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September

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## Daily Eastern News: September 21, 2022

Eastern Illinois University

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THE WEEKLY EDITION  
**THE DAILY EASTERN NEWS**

' T E L L   T H E   T R U T H   A N D   D O N ' T   B E   A F R A I D '

September 21, 2022

MORE THAN A CENTURY OF COVERAGE

VOL. 107 | NO. 5

# YOU ARE WHAT YOU EAT



***Foodies' favorites: cultural  
restaurants around Charleston,  
pg. 3***

***How to eat like student athletes  
at Eastern,  
pg. 11***



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**Known figures on campus share favorite foods**

**By Adriana Hernandez-Santana**  
Feature Junior Editor | @DEN\_News

Food. The meaning behind the word can mean different things for different people. For some, food can mean a special event or a family get together. For others, food is what we use as fuel to get through our day.

Some say that food can even be considered a form of art. Food can even be used to help identify who we are as people and our own cultures.

There is one common theme that everyone has regardless of all the different foods in the world. Everyone has a favorite food.

Just like how every person on campus is unique, so is their favorite foods. Some of Eastern's staff and student body shared some of their favorite foods.

Glassman said he tries to maintain a very healthy and clean diet.

"I try to eat as healthy as possible and eat lots of salads, often with grilled chicken or shrimp," Glassman said.

Although he knows the importance of eating healthy, Glassman said that it's very important to treat yourself too.

"When I'm craving a treat, my go to food is pizza and vanilla shakes," Glassman said.

Eastern's mascot Billy the Panther, wanted to share his favorite food too. As for his decision, had a very solid reasoning behind his answer.

"Cookies; they're good for my memory," Billy said.

Even if it may not be for memory, the Vice President for Student Affairs Anne Flaherty can agree with Billy for enjoying something sweet.

According to her, a little bit of chocolate is perfect for her day to day life.

"Something I eat almost every day is chocolate," Flaherty said. "I always



BY ROB LE CATES | THE DAILY EASTERN NEWS

Dennis Malak shows off some of the candles he made at home in his garage on Friday, June 3.

have a piece of dark chocolate after lunch."

While some people may opt for something sweet, others on campus may prefer something savory instead.

Jasmine Yusef, speaker of the senate who is a senior double majoring in English and Philosophy, said tacos are a great food choice for everyone. She also mentions how her mom makes a wide variety of delicious tacos too.

"My mom is the most creative person I know and has made so many different kinds of tacos and they are always so good," Yusef said. "Tacos can be for everyone because they are so versatile and can be modified to fit dietary restrictions or different tastes."

Dennis Malak, the director of programming, publicity and promotion, enjoys a full course meal followed by a fun and delicious dessert.



ASHANTI THOMAS | THE DAILY EASTERN NEWS

President Glassman cheers along with the crowd after getting them ready for First Night's events Aug. 21

"I like to have a steak, cooked medium, with garlic mashed potatoes, sweet baby carrots," Malak said. "For dessert I like pineapple upside-down cake."

Micheal Gillespie, the director of faculty development and innovation center, likes to bake bread whenever he gets the chance.

When it comes to his favorite food, he gets the perfect combination between something refreshing and homemade.

"So, my favorite food is easy - homemade sourdough bread with fresh tomato slices and some kind of spread like hummus, goat cheese or roasted garlic, but it is really about the bread and tomato," Gillespie said.

*Adriana Hernandez-Santana can be reached at aihernandez@eiu.edu.*

**About**

The Daily Eastern News is produced by the students of Eastern Illinois University. It is published weekly on Wednesday, in Virden, 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 faculty. Additional copies can be obtained for 50 cents each in the Student Publications Office in Buzzard Hall.

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**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 to Editor-in-Chief Luke Taylor at 581-2812.

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If you would like to work for The Daily Eastern News as a reporter, photographer, columnist, cartoonist, copy editor, designer or videographer, please visit at the newsroom at 1811 Buzzard Hall.

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**FRONT PAGE COVER ART BY LUKE TAYLOR AND ROB LE CATES**

**WHAT'S HAPPENING SEPT 21 - SEPT 28**

**WEDNESDAY**  
Court Appointed Special Advocates  
1 p.m. - 651 Jackson Ave #13  
Mindfulness Through Yoga  
4:30 p.m. - Charleston City Hall  
Student Government  
7 p.m. - Arcola/Tuscola Room, MLK Jr. University Union

**SATURDAY**  
Tour De Charleston  
All Day - Around Charleston and Coles County

**MONDAY**  
Mindfulness Through Yoga  
4:30 p.m. - Charleston City Hall

**THURSDAY**  
Council on Academic Affairs  
2 p.m. - Witters Conference Room, Booth Library  
Healthy Cooking 101  
6:30 p.m. - Klehm Hall Room 2309  
Charleston Community Theatre:  
Miracle on South Division Street  
7:30 p.m. - Elks Lodge #623  
Residence Hall Night  
7:30 p.m. - Booth Library

**SUNDAY**  
**YOUR EVENT  
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**TUESDAY**  
Resiliency for Beginners  
3 p.m. - Arcola/Tuscola Room, MLK Jr. University Union  
Literary Divas  
3:30 p.m. - Blair Hall Room 1103

**WEDNESDAY**  
Mindfulness Through Yoga  
4:30 p.m. - Charleston City Hall  
Student Government  
7 p.m. - Arcola/Tuscola Room, MLK Jr. University Union

**FRIDAY**  
To Bear the Mark of Time Opening Reception  
5p.m. - Tarble Arts Center

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



# Eastern food pantry celebrates first anniversary

By **Kyara Morales-Rodriguez**  
Campus Reporter | @DEN\_News

Nearly a year ago, on Sept. 30, 2021, University President David Glassman and Vice President of Student Affairs Anne Flaherty cut a blue ribbon outside the gymnasium, signifying the grand opening of the food pantry.

Located in the basement of McAfee Gym sits the EIU Campus Food Pantry, its shelves stocked with ravioli, peanut butter, canned beans, and many other food items—all available for students and staff who may need them.

This food pantry was the year-long passion project of Crystal Brown, the assistant director of Civic Engagement and Volunteerism, Beth Hammond, the former director of CEVO, and many other people on campus who were passionate about food insecurity.

Before all that, however, there was an idea forming in the Civic Engagement and Volunteerism office, one that was nearly a decade in the making. It started by identifying a problem: college students do not have enough access to affordable, nutritious food.

“Crystal Brown and I worked together for almost seven years, and the entire time that we worked together, she kept completely focused on wanting to get a food pantry on campus and wanting to serve students in that way,” Hammond said. “It just was something that she was unwavering on wanting to make happen.”

In order to have a food pantry on campus, there had to be proof that there was a need for it, that Eastern was struggling with food insecurity.

That is where the research by Michael Gillespie, the director of the Faculty De-



Skylar Oliver, a junior elementary education major, helps Crevaughn Borders, a sophomore philosophy major, bag her food that she picked out from the food pantry inside McAfee Gym Friday afternoon.

velopment and Innovation Center and professor of sociology, criminology and anthropology, came in.

Gillespie has been studying issues of poverty, hunger and food insecurity for years, but an incident with one of his students inspired him to focus on how food insecurity affects college students.

About nine years ago, during finals week, a student shared with Gillespie

that she and her husband had their food stamps cut off, and they were having a really hard time accessing food.

“To me, at the time, it said that it doesn’t matter who the student is,” Gillespie said. “[Food insecurity] can affect our best and our brightest and our students who struggle with all sorts of social issues. That’s when I really decided that I was going to focus on food inse-

curity of students.”

**Kyara Morales Rodriguez can be reached at 217-581-2812 or at knmorales-rodriguez@eiu.edu**

An extended version of this coverage can be found online on The Daily Eastern News website:

**[dailyeasternnews.com](http://dailyeasternnews.com)**

# Culturally diverse restaurants around Charleston

By **Adrianna Hernandez-Santana**  
Feature Junior Editor | @DEN\_News

Eastern is a university within a smaller town than most, but there are still a variety of different types of restaurants to widen students’ meal options.

## **Mi Casa Tu Casa**

Mi Casa Tu Casa, located at 211 Lincoln Ave. is like Charleston’s locally owned Chipotle.

Individuals can choose from either a burrito (tortilla filled with rice, beans and meat) or a bowl. Bowls can be filled with selections from chicken, steak and/or veggies. Mi Casa Tu Casa also offers quesadillas, tacos and tamales.

## **Casa Del Mar II**

Casa Del Mar II, located at 1014 4th street, offers a wide variety of authentic Mexican food to anyone who comes by.

Foods such as enchiladas, arroz con marisco, or molcajete.

## **Los Potrillos**

Los Potrillos, located at 1305 Lincoln Ave. is a Mexican style restaurant that offers a wide variety of choices to choose from. They have deals running constantly, so everyday is a good day to go in and get a meal.

## **El Rancherito**

El Rancherito, located at 819 W. Lincoln Ave. is a Mexican style restaurant where they serve tons of authentic Mexican food. Their in-dining sitting area is very bright and colorful, and every spot in the restau-



Tattiana Stringer, a sophomore health administration, tells Mi Casa Tu Casa’s Aurora Avila to have a good day after purchasing her food Wednesday afternoon at Mi Casa Tu Casa.

rant has a different art style to admire.

## **Siam Thai**

Siam Thai, located at 453 Lincoln Ave. is a Thai based restaurant that has food with a bit of a kick. Siam Thai serves foods like curry, pho or pad thai.

## **Magic Wok**

Magic Wok, located at 558 W Lincoln Ave, is known for their modern interpretation of classic Chinese dishes.

Magic Wok offers foods like Egg Foo

Young, Vegetable Chop Suey or hot and spicy beef.

## **China Cafe**

China Cafe, located at 716 Jackson Ave. offers authentic style Chinese food. They have things like fried rice, crab rangoon and even egg drop soup. They also have great deals if you’re ordering for a larger group of guests.

## **Q Q Buffet**

Q Q Buffet, located at 2138 Woodfall Dr.

is a Chinese style buffet restaurant that offers lunch and dinner at great prices. If you’re looking for a filling meal with a small budget, this is the place to go for your next Chinese food fix.

## **Kamikaze Hibachi and Sushi**

One of the newest food additions to Charleston, which opened on Aug. 22, is Kamikaze Hibachi and Sushi.

Located at 1140 Lincoln Ave., Kamikaze Hibachi and Sushi is the perfect place to have dinner and feel fancy at the same time, without the pricey paycheck.

## **Zesty Wings Chicken and Fish**

Zesty Wings Chicken and Fish is located at 1415 4th St. They offer foods like pizza puffs, catfish dinners, and a 12, 24, or 36 pack of wings flavored to your choosing.

## **Dirty’s Bar and Grill**

Dirty’s Bar and Grill, located at 706 Lincoln Ave. is a bar and grill style restaurant that offers American style food. With meals like burgers, sandwiches, fish and chips, wraps and tacos, and more.

## **Windy City Pizza**

Windy City Pizza, located at 1505 18th St. that offers thin crust, normal crust, and even deep dish pizza. They also serve wings, sandwiches, pasta, and a 7” cookie for those who are feeling really daring after a big meal.

**Adrianna Hernandez-Santana can be reached at 581-2812 or at aihernandez@gmail.com.**



# Food insecurity affects mental, physical health

By **Kyara Morales-Rodriguez**  
Campus Reporter | @kyaranainette



BY ROB LE CATES | THE DAILY EASTERN NEWS

Susmitha Murugan, a graduate student studying technology, poses for a picture near Lumpkin Hall Friday afternoon.

here.”

Some Eastern students have friends and classmates who are food insecure.

Faith Worthington, a freshman music education student, said she has seen friends who live off campus struggle with food insecurity.

“I have a couple friends who live off campus, so I do know that, especially because they’re supporting themselves more, they don’t really have a meal plan,” Worthington said. “They’re just buying groceries when they can and relying on their own income.”

Gunnar Olson, a sophomore broadcast journalism student, said that he has seen friends face food insecurity.

Olson said that since they are funding their way through college, they may not have money for food or a meal plan that provides a sufficient number of meals every week.

“I try to help out, give them snacks

if they’re hungry, go to meals with them when they do have free time, but some of them are STEM majors, so they are really busy,” Olson said. “And those [majors] are harder, so I can’t imagine doing that much work on an empty stomach.”

Food insecurity can impact many areas of a person’s life: their social lives, their education and their goals.

Hunter Haloway, a sophomore history student, said he has heard of fellow students who spend “certain stretches of time just going off of ramen.”

“If you’re just going off of ramen, you probably won’t do the best in the rest of college,” Haloway said. “And I know that people pay a lot for food and stuff around here.”

Olson said he has seen how food insecurity affects the social lives of fellow Eastern students.

Olson said that sometimes college students may want to “mingle and

socialize” and get meals together, but those who cannot afford bigger meal plans may not be able to.

“I do see them impacted,” Olson said. “They feel kind of left out because they couldn’t go to Friday night dinner with someone, and I just feel like it impacts them socially.”

Olson also said that there is lots of research that shows that being food insecure can impact a person’s education.

“If you’re hungry, you can be distracted,” he said. “If distracted, you can’t concentrate in class, which means it’ll be harder for you to learn...”

For some Eastern students, the EIU Campus Food Pantry has been a huge help in combating food insecurity.

“Now with the food pantry and being able to visit it, I think that helps a lot,” Walker said.

Some Eastern students said that they wish the university would better spread information about resources for students struggling with food insecurity.

Haloway said he thinks the university is doing a lot to help combat food insecurity on campus, but enough of it is not being shared with students.

“I think it would be nice for it to be more than just a poster,” he said. “Maybe if somebody’s living in the dorms, have their RA, when they have a meeting or whatever, go up to them and tell them ‘Hey, these are places if you ever have trouble getting food to get food.’”

Olson said he thinks it would help if the university provided free food and snacks at more locations around campus, not just at the food pantry.

“Maybe generally more food pantry distributions around the campus, not just at one place,” he said. “Maybe a little snack table somewhere on one of the quads.”

**Kyara Morales-Rodriguez can be reached at 581-2812 or at [knmo-rolesrodriguez@eiu.edu](mailto:knmo-rolesrodriguez@eiu.edu).**



BY ROB LE CATES | THE DAILY EASTERN NEWS

Hunter Glenn-Holaway, a sophomore history major, poses for a picture near Lumpkin Hall Friday afternoon.



BY ROB LE CATES | THE DAILY EASTERN NEWS

M. Colby (left), a freshman with an undecided major, and Faith Worthington (right), a freshman music education major, pose for a picture near Lumpkin Hall Friday afternoon.



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# Students share culture through cooking

*Staff members from the News asked students to let us into their kitchens as they fix a meal they like to cook and tell us about their connections to their cultures, food and cooking.*

**Story by Luke Taylor**  
Editor-in-Chief | @luke\_taylor23

**Photos by Ashanti Thomas**  
Assistant Photo Editor | @ashantilaraee

**Photos by Rob Le Cates**  
Photo Editor | @robert\_lecates

Vighnewsara Manda, a graduate student studying computer information and technology, cooked tomato masala curry, rice with tomato dal and hard-boiled eggs.

“Dal” refers to lentils, peas or beans which are often cooked into a soup with different spices and other vegetables.

He said he and his brother travel to Champaign or Indianapolis to get necessary ingredients for their recipes.

“We need the spices, which are very important for our recipes, so that we can feel our home food here because we can’t bring our mother to here to prepare the recipe. We want to feel our mother’s taste again,” Manda said.

Food is important to Manda’s religion as well as his culture.

In Hindu beliefs, food offered to the gods is consecrated and returned to the worshipers who then eat it.

Manda described the process of making candy which requires sugar to be heated to the perfect temperature which can then be offered to Lord Vighneswara, also known as Ganesha.

“It’s like our tradition. If we put sweet stuff, we can see a good luck, that’s our belief,” Manda said.

Fasting on certain days is another important practice in Hinduism. Manda says he fasts on Saturdays, but because there aren’t any temples nearby he doesn’t partake in certain rituals and prayers he did in India.

Manda is from Andhra Pradesh, a state on the south-eastern coast of India.

He said that it’s very common in his area to share home-cooked meals with neighbors and community members who need it for any reason.

“They will come to our house and they will eat our recipes and they will bless us and then they will feel happy right?” Manda said. “So we will take the happy words as blessings that came from our god.”





Jessica Nantes, a junior TV and video production major, cooked her “simplified” feijoada, a Brazilian stew which usually features pork and black beans. Nantes prefers chicken sausage and bacon bits for the meat.

She also steamed some frozen vegetables and made some rice with salt, garlic and onion.

She said she didn’t cook much before coming to college, but that cooking Brazilian food helps her to feel connected to her culture.

Nantes also said that many of her favorite memories both before and during college are centered around food.

“A lot of my memories surrounding my extended family are of sitting at the dinner table, maybe having a Brazilian barbecue,” Nantes said.

She didn’t just eat Brazilian or American food growing up, though. Nantes said her mother learned to cook foods she liked from different restaurants or friends’ recipes.

“It’s also been a way for us to try other things,” Nantes said.

Her grandmother also ate some of the same foods Nantes cooks frequently.

“Rice and beans for her growing up was with every meal regardless of what it was,” Nantes said.



# THANK YOU!

## You made the day!

To the hundreds of EIU Friends-For-A-Day and event volunteers who spent Saturday, Sept. 17 at Special Olympics Family Festival

### Episode XXXIX: The Return of SOFF

From the participants of the 2022 Special Olympics Family Festival.

HOSTED BY



Mark your calendar for next year’s event on September 16, 2023.



EDITORIAL

## No more 'hot takes' about other people's diets

For both incoming freshmen and returning students, the school year probably begins with a list compiled of everything you need to make your year successful. For some, tucked away in the corner of their brain at the very bottom of the list, is their relationship with food.

Sadly, a universal experience that almost all freshman go through on college campuses around the country is the fear of gaining "the freshman 15."

"The freshman 15" is a term used to describe the weight that a college freshman gains in their first year of college. Some also use it to describe losing weight in their first year. A lot of people credit weight gain to excess alcohol intake while others simply don't know how to transition from living at home to living on campus.

For example, incoming freshmen who were athletes in high school and aren't continuing their athletic careers often find it difficult to balance their activity with their food intake. Also, it is perpetuated that your body is to remain the same shape and size as it once was in high school and that is simply not true.

We at *the Daily Eastern News* believe that there are a lot of conflicting views surrounding how everyone should eat and what they should eat, when in reality, everyone should eat what makes them feel good about themselves.

The standards that are set by society are not fit for everyone. Many health conditions need to be considered when it comes to nutrition. Different cultures and ethnicities should also be considered when it comes to what and how someone eats. There is no



Comic by Will Simmons

room for disrespectful "hot takes" on that.

No one should ever be shamed for how they choose to fuel their body, unless it is harmful. How you choose to fuel your body should not be influenced by social media, peers, or people who claim to be medical professionals on the internet.

We at *the News* are calling on Eastern to support those who have a complicated relationship with food. The facilities within the Human Services Building are doing a won-

derful job of offering a variety of services to students but we feel that there needs to be a specialized service that helps students conquer their challenges with food.

There need to be medical professionals who diagnosis students because there are a variety of eating disorders that affect Americans every single day. Then, after the proper medical diagnosis and testing is done, students should be referred to a counseling professional.

Everyone has different needs and a different path that they envision towards a better and healthier life for themselves, but it all starts with students reaching out for help.

Creating an environment where students feel comfortable enough to reach out with problems such as eating disorders is so important.

Eastern needs to continue opening doors, not closing them.

COLUMN

## A cafe connoisseur's guide to Charleston area coffee shops

If you heard a loud gasp and squeal last night on Lincoln Ave., it was me. I have never been more excited to see a Dunkin' in my life.

I am a self-claimed cafe connoisseur and I drink way too much caffeine. I was always sad about the coffee options in this town.

Jackson Avenue Coffee is probably my favorite place in this whole town, but they close early and they don't have matcha.

One of my favorite pastimes is to sit in a coffee shop from open to close. I did it at the coffee shop I worked at for years.

It was the comfiest and coziest vibes and now I can do that at more than JAC (as a traditional barista, I don't condone Starbucks).

I know some people love Java, but I don't because they don't have oat milk. Also, their hours aren't consistent or convenient, so I only personally go there when I am



Ci Richardson

near it.

As I said earlier, I was a barista. I worked for two years and it was my favorite job I have ever had. I was able to have a cafe beverage whenever I wanted and try many drinks.

My favorite beverage is an iced chai latte with oat milk, but a close second is an iced matcha latte with oat milk.

That's why I'm so excited about Dunkin' coming to town is because their iced matchas are better than Starbucks and cheaper.

Plus, there's more options for food at Dunkin' than the rest of the coffee places in town. Highly recommend the pesto grilled cheese for lunch, and a chocolate croissant for breakfast.

Most people will probably go for the donuts, but sadly I am not a sweets type of person. There are many other cafe beverages that I personally love and could list forever.

I'm also not a pumpkin spice person, but I understand the appeal. When it's the winter season, I'm the way most are about pumpkin spice lattes with peppermint mo-

chas. I love mint, and that brings me to my third favorite drink.

If you are a peppermint mocha fan like me, I highly recommend the "Creamy Mint Mocha" at Jackson Avenue Coffee. You may need to ask for a bit more mint in this mocha than JAC normally puts in it, otherwise it tastes the exact same as a peppermint mocha.

I don't stray from my usuals because it is hard for me to change up routines. I want to start trying more drinks at JAC and Dunkin' but there's too many options.

If you have any suggestions on what to try from either of those places I'd love to hear.

**Ci Richardson is a music education major. They can be reached at [crrichardson2@eiu.edu](mailto:crrichardson2@eiu.edu) or 217-581-2812.**

## QUESTION OF THE WEEK:

WHAT TYPE OF FOOD OR RESTAURANT IS YOUR FAVORITE?



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## COLUMN

# History of a life, relationship with iced coffee

Tapping the Dunn Bros. floor with my Croc and staring into the murky, ice-broken surface of my cold press (no cream/milk or sugar), I dredge my own brain's floor, sifting for a crumb—or even some dust—that I can refine into this week's column.

I come up empty as a Starbucks cup in a parking lot. Maybe it's the coffee, I think. I didn't always drink cold press, you know. It's a recent thing, and it's only something I order in coffee shops.

At home or at work or in a restaurant eating breakfast, I usually just drink the regular brewed stuff (still no cream/milk or sugar) with varying results to pleasure centers (often too watery) and alertness level (ibid). But when I hit up Dunn Bros., Spyhouse, Monkabeans, or another local beanery in my neck of the woods, I now order a cold press. My current coffee order was born of the pandemic, you see. For damn near 20 years, I drank iced espresso—two shots over a cup/mug/glass full of ice, like a coffee slush.

But that required standing in line, waiting for beans to be ground, and steam to push the coffee slowly into a pair of tiny



**Trent Jonas**

pitchers, and then for the barista to scoop the ice, pour the coffee, top off the ice, and hand it over, often while standing in line or with a bunch of other people, maybe some masked, waiting for their own coffee orders (god forbid you get behind folks ordering blended drinks), in a low-ceilinged, semi-dark storefront, clouds of virus orbiting our heads like electrons.

With a cold press, they open the fridge, pour it, and I leave—in and out before COVID can converge. I don't really know when I got on the iced coffee thing, though. Before iced espressos, I drank iced lattes.

I dropped the milk when I realized that it didn't make a huge difference flavor-wise, but added a ton of calories to something I was sucking down at least once a day.

In law school, my friend Rita drank iced lattes when we studied at Gingko, the campus's closest java joint—maybe I picked it up from her. In the preceding years, coffee shops were kind of a new thing to me.

Being from a small town in Iowa, I'm not even sure I knew espresso houses existed until I showed up for undergrad in Minneapolis. Enthralled with a place where I could read or write or study or just sit and drink coffee, I was hooked.

My first coffee shop was Giocco, in Dinkytown. In the first few months (maybe years) after stumbling across the place, I was a coffee house experimenter. Espressos, cappuccinos, mochas... even French sodas. Eventually, the drink the baristas started making upon seeing me swing through the door was a double capp.

When Dad came and visited me on campus the first time, I took him to Giocco. I don't remember what he ordered, but I think he liked it. He always drank coffee. Any time of day (or night)—it was his go-to

drink.

In high school, I'd sit at the kitchen table after school or practice, at the end of the day, and drink coffee with him. When I was younger, he'd let me drink a little on my own, with plenty of milk and sugar, making it seem more like a sweet treat than the necessary vice it's become in my life.

I guess my earliest coffee memory was back when Dad still had his contracting business—I was maybe three or four—and he'd take me to job sites with him. On coffee breaks and at lunch, he'd pour a cup (made at home from a can of Butternut coffee) into the lid of his beat up old Thermos, and when it cooled down enough, I'd get to take a sip. In my kid-sized tool belt with a mini-hammer, pliers, and screwdriver, I felt like I was just like him.

Decades later, Dad long dead, wracking my brain for column ideas, I take a sip from my dwindling cup of cold coffee and wonder how much like him I actually turned out to be.

**Trent Jonas is an English graduate student. He can be reached at [tcjonas@eiu.edu](mailto:tcjonas@eiu.edu) or 217-581-2812.**

## Quote of the Week:

" Food is maybe the only universal thing that really has the power to bring everyone together. "

- Guy Fieri

## COLUMN

# I called dibs on all the pita and hummus in the Food Court

Believe it or not, I called dibs on all the pita and hummus in the Food Court (so stop eating it).

Your eyes aren't deceiving you, I actually did call dibs on all the little pita and hummus packages available to purchase at the university food court. Now, you may be wondering why I was able to call such a comprehensive and long-lasting dibs, surely there are limits to one man's ability to define a dibs after all.

Well, unfortunately for all of you, I am well within my rights. You see, I am actually the great-great-great grandson of Eugene V. Debs who invented the dibs system (don't you dare do your own research into that, just blindly trust me).

This means that my dibs carry just a little more weight than your average person's dibs. I'd say that I'm sorry and relinquish this great power of mine, but I know that you all wouldn't do the same.

With that out of the way, let's get back to the point of this little chat between you and I: I'm going to have to ask you to stop eating all my pita and hummus. Sure, the



**Will Padgett**

Food Court puts it out so it looks like it's available to everyone but that's simply not the case. I wanted the food court to give off the impression that anyone could just waltz in and buy the package no problem when they knew full well that this wasn't true.

Originally, whenever someone went to buy said pita and hummus, the cashier would stall the individual while pressing a button that activates a special receiver located in the base of my skull.

This would alert me to the presence of

a fellow hummus enjoyer who would then be permanently banned from ever stepping foot on campus again. Was the punishment harsh? Sure, but they violated my dibs.

I bet you're wondering why I would specifically ask the food court to display an item for sale whose subsequent purchase would result in an immediate expulsion.

The answer is simple: I'm a vain and petty man with nothing better to do than jealously covet a single item like Gollum and the One Ring.

There are plenty of other delicious food items for you to purchase at the food court, so why not just skip the hummus and buy yourself a nice tuna salad instead? Oh, you don't like tuna salad? Well I don't like people eating things I called dibs on so I guess we both lose, huh.

I'm sure by now you've got a craving for a particular combination of items available at a very reasonable price after thinking "This guy is nuts. Can that hummus really be that good?" It is that good, that's why I don't want you to have any; once you taste the closest thing to an edible heaven you

won't want anything else. You don't want to end up like me after all: a raving lunatic who now obsesses over little pieces of bread and smashed chickpeas enough to write about it in the daily paper.

It's a sad life whose misery is only alleviated by, you guessed it, the pita and hummus in the food court. You wouldn't deprive a broken wretch like myself of the one thing that breaks the endless waves of sadness and tummy rumblings, would you? I didn't think so.

I hope that you all learned your lesson from this column and are now decidedly on my side. I now expect there to always be pita and hummus in the food court from this day forward.

If there isn't, I just want you all to know that I will absolutely do nothing about it and will likely not write about this again unless I'm really strapped for ideas.

**Will Padgett is an English graduate student. He can be reached at [wpadgett14@gmail.com](mailto:wpadgett14@gmail.com) or 217-581-2812.**

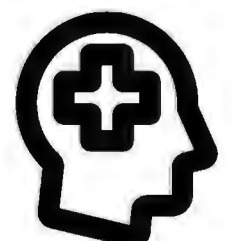
## LAST WEEK'S RESULTS

WE ASKED HOW STUDENTS' MENTAL HEALTH HAS CHANGED THIS SEMESTER.

19% SAID THEIRS HAVE IMPROVED.

42% SAID THEIRS HAVE STAYED THE SAME.

39% SAID THEIRS HAVE GOTTEN WORSE.





COLUMN

# Food in collegiate press boxes needs to be more accessible

Food should be served in all media press boxes during the collegiate football season and if food is not provided, those traveling to the respective stadium should be made aware well in advance so that they can make other plans.

I recently traveled to Illinois State University with my assistant, Kate Stevens, and one of our photographers, Ashanti Thomas, to cover the 110th Mid-America Classic.

It is not too far out of the way from Eastern's campus, it's a little over an hour which is not that big of a deal in the grand scheme of things.

However, that does not mean that our time and energy getting to Hancock Stadium should have been taken for granted.

The information provided by Illinois State about the press box was little to none. We were provided with a map of the stadium, but it did not provide any actual directions on how to get to the correct media lot or media entrance.

None of us had been there as media trying to get into the stadium before. Those



Autumn Schulz

who work there or others that have been to the press box before knew exactly what to do and that is great. However, there was no need for it to be so difficult to navigate the stadium.

After asking multiple people where to go, being directed to the incorrect press box and realizing that we parked in the incorrect media lot after all, we made it to the correct press box.

It is a very nice press box, one of the nicest press boxes that I have been in during my time here at Eastern. I think that is

something that Illinois State should pride itself on, however, that does not mean that they need to lack in other areas.

At this point, we were very tired and overwhelmed due to the bounds of incorrect information that when we were told that the press box did not provide food, we all became a bit irritated that no one had told us beforehand.

No one from Eastern made us aware nor did anyone from Illinois State.

We all know that the price of stadium food at both collegiate and professional games is outrageous.

We are also college students with no money so often times, we rely on the press box to provide for us.

Did Kate and I give in a buy the overpriced stadium food?

Yes, we did, but that was \$30 that could have stayed in my bank account if we could have made plans ahead of time.

If this is just a way for Illinois State to get another cash grab, they should be ashamed.

I am sure that my argument will come

off as entitled but to the press boxes that do serve food; thank you. I appreciate all the effort, time and energy that goes into organizing a meal for the media that comes to cover the game.

It truly makes the experience of traveling to an away game so much better.

It was Kate's first time covering an away game and Ashanti's first opportunity of the season to photograph an away game and as sports editor, I wanted to make it a wonderful experience for both.

Ashanti stood on the field for the entire game without anything to drink or eat. Obviously, she is a trooper.

It was not the most ideal experience for multiple reasons and that truly sucks.

It greatly irritates me that one negative aspect of our experience could have been avoided with just a little bit of communication.

To both Eastern and Illinois State; do better.

**Autumn Schulz can be reached at 581-2812 or [acschulz@eiu.edu](mailto:acschulz@eiu.edu)**

COLUMN

# Ranking the foods in NFL Stadiums I want to try someday

Food and football are two of the biggest things that bring people in America together. Sports stadiums in general are known for their crazy food products that they sell at games, but I want to focus on NFL stadiums.

There are so many things that I want to try from different stadiums across the United States and I would like to share them with you all.

**5. Chicken and Andouille Jambalaya - TIAA Bank Field**

There is no shame for being at the bottom of my list, because I want to try all the things I will be writing about, but just like the Jacksonville Jaguars this season, the Chicken and Andouille Jambalaya that they sell at games could be the underdog of this list.

This is a unique food for a stadium to sell at sports events, but I am all for it. I would love to go to Jacksonville and get the experience on a cooler day and give this delightful jambalaya a taste!

**4. Breakfast Brat - FirstEnergy Stadium**

It turns out the Cleveland Browns do



Kate Stevens

have something to offer, and they have won my number four spot on my list with their delicious looking Breakfast Brat.

It is a brat covered in bacon, butter, syrup, and sausage gravy cradled in a waffle. That just sounds simply amazing. I would love to make my way over to Cleveland to give this a try!

**3. The Deli Stack - Acrisure Stadium**

I already have a huge amount of love for Pittsburgh Steelers quarterback Mitch Trubisky, and they seem like they could win some love for their Deli Stack. I

It is fries smothered in corned beef, horseradish, pickles, and Dijon cheese sauce.

Now, I could definitely do without the

horseradish sauce, but everything else sounds so glorious! I am finding myself wanting to take the road trip to Pittsburgh to grab a Deli Stack and sit down and watch my guy Trubisky do his thing.

**2. Brat-In-A-Blanket - Lambeau Field**

Now, as a huge Chicago Bears fan and a cheese fan, this one is tough for me. I grew up 20 minutes from the Wisconsin border, so I have developed a "Wisconsin" love of cheese and brats.

The Brat-In-A-Blanket looks absolutely fantastic as it is a brat surrounded by cheese curds and beer mustard and served on a pretzel bun.

This is one of the most Wisconsin things that I have ever seen. That being said, when it comes to the first Bears at Packers game that I attend, I will be looking for one of these brats as well as a Bears win!

**1. Mac & Cheese Brisket Cone - AT&T Stadium**

The food choice that absolutely tops my list of foods I want to try at stadiums is this amazing looking Mac and Cheese Brisket Cone that one can find at Dallas Cowboys games in Texas.

This exemplifies the heart and soul of Texas in a cone. This 12-dollar masterpiece is made of a fresh bread cone that is stuffed with "Cowboys" mac and cheese, brisket, barbecue sauce, and jalapenos.

This sounds absolutely amazing, and I hope to make it down to Dallas for a game and one of these Mac and Cheese Brisket Cones!

All five of these dishes sound absolutely amazing! The NFL has some hidden gems in their stadiums when it comes to foods.

My dream would be to travel to each NFL stadium to give food reviews to their top sellers!

It was so hard just to choose five things that I would want to try. They have so many things from sweet to salty to spicy.

It is all a part of the experience when going to these games to cheer on your favorite teams.

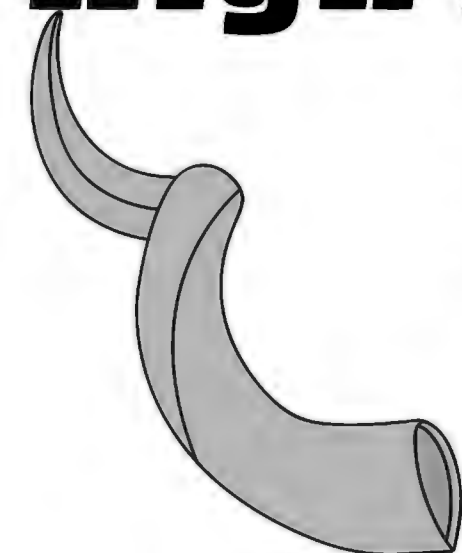
Like I said, food and football are two of the biggest things that bring Americans together, so why not enjoy both at the same time!

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# High Holy Day Services

Rabbi Bruce Pfeffer of Indianapolis will lead Jewish High Holy Day Services in the chapel of Wesley United Methodist Church in Charleston. Dates include:

- Rosh Hashanah Evening Service, Sept. 25 at 7:30 p.m.
- Rosh Hashanah Morning Service, Sept. 26 at 10 a.m.
- Yom Kippur Kol Nidre (opening evening service) , Oct. 4 at 7:30 p.m.
- Yom Kippur morning service, Oct. 5 at 10 a.m.
- Yom Kippur Yizkor & Neilah services (afternoon and concluding), Oct. 5 at 10 a.m.
- Break-the-fast potluck after Yom Kippur conclusion, weather permitting





# Nutrition plays major part in athletes' lives

By Kate Stevens

Assistant Sports Editor | @katestevens25

Nutrition and exercise are key factors in the everyday lives of student-athletes here at Eastern during the season and out of season.

Brittany Steven, a senior tennis player, has an everyday routine that keeps her mind and body ready for her life as a student-athlete.

"I'm a very routine person, so in-season and preseason I lift every morning on my own," Steven said. "I also like to eat the same things for breakfast, lunch, and dinner. I always cook the same foods and I know that those foods fuel me well for the day."

Camille Klopfleisch, the sports nutrition coordinator here at EIU, meets with the athletes as a team as well as meeting them one-on-one as they see fit.

"In the preseason, in season, and postseason, nutritional needs vary. They vary depending on sport, gender, goals, and individual athlete," Klopfleisch said.

"I meet with athletes to help them achieve their specific nutritional needs that are being recommended by either their coaches or themselves."

Both Steven and Klopfleisch emphasized that each individual athlete's needs are different but are important.

They both also noted that while nutrition varies from athlete based on gender and what type of sport they play, it is all important to help them in their daily lives and to boost performance in their sports.

"For men and women, I educate them relatively the same on the importance of nutrition for the student athlete," Klopfleisch said.

"When athletes come to see me one-on-one, I educate them on how to fuel their bodies in a healthy way based off of their needs. Sometimes the needs for a male runner can be the same for the



BY ROB LE CATES | THE DAILY EASTERN NEWS

Brittany Stevens, a senior exercise science, eats string cheese while studying in Booth Library Monday afternoon. Stevens said string cheese is her favorite snack.

female runner, and sometimes they are completely different. Nutritional needs vary for each individual."

"I think regarding nutrition, a lot of people don't know what to eat and so they copy other people and think that there is only one way you should eat," Steven said.

"But that's not really the case, everybody's body is different, and you will see different results on different people even if you're eating the same thing. So, I would just say experiment to find what works best for you and stick to that."

Klopfleisch expressed that the athletes she has encountered at Eastern care very much about what they do, and they want to make themselves better in every way, and nutrition is a big

part of that.

"EIU fans might not know that the athletes are so smart and disciplined. These athletes burn so many calories in games, practices, meets, lifts, et cetera.

They need to refuel their bodies by getting those calories back in their diets," Klopfleisch said.

Steven is a representation of what Klopfleisch said about players being disciplined and getting their bodies right whether it is in season or out of season.

As noted earlier, Steven sticks to her routine in and out of season to keep her body and mind right as a student athlete.

"I will go lift at 6 a.m. and then workout with the team, then eat my break-

fast. Always eggs, sausage, and toast," Steven said. "I bring a snack with me to class or as I study in the library. [It is] usually string cheese, protein bar, and/or pistachios. Then I'll eat lunch a bit before practice, like a meal with chicken and rice for lunch. Then I have practice and after I'll eat dinner, [which is] ground meat or turkey with noodles or some other carb."

Steven also stresses the importance of things that go hand-in-hand with nutrition for athletes.

"An athlete can have good nutrition but it's nothing without hydration and good sleep," Steven said.

**Kate Stevens can be reached at 581-2812 or ketstevens2@eiu.edu**

## Multiple Panther volleyball players ranked in the OVC

By Autumn Schulz

Sports Editor | @autschulz

The Eastern volleyball team will enter OVC play this Friday against SIUE and there are many players that have stood out this season.

Offensively, the Panthers have a variety of players that have stepped up to the net.

Sophomore outside hitter Kaitlyn Flynn has flourished in the last seven matches. Flynn has 97 kills and currently leads the OVC.

Flynn's performance earlier this season at the Geri Polvino Invitational earned her Offensive OVC Player of The Week. Flynn had a season high of 29 kills against Eastern Kentucky, leading her team to win the invitational.

Flynn also adds 15 digs for the season.

Junior outside hitter Giovana Larregui Lopez currently has 92 kills for the season, putting her at third place in the OVC in kills.

Her season high of 17 kills came against Chicago State and she was three kills short of tying her season



BY HANNAH FERGURSON | THE DAILY EASTERN NEWS

Number 15 Giovana Larregui Lopez, a junior outside hitter, spikes the ball during the volleyball game against the Illinois State University Redbirds at Lantz Arena last Wednesday evening.

high against Western Illinois.

Fellow junior and outside hitter Ella Collins is also essential for the Panthers on offense.

Collins leads the team with 105 kills for the season. Her season high of 16 kills came earlier in the season against Oakland. Collins also has 51

digs for the season and her season high of 12 digs came against Chicago State.

Defensively, the Panthers are led by junior libero Christina Martinez Mundo.

Mundo has 250 digs for the season which ranks second in the OVC.

Her performance on defense has also earned her a national rank. Mundo's 250 digs is enough to earn her 10th place in the nation for both total digs and digs per set at 5.32.

Mundo's season high of 38 digs came against Chicago State. She also has 48 assists this season.

Fellow libero Ashley Sharkus is key on defense as well as she has 61 digs for the season with her season high of 16 coming against Eastern Kentucky.

Senior middle blocker Ireland Hieb leads the Panthers with 30 blocks. Hieb's season high of eight blocks came against the University of Illinois.

Freshman setter Catalina Rochaix has 237 assists for the season with her season high of 31 coming against Eastern Kentucky.

Rochaix's performance this season has earned her eighth place in the OVC for assists.

Summerlyn Smith is second on the team with 131 assists.

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## The Panthers v. the Redbirds: a photo worthy rivalry

Photos by Ashanti Thomas  
Assistant Photo Editor | @ashantilaraee

*The 110th Mid-America Classic took place at Hancock Stadium in Normal, IL, last Saturday night and the rivalry between the Panthers and Redbirds was clearly evident and that was captured through these photos.*



Nile Hill, a sophomore wide receiver runs after the catch at Saturday night's game vs Illinois State University. Hill caught 7 for 41 yards, leading the Panthers. The Panthers lost to the Redbirds 7-35.



Eastern's defensive line tackles a Redbird player near the end of their game. The Panthers lost to the Redbirds 7-35 Saturday night at Illinois State University in Bloomington, Ill.



Justin Thomas, a senior wide receiver, leaps over Franky West, a sophomore defensive back, to avoid the tackle. Thomas finished the game with two receptions for 42 yards to lead the Panthers.