not be a taboo topic, page 8*
- *Finding the balance between dating and athletics, page 12*



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 The Daily Eastern News is produced by the students of Eastern Illinois University. It is published weekly on Wednesday, in Virdon, Ill., during fall and spring semesters and online during the summer term except during university vacations or examinations. One copy per week is free to students and employees. Additional copies can be obtained for 50 cents each in the Student Publications Office in Buzzard Hall.

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Top 10 cheap dates for college students

By Madelyn Kidd
 News Editor | @DEN_news

1. Go to the "movies"

Today, going to the movies seems to cost a grand, but with some creativity, it's possible to create your own movie experience. A potential option includes getting food to go from a dining hall or food in a drive-thru and set up a laptop, tablet or phone in your car, dorm or apartment to have an at-home movie theatre experience. If you hook up your phone, tablet or laptop to Eastern's Wifi, you'll be able to access Eastern's movies on demand and stream select movies for free. The only expense from this date idea is the cost of dinner.

2. Viral TikTok "Target challenge" at Dollar Tree or thrift stores

A viral TikTok challenge, the "Target challenge," that circled social media a few months ago. An affordable alternative is doing this challenge at Dollar Tree or a thrift store rather than Target. The "Target challenge" involves you and a significant other going to a store together and the goal is to buy five items for the other that falls within five categories:

- Favorite drink
- Favorite food
- Favorite color
- Something that reminds you of them
- An everyday item

After paying for each item, you and your significant other reveal each item to the other in each category simultaneously. This is a fun way to buy gifts for each other without the stress of cost or quality since it's from Dollar Tree or a thrift store. Plus in Charleston, Dollar Tree and Goodwill are both in the West Park Plaza. The only expense on this date is the gifts.

3. Netflix and chill

The classic "Netflix and chill," there's also Hulu and chill, Disney+ and chill or Eastern's movies on demand and chill, but they don't have the same sound to them. The only expense from this date is a streaming service subscription or it's free if you use the previously mentioned Eastern movies on demand.



PHOTO ILLUSTRATION BY ELIZABETH WOOD

4. Go to free campus events

At Eastern, there are a variety of free events on campus. In the past, there's been goat yoga and trivia nights, and this month there will be two movie nights for the African American Heritage Month events. There are plenty of events going on that could provide a fun free date.

5. Try reservation dining at Stevo

At Stevenson Tower Dining Center, they have reservation options on Thursday and Friday nights from 4:30 to 7:30 p.m. Simply call in or register online for a dinner reservation and be served steak, salmon or other foods not typically available. It's the same cost as a meal swipe and a special date night option.

6. Walk or bike on local trails

Charleston is home to many hiking and biking trails and even Eastern has one. There are trails along Lake Charleston, Fox Ridge and the Panther Trail on the West side of campus. This is a fun cost free date for a couple who enjoy going on walks together.

7. Bowling at the Union

Make use of the bowling lanes at the MLK Jr. University Union where you can get a student discount and if it's yours or your significant other's birthday, they can get a free game of bowling with their panther card and state ID. Bowling at the Union is an afford-

able date for Eastern students.

8. Head to the park

Have fun together at the park. There's a park across the street from Eastern called Morton Park, Lake Charleston has its own park and so does Fox Ridge. There's also a park nearby the town square called North Park. These parks are free to the public.

9. Have a picnic

With the recent weather, it's not recommended to have a picnic outside, but having a picnic indoors is possible. Lay down a blanket, maybe set up LED tealight candles and flower petals to be fancy, and have food from you and your significant other's favorite place to eat. While it takes more time to set up beforehand, this is a sweet date option to try.

10. Go to a show at Doudna or exhibit at Tarble

Another date idea for those who are into the arts is to see a show at Doudna Fine Arts Center or walk through Tarble Art Center to see the current art exhibits in place. It's free to enter Tarble, and the prices for tickets to shows at Doudna vary depending on the kind of show, but students get a discounted ticket price.

Madelyn Kidd can be reached at 581-2812 or at dennewsdesk@gmail.com.

WHAT'S HAPPENING FEB.9-16

<p>WEDNESDAY Student Senate Meeting 7 p.m. - 7th St. Underground, MLK Jr. University Union</p>	<p>SATURDAY</p>	<p>MONDAY Valentine's Day Artist-in-Residence 10 a.m. - Tarble Arts Center Continues through Friday</p>
<p>THURSDAY Council on Academic Affairs Meeting 2 p.m. - Witters Conference Room, Booth Library Community Leaders for Safety 2 p.m. - 1510 A Street</p>	<p>YOUR EVENT COULD GO HERE...</p>	
<p>FRIDAY</p>	<p>SUNDAY</p>	<p>TUESDAY Managing Sugar in Your Diet 1 p.m. - Klehm Hall Room 2309 Black Women & Reality TV... is it for the Culture! 6 p.m. - University Ballroom, MLK Jr. University Union</p>
<p>OR HERE! CONTACT US TO BE INCLUDED.</p>		
<p>WEDNESDAY Exploring the Land of Lincoln 1 p.m. - Charleston Public Library Black History Trivia Night 7 p.m. - Martinsville Room, MLK Jr. University Union</p>		

Send your event information to dennewsdesk@gmail.com to be added to our online and print calendars!

Valentine's Day through the years

2001



Sara Figiel/ photo editor

Special delivery

Chris Loili, a senior finance major, walks to his car en route to delivering valentines surprises to unsuspecting sweethearts. To get balloons delivered to someone on a special occasion, orders are taken at the ticket office or by phone in the Martin Luther King Jr. University Union.

1938

Women to Give Valentine Dance

Freshmen Women Will Sponsor Party; Kenny Norton's Trio to Play

The Women's League will hold a party for girls on'y on Wednesday February 16 in honor of St. Valentine. The party will be sponsored by all the freshmen women who had at some time or other violated the initiation rules, and who had neglected to wear their freshman buttons during the fall term. The usual hearts and cupids will furnish the theme for the party.

Kenny Norton's Trio will furnish the music for dancing. Besides dancing there will be plenty of food, games, and a floor show by the talented freshmen.

Helen Roberts, and Helen Cummings are co-social chairmen for the affair. They will be assisted by Irene McWilliams, head of the foods committee; Jane Osborn, program; Jane Stookey, decoration; Betty Swickard, general committee; Betty Stublefield, games; Carolyn Kilgore, serving.

The freshmen cordially invite all the women of the college to be present at the Valentine party from four to six o'clock in the college auditorium. A small admission of five cents will be charged.

1993

Tekes sponsor 1956 Valentine dance

"CUPID'S FROLIC," a semi-formal dance sponsored by Tau Kappa Epsilon in honor of St. Valentine's Day, was held last Friday night in Old Aud from 9 to 12.

The dance was decorated with hearts and comic valentines scattered about the edge of the dance floor. In the center was a revolving mobile of red hearts.

Chaperoning the dance were Dr. Raymond F. McKenna, Dr. Newell L. Gates, and Mr. James O. Whittaker.

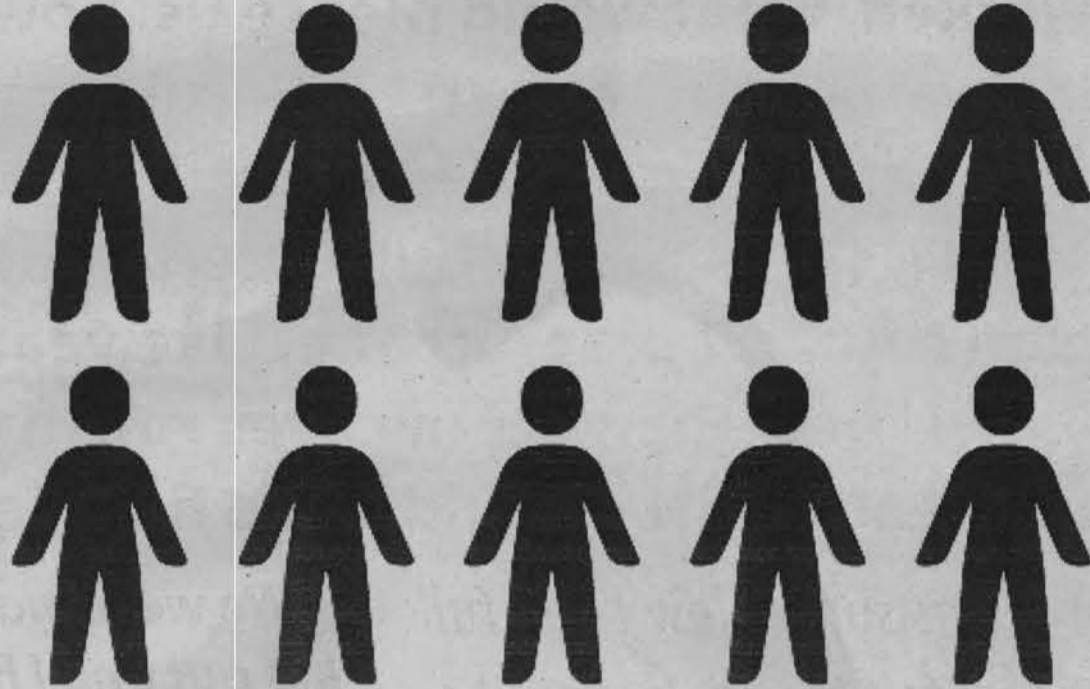


EIU EXPOSED

We polled people about their dating and sex lives. Here's the breakdown:

What type of protection do you use?

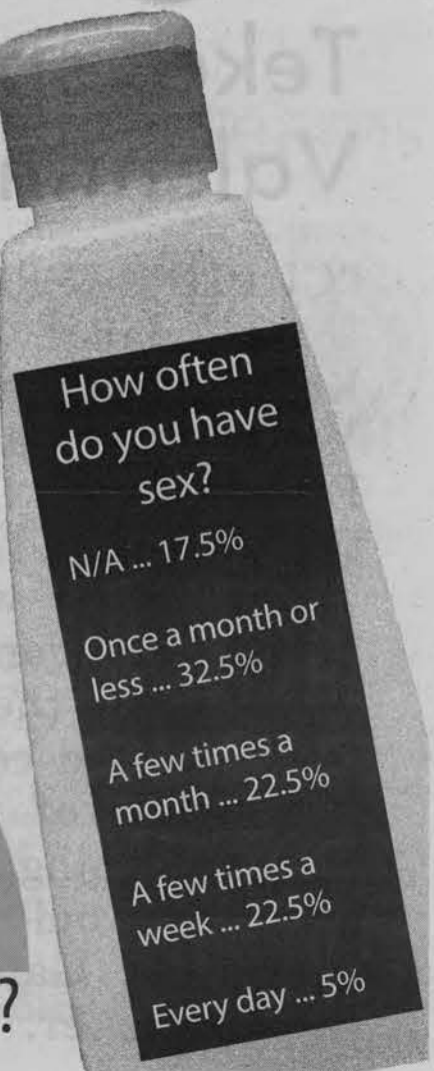
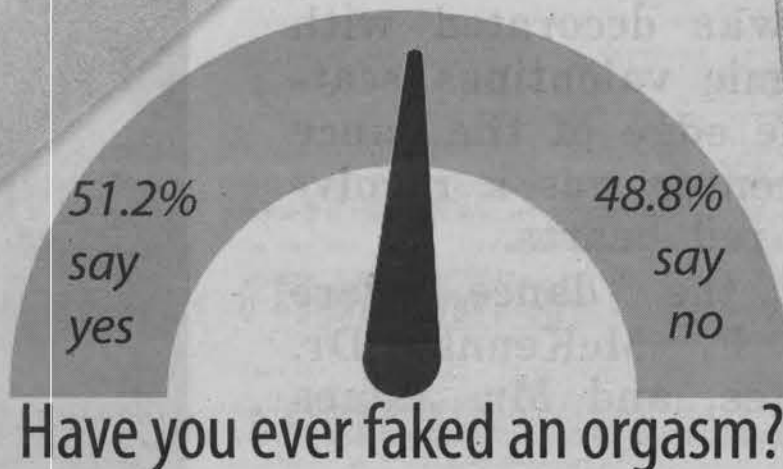
- CONDOMS
21
- FEMALE CONDOMS
0
- DENTAL DAMS
1
- BIRTH CONTROL
16
- SPERMICIDE
0
- NONE
4
- OTHER
6



Of 40 people polled, all said they do not lie about the number of partners they have had



Do you think sex should ever be casual?



What was your first time like?

"It wasn't the best because we were both virgins and we were our first. We didn't know how any of it worked, what would please us, how to make it enjoyable, etc. It wasn't painful for me, but it wasn't satisfying (I am female). My partner enjoyed it (he is male), but he felt guilty because he couldn't pleasure me. Five years later, he knows how to make my eyes roll in the back of my head and we couldn't be happier."

"It was great it was super slow I had full control and never felt forced. It was like every touch ramped up to what was gonna happen leading up. And I was lucky in one shot I got to try a bit of everything and figured out what I do and don't like and it was even better than I could have imagined I still am close to that guy and as guy who like all genders it was a very positive experience for open that level of intimacy with another person."

"Uncomfortable, mostly just because it was high school and our sex ed sucked at my high school."

"Awful! I lost my virginity to my first girlfriend in high school pretty soon after I came out and was still coming to terms with my sexuality and learning about myself. She had way more experience than me and wanted a lot more than I knew how to do. And to make it even worse it was on the couch in my living room!"

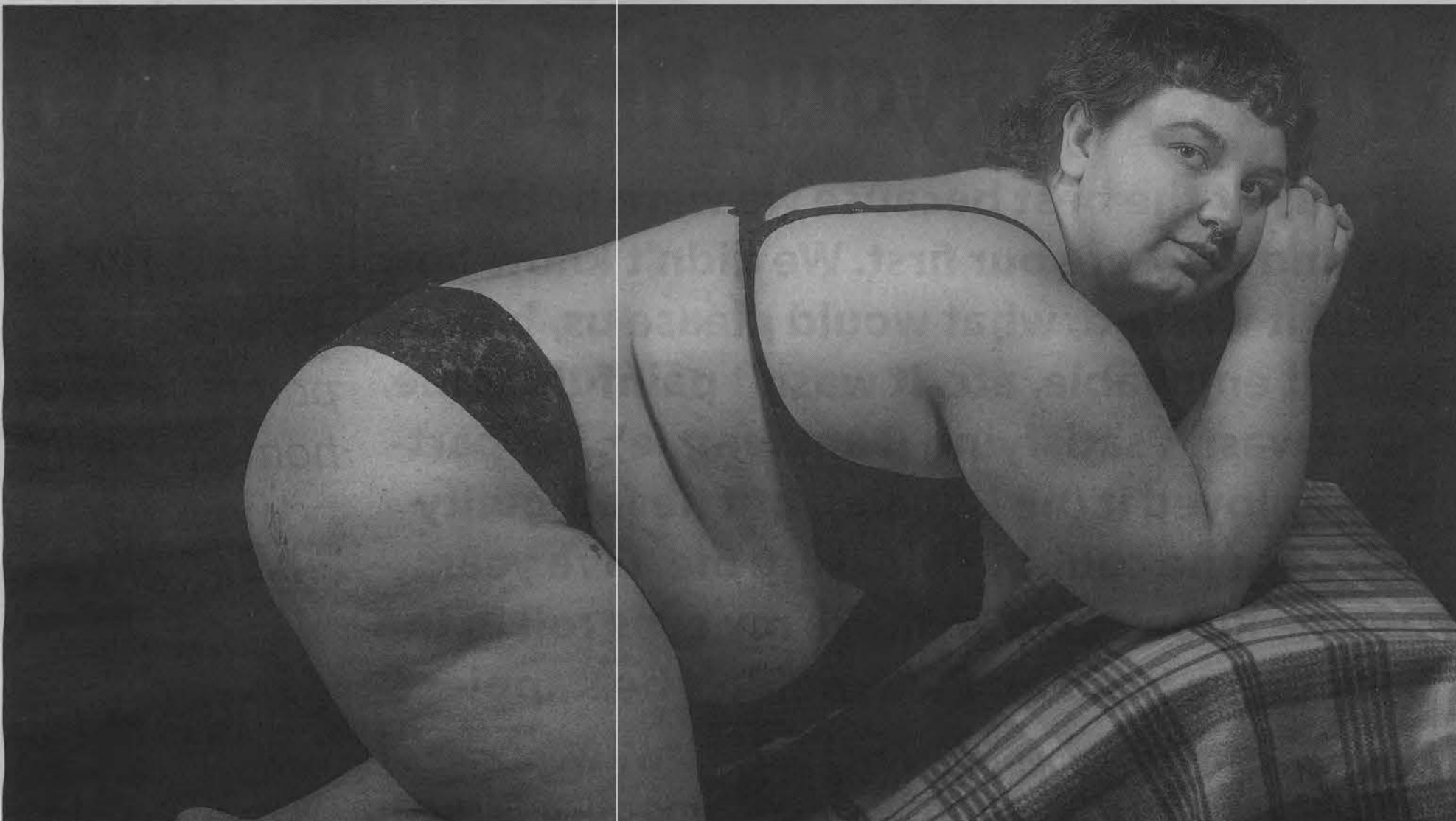
"We were making out and I had an anxiety attack during foreplay.

The rest of the time was me learning how good another person could make me feel."

"Uncomfortable. It was sort of a both of us figuring things out sort of thing so, if went as well as you could expect."

"It was awkward at first. I was so nervous, his parents were at home. He didn't know what he was doing, I didn't know what I was doing. It was a little uncomfy, and after I was thinking, 'THAT is what I've been so nervous about?'"

"Decent, we met off Tinder and had known each other for a while before meeting up. Everything was fine until he stuck it in, it was so painful he couldn't go all the way in which made everything hurt after that so i wasn't able to enjoy it much anymore. Regardless, he was still really respectful and I don't regret losing it to him!"



ASHANTI THOMAS | THE DAILY EASTERN NEWS

Atlas Hennegan, a senior English major, poses during a Daily Eastern News photoshoot.

Finding yourself in college is 'liberating'

By Corryn Brock

Editor-in-Chief | @corryn_brock

Atlas Hennegan's time in college has been an ever-changing journey of self-discovery and self-love.

Hennegan, a senior English major, said they started college identifying as a pansexual woman. Now, they identify as a nonbinary lesbian.

"My freshman year identified as pansexual and I had identified as that since I was like, in fifth grade and so it was definitely interesting for me to kind of like step out of the (cisgender heteronormative) idea and be like, I don't have to date a man and then, I thought that that's the most relieving thought I've ever had, and also, maybe I don't like men. Like, if I am relieved at the thought of never having to have sex with them again, never date them again, maybe I shouldn't."

Throughout college, they have held leadership positions in EIU Pride, been involved in drag shows and have been key to leading Eastern's LGBTQIA community through issues throughout their four years on campus.

While parts of their journey have been positive, it has not always been easy for them.

"I've talked to women since coming out as nonbinary. And I feel like when I'm talking to (cisgender) women, I really have to act like a cis woman. And it's kind of like frustrating to be like, no, I'm not a cis woman and I'm not going to pretend so that I can date you."

Another issue they said they have faced is using the all-dreaded dating apps.

"I'm on all the dating apps and it's just exhausting because it's like, I'm a good in-person talker and so I try to like ask people on dates early so that we can like get to know each other. And a lot of times they'll say, 'Hey, girl,' or like, 'How's it going girly?' Or



ASHANTI THOMAS | THE DAILY EASTERN NEWS

Atlas Hennegan, a senior English major, poses during a Daily Eastern News photoshoot.

like, 'You're so gorgeous, girly,' and it's like, okay, I'm not a girl. Let's make that 100% clear. That's so frustrating."

Being an active member in Eastern's LGBTQIA community has not made things easier for them, either.

"Even in the dating world, people just

know my name before they know me and so that's been a really difficult problem for me. Just having people have preconceived ideas of who I am."

Overall, however, they said coming to where they are now in life has been powerful for them.

"It's just been liberating thinking about like, I can be who I want and I can have sex with who I want and I don't have to like have sex with people for society."

Corryn Brock can be reached at 581-2812 or at deneic@gmail.com.



ASHANTI THOMAS | THE DAILY EASTERN NEWS

Norah Blache, a senior majoring in health communication and the health promotion intern at the Health Education Resource Center, shows an example of how to roll a condom down for the Rubber and Roses presentation by the HERC in the Arcola/Tuscola room of Martin Luther King Jr. University Union.

Rubber lovin': Students learn about safe sex practices

By **Ryan Meyer**

Campus Reporter | @meyer_ryan_twt

Eastern's Health Education Resource Center held its Valentine's Day edition of Rubber Lovers, a presentation that details safe sex practices and proper protection usage.

Each part of Rubber Lovers also explained the importance of consent and its meaning, which "is defined as a freely given, clear, unambiguous agreement between the participants to engage in sexual activity."

The first form of protection the presentation addressed were dental dams, a barrier that prevents STI transfer during oral sex and oral to anal stimulation.

It's important to check for rips and tears and expiration dates with all forms of rubber protection.

The female, or receptive, condom is another method of protection, and one that can be inserted up to eight hours before use, according to the presentation. This type of condom isn't dependent upon an erection and is also not made of latex.

The final form of protection examined in Rubber Lovers was the male, or insertive, condom, which should be replaced with a new condom for each sexual act. These condoms are usually made from latex and are not to be used with oil-based lubricants.

According to the presentation, some of the reasons people don't use condoms are the cost and a reduction in sensitivity, among others.

Rubber Lovers included an opportunity to practice putting male condoms on a wooden model of a penis, which involves an 18-step process, defined by the program as follows:

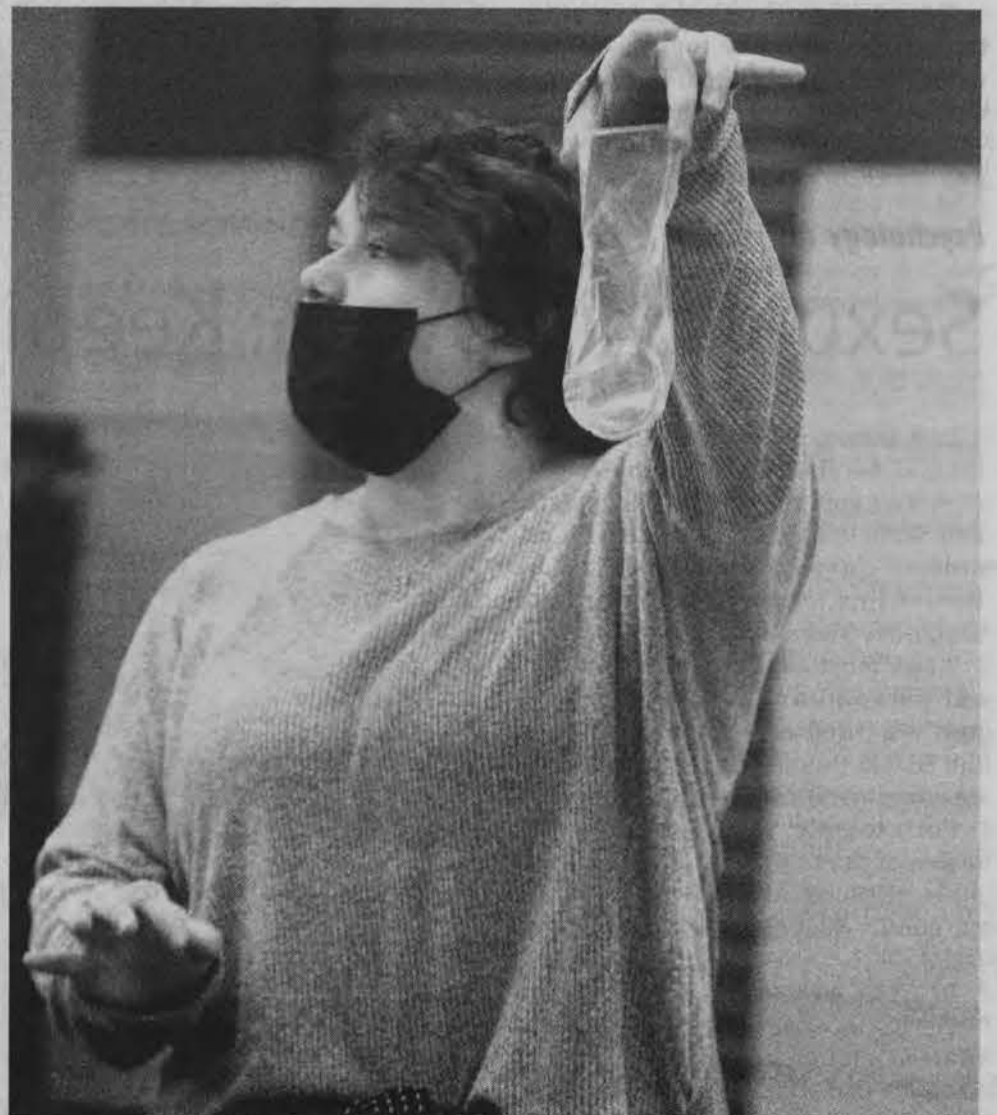
1. Consent.

2. Sexual arousal.
3. Check the expiration date.
4. Make sure the package is airtight.
5. Open the package carefully.
6. Make sure the condom is right side out.
7. Check for rips or tears.
8. Pinch the tip (-1/2 in.) to create a reservoir.
9. Roll condom down erect penis.
10. Squeeze air from condom.
11. Insert into orifice.
12. Ejaculate.
13. Hold onto the rim at the base of the condom.
14. Withdraw slowly.
15. Remove condom.
16. Check for rips or tears.
17. Knot or wrap condom in tissue.
18. Throw condom in the trash.

The presenter, Emily Bernard, a graduate student studying health promotion and leadership, said programs that promote safe sex like Rubber Lovers are more important than those that encourage abstinence, which Bernard said "fail most of the time."

"I think it's more important because, obviously, people are going to have sex eventually, knowing ways that they can protect themselves...like if they're doing casual sex, definitely using protection is the best way to go, because you don't know who that person has been with," Bernard said. "You don't know what they've come into contact with, so using these safety methods I think is a better way to protect our students. Giving them the knowledge and resources to make their own decisions, I think, instead of pushing it or forcing it on them."

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ASHANTI THOMAS | THE DAILY EASTERN NEWS

Emily Bernard, a graduate student studying health promotion and leadership, presents what a female condom is and how it works for Health Education Resources Center's Rubber Lovers Valentine's Edition. Bernard talks about many different sexual health topics in her presentation such as safe sex, different types of condoms, and sexually transmitted diseases.

Sex should not be a taboo topic in college

Sex is not a bad word.

Many people wait until their children reach a certain age to teach them about sex. Some never really teach them, relying on school systems to provide that education.

Most schools are not equipped to act as “parents” in this way and often leave out important details in the interest of protecting children’s innocence.

This means that many people’s first sexual experience goes poorly and could have dangerous consequences.

With parents making sex seem taboo, teens won’t go to their parents when they have to deal with serious issues like possible pregnancies or sexually transmitted infections.

Most people become sexually active during high school or college, where being on their own for the first time can make things even scarier.

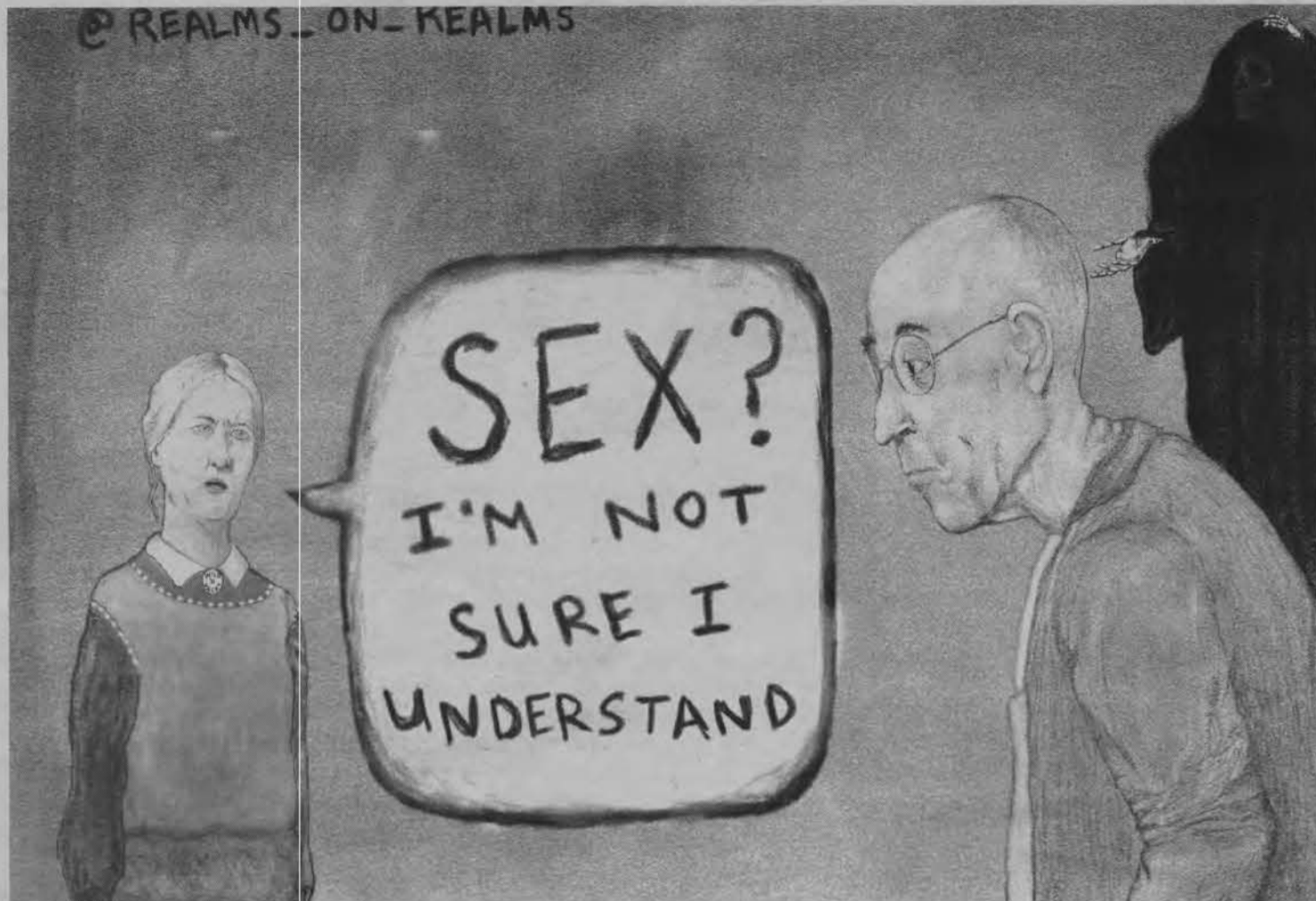
If we talked about sex more, we might not make everyone’s first time be perfect, but a lot of fears and regrets could be avoided if they had some education on the right things to do.

College should not be the first place that people learn about contraceptives, STDs, testing and other safety measures.

These conversations don’t have to be serious or include graphic details. Simple explanations of how sexual acts work can be enough if people know they’re allowed to ask questions down the road.

The internet can be a great resource to learn about many topics, but sex usually isn’t one of them—at least not without some basis for the reality.

Internet searches can also provide way more information than anyone



Comic by Will Simmons

needs.

Conversations around sex should also extend beyond heteronormative relationships.

Members of the LGBTQ+ community usually don’t receive any information on the way their relationships will work, leading to more unsafe acts.

Plus, if we didn’t have a taboo around sex, we could also remove the taboo around sexualities. Sexualities should be a part of sex ed and when

parents explain sex to their children along with types of sex besides the “heterosexual” form of sex.

Removing the taboo around sex would also allow kids to be able to talk to their parents about changes with their sex organs.

There are many changes our reproductive organs go through during puberty and once a person becomes sexually active.

These changes can seem scary and

life threatening when reality it is a common experience, or it could be something serious and a need to go see a doctor.

However, with a taboo around sex and related topics, people may never bring up the changes with their bodies.

Sex shouldn’t be taboo; it is one of the processes humans can experience and the knowledge should be readily available for everyone, from anyone.

Psychology

Sexuality in psych: Keeping BDSM out of the DSM

Last semester I took a course in abnormal psychology and a major part of it was going over the “Diagnostic and Statistical Manual of Mental Disorders.” Interestingly enough, a portion of this lengthy book is around sexuality, kinks, and paraphilias.

I was most confused about different paraphilias that I have always just regarded as standard kinks in the BDSM (bondage, domination, sadomasochism) community.

For example, men who have fantasies of dressing in traditionally female clothing are labeled with the paraphilic disorder of transvestic disorder.

In 1994 was there an addition to the criteria which adds that the fantasies, sexual urges, or behaviors must “cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.” Some other kinks got this thrown on to their diagnosis as



Theo Edwards

well to separate consensual adults practicing and those that deem their kinks in need of control.

However, how can some of these kinks done consensually ever be distressing unless society is pressuring a person to not do it?

If we are just more accepting of people and mind our business on

what people choose to do in the bedroom we probably would not be in this mess.

On the other hand, there is a place for BDSM and kink practice to be studied in academia because sexuality and how the mind works in those ways is a beautiful thing, deserving to be explored further. It just deserves space to be explored further non-judgmentally and without outright saying that those that practice kink are mentally ill like the “DSM-5” used to suggest.

It is considered taboo to speak about to a great deal of people. In contrast to my psychology classes so far that I have learned so much about animal experimentation that still grosses me out, how much worse can studying people having fun and enjoying each other in diverse ways be?

Another point that goes along with how the “DSM-5” and previous books

set up paraphilias may be that there are just not many people involved in the BDSM scene also doing studies. Those that are not part of a community can have a limited point of view when attempting to study that group of people.

Is there enough people in the kink community within the field of science to do this kind of research? Being part of the community helps in understanding terminology and culture surrounding it.

Either way people deserve to have safe, sane, and consensual fun without the stigma of potentially being considered mentally ill for it. Psychologists must be safe when including these diagnoses in the various DSM.

Theo Edwards is a junior psychology major. They can be reached at 581-2812 or heedwards@eiu.edu.

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Social Commentary**Dear Hollywood, it is time to stop making straight movies**

I've known something about myself since I was fourteen years old. Prior to that, I'd had little inklings and feelings that I wasn't straight, but I was finally able to put a label on my sexuality.

As someone that is part of the LGBT community, I find it frustrating that the type of experience that I live isn't represented in movies, especially around holidays like Valentine's or Christmas.

It's not something people think about everyday. Even when holidays aren't around the corner, there are still movies that only show straight couples.

When Hollywood makes these kinds of films, they tend to put straight couples in these films, so that people have "an example of a perfect relationship." You know, the ones where the couple kisses in the rain after they fight, and everything seems so perfect it's almost unbelievable.

As someone that's part of the LGBT community, finding rom-coms that portray love that way is incredibly

**Katja Benz**

hard.

Hollywood's version of "a perfect relationship" usually involves straight people, which is not the most reflective. It's almost like Hollywood is telling us to stay in the closet, which isn't okay.

If Hollywood wants viewers to keep watching movies, then they should make movies that reflect all walks of life- not just the ones that are simple, cheap, cliché, predictable and...

straight people oriented.

Not every rom-com has to be the same and in fact I think people would almost enjoy the movie more if there was some variety to it.

Take the movie "La La Land" for example. Spoiler alert, the best part is that Mia and Sebastian don't end up together.

Call me cynical, but it was almost refreshing to watch. In a magical turn of events, the two people viewers thought were getting to stay together forever, don't.

We need more films like that-less straight, less predictable. I know people enjoy it when it's like that.

People I know hate the formula of these movies, but still fall prey to them every single time, even though they know they hate the predictability.

Except there are a few things that can make the movies just as predictable, while still being enjoyable.

What if we take the movie "Isn't It Romantic?" The protagonist, Natalie, says that her life isn't a rom-com, but

then it quite literally becomes one.

In the movie, Josh, Natalie's coworker and love interest in the 'real world,' falls for a model in an alternate universe, who's name is Isabella.

What if instead, Natalie falls in love with Isabella in the alternate universe?

I feel like that would be so much more entertaining. It also shows a perspective that some people may not be used to.

Money obviously matters to Hollywood, but the way they balance everything out seems really extreme to me.

They continually make movies that say that people should go for it even though they never do.

So, Hollywood, why do you do that? Why won't you stop being a hypocrite and take your own advice?

I know you want to see it too, Hollywood. So do us a favor and make it.

Katja Benz is a junior English major. She can be reached at 581-2812 or kkbenz@eiu.edu.

Philosophy**You need to have more than just consent before having sex**

Lots of us have sex, and many of us too have been told the importance of informed, enthusiastic consent. Ensuring that a sexual partner is fully informed and voluntarily agrees to any and all acts you two may perform is important because it ensures that both parties want to engage in sexual activity, and it ensures that both parties understand what they are agreeing to.

But is that the end of the story?

Feminist scholar Ellie Anderson questions whether consent is sufficient for ethical sex in her article "The Limits of Consent in Sexual Ethics," arguing that even if consent is enthusiastic or affirmative, it allows for victims of sexual assault to be silenced if the abuser were to claim, "But they consented, so I did nothing wrong."

Furthermore, seeing consent as a "red light or a green light," as Anderson claims, prevents people from understanding how to pay close attention to the nuanced desires of their partner. Instead, women are more

**Ian Palacios**

often expected to learn to care for men's desires, but men are not expected to do the same.

Focusing on just consent hides any change in the desires of each party. Since what we want fluctuates as time and circumstances change, viewing an encounter as pre-consent and post-consent hides how a partner's attitudes and wants shift as a sexual encounter progresses.

Joseph Fischel, associate professor

at Yale University, claims in his book "Screw Consent" that "consent talk at best diminishes and at worst perverts our sexual justice politics," which happens because consent has been defined as an "enthusiastic, imaginative, creating yes-saying." This conception of consent, however, is harmful because it construes non-enthusiastically desired sex as sexual assault and worsens the person's perception of their injury.

Fischel claims that even consensual sex can be "really bad, and usually worse for women." So, even if a sexual encounter was consensual, if we focus on just consent, we won't consider the other important relevant factors. As Fischel claims, "the consent-as-enthusiasm paradigm...divides sex into the categories awesome and rape."

To solve these issues, professor of philosophy Rebecca Kukla claims that we should use "invitations" to signal a desire for sex, as opposed to asking for consent.

"The consent model distorts our

understanding of how a great deal of sex is initiated, including in particular, pleasurable, ethical sex," Kukla states. When someone asks for consent, they are asking for permission to do something, which excludes the other party from being an active participant.

However, when someone offers an invitation, instead of agreeing or disagreeing as you would a request, you can either accept or decline. Asking for consent expects a response, and it would be uncomfortable to straight up say no. To invite, however, allows both parties to actively join doesn't require a response other than "Thanks." This prioritizes both parties' willingness to participate, while minimizing any coercion or force.

So, next time you talk to someone about sex or consent, consider offering an invitation instead.

Ian Palacios is an English and philosophy major. He can be reached at 581-2812 or at impalacios@eiu.edu.

QUESTION OF THE WEEK:

DO YOU THINK SEX SHOULD BE TALKED ABOUT MORE IN SOCIETY?

CHECK OUT DAILYEASTERNNEWS.COM TO SEE WHAT OTHERS ARE SAYING

Panthers on 5-game conference win streak

By Adam Tumino

Sports Editor | @adam_tumino

Late-game heroics from guard Kira Arthofer completed a comeback for the Eastern women's basketball team against Southern Illinois-Edwardsville Monday night.

Arthofer drove into the paint and scored with 0.3 seconds remaining in the game, giving the Panthers a 70-68 win, their fifth-straight win in conference play.

The Panthers are now 8-4 against OVC opponents, winning seven of their last eight games after a 1-3 start to conference season. The win was also the 400th of head coach Matt Bollant's career.

Arthofer's game-winning shot capped a 12-4 run for Eastern in the final five minutes of the game, turning a 64-58 deficit into a narrow victory.

Arthofer finished with 10 points and team highs in steals and assists with four in each category.

Guard Lariah Washington led all players with 22 points on 8-of-15 shooting while guard Jordyn Hughes added 16 points while going 3-of-5 from three-point range.

For the Cougars, Gabby Nikitinaite led the way with 15 points, 11 of which came in the first half.

The scoring pace for both teams was slowed after a high-scoring first quarter, which saw Eastern outscore Southern Illinois-Edwardsville 25-24.

Eastern's shooting struggled for much of the second half. They shot 17-of-30 in the first half but just 8-of-27 in the second half.

Free-throw shooting was a major factor that kept the Panthers in the game. They went 12-of-14 from the line in the second half while the Cougars went just 2-of-8.

Free-throws have been a strong point for the Panthers who are shooting 75.7



BY ROB LE CATES | THE DAILY EASTERN NEWS

Eastern guard Kira Arthofer drives to the basket in the Panthers' game against Southern Illinois-Edwardsville on Jan. 31 in Lantz Arena. Arthofer had six points and six assists in the game, which Eastern won 89-65.

percent from the line as a team.

The Cougars are shooting 70 percent from the line as a team this season but shot just 53.3 percent Monday.

Eastern is still in fifth place in the conference with six games remaining

before the OVC Tournament.

The Panthers will put their win streak on the line at home Thursday against Tennessee Tech at 5 p.m.

The Golden Eagles are second place in the OVC with a 9-3 conference re-

cord and gave the Panthers their last loss back on Jan. 24. Eastern lost that game 65-60.

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COLUMN

Roadmap to Evansville for Eastern's basketball teams

With less than a month remaining in the regular season, the Eastern men's and women's basketball teams are making the final push for Evansville and the OVC Tournament.

The women's team is currently in fifth place with an 8-4 conference record and is already guaranteed a trip to Evansville for the third-straight season.

Even if the Panthers lose out, they will post an 8-10 conference record. Ninth-place Southeast Missouri already has 11 conference losses this season.

Seeding is still up for grabs, and the Panthers have three games left against teams above them in the standings. They have already played fourth-place Murray State twice, splitting the season series with the Racers.

Next up is a game against second-place Tennessee Tech. They then play conference leaders Belmont Feb. 17 and third-place Austin Peay for the season finale on Feb. 26.



Adam Tumino

Eastern has lost to each of those teams once this season.

The road for the men's team got slightly more challenging Monday with a loss to Tennessee Tech that dropped them to ninth place in the OVC and put Tennessee Tech in eighth.

The three teams currently above Eastern in the standings are all within reach, and the Panthers will play their next three games against these teams, giving them a chance to make up some ground in the standings.

They have a rematch with Tennessee Tech at home on Thursday.

They then host sixth-place Tennessee-Martin on Saturday before playing seventh-place Austin Peay on the road Feb. 14.

Wins in those three games will put Eastern into a tournament slot with five games remaining.

The OVC Tournament will take place from March 2 through March 5, and will be the last OVC Tournament to feature some of the top men's and women's programs in the conference.

Austin Peay, Belmont and Murray State will be leaving the conference this summer.

The Austin Peay women's team is currently third in the OVC while the men are in seventh.

Belmont's men's and women's teams both have 10-2 records in conference play. The women are in first while the men are in third.

Murray State's men's team leads the OVC with a 12-0 conference record and are ranked No. 23 in the nation in the latest AP Poll, becoming the first OVC team to be ranked since



2015. That distinction also belonged to the Racers.

The Murray State women's team is 8-4 and in fourth place.

Eastern's inclusion in the tournament will mean different things for the men's and women's teams.

For the men, it will be a positive step toward success in Marty Simmons' first season as head coach.

For the women, it will be another step toward sustained success under head coach Matt Bollant.

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Men's basketball team falls to 9th place in OVC

By Autumn Schulz
Assistant Sports Editor | @autschulz

The Eastern men's basketball team allowed Tennessee Tech to snap their six-game losing streak Monday evening after losing 84-58 in Cookeville.

It was the first of two games this week against the Golden Eagles. The loss has put the Panthers at 4-19 overall and 2-8 in the OVC, pushing them down to ninth place in conference.

The Panthers struggled on both sides of the ball Monday evening. They ended the contest with a 42.3 field goal percentage and a 31.8 three-point percentage, going 7-of-22 from the 3-point line. The Panthers were outrebounded 37-23, allowing the Golden Eagles to score 22 fast break points.

The Panthers had three players in double digits with junior guard CJ Lane leading the way with 14 points, going 4-of-10 from the field with one rebound. Sophomore guard Dan Luers had 10 points, going 4-of-8 from the field with four rebounds and five assists. Freshman forward Rodolfo Bolis finished with 11 points, going 5-and-9 from the field with three rebounds and one assist.

The Panthers hung with the Golden Eagles throughout the first half as the score was 41-31 in favor of the Golden Eagles going into halftime. However, the Golden Eagles picked

up momentum in the second half and took control as the game progressed.

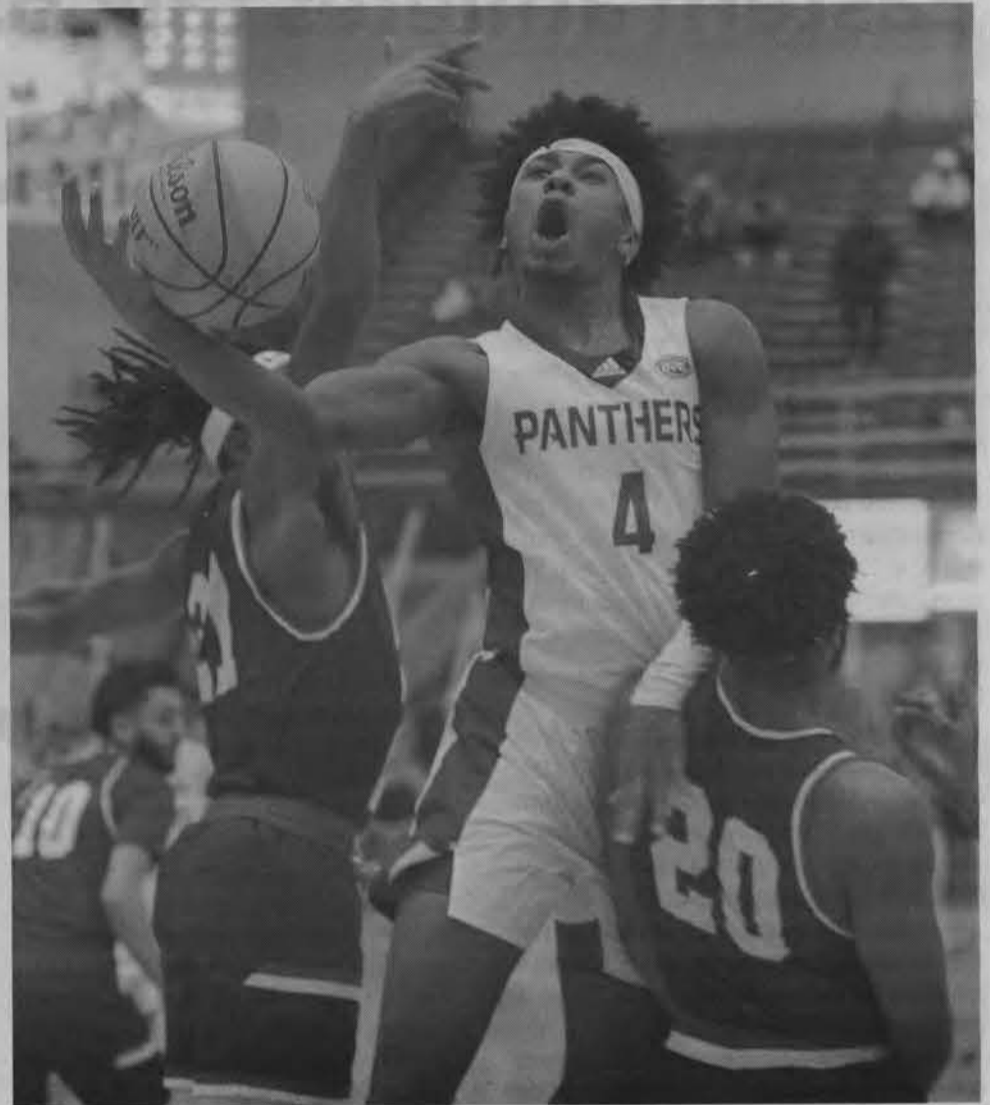
The Golden Eagles are now in eighth place in the OVC with the win over the Panthers. They are now 6-18 overall and 3-8 in the conference but are 1-11 when it comes to away games.

The Golden Eagles finished the contest with a 55.4 field goal percentage and a 50 percent from the 3-point line, going 14-of-28. The Golden Eagles were efficient off the bench with 35 points, and they were just as efficient in the paint with 28 points. 25 of their 37 rebounds came from the defensive end of the ball.

The Golden Eagles had four players in double digits with junior guard Jr. Clay leading the way with 23 points, going 8-of-11 from the field with four rebounds and three assists. Freshman forward Kenny White Jr. put up 17 points for the Golden Eagles, along with seven rebounds and five assists.

Junior forward Mamoudou Diarra finished with 14 points and three rebounds while sophomore guard Keishawn Davidson had 11 points, four rebounds and eight assists.

The Panthers will take on the Golden Eagles once again later this week on Thursday evening at Lantz Arena starting at 7:30 p.m.



BY ROB LE CATES | THE DAILY EASTERN NEWS

Eastern guard CJ Lane goes for a layup in the Panthers' game against Tennessee State on Jan. 29 in Lantz Arena. Lane had four points in the game, which the Panthers won 62-57.

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Athletes of the Issue

DUSTIN HATFIELD



Redshirt-junior Dustin Hatfield continued his historic career as a member of the Eastern track team at the Notre Dame Mayo Invitational over the weekend.

Hatfield won the 3,000 meters with a time of 8:01.54, setting a new program record in the process. The time also ranks first in the OVC this season.

AKIYA KOLLORE



Sophomore Akiya Kollore had strong performances in several events at the Notre Dame Mayo Invitational over the weekend.

She placed eighth in the prelims of the 60 meter hurdles with a time of 8.72 and placed 12th in the 60 meter semifinals with a time of 8.85. She also set a new career best in the 200 meter, finishing 12th with a time of 25.04.

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Eastern athletes talk balancing dating, sports

By Autumn Schulz

Assistant Sports Editor | @autschulz

Excelling at their sport, avoiding sickness and injury during a global pandemic, and managing time between athletics and academics are just some of the challenges that collegiate athletes face. However, many forget that some athletes face an even greater challenge outside of their sport, dating.

Many coaches, parents, and even fans believe that dating should be the last thing on an athlete's mind if they are fully committed to their sport. However, Stephen Elmore, who served as a long snapper for the Eastern football team for four seasons, said that dating during season was anything but a distraction.

"I disagree that dating during the season is a distraction. My wonderful girlfriend Alex Mann helped me destress from the daily grind of practice and then when it was gameday I knew that I had my biggest supporter in the stands," Elmore said.

Monique Peterson, who is currently a redshirt-sophomore on Eastern's women's golf team, said that it is only a distraction if the relationship is toxic.

"I don't think dating during your season is a distraction. If it's an unhealthy or toxic relationship, then that's when it becomes a distraction," Peterson said.

Managing time between their sport, their classes, and being their own individual person outside of their sport is something that all athletes must learn to do. Throwing in being a committed significant other to the mix can be difficult, but Elmore believes that an understanding partner can help with that.

"Time management can be hard, especially in season, but it's important that your partner understands that you as an athlete have a responsibility," Elmore said.

Peterson said that people make time for the things that matter to them, no matter the circumstances.

"I believe that you make time for the



things that matter most to you," Peterson said.

Even with good time management, prioritizing time for your significant other is something that can be difficult, especially while in season. Elmore said putting academics and athletics first comes with being an athlete in college.

"It comes with being an athlete in college. Academics and athletics come first and then at the end of the day you can relax with your significant other," Elmore said.

Peterson, on the other hand, said that making your priorities known at the beginning of a relationship makes it easier for both parties.

"I've never felt like I had to prioritize my significant other over my sport because I make it known what my priorities are in the very beginning," Peterson said. "However, dating another athlete makes it easier because most of the time, they understand the busy schedules."

Both Elmore and Peterson said that despite all the challenges of dating as an athlete, having a consistent support system makes it all worthwhile.

"Hardest thing is being away from your person, but you always know that they are watching on TV," Elmore said. "The best thing is that you have a support system, and it makes it easier on an athlete."

"The hardest thing about dating as an

athlete is not having time to go and do things that are spontaneous," Peterson said. "I would say dating as an athlete definitely has its positives. You have that consistent support! It's the best."

The advice for other athletes that want to pursue dating from Elmore and Peterson is clear, find the right person and go for it.

"Find the right person. Someone who supports you no matter what," Elmore said.

"Go for it! Time management and communication are very key in relationships," Peterson said.

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Hatfield, Marcos make Eastern track history over weekend

By Adam Tumino

Sports Editor | @adam_tumino

Saturday was not the first time that Dustin Hatfield and Jaime Marcos made Eastern history.

That was when Hatfield set a new Eastern track record in the 3,000 meters, winning the event at the Notre Dame Mevo Invitational with a time of 8:01.54.

The time also ranks first in the OVC this season.

In the same event, Marcos placed third with a time of 8:03.43, which ranks third in Eastern history and second in the conference this season.

Hatfield and Marcos achieved a similar feat back in October during cross country season.

While running in the Louisville Classic on Oct. 2, Hatfield set a school record in the men's 8K with a time of 23:28.2, placing seventh overall.

Marcos finished 12th in that event, coming in at 23:41.4, which was the

second-fastest time in Eastern history.

Hatfield has had a heavily-decorated career at Eastern, and last semester was named OVC Male Runner of the Year in cross country.

He made it to the NCAA National Championships as well, becoming the second-highest finisher in program history after placing 22nd overall.

He has been awarded eight combined All-OVC honors from track and cross country in his career.

He was named the OVC Male Indoor Track Athlete of the Year in 2020 and OVC Freshman of the Year in cross country in 2017.

Marcos was named first team All-OVC for cross country last semester after finishing second in the conference championships. He also received All-OVC honors for cross country in 2019 and 2020.

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ROB LE CATES | THE DAILY EASTERN NEWS

Eastern runners compete in the men's mile at the EIU John Craft Invite on Saturday in the Lantz Fieldhouse. Jaime Marcos (3) finished first with a career-best time of 4:12.83.