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January

2012

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2-13-2012

## Daily Eastern News: January 13, 2012

Eastern Illinois University

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## RHA to fill executive position

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## Panthers roll past OVC foe

Page 8

### MARTIN LUTHER KING JR. DAY

# Eastern commemorates MLK Jr. through service

By Samantha McDaniel  
Activities Editor

The Student Community Service office will be having its annual Martin Luther King Jr. Day of Service on Monday.

The service to commemorate Martin Luther King Jr. will be from 1 to 4 p.m.

Rachel Fisher, the director of the Student Community Service office, said this is the 26th anniversary of the Martin Luther King Jr. federal holiday.

"Since 1994 it has been highly encouraged to be a day of service," Fisher said. "So here at the university the last few years, our office has coordinated MLK Jr. Day of Service."

Fisher said there are different projects that will interest the many different students on campus.

"This year is by far the richest year of service we have," Fisher said. "We have nine service projects."

The projects range from seed sorting, to making teddy bears, to giving an elementary school a makeover. Volunteers will help sort clothes and donations at the Catholic Charities.

The Charleston Fire Department will also work with volunteers to hand out fire safety kits to the community.

Volunteers will help paint, organize and clean Standing Stone, a new community donation center.

"What's great about Standing Stone is they take in donations and they just give it right back to people," Fisher said. "It's not a thrift store, it is just come and take what you need."

Ashmore Elementary School will also get a makeover by volunteers. Students will be painting, cleaning,

sorting and helping in other ways.

Students can also volunteer to help with the International Humanitarian Law speech. The speech will be about ways the United States can help make a difference internationally.

"This is a example of what I would call intellectual service," Fisher said. "You help there and you gain a better understanding of an issue or cause, so you can move forward with it."

Volunteers will also be taken to a local nature center and hospital, but these events are full.

Also, volunteers will be taken to Douglas-Hart Nature Center to help with seed sorting, painting and other projects throughout the center.

Pediatric patients at Sarah Bush Lincoln Health Center will receive teddy bears that volunteers will stuff and sew together.

SERVICE, page 5

# Campus honors legacy with vigil

By Samantha McDaniel  
Activities Editor

Eastern's campus will have a march to remember Martin Luther King Jr. on Monday.

Khelan Todd, the president of Alpha Phi Alpha, said this year is a special year because it is the 25th year of the candlelight march and celebration of Martin Luther King Jr. at Eastern.

"It's a way to celebrate the legacy of Dr. Martin Luther King Jr.," Todd said.

Faculty, students and staff will meet at Thomas Hall at 5:30 p.m. to hand out candles and organize for the march from Thomas Hall to the Grand Ballroom of the Martin Luther King Jr. University Union.

Todd said students and faculty will benefit from the march.

"At the march, while we are

handing out candles, it give students and faculty the chance to interact socially and get to know one another," Todd said.

Todd said while participants march, they will sing songs and chants until they reach the union, which is named for the man they are celebrating.

"It adds an element to the event," Todd said. "It is like marching to his legacy and to his accomplishments because if he hadn't accomplished so many things in his lifetime, this union wouldn't have been named after him."

At the program audience members will be given drinks and snacks.

Todd said in past years they have had a keynote speaker during the program, but are doing something different this year.

VIGIL, page 5

### WEATHER



SABRINA DUNCAN | THE DAILY EASTERN NEWS

Two bundled-up students cross the street in the snow Thursday on their way to catch the Panther Shuttle at Andrews Hall.

# Winter weather wreaks havoc

By Kathryn Richter  
City Editor

As students and faculty drove to classes on Thursday, the winter weather iced over the streets, causing some students to have accidents instead of attending class.

At least 15 cars were pulled out of the ditches on Thursday due to inclement weather, said Jamey Himes, the owner of the Priceless Car Care and Towing.

Himes said his business had responded to 15 different cars that wound up in ditches after Thursday's snowfall.

Lt. Brad Oyer, of the Charleston Police Department, said the increase in accidents during the winter weather months is simply because motorists forget how to drive in the snow.

"You got to remember with the plows out there, the roads are going to be a little slicker and the stopping distance may be a little shorter," Oyer said.

Oyer said the main thing to remember when driving during the winter weather is to slow down, take your time and leaving a little bit early.

"The main thing is getting there safely," Oyer said. "More accidents

happen in this type of weather because people are driving too fast."

Oyer said that each year, with new drivers driving through the snow for the first time or people who are not used to the extreme winter weather, accidents remain fairly steady from year to year.

It is also important for the driver to make sure that the vehicle is in good running condition, Oyer said, and to make sure that in case of a breakdown, that there are supplies available in case of a breakdown such as a cell phone to call for help and blankets to keep warm.

WINTER, page 5

### VANDALISM

# Lab vandalism still under investigation

By Nike Ogunbodede  
Associate News Editor

The investigation to find the vandal or vandals responsible for the destruction of more than \$100,000 of damage to labs and equipment in the chemistry department in the Physical Science Building is still ongoing, said Det. Kent Martin of the University Police Department.

The vandalism, which occurred on Nov. 25, halted lab work and research projects for the remainder of the fall semester.

Martin, who has been working on the case since November, said the police officers working the case continue to follow leads and have sent evidence to the Illinois State Police Crime Lab in Springfield.

The University Police Department is working in conjunction with the Charleston Police Department, Mattoon Police Department and Illinois State Police resulting in hundreds of investigative hours, Martin said.

"(Charleston Police Department) and Eastern work together on a variety of different types of cases, we seek their help in the processing like you would see on CSI," Martin said.

Martin had no comment about a possible motive at this time.

He said he thinks it could take a few weeks to get the results back from crime labs because they have "back logs."

"There's just an awful lot of people to talk to and an awful lot of information to go through so it can be a long process," he said.

While waiting for the results, he said he and other officers continue to conduct interviews with "dozens" of sources.

"We are developing persons of interest at this point," Martin said. "There's just an awful lot of information to try to get through and digest and analyze so we are compiling a list of people we want to look at further."

Martin also said one of the crimes the vandal or vandals could be charged with is criminal damage to government-supported property.

Dan Sheeran, the chairman of the chemistry department, said the chemistry department is "back in business" for the new semester and has replaced a lot of the equipment.

"We are operating at normal capacity this semester," Sheeran said.

The university had been in talks with the University of Illinois at Urbana-Champaign to procure some of its equipment, but ended talks after determining it would not benefit Eastern, Sheeran said.

President Bill Perry said Eastern has been off to a good start with bringing in new equipment to the chemistry labs.

"With classes starting, we had to be ready," Perry said. "We have a claims process, but we did not want to wait until we received the money. After the deductible, the rest will be handled by insurance."

The labs are also up and running, Sheeran said.

William Weber, the vice president for business affairs, said Eastern has insurance for the damaged equipment.

"We have successfully replaced much of the equipment that was damaged and we are still in the procurement process for the rest," Weber said. "We have been working with our insurance agent and they are still reviewing the extent of the claim."

LAB, page 5



## EIU weather

TODAY

SATURDAY



Flurries and Windy  
High: 23°  
Low: 13°



Chance of Snow  
High: 30°  
Low: 18°

For more weather visit [castle.eiu.edu/weather](http://castle.eiu.edu/weather).

### ONLINE

Photo gallery:  
A Day in the Life  
of President Perry



Administration Editor  
Rachel Rodgers spends the day with the president of Eastern as he meets with students, faculty and administrators.

## EASTERN NEWS

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

### Contact

If you have corrections or tips, please call:

**217-581-2812**

or fax us at:

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### Comments / Tips

Contact any of the above staff members if you believe your information is relevant.

### Corrections

The Daily Eastern News is committed to accuracy in its coverage of the news. Any factual error the staff finds, or is made aware of by its readers, will be corrected as promptly as possible. Please report any factual error you find by e-mail, phone, campus mail or in person.

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### VOLUNTEER

# CAA discusses course overlaps

## Departments struggle with communication

By Rachel Rodgers  
Administration Editor

Two instances of possible course overlap caused by miscommunication were discussed at the Council on Academic Affairs meeting on Thursday.

An email from Grant Sterling, a philosophy professor, to the CAA stated that the School of Continuing Education course BGS 3988P is almost identical to the existing political science course PLS 3233.

"The course is on terrorism, and it uses the same textbook as PLS 3233, International Terrorism," Sterling stated. "The (political science) department was not consulted in the creation nor in the staffing of this course."

During the meeting, Christopher Mitchell, the chairman of the CAA, said he thinks the issue may go beyond the overlap with the idea of being able to create course content without giving the relevant department a chance to review it.

"Our department often offers courses through SCE, especially during the summer, and it would be highly damaging to us if SCE can simply create their own courses substantially identical to ours and put them forward at the same time we're trying

ing to get enough enrollment for our own classes to succeed," Sterling stated.

Doug Klarup, a chemistry professor and CAA member, said more data would be helpful to have a better understanding of how often this occurs.

The members decided to postpone any action until more research was gathered.

The other overlap of courses discussed was between the proposed course Career Planning/Transitions, BGS 3002, and Principles of Career Development, OPD 4810.

Diana Wyatt, an assistant professor in the Lumpkin College of Business and Applied Sciences, is the instructor for OPD 4810, and she came to the meeting to address her concerns.

"The OPD 4810 course has been in our program for the past 20 years and looking at the course proposal for BGS 3002, it is very much duplicated to the course we already have and we are very concerned with the impact of this," Wyatt said.

The council members decided to postpone the item.

Mitchell said the action was postponed to allow the parties to talk and reach a decision, and it is possible that the course will be resubmitted to the CAA at a later date.

"We do not want to push through a course proposal that hasn't addressed all of the relevant concerns," Mitchell said.

The CAA also made revisions



KIMBERLY FOSTER | THE DAILY EASTERN NEWS

Diana Wyatt, assistant professor of organizational and career development, speaks with the Council on Academic Affairs about a course overlap with the biological sciences department Thursday at the council's meeting in the conference room of Booth Library.

to the film studies interdisciplinary minor and the English honors admission requirements.

Revisions to the Course Proposal Format were discussed and

tabled.

Rachel Rodgers can be reached at 581-2812 or [rjrodgers@eiu.edu](mailto:rjrodgers@eiu.edu).

### CITY

# Bluegrass music invades JAC

## Band to perform old time style at 7 p.m. Saturday

By Stacey Catterson  
Staff Reporter

A family-oriented bluegrass band will perform at Jackson Avenue Coffeehouse on Saturday.

The Ache'n Back Stringband will be performing at 7 p.m. and will be performing old time blue-

grass music.

Fiddle player, Ann White said Ache'n Back Stringband is a family and friend band that was formed in 2004.

"We will be playing a variety of songs some bluegrass, old timey songs, folk and a couple modern songs," White said. "It is not something you're not going to hear on the radio."

White said they will be performing "Battle of New Orleans," "Wagon Wheel," "God's Got it" and "Hard Hearty Hannah."

Jeff Derriksen, rhythm and harmonic member, said, "Jackson Avenue Coffeehouse is a lot of fun and has a lot of audience participation."

Derriksen said people should come because they will have a good time and might find a song or two they will recognize and sing along with.

Members include banjo player, Ralph White; upright bass player, Martha White; singer, Carleen Cain; Derriksen and White.

Laura Aberle, a barista at JAC

and a resident of Charleston, said the different performances offer a creative outlet for Charleston and allows people to get involved within their community.

"It is nice to hear live music within the community," Aberle said.

JAC is located at 708 Jackson Avenue.

Stacey Catterson can be reached at 581-2812 or [secatterson@eiu.edu](mailto:secatterson@eiu.edu).

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## PRESENTATION

## Author sheds light on creativity options

By Jaime Lopez  
Staff Reporter

The phrase on the projector "I stack things. I tear stuff up" became the motif that Buzz Spector injected into his presentation at the Tarble Arts Center.

Students sat in at the Tarble Arts Center Thursday and listened to author and artist Buzz Spector as he spoke about his artwork, technique and the meaning behind his work.

Spector's PowerPoint showcased images of his art, each photograph featuring structures built by books or by pages of books.

One picture featured a structure inspired by the ivory tower at Cornell University.

Another image depicted a book put together from the torn pages of smaller books.

Spector described the lengths he went to, so that he could perfect his craft.

In some cases, he focused on the smallest details such as having a certain number of pages within each book.

For some of his pieces, he only used the works of specific writers as his building materials.

In one case, he taught himself ice sculpting techniques to create a piece that involved freezing the cre-

ative works of Sigmund Freud.

He advised members of the audience who aspire to be artists to learn techniques like the ice sculpting technique, and to find ways to put them to use in their own works.

Alicia Krieier, a freshman art major, found everything the presentation had to offer interesting.

"I love coming to most of the events because I learn more and more about different forms of art," Krieier said.

Nyssa Watts, a senior art major, said she enjoyed listening to a speaker who appreciated traditional books, and Spector has inspired her to find a new media outlet through which she could channel her creativity.

"Right when I saw the first PowerPoint slide, I started to think of new ideas for my artwork," Watts said.

Another photograph, taken at a museum, displayed a room filled with the writer's entire library.

"I liked that he explained the connections between him and his work; it reminded me of my childhood and my obsession with books," Watts said.

Jaime Lopez can be reached at 581-2812 or jlopez2@eu.edu.



SETH SCHROEDER | THE DAILY EASTERN NEWS

Buzz Spector, artist and author, gives a presentation on the art and writings he has developed throughout his life Thursday night in the Tarble Arts Center.

## CAMPUS

## Professor to be honored at memorial service

By: Elizabeth Edwards  
News Editor

A memorial service is scheduled Wednesday to honor a professor who was described by colleagues as a gentle person who had a true passion for her students.

Kaninika Bhatnagar, 43, a professor of technology at Eastern died over winter break on Dec. 30 at Barnes-Jewish Hospital in St. Louis.

The School of Technology has organized a memorial service in honor of Kaninika from 2 p.m. to 4 p.m. on Wednesday in Room 1418 in Khelm Hall.

Deborah Woodley, interim chair of the School of Technology described Kaninika as a gentle and warm person who cared for her students.

When she was sick last semester, she was always worried about her students and kept on saying if only

she could get through this semester, Woodley said.

Kaninika joined the school of technology in the fall of 2008 and also served on the executive committee in the Women Studies Program.

Professor Jeannie Ludlow who worked closely with Kaninika in the women studies program, described her as a gentle, warm person, who was unexpectedly funny. "She would always surprise me with her humor," Ludlow said.

Not only was she concerned about her students, but she was also passionate about online learning, Ludlow said.

Kaninika taught the women in technology course, which explores the history of women in technology and the gender roles in technological areas.

"We will miss your voice in that area," she said.

While in the school of technology she also taught classes focused on drafting, materials technology and architectural drafting.

Thomas Hawkins, an associate professor of technology, said the memorial service for Kaninika will have speakers reminisce about her life.

Letters will also be read and everyone in attendance will have the opportunity to share a favorite memory or experience about Kaninika, he said.

Also a basket will be placed on a table where professors and students can write a special memory of her.

The papers will be combined in a scrapbook and will be sent to India to her family, Hawkins said. The service will also be videotaped and sent to her family.

She was born on Feb. 9, 1968 in Kota, India to Rajendra Swaroop and Shyama Bhatnagar.

She obtained a bachelor of ar-

chitecture from Panjab University in 1990 and a master of technology from Indian Institute of Technology in Delhi in 1995.

After immigrating to the United States in 1996, she attended the University of Michigan receiving a second master's degree in architecture in 2002.

She received her doctoral degree from Eastern Michigan University in 2008.

She is survived by her daughter, Maria; father, Rajendra; and aunt, Santos and several cousins. She was preceded in death by her mother. The formal burial services for Kaninika will be in India.

Memorial tributes may be sent to the School of Technology at 600 Lincoln Avenue, Charleston and then will be forwarded to her family in India.



KANINIKA BHATNAGAR

Elizabeth Edwards can be reached at 581-2812 or dennewsdesk@gmail.com

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## STAFF EDITORIAL

# Mindful tips for surviving cabin fever

In Monday's issue, we ran an article, "Little rules, big hazards," about little-known rules and regulations in the dorms that students might be breaking unknowingly. Some of the rules were very particular. For example, students aren't supposed to have potpourri or crepe paper in their rooms, nor should they have nets on their doors, as these things can be a fire hazard. We assume these rules were created while Captain Ahab was still an Eastern student.

As students settle in to their second semester, we thought we'd add a few rules that will help students, roommates and neighbors enjoy a modicum of peace and sanity at home.

☐ **Turn the "bass boost" off during the week.** It makes a huge difference. A lot of noise complaints are not about the volume of music, but rather the volume of the bass. The longer sound waves of bass notes travel further and often vibrate what they touch. We get that your subs are so nice they've changed how you listen to music, but the people around you just hear (and probably feel) a semi-rhythmic pounding jarring every bit of focus they need. Save it for the weekend.

☐ **Have bathroom etiquette.** Along with forgetting to flush the toilet and wash one's hands, one of the worst offenses an Eastern student can make in a communal bathroom is leaving a second self of hair behind when they get out of the shower. Instead of letting your molted mane clump up the drain, keep a paper towel in your shower caddy so you can deal with it and save someone the trouble of disposing of your mess. Clean up after you shave a Sasquatch-equivalent of hair from your face. It's not the most inviting sight when you go to brush your teeth and you have a sink-sized Chewbacca staring back at you. Things can get mighty "Squatch-y" in the bathrooms. It is not the building service worker's job to clean-up after your 14-step beauty regiment.

☐ **Take the stairs.** For those of you who live in the eight-plus floors of residence halls like Andrews, Carman, Stevenson or Lawson, you are all too aware of the DMV-equivalent line to take the elevator. What could make this wait a bit less treacherous was if those who lived in the first two floors take the stairs. Many students make the half-hearted resolution to get healthy in the New Year. Kudos. Take the stairs. You'll receive fewer scathing looks by not punching the second floor button in the elevator.

☐ **Don't sweat the small stuff.** Often times, it is the little quirks and minor habits that eventually erode chasms between once-friendly roommates. Remember that there is a level of sacrifice, patience and acceptance that required in having a roommate. Don't take every unwashed dish as a gesture of disrespect. Talk to your roommate about issues like an adult instead of bottling up your resentment until it bursts out of you.

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

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## COLUMN

# On Fourth Street, crosswalk lights a two-way street

It was late Sunday night when I made the left-hand turn onto Fourth Street toward my residence hall. I had just made a trip to Wal-Mart and was surprised to see a large speedometer sign underneath the familiar 20 mph speed limit sign.

"That's funny," I thought. "I usually see those in construction zones, but I guess the city and university want to make it easier for drivers to know how fast they are going."

Then I saw those...things.

They appeared in my headlights like an enlarged 3-D neon strip that had once been a part of the road's median line. I immediately noticed the stop sign shape at the top of the sign and instinctively began to slow down.

"State law," I read to myself, and for a split second wondered if this was a result of one of those 214 new state laws that had taken effect on Jan. 1. "No, Greg, the law is the same," I corrected myself. "It's just...illustrated now, pedestrian symbol and all."

Driving on, I saw the rest of the signs placed in the median all along the speed zone of Fourth Street and drew the obvious conclusion: The university and the city had just installed a permanent safety reminder for drivers, in all of its neon-yellow glory.

My mind immediately split into two lines of thinking on this new feature to our campus streets.

Everyone knows that Fourth Street is the



Greg Sainer

major on-campus artery for automobile and pedestrian traffic. Despite the presence of a speed zone, the number of crosswalks, and the high odds that a group of people will need to cross at some point, overall safety is still an understandable concern.

The efforts to make Fourth Street safer became apparent prior to Christmas break when the crosswalks lines on the road were repainted. I felt this was a good step to take, since I tend to have a slight fear of not stopping in time for a pedestrian crossing the road because I sometimes have difficulty seeing the exact location of the crosswalk at night (and I'm sure I am not the only one who has experienced this).

In this regard, the new road markers are extremely helpful in pinpointing where drivers may need to stop when pedestrians use the crosswalk, and will likely be helpful for those who might not pay as much attention to the sidewalks as they should.

However, I could not help but fear for our campus' new safety features, given the simple fact that they sit in the middle of the road. Think about it: How often do we see these types of signs in the middle of streets? I know I never have before. Getting used to these signs may take some time for the drivers of EIU, but everyone knows that bad drivers do exist and that accidents are bound to happen.

The placement of these signs in the middle of the street present the question: How long before one or all are damaged and/or destroyed? And what happens to the car and car-owner that has the unlucky chance of running them over?

Nothing is ever permanent. So, despite the good intentions of the crosswalk markers, I fear the signs will eventually fall victim to good old human destruction and eventually have be removed, effectively changing nothing in terms of Fourth Street safety.

The signs do provide helpful assistance in locating a crosswalk, but if drivers do not take the necessary steps to drive safely in the first place, then what can help them? If there is no positive response from drivers, I'm afraid it will all be a wasted effort.

Greg Sainer is a senior communications studies major. He can be reached at 581-7942 or DENopinions@gmail.com.

## FROM THE EASEL



BY SHELLEY HOLMGREN & DAVE BALSON | THE DAILY EASTERN NEWS

## AROUND THE STATE

# Some 'health' foods are downright unhealthy

By Caroline Suhadolnik  
Daily Vidette  
Illinois State University

There are so many "healthy/diet" foods that are advertised today. Here's my list of which ones should be avoided.

**Pasta:** I believe that any type of pasta, whether it's regular, whole wheat or fortified, is never good for our body. In one cup of cooked noodles, there can be around 40 grams of carbohydrates; the majority of people don't measure out serving sizes and eat way more than one cup. Instead of using this low-vitamin, empty-calorie food as a meal staple, try cooking spaghetti squash. It looks practically the same, but is healthier.

**Salad:** Salads are the typical "healthy" food that people turn to when they need to lose weight. The culprit in salads is usually the dressing that is doused atop the healthy vegetables. T.G.I. Friday's Santa Fe Chopped Salad is loaded with 1,800 calories and McAlister's Italian Chopped Salad has over 2,000 mg of sodium. To keep a salad healthy, opt for no croutons or cheese and get the dressing on the side. Instead of pouring the dressing on, dip your fork in it first; and as always, anything fried is just asking for trouble (go grilled).

**Canned fruit:** Even one of the most natural foods can be turned into an unhealthy snack. Canned fruit is commonly packed in syrup and other additives that take away any nutritional value the fruit once had. In one cup of canned peaches there are almost 50 grams of sugar (more than a Snickers bar). Fruit juices and dried fruit are both a bad alternative to a real piece of fruit. Stick to the real thing to avoid an unnecessary amount of added sugar in your diet.

**Baked chips:** Baked chips are better than fried, right? Not necessarily. While the method of cooking them might lower the amount of calories by about 40, there is no nutrient content and they are basically empty calories that will leave you unsatisfied. Instead of loading up on these addicting carb-ridden crisps, try munching on carrots, celery or snap peas for a similar texture. Nut butters are a good, healthy topping for these.

**Cereal:** I cannot stand the advertisements for cereal and cereal-related products that promise weight loss if you eat their product for two weeks. Of course you lose weight — you cut out critical nutrients and deprive your body of variety. It's loaded with simple carbohydrates which will fill you up for a short while, then quickly make you crash and become hungry again so you overeat. Avoid the addicting sugar rush and

eat a protein-packed meal, like eggs and fruit.

**Fat-free foods:** Anything labeled "low-fat" or "fat-free" should raise a red flag. When fat is taken out of a product, sugar is added to help keep it moist. Besides obvious reasons to avoid sugar, it increases your risk of heart disease and packs on the pounds. When something says "Fortified with..." it means that the product does not naturally contain some ingredients and manufacturers have added it in to make it appear healthier. If it's not there in the first place, it's probably not the best for you.

**Diet Soda:** No sugar, no calories, nothing except some sodium? Seems like the perfect drink. Just add in carcinogenic sweeteners, artificial flavors, and other chemicals; sound appealing now? Kick the can habit and go for water (add lemon or cucumber for taste). If you find you're "addicted" to soda, wean yourself off week-by-week until you can cut it out completely. Not only will it help your weight, it can also help you appear more radiant and healthy looking.

My words of advice? Make it a habit to eat fresh foods and keep your daily sugar intake low. Watch out for "healthy" foods — if the ingredients list looks like a foreign language, your body can't speak it.

To read more go to [www.videtteonline.com](http://www.videtteonline.com)

Letters to the editor can be submitted at any time on any topic to the Opinions Editor to be published in *The Daily Eastern News*.

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

Letters to the editor can be brought in with identification to *The DEN* at 1811 Buzzard Hall.

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



RHA

RHA to fill executive position

By Robyn Dexter  
Campus Editor

The members of the Residence Hall Association nominated possible candidates for the National/Illinois Communication Coordinator position at its meeting Thursday.

The position is currently the only one on the executive board to be filled this semester.

The three RHA members that were nominated during the meeting are Amanda Krsch, Calla Summers and Nick Allen.

The election will be held at the meeting next week in McKinney Hall.

Rachel Fisher, director of Eastern Student Community Service, talked to RHA about Martin Luther King Jr. Day of Service on Monday.

She said the day will be spent continuing the work of King.

"This day of service is about what positive impact you can make on the community," she said.

Fisher also told RHA about an ongoing event in February called 29 Dollars for 29 Days.

She said each hall will be given 29 dollars and are given the month to see how far they can stretch their

dollars to give back to the community.

"If you have the energy, we'll fuel the resources," Fisher said.

Jake Nees, president of RHA, said RHA will not be sponsoring its spring retreat because they do not have a location to host it.

Jacob Deters, RHA representative of Taylor Hall, said Taylor Hall will be hosting a retreat Saturday to plan their calendar of events for the rest of the semester and to discuss a theme for the Tunnel of Oppression.

Alison Sinadinos, RHA adviser, encouraged RHA members to participate in Tunnel of Oppression.

"Three halls have already signed up to have a room (for the Tunnel)," she said.

The Tunnel of Oppression will be later on in the semester and will feature rooms with various topics.

"Typically the themes include disabilities, races, religions, sexual orientations and social issues," Sinadinos said.

Several halls will be holding elections for open hall council positions.

Representatives from the National Residence Hall Honorary re-



SHEA LAZANSKY | THE DAILY EASTERN NEWS  
Rachel Fisher, the director of Eastern's Student Community Service department, speaks to members of the Residence Hall Association at their meeting on Thursday in the basement of Thomas Hall.

minded RHA members that the 2012 NRHH Spring Leadership Conference will be on Jan. 28.

Colleen Nelson, one of the NRHH representatives, said the theme for the conference will be "Let the Colors of Leadership

Shine."

Delegation registrations for the conference are due Jan. 20.

Robyn Dexter can be reached at 581-2812 or redexter@eiu.edu.

LAB, from page 1

There have been adjustments made for security reasons, Sheeran said.

"What we are trying to do is adjust to the new realities of building security," he said.

He said the department is still keeping in mind that graduate students will continue to need access to certain areas.

Sheeran said he does hope that the chemistry department will be able to install electronic locks in the future.

"I think that's the ultimate goal," Sheeran said. "Hopefully, that will be a reality sooner than later."

Currently, entry point access is limited in some locations of the building as well as the addition of new exterior door locks, Sheeran said.

Anybody who has information should call Crime Stoppers at 1-866-345-8488, text "crimeleads" to 274637, or call the University Police Department at 217-581-3212.

Nike Ogunbodede can be reached at 581-2812 or ovogunbodede@eiu.edu.

Rachel Rodgers also contributed to this article.

WINTER, from page 1

David Johnson, the owner of Johnson's Automotive Service and an Eastern alum, said in order for drivers to make sure their vehicles are in running condition should check the antifreeze levels as it starts to snow, as well as making sure there is enough tread on all tires.

Johnson, like Oyer, said the main thing to remember when driving in winter weather is to make sure that

motorists drive at reduced speeds.

Johnson said that when he was driving to another location, he was surprised about how fast people were still driving.

"It just amazed me how people were still trying to drive 75 miles an hour on a two lane highway," Johnson said.

A common misconception that many motorists have about their

cars during the winter months is that gas could freeze in a motorist's tank if the tank is not full.

"Living in the Midwest, with all the alcohol they add to fuel, it almost never happens," Johnson said.

Kathryn Richter can be reached at 581-2812 or kjrichter@eiu.edu

SERVICE, from page 1

Fisher said students who help with the projects will help pay respect to Martin Luther King Jr. but they will also learn from it.

"Part of what service is helping the community," Fisher said. "But it is also empowering yourself with knowledge, a better understanding of the world around you."

Fisher said they will announce their MLK Service marathon.

"It is the 26th anniversary of this holiday, so we are asking students

for 26 hours of service," Fisher said.

Students who participate in this marathon will receive prizes throughout the marathon.

Students who are interested in participating in any of the event can register at <http://www.eiu.edu/volunteer/>.

Transportation will be provided to all of the volunteer sites and students should bring a sack lunch.

Check-in will be at 12:30 p.m. in the Grand Ballroom in the Martin

Luther King Jr. University Union.

Fisher said this service helps students to live up to the ideas of the day.

"What's great is we are truly living up to the legacy," Fisher said. "He inspired us in words, he led us in deeds, now we live the legacy."

Samantha McDaniel can be reached at 581-2812 or slmcdaniel@eiu.edu.

VIGIL, from page 1

"We are finding different and new innovative ways to celebrate his legacy, whether that is songs, speech, things that keep the audience entertained but give commencement."

Todd said this year's program is special because of the number of years it has taken place.

"It going to be a bit of a surprise, we don't want to give away too much, but you will definitely be entertained," Todd said. "We are just trying to take it to the next level then previous years because it is the 25th anniversary."

Todd said they will be acknowledging some students, faculty and staff at the program, but would not say anything past that.

Todd said he thinks it is important to celebrate Martin Luther King Jr.

"Martin Luther King Jr. was a man of distinction, he was a trail blazer and he was an outsider," Todd said. "He was able to step

outside of his race, comfort zone, what he was used to, to see the bigger picture. That is something that I hope to acquire someday."

Todd said in previous years there has been between 50 to 100 students and faculty who attend the event.

"I think this event has become a part of EIU history, so I think people will make an extra effort to come out," Todd said.

Todd said he believe Martin Luther King Jr. was influential because he believed in doing the right thing and feels it is important to commemorate him because of that.

"He had millions of people behind him, but even if he didn't have those million of people behind him, I know he would still be walking, walking in the name of justice and equality," Todd said.

Samantha McDaniel can be reached at 581-2812 or slmcdaniel@eiu.edu.

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30 Product once pitched with the line "Sometimes you feel like a nut"
32 Have a home-cooked meal
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34 Victorious fleet commander at Actium
35 Racetrack regulars
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38 Reached across
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47 Furry denizen of Endor
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SWIMMING



FILE PHOTO | THE DAILY EASTERN NEWS  
Senior Matt O'Hagan competes in the breast stroke Oct. 24 at Padovan Pool.

# Swimmers try to stay afloat

By Nick Blankenship  
Staff Reporter

The Eastern swimming team is preparing to revive their winless season with meets with both Ball State and Western Illinois this weekend.

After enjoying a southern road trip to Auburn and competing in the Tunica Invitational in Tunica, Miss., the men and women look to add a victory to their 0-3 and 0-4 starts with a newfound confidence and excitement.

Head coach Elliott McGill was proud of how his teams performed.

"We did really, really good. We had thirteen workouts in seven days and got faster and closer as a team," McGill said.

Junior Kelli DiCanio agreed with McGill and said that the team had a magnificent time and that they were able to really to bond inside and outside the swimming pool.

"We were excited, and had a good time in Tunica and we're getting better times," said DiCanio.

McGill this week has attempted to go easy on his team this week in practice but also hit them with hard work-

outs at times in order to be fresh but ready for Ball State and Western Illinois.

"We have been mixing up regular practice, hard practice and recovery this week," sophomore Adam Jones said. "It is very important, going into conference with a win under our belt. It will be tough since we have no diving team."

DiCanio added, "People are looking for results. Western is our rival, it's a big deal."

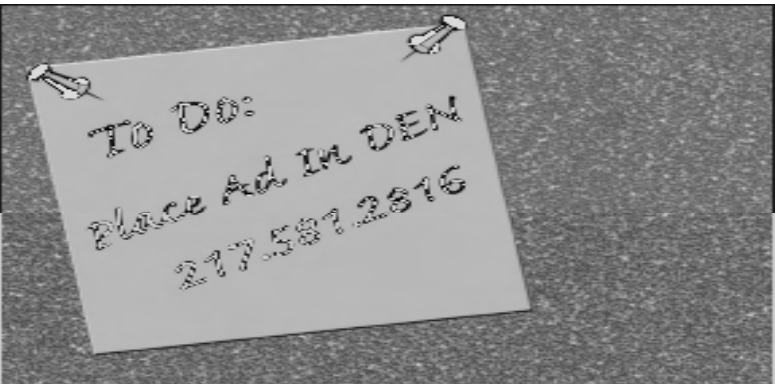
DiCanio also said that since they have a smaller team than both schools, they have to raise their energy level and be sure to stay out front.

Jones stated, "Get out, go fast, try not to die at the end of your race."

"Western Illinois improved from last year, this will be a really good test for us on Saturday," McGill said.

Eastern will compete at Ball State at 5:30 p.m. on Friday, and then face Western Illinois at home Saturday at 1 p.m.

Nick Blankenship can be reached at 581-7942 or nrblankenship@eiu.edu.



# STATE Zambrano: happy with trade

By The Associated Press

Carlos Zambrano is excited about the trade that sent him from the Chicago Cubs to the Miami Marlins, expressing confidence that it will rejuvenate his career.

The hot-tempered pitcher was a three-time All-Star with the Cubs, but he feuded with teammates, management and umpires. Miami is hoping he will get back on track while pitching for his Venezuelan countryman, new Marlins manager Ozzie Guillen.

"This is like a rebirth in my career, and I say so because it is a new

experience, a change that creates a new opportunity," Zambrano said Thursday in his first public comments since the deal.

Zambrano was 125-81 with a 3.60 ERA during 11 seasons with the Cubs, a rocky tenure that ended Aug. 12. He was ejected from a game, cleaned out his locker, talked about retiring and was suspended without pay.

He was sent to the Marlins last Thursday for fellow right-hander Chris Volstad. Zambrano, due to earn \$18 million this season in the final year of his contract, waived his no-trade clause to accept the deal.

"My time with the Cubs was very successful except for the last two years," he said. "But I would say there were 11 years of success and would like to be remembered well in Chicago. Unfortunately the last two years there was no mutual understanding on either side and many things happened."

The 30-year-old Zambrano expressed gratitude to the Marlins for having confidence in him.

"Going to Miami will be more relaxed, waiting to do my job and together with my teammates trying to win with this team," he said.

# Lucas leads Bulls over Wizards

By The Associated Press

John Lucas III wrapped himself in towels and sat down at his locker with a bucket of ice near his feet. After his first NBA start, the Chicago backup guard was weary and had earned a rest.

Replacing injured MVP Derrick Rose, Lucas kept shooting Wednesday night. He put up 28 shots from the field during a 45-minute, 38-second outing and scored a career-high 25 points to lead Chicago to a 78-64 over the Washington Wizards.

"Coach (Tom) Thibodeau was telling me to stay aggressive, don't back off and don't stop shooting," Lucas said after the Bulls' third victory in three nights.

"He kept telling me if, 'I'm open,

shoot it. If I'm open, shoot it.' I felt like I was shooting too much and then he got on me for not shooting the times I was open."

Lucas, starting for the first time in his 70-game NBA career, was at the point in place of MVP Rose, who was out with a sprained big left toe.

Lucas also had career bests with eight assists and eight rebounds, while making 11 of his 28 attempts.

"Before the game, we all thought he'd get 20 (points)," Chicago's Kyle Korver said. "We didn't know he'd shoot 28. ... We all have confidence in John. We watch him every day in practice."

Korver added 14 points, seven in the final quarter, and Luol Deng had 12 points and 15 rebounds.

Jordan Crawford paced Washington, 1-9 and coming off its first win a night earlier against Toronto, with 14 points. JaVale McGree had 14 rebounds and 10 points for the Wizards, who shot just 31 percent.

The Bulls are hoping to have Rose back Friday night in Boston, but Lucas stepped in and was more than effective in his absence.

"It's very unusual when the backup point guard gets 28 shots," Wizards coach Flip Saunders said. "He made some tough shots."

Washington's John Wall said Lucas' effort wasn't surprising considering how long he was on the floor.

"He played every minute just about, so he ran the show out there. He got good shots," Wall said.

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## MEN'S BASKETBALL

# Panthers roll past OVC foe



DANNY DAMIANI | THE DAILY EASTERN NEWS

Sophomore forward Alfonzo McKinnie dunks the ball during the second half of play against UT Martin Thursday in Lantz Arena. Eastern beat UT Martin 68-55 moving them to 2-1 in the Ohio Valley Conference.

## Team wins Third straight

By Rob Mortell  
Staff Reporter

Hot-shooting senior guard L.C. Doss was Eastern's men's basketball teams savior against Tennessee-Martin as the Panthers won 68-55.

The 6-foot-1-inch guard had a streak of seven straight three-point shots going back to the game against Houston Baptist, but Doss broke his streak after hitting four straight three-pointers in the first half.

Doss said he has been getting more confident with his jump shot.

"I have just been trying to take rhythm shots and my teammates have been finding me in the right spots," Doss said.

A scorching hot Doss and solid team defense was enough to establish 32-19 lead at halftime. The Panthers held the Skyhawks to 37.5 percent shooting from the field in the first half, including 0-7 from beyond the three-point line.

Head coach Mike Miller said Eastern was fortunate that it got off to a good start in the first half and that Doss covered up a lot of the team's holes with his hot-shooting.

Doss said the team wanted to avenge its losses last season and came out with a lot of energy.

"We were wired," Doss said. "Last year we lost to (Tennessee-Martin) pretty bad on our home court and we didn't want that to happen again."

The second half was more back and forth; however, Tennessee-Martin would not come closer than 11 points away for the rest of the game.

Skyhawk freshman forward Myl-

es Taylor had 14 of his 18 points in the second half, including 8-of-10 from the free throw line.

Tennessee-Martin's leading scorer sophomore guard Mike Liabo was held to 13 points on 5-of-17 shooting, thanks in large part to the defense of senior guard Jeremy Granger.

Granger said he prefers guarding the opposition's best player.

"We just want to stay in (Liabo)," Granger said. "I felt like tonight we got in his head a little bit, we just wanted to be there and stay in front of him and I thought my teammates did a good job of helping me out on him."

Granger struggled shooting the ball, but he came through when his team needed him most, scoring nine of his 12 point in the second half. He also added five rebounds and five assists, which rounded out a normal night for the team captain.

A big part of the Panthers success was rebounding. They out-rebounded the Skyhawks 38-to-22 and grabbed 10 offensive rebounds that led to 14 points.

The win improves the Panthers record to 2-1 in the Ohio Valley Conference and 9-6 overall, while Tennessee-Martin falls to 0-6 in conference and 3-16 overall.

Miller said he thought the Panthers rebounded really well.

"I told our guys I felt fortunate," Miller said. "Anytime you get a chance to get a win that's great, (Tennessee-Martin) came charging back and it was a ball game all the way to the end."

The Panthers return to action Saturday against OVC rival Southeast Missouri. Tip-off is scheduled for 7 p.m.

Rob Mortell can be reached at 581-7944 or at [rdmortell@eiu.edu](mailto:rdmortell@eiu.edu).

## SOFTBALL

# Panthers achieve preseason honors

## Defending OVC champions begin season in February against IUPUI

Staff Report

Even with the start of the season still over a month away, members of the Eastern softball team are already making noise in the preseason.

Junior outfielder Melise Brown, sophomore pitcher Stephanie Maday, sophomore infielder Carly Willert and sophomore outfielder Morgan Biel have been named to the College Sports Madness Ohio Valley Softball Preseason All-Conference team.

Brown, Maday and Willert each earned first team honors, while Biel was named to the second team.

Brown, who was a two-time All-OVC selection, hit seven home runs last season while sporting a .385 batting average. Maday, threw a total of 110 strikeouts, with an ERA of 1.61. Willert led the team in home runs with eight and was one of four Panthers to record 30 RBI's last season.

Biel had a total of 44 hits, while starting in 46 of the Panthers' 48 games last season.

As a team, the Panthers set new school records for wins (40), home runs (45) and won a record 17-straight games. The Panthers' pitching staff also held one of the lowest pitching ERAs in the country.

The Panthers, who will return 16 players from last season's roster, as well as adding four more, will open their season on February 18 against Indiana Purdue-Indianapolis in the first game of the Georgia State tournament in Atlanta. The team finished last season with a record of 40-12, while also winning the OVC championship.

## WOMEN'S BASKETBALL

# Players juggle practice, new classes

## Team prepares for road test

By Alex McNamee  
Staff Reporter

The Eastern women's basketball players have been faced with a challenge this week of balancing an ongoing season with the start of a new semester of classes.

Junior forward Mariah King said the team is focused on keeping the two aspects from "colliding" and becoming a strain or distraction.

Another junior forward, Sydney Mitchell, said everyone is trying to stay focused on basketball.

"Everyone is trying to adjust and at the same time keep focus on basketball," Mitchell said.

Eastern head coach Brady Saltee said the adjustments may have affected the team in its practice Wednesday as it came onto the court "sluggish."

"We were not quite at the in-

tensity level we needed to be," Saltee said.

However, the team bounced back at its practice Thursday with a lot of time studying in the film room and important role players getting a lot of reps.

"(Thursday) those kids I needed to step up got a lot of work where they were on the first team and were my focus," Saltee said.

After Monday's game against Southern Illinois-Edwardsville, Saltee called for more role players to step up and help players like King, Mitchell and junior guard Ta'Kenya Nixon with the scoring load in games.

Mitchell said this week's practice has been key to making that happen.

"You have to talk to (those players) and help them get their confidence up," Mitchell said.

Mitchell and King agreed that a more physical way of helping role players score would be setting screens for them during games to help them get open and score.

Saltee said he thinks the players are buying into scoring more. He said it is especially important for the players to understand what he expects in their own heads.

"I wish we could say you could fix it over night but we have to understand it's going to be a continual process," Saltee said. "The jury is still out."

King said part of the process is for the role players to give a lot of effort in practice and be competitive against the others on the team. So Thursday Saltee gave the role players a lot of time on the first team in practice, getting most of the reps.

Saturday will be the first test to see how those players react as Eastern will travel to Cape Girardeau, Mo., to play Southeast Missouri at 5:30 p.m.

"We expect (Southeast Missouri) to play hard and gun for us," King said. "We're the team to beat right now."

King said it feels good to be the team everyone is chasing in the Ohio Valley Conference.

Eastern has the best record in the conference at 11-4.

Mitchell said Southeast Missouri will try to beat Eastern at one of its main focuses in the game - rebounding.

"We always try to win the rebounding battle," Mitchell said. "They go pretty hard to the boards."

With a new coach, Saltee said the Redhawks are just starting to understand the new system at Southeast Missouri.

"They're drinking the Kool Aid right now," Saltee said.

No matter the coach, however, Saltee said it's always hard to go to Cape Girardeau and come home with a win. So Saltee said his team is going to have to play to the best of its ability if it wants to continue its winning ways.

Alex McNamee can be reached at 581-7942 or [admcmnamee@eiu.edu](mailto:admcmnamee@eiu.edu).



DANNY DAMIANI | THE DAILY EASTERN NEWS  
Sophomore guard Jessica Parker attempts to make a basket during a Dec. 5 women's basketball game against rival Western Illinois in Lantz Arena. The Panthers will travel Saturday for their game against Southeast Missouri State.



# VERGE

The Daily Eastern News' weekly arts and entertainment section

## This year, resolve to give your time

By Sara Hall  
Verge Editor

This year, instead of focusing on bettering themselves as part of their New Year's resolutions, students can also consider helping to better the community.

Rachel Fisher, director of Student Community Service, said getting involved in volunteer service is not as intimidating as it may initially seem to students.

She said SCS works with more than 40 agencies in the Charleston area to help students find their perfect volunteering fit.

"The big thing is choosing what matters to them," she said. "We tell students to choose based on what cause or issue they have a lot of passion about and what is close to their hearts."

Even if students are unsure as to which organization with which they wish to volunteer, Fisher said SCS is willing to help students discover what's best for them.

She said out of the more than 100 events SCS participated in last year, more than 10 percent were brand-new ideas contributed by students, something Fisher said the group enjoys.

"We love to plan new projects, so if a student is really passionate about something and doesn't see a good fit, that's when we love that challenge," she said. "We don't need a plan, just

a passion."

Fisher said students should not feel daunted by volunteering, thinking they have to specify a set time commitment. Instead, she said students can base their volunteering on how much time they have available to donate.

"If you choose your passion, we will help find a place for it, whether it's one hour a month or five times a week," she said. "Just get a feel for it to find out what you like."

Fisher said those students who like to devote to a whole day of service opposed to smaller weekly activities can choose from two day-long service dates throughout the semester, including the upcoming Dr. Martin Luther King Jr. Service Day on January 16.

Many Eastern students said they are already involved in various volunteer organizations on campus and in the community.

Mike Harper, a sophomore business major, said he has participated in blood drives and has worked at local animal shelters as part of service through his fraternity Delta Tri Delta. He said he gets satisfaction from his volunteer work by seeing the impact his time has on others.

"When we ran the blood drive, they kept telling us we did a great job," he said. "You could tell they were very happy that we helped out."

**RESOLVE, PAGE 3**

## Being wise with your money

Students scrimp & save to find the best deal deals

By Jose Gonzalez  
Verge Reporter

Even as the holidays pass, many students still check their receipts to determine how they can save every penny possible.

One way students said they try to save money is by resale shopping instead of going to pricier department stores.

Nancy Kuykendall, owner of Twice Is Nice, a consignment shop in Charleston, said she mostly sells resale furniture, decorative items and clothing to people looking to save.

She said resale shops like hers save people money because of better pricing and top brand name availability and can be a wonder for someone looking for a particular appliance, furnishing or clothing.

"It's a one-stop shop for the family," Kuykendall said.

Buying resale items is not the only way students save money.

Charleston's First Mid-Illinois Bank & Trust regional deposit manager Barb Marquis said saving money can be both simple and hard at the same time for students.

Marquis said because students have to pay tuition, fees and other expenses, it can be difficult for them to consistently save. She said opening up a basic checking account could be a first step towards saving even the smallest amount of money.

Marquis said there are two specialized accounts students and residents alike can open up at any bank.

She said the first of these is a "Christmas Club" account, which pays off from mid-October to July.

She said the minimum balance could be as little as \$1, with .075 percent interest coming back into savings.

**MONEY, PAGE 3**

## 2012 RESOLUTIONS to make or break

Every year thousands of people make resolutions, and every year thousands are broken. We asked four students what their resolutions were. See page 3 for new years resolution statistics.

PHOTOS BY SARA HALL



**"To quit smoking because it's bad for my health."**

Clinton Hall, junior therapeutic recreation major



**"To lose weight and get healthier after the holiday season."**

Yvonne Chapolko, junior Biology major



**"To lose weight and get healthier."**

Adam Claiborne, freshman biology major



**"To work out more and get in shape."**

Lucy Horiotes, freshman special education major

**8%** of people are always successful in achieving their resolutions

**38%** set resolutions related to weight

**45%** Americans usually set New Year's Resolutions

**47%** set resolutions related to self-improvement

**19%** achieve their resolutions every other year

**34%** set resolutions related to money

**31%** set resolutions related to relationships

STATISTICS FROM STEPHEN SHARPIO'S SURVEY IN HIS BOOK GOAL: FREE LIVING



# New year, new spine

I'm starting my new year with a new body. Well, mostly a new spine: one that's straight and has a fair bit of shiny hardware fused alongside of it.

I have scoliosis, a condition in which the spine is curved and usually ends up being S-shaped. And when the spine is curved, everything else goes with it: shoulders, shoulder blades, ribs and hips are the most noticeable ones.

Now, as much as I loved having natural swag and being excessively curvy, I'd been dealing with some unbearable back pain and decided to get the whole thing fixed so nothing could go wrong again.

So over break, I had a snazzy spinal fusion surgery. More technically, a posterior non-segmental instrumentation. Sound scary? It is. It's a seven-hour operation in which a ton of screws are literally screwed into the vertebrae and a Harrington rod is fitted into them to keep the spine straight after the surgeon wiggles the spine into position.

Yikes.

I spent nine drugged-up days in the hospital, befriending a few of the nurses and throwing f-bombs at most of the rest of them. I had a fair amount of adventures there, from devouring a McDonald's Christmas dinner (and puking it up shortly after) to having to be rescued from the rushing waters of an overflowing toilet.

Now I'm at home, impatiently waiting for my doctor to give me the OK to go back to school.

But I'm excited for more than just returning to my normal-ish life. I'm 2 inches taller now, and



Ashley Holstrom  
Verge Columnist

my torso, which used to be shaped like a guitar, is now shaped like a feminine hourglass. My self-esteem shot through the roof the first time I looked in a mirror at my new body. Even my grandpa said I look good.

It may sound dumb, but I'm more pleased with the aesthetic results of my operation than the real reason for having it done.

I spent the last eight years wearing baggy shirts and hoodies to mask my odd shape. I stormed out of fashionable stores for not having anything suited for my body. It took years for me to stop caring enough to wear a swimsuit in public.

I've been checking myself out a lot lately. I'm in love with my new body. The 16-inch scar running the length of my back is pretty awesome, too.

So, while everyone makes resolutions to work out more or eat fewer scoops of ice cream, mine is to simply appreciate my new body. And that's what everyone else's resolution should be, too. Just appreciate what you have; it could be much worse.

Ashley Holstrom can be reached at 581-2812 or alholstrom@eiu.edu.

# Follow through, get in shape

By Joanna Leighton  
Verge Reporter

New Year's resolutions are not only a time for people to reflect on how the previous year went, but also how they want to change their lives around.

One of the most popular resolutions among all people is to lose weight, go to the gym more often or to become healthier.

As college students, there are plenty of options around Charleston to make sure they can follow through with their resolutions.

Patti Charlson, a personal trainer for Charleston's 24 Hour Gym, said although many people join the gym because they are excited about getting in shape, they should gradually begin a work out plan so they do not overtrain and ultimately hurt themselves.

She said that overworking may result in injury too soon in people's workout routine and could set them back because of recovery time.

Charlson said she suggests to those looking to get in shape to start by working out three to four days a week to slowly let their body adjust to the change in activity.

"The best way to be successful is to be smart about it," Charlson said. "Listen to your body, but push yourself out of your comfort zone."

Charlson said a healthy diet is also important for an overall body change.

"I remind my clients often that a good diet is 80 percent of their success," she said. "Exercise and diet go hand in hand; you will not have the desired results if you do one and not the other."

However, Charlson said she encourages her clients to not change all of their eating habits at once.

## KEEP IT HEALTHY

Michael Ann Kelly, a family and consumer sciences graduate student in the dietetics program and Nutrition Education Coordinator at the Health Education Resource Center, suggested a specific diet plan that she said would be easy for college students to maintain.

*Everyone is different, and there is no set meal for someone to lose weight; each person's calorie and nutrient needs are different based upon their height, weight and age.*

<b>BREAKFAST</b>	Oatmeal, whole grain cereals and whole grain toast with peanut butter, fruit, fat-free milk
<b>LUNCH</b>	Whole-grain sandwiches, vegetables, a piece of fruit, low-fat cheese, yogurt or milk.
<b>DINNER</b>	Whole grain pasta, steamed vegetables, baked chicken breasts, rice, beans, vegetables
<b>SNACKS</b>	Vegetables, fruits, whole grain muffins, trail mix, pretzels, yogurts, low-fat cheeses and nuts
<b>AVOID</b>	High-calorie, processed foods that are low in nutrients like chips, cookies, candies, fried foods, french fries

"I believe if they make gradual changes instead of depriving themselves of what they are used to eating, they will have better success," she said.

Eastern students are also taking note on measures for overall better health.

Regina Schwindenhammer, a freshman special education major, said she is choosing to walk everywhere on campus in order to stay in shape.

Nicolette Jerik, a sophomore recreation administration major, said that she runs the stairs and does a series of abdominal workouts to maintain her shape.

Laura Alexenko, sophomore communication studies major, said she works out five days a week

to stay fit, completing a variety of work-out routines to stay on her toes.

"I run, do the elliptical and lift weights at the student rec center," she said.

The Student Recreation Center (SRC) offers many classes that can be enjoyed for free by any student.

Zumba, kickboxing and classes that are designed to target a certain body part (abs, arms and glutes) are available during the week at various times.

Schedules are available at the SRC and on the University's website.

Joanna Leighton can be reached at 581-2812 or jlleighton@eiu.edu.

## weekend events

what's going on around town

### Friday

Acoustic Circle Jam  
Jackson Avenue Coffee  
7 p.m.

### Saturday

Illinois Percussive Arts  
Society Day of Percussion  
Doudna Fine Arts Center  
9 a.m.-9 p.m.

### Sunday

No School tomorrow  
Martin Luther Kings birthday  
ENJOY THE DAY OFF!

## STAFF

Verge Editor | Sara Hall  
Verge Designer | Colleen Harrigan

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21 OR OLDER TO ENTER

MOOSE LODGE



A few staff members chose their favorite movie and album for 2012 according to their taste. See page 4 to read an in-depth look at upcoming movies and albums.

# most anticipated movies & albums of 2012 according to the Verge staff



**Jose Gonzalez**  
Staff reporter



**Nike Ogunbodede**  
Staff reporter



**Kelly Johnson**  
Staff reporter



**Colleen Harrigan**  
Designer

## movie

**The Avengers**  
"It's bringing a lot of the Marvel heroes together for an epic movie."

**The Hobbit**  
"Before Harry Potter there was Lord of the Rings, and now that it's gone I can still hold on to my childhood."

**Dark Knight Rises**  
"Superheros, Joseph Gordon Leavitt and Chicago. What can be better?"

**The Vow**  
"Everyone loves a good romance movie. There are laughs and there are tears. Plus, Channing Tatum is easy on the eyes!"

## album

**Shinedown**  
*Amaryllis*  
"I'm excited to see what their new album brings."  
*Debuts March 27*

**Nicki Minaj**  
*Pink Friday: Roman Reloaded*  
"Her rhyming style and her ass have grown on me the past couple of months."  
*Debuts Feb. 14*

**No Doubt**  
*No Doubt*  
"They have been blasting through my speakers forever."  
*TBA*

**Dierks Bently**  
*Home*  
"A good mix between feel good party music and deep emotional tracks. I think it will be addicting!"  
*Debuts Feb. 7*

## Resolve page 1



FILE ART

Freshman special education major Sarah Tredennick stands on the median of Lincoln Avenue Aug. 20 to advertise a charity car wash put on in the parking lot of Domino's Pizza as part of Jumpstart 2 Give, a required student volunteer activity for incoming freshmen and transfers as part of opening week PROWL.

Harper, who said he is looking to become the community service chair of Delta Tri Delta, said he continues to volunteer because he believes it is a simple commitment that can create a big impact.

"It's easy to help for just a few hours," he said. "It doesn't take a lot of time to help out a lot."

Molly Kade, a sophomore art major, said she has volunteered with various Catholic charities in Charleston as well as with the "Art in the Park" program.

Kade said she especially enjoyed working with the "Park" program because it related directly to her major and her interests.

"We got to work with kids and help them create work and got them to be artistic," she said. "Teaching them to appreciate (art) made it more enjoyable."

Kade said advises those looking to get involved in community service

to choose an activity related to their major to make the most of their volunteer work.

"You get something out of it, and you're giving back to the community," she said.

Meghan Carroll, a sophomore communication disorders and sciences major, said she became involved with Best Buddies, a one-on-one volunteer program for adults with special needs, last year because she wanted to become more involved in her major.

Since then, she said her experience with the program has been mutually enriching for both she and her buddy.

"You really get to see the impact you have on them when you're in contact with them on a daily basis," she said. "It's great to be there for someone, and you can see the excitement on their faces."

Overall, Fisher said that's what

volunteering is all about.

"What's great about volunteering is that it lets you connect to what motivates and matters to you," she said. "It's a win-win situation. If you care, that's what really matters."

Sara Hall can be reached at [smhall3@eiu.edu](mailto:smhall3@eiu.edu) or 581-2812.

## Volunteer Opportunities

**Habitat for Humanity**  
(217) 348-7063  
**American Red Cross**  
(217) 345-5166  
**Charleston Food Pantry**  
(217) 348-3030  
**Douglas-Hart Nature Center**  
(217) 235-4644

For more information on volunteering through SCS, visit [www.eiu.edu/volunteer](http://www.eiu.edu/volunteer) or email at [volunteer@eiu.edu](mailto:volunteer@eiu.edu).

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\$3 "You call it" - Liquors or Premium Beers
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## Money page 1

The second type of special account is a "Summer Savers" account, which Marquis said accrues every May with 1 percent interest going back into savings.

Eastern students expressed they often have major difficulties in saving money, especially with tuition, fees and unexpected occurrences.

However, many students explained how they have their own techniques for saving money.

Courtney Lafond, a junior family and consumer sciences major, said she cuts corners when buying groceries and splurges on hygiene products and technology.

Lafond said she budgets her money into groceries, travel, personal and savings expenses in order to save as much money as possible.

Lafond said now that she lives in an apartment, she prefers making her own food opposed to going to the dining halls or eating out.

"I found during my freshman year, I was eating in the dining halls more often because of the many options available, and I wanted quicker and less healthier food," Lafond said.

She said because she lives in an apartment, she limits how often she goes out to eat. But when she does, she said she tries to find the best deal possible for her budget.

"I try to use a coupon," Lafond said. "With being a college student, I try and find the best deals."

Austin Jenkins, a sophomore biology major, said he also cuts corners with groceries.

Jenkins said he makes his own

food every day and rarely goes out to eat, mainly because his parents provide everything for him.

However he said he also likes to splurge occasionally on Subway.

"The only time I do is when I'm given money by my dad," Jenkins said.

He said he also saves money with his clothing purchases and mostly shops at thrift stores as opposed to resale shops.

He said he has found thermal t-shirts and jeans there.

"Sometimes, stuff is as good as the department store," Jenkins said. "If a sale goes on and I really want something, I'll go out and get it."

Jose Gonzalez can be reached at [jlgonzalez@eiu.edu](mailto:jlgonzalez@eiu.edu) or 581-2812.





# TOP 10 in '12



## Movies

Next time you find yourself at the theatre in 2012, try this fun experiment: find a large stick and begin to swing it.

Then count the number of sequels, prequels, alternate universe variations and/or re-releases you manage to hit.

Bring a pen and paper; you might lose count.

In spite of the movie industry's recycling of ideas, 2012 should still prove to be a year full of interesting films. There are even a couple of original ideas for movies in the mix. Here are ten films to look forward to in the upcoming year.



Andrew Crivillare  
Verge reporter

### 1 Django Unchained Dec. 25th

The crown jewel of 2012 releases is Quentin Tarantino's *Django Unchained*. The film stars Leonardo DiCaprio, Jamie Foxx and Christoph Waltz as respective owner, slave and bounty hunter in the antebellum south, as Foxx sets out on a mission of rescue and revenge against DiCaprio under Waltz's guidance. In the past, slavery in popular culture has been the sole territory of films steeped in political correctness (think *Amistad*). Expect Tarantino to make the most of his opportunity to explore America's darkest subject matter.



### 2 The Hobbit Dec. 14th

The Lord of the Rings trilogy was a ten hour, \$300 million dollar crap shoot crafted to be awe-inspiring as well as heartwarming. With *The Hobbit*, a prequel to the Rings trilogy, the question arises: can director Peter Jackson and crew recapture the magic of their first series? The film stands to be a massive success or failure, but in either case, is worth seeing.

### 3 Moonrise Kingdom May 25th

*Moonrise Kingdom* marks a return to live action for Wes Anderson after his critically-praised 2009 animated film *The Fantastic Mr. Fox*. The film is said to focus around a small New England town in the 1960s thrown into turmoil by two runaway kids in love whose parents can't quite get with the times. Wes Anderson hasn't delivered a bad film in 16 years, and *Moonrise* shouldn't be an exception.



### 4 Prometheus June 8th

In *Prometheus*, director Ridley Scott explores the universe before his spectacular 1979 space horror film *Alien*. Scott's past few movies have been more miss than hit (*American Gangster*, *Robin Hood*), but returning to the genre and material that made him a star in the 1980s could be just the thing to return the director to the win column.

### 5 The Dark Knight Rises July 20th

Christopher Nolan has announced *The Dark Knight Rises* will mark the end of his Batman saga. The brooding, hell-bent-on-realism films have delivered great performances and mesmerizing action-set pieces in the past. Expect more of the same for the final piece in this film puzzle.

### 6 Argo Sept. 14th

Ben Affleck has proven he is a directorial force to be reckoned with through films *Gone Baby Gone* and *The Town*. *Argo* is based on the daring rescue of six hostages from Tehran during the Iran Hostage Crisis of 1979. Affleck allegedly forced the film's stars, including John Goodman and Michael Parks, to live in close quarters for a month to simulate what the real captives felt.

### 7 Les Misérables Dec. 7th

A big-screen adaptation of the stage musical *Les Misérables* has been in the works for over the past 20 years. The project finally took off under the clout of director Tom Hooper after his "Best Director" win for *The King's Speech*. The film is slated to star song-and-dance-man Hugh Jackman as Jean Valjean and, as a result, should be greatly entertaining.

### 8 World War z Dec. 21st

The nation's post-9/11 obsession with zombies should find itself only further fueled with the release of *World War Z*, based on the post-apocalyptic novel of the same name. The film stars Brad Pitt as a journalist making sense of the destruction wrought by mankind's follies, personified through zombies.

### 9 Ted July 13th

Seth MacFarlane caught the nation's attention with his animated success *Family Guy*, and he is now taking a stab at live-action film. *Ted* stars Mark Wahlberg as a man whose childhood friend, a talking teddy bear voiced by MacFarlane, begins to take a strain on the 40-year-old Wahlberg's social life. If the film is a success, MacFarlane's grip on pop culture will become that much more firm.

### 10 The Avengers May 4th

Joss Whedon, the creator of *Buffy the Vampire Slayer* and *Dr. Horrible's Sing-Along Blog*, will tie together over a dozen super heroes and villains from Marvel's *The Incredible Hulk*, *Iron Man*, *Thor* and *Captain America*. Sure, we've seen them all before, but never in one place at the same time.

## Albums

2011 was a solid year for music (Adele's *21*, Lady Gaga's *Born This Way*, Jay-Z & Kanye West's *Watch the Throne*), but 2012 is slated to be just as good, if not better.

Here are some of the albums that are tentatively scheduled for the year that could be the stand out from the pack.

IMAGES COURTESY OF BILLBOARD.COM

### 10) Paralytic Stalks Of Montreal February 7

Their last few albums have been somewhat of a mixed bag, but this unpredictable theatrical band always keeps both listeners and critics on their toes. Expect nothing less with *Paralytic Stalks*.



### 9) What We Saw From the Cheap Seats - Regina Spektor | May

Although Regina Spektor released her first album in 2001 and has had generally good reviews along the way, her popularity soared after the release of the 2009 movie (500) Days of Summer, in which her songs "Us" and "Hero" were featured. Her sound is quirky and her vocals are always insanely talented, so this album shouldn't be a disappointment.



Sara Hall  
Verge Editor

### 8) TBA - Bloc Party | TBA

The British rock band will be back this year after 2008's *Intimacy* and subsequent hiatus with what frontman Kele Okereke said "doesn't sound like anything else on the planet." Those are some big shoes to fill, but with previous standout hits like "Helicopter" and "The Banquet," they'll surely deliver something worthwhile.



### 7) TBA - Muse | October

Muse's last album *The Resistance* came out in 2009 to mixed reviews. Some approved, while others said it sounded too much like a Queen rip-off. However, with their new album in the fall, this big-stadium-sound rock band will undoubtedly put something out that will keep the crowd going.



### 6) TBA - The Killers | TBA

The Killers took some time off after 2009's *Day and Age*, and after almost a year of hinting that a new record was in the works, frontman Brandon Flowers has finally confirmed the band will be dropping their fourth studio album in the fall.



### 5) TBA - Lady Gaga | TBA

Lady Gaga obviously has enough star power that, no matter what, this album will sell millions of copies. It will be interesting to see if Gaga returns to her "Fame Monster" roots, continues with her out-there "Born This Way" image, or if she will create a whole new persona. However, her loyal fan base will more than likely stand by her even if she pulls her craziest antics.



### 4) Port of Morrow - The Shins | March 20

In 2010, Shins' lead singer James Mercer collaborated with Danger Mouse to create the self-titled album *Broken Bells*. And while that album was nothing short of spectacular, it's time for him to return to where he started. The Shins haven't put out an album since 2007's and fans are ready for them put out more beautifully lyrical work.



### 3) Reign of Terror - Sleight Bells | February 21

They're loud, they're badass and they're back. Sleight Bells' 2010 debut album *Treats* quickly skyrocketed their notoriety and garnered the duo praise from even the harshest music critics. And if *Terror's* first single "Born to Lose" is any indication how the rest of the album will be, they're sure to kill it again. They might break your speakers, but it will be totally worth it.



### 2) Born to Die - Lana Del Rey | January 30

If you haven't heard of her yet, you will. Lana Del Rey has already received a ton of buzz, as well as some backlash. But with an upcoming Saturday Night Live appearance, a new modeling contract (she's completely pin-up-model gorgeous, too) and a Youtube video with almost 18 million views (for single "Video Games") without even having an album out, there's hype for a reason. Haters gon' hate, but this girl has something good going for her. Her sad, sultry vocals are going to take her far.



### 1) Pink Friday: Roman Reloaded - Nicki Minaj February 14

Nicki Minaj started her career as an underground rapper, lending her rhyming prowess to the tracks of other stars (like mentor Lil Wayne) without having an album of her own. She then released *Pink Friday* in November 2010, but it didn't gain the popularity it has now until the stand-out track "Super Bass" was added to an album re-issue. Now, Nicki's star power is bigger than her infamous ass, and this album is sure to launch her even further into rap superstardom.



Here is a list the staff believes are good representations of the new year. Tell us what you think on our Facebook page!

## New Year's playlist

- 1) The New Year  
Death Cab for Cutie
- 2) The New Workout Plan  
Kanye West
- 3) I Can Change  
LCD Soundsystem
- 4) In the New Year  
The Walkmen
- 5) Start Over  
Beyoncé
- 6) The Comeback  
The Shout Out Louds
- 7) This Could Be the Year  
Ryan Star
- 8) Beginner's Mind  
Bright Eyes
- 9) Ready to Start  
Arcade Fire
- 10) Look at Me Now  
Chris Brown ft. Lil Wayne & Busta Rhymes