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Daily Eastern News: June 10, 2010

Eastern Illinois University

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Injuries threaten athletes

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FINAL EXAMS



JENNIFER BROWN | THE DAILY EASTERN NEWS

Marvin Cosby, senior political science major, is studying for his upcoming nutrition final on the fourth floor of Booth Library Wednesday evening.

Students study for final exams

By Pablo Rodriguez
Campus Editor

Eastern's first session of summer classes is coming to an end and final exams are right around the corner.

Students prepare for the end of the four-week session by studying for upcoming finals.

Rachel Raper, senior English major, said she is taking the classes American Literature and Spaceship Earth.

"I had to have them to complete a degree requirement because English education majors can't take any classes in the summer before they student teach," she said.

Raper said she currently has A's in both of her classes, and she has studied the past few days for final exams.

Danny Haffui, senior economics major, said he is also taking two classes to meet graduation requirements.

"I'm taking Money and Banking, and Intermediate Macroeconomics so I can graduate in December," he said.

Haffui said summer classes can be more challenging because students have to learn a lot of material for their classes in a shorter period of time.

William Searle, an English professor said he will begin teaching the courses Myth and

Culture as well as Composition and Literature next Monday in the six-week summer session.

Searle said in order to do well in summer classes student must sacrifice other things.

"I think you really have to keep your nose in the grind so you have to be willing to sacrifice good times even if it means working in the weekends," he said. "Mainly because they will try to fit in a 17-week course into four weeks, six weeks or in some cases eight weeks."

Ahmed Abou-Zaid, a professor of economics, said he is teaching courses such as Money and Banking and Financial Markets during the sum-

mer sessions.

Abou-Zaid said there is no time to relax, even during the summer.

"In the regular semester, you have four months, but in the summer semester just four weeks," he said.

Abou-Zaid said preparing inside and outside of class will help students do well in classes.

"I believe that you have to prepare before class, focus in class and study after class," he said.

Pablo Rodriguez can be reach at 581-7942 or at jprodriguez@eiu.edu.

COMMUNITY

Local fishing derby continues tradition

By Alesha Bailey
Activities Editor

Inspired by one man's passion for fishing and children, a local fishing derby became an event celebrated for approximately 20 years.

The Alex Russell Memorial Kids' Fishing Derby is held in Alex Russell's honor.

Joy Russell, Alex Russels' widow, said her husband began the fishing derby with someone who worked for the city of Charleston.

Both members of a fishing club, Russell said they started the children's fishing derby in collaboration with the city of Charleston.

DERBY, page 5

ACCIDENT

Driver cited for 3 violations

By Charles LeGrand
Assistant Online Editor

The truck driver in the I-57 accident on Memorial Day evening has been issued citations by the Illinois State Police.

Everette N. Van Duzee, 55, of New Iberia, La., has been charged with reckless driving, failure to reduce speed to avoid an accident and log book violation, Illinois State Police District 10 officials announced last Friday.

The multi-vehicle accident claimed the lives of three Mississippi women and injured 13 others, two

of them in critical condition. Van Duzee was driving Northbound pulling 42,000 lbs. of cargo when he smashed into a small SUV and created a chain reaction of collisions.

The Champaign, News-Gazette said last Wednesday there is no indication drug or alcohol use was involved. Illinois State Police said they still believe driver inattention or distraction was involved.

Memorial Day marked the last day of Driver Distraction Month.

Charles LeGrand can be reached 581-7942 or crlegrand@eiu.edu

WEATHER TODAY



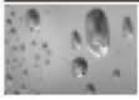
Mostly Sunny

HIGH 85° Today we will continue to see high temperatures in the mid 80s. Winds out of the south east will be coming in calmly. Expect showers later in the evening Friday and then a chance for showers again Saturday afternoon.

WEATHER TOMORROW



Friday Mostly Cloudy High: 88° Low: 71°



Saturday Chance Rain High: 90° Low: 72°

For more weather information: www.denn.com/weather

CAMPUS BRIEFS

Eastern Emergency Notification System to take place today

Students and staff should not be alarmed to hear the sirens going off today and tomorrow. The Eastern Emergency Notification System will be activated periodically until the upgrade is complete.

Roads to close Monday

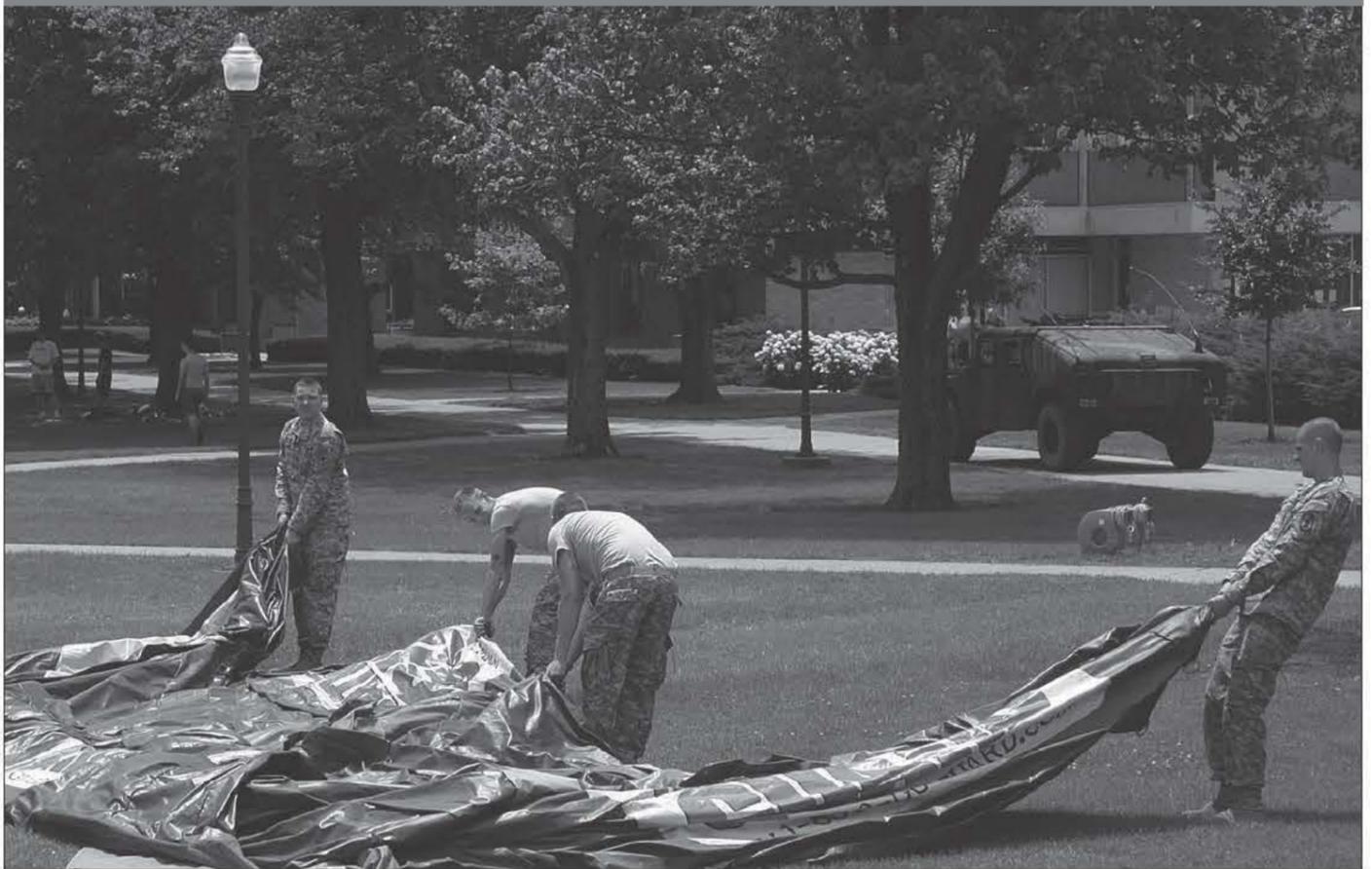
Students and staff should be aware that certain road closures will begin on Monday. Seventh Street from the existing Steam Plant to Grant Avenue will be closed June 14 through July 18. Road closures will continue through the summer, so students and staff should be prepared.

Cavaliers drum and bugle corps to hold performance

On Saturday, the Cavaliers Drum and Bugle Corps will perform in O'Brien Stadium at 7 p.m. Everyone is invited. Admission is free. The Cavaliers have 150 people and are one of the most renowned in the world.

—Compiled by Sam Sottosanto, Editor in Chief

Overcoming Obstacles



JULIA CARLUCCI | THE DAILY EASTERN NEWS U.S. Army and National Guard start setting up their obstacle course in the South Quad Wednesday afternoon for Premier Boys State. For a photo gallery of the event go to DENNews.com.

ONLINE TEASERS



Green blog: Green Summer

Assistant Photo Editor Jennifer Brown blogs about how to stay "green" this summer. Read her blog at DENNews.com.



Relationship blog: Listen

Online Reporter Jordan Boner writes about listening and relationships. Read his blog at DENNews.com.



Photo Gallery: Titan Arum

Eastern's Titan Arum, "the Velvet Queen," bloomed yesterday. Photos were taken every hour. Check them out in a photo gallery at DENNews.com.

CORRECTIONS

In Tuesday's edition of The Daily Eastern News, information about the Titan Arum was incorrect. The last time the Titan Arum bloomed at Eastern was in 2008. The Titan Arum is the largest flowering plant. Douglas Paige actually drove 450 miles to see his daughter, Robyn Carr, and they just happened to see the plant on his visit.

THE DAILY EASTERN NEWS

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

Contact If you have corrections or tips, please call: 217-581-7942 or fax us at: 217-581-2923

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Production Staff Editor in Chief: Sam Sottosanto Managing Editor: Kristin Jording Copy Editor: Jordan Boner Copy Editor: Alesha Bailey

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'Steps It Up' encourages more physical activity

Eastern faculty prepare to walk in this year's Steps It Up program in hopes of walking longer distances on campus.

By Kristin Jording
Managing Editor

Eastern will step it up from June 14 to August 8 by encouraging employees to increase their physical activity.

Julie Benedict, training and development specialist in human resources, said last year was the beginning of the EIU Steps It Up program.

The program started as a project for intern Pauline Matthey and graduate assistant Kristen De Vito.

Benedict said Matthey and De Vito created, marketed and maintained the challenge.

"The beauty of the challenge is that all your steps throughout the day are counted whether you are an avid walker or one that just wants to increase their physical activity," she said.

Benedict said the program last year included approximately 120 people who walked a total of 22,907,114 steps, which is equal to 11,454 miles.

"Employees will use a pedometer to keep track of steps, but unlike last year, the program will count biking as well as walking," she said.

The Center for Academic Technology Support established a website for the program, which keeps track of individual points as well

"If I don't reach my goal of 10,000 steps per day, I will start parking further from my building and making a point to walk more at night."

Linda Ghent,
economics professor

as team points.

Benedict said program officials will tally up all totals submitted and determine the individual who walked the most steps as well as the team that collectively walked the most steps.

Last year's winner was Sandy Bingham-Porter who works for Information Technology Services. She had the most steps, which added up to 897,000.

Lionel Sanders, construction project coordinator of Facilities Planning and Management, came in second with 555,361 steps.

Benedict said the challenge encourages employees to take the stairs instead of the elevator, park further away from the building and walk during breaks.

Linda Ghent, economics professor, said she wants to walk between 10,000 and 12,000 steps a day.

"If I don't reach my goal of 10,000 steps per day, I will start parking further from my building and making a point to walk more at night," she said.

Ryan Siegel, campus energy and sustainability coordinator, said his goal for the competition is to be one of the top 10 walkers.

Siegel said he is on a team from his department.

He said he was encouraged to participate by co-workers who participated in the program last year.

"This year there are multiple facility teams, so it will increase the competition within the department," he said.

Employees must register by the first day of the challenge, June 14. Employees can sign up individually or with teams of five.

More information can be found at <http://www.eiu.edu/~humanres/eiusteps.php>.

Kristin Jording can be reached at 581-7942 or at kjording@eiu.edu.

Velvet Queen blooms



JULIA CARLUCCI | THE DAILY EASTERN NEWS

Her name is "The Velvet Queen." She was named in 2008 when she bloomed for the first time. The Velvet Queen has had many visitors these past few days. People came from around the city to see and smell her. The Velvet Queen is a Titan Arum, a species of flowering plant that is known for being the largest unbranched inflorescence in the world.

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

STAFF EDITORIAL

Governor encourages students

Taking time out of his busy schedule, Gov. Pat Quinn encouraged participants of the Premier Boys State to develop awareness about politics and service on Monday.

Premier Boys State takes place each summer at Eastern.

In the past, former governors would come and give words of encouragement to the high schoolers. However, this has not happened in the last few years.

Quinn said he hoped the boys taking part in the event come out inspired by this experience.

By speaking about his experiences and involvement during his political career, it provided the boys with a positive aspect about the government and officials.

Quinn's speech was presented to the crowd in a down-to-earth manner, relating to their needs and issues. Realizing that certain government officials care about the people inspired many to make a difference.

Quinn also gave honor to the American Legion for sponsoring Boys State and including the Illinois soldiers who are serving overseas.

With the words of advice and encouragement, the participants had a great advantage that should not be taken for granted.

It is not everyday the governor comes to Charleston, let alone Eastern. This was an opportunity of a lifetime.

The continuance of governors coming to Boys State should be a tradition forever at Eastern.

Letter to the Editor

As a study abroad coordinator at EIU, I enjoy hearing EIU students' perceptions of study abroad. I was delighted to see Tuesday's editorial "Summer best time to study abroad for EIU students."

However, had I written the editorial, I might have changed the headline to "Summer best time to study for *many* EIU students."

I speak partially from my own experience.

1. Sometimes one summer term just isn't enough. This is especially true when studying language. I studied in Japanese for three semesters. I became fluent in locals easily. This could not have been accomplished in one summer term.

2. Summer is the most crowded time for many tourist destinations. When I studied in Italy in January, our group visited the Leaning Tower of Pisa to snap pictures—and we had practically the whole city to ourselves!

3. Studying abroad for a longer period of time provides students with more independence. The writer(s) of the editorial asserted that students who study abroad longer might get homesick. This is certainly true. However, by fighting through the homesickness, students become more independent and learn their own inner strength.

4. Sometimes the winter season actually provides the best weather. I studied in Cuba in December and January, which was a wonderful break from the snowy Midwest. It was warm enough to swim at the beach, but not as unbearably hot as the Cuban summer.

-Lisa Brown
Study Abroad Coordinator

COLUMN

BP needs to stop the spill

The oil spill is a big crisis. The U.S. government and celebrities in Hollywood are trying to step in to do what is right, but it could reach the dangerous phase soon.

It is not only killing off species along the shores of the Gulf, but also affecting the water of the residents who live in the area.

It is estimated that over 100,000 barrels of oil are going into the Gulf each day. What does it take for someone to get down there and plug a leak?

BP Oil is responsible for this oil leak and they are trying to fix the leak. With oil spilling into the Gulf, an area as large as South Carolina, I don't know how they are going to do this safely and without endangering wildlife.

How are they going to filter out the oil so the local water is safe for the residents to drink out of the faucet? This is an irresponsible act that could become very dangerous and hazardous if this oil



Jennifer Brown

spreads to other bodies of water connected to the Gulf.

A newscaster last night referred to this oil spill as bad as Hurricane Katrina.

I have to disagree with that due to the fact that a hurricane, just like any storm, is temporary.

It doesn't make species extinct or make complete bodies of water unsafe.

We are fortunate to live in a country where we have safe drinking water, but now these residents

have to be concerned where their water is coming from.

Farther back in their mind, I'm sure they are wondering who is going to stop this from continuing in the future.

Barack Obama is stepping up and doing his part to stop the oil leaks. He is angry and he wants someone to blame. So, go ahead. Blame BP Oil.

There has to be somebody that first initiated this.

And, that same person has to be held responsible to bring it to an end.

Or there's going to be food shortages and short water supply in these areas that are affected by the oil spill. These areas will be affected by job loss and health costs will rise.

Jennifer Brown can be reached at 581-7942 or jebrown2@eiu.edu.

FROM THE EASEL



ILLUSTRATION BY ALESHA BAILEY | THE DAILY EASTERN NEWS

COLUMN

Tenure under fire around the country

This article is courtesy of Illinois State University's newspaper, The Daily Vidette. To read more, log on to <http://www.videtteonline.com>.

Tenure is being pulled into question in many states as to whether it is necessary or if teachers can feel safe in their position without it. Colorado, Florida and Washington D.C. are looking to eliminate tenure for teachers.

Washington, Maryland and Ohio are working to extend the number of years it takes to receive tenure, but all ideas are still in the works.

Teacher effectiveness in the classroom has been under scrutiny after they've received tenure and many feel getting bad teachers out of the classroom needs to become easier.

In the experiences we have had with tenured teachers, it seems many, but not all, who have worked hard toward tenure have slacked ever since. It's all about motivation. If the teacher is only motivated to get tenure just to be safe in their job, they probably won't be as motivated to be an exceptional teacher after the fact.

What is even more frustrating is teachers with

tenure are hardly affected by student evaluations at the end of each semester. Whether they receive good or bad reviews, they are safe in their job. If it does come to the attention of their superiors, they'll get a slap on the wrist and then go about their ways. Students become frustrated at this. If student evaluations do nothing for tenured teachers then what's the point?

Many teachers in the K-12 grades can receive tenure in as little as two years on the job. Once tenure for these teachers is received, what would keep them working as hard as they did to receive it?

Budget cuts in Illinois may also have teachers on edge when it comes to cutting tenure. If tenure is cut in Illinois, many more teachers who have been around for a long period of time could potentially lose their jobs.

Tenured teachers have the advantage of job safety whether they are considered great teachers or not. Many tenured professors at ISU do take student evaluations seriously and work on their weaknesses to better educate their students. It is these teachers that need the positive attention and job security that tenure would give them.

The teachers who do not take student cri-

tiques to heart are the ones to worry about. Students are frustrated semester after semester when their evaluations prove to do nothing to change the way a professor teaches their students.

There are laws that cover teachers when it comes to termination due to personal vendettas or discrimination, which should protect teachers.

Tenure was first put into place around World War I to protect teachers against being fired for reasons having nothing to do with their work ethic such as race, political views, gender or even if a teacher got pregnant.

It is obvious with the times we are in now that teachers no longer need this protection as much. There should be stronger requirements for teachers to receive this honor and they should be evaluated by superiors and forced to change if student evaluations are proving the need is there.

The need is everywhere to have top-of-the-line teachers in every school whether it is in kindergarten or college. Education is the most important thing in a youth's life and if the teacher is not motivated to find the best way to educate, then the students are not going to be motivated to learn.

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.

FINAL EXAMS

Robotics camp teaches children

By Jennifer Brown
Assistant Photo Editor

The Rick Anderson's Robotics summer camp offers children ages 8 to 14 an opportunity to create singing and dancing robots.

The robotics workshop gave the children hands on experience teaching robots simple task such as walking in a line and a dance.

Rick Anderson, assistant professor of mathematics, said the children are not learning by lecture, but instead by trial and error.

"They need the robot to do the task in order for them to finish their project," he said.

Anderson said the program teaches the children the S.T.E.M. (Science, Technology, Engineering, Math) principal.

"It teaches classroom robots using forces and friction," he said. "It uses computers and programming. It teaches speed, rate and time."

Anderson said students learned how to move robots, make sounds and faces.

"The robots are called mind storms," he said.

During the program, the children were introduced to sensors. Anderson said putting a sensor in a robot will prevent the robot from running into walls.

By the middle of the course, Anderson said the robots could dance, follow a line, and go through a maze.

"Robotics is engaging," he said. "It leads to logical thinking and debugging of programs."

Eli Wilson-Brown, 9, said he has never seen robot before this class.

"This was my favorite workshop," he said.

Wilson-Brown said he attended art camp in previous summers, but he liked the robotics camp much better.

"I don't like art too much," he said. "I like learning how to program the robots."

Jay Dawson, 9, said his father found the program for him because he enjoyed working with legos.

"I like legos," he said. "I didn't know anything about robots before."

Dawson said everything he learned was new but exciting.

The robotics summer camp began June 7 and will continue until June 11 in room 3013, Old Main.

Jennifer Brown can be reached at 581-7942 or jebrown2@eiu.edu.



JENNIFER BROWN | THE DAILY EASTERN NEWS

Jay Dawson, 9, starts to test-run his robot he has built during the Robotics Academy Tuesday afternoon. This was the afternoon where students were taught to put sensors into their robots to make them stop and go. Jay has only been to one other camp at Eastern which was an art conference.

JUMP, from page 1

Russell said the fishing derby was a way for her husband to combine his love of fishing and outdoors, along with encouraging children to fish.

"My husband was someone that really loved children. He was also somebody that really believed in giving back to the community," she said.

Russell said the fishing derby is an event the entire community supports, and the support shows with the number of people that come.

"Depending on the weather, we have between 80 to about 110, 120 children that show up along with their parents and/or grandparents," she said.

Russell said she goes to the fishing derby every year as a way to be involved with the community.

"I am very pleased that the tradition my husband started is able to be continued in the community," she said. "We're looking at over 20 years that the tradition and his legacy continued."

C.J. Applegate, athletic supervisor for Charleston parks and recreation, said this is his eighth year attending the derby.

Applegate said sponsors such as Prairie Outfitters also support the event and provide money for prizes.

"We buy prizes, lots of fishing stuff. There's toys, some super soakers, slip and slides, rods, reels, stuff like that, and everybody gets those prizes for participating," he said.

The Alex Russell Memorial Kids' Fishing Derby will be held Saturday, June 12, at Lake Charleston.

Children between the ages of 5 and 15 can register at the lake from 8 a.m. to 8:30 a.m., and fishing is from 8:30 a.m. to 10 a.m. Individuals will have to bring their own fishing gear for the derby.

Alesha Bailey can be reached at 581-7942 or ambailey2@eiu.edu.

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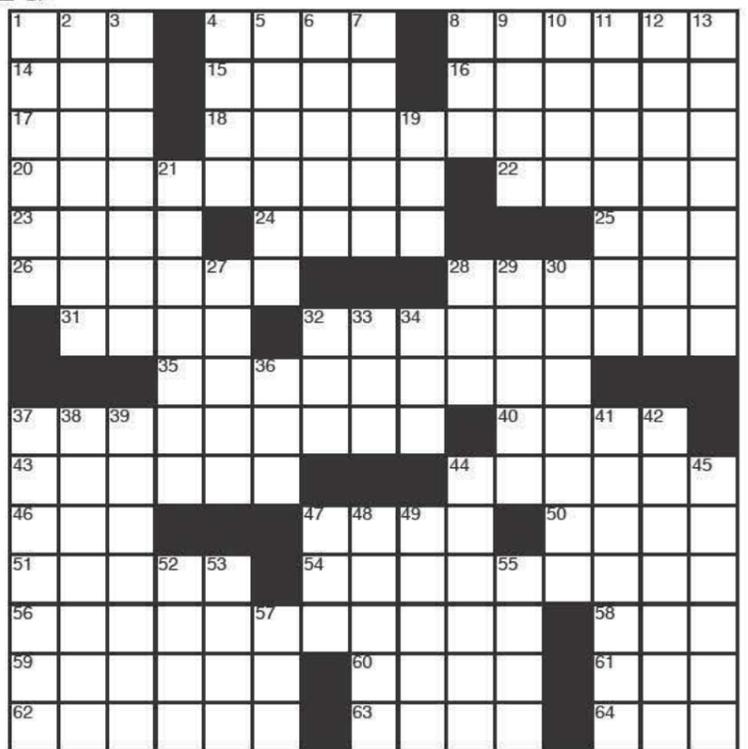


The New York Times Crossword

Edited by Will Shortz

No. 0506

- ACROSS
- 1 ___ City (computer game)
 - 4 Columbia org.
 - 8 N'awlins sandwiches
 - 14 Cable channel
 - 15 Actor Omar of "House"
 - 16 Surfing site
 - 17 Suffix with robot
 - 18 Barbecue comfortably?
 - 20 "Are your Southern breakfast vittles satisfactory?"
 - 22 Victorious
 - 23 When doubled, a #3 hit of 1968 or a #1 hit of 1987
 - 24 Nonmigratory goose
 - 25 Some TV drama settings
 - 26 Anticipates
 - 28 Jeans brand
 - 31 Actress Merrill
 - 32 Marvelous golf club?
 - 35 Purple outfit?
 - 37 Rules regarding tile setting?
 - 40 Wild ___
 - 43 Won handily
- DOWN
- 44 "Little" title figure in a Beach Boys hit
 - 46 Enzyme suffix
 - 47 Stag
 - 50 "___ Jury"
 - 51 Silents star Nita
 - 54 Big black bird?
 - 56 Passenger gorging on fried chicken and potato chips?
 - 58 Grossglockner, for one
 - 59 "Take your pick"
 - 60 Pulitzer winner James
 - 61 ___ chi
 - 62 Family of George's fiancée on "Seinfeld"
 - 63 Narcissist's love
 - 64 Preposition before now



PUZZLE BY DAN NADDOR

ANSWER TO PREVIOUS PUZZLE

S	A	M	M	Y	A	M	A	N	A	A	T	E	E	
A	R	E	S	G	O	N	E	R	T	H	A	N		
B	I	T	T	E	R	E	N	E	M	Y	A	E	R	O
I	D	O	I	D	O	A	D	M	I	R	A	L	S	
N	E	O	C	O	N	O	N	I	T					
M	O	N	I	S	M	S	R	E	M	Y				
M	Y	R	O	N	M	O	H	M	T	R	I	P	E	
T	A	L	O	N	M	E	R	R	A	C	E	R		
H	E	D	G	E	S	A	N	E	U	S	E	S		
S	S	S	A	M	Y	G	R	A	N	T				
I	S	O	T	O	P	E	S	O	M	E	N	I	I	
M	A	K	O	A	L	L	B	Y	M	S	E	L	F	
O	L	E	N	C	I	R	C	E	T	R	E	E		
K	A	Y	E	E	A	S	E	D	S	T	D	S		

- 5 They come with strings attached
- 6 Lace
- 7 Lion of Narnia
- 8 Org. that usually has a fall start-up meeting
- 9 "___ be in England": Browning
- 10 Lived
- 11 Carousing
- 12 "Don't evade the question!"
- 13 Hamlet, to Claudius
- 19 A corrosive
- 21 Snarling
- 27 Pâtisserie offering
- 28 Animal with a silent head?
- 29 Numbskull
- 30 It went down in history
- 32 3.0, e.g.
- 33 Opposite of FF
- 34 Numbskull
- 36 Municipal pol.
- 37 19th-century farmer
- 38 Karen's maid on "Will & Grace"
- 39 Egg foo yung dishes, basically
- 41 Measure the strength of, in a way
- 42 Book burrower
- 44 Sushi offering
- 45 Kind of doll
- 47 Restaurant V.I.P.: Abbr.
- 48 Met expectations?
- 49 Shelf
- 52 Morse bits
- 53 "Gotcha"
- 55 Not kosher
- 57 Sentence units: Abbr.

For answers, call 1-900-285-5656, \$1.49 a minute; or, with a credit card, 1-800-814-5554.

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INJURY, from page 8

Davis said the NCAA issued a new regulation for all collegiate athletes stating that after four or five concussions, an athlete is medically disqualified from sports.

When athletes come to Eastern, they are given a physical, and they are asked if they

have ever had a concussion.

The number of concussions an athlete has had prior to college is factored into the four or five.

Eastern has had a number of athletes that have been medically disqualified from sports

because of serious injuries.

Playing sports at the college level is not only an accomplishment, but it is also hard on the body.

Without proper care and treatment, an injury can lead to the end of an athletic career.

Staying aware and informed about injuries is the best way to have an injury-free career from a young age through college.

Abby Allgire can be reached at 581-7957 or at allgire@eiu.edu.

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00 www.tricountyng.com	00 FOR FALL 2010: 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 www.myei-home.com		00 Lincolnwood Pinetree Apts. has 1st semester apts. available beginning August 2010. 345-6000	00 OLDETOWNE APARTMENTS: 1, 2, & 3 BEDROOMS. CLOSE TO CAMPUS. 4 LOCATIONS TO CHOOSE FROM. 345-6533	00 Large 3BD house for rent, 2010-2011 school yr. W/D, HE A/C & HE furnace, trash included. 10-12 mo. lease, \$300/person. 549-5402
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VIEWS



Jennifer Brown

Tiger Woods should start cleaning up image

Tiger Woods will play in an Irish charity PGA tour next month, but his fans and supporters have to forgive his tarnished reputation.

It was only a few months ago when the scandal broke in the news, which uncovered the string of mistresses Woods allegedly paid off to stay quiet.

As a result, he lost endorsements, and most importantly, his squeaky-clean image.

Getting back into the spotlight may be the right decision for Woods.

This way, he can develop a clean break with a past that has gotten hidden with the media.

Woods' fans expect him to clean up his image.

Do fans have a right to Woods' private life? Or as fans, are we too wrapped up in the game?

When Woods came out with his tournament, he expected everyone to follow him as if nothing had happened.

Americans like scandals, and this is why we buy into celebrity news.

Tiger Woods may be the best pro golfer the Professional Golf Association has ever seen.

Over the years his skill has become indispensable.

He's one of the best golfers in the world, and by far the most recognizable.

He does have many positives going for him and he is still young.

He does have time to rebuild his reputation as American and international sports fans are forgiving of his errors.

Sports celebrities are often raised to a higher stature, and this could become a problem for some fans getting carried away.

Time will tell if Tiger Woods will be able to get back on top of his game.

He was known to have one of the cleanest reputations of anyone, and fans' eyes were opened when they realized he was just everyone else.

I like to think that his chance of getting his identity of the best pro golfer back is within reach, and certainly within reasonable measure.

The world will be watching, however, to see if he's still worthy of superstar status.

Jennifer Brown can be reached at 581-7942 or jebrown2@eiu.edu.

FEATURE

Injuries threaten athletes

By Abby Allgire
City Editor

Cassie Shear was at the end of her junior year when a hip injury ended her career on the women's soccer team.

Shear first encountered hip problems her freshman year when the team started doing a lot of lifting.

After having X-rays, Shear was diagnosed with a calcification on her hip.

A calcification is an extra piece of bone or calcium that grows onto the bone that is already there and can cause severe pain and discomfort.

The calcification on Shear's hip was already the size of her pinky when they found it.

Shear had the calcification removed and was expected to have a full recovery.

The coach pushed Shear back into playing before she was ready, and more hip problems followed.

Shear went through two more surgeries, where doctors determined that her hip did not fit correctly into the socket, so they had to shave down the bone and reshape her hip.

It took three years for Shear to get the correct diagnosis. Her late diagnosis was one of the reasons that she did not recover from this injury.



SAM SOTTOSANTO | THE DAILY EASTERN NEWS
A student in the Rec Center shoots a basketball during a game on Wednesday, June 9.

"Not playing has honestly been one of the hardest things," she said. "But it is hard enough getting through my daily routine without being in pain."

Shear started soccer at a young age and has been passionate about it ever since.

Her injury ended this passion.

"If I would have known back then that playing soccer would lead to this injury and pain I have today, I don't think I would have played," Shear said.

Ron Jordan, a former Eastern football player, also had his college athletic career cut short. Jordan started playing football when he was eight.

He played competitively his whole life, which is what led him to the Eastern football team.

Jordan had a shoulder injury his sophomore year of high school that was not diagnosed or treated properly, but he continued to play through it.

This injury led to a torn rotator cuff his junior year that ended his football career.

He went through five MRIs, eight X-rays and two surgeries before finally having a somewhat repaired shoulder.

Jordan now lives with a right shoulder that has limited range of motion.

Most young athletes dream of playing at the college level, but all sports come with a price. Constant practice and traveling to become the best at a sport can lead to injuries that end an athlete's career for good.

The most severe and risky injuries mainly have to do with the head, neck, and spine. Some other areas that can lead to crucial injuries are the shoulder and knee.

A majority of these common injuries can be prevented starting at a young age.

Aaron Haselhorst, assistant athletic trainer for the Eastern football team, said the most common career-ending injuries he has seen involve the head and spine.

He also said career-ending injuries can form when a particular body part has multiple injuries or surgeries.

Haselhorst said there is a higher risk of injury in high school athletes because at that age, they are still developing and weak.

Young athletes are also still learning their sport, which leads to poor form. Using the proper form in a sport can minimize the risk of injury.

Tom Wymer, a graduate assistant athletic trainer at Eastern, has spent most of his time around athletes in football, baseball, and women's soccer.

Wymer said he has seen a lot of baseball player's careers end because of rotator cuff injuries.

He said many of the soccer players have been held out of play for knee injuries.

Wymer added that the most severe injuries are usually the ones that keep having re-occurring problems, such as multiple shoulder dislocations.

Some of these injuries can lead to a lifetime of problems outside of athletics. Shoulder dislocations can cause shoulder problems for life that can affect daily routine.

There are mistakes that athletes, coaches and parents make that lead to a higher risk of injuries.

Some injuries are impossible to prevent, but the risk for most injuries can decrease if the proper steps are taken.

According to Wymer, the biggest thing that athletes do wrong is not reporting their injury when it first starts bothering them.

Many athletes think that it is just a body pain, and it will go away, however; this leads to a more severe injury since it wasn't treated right away.

Another thing athletes do wrong is not follow through with their treatment. Eastern head athletic trainer Mary Laingen said most athletes stop their treatment when the pain goes away.

By doing this, an injury can get worse and can lead to the end of a career.

Athletes also make the mistake of returning to competition too early.

Sometimes that extra week of rest can heal an injury.

According to Laingen, the number one contributor to serious injuries is specialization. More and more athletes are starting to specialize on one sport from a young age.

This leads to more injuries because these athletes are constantly working the same muscles and body parts, which puts more strain on them.

"When I was younger, your parents would put you in three or more sports, but now parents are having their children focus on one sport," Laingen said.

It is a myth that playing multiple sports raises the risk of injury.

Playing multiple sports does give different parts of an athlete's body a break.

For example, if a female athlete plays softball and soccer, during the soccer seasons, she is mainly working her legs and doing a lot of conditioning.

During the softball season, she is throwing, hitting and using her arms a lot more.

This takes strain off the legs during the softball season, and strain off the arms during soccer season.

If an athlete is determined to just focus on one sport, the best way to go about this is to take time off throughout the year; to have an off-season that involves only two to three days per week of the sport, and spend the rest cross training or doing low-impact activities.

The second-biggest factor in injury prevention is not playing sports year-round. The body needs a break from activity, especially at a young age.

This is one of the mistakes a lot of parents make. Parents have their kids in sports or activities year-round, which puts wear-and-tear on their body.

According to Wymer, the best ways for athletes to maintain an injury-free career is to make sure they strengthen all of the muscles in their body.

"Sometimes the smaller muscles get overlooked, even though those muscles are the most important," Wymer said.

Stretching is also of high importance to athletes. The looser the muscle, the less likely it is to strain or pull.

Wymer also said that some parents and coaches make the mistake of having athletes do too much at a young age.

For example, a baseball pitcher should not be throwing curveballs until at least 12 years of age.

Concussions are another big injury problem. According to Eastern graduate assistant athletic trainer Megan Davis, concussions are an injury that trainers and athletes have to be especially careful with.

Several concussions can lead to permanent brain damages.

Davis said the NCAA issued a new regulation for all collegiate athletes stating that after

INJURY, page 9

SPORTS SCHEDULE

NBA
LA Lakers at Boston
Thursday at 9 p.m.

NBA
LA Lakers at Boston
Sunday at 8 p.m.

NBA
Boston at LA Lakers
Tuesday at 9 p.m.

NASCAR
Sprint Cup Series at Pocono
Sunday at 1 p.m.

FIFA
RSA vs. Mexico
Friday at 10 a.m.

SPORTS SCHEDULE

MLB
Chicago Cubs at Milwaukee
Thursday at 2:10 p.m.

MLB
Detroit at Chicago Sox
Thursday at 2:05 p.m.

MLB
St. Louis at Arizona
Friday at 9:40 p.m.

MLB
Chicago Sox at Chicago Cubs
Friday at 2:20 p.m.

MLB
St. Louis at Arizona
Saturday at 8:10 p.m.