1-11-2008

Daily Eastern News: January 11, 2008

Eastern Illinois University

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The DAILY EASTERN NEWS

EASTERN ILLINOIS UNIVERSITY, CHARLESTON

FRIDAY | 1.11.08 VOL. 95 | ISSUE 5

CITY | CONSTRUCTION

New library addition provides more than books

ERIC HILTNER | THE DAILY EASTERN NEWS

Interior designer Beth Ranney checks off newly arrived furniture from the floor plan of the new addition to the Charleston Carnegie Public Library on Thursday morning. The new addition will triple the library's current size and will include a 200-person community meeting room and a youth room.

Meeting hall, youth area among new amenities in Carnegie Library

By Jordan Crook
City Reporter

In less than three weeks, the Charleston Carnegie Public Library will have something it hasn't had in a while: space.

Nearly two years of construction and at least $7 million in cost later, the new addition to the library is set to open to the public Jan. 27.

"We had no space," said Ruth Straith, director of public services for the library, about the library's condition before the addition.

In order to transfer the library's contents from the old building to the addition, the library will be closed from next Wednesday until Jan. 26. The addition will offer two floors worth of space.

Much of the first floor will hold bookshelves and other materials. New additions to the basement include a new reference desk, youth area and meeting hall.

Along with the additional space in the building, the construction project also created a larger parking area for the library that will feature a drive-up book drop.

Straith said the meeting hall and the larger parking area with the drive-up book drop were incorporated into the project design because of specific interest shown by consumers.

She said many local organizations had often asked before the project was started for an area in the library where they could meet. But the library previously had no space to offer them.

Citizens were also concerned with how little parking space the library offered, Straith said.

» SEE **LIBRARY**, PAGE 5

MATTOON | ENERGY

FutureGen might be downsized

The Associated Press

U.S. Rep. John Shimkus says the FutureGen power plant planned for Mattoon could be downsized and the project changed to include several sites around the country.

Shimkus, a Republican from Collinsville, tells the Mattoon Journal-Gazette that he's heard the Department of Energy is considering that scenario and others to cut the project's $1.8 billion price.

The power and coal companies developing the low-pollution plant announced last month that they will build in Mattoon. But the Energy Department, providing most of the money, is concerned about the cost.

Energy Department spokeswoman Julie Ruggiero says the agency will provide more details later this month.

UNIVERSITY | POLITICS

UPI takes issue with health care

Eastern's chapter of the teacher union supports newest resolution

By Barbara Harrington
University Reporter

Sue Kaufman is ready for change.

Kaufman, the University Professionals of Illinois Local 4100 president, said the United States' current health care system needs help.

According to a report released by the U.S. Census Bureau in August 2007, 47 million Americans were without health coverage in 2006. This number was up from the 44.8 million uninsured in 2005.

Kaufman said the number of uninsured Americans is increasing because of rising health coverage costs. She said of the insured, millions do not have enough coverage.

"This is not the way people should live." Kaufman said. "They should not be in a situation where if they experience a catastrophic illness, that they are totally financially blanked out. It is not what this country is all about; we should be caring for each other."

Charles Delman, Eastern's UPI chapter president. UPI passed a resolution supporting universal health care.

Kaufman helped bring up the issue of health care at a UPI meeting. UPI Local 4100 passed a resolution endorsing HR 676, Universal Single-Payer Health Care, on Dec. 1.

"We felt, as a union, we needed to step up," Kaufman said. "It was time to take a bold stance. Enough with the status quo."

UPI represents Eastern faculty and staff.

» SEE **UPI**, PAGE 5

CAMPUS | ENTERTAINMENT

MIDNIGHT SNACKS

Food fights, free T-shirts and more provide fun things to do during UB's 'Up All Nite'

By Emily Zulz
Activities Reporter

Fishing out jellybeans from a tub of mayonnaise.

Partaking in a smoothie-slurping competition.

Downing hot sauce in a hot sauce chugging competition.

While these might not sound appealing to the average Eastern student, this odd assortment of eating contests actually may pay off for students. Winners will leave with various prizes at tonight's Up All Nite event hosted by University Board.

The event starts at 8 p.m. and ends at midnight in the Martin Luther King Jr. University Union.

The theme for this semester's event is "Chew on This!"

Andrew Hubbard, sophomore corporate communications major and UB special events coordinator, said the entire night will revolve around food with a spirit of competitive eating.

Other food-related contests include a hot dog eating competition and pie eating competition.

With the smoothie slurping competition, Hubbard said competitors have to avoid brain freezes while trying to finish their smoothie cup first.

Hubbard said the goal for the event was a competitive environment.

Along with these contests, activities will also include marshmallow wars and a game of fishing out jellybeans from a tub of mayonnaise – but participants are only allowed to use their mouths to do so.

"It's just fun stuff like that that kind of knocks the edge off with everybody coming back from a relaxing break," Hubbard said.

With contests come prizes, and UB spent $750 on prizes ranging from Wal-Mart gift cards to Nintendo Wii controllers.

However, for those not participating in contests, UB has two opportunities for people to walk away with something in their hands.

"Almost Famous" magazine covers let students pose on well-known magazine covers and take them home.

T-shirts will also be given away – but the amount is limited.

"What we've seen in the past with our events like 'Quaking in the Quad,' as well as the first Up All Nite … it's like people don't have any clothes," Hubbard said.

» SEE **FOOD**, PAGE 5

FOOD FIGHT

UP ALL NITE
- **WHAT:** Students can win various prizes in eating contests, be on a magazine cover, and get free T-shirts (quantities are limited)
- **WHEN:** 8 p.m. to midnight
- **WHERE:** The Martin Luther King Jr. University Union

WHAT'S HAPPENING NEXT
Up All Nite: Vegas in residence halls
- **WHEN:** Feb. 22
- For more information and upcoming events, visit: www.eiu.edu/~uboard

EIU WEATHER

FRIDAY

36°|31°

Mostly Sunny

W 5-10 mph

SATURDAY

44°|35°

SUNDAY

36°|26°

WEATHER BRIEF

Today there is a chance of some early precipitation. We'll see a slight rise in temperature tomorrow. Also, expect a light to moderate mixture of rain and snow to move through the area Sunday.

For current conditions visit EIU WeatherCenter at *www.eiu.edu/~weather*

ENTERTAINMENT | A DAILY LOOK

People's Choice Awards loses half its viewers

The Associated Press

LOS ANGELES — What happens to an awards show forced to scuttle its live ceremony because of the Hollywood writers strike? For the People's Choice Awards, it meant losing nearly half its TV audience.

The two-hour taped show that aired Tuesday on CBS was watched by 6 million viewers, compared with the 11.3 million that watched last year, according to Nielsen Media Research figures.

The weak ratings reflect the damage being exacted on the entertainment industry awards season by the two-month-old Writers Guild of America strike. The Golden Globes also canceled its ceremony Sunday on NBC, which instead plans to air a news conference to announce winners.

Representatives of the People's Choice Awards did not immediately respond to an e-mail seeking comment Wednesday.

The writers guild refused to grant waivers for its members to work on the awards shows, and the Screen Actors Guild said its members would honor picket lines and refuse to take part — depriving the ceremonies of their all-important star power.

The People's Choice Awards replaced its traditional live show and with a taped format, hosted by Queen Latifah, that had its crews deliver trophies to music, film and television stars on location.

Former "Lost" star Rodriguez out of jail

LOS ANGELES — Former "Lost" star Michelle Rodriguez has found her way out of jail.

Rodriguez was released from a Los Angeles County women's jail in Lynwood on Wednesday after serving 18 days of a 180-day sentence for violating probation in a drunken driving case, authorities said.

She was released early under a program that deals with jail overcrowding by allowing nonviolent female inmates to serve as little as 10 percent of their sentence.

Brown's possessions to be appraised, auctioned

AIKEN, S.C. — James Brown's possessions will be appraised and auctioned, in part to pay taxes his estate owes, court-appointed trustees said Wednesday.

Attorney Adele Pope would not say exactly what items would be auctioned or how much they were worth.

Brown died in Atlanta in December 2006.

His will called for the items to be divided among the singer's six adult children.

But Tomi Rae Hynie, who claims to be Brown's fourth wife and the mother of another of his children, has contested the will.

Photo of the day: Future Panthers?

KAROLINA STRACK | THE DAILY EASTERN NEWS

Garret Porter and Joey Boksa of Charleston raise their arms to cheer on Eastern's men's basketball team during its game Thursday night against Tennessee-Martin. The Panthers lost 69-63 to drop their record to 2-14 this year. See Page 12 for more coverage of Thursday night's game.

WHAT THE... | WEIRD, UNEXPECTED, BIZARRE NEWS

Stray dog recovers after jump into tiger exhibit

The Associated Press

MEMPHIS, Tenn. — If there's one place to avoid while on the lam in a zoo it's the tiger pit. One stray dog learned that lesson the hard way and was recovering Wednesday from puncture wounds to its neck and shoulders.

"This is one lucky animal," Memphis Zoo spokesman Brian Carter said of the dog.

The 50-pound female retriever mix darted inside a service entrance to the zoo on Tuesday and led workers on a brief chase before it bolted over a 4-foot-high visitors railing and a retaining wall at the tiger exhibit.

She swam across a 12-foot-wide moat to the interior of the exhibit and was quickly attacked by a 225-pound female Sumatran tiger. The open exhibit's main walls are 18 feet high.

"The exhibit is designed to keep the animals from getting out but not for keeping animals from getting in," zoo spokesman Brian Carter said. "You can jump off a cliff but you can't jump up a cliff."

Zoo workers, who were close on the dog's trail, used fireworks and air horns to distract the two tigers in the exhibit and get them into their night enclosures behind the exhibit's viewing area.

One tiger, born in captivity, had the dog in her grasp for several minutes, Carter said.

"She didn't have the experience of live hunting, but she certainly had the instincts," he said.

After emergency treatment by zoo veterinarians, the dog was taken to the Animal Emergency Medical Center in Memphis, where she was reported in good condition Wednesday.

"She's resting comfortably," said clinic manager Clarita Atkinson. "She's fairly unscathed for the amount of damage that could have been done."

The dog was wearing a collar that did not include an address, Carter said, and zoo officials were trying to find the animal's owner. The zoo is in a large park in a residential area of the city.

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ABOUT THE DAILY EASTERN NEWS

The Daily Eastern News is produced by the students of Eastern Illinois University. It is published daily Monday through Friday, in Charleston, Ill., during fall and spring semesters and twice weekly during the summer term except during university vacations or examinations.

One copy per day is free to students and faculty. Additional copies can be obtained for 50 cents each in the Student Publications Office in Buzzard Hall.

The Daily Eastern News is a member of The Associated Press, which is entitled to exclusive use of all articles appearing in this publication.

Subscription price | $50 per semester, $30 for summer, $95 all year.

COMMENTS / TIPS

Contact any of the above staff members you believe your information is relevant to at their provided e-mail address.

You may also call 581-7942 or visit the student publications newsroom at 1811 Buzzard Hall.

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.

To aid the Daily Eastern News in its quest for accuracy, please report any factual error you find in any edition of the Daily Eastern News by e-mail, phone, campus mail or in person.

DENeic@gmail.com
DENnewsdesk@gmail.com
581-7942 (phone), 581-2923 (fax)
1811 Buzzard Hall
Periodical postage paid at
Charleston, IL 61920
ISSN 0894-1599

Printed by
Eastern Illinois University
Attention postmaster
Send address changes to:
The Daily Eastern News
1802 Buzzard Hall, Eastern Illinois University
Charleston, IL 61920

The Daily Eastern News is printed with soy ink on recycled newsprint.

CAMPUS | RESIDENCE HALL ASSOCIATION

RHA BUDGET APPROVED FOR 2008

Annual free Winter Olympics event set for Feb. 20-23

By Heather Holm
Staff Reporter

The Residence Hall Association is planning an event designed for the cold season.

Winter Olympics, an annual event for RHA, will be Feb. 20-23.

The event is free for students and includes a dog-sled race, scavenger hunt and semi-formal.

"It is a free event where you get hall points and a trophy if you win," said Ashley Hoogstraten, a sophomore elementary education major and vice president for diversity and programming.

The RHA budget for 2008, about $500, included funding for "Up All Nite," a spring retreat at Camp New Hope, Casino Night and Winter Olympics.

The "Up All Nite" party is tonight in the Martin Luther King Jr. University Union from 8 until midnight. Prizes will be given. The event will feature a Battle of the Sexes contest.

The spring retreat will be held at Camp New Hope in Mattoon from Feb. 8-10.

"(The Spring Retreat) is kind of like a booster and helps the members of executive board try to finish strong," said Jarrod Scherle, a sophomore pre-engineering and physics major and president of RHA. "We are trying to get all the executive board members to go and take back what they learned there."

Casino night will take place sometime in February and will be similar to last year's event, which featured Blackjack, Craps, Texas Hold'em, slot machines, impromptu wedding photos, make-your-own music videos and a chocolate fountain.

The budget was voted on near the end of the meeting and was unanimously approved. Executive elections for next year will take place in the beginning of March.

The next meeting will be Jan. 17 in the lobby of the Lincoln-Stevenson-Douglas complex.

Heather Holm can be reached at 581-2544 or at haholm@eiu.edu.

FROM THE MEETING:

- Jody Stone of University Housing and Dining said a Martin Luther King march will take place Jan. 21.
- The residence hall GPA for this semester was 2.82, the same as Fall 2006.
- Mark Hudson, director of housing and dining, said there was a 15 percent increase from last year in students who filled out the Early Bird Contract.

FACULTY | SPOTLIGHT

Professor's poem read on National Public Radio

'Lightning and Ashes' book available for purchase online

By Ashley Mefford
Senior Campus Reporter

Writing poetry allows John Guzlowski to remember his heritage.

In his poetry, the retired English professor writes about his parents and their struggles in Nazi concentration camps.

Guzlowski, a retired English professor, recently had an excerpt from his book of poetry "Lightning and Ashes" read on National Public Radio's *The Writers Almanac* show on Dec. 28.

The Writers Almanac features one poem per day and Guzlowski's "What my Father Believed" was read.

David Raybin, of the English department, worked with Guzlowski for 25 years at Eastern.

"The poems in 'Lightning and Ashes' tell of his parents' experiences in being sent to Nazi Labor Camps during WWII, and also of their experiences in Poland and the U.S. after the war ended and the camps were liberated," Raybin said.

The title, "Lightning and Ashes," comes directly from a poem in the book, in the last line in the last poem in the book called "How Early Fall Came This Year," Guzlowski said.

"In the last line, I describe the world my parents survived as being written in lightning and ashes," he said. "The lightning is a flash; it lets you see for a moment, but what you see is not necessarily what you want to see: ashes," Guzlowski said.

The last stanza in "What My Father Believed" describes his father's values.

"He believed life is hard, and we should help each other. If you see someone on a cross, his weight pulling him down and breaking his muscles, you should try to lift him, even if only for a minute."

Guzlowski's publisher was instrumental in getting "Lightning and Ashes" read on NPR.

"My publisher asked me who I wanted to send complimentary review copies to," Guzlowski said. I said, '*Writers Almanac* on NPR.' It's a program I listen to almost every day," Guzlowski said.

Guzlowski uses poetry as a means to both remember what happened and to keep those memories alive, he said.

"When I write, I hear their voices. Even though they are dead, they still come to me. It's pretty magical," he said.

Dana Ringuette, chair of the English Department, had worked with Guzlowski at Eastern since 1990.

"(Guzlowski's) poetry fairly sings with intellect, compassion and a hard-edged ability to observe and present terrible, traumatic experiences with a clear and poignant perspective," Ringuette said.

Guzlowski's book "Lightning and Ashes" is available for purchase at amazon.com.

A blog in which he writes about his parents' experiences is viewable at http://lighting-and-ashes.blogspot.com.

Ashley Mefford can be reached at 581-5201 or almefford@eiu.edu.

PHOTO COURTESY OF JOHN GUZLOWSKI
Retired English professor John Guzlowski's poem "What My Father Believed" was recently featured on a program on National Public Radio called "Writers Almanac." The program regularly features one poem on its show per day. His full poetry book "Lightning and Ashes" is available for purchase on amazon.com.

CAMPUS | ARTWORK

Illuminating art replicates past

Booth Library features manuscript facsimiles in new exhibit

By Sara Cuadrado
Campus Reporter

As Carolyn Clay walked into the South entrance of Booth Library, the colorful pieces in the Illuminated Manuscript Facsimiles exhibit caught her eye.

Marlene Slough, art bibliographer for Booth Library, intended for the exhibit to do just that.

The facsimiles are "perfect" replicas or reproductions of original manuscripts. The replicas, including handwritten books and rolls with painted decoration and illustration, are intended for study and research. Illuminating manuscripts were especially popular in Christian medieval Europe in the 6th to 16th centuries before the invention of the printing press.

"They are made to look old. Every dot and imperfection is put into the replica," Slough said.

She said because many people were illiterate during those times, the pictures would represent what the words said. The replicas include commentaries for the student in which every page is described and interpreted.Allen Lanham, dean of Booth Library, said the manuscripts are "wonderful examples of what artists had to do before mass printing."

The size of the manuscript reflected the use of it, Slough said.

The Book of Hours is a devotional text for personal use, so it is smaller.

The Medieval Psalters is a book of Psalms and other devotional materials for church use and is therefore larger.

Slough said Eastern purchased these facsimiles within the last five years. She said they are printed in very small issues by specialized companies and are expensive to purchase. They are kept in the library's special collections and put on reserve for some classes, Slough said.

"These pieces are relevant to many disciplines," she said.

She added that the most common use for these is by the medieval studies minors, but art and history classes use them, as well.

Slough said she first became interested in the manuscripts when Tarble Arts Center hosted an event in November titled "The Ceremonial Function of Illustrated Manuscripts in the Middle Ages," which made special reference to the manuscript facsimiles in the library.

Since that program, Slough wanted to bring attention to the manuscripts.

"I'm not sure people know we have this on campus; they may want to use them," she said.

Lanham said the exhibit is catching students' attention.

"I've caught students stopping to look at them and talking to each other about them," he said.

Clay, a freshman health studies major, stopped to look at the exhibit as soon as she entered the library.

Clay said she liked the Book of Hours because she has a similar book that she prays with in the mornings. Another manuscript in the exhibit, The Book of Psalters, reminded her of books at church, she said.

Clay said she was interested to stop and learn about the manuscripts.

"You learn something new every day, and this is what I learned today," she said.

Sara Cuadrado can be reached at 581-8078 or at slcuadrado@eiu.edu.

CAMPUS BRIEFS

Born to be remembered Saturday afternoon

A memorial service for retired Eastern business professor Waldo Born, who passed away Dec. 20, will start 12:30 p.m. Saturday at First Presbyterian Church.

A celebratory gathering starts 12:30 in the parlor, with services starting 1 p.m. in the sanctuary.

Born, 80, served in the Navy for 30 years and taught at Eastern for 16. He retired in 2004.

He is survived by a wife of 56 years, Margaret (Peggy) Born, children Wally Jr., Meg, Beth and Anne; five grandchildren; six great-grandchildren; four sisters, Mary, Alice, Sally, Louise, Ruth and a brother, James.

Handbook contains printing error

The University Housing and Dining Services Calendar Handbook, which was distributed to on-campus residents at the beginning of the academic year, contained a printing error. The handbook listed Martin Luther King Jr.'s birthday observance as Monday instead of Jan. 21. The correct day of observance is listed on the Eastern Web site.

Today is last day to decrease meal plan

Students have until today to decrease meal plans with the Office of University Housing and Dining.

Dining Dollars not used by students during fall were rolled over to students' Panther Cards for spring. Students can increase their meal plan any time during the semester.

Want to teach? Attend last meeting of semester

The last student teaching meeting this semester will be Jan. 15.

Students who want to student teach during the Fall 2008 or Spring 2009 semester need to attend the meeting at 6 p.m. in Buzzard Hall Auditorium.

Dancers featured at heritage banquet

Tickets for this year's African-American Heritage Month Banquet are on sale through Jan. 28 in the Gateway Office, 2170 Blair Hall. Prices are $15 for adults and $8 for students. The banquet is Feb. 1, with a social at 5 p.m. and dinner at 6. A special performance by the Kenyetta Dancers will be featured. For more information, call 581-6692.

-Compiled by Editor in Chief Matt Daniels and Senior University Reporter Stephen Di Benedetto

BLOTTER

It was reported Wednesday that a cell phone was stolen while left unattended in the Student Recreation Center.

COMMENTS, CORRECTIONS, OR EVENTS

To report any errors, local events or general suggestions for future editions please contact our news editor, **Hayley Clark**, via:
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Office visit | 1811 Buzzard Hall

The DAILY EASTERN NEWS

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

EDITORIAL BOARD

Other Views on News

REGULATORS, MOUNT UP

U. of California-Davis – To what degree should the government be involved in regulating the economy?

A generation ago, disagreements over this fundamental question led to the Cold War.

Today, the question almost never gets thoroughly debated in media for fear of upsetting conservative advertisers.

To hear Republicans tell it, you'd think the federal government was some evil abstraction forced on Americans by an outside entity.

Although obviously not the case, conservatives have been getting elected to, and subsequently gutting, government for decades by playing off this perception.

And at the core of their cuts to social services and to environmental, economic and labor protections are a few, remarkably naïve assumptions about economics.

The fact often ignored? In a democracy such as this one, governments derive their power from the consent of the governed.

It's safe to assume that "the governed" are also workers and consumers who make demands on the market for goods, services and labor practices.

So you could then say that a government derives its power from the consent of the consumers and workers it represents and is merely an extension of consumer demand.

K.C. Cody
The California Aggie

EDITORIAL POLICY

The editorial is the majority opinion of the DEN editorial board. Reach the opinions editor at:
DENopinions@gmail.com

LETTERS TO THE EDITOR

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 Daily Eastern News' 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 or submitted electronically from the author's EIU e-mail address to DENopinions@gmail.com.

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www.dennews.com

Drawn from the news | Dylan Polk

STAFF EDITORIAL

Perry makes the right decision for both students and faculty

OUR VIEW
- **Situation:** Eastern president Bill Perry announced graduate students may teach no more than 3 percent of course selections.
- **Stance:** Perry made the right decision without jeopardizing the university's responsibility to both graduate and undergraduate students.

Recently, Eastern president Bill Perry announced no more than 3 percent of course selections may allow graduate assistants to teach.

This is a small percentage of classes.

Perry also put forth the following provisions regarding graduate assistants teaching at Eastern: faculty must assess the quality of the graduate assistant performance, the graduate assistant must be faculty mentored and there must be a valid educational objective for the assignment.

For these reasons, we support graduate students teaching classes at Eastern.

Since the number of graduate students teaching an undergraduate class has not exceeded 3 percent in the last 30 years, the number is an appropriate fit for the Eastern community.

With Perry's provisions, graduate assistants at Eastern teach only a small percentage of classes.

"Graduate assistants get the chance to teach in a mentored environment while leaving 97 percent of Eastern classes taught by faculty members."

The lock will help prevent a smaller school like Eastern from becoming more dependent on graduate students to teach undergraduate courses instead of faculty members.

An annual report surveying a graduate assistant's instruction, research and service given at the end of each spring semester to the vice president of academic affairs will also aid in monitoring the policy.

This will help regulate how well graduate assistants are doing at the end of every academic year and the new policy will be easier to review.

Graduate assistants in the biology department teach Biological Issues and Principles, at 1000 level course that fulfills general education requirements.

In the English department, graduate assistants teach 1000 level English courses.

In the English department, students take three courses focusing on teaching and work closely with a faculty mentor.

In the Biology department, only students in their second year of a two-year program are allowed to teach.

These graduate assistants work as teacher assistants prior to starting their second year of the program.

Graduate assistants are seeking their Master's degrees and often have desires to teach upon completing their degree.

The graduate assistants are not just set loose to teach unsuspecting and impressionable freshman.

Faculty members closely monitor the graduate assistants to ensure the students in their classes are getting a quality education.

Previously, members of the faculty have argued that incoming students may choose an institution other than Eastern if graduate assistants are allowed to teach.

However, other state schools allow graduate assistants to teach.

Western Illinois University, a school comparable to Eastern in size, allows graduate assistants to teach.

Teaching assistants teach under supervision of a faculty member or lead labs or discussion groups in a course setting.

Northern Illinois University allows graduate students to teach as well.

In the department of economics, incoming graduate assistants often work as research assistants.

Graduate assistants further into their Masters program are often assigned to be a teaching assistant.

Teaching assistants teach undergraduate introductory economic theory under the supervision of a faculty member.

Illinois State also offers teaching assistantships where graduate assistants are responsible for a self-contained class, assisting a faculty member and teaching labs.

The idea of graduate assistants teaching classes is not a radical notion.

It is not a radical notion for them to be teaching at a state school or a school the size of Eastern.

Faculty cite a responsibility to undergraduates as a reason for not allowing graduate students to teach.

What about the university's responsibility to graduate students?

Graduate students deserve just as many opportunities as undergraduate students.

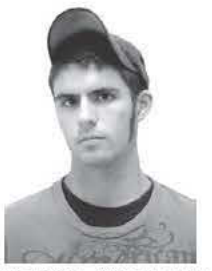
We feel that with this new policy, Eastern is fulfilling the faculty's obligation to the undergraduate student while still allowing graduate students the opportunity to teach.

Graduate assistants often want to teach when they leave Eastern and the point of their master's program is to prepare them for their future.

Allowing graduate assistants to teach no more than 3 percent of classes is a win-win situation for the university.

Graduate assistants get the chance to teach in a mentored environment while leaving 97 percent of Eastern classes taught by faculty members.

We applaud Perry's decision of allowing graduate assistants to teach while remaining dedicated to the academic mission of Eastern.



KEVIN KENEALY

Sleepless in Charleston

I haven't been sleeping well the past week. Like Cosmo Kramer under the chicken sign, I have been on NO SLEEP. The main reason? Worry.

While I feel I have been good at telling others not to worry, it is hard to take in myself.

Okay, I was going to write about the New Hampshire Primary and relate it to a great boxing match in how close Obama and Clinton remain at each others throats while the crowd howls for their respective candidate to bout the other one out in the move for change.

Then I was going to say how ridiculous it is writing about my pathetic college-going Journalistic, coffee-drinking, comfortable-living life issues when compared to that kid in China who probably makes the shoes that I go to the gym with.

Now this argument will always stand the test of time.

However, this being an opinions piece let me get to what I was worrying about: the future.

Even though I am four years older and supposedly wiser than I was when I was a senior in high school, I am in roughly the same position. Except this time, I get to face the real world instead of going to a community college.

No big deal. I've been doing journalism since high school, have held various editor positions since that time, have a concentration in online at Eastern and have held two internships since I began the journey of journalism. My career path should be set.

Key words are should be. Within the past month I have actually contemplated going back to work at my hometown garden center where I used to work for four years.

The pressure to go into the journalism field scares me to death. I relate it to the feeling of getting off the tilt a whirl – you know where you are, but the world looks so dizzy.

It's kind of funny. My roommate is playing Foghat's "Slow Ride" on Guitar Hero 3 as I write this. You know, "Slow Ride/Take it Easy!" Anyway...

Secondary education was my original major of choice way back in the dark ages and I went into journalism because I wanted to learn more about the world around me.

I also had so much fun working on my community college newspaper it just made so much sense to go into it.

I didn't think about the New York Times or Rolling Stone or whatever at that point.

I thought about that particular day and it was wonderful. And as I get older I find myself living in a future that doesn't exist when the present flashes before my very eyes.

A joke I used to tell at family gatherings when they'd ask about my future is that I would get my Master's and then I would play my guitar on street corners for a living.

And I'd like to return to living in the now so I can build a good future.

My opinion then, or rather my advice to those reading this, is to enjoy your time at Eastern and what comes, comes.

I'm learning to take that advice in myself. Take it from Foghat.

Kevin Kenealy is a senior journalism major.
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» UPI

FROM PAGE 1

Rebecca Spoon, local artist and independent businesswoman, agrees something needs to be done about America's health care system.

"We are now trapped in an unsustainable, unaffordable, immoral system with costs spiraling totally out of control," Spoon said.

Spoon has been researching single-payer universal health care for more than five years and believes it is the solution to what she calls America's "health care crisis."

Charles Delman, Eastern's UPI chapter president, said single-payer health care is a national government insurance program. He said HR-676 proposes expanding the Medicare system to everyone; insurance would be provided and guaranteed.

Delman said doing this would eliminate private insurance companies. He said the companies "skim off profit" that serves no useful purpose.

Single-payer health care would allow people to go to any doctor or any hospital they want. People would not be restricted to only two or three networks when care is needed.

And the employed would no longer have to worry about losing their health coverage when switching jobs.

According to a November 2007 Economic Policy Institute report, nearly 60 percent of U.S. health insurance is employment-based coverage.

Delman said the government program means insurance would no longer be tied to employment.

However, Spoon said single-payer universal health care would mean bad news for insurance providers.

"At first, HR-676 would use our savings to buy out the health insurers and profit-driven providers," Spoon said. "It would take 15 years to convert the health insurer gravy train over to a not-for-profit model that we could start using for our people's benefit instead of health insurers'."

Delman said at least 20 other civilized countries already have national health care systems in place.

"There are many models," Delman said. "And they all work better than what we have."

According to the UK National Health Service, Great Britain has had a system of universal health care since 1948. Delman said the British government hires doctors and runs the hospitals, operating alongside private physicians so those who want additional care have access to it.

In other countries, the government does not operate the health care system but pays for the costs on a fee-for-service basis.

Delman said one of the issues with the U.S. health care system is Americans don't think coherently about how we spend the money.

"About one half of all the medical expenses an individual will incur occur during the last year of life," Delman said. "We spend tons of money helping those people hang on for those last few months. But we spend very little money on genuine prevention. We don't think about getting people healthier."

The national insurance program would be paid for out of taxes, and Delman said there would be no additional expenses.

"One argument that you hear is 'It will raise our taxes," Delman said. "Conceivably it would, but it will eliminate all the health premiums."

Delman said in passing the resolution supporting HR-676, UPI communicated its interests to local and state politicians. He said national health insurance is one of many issues on UPI's agenda, but the group hopes to help gain support for the system by educating not only its members, but the community as well.

"What you want to do is build a popular movement for what things should be," Delman said. "And you may not get what should be right away, but if you just keep pushing and saying the truth about what needs to happen, then that's the best way to make a change."

Kaufman said UPI Local 4100's executive board will take the resolution to its April 2009 House of Delegates Assembly.

HR-676 was introduced by Rep. John Conyers, Jr. (D-Mich.). Kaufman said UPI is encouraging other members of the House to sign on as co-sponsors. UPI also hopes a companion bill will be introduced in the Senate.

Barbara Harrington can be reached at 581-7942 or at bjharrington@eiu.edu.

» Library

FROM PAGE 1

Straith said she and members of the library board took these ideas to the designers of the addition before construction began and they were taken into consideration for the final plans.

She said all of the aspects of the new addition will give the library new opportunities to please the Charleston community.

"We will be able to serve the public better," Straith said. "We're going to have a lot more to offer."

The opening of the new addition is the first phase of the project; the second phase will include renovating the existing library building.

Straith said there was no definitive date as to when the second phase will be completed.

The $7 million bond that funded the project was voted on and approved by Charleston residents in April 2005.

Comptroller Heather Kuykendall said the bond is essentially money the city has borrowed from a lending agency, which is paid back through property taxes from Charleston residents.

She said the city controls the money flow for the project by providing checks for the various vendors and construction companies working on the project.

However, Kuykendall said the city is not that involved.

"We don't have a large role in the project," she said. "We just handle the money."

The library board of directors hires the various vendors and agencies, then has the city pay them with funds from property taxes, Kuykendall said.

Property taxes were slightly increased by the referendum in 2005, but citizens have supported the projects.

Charleston Mayor John Inyart campaigned on this issue of renovating the library when he was running for election.

He said most citizens agreed with his position that the library, which had not been renovated since 1983, needed to be expanded.

Inyart said he thought citizens have supported the project because it will give them better facilities to enjoy.

"It's definitely going to be a great asset for the community for generations to come," he said.

Jordan Crook can be reached at 581-7942 or at jscrook@eiu.edu.

HOW IT WILL HELP

Benefits of the addition to the Charleston Carnegie Public Library:

- Provides more space for library materials
- Gives Charleston organizations a meeting place
- Allows more space for youth areas

» Food

FROM PAGE 1

Karaoke, bingo and laser tag are other activities students can participate in.

Hubbard said the laser tag, which will take place in the Grand Ballroom, comprises both solid and inflatable objects, a 15-foot score board and the newest technology in vests and lasers.

He said UB purchased 25 new CDs to update the karaoke system.

The movie "Gone Baby Gone" will also be shown during the event.

Though the event is free, the activity fee included in tuition helps pay for the event, which is why Hubbard said he encourages students to attend.

He said students pay $102 a semester for the activity fee.

Hubbard said people do not like paying for something and not seeing anything in return.

"This is kind of our gift back," he said.

Laurence Underwood, graduate adviser for special events on the university board, said when he was an undergraduate, he was always looking for a way to "kick back" on a Friday or Saturday without having to spend money or travel far.

"Weekends are usually a time for a breather where, through (Up All Nite), we provide a venue where you really don't have to go off campus," Underwood said.

However, UB cannot do it alone.

This event is co-sponsored by the Union and University Housing and Dining.

Housing and Dining is providing 200 cream pies and 300 hot dogs and buns for the contests, as well as snacks.

"Since we run the food operation in the Union and the program would serve many patrons who use our service there, we felt it appropriate to participate," said Mark Hudson, director of housing and dining.

This event costs housing and dining about $600, which comes from a small budget for promotional activities.

The Union supplied $2,500 for this event.

Cathy Englkes, deputy director for the Union, said it gives the money to UB, who then decides what to use it for.

"It's their event; since it's in the Union, we like to collaborate with them, support them, help them in any way that we can," Englkes said. "So, mostly, we give them monetary help and then they can do with it what they want."

Englkes said the Union used to do much of the programming itself but then decided to work with UB to create a bigger event.

"We want students to come back into the Union, and we think the University Board put a lot of work into it – and a lot of student involvement," Englkes said. "So we feel that that's something that students will support, and we want to help support them to be successful."

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The DAILY EASTERN NEWS
WWW.DENNEWS.COM
FRIDAY | 1.11.08

UNIVERSITY | LOAN PROGRAMS

More money means more financial aid

Public and private universities fund student aid in different ways

By Barbara Harrington
University Reporter

Attending what *The Princeton Review* ranks as the toughest school to get accepted to just got cheaper.

According to the *Harvard University Gazette Online*, Harvard President Drew Faust and Dean of the Faculty of Arts and Sciences Michael D. Smith introduced a new financial aid system on December 10 to help make attending Harvard more affordable.

Students coming from households with an income below $60,000 are already attending Harvard free of charge, but the new program aims to provide more financial aid to students coming from "middle to upper-middle-income" families.

FINANCIAL AID AT EIU

»To be eligible to receive Title IV funds while attending Eastern Illinois University a student must meet the following eligibility requirements. The applicant must:

- 1. be a U.S. Citizen, or eligible non-citizen,
- 2. have registered with the Selective Service,
- 3. be accepted and enrolled at least half-time at Eastern Illinois University,
- 4. complete the Free Application for Federal Student Aid (FAFSA),
- 5. not be in default on any Title IV Aid, and
- 6. maintain satisfactory progress.

Eastern's Director of Financial Aid Jone Zieren said she applauds Harvard's new financial aid policies.

"Anytime that the student doesn't have to take out a loan and a school can make up those funds — the balance of their college costs — in scholarships, that's wonderful." Zieren said. "I really don't see any downsides."

Zieren said in an ideal world, Eastern would be able to model a similar program after Harvard's. But she said most public schools simply do not have the funds.

The Associated Press reported in December that Harvard has an endowment close to $35 billion. Eastern's endowment fund is just over $600,000.

Due to Harvard's large endowment, the university has the ability to pay more financial aid than a university with a smaller endowment fund.

The *Harvard University Gazette Online* reported households making between $120,000 and $180,000 will pay 10 percent of their income for their student to attend the university.

The percentage of income families will have to pay if they make under $120,000 decreases with the amount of household income. Students coming from households making $60,000 or less will still pay zero percent.

Like those at Harvard, Zieren said she believes even families considered well-off can have difficulty paying tuition.

"Any family that doesn't start preparing early for their student to be going to school is going to have problems," Zieren said. "Unfortunately, some families don't even think about how they are going to finance their student's education until maybe their junior or senior year which is kind of late in the planning process."

Zieren said this lack of planning can lead to families, even those with high-income, having to cut costs in other parts of their lives.

According to the *Harvard Gazette Online*, Harvard does not give out any merit or athletic scholarships. Aid is based solely upon need.

Zieren said the type of aid offered to students is unique to each university.

" It just depends on the resources of the institution," Zieren said. "You have to decide which students to help. Are you going to help the need-based students or are you trying to attract the students with the best academic records? Hopefully you can do both, but it really depends on what you can afford." Previous to Harvard, several other private universities altered their financial aid programs to help make attendance more affordable. Among these schools are Columbia, Stanford and Amherst.

Barbara Harrington can be reached at 581-7945 or bjharrington@eiu.edu.

CITY | BUSINESSES

Charleston square gets a sweet tooth

After 25 years at home, bakery moves downtown

By Jordan Crook
City Reporter

Before Charleston resident Jeanne Davis opened her new bakery shop on the square, she sought help from the Southeastern Illinois SCORE Chapter – a consulting firm located on Eastern's campus.

The bakery, called Sweet Tooth Specialties, is located at 605 Monroe Ave. in Charleston and opened its doors in late December. It has seen a great deal of business in that time, Davis said.

"We've become very popular, very fast," she said.

Sweet Tooth Specialties offers a variety of pastries and breads to customers. These include homemade cinnamon rolls, doughnuts, cakes, pies and cookies.

Bakery menu
•Sweet Tooth Specialties offers a varieties of pastries including:
- homemade cinnamon rolls
- doughnuts
- cakes
- pies

Davis said she hopes to soon add a selection of European breads to the menu as a result of consumer interest. Because of the location of the bakery – near a college shuttle bus stop – and the menu, Davis thinks Eastern students will visit the shop.

"If they know about us, they'll be here," she said.

Davis also pointed to the large concentration of students living in the area as reason why students will stop in.

Though Sweet Tooth Specialties is her first venture into the world of baking business outside her home, Davis provided baked goods for the Charleston community for the past 25 years.

Two years ago, she started a bakery business from her home. With a large amount of regular business, Davis was making more than $30,000 during the time it was open. She eventually decided to move into her own store.

"It was getting to the point when I was going to have to turn away customers or get bigger," Davis said.

With help from the Charleston chapter of the consulting firm SCORE, based out of Lumpkin Hall at Eastern, Davis was able to procure funding to lease a vacant store on the square and buy the materials necessary to run a bakery.

Davis said the consultants helped her learn how to run a business effectively and how best to bring in customers.

Guy Loucks, SCORE operations coordinator, was the consultant who helped Davis get her business off the ground.

Loucks, who served as a telecommunications consultant for the Charleston community before joining SCORE, said Davis's enthusiasm and drive to expand her business helped the organization create a business plan for her.

"(Davis) was the kind of client we like to have," he said.

The business plan included a forecast of revenue and cost analysis of her competitors in the area, the bakeries at Wal-Mart and County Market. The plan also looked at her business' strengths and weaknesses.

Loucks said the strengths of Sweet Tooth Specialties, compared to its competitors, were its homemade baked goods and its proximity to city employees.

He said helping business owners like Davis expand or create new areas of commerce is the goal of SCORE.

"We're interested in helping all sorts of entrepreneurs," Loucks said.

The Charleston chapter of SCORE was created three years ago as a result of a meeting between the dean of the Lumpkin College of business and applied science and Cindy Titus, executive director of the Charleston Chamber of Commerce.

They decided it would be beneficial to Charleston businesses to have a consulting firm like SCORE available to the community.

Loucks said the Charleston chapter of SCORE is a subsidiary of the Millikin University in Decatur; it is, however, a largely independent organization.

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POLITICS I 2008 PRESIDENTIAL ELECTION

Obama receives endorsement

Kerry snubs Clinton and Edwards in South Carolina

The Associated Press

CHARLESTON, S.C. — John Kerry, the 2004 Democratic presidential nominee, gave Barack Obama a timely endorsement Thursday, snubbing Hillary Rodham Clinton as well as his own vice presidential running mate.

Kerry came to South Carolina to embrace Obama, two weeks before the state's primary and with Obama needing a boost after Clinton's emotional victory over him in New Hampshire.

Quoting a black American hero in endorsing the man who hopes to be the first black president, Kerry told a cheering crowd, "Martin Luther King said that the time is always right to do what is right." Now is the time, Kerry said, to declare "that Barack Obama can be, will be and should be the next president of the United States."

The Massachusetts senator said there were other candidates he had worked with and respected but Obama was best able to bring Americans together.

LINDSAY SEMPLE | MCT

Barack Obama (left) stands with John Kerry during a campaign rally at the College of Charleston on Thursday in Charleston, S.C.

"Who better than Barack Obama to turn a new page in American politics so that Democrat, independent and Republican alike can look to leadership that unites to find the common ground?" Kerry said.

Former Sen. John Edwards of North Carolina, the third contender in the Democratic presidential race, was Kerry's vice presidential running mate in 2004. Despite their political alliance, the two men were not close personally and differed behind the scenes on campaign strategy in a race that President Bush won.

Edwards responded to word of the endorsement with a diplomatic statement: "Our country and our party are stronger because of John's service, and I respect his decision. When we were running against each other and on the same ticket, John and I agreed on many issues."

Edwards defeated Kerry in the 2004 South Carolina Democratic primary. Kerry had considered running again but decided a year ago he would not.

Kerry dismissed Obama critics who say the Illinois senator lacks the experience to be president. And he took a swipe at Clinton, saying, "Some have suggested in this campaign that Barack is guilty of raising 'false hopes.' ... My friends, the only charge that rings false is the one that tells you not to hope for a better tomorrow."

In a debate in New Hampshire, the New York senator said in comparing her ability and Obama's to fulfill pledges to bring about change: "I think it is clear that what we need is somebody who can deliver change. And we don't need to be raising the false hopes of our country about what can be delivered. The best way to know what change I will produce is to look at the changes that I've already made."

Obama also picked up the endorsement of South Dakota Sen. Tim Johnson.

NATION I CRIME

Mother charged for murder of daugthers

The Associated Press

WASHINGTON — A mother found in her home with the decomposing bodies of four girls was charged Thursday with murder after reportedly telling investigators that the children were possessed by demons and died in their sleep.

Banita Jacks, 33, was charged with felony murder and appeared in District of Columbia Superior Court. She told police that the deaths occurred before a utility turned off her electricity, which prosecutors said was in September 2007, according to charging documents.

The bodies of the girls — ages 5 to 17 and believed to all be Jacks' daughters — were found Wednesday when deputy U.S. marshals served an eviction notice at the apartment.

"I don't think anyone in the city can remember a case involving this many young people who have died in such a tragic way," Mayor Adrian M. Fenty said.

Jacks told investigators that the children were possessed by demons and began dying in their sleep, one by one, within a seven-day period, documents say.

She could receive a maximum sentence of life in prison if convicted.

Jacks appeared in court in a white jump suit, and court was recessed briefly before a judge could rule on her detention. Her attorney argued that she should be released to the custody of an adult relative pending trial. Prosecutors argued that she should be held without bond.

The charging documents identify the children as Brittany Jacks, 17; Tatiana Jacks, 11; N'kia Fogle, 6; and Aja Fogle, 5.

Although autopsies are incomplete, the medical examiner's office reported that there was evidence that Brittany had been stabbed, the charging documents state. There was evidence of binding on the necks of Tatiana and N'kia, and evidence of blunt force injury to the head of Aja and binding on her neck, according to the documents.

Court records in Charles County, Md., show that Jacks filed paternity suits against three men, two of which were successful. In one case, Norman C. Penn Jr., whose most recent address is in Glen Burnie, is named the father of Brittany. In another case, Kevin J. Stoddard, whose most recent address is listed in Prince George's County, acknowledged he is the father of Tatiana.

The county court records indicated that both men failed to pay required child support.

Penn was convicted of criminal contempt and received a suspended jail sentence. Records also show that in 2004, lenders foreclosed on a Waldorf townhome that Jacks had purchased three years earlier.

The home where the bodies were found is in one of the city's poorest, most violent neighborhoods. The block is lined by virtually identical apartment houses near Bolling Air Force Base. About one-third of the city's homicides last year occurred in the area, according to preliminary police statistics.

Fenty said Thursday officials were working to determine what contacts city agencies had with the family.

NATION BRIEFS

More employees resign at Oral Roberts

TULSA, Okla. — Benny Hinn and I.V. Hilliard, two televangelists, have resigned their posts as regents at Oral Roberts University, as the debt-ridden school tries to regroup following a spending scandal involving its former president.

The two were involved in making major school decisions, university spokesman Jeremy Burton said Thursday. Burton declined to say why the two resigned, but said both wrote the board to express their support for the school's mission.

The resignations follow that of Richard Roberts, who stepped down as university president in November amid allegations he misspent school funds to bankroll a lavish lifestyle. Roberts, the son of school founder Oral Roberts, held the position at the 5,700-student school since 1993.

Rescue crews continue search through fog

BAYOU LA BATRE, Ala. — Search crews in boats resumed looking Thursday for the bodies of four young children while a judge denied bond for their father, who is accused of throwing them from an 80-foot coastal bridge.

Boats went back into waters around the Dauphin Island bridge early Thursday, though heavy fog kept divers and helicopters on hold.

Lam Luong, 37, was charged with four counts of capital murder in the death of the children, who range in age from 4 months to 3 years, after he confessed, authorities said Wednesday.

Iraq death total updated by AP

As of yesterday, at least 3,921 members of the U.S. military have died since the beginning of the Iraq war in March 2003, according to an Associated Press count.

The AP count is nine higher than the Defense Department's tally, last updated Wednesday at 9 a.m.

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1/15

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» Clutter

FROM PAGE 12

It's not that we can't do the workout. The fact remains we sometimes just don't feel like doing it.

Then you think about what it would be like if you were a regular student.

You wouldn't have anybody to make you stay on top of your classes and grades, and you wouldn't have anybody looking out for your best interests.

You also probably wouldn't feel as accomplished at the end of each day. When I get home from practice, I'm dead tired.

If I weren't an athlete, I would probably not go to class as much. And workouts would be a thing of the past. If that were the case, then I know I wouldn't be happy with myself. Even though I'm tired at the end of the day and there are days where I just don't want to do anything, I'm still happy because it is all worth it.

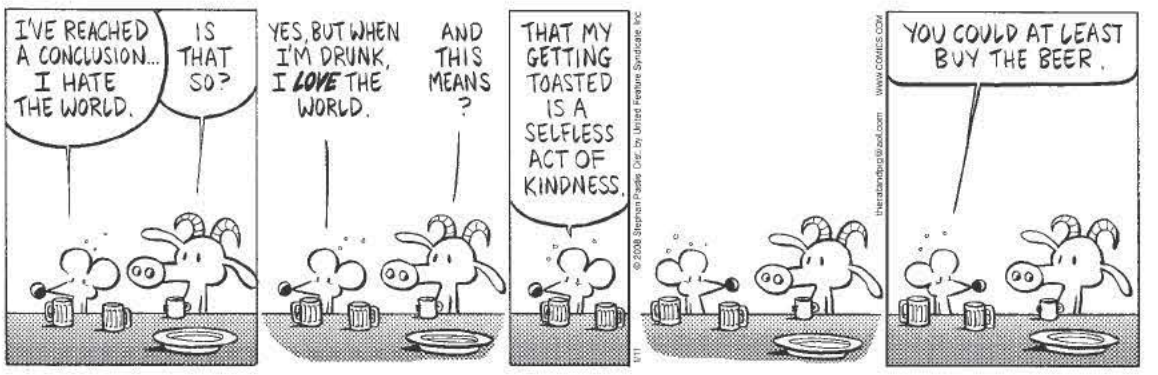
Being an athlete has definitely helped me get through school.

It's definitely safe to say that by the time second semester starts, athletes start to get burned out a bit. However, I would not trade places with a regular student any day, no matter how much I complain.

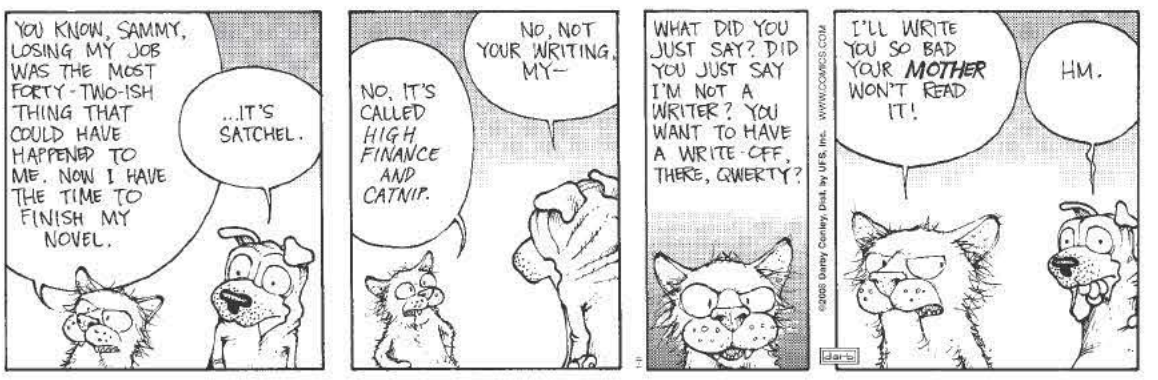
It's a new year, so that means a fresh, new start and a fresh, new attitude.

Molly Clutter can be reached at 581-7944 or at mkclutter@eiu.edu.

PEARLS BEFORE SWINE | BY STEPHAN PASTIS



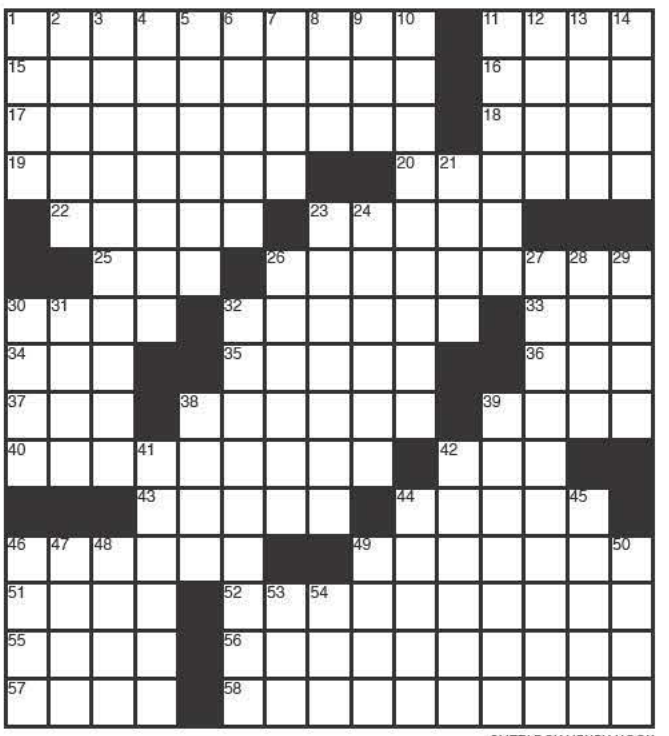
GET FUZZY | BY DARBY CONLEY



The New York Times Crossword

Edited by Will Shortz

No. 1130



PUZZLE BY HENRY HOOK

ACROSS

1 Show signs of improvement
11 Second in a series
15 Indication of stress
16 1,575-mile river known to some locals as the Zhayyq
17 "Well, duh!"
18 Hitch
19 Supra
20 Syrup of ___
22 Caustic
23 Sci-fi author McIntyre
25 Bad ___, German resort
26 With eyes open
30 Mr. Levy of 1920s Broadway fame
32 Holders of big pads
33 Marker
34 W.S.J. subjects
35 "It's ___!" ("You're on!")
36 Alt. spelling
37 Slam
38 Dictionary data
39 Minimal change
40 Cloth workers?
42 Big-league
43 Sculptor Oldenburg
44 Dive
46 Game craze of the late 1980s and '90s
49 Direct
51 Island nicknamed the Gathering Place
52 Jump the gun
55 Senior moment?
56 One who's happy when things look black
57 Blunt
58 Undergo a change of habit?

DOWN

1 Olympics item ... or the winning word in the 1984 National Spelling Bee
2 Civilians eligible to be drafted
3 ___ Line (German/Polish border)
4 Bitter fruit
5 Queues
6 Name on a bottle of Beyond Paradise
7 Sch. staffer
8 French pronoun
9 Suffix with south
10 Sparks a second time
11 Department
12 Greenland colonizer
13 "I did it!"
14 Pianist Templeton
21 Visual PC-to-PC files
23 Appearances
24 Classic Packard model with a numerical name
26 Pompadour, for one
27 Prerecorded
28 Advance
29 Tentlike dwelling with a conical roof
30 Like some electric circuits
31 Be angry as heck
32 "Nothing to it"
38 Hybrid fruit
39 Where cooler heads prevail?
41 Fritz the Cat illustrator
42 Paid (up)
44 Locker room habitués
45 Rain gear brand
46 Maximally
47 Pull down
48 Grand total?
49 Plural suffix with beat or neat
50 Kind of pronoun: Abbr.
53 Clause
connector
54 Unduly

ANSWER TO PREVIOUS PUZZLE

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

MEN'S AND WOMEN'S SWIMMING | EASTERN VS. MILLIKIN

Best times are main concern against Millikin

Panthers look to coast past Division III rival

ROBBIE WROBLEWSKI | THE DAILY EASTERN NEWS

Freshman swimmer Trevor Thomas takes a breath during practice at Lantz Natatorium. The Panthers take on Millikin in a dual meet at 5 tonight.

By Ross Meister
Staff Reporter

The wait is finally finished.

After nearly a month since its last official meet, the Eastern men's and women's swimming teams return to the pool.

The Panthers will swim against Millikin at 5 tonight in Lantz Natatorium. Millikin competes at the Division III level, while Eastern is a Division I team.

Millikin has a new head coach, Charlie King, who is in his first season at the private school in Decatur.

Eastern head coach Ray Padovan is in his 42nd year with the Panthers.

"It's not going to be competitive at all," sophomore Lauren Zillmer said. "They are a 'smaller' team. We're going to try to get the best times this weekend. (Sophomore) Laura Nilsen, (seniors) Jen Beresheim and Jamie Lelo, as well as all the seniors, are going to have good meets."

Senior Patty Young said the teams will be putting forth extra effort.

"We haven't had a meet in over a month, so we're trying to get our best times," Young said.

Eastern won both competitions easily last season. The Eastern women's team beat Millikin 117-65, and the men's team won 120-68. The results should be similar this season, too.

"Based on last year, we know to have more fun with this meet," Beresheim said. "A lot of people will try out other events. This meet helps us ease back into the season after our training in Florida. We have to stay focused and make sure that we take this seriously. We need to battle the clock and focus on our times and races."

Several swimmers agreed the practices from this week and the training in Florida were difficult, but it will be worth it for the rest of the season.

"We've had hard practices since we got back from Florida," Zillmer said. "We need to keep working hard. We have been working hard in practice by having less rest and more yards to do, and that is why it is tough without rest, leaving us tired."

Last season, Beresheim won the 100-yard butterfly, Lelo won the 500-yard freestyle, and Nilsen won the 100-yard backstroke against the Millikin women's swim team (3-1). Zilmer won the 100-yard freestyle against the Big Blue.

The Eastern men's team (2-4) also had some standouts against Millikin last season. Sophomore Matt Crittenden won the 100-yard freestyle. Senior Matt Latham won the 50-yard freestyle, and senior Tim O'Hagan won the 100-yard butterfly.

"As usual, our standout swimmers will have to step up. I think the relays will definitely have to step up, too," Beresheim said. "(Padovan) will have room to move people around; it just depends who he puts where."

The Millikin men's team (2-2) is coming off a narrow 103-101 win against Rose-Hulman on Dec. 8.

Ross Meister can be reached at 581-7944 or at rwmeister@eiu.edu.

WOMEN'S BASKETBALL | FREE THROW SHOOTING

Easy buckets down Panthers

Mitchell, Fuller put Eastern away at the free throw line

By Dan Cusack
Sports Reporter

Tennessee-Martin's junior forward Phyllisha Mitchell approached the free throw line for a pair of important free throws. And, as she had done the majority of the night, she knocked them down.

Mitchell extended UT-Martin's lead 58-53 with two minutes and 20 seconds remaining.

UT-Martin (4-12, 1-5 Ohio Valley Conference) shot 31-32 from the free throw line in a 66-64 win against Eastern (7-9, 6-2) Thursday night at Lantz Arena.

"I've been working on my free throws pretty much the whole season," Mitchell said. "I think I'm better at home because I'm used to the baskets. Overall I think I'm a pretty good free throw shooter."

Mitchell set a career high in made free throws and went 15-16 from the line. The junior did not score her first basket from the field until 1:40 remaining in the second half, and finished with 17 points.

UT-Martin senior center Crystal Fuller was just as effective from the free throw line and went 10-of-10 from the free throw line. She finished with 10 points.

UT-Martin head coach Tara Tansil said her team made up the difference in score with its performance at the free throw line.

"I've never had a team shoot this well from the free throw line," Tansil said. "Our girls have had trouble shooting the ball lately, so I challenged them to be aggressive and get to the line because we shoot free throws pretty well."

The Skyhawks came into the game shooting 73.6 percent from the free throw line.

Tansil said the game plan from the beginning was to go inside because that is their style of play.

ERIC HILTNER | THE DAILY EASTERN NEWS

Eastern junior forward Rachel Galligan takes a shot during the second half on Thursday night's 64-66 loss against Tennessee-Martin at Lantz Arena. Tennessee-Martin junior forward Phyllisha Mitchell (on the left) had 17 points. Mitchell finished 15-of-16 from the free throw line.

"Going inside was something we planned from the start," Tansil said. "I don't think (Mitchell) was aggressive in the first half. In the second half, a lot of her shots were put backs from rebounds and she stepped up very big from the free throw line."

This strategy was effective in the second half. The Skyhawks work in the paint sent them to the free throw line 26 times. UT-Martin players responded by knocking down 25.

The combination of Mitchell and Fuller was too much for Eastern inside as the two combined for 13 rebounds.

"We knew they couldn't guard us inside," Mitchell said. "They think that we can't guard them inside, but we know they can't guard us inside. We knew once we started doing well inside, they would start double teaming and that would open up three point shots for our guards."

Eastern junior forward Rachel Galligan was able to work against the UT-Martin posts. She finished with 25 points and Eastern finished with 28 points in the paint.

"We just couldn't stop fouling," Galligan said. "I just felt like every two seconds it was just on the free throw line, free throw line, free throw line. It was frustrating."

Dan Cusack can be reached at 581-7944 or at dscusack@eiu.edu.

WOMEN'S B-BALL

UT-Martin 66, Eastern 64

TENNESSEE MARTIN (4-12, 1-5 Ohio Valley Conference)
Mitchell 1-5 15-16 17, Adams 1-5 0-0 2, Fuller 5-8 10-10 20, Angler 1-5 2-2 5, Carlile 4-8 4-4 14, Malone 0-2 0-0 0, Goyette 2-4 0-0 6, Stinson 1-2 0-0 2. Totals 15-39 31-32 66.

EASTERN (7-9, 6 2)
Kloak 0-4 0-0 0, Kluempers 0 4 0-0 0, Canale 3-9 1-2 8, Edwards 6-9 1-1 17, Sims 3-7 1-2 7, Huffman 1-4 0-0 2, Sturtevant 0-0 2-2 2, Thomas 1-6 0-0 3, Galligan 9-13 7-11 25.

Halftime: UT-Martin 45-36. **3-pointers:** Eastern 6-19 (Edwards 4-7); UT-Martin 5-11 (Two with two made). **Turnovers:** UT-Martin 23 (Fuller 5), Eastern 16 (Sims 4). **Fouls:** UT-Martin 15, Eastern 22. **Techs: Eastern - Team. A:** 408.

OTHER NOTES FROM THE GAME

Galligan closes in on 1,000-point club

Eastern junior forward Rachel Galligan scored 25 points against Tennessee-Martin on Thursday night.

The First Team All-OVC pick last season and league preseason pick now has 995 career points.

The last Eastern player to join the 1,000-point club was Megan Sparks in 2005-06.

She ranks 10th on the list with 1,313 points.

There are 18 members of the 1,000-point club in Eastern program history.

UT- Martin Free Throw Percentage going into Thursday

- Non-conference games (98-142) .690
- Conference Games (50-59) .847
- Away Games (68-93) .731
- Thursday (31-32) .969

GAME 17
EASTERN KENTUCKY
(8-5, 3-3 OVC)
AT
EASTERN
(7-9, 6-2)

- **Location:** Charleston
- **When:** Tonight at 5
- **Where:** Lantz Arena
- **Capacity:** 5,300
- **EKU head coach:**
Larry Joe Inman (310-247 in 20 years at Eastern Kentucky and 474-309 overall)
- **Eastern head coach:** Brady Sallee (37-64 in 4 years at Eastern and overall)
- **Series History:** EKU leads 14-7; Eastern Illinois won the last meeting 91-86 in overtime on Dec. 21.
- **On air:** Radio: WEIU 88.9 FM with
Ben Turner (play-by-play) and John Twork (analyst)

Probable Starters
Eastern Kentucky

Pos.	Name	Ht.	Yr.	PPG
F	M. Kloak	6-1	So.	7.3
F	L. Kluempers	6-1	Jr.	4.7
G	D. Sims	5-10	So	10.0
G	E. Canale	5-9	Jr.	8.6
G	M. Edwards	5-7	So.	7.4

Top Reserves

F	R. Galligan	6-2	Jr.	16. 9
G	A. Thomas	5-8	So.	4.6

Probable Starters
Eastern Kentucky

Pos.	Name	Ht.	Yr.	PPG
F	S. Jones	6-3	So.	7.2
F	L. Waters	6-1	Fr.	5.1
G	C. Jones	5-9	Sr.	15.8
G	A. Cazee	5-8	Sr.	13.8
G	N. Avery	5-6	Sr.	13.6

Top Reserves

F	L. Stokes	6-2	Jr.	7.5
C	L. Bentley	6-0	Jr.	4.1

MEN'S BASKETBALL | REBOUNDING

Panthers benefit from second-chance points

Eastern's 18 offensive rebounds help in near comeback

By Scott Richey
Sports Editor

Eastern senior forward Bobby Catchings missed one of two free throws with 16 minutes, 33 seconds left in the second half of the Panthers 69-63 loss game against Tennessee-Martin on Thursday night.

The next 13 seconds featured three offensive rebounds by the Panthers.

Senior forward Jake Byrne kept the ball alive first. After a missed shot, senior guard Bam Willhite got his hands on the ball. Willhite missed his initial shot attempt but eventually got his own rebound back and made his second shot attempt.

The Panthers used these plays to close an 18-point, second-half deficit against the Skyhawks.

Eastern out-rebounded UTM 41-36, including 18 offensive rebounds. The Panthers scored 17 second chance points off rebounds.

"When you get in a stretch when you're not making shots, you have to be mentally strong enough to keep doing the other things to keep you in the game until those balls go in," said Eastern head coach Mike Miller.

MORE ONLINE

- Check out dennews.com for a photo gallery from Thursday night's game.

Skyhawks head coach Bret Campbell said Eastern's second-half effort showed the Panthers (2-14, 1-7 Ohio Valley Conference) weren't going to back down – even if they could have folded easily with such a big deficit to overcome.

"When you rebound the basketball like that, you give yourself second opportunities," Campbell said. "That's huge."

The Skyhawks had more defensive rebounds than the Panthers, but UTM had only eight offensive rebounds and six second chance points. But UTM shot 47 percent from the field, providing little opportunity to pull down offensive rebounds.

Junior guard Lester Hudson led the Skyhawks with 10 rebounds, and his three offensive rebounds came in early in the game and led to putbacks underneath.

Byrne said the Skyhawks' 1-2-2 zone made it easy to find lanes to the basket to get offensive rebounds.

"It was really easy to go on that weak side and get those boards, and it's something we've tried to stress all season," Byrne said.

The Panthers had plenty of opportunities to pull down offensive rebounds: They shot 30 percent from the field as a team.

Byrne and sophomore center Ousmane Cisse combined for 17 rebounds, including nine offensive rebounds. Willhite pulled down six rebounds (three offensive), and Catchings had five rebounds (two offensive).

"It's a big thing when we're getting two to three cracks at every shot because our shots weren't falling tonight," Byrne said.

Scott Richey can be reached at 581-7944 or at srrichey@eiu.edu.

MEN'S B-BALL

UT-Martin 69, Eastern 63

TENNESSEE-MARTIN (8-9, 4-3 Ohio Valley Conference)
Hudson 10-16 4-6 29, Riedewald 2-4 0-0 4, Robinson 1-7 1-2 3, Hay 2-3 2-5 6, Weddle 1-6 3-4 5, Simmons 0-0 2-2 2, Wright 0-0 0-0 0, Pearson 1-3 1-3 3, Bailey 5-7 0-0 15, Irarrazabal 0-1 2-2 2. Totals 22-47 15-24 69.

EASTERN (2-14, 1-7 Ohio Valley Conference)
Catchings 4-10 5-6 14, Byrne 0-3 2-2 2, Parrish 1-2 0-0 3, Willhite 7-13 1-2 16, Myers-Kyle 1-2 2-2 5, Martin 0-10 0-0 0, Cisse 2-5 0-0 4, Laser 0-6 0-0 0, Dorlack 1-1 1-2 3, Anthony 3-11 9-9 16. Totals 19-63 20-23 63.

Halftime: UT-Martin 38-20. **3-pointers:** UT-Martin 10-22 (Hudson 5-9, Bailey 5-7); Eastern 5-25 (Parrish 1-1). **Turnovers:** UT-Martin 12 (Robinson 3), Eastern 8 (Cisse 3). **Fouls:** UT-Martin 16, Eastern 19. **Techs:** None. **A:** 838.

GAME 17
EASTERN KENTUCKY
(6-9, 3-5 OVC) AT
EASTERN
(7-9, 6-2)

- **Location:** Charleston
- **When:** Saturday at 7:15
- **Where:** Lantz Arena
- **Capacity:** 5,300
- **Eastern Kentucky head coach:** Jeff Neubauer (41-37 in third season at Eastern Kentucky and same overall)
- **Eastern Illinois head coach:** Mike Miller (18-55 in third season at Eastern Illinois; 105-134 in ninth year overall)
- **Series History:** Eastern Kentucky leads 13-10 and won the last meeting 72-69 on Dec. 17, 2007.
- **On air:** TV: WEIU TV with Mike Bradd (play-by-play) and Jack Ashmore (analyst)
Radio: WEIU 88.9 FM with Mike Bradd (play-by-play) and Jack Ashmore (analyst)

Probable Starters
Eastern Illinois

Pos.	Name	Ht.	Yr.	PPG
C	O. Cisse	6-8	So.	4.6
F	J. Byrne	6-8	Sr.	5.5
F	B. Catchings	6-6	Sr.	11.5
G	R. Martin	6-3	So.	16.0
G	J. Anthony	6-4	Sr.	7.8

Top Reserves

G	T. Laser	6-2	Fr.	6.5
F	B. Willhite	6-1	Sr.	5.9

Probable Starters
Eastern Kentucky

Pos.	Name	Ht.	Yr.	PPG
C	D. Dialls	6-8	Sr.	12.2
F	M. Rose	6-4	Jr.	14.1
F	J. Douglas	6-7	Sr.	4.9
G	A. Leonard	6-0	So.	9.9
G	J. Stommes	6-7	So.	5.7

Top Reserves

G	J. Daniel	6-5	So.	4.9
F	J. Taylor	6-7	So.	6.1

***Note**: Eastern Kentucky lost to Morehead State 62-53 on Thursday night in Morehead, Ky.

NBA
Chicago at Philadelphia |
6 tonight on Comcast Sports

NHL
St. Louis at Columbus |
6 tonight on FSN

TRIPLE 3 THREAT

Lester Hudson

Tennessse-Martin junior guard Lester Hudson (above) is ranked second in the nation in scoring with 26.7 points per game. Hudson has scored more than 30 points seven times this season.

Here are the next three top scorers in the Ohio Valley Conference.

1. Bruce Price – Price, a senior guard at Tennessee State, is second in the OVC in scoring with 20.0 ppg. Price leads the Tigers in field goals attempted (196) and is shooting 41 percent from the field.
2. Romain Martin – Martin, a sophomore guard at Eastern and 2007 OVC Freshman of the Year, is third in the OVC in scoring with 17.2 ppg. He scored a season-high 29 points in Eastern's 80-75 loss at Morehead State.
3. Anthony Fisher – Fisher, a senior guard at Tennessee Tech, is fourth in the OVC in scoring with 16.4 ppg. Fisher leads the Golden Eagles in field goals attempted (186) and free throws attempted (107).

-Scott Richey

MOLLY CLUTTER

New year, fresh start

Everybody is back from break and that means mostly one thing for Eastern athletes.

They're back to practice and training hard each day.

The new semester also means a fresh start; new classes and a new schedule to get used to.

Some people on the track team go straight from class to practice and back to class. Others have it a little bit easier with classes in the morning and a break before practice.

No matter what schedules are though, student-athletes have to make time for practice.

Coaches always stress the fact that school comes first, but we are still athletes who need to practice.

However, after a while, all of the stress from classes and practices can take a toll on you. There probably comes a time in every athlete's life where they just feel like doing nothing.

» SEE **CLUTTER,** PAGE **9**

WOMEN'S BASKETBALL | TENNESSEE-MARTIN 66, EASTERN 64

Edwards, team fall short

Panthers upset at home, Skyhawks snap 10-game losing streak

By Kevin Murphy
Associate Sports Editor

ERIC HILTNER | THE DAILY EASTERN NEWS
Head coach Brady Sallee talks with Assistant coach Lee Buchanan during the second half of Thursday evening's game in Lantz Arena against the University of Tennessee-Martin. The Panthers lost 64-66.

Megan Edwards called for the ball in the waning moments of Thursday night's game against Tennessee-Martin at Lantz Arena.

The Panthers trailed 66-62 with less than 15 seconds left before Edwards' 3-point attempt missed short and fell off the right side of the rim.

The red-shirt sophomore guard tried to keep the Panthers in the game – but the missed 3-pointer sealed an unlikely defeat for Eastern.

Tennessee-Martin, the last-place team in the Ohio Valley Conference, beat first-place Eastern 66-64 to snap the Skyhawks' 10-game losing streak.

Edwards finished with a season-high 17 points, 14 of which were in the second half. She also had three rebounds, two assists and two steals.

"It was just a matter of knowing what we needed and what time," Edwards said. "It could have been any of us tonight making those shots. It just needed to be executed. If we had done that the whole game, I think we would have had a better shot at winning."

Edwards was 4-of-7 from beyond the arc and 6-of-9 overall. Her first 3-pointer of the second half gave the Panthers a 37-36 lead, and her second one tied the game at 42.

"She had to (make those clutch shots)," said Eastern head coach Brady Sallee. "Nobody else would do a whole lot. She took it upon herself and hit some big shots and gave us a chance. It was just too little, too late."

Edwards' ability to take the brunt of Eastern's scoring impressed UTM head coach Tara Tansil.

"She normally tries to get everyone else involved, but she took some big shots," Tansil said. "You know, at the end, she was trying to get back in the ballgame, and she showed what kind of player she is and what she can do."

Edwards had already hit a game-tying 3-pointer at the end of regulation in the Panthers win Dec. 21 at Eastern Kentucky. However, Thursday night didn't produce a sequel.

Eastern junior forward Rachel Galligan led all scorers with 25 points to go along with four rebounds.

But it was the inside play of UTM's Crystal Fuller and Phyllisha Mitchell that allowed the Skyhawks to end their skid.

Fuller finished with 20 points and six rebounds, while Mitchell added 17 points and seven rebounds.

"It was no heart and no effort," Sallee said. "It's just not going to work. Clearly, it's my job to have us ready to go, but we weren't ready to go. I guess I'll take it."

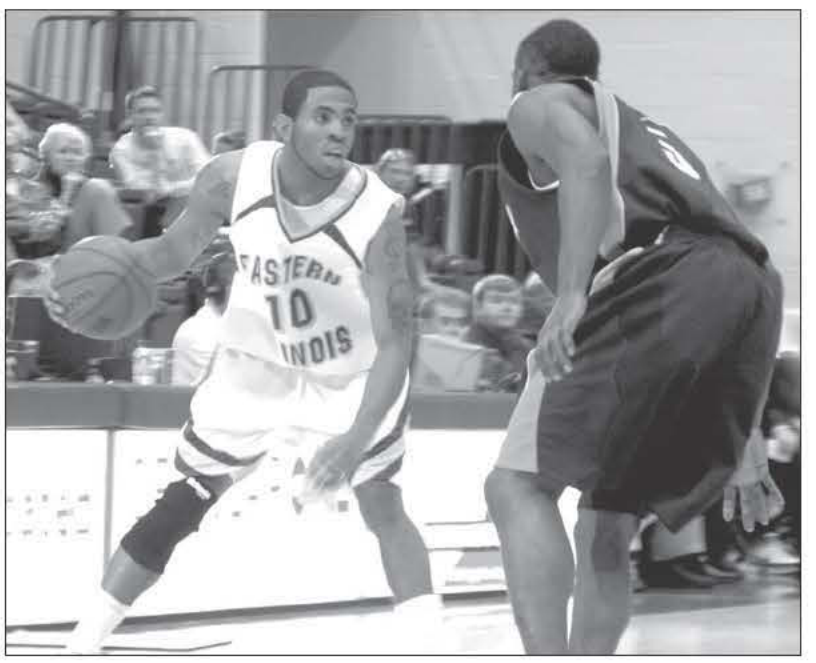
Kevin Murphy can be reached at 581-7944 or at kjmurphy@eiu.edu.

MEN'S BASKETBALL | TENNESSEE-MARTIN 69, EASTERN 63

Panthers lose, despite solid second half

Hudson, UT-M's quick start contributes to win

By Scott Richey
Sports Editor



KARLA BROWNING | THE DAILY EASTERN NEWS
Sophmore guard, Romain Martin, dribbles to the basket in Thursday night's 69-63 loss against Tennessee-Martin at Lantz Arena.

Eastern outscored Tennessee-Martin by 12 points in the second half.

But a porous first half by the Panthers couldn't make up for a strong final 20 minutes.

Eastern slowly chipped away at a 17-point second-half deficit, and were within three with 1 minute, 16 seconds left. But crucial free throw shooting let UTM leave Lantz Arena with a 69-63 win Thursday night.

The Panthers outscored UTM 43-31 in the second half. UTM head coach Bret Campbell said near the five-minute mark in the second half, his team needed to have luck on their side.

"We were very fortunate to come out here with a 'W,'" Campbell said.

UTM built a 10-2 lead in the first four minutes of the game behind six points and four rebounds from junior guard Lester Hudson.

The eight-point deficit forcedEastern head coach Mike Miller called a timeout with 15:40 left.

Eastern senior forward Jake Byrne hit a cutting Julio Anthony with a backdoor bounce pass on the Panthers' next possession, and Anthony, who led Eastern with 16 points, slipped behind the UTM defense for a dunk after the timeout.

Anthony's dunk sparked a 7-0 Eastern run to make it 10-9.

Then, Hudson took over.

The junior scored 20 points to give the Skyhawks a 38-20 halftime lead.

Hudson finished the game with 29 points and 10 rebounds, but sat out eight minutes in the second half after injuring his left knee.

"He made plays," Miller said. "We made some mistakes on him, and the combination of those things – he's going to put it in the basket."

SEE PAGE 11 FOR MEN'S AND WOMEN'S BASKETBALL BOX SCORES

Eastern sophomore guard Romain Martin started the game for the Panthers after missing two straight games with a foot injury. He did not make any of his eight shots in the first half and was 0-for-6 on 3-point attempts. Martin appeared hesitant to drive to the basket and instead settled for outside shots.

Martin missed his first shot of the second half, a 3-pointer from about 25 feet, and was taken out with 18:13 remaining in the game. He didn't return until 12 minutes later and finished the game 0-for-10 from the field, including 0-for-8 from three-point range.

The Panthers shot 20 percent (5-of-25) from three-point range from the game.

"We're not a team that's going to be reliant on shooting 3's," Miller said. "I think our mentality was 'OK, we're getting behind, they're making 3's; we're going to have to answer with 3's.' We ended up in too big of a hole to come out of."

Scott Richey can be reached at 581-7944 or at srrichey@eiu.edu.

EASTERN SPORTS SCHEDULE

MEN'S AND WOMEN'S SWIMM NG	WOMEN'S BASKETBALL	MEN'S BASKETBALL	WOMEN'S BASKETBALL	MEN'S BASKETBALL
Tonight vs. Millikin |	**Saturday vs. Eastern Kentucky |**	**Saturday vs. Eastern Kentucky |**	**Jan. 17 at Tennessee Tech|**	**Jan. 17 at Tennesse Tech|**
5 p.m. – Lantz Natatorium	5 p.m. – Lantz Arena	7:15 p.m. – Lantz Arena	5:30 p.m. – Eblen Center	7:30 p.m. – Eblen Center

ONE MISSED CALL REVIEW PAGE 3

CHECK OUT OUR NEW 'HOW TO' FEATURE PAGE 2

01.11.08
issue 01 the daily eastern news' weekly arts and entertainment magazine
on the verge
www.dennews.com

RESOLVING THE NEW YEAR

FOR SOME, THE POPPING OF THE CORK IS THE BEGINNING OF A LONG ROAD OF SOON-TO-BE BROKEN RESOLUTIONS, BUT THERE ARE STRATEGIES TO PREVENT THIS.

STORY BY STACY SMITH

A NEW YEAR IS often considered a new start. Whether it's losing weight, getting better grades or saving money, many make goals in hope to better themselves.

However, after a couple weeks of getting back into schedule from winter break, it is common for students to break their goals.

"I think it's great to make a New Year's resolution, but also continue to make other goals for yourself throughout the year," said Rachel Fisher, a health communication and marketing specialist at the Health Education Resource Center. "It's up to the person to make a plan and how they will accomplish it."

Fisher said a way to accomplish New Year's resolutions is to make a strategy.

"Many people don't realize it takes a lot of different pieces to complete their goal," she said. "They need to understand that in order for there to be a change, they need to take steps to achieve their goals long term."

Expecting results immediately is unrealistic, she said.

"SEIZE THE MOMENT AND MAKE GOALS TO BETTER YOURSELF."

Rachel Fisher, health communications and marketing specialist at the Health Education Resource Center

Many sources on campus can help students accomplish their goals, which may not be available without a cost to students in the future.

The Student Recreation Center can give students free body assessments and provides workout equipment and aerobic classes. The Writing Center revises students' papers and gives tips for better writing skills. The Health Education Resource Center provides specialists to help students improve their health and finance, along with other on-campus resources.

"Seize the moment and make goals to better yourselves," Fisher said. "These health choices made today have an impact on the rest of our lives."

Some people think if a resolution is broken once, their whole goal was ruined, said Sarah Daugherty, co-director of the Student Resource Center.

"Weight loss and living healthy is such an individual thing," she said.

SEE PAGE 2

TOP NEW YEAR'S RESOLUTIONS

- Lose weight
- Pay off debt
- Save money
- Get a better job
- Get fit
- Eat right
- Get a better education
- Drink less alcohol
- Quit smoking
- Reduce stress
- Take a trip
- Volunteer

Source: USA.gov

CHRIS LEE | ON THE VERGE

how to...

teaching you what you should know

...successfully return to classes

Returning to classes and piles of homework can be difficult. But it's time to face reality and get a head start on the new semester. Here are a few tips that may help get you back on schedule.

1. Take advantage of a new semester and get a head start immediately by working on assignments to avoid falling behind.

2. Manage your time throughout the day by prioritizing and completing work before due dates.

3. Go to bed at an earlier time to get back on schedule for morning responsibilities like work and school. You'll be less likely to take naps or sleep through classes.

4. Talk to professors if worried about a difficult class and start building a relationship. You might even be given some leeway in the future.

5. Print out the syllabi and check it daily to avoid any surprises.

6. Get to know the people in your classes. This will help when you need notes and make class more enjoyable.

How to... is a weekly listing to guide students step-by-step through various situations.
NEXT WEEK: How to look for alcohol poisoning.

RESOLVING THE NEW YEAR

FROM COVER

"But, generally, if a person reduces their amount of fat intake, gets 30 minutes of activity daily and include fruits and vegetables in their diet, they are more likely to see the results they want," Fisher said.

The first three weeks of January are the resource center's busiest time of year.

"We have 3,500 people that come in during that time, and about 2,000 to 2,500 come in the rest of the year," Daugherty said. "In my opinion, a lot of students get really busy with homework and classes and often have to cut something out somewhere, which usually ends up being working out."

Many people focus on losing weight and a healthier lifestyle for their New Year's resolutions because it is a focus throughout the country, she said.

"Healthy lifestyle maintenance improves a person's quality of life," Daugherty said. "The earlier someone starts, the longer they will continue it."

Some students made resolutions like building leadership skills, making new friends and getting involved in organizations.

Ashley Hoogstraten, a sophomore early childhood education major and 2008 Debut Leader, said she advises students to join recognized student organizations because it is fun and looks good on a résumé.

It also helps students become more organized, manage their time better and meet people with a similar interest to you, she said.

"If a student can't decide what organization to join, they should join something that's toward their major," Hoogstraten said. "That way it will at least be beneficial to them later in life."

FURTHERING YOUR GOALS

Students can find activities by looking to fliers throughout campus, www.eiu.edu, Resident Assistants, professors/advisers and the Daily Eastern News.

rules of the game

navigating the dating world

THE PROPER IMPRESSION, THE FIRST TIME

FOR THE GUYS

ADAM TEDDER

'I'M NO EXPERT, JUST MY OPINION'

WE'VE ALL HEARD it so many times: make a good first impression. But usually we apply this idea to going to get a job, more often than when we think of meeting that "special" person for us. Though it seems like common knowledge, the complaint is still out there that men do a poor job at it.

These following steps are ways to improve your first impression.

1. Dress for the occasion – No, don't go buy an Armani suit to go out if it's not your style (if it is, then go for it), but don't go out looking like you're showing up for an 8 a.m. class that you just woke up for. Women care about how we look. We should at the very minimum, look like we care enough about ourselves to care about them.

2. Don't fake it – The worst thing possible is to present yourself in a false light. We've all seen comedies that play with this idea. If you plan on sticking around to get to know her, you may not want to embellish details on yourself that will be nearly impossible to prove later. The truth may not always be pretty, but it does prevent you from looking stupid later on. And while "be yourself," seems to be vague, it is a wise idea to not act, unless you want to pretend you are the same character again and again, when you're really not.

3. Keep some mystery – Your life story is not necessary for conversation. Keep conversation close to it's definition and make it a two-way interaction that helps you learn something about the other person, while also giving yourself a chance to show who you really are. By not making it all about yourself, you could be giving yourself a chance at letting her know more about yourself later.

4. Be confident – No matter whom you are, confidence is an equally attractive quality for both men and women. Focus on things you know you do well and don't be afraid to show that side of yourself. But don't let your ego get in the way; it's a good bet you'll be looking like a fool before the night ends.

FOR THE LADIES

STACY SMITH

SMALL CHANGE, BIG DIFFERENCE

I WAS ONCE TOLD you should always look your best, because you never know who you might meet.

After multiple embarrassing times of running into attractive guys while looking like a complete slob, I realized I need to expand my wardrobe from more than sweats and T-shirts.

Looking your best means feeling your best. It brings a chain reaction to building confidence, which leads to making new friends, being more productive and living a happier and healthier lifestyle, plus many dates.

Taking the time and energy to keeping up your looks does not have to result in spending hours to try to make your hair look perfect or cover your face with lots of makeup.

It simply means taking the time to re-polish your nails or at least take off the paint when it starts to chip.

I once knew a man who didn't hit on women who have poorly managed nails because he thought if a woman couldn't take care of herself, she would not be able to take care of him.

Whether that is true or not, men do think about these kind of things.

Wear clothes that make you feel secure, but comfortable. You'll be able to enjoy your night instead of fussing with your outfit the majority of the time.

The way you present yourself often reflects your personality.

Men talk to women who look provocative because they think they have a good chance they can get the little clothes she's wearing to come off.

Give a man a challenge. There's nothing sexier than leaving some things up to the imagination.

Lastly, everyone likes to talk about themselves, so instead of boring a man with stories he probably doesn't want to hear, give him the chance to talk about him by asking him questions.

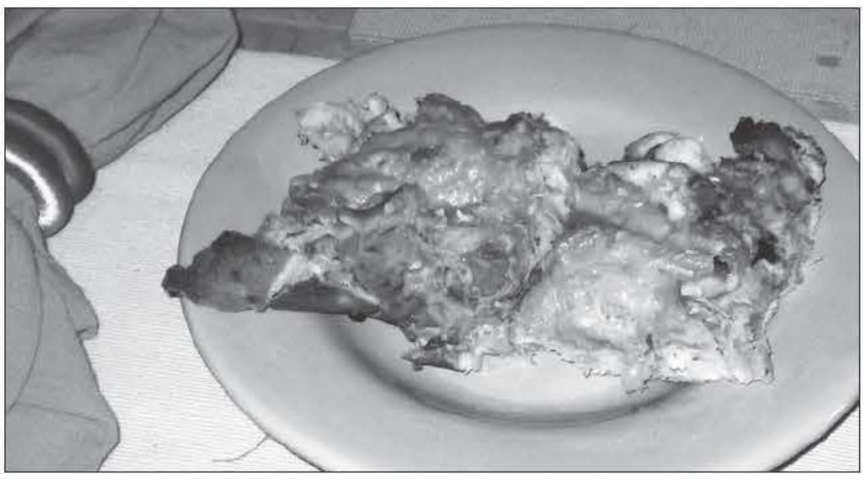
He will know you are genuinely interested in what he has to say. Plus he may even surprise you.

Remember you only get one first impression, you decide how you want to make it.

food

inexpensive, easy and quick

HAM AND CHEESE LOAF



STACY SMITH | ON THE VERGE

TOP: End result of the ham and cheese loaf cut into pieces.

LEFT: Example of how to cut the bread before filling with ham and cheese.

PHOTO AT LEFT COURTESY OF ALLRECIPES.COM

INGREDIENTS

- 1 loaf Italian bread
- ½ lb cheddar cheese
- 1 1lb-shaved ham
- ½ stick of butter or margarine
- Minced onions

Set oven to 375 degrees. Cut into Italian bread diagonally into crisscrossed slits. Push shaved ham into slits, then add cheddar cheese on top of ham. Melt butter then pour over loaf. Sprinkle with minced onions. Put loaf on cookie tray and let cook for 20 minutes or until bread has hardened.

reviews

the truth about movies, music and media

MOVIE

ONE MISSED CALL

DIRECTOR: Eric Valette

STARRING: Shannyn Sossamon, Edward Burns

RUNNING TIME: 87 mins.

0/4 stars

By Adam Tedder
On the Verge Editor

After watching Eric Valette's "One Missed Call," I realized I had missed a call myself and deeply regretted spending time watching this film.

I'm not exaggerating. This is a terrible movie, which is sad considering it is the first major motion picture film of 2008.

This remake of the 2003 Japanese horror film "Chakushin Ari," taken from Yasushi Akimoto's original novel, does not improve on either the original film or the novel – it instead detracts from the best elements and leaves it a tasteless, run-of-the-mill movie.

The story, already simplified and often contradicting, deals with character Beth Raymond (Shannyn Sossamon, "A Knight's Tale") trying to figure out why her friends and others are being killed by some mysterious force that leaves messages on cell phones with details of their death.

While the title is at least up front with the audience, promising a horror film dealing with cell phones, comes off as too much of a stretch. This is just another example of modern filmmakers trying to add a fresh spin to horror films by adding a cell phone in the mix as a means to find the younger demographic.

The idea of the cell phone as the tool of the villain in this film also fails because it never really builds much tension. It's an overused trick that really only had a few good uses to start with.

The acting of the film is by far the most awful aspect. Sossamon and Edward Burns ("15 Minutes") star in this film, creating the old cliché of wooden acting. The studio could have saved time and money by placing two trees in the starring roles because the same job could have been accomplished with the help of voice dubbing for the trees. They have no chemistry in sight, and both characters never really develop enough to care what happens to them.

The film is not without some merit. It does have a few good scares, along with some genuinely creepy creatures and imagery. And with underlying theme of child abuse at the core, the movie has some really intense and spine-tingling scenes dealing with that. But not much is explored here, and the good scenes are vastly overshadowed by a confusing plot.

Valette placed the tagline of "What will it sound like when you die?" to this film.

I wonder if moviegoers will think it sounds like this film playing.

"THE STUDIO COULD HAVE SAVED TIME AND MONEY BY PLACING TWO TREES IN THE STARRING ROLES..."

FYI

In Australia, this film goes by the name "Don't Pick Up This Cell Phone."

top fives

of the past week

MUSIC: BILLBOARD TOP 200

1. Mary J. Blige "Growing Pains" (Matriarch/Geffen)
2. Alicia Keys "As I Am" (MBK/J)
3. Josh Groban "Noel" (143/Reprise)
4. Various Artists "NOW 26" (EMI/Sony BMG Strategic Marketing Group/Universal/Zomba/Capitol)
5. Chris Brown "Exclusive" (Jive)

YAHOO SEARCHES

1. Carla Bruni
2. Elizabeth Hasselback
3. Lindsay Lohan
4. Blackberry 9000
5. LSU Football

NY TIMES BESTSELLERS- HARD COVER NONFICTION

1. "I Am America (And So Can You) by Stephen Colbert
2. "An Inconvient Book: Real Solutions to the World's Biggest Problems" by Glenn Beck
3. "Born Standing Up: A Comic's Life" by Steve Martin
4. "Boom! Voices of the Sixties Personal Reflections on the Sixties And Today" by Tom Brokaw
5. "Clapton: The Autobiography" by Eric Claption

VH1 SHOWS

1. "I Love New York: Miami Thrice"
2. "America's Most Smartest Model: Never Trust A Rottweiler"
3. "The Shot: Episode Six"
4. "The Salt -N- Pepa Show: Hair it is"
5. "Gotti's Way: Divorce Part 2

MOST VIEWED: CNN.COM

1. Taylor Hicks loses record deal
2. First votes counted in N.H.
3. Health Professionals on Dr. Phil
4. Seinfeld, wife sued by author
5. Autopsy on hiker planned

FACEBOOK APPLICATIONS WITH MOST ACTIVE USERS

1. Fun Wall by Slide, Inc. : 3,970,009 users
2. Super Wall by Rock You!: 3,196,963 users
3. Top Friends by Slide, Inc. : 2,562,798 users
4. Movies by Flixter : 1,210,614 users
5. Compare People by Chainn, Inc. : 825,599 users

MARK WATERS: LIVING THE DREAM

STORY BY ADAM TEDDER

PHOTOS BY ROBBIE WROBLEWSKI | THE DAILY EASTERN NEWS, PHOTO ILLUSTRATION BY CHRIS LEE | ON THE VERGE

Wednesday is a special day for the only comic shop in Charleston.

It's the comic-shipping day, when all the new comics are shipped to a little-known business on 102 W. Lincoln St.

Without Superman/ Captain America sign on the side of the road, the white double-business building would probably go unnoticed as the premier comic and novelty shop.

These are the days that Mark Waters cannot stand still. The Midgard Comics owner with speckled brown and gray hair, is busy arranging various comic books, graphic novels and talking with customers.

When Eastern journalism professor Dan Hagen walks in, Waters talks to him like a friend.

This is for two reasons.

Waters said Hagen was a day-one customer when Migard comics opened 15 years ago, and that is the way Waters treats all of his customers.

"I'd like to think of it (the business) like "Cheers," Waters says, referencing the 1980s popular-sitcom about a bar with the tag-line, "where everyone knows your name."

Hagen is an example of what comic shoppers are like on a Wednesday: someone who is looking for his favorite heroes latest adventures.

Migard is that place.

THE FAMILY BUSINESS

Waters co-owns the business with his brother-in-law, Mike Reinhart. The staff consists of Waters, Reinhart, Water's mother, Sandra, his father, Floyd, and a few others.

Both Waters and Reinhart have other full-time jobs besides running the comic shop, but Reinhart lives and works in Indiana and works Migard every other Saturday.

Sandra can be found sitting behind the cashier desk, which has an assortment of free comics and postcards. She looks through her small glasses as religious musics plays in the background. When a customer is ready to buy a comic, she adds up the price on a handheld calculator and writes the name of the book down on a pad of paper, so she remembers to stock the book again.

Midgard has no computers, but that does not hurt the business. On Wednesdays, Floyd comes in to help his wife.

"He helps her check-in comics and set things up since that is our busy day and mom has trouble getting around," Waters said.

BUSINESS IS GOOD

Sandra says the same number of customers have stopped by as on any normal Wednesday.

The personality of the store is with its owners and workers. Waters said his mother enjoys their customer's company. If all the regulars do not show up, no one is too shocked, because people are sometimes a day late stopping by.

The regulars at Midgard are a diverse crowd. Waters says he even has a few local doctors who stop in, which strikes him as unusual. But Wednesdays are sure to see the most of them, especially if a new, hot book is coming out on that day.

Another reason no one at Midgard gets too scared if business is not as bustling as normal on a Wednesday is because the store has a process of saving its customers' favorite comics. Waters even finds businesss from far way by sending comic books to a few Eastern alums who live in the Chicago area.

THE DREAM BECOMES REALITY

Waters said owning his own comic shop was always a dream. It came from the fact that he has always loved comics.

"I've been into comics since I was a kid," Waters said. "I was like, man, I'd love to own a comic shop."

This is the part of the reason Waters and Reinhart decided to open the business.

They started off small at first.

"We initially started doing conventions in Indianapolis," Waters said. "Then we got a spot in the Mattoon mall with a baseball card show."

That is when he and Reinhart knew they were serious about opening the shop.

"I wanted to make the shop what I liked," Waters said. "Comics were always my favorite thing as a kid."

The shop now sells comic books, graphic novels and various collector item novelties.

THE LOOK, DESIGN OF MIDGARD

Waters said growing up, the Marvel comic hero Thor, the Norse-god of thunder was his favorite.

In fact, the name of the store, Midgard, is a translation of "what Thor would call Earth." Thor is on one of the signs for the building.

Waters said he designed what he wanted on both signs, but a local and regular customer, Roy Dare, created the artwork. Dare has been coming to the comic shop for years and said he not only enjoys comics, but it was great to see the shop in Charleston.

Reinhart who bought Dare's first piece of artwork, a cut out of Captain America which can be found sitting in the hall outside Midgard. After the initial purchase, Waters and Reinhart decided to buy more of Dare's work.

"We just like his art style," Waters said. "You know, the way he does faces on the characters."

Dare said he feels a privilege to be a part of Midgard's artistic style.

"I was excited when they accepted my artwork," he said.

As Waters sits behind his desk and talks with a customer about some recent comic releases, he looks around for a moment at the current release shelf, before he gets on his feet again.

Mark Waters can't stand still.

He's living his boyhood dream.

The things he loves so dearly surround him: his family, his comics and his heroes.

on the verge
the daily eastern news' weekly arts and entertainment magazine

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