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## Daily Eastern News: June 16, 2011

Eastern Illinois University

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# THE DAILY EASTERN NEWS



## Class provides more than cooking lessons

Page 3



## Most important stories heading into fall season

Page 8

STATE

# Health Alliance, HealthLink sign 90-day deals

Staff Report

Health Alliance HMO, HealthLink OAP and Health Alliance Illinois signed 90-day contracts with the state Wednesday and are now available as a Benefits Choice health plan election.

Health Alliance Illinois will only be available in Clark, Clay, Crawford, Edgar, Lawrence and Richland coun-

ties, while Health Alliance HMO and HealthLink OAP will be available in counties including Coles.

With the Benefit Choice Enrollment forms being due Friday, this will allow people who are currently enrolled in a health plan that is now available through a 90-day contract, and have not submitted enrollment forms for a different health plan, to stay on their cur-

rent health plan.

Those employees will continue to have coverage on their current plan on July 1.

For employees who have submitted forms indicating a change in their current health care provider, but want to change their decision to one of the programs now available through a 90-day contract, they should submit a new Benefit Choice

Enrollment form.

Those employees will have coverage under the plan they elected on the latest enrollment form effective July 1.

Employees who have submitted forms to indicate a change in their health care providers, but want to keep that change, do not have to do anything.

Those employees will continue to

have coverage under their new plan on July 1.

The Central Management Services is still committed to a special enrollment period, but dates have not yet been determined, according to a CMS statement on their website Wednesday.

Once dates are set, the information will be available on their website, according to the website.

FOOD

# Food plate focuses on being more user-friendly than pyramid

By Jennifer Brown  
Administration Editor

A plate now replaces the food pyramid.

The new food plate, which is replacing the Food Pyramid, was issued June 2 and has the focus of being more user-friendly. It is designed to portray portion sizes.

Melissa Miller, a registered dietician, said some of the goals of the food plate are avoiding oversized portions, making half your plate fruits and vegetables, and enjoying your foods while eating less.

"I believe the USDA changed from the pyramid to the 'choose my plate' to make it easier for people to visualize," Miller said.

James Painter, the chair of family and consumer sciences, said the plate picture relates to how people are eating their meals.

"I think the new Myplate gives people new specific direction in how they should eat and what they should eat," Painter said.

Painter said that when people eat they are consuming too much food. The plate gives a more pictorial representation of each food group, Painter said.

"Instead of half the meat, it's a quarter," Painter said.

The food pyramid, which showed different foods with the divided lines, gave Americans a direct idea of what foods they could eat for the specific food groups.

"The new Myplate leaves out fats and sweets," Painter said.

One major emphasis of the new food plate is the fruits and vegetables, which make up fifty percent of the new pictorial diagram.

"It's probably the best thing we could do to better the health of Americans," Painter said. "I hope it'll increase fruit and vegetable intake; it'll be a great thing."

The food pyramid, which has been in use since 1992, has caused many people to stop using it because it was not user-friendly and there was food lost due to the stripes.

The public has enjoyed the new food plate because of its simplicity, Painter said.

FOOD, page 5



PHOTO ILLUSTRATION BY AUDREY SAWYER AND KAROLINA STRACK | THE DAILY EASTERN NEWS  
The United States Department of Agriculture made changes to the original food pyramid, which was used to educate people on healthy nutrition consumption, by using a more user friendly 'plated' display to showcase nutrition guidelines.

HABITAT FOR HUMANITY



AUDREY SAWYER | THE DAILY EASTERN NEWS

Terry Francis, jokes around with Stephanie Drain, while they take a break from working in the sun June 6. Francis is the owner of the house that Drain and other Habitat for Humanity volunteers helped to build.

# Homeowner feels blessed by Habitat

By Jennifer Brown  
Administration Editor

Teresa Francis, Salvation Army thrift store manager, is thanking God for the home Habitat for Humanity volunteers is building for her family at 817 S. 22nd St. in Mattoon.

"A friend of mine told me a few years ago I should qualify

because of my income," Francis said.

After attending a meeting, Francis found out she was qualified to receive a new home.

"I had some classes to take about money management and how to be a good neighbor and we proceeded from there," Francis said.

The excitement of her new home is only beginning, but Francis is

most excited about being part of a community.

It's about teaching her children good values and being part of society, Francis said.

"To be able to own a house at an affordable price is a gift from God," Francis said. "I never thought I would never have this opportunity, but here it is."

HABITAT, page 5

CAMPUS

# Children handle worms, learn about frogs

By Alesha Bailey  
Campus Editor

Students picked up worms and dug through soil as they made their own instrument to help conserve the environment.

Paula Pogue, instructor of the Hopping and Squirming into Fun class, taught the third-through fifth-graders about vermicomposting, the process where worms turn organic waste into nutrient soil.

Pogue let the students make their own vermicomposting bins, which are containers where worms are stored and allowed to decompose food scraps.

Newspaper was spread out along the floor so the students could grab chunks of dirt and pick out red wiggler worms.

Newspaper scraps, egg shells, banana peels and watermelon were put in for the worm food, and the worms mixed into soil were placed on top of the food.

Pogue informed the students that they could feed their worms scraps of food and keep the bins in a kitchen drawer or another dark, quiet place.

"Worms are a very integral part of the environment," Pogue said. "They're around all over and people don't even know about them."

When worms digest food, a product called casting is left after digestion. Casting eliminates plant diseases, keeps the

soil aerated, retains moisture in the soil, and is used as an organic pesticide.

The favorite food for worms to eat is watermelon. Worms can eat fruits and vegetables as well as egg shells, coffee grounds and newspaper, but no greasy foods, meat or cheese.

After the students went to the restroom to wash their hands, they made and ate edible dirt pies out of pudding, gummy worms and Oreos.

Pogue then taught the students about frogs and toads and the differences between the two.

The students heard different types of frog calls from Pogue's Ipod and were shown pictures of the frogs that made each noise.

The students were able to practice making the frog noises by using items such as hair combs, marbles, balloons, bells and their own voices.

Pogue said she wanted to teach students about how to preserve frogs in their environment.

"Frogs are one of my favorite creatures of all time, and I think that the kids should know about how to be able to help preserve them because they're on the endangered list," Pogue said.

Frogs are endangered because of destroyed wetlands, pollution and predators that consume them.

WORMS, page 5

# EIU weather

TODAY

FRIDAY



Isolated T-storms  
High: 85°  
Low: 67°

Scattered T-storms  
High: 85°  
Low: 69°



Scattered T-storms  
High: 87°  
Low: 70°

Partly Cloudy  
High: 88°  
Low: 72°

# what's on tap

THURSDAY

FRIDAY

SATURDAY

**8:00 a.m. Freshman Debut**  
Orientation, advisement and registration will be taking place in the Martin Luther King Jr. University Union.

**10:00 am IHEC Meeting**  
The Illinois Higher Education Center will be having its quarterly meeting in Springfield at Illinois Community College Board 401 E. Capitol Ave. and will last until 3:00 p.m.

**9:30 am Glass Blowing**  
There will be a glass blowing demonstration at Larkfield Glass Engraving 8780 E. 1200 Road Paris, IL. from 9:30-11:30 a.m. cost will be \$15 for Academy of Lifetime Learning members and \$30 for non-members.

**2:00 p.m. Microsoft Workshop**  
Microsoft Outlook 2007 will be the topic of this workshop in Booth Library Room 4450 and will last until 4:00 p.m.

*If you want to add to the tap, please e-mail [dennewsdesk@gmail.com](mailto:dennewsdesk@gmail.com) or call 581-7942.*

## THE DAILY EASTERN NEWS

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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.

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## Let's go antiquing



KAROLINA STRACK | THE DAILY EASTERN NEWS

A customer looks at a selection of antiques Wednesday afternoon at Perimmon Lane boutique, located on the west side of the Charleston square. Duska Cornwell, owner, said that the boutique was inspired by her love for retro and antique stuff, it has been operating in the square for a little over a year.

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## EIU History Lesson

June 16

**2005** Eastern professors were advised by Eastern officials to use care when handling personal information about students, in response to an incident in which a Florida community college professor stole three students identity.

**2004** It was reported in *The Daily Eastern News* that many students were unaware that the Patriot Act allowed the FBI easier accessibility to library records.

CULINARY ARTS

## Class provides more than cooking lessons

By Greg Sainer  
Staff Reporter

For participants involved in the Kids' Cooking Café, learning to cook can lead to learning greater lessons than they expected.

The Kids' Cooking Cafe, which began Tuesday, is organized and promoted by the School of Continuing Education as part of their Summer School program. Beth Craig, the school's coordinator of program development, said that Continuing Education organizes each program alongside the department running the class, such as Theatre Arts and CATS, as well as Family and Consumer Sciences, as examples.

"The School of Continuing Education works in collaboration with the departments to hold these programs," Craig said.

For the Kids' Cooking Café, participants will learn a variety of topics related to cooking over the next two weeks. Aside from cooking dishes from scratch, the students will also learn about etiquette, healthy eating, and helpful life skills, Kathy Rhodes said.

Rhodes, an instructor in the department of Family and Consumer Sciences said her students learn useful life skills.

"It teaches them mathematical skills, as far as measurement goes," Rhodes said. "Weighing, because some recipes, like making their own pasta, they have to weigh out the semolina flour. And then it teaches them organizational skills. Time scheduling: What times to start cooking something, and to have everything come together as a whole at the very end so everything is ready at the same time."

Aside from the useful skills students learn to use in the kitchen and elsewhere, the Kids' Cooking Café also provides an opportunity for the students to

show off their hard work to their family and friends in a restaurant setting. With the help of Rhodes, each age group will operate the restaurant, serving food they have prepared during the class.

"The restaurant will be open to parents, and the parents have to RSVP through me, because we'll have to know how much food to prepare," Rhodes said. "And that's another thing I teach the children: If you're going to have two people, that's different than having ten people, because you have to make more food for ten people."

Another aspect of having students run the restaurant Rhodes said is the pride students get to express in their work. Rhodes said the children enjoy this because of the role reversal that takes place when the students' parents are served.

"I want the children to be proud of what they've done. 'We made this...or this is how this is done,' and children just eat that up, because roles have been reversed and now the child is waiting on the parent instead of the parent always waiting on the child," he said. "It's just fun."

In order to effectively teach the students and ensure each student receives appropriate attention during class time, Rhodes employs the help of college students hoping to learn from administering the class. This shines a different light on the lessons the Café offers, placing a focus on what can be taken out of interacting with young students.

"The class itself is a diagnostic reading class," said Dan Carter, professor of the elementary education class that helps Rhodes. "So much of what they are doing now is classroom seatwork-intense instruction, that it was nice to be able to walk over and have some actual integrative learning; some field experi-

ence that way."

Rhodes, who worked with Carter last year to integrate his elementary education class into helping the cooking class, agreed that the experience teaches the college students while also providing her a better opportunity to help the younger students.

"Now, as part of our integrative learning, they come over and they help me with this class one day a week," Rhodes said. "It kills two birds with one stone actually. It helps them with the integration of the children, for them, and it helps me on the pasta day...be in more control over the (younger) students and how they're doing the pasta..."

For Rhodes, the Kids' Cooking Café is her favorite part of the school year she said, citing the camaraderie that grows out of the interaction among the students.

"This is the absolute highlight of my entire year," she said. "I wait for this to happen, because I love this program. I love it."

"It teaches them one of the best things in the world that I can't even teach them," Rhodes said. "What it gives them is an opportunity to build friendships and camaraderie with other children."

To Dan Carter, the atmosphere of camaraderie can be credited to the efforts of Rhodes.

"The program that she runs with the children is top notch," he said. "Very well organized. I like that she keeps it fun, upbeat, and she's able to introduce concepts that children aren't necessarily getting within the regular school curriculum."

"She's an excellent leader in terms of being able to take my class, who she's never met, and immediately build rapport with them, and have the partner-



AUDREY SAWYER | THE DAILY EASTERN NEWS

Johanna Danner, 5, turns the handle while she learns how to make pasta with a pasta maker at the Kids Cooking Cafe Wednesday morning in Klehm Hall. Children ages 5-12 could participate in the class.

ship with elementary students."

581-7942 or gpsainer@eiu.edu.

Greg Sainer can be reached at

HOME ECONOMICS

## Students learn to create clothes, accessories

By Alesha Bailey  
Campus Editor

A class allowed children to transform patterned and colored fabric into a usable item such as a purse.

The Sewing Sensations class gave student Hope Griffin her first chance at making a purse out of a decorative fabric.

"We had a sewing machine, we had two pieces of fabric, we had buttons, we had handles and we had thread and scissors," Griffin said.

Griffin said making the purse took two days, and the process was "fun, hard, and fast; really fast."

Sewing Sensations for 8-12-year-olds began Monday and will continue through Friday.

Katie Shaw, instructor of Sewing Sensations, said the students finished their purse projects Tuesday.

Shaw said the other two projects the students will complete are a patchwork pillow and a pillowcase dress.

The project the students worked on Wednesday was the patchwork pillow.

"They cut out their squares yesterday before they left, and then they will sew them together Wednesday," Shaw said.

The pillow will be made of 18 squares, nine on the front and nine on the back, and the pillow will also include ribbon.

Shaw went around the room during Wednesday's class to ask the students which color of ribbon they

would like.

While making the patchwork pillow, Griffin ironed a long piece of black fabric and worked with two other students in making a black, white and polka dot pillow.

Madison Morecraft, 9, worked on cutting out squares from blue fabric with a square outline.

Morecraft said she had never made a patchwork pillow before, and she did not know how long it would take to finish.

For the first few days of the class, the students learned basic sewing techniques.

"They've learned how to pattern, thread their machines, and then eventually sewed on buttons and thread a hand sewing needle," Shaw said.

The students each have their own bins that contain supplies to use and projects that are in progress.

A fabric drawer is available for the students to pick out the fabrics they want to use for their activities.

Shaw said the \$75 fee that was paid for the class covers everything so far, but students will make their pillowcase dresses out of pillowcases from home.

Shaw said she may give the students a free day Friday if they finish their work.

Since the students work at different paces, Shaw said she usually lets the students that finish early make extra items.

"When they're done with their projects, I just let them go into the

scrap drawer and make what they want," Shaw said. "So they've made their own little purses and things like that."

Shaw said the students have been working faster than she thought they would.

"A couple of them have taken sewing before, and I think a couple of them have sewed just with their grandmother or their mom," Shaw said.

The students will also get their own sewing kit by the end of the class.

Sewing Sensations is held in Klehm Hall in Room 2411 from 9 a.m. to 1 p.m.

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

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STAFF EDITORIAL

## Three-way stop sign concerns

The Charleston City Council will vote on a city ordinance, adding a three-way stop at Roosevelt Avenue and Fourth Street Tuesday.

If approved, there would be a stop sign on Fourth Street before you pass Roosevelt heading south. There will also be a stop sign heading north on Fourth Street, before Roosevelt, which would be across the street from Wesley United Methodist Church.

There is already a stop sign on Roosevelt, as you hit Fourth Street. This three-way stop would also affect the entering and exiting traffic from the W-Lot across the street from Lawson Hall.

The ordinance is a result of a pedestrian study done when students weren't around, council member Larry Rennels said in the June 9 issue of *The Daily Eastern News*.

Rennels said the study warranted this three-way stop to be considered. By sheer traffic volume alone, the area needs a three-way stop, Rennels said.

"The stop sign will make it safer," Rennels said in the article.

While the study brought up reasons for the stop signs, there are also concerns about putting in the stop signs and how they will affect traffic flow.

*The Daily Eastern News* considers these concerns to be important for the city council to discuss.

We are sure they are discussing them. In fact, Rennels acknowledged them in the June 9 article.

"The concerns were that there might be a traffic backup on Fourth Street," Rennels said.

We believe a traffic backup would be costly for more than just the cars sitting at the stop signs waiting to go.

There are cross walks not too far back from where the stop sign just outside of the W-Lot would be. If traffic is backed up, it could cause problems for students trying to cross from Taylor Hall to the far south end of the W-Lot.

We also believe the stop signs would be an unnecessary traffic calming technique.

While at times the traffic in that area on Fourth Street is heavy, there is the cross walk from Taylor Hall to the W-Lot, which forces cars to stop for students who are walking across the street.

Why add a stop less than 50 yards away from the cross walk area?

We acknowledge the stop signs would be there to make the area safer for foot traffic coming from Lawson and the W-Lot, especially. However, we believe stop signs could cause the traffic in the Lawson, W-Lot and church parking areas to be even more congested.

If traffic is backed up at the stop signs, traffic trying to exit onto Fourth Street from the three parking lots nearest there, could get backed up as well.

We believe adding a cross walk to connect Lawson and the W-Lot would be the best plan of attack, for better traffic both on foot and in cars.

### The DAILY EASTERN NEWS

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

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

COLUMN

## EIU Debut days show benefits of Eastern

At my EIU Debut, an administrator said a small number of people have college degrees out of the entire world.

This statistic revealed how only a small portion of people get to fully experience and complete college.

The rest of my debut would explain other significant benefits I would receive by becoming an Eastern student.

One of the first questions that I can remember being asked to us future college students was if any of us thought we may have trouble with academics.

I didn't think I would have any trouble with any of my classes, but I was impressed when the administrator gave us information about resources we could use if we do have academic trouble.

The administrator showed us that Eastern faculty were here to help, and professors and other faculty have helped me out with my classes in the past.

Not only did the orientation workers encourage us academically, they also wanted us to grow socially and emotionally.

The debut workers encouraged us to be in-



**Alesha Bailey**

involved with campus groups and activities.

I really didn't believe joining organizations would be significant to me.

But I joined different student publications and religious organizations and made more personal connections with others.

One section at the beginning of the orientation was where a speaker told of stories of married couples who originally met at Eastern.

She said we may even run into our future spouses while we are here at Eastern.

While my mom was getting emotional, I really didn't take any of the stories seriously.

Well, I don't think it's safe to say that my boyfriend is my future husband, but at least we did start dating because of the school.

The students and faculty of my debut mostly showed us that Eastern benefits us in more ways than we could have imagined or thought about, like establishing close relationships with people.

The administrators had let us know that we were already a part of the university, not just academically speaking, but socially speaking as well.

They encouraged us to use all of our talents to benefit people around us and enjoy ourselves.

Next year will be my last year at Eastern, and I can say that coming to Eastern has been one of the best decisions I've made in my life so far.

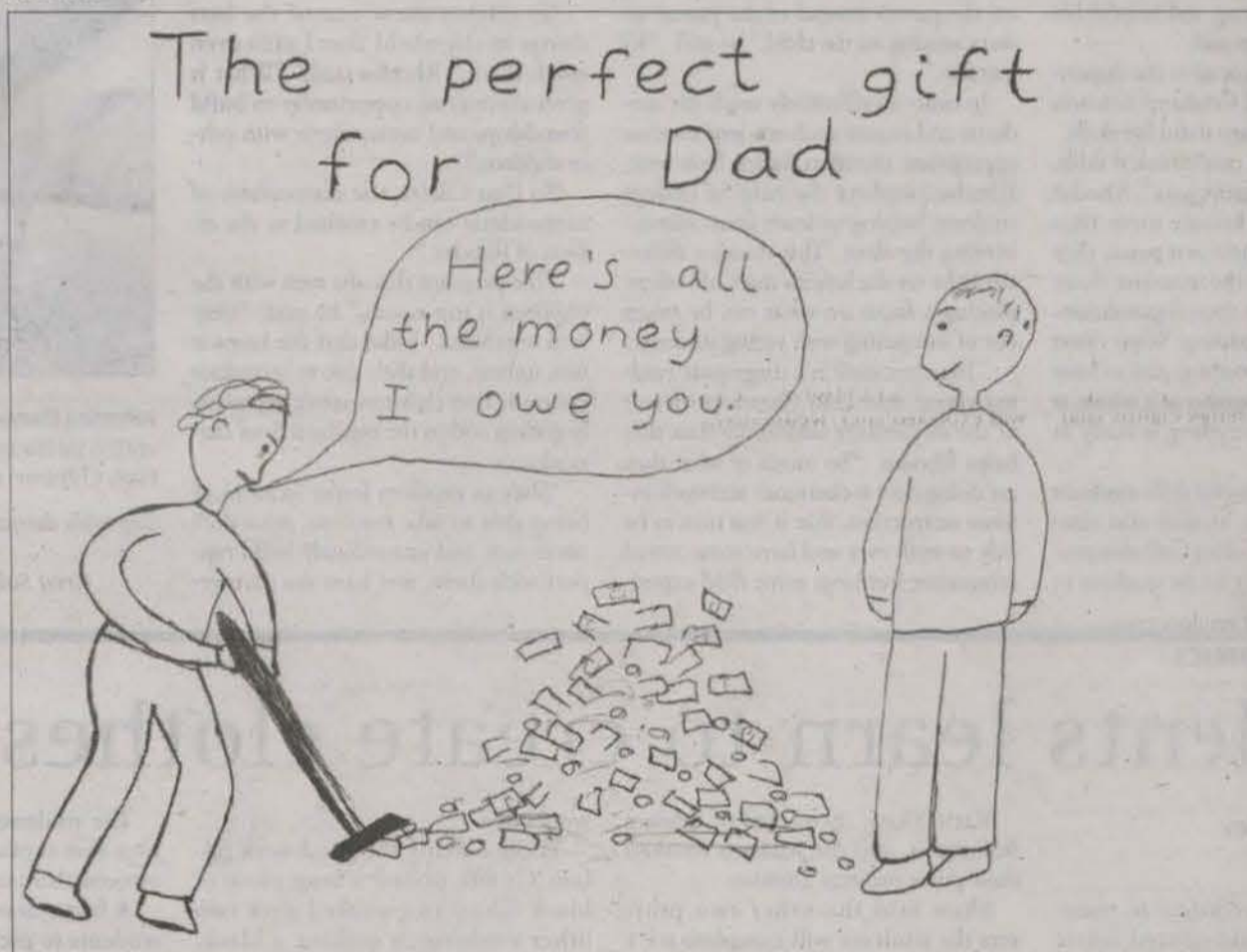
Hopefully, others will feel the same way once they have spent some time here.

The administrators and students who help organize the debuts work hard to put them together and care about the future students coming to the university.

I would like to thank all of the people involved with EIU Debuts, and I encourage them to remain an inspiration to incoming students.

*Alesha Bailey is a senior journalism major. She can be reached at 581-7942 or at DENopinions@gmail.com.*

FROM THE EASEL



ALESHA BAILEY | THE DAILY EASTERN NEWS

COLUMN

## Community events help bring people closer

So far this summer *The Daily Eastern News* has been covering many events happening on and off campus.

Everything from beer tasting at a historical Lincoln site to children's classes has been written about, and it seems that a lot of the events have been getting a pretty decent turnout.

I think it is important that these events are being held, and quite honestly, I think there should be more of them. Children learning about the environment, science and how to make their own clothes are all great things for them to know. Bringing people in the community together for a small festival or a beer tasting at a popular historical site is a good way for people to get to know each other.

More people should try to attend events like these. It is understood that many people may not be able to attend because of work schedules, family get-togethers or other obligations, however, I think it is important to go out and be with people within the community that you share.

Many children play sports in the summer



**Melissa Sturtevant**

or get to hang out with their neighborhood friends, and that's great! But even so, a class where kids get to share their interests with others that they can relate to is a great thing. It is a good opportunity to meet new friends and to become an independent person and develop individual likes, dislikes and hobbies.

A class on how crystals form, for example, allows children who share an interest in science and how things work to come together based on that similar interest. Not to mention it helps them not forget some of the science they have learned in school during this two month break.

Adults going to a small festival at a local church helps them form bonds, as well. Fun games like Bingo and raffles allow residents to enjoy themselves and have fun with people they may not know very well. These activities allow for some relaxation and not having to worry about work, school, or whatever else is on people's minds.

Having fun together forms bonds. Some of the bonds formed at these small-town events may last a lifetime or just for the afternoon, but it never hurts to try to get to know the person sitting next to you at Bingo. Some bonds can also bring the community as a whole together, and that is always a good thing.

These events are meant for people to go to, and the more people that go, the better. Don't be afraid to get to know people because it can never hurt to try to become closer with the community.

*Melissa Sturtevant is a senior journalism major. She can be reached at 581-7942 or at DENopinions@gmail.com.*

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

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

STATE

# Quinn gives leaders until Friday to OK budget plan

By The Associated Press

CHICAGO — Gov. Pat Quinn has given legislative leaders until Friday to agree on a plan that he said is needed to avoid a \$30 million shutdown of state construction projects.

The governor met with top legislators at his office in Chicago on Wednesday. Without consensus on legislation that funds construction for highways, schools and other state projects, the governor would have to begin halting construction, probably as early as Monday, Quinn spokeswoman Mica Matsoff said.

"If there is an agreement — and only if there is an agreement — are we able not to begin this shutdown that the governor wants to do everything he can possible to avoid," Matsoff told reporters after the meeting.

None of the state's Democratic leaders spoke with reporters. They left Quinn's office out a back exit.

Officials have said a shutdown would cost the state \$30 million and idle 52,000 workers.

There are tentative plans for lawmakers to meet in Springfield on June 22 to consider granting routine permission to spend money on construction projects, such as highway and bridge improvements, Matsoff said.

Steve Brown, spokesman for House Speaker Mike Madigan, said a letter went out to House Democrats on Wednesday informing them of the one-day session.

The construction bill is in legislative limbo. Senate Democrats added \$430 million in education and social services spending during the spring legislative session, but the House refused to go along.

Quinn wants the Senate to drop the extra money and approve the bill, with the understanding that lawmakers will have a "sincere discussion" in the fall about finding ways to reallocate money in the existing \$33.2 billion budget to address their concerns, Matsoff said.

Illinois Department of Transportation Secretary Gary Hannig has said the phased shutdown would have to start Monday in order for work to wind down by June 30, the end of the fiscal year.

Republican leaders said their priority is getting the bill rolling again.

"We do not want to use the capital bill for leverage, and that's exactly what it's being used for," Senate Minority Leader Christine Radogno told reporters.

"That's wrong," he added. "There's 52,000 jobs at stake."

# Illinois judge to OK settlement

By The Associated Press

CHICAGO — Thousands of adults with developmental disabilities in Illinois are a step closer to getting more housing options after a federal judge said Wednesday that he will approve a settlement in a long-running civil rights lawsuit.

The agreement settles claims that the state violates the civil rights of individuals with developmental disabilities by segregating them unnecessarily in large institutions. It says that Illinois cannot divert money from large private facilities to pay for community services and that residents happily living in the institutions can remain

where they are. Residents staying in institutions also could choose to move to smaller homes and get support services.

"It has great significance to all the people of the state of Illinois," U.S. District Judge James Holderman said in court after several families testified in support of the settlement. Approval was expected later Wednesday.

The lawsuit, filed in 2005, names the Illinois Department of Human Services and the Illinois Department of Healthcare and Family Services. Among other things, the plaintiffs complained of limited options at larger institutions — those with nine or more beds — and about a lack of in-

dependence.

David Cicarelli, 37, is one of the plaintiffs. He has lived for more than a decade at Riverside Foundation in Lincolnshire with nearly 100 other residents. Cicarelli's father, James Cicarelli, said his son has developmental delays and minor cerebral palsy.

"It's not like a home at all," David Cicarelli said. "I want to live in community housing, close to my parents."

The settlement has been heralded as historic for Illinois, which has been ranked last in the nation by a federally funded report for helping people with developmental disabilities live more independently.

# WORMS, from page 1

Frogs serve as bioindicators, which mean they indicate where pollution is from the negative effects they receive through their sensitive skin.

Pogue told the students about another group of students who had discovered frogs with missing legs or extra legs, which showed that the environment was bad.

Pogue said she wants the students to help frogs and toads by cutting back on littering and pesticides and educating others about how important frogs are to the environment.

"It really gets me upset when I hear people are out frog hunting. I know people like frog legs, but frogs are so

beneficial to us," Pogue said.

The Hopping and Squirming into Fun class was held Tuesday in the Doudna Fine Arts Center in Room 2980.

Alesha Bailey can be reached at 581-7942 or [ambailey2@eiu.edu](mailto:ambailey2@eiu.edu).

# FOOD, from page 1

"Everyone likes how it shows how much you should eat, but they don't like how it doesn't show much detail," Painter said.

"The interactive 'choose my plate' allows individuals to click on each section of the plate and be provided information about that food group," Miller said. "Choose my plate will allow people to eat a balanced diet and choose an accurate portion sizes."

Ashley Waters, a graduate student of dietetics, said the new food plate is designed to eliminate fats and sweets from an individual's diet.

"There's an icon that says oil and empty calories," Waters said. "It doesn't emphasize exercise like the last pyramid did."

Miller said most restaurants give individuals larger portions.

"The plate method offers a visual aid to help achieve accurate portion sizes," Miller said. "The plate method is designed with the aim to achieve healthy lifestyle behaviors and aim to reduce the obesity epidemic."

Waters said the new food plate has a chance to reduce the obesity factor.

"One of the tips of the Myplate is for exercise and this could help people reduce their possibility for being overweight," Waters said.

Miller said the interaction of the

food plate gives the individual the option of controlling their portion control, which can lead to less weight gain over a period of time.

Painter said he would like to see improvements in the diagram because some foods are still missing out of the food plate.

"I hope in the next generation they put more foods in the diagram," Painter said. "Where are nuts? Are they in the diagram or not in the diagram?"

Painter said he has been doing research for the previous 20 years, such as the portion size video where graduate students consumed the healthy choices at fast food restaurants.

Waters said a lot of studies have been done in order to study the way people eat.

"People are going to eat more than those who portion size out their food," Waters said. "If you increase cup sizes for milk, you consume more milk without knowing it."

Waters said there is a recommendation on the Myplate that suggests people compare their sodium to what they consume in a meal.

"I think it's going to be a good transition to start portion control nationwide," Waters said.

# HABITAT, from page 1

Francis expects to move into the house towards the end of August, in which she looks forward to decorating her new home.

This is only one of the many exciting plans Francis has, however.

"I want to start a garden and meet my neighbors," Francis said. "My son wants to build a dog house and a tree house."

Shavon Francis, said it's cool to see a house being built from start to finish.

"It was exciting to hear the news," Francis said. "It was unexpected."

Teresa Francis hopes her new home is safe because this is the place she plans to retire.

"I'm excited about the process of getting it done," Francis said. "I'm happy my son will have a place for his dog."

Francis's dog, which is a Pomeranian mix, will have dog house at the new home.

**"People give up their weekends and that's a blessing."**

Teresa Francis, homeowner

"My son is very excited about the house," Francis said.

Francis is thankful for the volunteers that have come to help her on her home.

"People give up their weekends and that's a blessing," Francis said. "People come out to help you without knowing who you are."

"I think the house is great," Shavon Francis said.

Habitat of Humanity was unavailable for comment regarding this story.

Jennifer Brown can be reached at 581-7942 or [jebrown2@eiu.edu](mailto:jebrown2@eiu.edu)

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# The New York Times

Edited by Will Shortz

No. 0421

- ACROSS**
- 1 Carnival sideshow feature
  - 6 Target of some surgery
  - 10 Lessons
  - 14 Classic detergent brand
  - 15 It stayed in Pandora's box
  - 16 Shipmate of Spock
  - 17 Solving hint, part 1
  - 20 Alma mater of Gerald Ford
  - 21 Prioritized in the emergency room
  - 22 Contents of un lago
  - 24 Subject of current thinking?
  - 25 Hint, part 2
  - 30 Feature of most paintings of Jesus
  - 31 Like a warm bed on a winter night
  - 32 Classic game console letters
  - 35 Urn
  - 36 San \_\_\_\_, Calif.
  - 38 Bolder
  - 39 Fr. holy one
  - 40 Where Samson slew the Philistines
  - 41 Popular 1920s-'50s Harlem ballroom, with "the"
  - 42 Hint, part 3
- DOWN**
- 45 Dormant volcano near the Iranian border
  - 48 Cold war force
  - 49 #1 Beatles tune of 1970
  - 51 Having three parts
  - 56 Hint, part 4
  - 58 Prefix with pad
  - 59 Astronomical distance: Abbr.
  - 60 Kind of kitchen
  - 61 Bachelor of \_\_\_\_
  - 62 Tails
  - 63 Pores
  - 1 "A Million Little Pieces" author James
  - 2 Org. that certifies gold and platinum
  - 3 Abbr. at the bottom of a letter
  - 4 Athlete who posthumously won the Presidential Medal of Freedom, 1993
  - 5 Tang alternative
  - 6 Munch on
  - 7 "Man, that hurts!"
  - 8 Add
  - 9 Mosaic flooring
  - 10 Flea
  - 11 Potbelly, e.g.

1	2	3	4	5	6	7	8	9	10	11	12	13	
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PUZZLE BY JULIAN LIM

- 12 More melancholy
- 13 Upholstery material
- 18 Horses, to bettors
- 19 How nightclubs are often lit
- 23 Sail
- 25 Deep Blue and others
- 26 "That's keen!"
- 27 Chews
- 28 Old Eur. realm
- 29 Actress Saldana of "Avatar"
- 32 De \_\_\_\_ (from the start)
- 33 Subj. with graphs
- 34 Hebrides isle
- 36 Pasta topper
- 37 "Feels won-n-nderful!"
- 38 Arena cry
- 40 Future attys.' hurdles
- 41 Unread part of a movie review, maybe
- 42 Eye inflammation
- 43 Past puberty
- 44 \_\_\_\_ vez (again: Sp.)
- 45 Greeting for Obama returning home?
- 46 Direct (to)
- 47 At an angle
- 50 Prefix with -dermal
- 52 March Madness inits.
- 53 Some choir members
- 54 Waist
- 55 Big appetites
- 57 Norse god of war

### ANSWER TO PREVIOUS PUZZLE

O	B	A	M	A	E	F	T	S	G	A	S	P			
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S	O	D	L	A	R	G	E	D	E	A	N	S			
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E	T	O	N	O	P	E	N	N	E	O	N	S			
S	E	N	D	C	E	R	T	D	E	N	S	E			

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## BRUINS, from page 8

Mark Messier and the New York Rangers won Game 7 in Vancouver's last finals appearance in 1994. This time, Thomas silenced the NHL's highest-scoring team, erased nearly four decades of Bruins playoff blunders and crushed an entire Canadian city desperate to take the Stanley Cup to Stanley Park.

Thomas limited the Canucks to eight goals in seven spectacular games in the finals, blanking Vancouver in two of the last four. Boston dropped the first two games in Vancouver but became just the third team since 1966 to overcome that deficit.

"All the physical work we'd done throughout the whole series added up," Thomas said. "Being the last series, we didn't save anything, and we used that physicality again and that was the difference."

Bergeron added a Stanley Cup ring to his gold medals from the Olympics and the world championships with his biggest game of a quiet series. He scored his first goal of the finals late in the first period on a shot Luongo saw too late, and Marchand added his 10th goal of the postseason in the second before Bergeron's short-handed goal, which inexplicably slid under Luongo.

The Bruins are the first team in NHL history to win a Game 7 three times in the same postseason, and they drew another dose of inspiration from forward Nathan Horton, whose concussion in Game 3 irrevocably changed the series' momentum.

Horton attended Game 7, and he apparently poured a bottle of Boston water onto the ice in front of the Bruins' bench 90 minutes before warmups. He joined his teammates in the raucous postgame celebration, putting on his skates and taking a celebratory turn with the Stanley Cup held high above his head.

Horton was lost for the series with a concussion on a big hit from Vancouver's Aaron Rome. The Bruins rallied for four wins in five games after Horton's injury.

During a two-week Stanley Cup finals that ranks among the NHL's weirdest in recent years, the only predictable aspect had been the home teams' dominance. Vancouver eked out three one-goal victories at home, while the Bruins won three blowouts in Boston.

The loss capped a spectacular collapse by Luongo, the enigmatic goalie who backstopped Canada to Olympic

gold medals on this same ice sheet a year ago. Luongo was pulled from the Canucks' last two games in Boston after giving up 15 goals on the road, and he was fatally shaky in Game 7.

Luongo praised his own positional game earlier in the series, but he didn't recover in time to stop Marchand's second-period goal. Five minutes later, he inexplicably failed to close his legs on a slowly sliding puck on Bergeron's goal — the seventh allowed by Luongo on the last 21 shots he faced dating back to Game 4.

Luongo wasn't alone in deserving Vancouver's blame: The Sedin twins are the NHL's last two scoring champions, but they capped a disastrous finals by being on the ice for ALL of Boston's goals. Captain Henrik Sedin, last season's MVP, scored just one goal in the series, while Daniel Sedin had two goals and two assists, scoring in just two of the seven games.

Boston overcame more than the Vancouver crowd and the NHL's highest-scoring team to win this Cup. Starting in the first round, when the Bruins rallied past Montreal after losing the series' first two games at home, this team has showed a resilience and tenacity that hasn't been seen much in the

self-professed Hub of Hockey in four decades.

The Bruins failed in their five previous trips to the finals since Bobby Orr led them to championships in 1970 and 1972, losing every time. Remarkable players such as Cam Neely came and went without a Cup, while Ray Bourque had to go to Colorado to get his only ring 10 years ago.

Boston declined to schedule a viewing party for the game at TD Garden, worried about logistics and crowd control. Instead, the party will rage in bars and neighborhoods — but it'll pale in comparison to the party that the Bruins ruined in Vancouver.

More than 100,000 Canucks fans packed downtown during Game 5, and even more were expected for the clincher. The picturesque city was dotted with blue jerseys from the early morning, with fans arriving by the hundreds on every train into downtown from the suburbs.

Both teams opened Game 7 at a fantastic pace, forechecking and hitting with boundless energy in both clubs' 107th game of the season.

After both teams' top lines missed decent early scoring chances,

Bergeron put the Bruins ahead with a one-timer in the slot on a sharp pass from Brad Marchand, the rookie who has emerged remarkably in the finals. Luongo couldn't be blamed for his teammates' soft checking when Bergeron's shot caught the goalpost and ricocheted home.

Bergeron, who won a gold medal with Canada on this same rink last year, hadn't scored a goal in Boston's last nine playoff games, including the entire finals.

Marchand hit Luongo's crossbar early in the second period, and he scored from behind the net several minutes later with ample help from the diving Luongo, who knocked the puck into the net after getting pushed by his scrambling teammate, Daniel Sedin.

Rogers Arena deflated with that score, and the Canucks' suddenly problematic power play allowed Bergeron essentially to finish them off. He got a loose puck at his blue line and outskated two Canucks toward Luongo, and the puck skittered underneath the goalie while Bergeron went to the ice.

Thomas was unflappable in the third period, and Marchand added an empty-net goal with 2:44 to play.

## NATION

### Pavano, Twins beat White Sox

By The Associated Press

MINNEAPOLIS — Carl Pavano kept up his recent surge with a complete-game six-hitter for the Minnesota Twins in a 4-1 victory over the Chicago White Sox on Wednesday night.

Pavano (4-5) walked three, struck out five and recorded six one-pitch outs against the free-swinging White Sox, who had won nine of their previous 13 games. The right-hander is 2-0 with a 1.44 ERA over his last three starts, and the Twins have won 10 of their last 12 games.

Delmon Young's two-run single capped a three-run second inning against Gavin Floyd (6-6), who also went the distance.

Pavano drew a loud cheer when he walked out for the ninth, and Juan Pierre led off with an infield single and Alexei Ramirez followed with a double. He struck out Carlos Quentin and made a quick grab of Paul Konerko's right-back-at-him line

drive before A.J. Pierzynski grounded out to end the game.

The series opener was wiped out by heavy rain and a thunderstorm on Tuesday, pushing starts back by one day for Floyd and Pavano. Barring practice was cut short by a downpour before this game, too, but the sky cleared and a rainbow appeared above the ballpark to set the stage for a beautiful — if a bit cool — early summer evening.

That's the kind of break the Twins have been enjoying lately, in contrast to all the injuries and struggles they endured in the first two months of the season.

The second inning brought more tangible examples of that good luck.

Ben Revere and Alexi Casilla hit one-out doubles down the line that bounced in the same place along the padded facade of the seating sections in foul territory, Revere's to left and Casilla's to right. Both players are fast, but the perfect carom allowed them both to easily advance — and

Revere to score.

Michael Cuddyer followed with a walk, and he and Casilla pulled off a double steal. Young then stretched the lead to 3-0 with his high-bouncing single out of the reach of the shortstop Ramirez, who might have been closer to the base for a potentially routine double play had the Twins not moved up on the steals.

The Twins stole five bases — a career-high three by Cuddyer — and twice bunted for singles, the kind of scrappy approach they strayed from last season — the style that has long drawn the respect and annoyance of manager Ozzie Guillen of the rival White Sox.

Floyd, who fell to 4-9 in his career against the Twins with a 5.10 ERA, pitched his first complete game this season. He gave up an RBI double to Danny Valencia in the eighth that padded the home team's lead. Floyd walked two and struck out six, allowing 11 hits.

### NFL players optimistic

By The Associated Press

NEW YORK — Negotiations completed for the day and likely the week, NFL owners are setting sights on their upcoming meeting in Chicago. Many players are looking beyond then — with optimism — toward getting back to work.

NFL Commissioner Roger Goodell and several owners completed two days of talks Wednesday with NFL Players Association chief DeMaurice Smith and a group of players in Maryland. A person with knowledge of the negotiations told The Associated Press that the two sides have been making progress at several such meetings in the last three weeks.

The person, who spoke anonymously because details of the discussions aren't supposed to be made public, also said a new collective bargaining agreement is not imminent.

Nonetheless, several players expressed confidence that a deal will get

done soon and training camps will open on time late in July.

"I know that we've been talking pretty extensively over the last few weeks," said New Orleans Saints quarterback Drew Brees, one of 10 players whose names are on an antitrust lawsuit against the league. "It seems like things are moving in the right direction, which is very positive. It's what we always hoped for as players because obviously we're getting to crunch time here."

Close enough to it.

Although no deadlines have been set for the opening of camps, the 32 teams soon must decide whether to delay them, particularly those clubs that stage a portion of camp out of town. Settling early in July almost certainly would provide for full training camps at previously planned locations, although the Minnesota Vikings have said they could delay until July 18 an announcement on whether they will train at their usual site in Mankato.

## COMICS

PEARLS BEFORE SWINE BY STEPHAN PASTIS



GET FUZZY BY DARBY CONLEY



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## FALL SPORTS

# Most important storylines heading into fall sports season

As the summer session continues *The Daily Eastern News* is preparing to start preseason coverage for fall sports.

Before that coverage begins, here are my thoughts on what I would like to see each team accomplish in the 2011 fall sports season.

### Football

This fall marks the end of Bob Spoo's reign as head coach of the football team.

There are a lot of interesting storylines for this upcoming season, but the most intriguing is how will Spoo's coaching career end?

Last season's 2-9 record was a big disappointment. The team was not expected to beat nationally-ranked Iowa in their season opener, but they were expected to make the playoffs. The team was ranked highly in the preseason before losing their first eight games of the season.

It would make for an exciting season and a great story if the team could make the playoffs in Spoo's last season. There can be no greater send-off for a coach than a championship but the least the team could do is make a deep run in the playoffs.

It will take a good season from sophomore quarterback Jimmy Garappolo and a better defensive effort. Last year, the Panthers scored only 197 points. Their opponents scored 322 points.

### Rugby

Last year's only big disappointment for the Panther rugby team was their 17-5 defeat at Grand Valley State.

Before that game, the team went undefeated in the 2008 and 2009 seasons. Panther fans became spoiled by the team's overwhelming success.

This year I would like to see the team dominate the way they usually do and go undefeated again.



Jordan Boner

The team begins their 2011 season at home against Grand Valley State and will certainly hope for a better outcome than last season's match up.

Another interesting storyline to the 2011 season is the team's three games against Quinnipiac in weeks three, seven and 10. Facing a team that many times will be a difficult task, especially considering Quinnipiac's coach is a former player and assistant coach under Eastern head coach Frank Graziano.

It will be an interesting game considering she may know the plays and strategies of Graziano very well.

### Women's Soccer

Last year's women's soccer team finished their season with a record of 7-9-5.

Their biggest issue of the season was their road record. The team finished 1-7-3 on the road.

Improvements in their road record could help the team in 2011.

Fresh faces such as all-state signees Lauren Momberger and Meagan Radloff, and Jenna Wampler, who was unable to play her freshman year because of injury, may be able to make immediate impacts on the team.

### Men's Soccer

Last year the soccer team finished 4-12-1. Men's soccer is moving to The Summit League this fall season. The new conference

will present many challenges for the team. They will be facing new opponents and playing in new venues.

Goalkeeper Sean Molony has graduated. That leaves a huge void between the posts.

Molony and the defense never allowed more than three goals in a game. The new goalkeeper will need to play just as well if not better for the team to succeed.

The offense never scored more than two goals in a game. The team must score more goals to improve from their 2010 record.

### Women's Cross Country

Coach Erin Howarth will look to lead the women's cross country team to a higher finish in the NCAA regional. The team finished 20th at last year's regional.

The team will need strong leadership from seniors Megan Gingerich and Brittany Arthur and juniors Gabriela Duenas, Olivia Klaus and Erika Ramos.

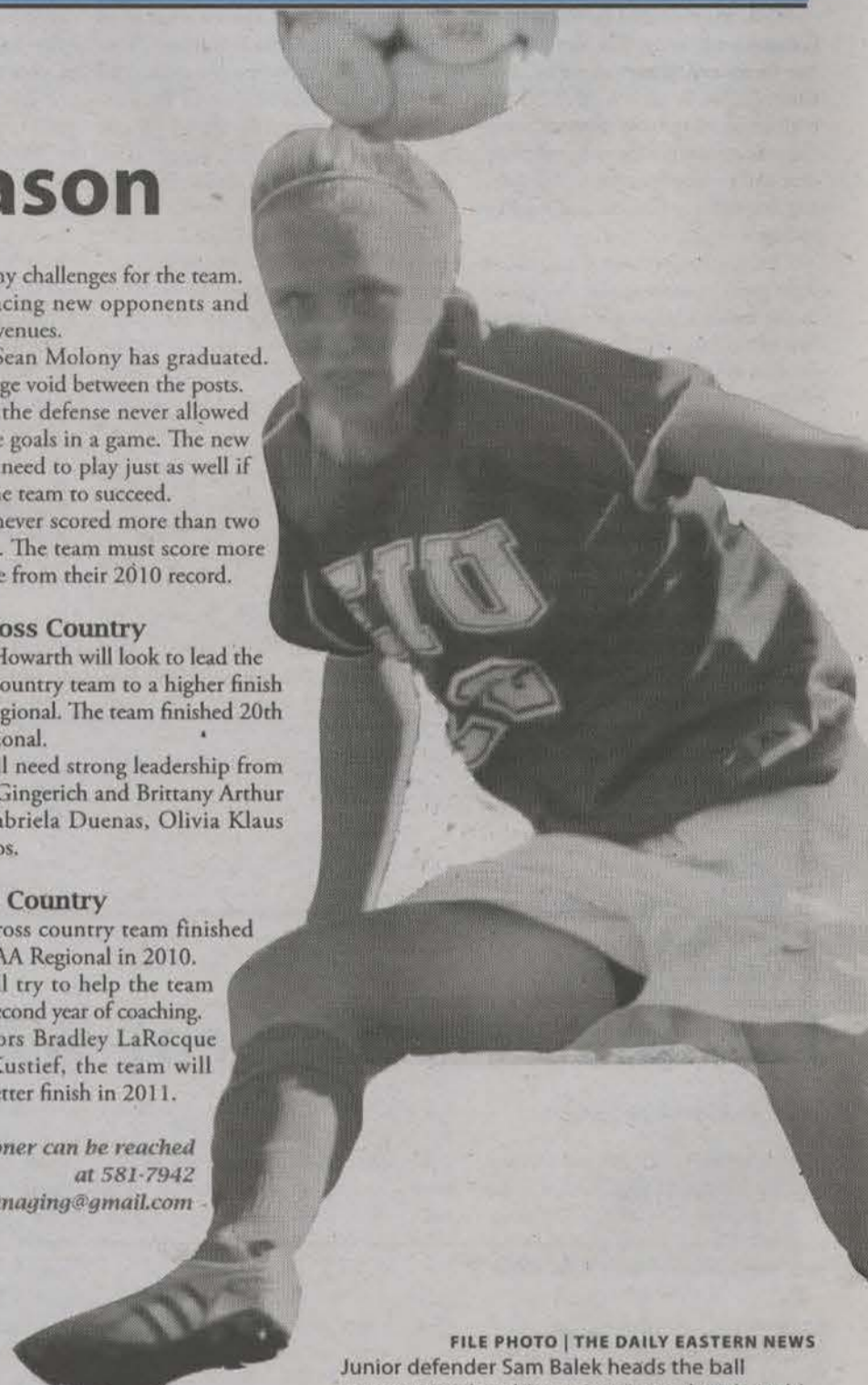
### Men's Cross Country

The men's cross country team finished 21st at the NCAA Regional in 2010.

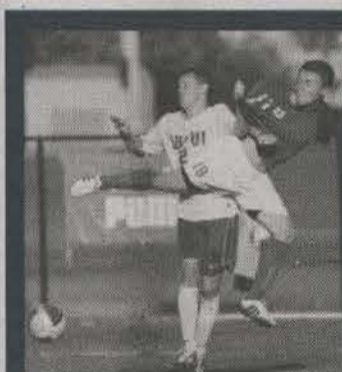
Howarth will try to help the team succeed in her second year of coaching.

Led by seniors Bradley LaRocque and Connor Kustief, the team will look secure a better finish in 2011.

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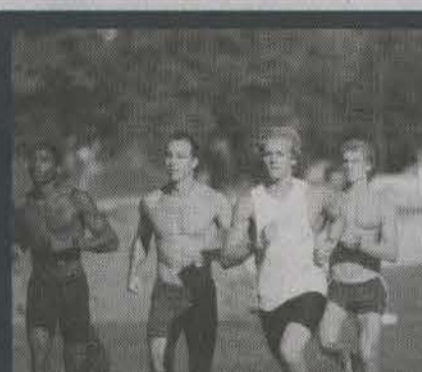
FILE PHOTO | THE DAILY EASTERN NEWS  
Junior defender Sam Balek heads the ball against Morehead State Oct. 8 at Lakeside Field. The Panthers tied Tennessee Tech 1-1 Sunday.



FILE PHOTO | THE DAILY EASTERN NEWS  
Sophomore midfielder Kendal Spurgin and IUPUI's Ian Munro collide while going after the ball during the game Sept. 22 at Lakeside Field.



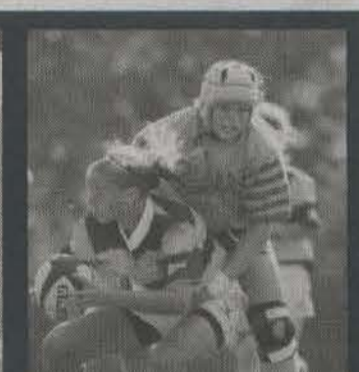
FILE PHOTO | THE DAILY EASTERN NEWS  
Kristin Germann a sophomore midfielder kicks the ball upfield as her opponent tries to block the kick during the game against Murray State Oct. 24 at Lakeside Field.



FILE PHOTO | THE DAILY EASTERN NEWS  
The mens cross country team practices on Sept. 28.



FILE PHOTO | THE DAILY EASTERN NEWS  
Artavious Dowdell a sophomore defensive lineman tackles a Murray State's Rashad Daniels Oct. 23 at O'Brien Field.



FILE PHOTO | THE DAILY EASTERN NEWS  
Sophomore wing Kayla Heal tackles a University of Michigan player Oct. 10, at Lakeside Field. The Panthers beat the Wolverines 53-15.

## BASEBALL

# Former Panther coaching in College World Series

### Staff Report

A former Eastern pitcher, now coaching for Vanderbilt, is looking to help lead his team to a College World Series championship.

Derek Johnson, associate head coach for the Commodores, coaches the pitchers at the University.

Johnson has previously coached at Stetson from 1998-2001, Southern Illinois from 1995-1997 and Eastern in 1994.

Johnson played one season for the Panthers. In 1993 he struck out 58 batters in 68 1/3 innings. He finished the 1993 season with a 5-4 record. Before coming to Eastern, Johnson played at Indiana University and Lake Land Community College.

Johnson has coached Vanderbilt pitchers for the past 10 years, and sent four pitchers to the majors including Tampa Bay Rays' ace David Price.

This is the first College World Series appearance for the team. Vanderbilt lost in the super regionals to end last season.

The Vanderbilt pitching staff has a 2.38 ERA with 529 strikeouts, 180 walks, 145 earned runs and 433 hits in 548 innings pitched.

The Commodores placed second in the Southeastern Conference tournament losing to Florida, 5-0.

The team is 52-10 on the season.

Vanderbilt will play North Carolina in their first-ever College World Series game on June 18 at 1 p.m. in Omaha, Neb.

## NATION

# Bruins win Stanley Cup

### By The Associated Press

VANCOUVER, British Columbia — The Boston Bruins had waited 39 long years for another drink from the Stanley Cup, and Tim Thomas was awfully thirsty.

When the Bruins and their brilliant goalie barged into a hostile Canadian rink surrounded by another 100,000 screaming fans outside for Game 7, they emerged with the championship they wanted.

Thomas made 37 saves in the second shut-out of his landmark finals performance, Patrice Bergeron and rookie Brad Marchand scored two goals apiece, and the Bruins beat the Vancouver Canucks 4-0 Wednesday

night for their first championship since 1972.

"I think I went even further than I thought," Thomas said. "I never envisioned three Game 7s in one playoff series and still being able to come out on top."

Bergeron scored the eventual game-winner in the first period and added a short-handed score in the second to keep the Cup away from the Canucks, who have never won it in nearly 41 years of existence. Star goalie Roberto Luongo again failed to match Thomas' brilliance, giving up 18 goals in the last five games of the finals.