

11-8-2017

## Daily Eastern News: November 08, 2017

Eastern Illinois University

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## BOLLANT'S BREAK

Our sports columnist writes that the women's basketball team is doing better than it has for years, thanks to a new coach

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## NEW EXPERIENCES

Freshmen took some time to reflect on how their first semester at Eastern is going so far

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## SOPHOMORE SUCCESS

Eastern women's soccer player Lindsey Carlson was recently named to the All-OVC Second Team Thursday

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# THE DAILY EASTERN NEWS

Wednesday, November 8, 2017

"TELL THE TRUTH AND DON'T BE AFRAID"

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JORDAN BOYER | THE DAILY EASTERN NEWS

Jordan Parks, a freshman pre-med major, plays pool at the Pizza, Pool and Police event in Taylor Hall Tuesday night.

## UPD, students bond over pizza, pool

By: **Travis Moody**  
Staff Reporter | @DEN\_News

Students got to know members of the University Police Department during Pizza, Pool and Police, hosted by Residence Life and Conference Services Tuesday night.

Kelsey Cripe, assistant director of Residence Life and Conference Services, said the idea of the night was to try and bridge the gap between the students and the police.

"We wanted to bring light to the fact that they are real people and a great resource for residents on campus," Cripe said. "The police are there for the people and residents, and all they want is to help them at the end of the day."

Patrol sergeant Alex Oakley said activities such as this help make the police force seem more approachable.

"We're here if you need us, and we're not here to just take your reports if something happens," Oakley said. "We're here to also serve you, be proactive and be involved with your stay here at Eastern."

Oakley said while the police department is currently shorthanded, he enjoys having opportunities to reach out to students.



JORDAN BOYER | THE DAILY EASTERN NEWS  
Matt Williams, a senior business major, plays Ping-Pong at the Pizza, Pool and Police event in Taylor Hall Tuesday night.

Erin Kristovich, a senior organizational and professional development major, said she appreciates the officers coming out to interact with students.

"At my last college, the officers interacted with us a lot, and we could go up and just kind of joke with them," Kristovich said. "It's good to start to see that kind of relationship here."

During the night, officers were laughing and joking with students as they challenged each other

in table tennis and got to know each other.

"The more (officers) get to know the people they protect and serve, the easier it will be for them to do that job," Kristovich said.

Kristovich spent a majority of her night playing table tennis with the different officers.

"It's unusual for me to do something like that," Kristovich said. "None of us were really any good at it, but it was actually super fun."

Kristovich said she had a great time and could see herself coming to another night like it.

"Everyone was just really friendly, and I had a lot of fun," Kristovich said.

There were smiling faces all around and many people participated in the different games until the night ended.

Kristovich said the best part of the night was getting to bond with the officers who attended.

"Anyone who can do a job that no one else wants to do, and to be able to do it in a friendly manner, that makes a hero to me," Kristovich said. "And it makes me feel safe knowing we've got a lot of heroes around here looking out for us."

Travis Moody can be reached at 518-2812 or at [tmoody@eiu.edu](mailto:tmoody@eiu.edu).

## TV show being filmed on campus

By: **Kennedy Nolen**  
Multicultural Reporter | @KennedyNolenEIU

Buzzard Hall now has a spotlight on it as producers and crew members turn the radio station, Hit Mix 88.9, into a set for a new television show.

Some students will even be featured as extras.

Eastern's campus will be the set of the show, called "Birdscomb Community Radio," until Nov. 16.

"Birdscomb Community Radio" is about a radio personality from Chicago who has just been fired and whose wife left him, executive producer Roy Wells said.

"He comes back to his hometown, which

is Birdscomb, and goes back to the college radio station and kind of has to start his career over," Wells said.

He said the main character's goal is to have an old-time radio show with modern comedy.

"We're pitching it to Netflix and mostly streaming services," Wells said.

Wells and his crew selected their cast from around 2,000 actors who auditioned. All of the actors are from Los Angeles except Victoria Jackson, who is best known from being on Saturday Night Live.

Wells is also the producer of the 2016 show "Song Stage," the second season of which was filmed in the Doudna Fine Arts Center.

"Back when they were producing 'Song Stage,' we connected with them because they were putting their first season of 'Song Stage' on PBS stations in Illinois," Armstrong said. "And with WEIU being a PBS station, we contacted them."

The producers approached Armstrong and said Eastern's facilities, especially the Hit Mix 88.9 radio station, would be a perfect fit for filming.

Wells said producers knew people from filming "Song Stage" on campus last year, so some Eastern staff already had a relationship with the crew members.

"(Eastern's) a college, and it has a radio station, so it fit perfectly," Wells said.

SHOW, page 6

## Veterans to be honored on Friday

By: **Brooke Schwartz**  
Administration Reporter | @DEN\_News

Eastern's Veterans Day ceremony will honor not only veterans, but also those who support them at 10:30 a.m. on Friday in Old Main's Coughill Foyer.

Jennifer Sipes, the special assistant to the vice president for student affairs, said the ceremony is a part of Eastern's history.

"It's a very long-standing tradition," Sipes said.

Student veteran Adam Griffy, a student who has served three deployments in Iraq, said Veterans Day holds an individual meaning to each veteran.

"Veterans view Veterans Day differently. Some vets ... really embrace the day, and then some guys (think) 'Eh, it's Veterans Day, but to me it's Friday,'" Griffy said.

Paul Higgerson, a graduate student and veteran, said Veterans Day is as much about the people who support veterans as it is about honoring the veterans themselves.

"I think it's important to recognize not only the sacrifice they made, but also everyone connected to them," Higgerson said.

The ceremony will be about 30 minutes long and include a speech from Griffy and Eastern President David Glassman, the Unity Gospel Choir and refreshments, that will be served after the ceremony.

Griffy said he wants to address his appreciation not only to those he served with, but also to those who supported him and his fellow veterans throughout their lives.

"I think that veterans should be humble," Griffy said. "I think one thing I will want to address is basically more or less a thank you to everyone for their support, because yeah, we're vets, (but) honestly without the support of families, friends, professors and everybody else that's involved with our lives, we couldn't live."

Community veterans and leaders have been invited to the ceremony, as well as a local third-grade class.

Joseph Winkler, a Reserve Officers' Training Corps cadet, will be the master of ceremonies at Friday's event.

The ceremony will include members of the ROTC, Association of Campus Ministers, the Unity Gospel Choir, a staff veteran representative, Student Veterans of Eastern and another student veteran playing taps.

"To me, it's a time where I can reflect on my military service. I can actually spend some time, I think about it all the time anyway, but more so on (Veterans day)," Griffy said. "It gives Americans a day to come together ... and share a bond together. It also gives veterans an excuse to reach out to each other if they haven't seen each other in a long time."

Higgerson said the ceremony will allow students to show their support for current and future veterans, giving veterans the chance to show their support right back.

"From beginning to end I think (the ceremony) is important, enjoyable, and, while it may sound trite, moving," Higgerson said.

Brooke Schwartz can be reached at 581-2812 or [bsschwartz@eiu.edu](mailto:bsschwartz@eiu.edu).



# Local weather

WEDNESDAY THURSDAY



Sunny  
High: 48°  
Low: 34°



Partly Cloudy  
High: 49°  
Low: 28°

# THE DAILY EASTERN NEWS

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

The Daily Eastern News  
1802 Buzzard Hall  
Eastern Illinois University  
Charleston, IL 61920  
217-581-2812  
217-581-2923 (fax)



### News Staff

**Editor-in-Chief**  
Cassie Buchman  
DENeic@gmail.com

**Managing Editor**  
Analicia Haynes  
DENmanaging@gmail.com

**News Editor**  
Chrissy Miller  
DENnewsdesk@gmail.com

**Photo Editor**  
Jordan Boyer

**Sports Editor**  
Sean Hastings  
**Assistant Sports Editor**  
JJ Bullock

**Campus Reporter**  
AJ Fournier

**Multicultural Reporter**  
Kennedy Nolen

**Administration Reporter**  
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# STATE AND NATION

THE ASSOCIATED PRESS

## Illinois judge accused of offering to cut legal fees for sex

BELLEVILLE, Ill. (AP) — A 55-year-old judge in southern Illinois is accused in charging documents of grabbing a client's genitals when he was a lawyer and offering to reduce the man's legal bill in exchange for sex.

The Belleville News-Democrat reports that Judge Ronald Duebbert was charged on Monday, including with criminal sexual abuse in the alleged assault of the 25-year-old.

Court papers say it occurred one year ago in Duebbert's Belleville law office. Weeks later, voters elected him to a seat on the St. Clair County Circuit Court.

Duebbert told the Belleville News-Democrat he couldn't comment. His attorney also declined comment. A preliminary hearing is set for Dec. 1.

The judge has also faced scrutiny for taking a parolee into his home. The man was later charged with first-degree murder.

## Autopsy results reveal deaths of officer, driver

ROCKFORD, Ill. (AP) — Autopsies have revealed that a northern Illinois police officer died of blunt force trauma and a pickup driver was shot to death during an early morning traffic stop.

A spokeswoman for the city of Rockford says 30-year-old officer Jaimie Cox's injuries may have been caused when the pickup crashed.

A separate autopsy shows that 49-year old Eddie Patterson Jr., is believed to have been shot by Cox. Patterson also was injured when the pickup crashed about 1 a.m. Sunday.

State police Sgt. Sam Thomas said Monday that Patterson's driver's license had been revoked and that Cox may have pulled him over after noticing license plates on the pickup "didn't match the vehicle."

Cox was found near the truck and pronounced dead at a hospital. Patterson's body was inside the truck.

Visitation is scheduled from 3-9 p.m. on Friday at First Free Evangelical Church for Cox, the city of Rockford said in a news release. A police funeral service will start at 10 a.m. on Saturday at the church.

## Ill. struck with sexual harassment

SPRINGFIELD, Ill. (AP) — Illinois lawmakers spent most of Tuesday trying to get control of an avoidable sexual-harassment mess which began with a seemingly benign, if sincere, proposal last month to explicitly forbid harassment and intimidation in the ethics code.

Both the House and Senate unanimously adopted the legislation that started the melee, House Speaker Michael Madigan's proposal to require sexual harassment awareness training for all state officers, lawmakers, staff members and lobbyists and leave enforcement of violations to the inspectors general for each.

But the apparently straightforward, universally supported idea created side effects that engulfed the General Assembly for weeks in a state still suffering the impact of a historic, two-year state budget stalemate and \$16.6 billion in past-due bills.

It required additional legislation, also OK'd unanimously, to expand powers for the newly appointed legislative inspector general to investigate more than two dozen complaints that piled up during a two-year vacancy in the post.

The impact of inaction became painfully clear last week when legislative activist Denise Rotheimer accused state Sen. Ira Silverstein, a Chi-

cago Democrat, of sexual harassment last year while the two worked on legislation.

Silverstein has denied the allegations. He appeared on the floor Senate, waving to reporters as he passed the press box and speaking for several minutes with Senate President John Cullerton for several minutes before taking his seat and working on a laptop. No one approached or spoke to him.

Chicago Democrat Madigan's legislation proscribing harassment appeared days after an open letter signed by 300 people swept through the Statehouse demanding an end to a long-established culture of harassment and intimidation in the capital. The letter followed on the heels of sexual-harassment scandals roiling the nation this fall, beginning with allegations against Hollywood producer Harvey Weinstein and other powerful men, through the revival of the #MeToo social-media campaign among victims.

But Madigan's plan revealed the vacancy and when Rotheimer, testifying last week in favor of it, publicized alleged incidents in which Silverstein, working with her last year on legislation, sent her inappropriate messages and paid her unwanted compliments. She asked why nothing had happened on the complaint she filed in Novem-

ber 2016.

Senate President Cullerton's office acknowledged the complaint was referred to the inspector general's office, where it sat idle after the last full-time inspector retired in 2014. That forced Cullerton, a Chicago Democrat, to accept Silverstein's resignation from his leadership post and a \$21,000 annual stipend.

Cullerton authored the expansion of investigative authority to answer the problem of 27 pending complaints, including Rotheimer's, filed since 2015 which await an investigator to review them. State law limits the time for resolving ethics complaints in many cases to a year, meaning most or all on file are beyond the reach of any investigation. The legislation would allow Porter to investigate allegations awaiting her arrival in office.

Despite the unanimity, House Republicans complained that the ethics changes don't go far enough. Several pointed out that the first inspector, former House member and appellate court judge Tom Homer, who occupied the office from 2004 to 2014, described it as "toothless tiger" for the law's inability to hold lawmakers accountable for conflicts of interest and other ethics lapses.

## New inspector promises change

SPRINGFIELD, Ill. (AP) — The first person in two years to hold the post of inspector general for the Illinois General Assembly said Monday she took the temporary position amid Statehouse disarray over sexual-harassment complaints because "I can make a difference here."

Julie Porter, a former federal prosecutor whose private legal work includes investigations and civil rights complaints, told The Associated Press that her aim is to ensure allegations of misconduct against lawmakers or their staff members are dealt with sincerely and seriously.

Members of the General Assembly serving on the Legislative Ethics Commission scrambled to appoint Porter in a special meeting Saturday. Emergency action became necessary following a week of head-scratching shortfalls revealed while legislators were trying to design plans to rid the state Capitol of a seamy underside.

"I can make a difference here. This is very important. When we look at our public officials, it's so important that people have trust in them," Porter said. "In a perfect world, our public officials

would be beyond reproach and always conduct themselves ethically and legally, but when someone puts up a hand and says, 'I see a problem,' we should investigate promptly and thoroughly and impartially.

Legislation requiring sexual harassment awareness training last month revealed that no one held the post of the proposed enforcer. Then came damning public testimony from legislative activist Denise Rotheimer that her complaint of sexual harassment against Chicago Democratic Sen. Ira Silverstein had been ignored for a year because there was no one to investigate it.

Silverstein has denied the claim that he sent Rotheimer inappropriate messages and paid her unwanted compliments while the pair worked on legislation. But he resigned his leadership position as Majority Caucus Chair last week.

Porter said, "I wouldn't have accepted this appointment if I thought there was nothing I could do to get the state and the citizens out of this current situation."

One problem she faces is that by law, the time limit for resolving 27 eth-

ics complaints filed against lawmakers or staff members while the inspector's office was vacant might have expired. Senate President John Cullerton, a Chicago Democrat, announced Monday a plan to extend the statute of limitations on pending claims.

Sen. Terry Link, a Waukegan Democrat and ethics commission chairman, called Porter "a skilled attorney who has experience trying public corruption and fraud cases." He said he was eager to work with her to get the commission "back on track (and to) address the complaints."

Porter will fill an office that her lone permanent predecessor, Tom Homer, described as a "toothless tiger" for its inability to hold lawmakers accountable for conflicts of interest. He retired in 2014.

"There's no one playbook for how commence an investigation," Porter said. "You have to use the tools available to you, which may be more limited to me than what I had a federal prosecutor, but I still believe I'll be able to do work that is meaningful."

# TODAY ON CAMPUS

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Keynote address: Dr. James MacLeod, "Arsenal on the Ohio: The Wartime Transformation of Evansville, Indiana."

**Thesis Research 101: Organizing Your References | 7:00 PM - 7:50 PM | 4450 Booth**

**Women With Weights | 7:00 PM - 7:45 PM | Student Rec Center**

**Healthy Her: Women's Nutrition | 7:45 PM - 8:45 PM | Student Rec Center**



# City Council approves purchase of playground

By **Dillan Schorfheide**  
Contributing Writer | @Eiu\_Journalist

The Charleston City Council unanimously approved resolutions for the purchase of a playground to be at Lake Charleston and to set aside \$120,000 for the restriping and resurfacing of 10th and 14th streets Tuesday night.

A playground will be placed at Lake Charleston to continue an ongoing effort the city has to make the Lake Charleston area “a destination” and to complement the trails, Combs said.

The Charleston Area Charitable Foundation has given the city \$200,000 for the purchase of the playground. Because the council approved the purchase, the city qualifies for a grant of \$77,102.54. The deadline for the grant is Nov. 15.

The total purchase of the playground would be \$215,686, so with the grant, the playground would only cost the city \$138,583.46.

“There will be a lot of work done,” Combs said. “It was a big blessing that it worked out the way that it did.”

Malak said the extra money from the \$200,000 could go toward installation and landscaping.

Combs added on to that, saying it will allow the city to make more improvements around the playground without having to borrow or find more money.

Also at the meeting, the city budgeted \$120,000 out of the city’s motor fuel tax fund that will go to fixing up 10th and 14th streets. The resurfacing of the streets is scheduled to be done during the summer of 2018 when both Eastern and Charleston High School are not in session, and it will be done by the time the two schools come back for the school year.

The city will conduct asphalt resurfacing on 10th Street from Lincoln Avenue to Madison Avenue and on 14th Street from Harrison Avenue to Madison Avenue.

The council also approved a resolution to authorize the execution of a local agency agreement for federal participation. The agreement states that the city will use its federal secondary transportation urban funds to pay 80 percent of the project’s expenses, and the city will use 20 percent of its motor fuel tax funds to pay for the project. Mayor Brandon Combs said he estimates that the city’s portion to pay for the resurfacing will be approximately \$64,000, which means IDOT will pay the rest of the total price. The project cost estimate was \$320,000.

Council member Dennis Malak said the streets on 10th and 14th are asphalt, which does not last long.

He said because it is an area with a lot of families and people, the city wants to make sure they stay safe. The sidewalks on 10th Street are being done, and the resurfacing will increase the value of property in the area and is a good selling feature, Malak added.

“If you’ve ever been down 14th Street, it’s horrible,” Combs said. “My grandfather lives on there, and I can’t remember the last time it’s been done.”

The city council also signed an extension with its current electricity provider, Homefield, that has already saved households an extra \$390-400. This number is expected to keep growing, according to city manager Scott Smith.

*Dillan Schorfheide can be reached at 581-2812 or dtschorfheide@eiu.edu.*



JORDAN BOYER | THE DAILY EASTERN NEWS

Hailey Backes, a senior communication disorders and sciences major, studies for a test at the security desk in Booth Library Tuesday afternoon. Backes said her favorite thing about working at the library is all of the unique people who come in to ask questions.

# New students reflect on first semester

By **Travis Buckwalter**  
Contributing Writer | @DEN\_News

With almost a whole semester of college under their belt, new students reflected on their time at Eastern so far.

Some originally came to the university for a certain activity or sport, while others enjoyed other aspects of university life.

“When I visited my sister, I would see all the buildings and the campus, and I fell in love,” said Ashling Greene, a freshman kinesiology and sports studies major. “I always enjoyed the school. It felt like home.”

Now a member of Sigma Sigma Sigma, Greene said she never thought about rushing a sorority before coming to Eastern.

“I didn’t think about rushing until I got here,” Greene said. “Someone came up to me during the first weekend and told me about it, and the rest is history.”

Victoria Wharton, a freshman accounting major and a defender on the women’s soccer team, said she discovered Eastern through soccer.

“My coaches would send off videos to different schools, and then coaches would come to my tournaments and watch me play,” Wharton said. “Eastern just happened to be one of (those schools).”

Wharton chose Eastern mainly because of its athletics.

“I probably wouldn’t have gone to school in the U.S. if it weren’t for soccer,” Wharton, a Toronto native, said. “School isn’t very big in Canada.”

Wharton and Greene have had to get used to different schedules as new students.

“In season, we have to wake up for a 6:30 a.m. practice four days a week,” Wharton said. “We also play one or two games every weekend.”

On the women’s soccer team, most first-year players are required to get three hours of study halls per week, and get volunteer hours throughout the year.

As a member of Tri-Sigma, Greene has to complete study tables each week as well.

“We have to get five hours of study tables each week, as well attend chapter meetings every Sunday,” Greene said.

At these chapter meetings, every active member of the sorority gets together to talk about future plans.

“It’s more demanding than I thought, but I think it’ll be worth it,” Greene said. “These are friendships that last a lifetime.”

Greene said there is not much of a difference between Charleston and her hometown of Freeport.

“Freeport and Charleston are very similar, both in size and population,” Greene

said. Wharton saw some big differences between Toronto and Charleston, though.

“The biggest difference is the food. There are some foods here that I never had back home,” Wharton said. “My favorite might have to be the Chick-Fil-A. I know it’s bad for me, but it tastes too good.”

Students such as Daniella Steinhaus, a freshman early childhood education major, have been active in several registered student organizations.

“I’m currently involved in PAW’s and Habitat for Humanity,” Steinhaus said. “Each group takes up around an hour a week.”

Steinhaus has been using the extra time in her schedule to get used to the college life.

“I have no idea what I’m doing,” Steinhaus said. “The biggest problem is probably getting up for my 8 a.m. though.”

Adjusting to college is not as tough for Steinhaus though, because her high school experience was not too different.

“Coming from Downers Grove South High School, my graduating class was around 900 students,” Steinhaus said. “It feels smaller being here actually.”

*Travis Buckwalter can be reached at 581-2812 or rtbuckwalter@eiu.edu.*



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## Study Abroad Scare



JALEN MASSIE | THE DAILY EASTERN NEWS

## Staff Editorial

## Be understanding of others' struggles

As student journalists, those of us at *The Daily Eastern News* are taught not to make assumptions.

If something is unclear, we ask questions to clarify what is meant. If we do not know something, we ask.

This idea should not only be a guideline for journalism, but for people's daily lives as well.

It is always easy to assume things work a certain way or that doing certain things is "easy" because we have not been through the process of doing them ourselves.

Oftentimes, people will make harmful assumptions based on nothing more than ignorance or a lack of knowledge of the issue at hand.

In Monday's immigration panel, several audience members brought up the fact that many people will often tell undocumented immigrants to "just get a Green Card."

However, as seen in the article about the panel, it often takes thousands of dollars and much time to get the documentation and papers needed.

This gives unnecessary and stressful barriers to students who are just trying to stay in the place they call "home."

It is commendable that even after all of that, both students on the panel are still working toward their citizenship.

This is why it is important to never assume you know the right course of action for any individual, or the struggle they are going through.

It is easy to tell undocumented immigrants to 'just become a citizen' if you were born here and have never had to go through the citizenship process.

While some social issues or problems might seem like they are easy to solve, there are many nuances and sometimes, invisible

barriers that do not allow for easy solutions.

Just reading about these issues in the news or watching someone talk about them on TV does not mean you are an expert.

These issues affect real people, and as such, everyone's experiences are going to be different.

No one goes through things like immigration the same, and it is crazy to suggest the same blanket solution to all of them.

This is why it is always important to ask questions and make sure to know what you are talking about before you say it.

Not only does it make you look smarter, but it also allows you to be more compassionate with those around you.

Take some time, and really learn about the issues of today, before judging how someone else handles them.

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

## Be grateful for the things that you have

The other day I was driving to feed my latest guilty pleasure (a grande vanilla latte from Starbucks) and like many times, I found myself sulking in self-pity.

The latest complaint was the funny yet oh-so-stressful noise my car started making after I got the tire changed.

I tried to drown out the noise and shove it as far back in the back of my head as I possibly could.

I've noticed the best way to do this is by blasting the tunes until my eardrums burst.

My grandmother is staying with me for the weeks leading up to Thanksgiving.

She was in the car with me when the thoughts about all my bills and problems flourished through my already testy mind.

I thought about how fast my money goes, how I do not make enough money and how I can never buy what I want because of how fast the money disappears.

You know, the same old, same old.

But before I looked at my Nana and shared all my worries with her, I noticed an older man limping down the sidewalk.

He was bundled up, some plaid showing beneath his bulky jacket, and he was scruffy looking with his unshaven face and sad eyes.

I felt ashamed.

One because I assumed that a man who looked scruffy and dirty was homeless, and two, because I had the nerve to complain when my happy butt was driving in a cozy 2001 Acura, regardless of a rattling noise that rattles me from time to time.

This is not about that particular man.

It is about the fact that there are indi-



Analicia Haynes

viduals out there who do not have time to complain about bills because they are too busy trying to find their next meal or bed to sleep in for the night.

I am no mind reader, but I am sure that at some point we have all complained about our own personal struggles and life problems, the ones that make it hard to smile all day long.

We do such a great job at making sure someone hears what we have to complain about that we forget to praise what we do have in our homes.

That includes those complaints, because at least we have something to complain about.

Is there a certain point when we become so selfish and ungrateful that we neglect to realize how lucky we are and then appreciate it?

Growing up, my siblings and I learned to thrive in adversity because we had no other choice.

Now all of sudden, since I make a little more than I used to and have a little more luxuries that before I could have only dreamed of, I take for granted the best

things in life, like having a fridge full of food.

There comes a time when we should stop feeling sorry for ourselves and wanting the things we do not have and instead appreciate the things we do have, like a roof over our heads or clothes that fill our closets that we actually wash without having a second thought.

Also, since it is the holiday season, take the time to be thankful, grateful and happy about your lives.

There is so much more we can do in our lifetime to not only make our lives valuable but also make another person's life worth living for one more day.

Volunteer at a food pantry, or donate clothing and food.

Lend a helping hand whenever you can because you can afford to.

When I was in high school, I used to hide my face and wear big bulky sweatshirts whenever I had to go with my mom to the food pantry because I was embarrassed.

But she always said that our visits were temporary and when I make enough money to buy whatever I want fresh and in a store, to give back to those food pantries because they made sure I had a meal every night and it was only right for me to make sure that someone else had a meal too.

I wish I never lost sight of that.

Analicia Haynes is a junior journalism major. She can be reached at 581-2812 or achaynes@eiu.edu.

## What women want men to know about menstruation

Kristen Ed

I, like more than half of the students in attendance at Eastern, am genetically wired to have a monthly event characterized by bleeding, abdominal bloating and (most of the time) emotional sensitivity.

If it was unclear that I was talking about periods, welcome to Life Lessons with Kristen, episode one.

That was a joke. I am sure you know what I meant.

I have had the ability to produce and carry children for many years now. And I am glad that I have that ability.

But as men and women are both aware, there are some negative side effects to female fertility.

This is addressed to the men though. I should clarify that I am not trying to diss you for not having periods. I am actually trying to help you, because you know at least one woman who encounters the monthly "struggle," and she probably wants you to understand it better.

For starters, every woman's symptoms, along with the severity, are different. Still, various symptoms are worse some months than they are in others. I could have an irritable mood and fatigue one month, and I could have a big appetite and painful cramps the next month.

On the subject of cramps, I am sure I speak on behalf of a lot of grateful girlfriends when I say I just want to be held when I am in pain. And I do not want to go out and do things if I do not have to. I know women who have skipped class because of cramps, and I can testify that they are sometimes so awful that I cannot concentrate or do anything.

The worst thing is when I have to get something done when my lower abdomen feels like it is going to explode. A couple weeks ago, I wrote three-page paper during the worst of my cramps. I honestly hardly knew what I was saying as I was typing it because I could not think, no matter what remedies I tried to relieve the pain.

Long story short, please be patient with we females if we wince trying to comprehend what you are saying through the pain. We appreciate it, and we will better express that appreciation in the emotional "I love you so much" phase of PMS.

I would also like to reassure you that PMS is not an excuse to be mad, I promise.

For some reason, an ex-boyfriend of mine once told me, "I wish guys also had an excuse to get mad once a month," as if I asked for the smallest things to set me off just to get the chance to argue with the person I love most.

Fighting with our significant others is not fun, but if we seem to pick a fight out of thin air, I can tell you that there is a real problem we have noticed. It is just that we have only just now, amid our premenstrual passion, been driven to mention that problem.

We legitimately cannot help the intense mood swings we experience before we start menstruating. (Yes, I said before, because PMS symptoms primarily show up before the bleeding, but they often show up during it as well.)

Even though there is no way to empathize with a female during her period, sympathy goes a long way.

No matter your relationship to her, if you show a woman patience, love and support during her period, she will be incredibly thankful.

Kristen Ed is a junior journalism major. She can be reached at 581-2812 or kmed@eiu.edu.

## Want to write a letter to the editor?

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CASSIE BUCHMAN | THE DAILY EASTERN NEWS

John Sennott, a gaffer for the studio shooting a TV show in Buzzard Hall, fixes a light Tuesday.

## » SHOW

CONTINUED FROM PAGE 1

Staff members at Eastern spoke with Wells and other crew members about using locations on campus, primarily Buzzard Hall, for filming the new show.

Ke'an Armstrong, publicity and promotions specialist at WEIU-TV, is one of the main liaisons between Eastern staff members and the production crew.

"They are using our facility, our conference room, our hallway, an office space, our green room," Armstrong said. "We have another office as a dressing room and our radio station."

Other locations on campus like the 7th Street Underground and Booth Library will also be used

for filming certain scenes.

The 7th Street Underground will be transformed into a coffee house set, and a part of Booth Library will be used as a bookstore in the television show.

Crew members are shooting episodes one and two over the next few weeks, Armstrong said.

So far, the producers have eight episodes scripted, and Wells said it was done in a decent amount of time.

"Once we kind of locked in on the characters and what we were going for, it went pretty quick," Wells said.

**Kennedy Nolen can be reached at 581-2812 or [kdnolen@eiu.edu](mailto:kdnolen@eiu.edu).**

# Students can use hotline from Counseling Center

By Sisi Pascarella  
Contributing Writer | @DEN\_News

Students in crisis can use a hotline provided by the Counseling Center to help them or their friends.

One of the counselors, Jessica Hallett, said there is a clinician on call each day of the week who is available to provide emergency services to any student experiencing suicidal or homicidal ideation.

The number students can call is 217-581-3413.

There are five clinicians who rotate being on duty for the hotline. Normally, there will be one counselor on call for the day.

However, any clinicians are able to provide services to those who need them, whether they are on call or not.

"What a student says will remain confidential unless they are putting themselves or other students at risk," Lindsay Wilson, interim associate director of the Counseling Center, said.

If a student calls because of a personal issue during regular hours, counselors will ask for their name and E-number, as well as if they are experiencing thoughts of self harm or suicide.

If it is during office hours, counselors will encourage the student to come in immediately for an appointment.

When a student calls about another student, counselors will ask what the students' concern is, and for specific observations such as with substance abuse and certain behaviors.

Then, they give feedback and suggestions as to

what the student should do to help their friend. "We take everything seriously, so we treat these situations seriously," Wilson said. "We will reach out to the student to confirm what the other student said, and see if they're willing to have a follow up session so we can touch base on them and see how they are doing."

The Counseling Center's hours are 8 a.m. to 4:30 p.m. Monday through Friday.

If a student calls after hours, they are directed to call LifeLinks Mental Health center in Mattoon via the Counseling Center's voicemail.

"If the student signs a release form, we are able to speak with the Life Link counselors regarding the situation," Wilson said.

LifeLinks counselors assess the situation to see if the students will be able to stay safe. If they are, the counselors will recommend a follow up appointment with local counseling services.

If the student is not able to stay safe, the hotline counselor will call local Emergency Medical Technician services to take the student to the hospital. If the student lives on campus, Housing could get involved as well.

Hallett said the crisis hotline service allows risks to be evaluated and connects students to vital resources.

"Crisis services can help students to process issues, experiences, provide support and explore options that would help (a) student to move towards progress, wellness and success," Hallett said.

**Sisi Pascarella can be reached at 581-2812 or [smpascarella@eiu.edu](mailto:smpascarella@eiu.edu).**

## The New York Times Crossword

Edited by Will Shortz

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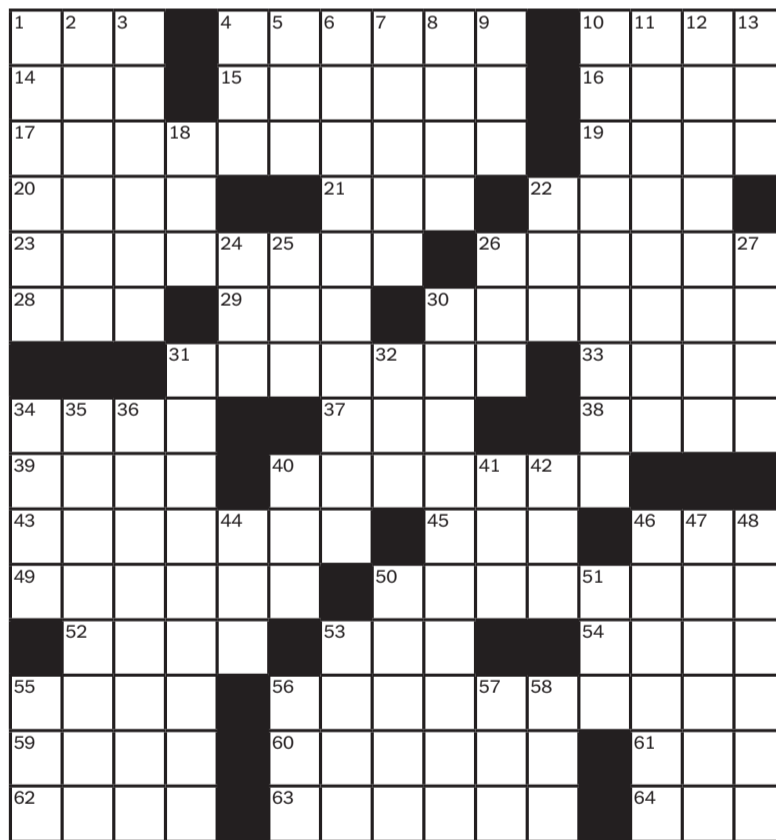
- 1 "Exodus" hero
- 4 John Glenn famously had three of them
- 10 It's found by the radius
- 14 Bathroom sign
- 15 Brought home
- 16 Poverty
- 17 Where "house party" is in the dictionary?
- 19 Op-Ed writer Maureen
- 20 German industrial region
- 21 Bring home the gold
- 22 Itches
- 23 Where "new" is in the dictionary?
- 26 Actor Depardieu
- 28 \_\_\_-rock
- 29 Dwarf brother in "The Hobbit"
- 30 Manumit

- 31 Along with pain, one of "the two enemies of human happiness," per Schopenhauer
- 33 What a cartoon light bulb represents
- 34 Something to do with one's time
- 37 The day of M.L.K. Day: Abbr.
- 38 Bundle of coins
- 39 Edward \_\_\_\_, longtime archbishop of New York
- 40 Sit
- 43 Water-repellent material
- 45 Help for an actor
- 46 Moo goo \_\_\_ pan
- 49 Like a good surgeon's hands
- 50 Where "isolated" is in the dictionary?
- 52 Things faultfinders pick
- 53 Arafat's grp.

- 54 "Render \_\_\_ Caesar ..."
- 55 Chicken wire, e.g.
- 56 Where "midday" and "one" are in the dictionary?
- 59 Procedure at a doctor's office
- 60 Malcolm X facial feature
- 61 A small amount in science or a large amount in business
- 62 Eye sore
- 63 Book before Job
- 64 Big name in ice cream

### DOWN

- 1 Cuneiform discovery site
- 2 Put more gas in the tank
- 3 Because
- 4 Anthem contraction
- 5 When doubled, enthusiastic
- 6 Betty Crocker product
- 7 Certain Alaskan
- 8 Bird found on all continents, including Antarctica
- 9 Activist campus org.
- 10 Where "flanked" is in the dictionary?
- 11 One of the Teenage Mutant Ninja Turtles
- 12 Old-time premovie fare
- 13 Recipe instruction
- 18 Blunder



PUZZLE BY EVAN MAHNKEN

- 22 Nevertheless
- 24 Herd noise
- 25 Like some sale items: Abbr.
- 26 Glam rock?
- 27 One may be made with a handshake
- 30 Band featured in the documentary "1991: The Year Punk Broke"
- 31 Where "menial" is in the dictionary?
- 32 John or Jane, at court
- 34 Pleads
- 35 "After this, it's my turn"
- 36 Lead-in to a controversial comment
- 40 Science writer Willy
- 41 You could get one if you're over .08%
- 42 Rent out
- 44 Scores for Seahawks and Eagles, for short
- 46 It wasn't mapped until 2003
- 47 Alternative to a Tic Tac
- 48 "I wish!"
- 50 Swell
- 51 What Helios personified
- 53 Arguments for
- 55 Parisian possessive
- 56 Word after golden or old
- 57 Once called
- 58 German article

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### ANSWER TO PREVIOUS PUZZLE





COLUMN

# Bollant moving women's team in right direction

By JJ Bullock  
Assistant Sports Editor | @DEN\_Sports

Throw away the sports clichés of “it’s just the preseason” and “it’s too early to tell,” because they do not apply to the 2017 Eastern women’s basketball team.

Just two exhibition games into the new season it is plain to see — the women’s basketball program at Eastern is better than it has been in years, and it is a big thanks to new head coach Matt Bollant.

There has never been any question of the talent surrounding the women’s program. The right pieces to the puzzle, or at least the all-important corner pieces, have always been on the table. But the pieces were scrambled, and the Panthers endured two straight last-place seasons in the OVC because of it.

However, on April 14, Eastern athletic director Tom Michael went out and found the person to piece the puzzle back together and hired Bollant.

Bollant was fired as the head coach of the Illinois women’s basketball program after a five-year stint, which he exited with a 61-94 record. Before coaching at Illinois, Bollant had a very successful run as the University of Green Bay’s head coach. He was 148-19 there and led the Phoenix to five straight Horizon League titles.

This season with Eastern, it has been apparent since day one of his tenure that Bollant was here to turn the program around.

“As soon as Coach B came, I mean the first day he got here, it was like an instant change in the gym,” senior guard Grace Lennox said. “The atmosphere (he brings) makes us want to work hard.”

Lennox has arguably been Eastern’s best player the last few seasons, but with as much output as she has given, the Panthers have still struggled in her time at Eastern. Her comments on Bollant came after Eastern’s exhibition match with Indiana State, which the team won 77-70 after losing to the Sycamores 88-61 last year.

Many of the team’s veteran players have taken notice of the culture change Bollant has brought to the program and have responded to it by increasing their own work ethics.

“Since he got here we have just worked so hard,” junior guard Carmen Tellez said. “We knew he was going to help us get better, so much better and we just work hard every single day to get to this point.”

One player whose game has improved



SEAN HASTINGS | THE DAILY EASTERN NEWS

Matt Bollant, the women’s basketball coach, directs the team after its exhibition win over Indiana State Friday in Lantz Arena. Eastern won its two exhibition games and opens its season this Friday.

since Bollant took over is sophomore forward Jennifer Nehls. The 6-foot forward showed flashes of her potential in her freshman season, scoring in double digits more than once. However, in other games she would hardly be a factor at all. Coming into this season, Bollant promised she would be, not only one of the team’s most improved players, but one of the team’s best players.

That promise has been backed up by Nehls in the first two exhibition games this season. Against Indiana State, she scored nine points, had seven rebounds and six assists. Then against Rose-Hulman she tal-

lied 16 points and made four three-pointers, while she made just eight all of last season.

“I feel like I have always worked as hard as I had. It feels more comfortable this year knowing that (Bollant) trusts us to be versatile players and he trusts us to read and run the offense and be disciplined,” Nehls said.

Opposing coaches from the top of the conference to the bottom are now keeping a closer eye on Eastern since the addition of Bollant.

“I think Matt (Bollant) is going to do a great job. I have a ton of respect for him,” Eastern Kentucky head coach Chrissy Rob-

erts said. “I know they will be competitive. They won’t have a choice. I think with him they could be a really competitive team in the league.”

While it needs to be pointed out that the regular season will not even start for the Panthers until Nov. 10, it has been impossible to ignore, even as early as it is, the pieces of Eastern’s basketball puzzle beginning to form an image. And if all goes to plan, that image could be one of a banner.

JJ Bullock can be reached at 581-2812 or jpbullock@eiu.edu.

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Sophomore Lindsey Carlson receives the ball in the Panthers' 2-0 loss to Milwaukee Aug. 27 at Lakeside Field. Carlson earned Second Team All-OVC and started all 19 matches for Eastern.

## Carlson earns Second Team All-OVC

By Dillan Schorfheide  
Women's Soccer Reporter | @DEN\_Sports

Eastern women's soccer team sophomore Lindsey Carlson was named to the All-OVC Second Team Thursday as the OVC announced its season awards and All-OVC teams.

She said despite the honor, she wants to focus on the team as much as possible.

The center back for the women's soccer team was an integral part of the defense throughout the season, helping lead the team to three shutouts.

"It feels like such an honor because I

was in a way surprised. We didn't have the best of conference seasons, so I know any award for anyone (on) our team would be tough to acquire," she said. "Although individual work does contribute to the team, this is an accomplishment that only makes me hungrier for team recognition."

Once senior, Carrie Caplin, who was a leader on defense, went down with a season-ending injury, Carlson took over as a leader for the defense.

"Obviously injuries are super unfortunate, but we still had the same season goals in mind so the mission was the same," Carlson said. "I eventually got

comfortable as center back. I just wanted to keep a solid back line every game."

Carlson played as an outside back last year and for the first few games this year, but injuries put her into the center back spot. She had experience as a center back in club soccer and in high school, so she said she was more than willing to step up to help and be a voice in the back.

"As a center back we see the whole field so it's important to have a loud voice and direct people and control plays and that's something I not only needed to do but am still working on," she said.

Carlson played in all 19 matches this season as a starting defender. She also

logged the most minutes played of anyone on the team with 1,674. But despite the OVC honor and the individual stats she compiled this season, she stressed that she never goes for individual stats, and that she tries to do everything she can to make a positive impact in the game every minute.

Carlson said she wants to help the team as much as possible and contribute to the team's goals as much as possible.

"I love playing soccer, so if I can continue to push myself to become a better player to earn that time, then I believe I will be a better player for the team," she said.

Carlson is the first Eastern player since Meagan Radloff in 2014 to earn either First or Second Team All-OVC honors. Last season, midfielder Henar Urteaga, a sophomore this year, was named to the OVC All-Newcomer Team.

Earlier this season, junior Kate Olson won was named the OVC Offensive Player of the Week, and the same week, junior Kayla Stolfa was named the OVC Defensive Player of the Week.

Dillan Schorfheide can be reached at 581-2812 or dtschorfheide@eiu.edu.

### COLUMN

## Eastern eyeing tough November schedule

By Sean Hastings  
Sports Editor | @DEN\_Sports

Eastern men's basketball coach Jay Spoonhour scheduled an exhibition game against Southern Indiana so the Panthers had a tough game before its non-conference schedule.

A game against Division II Southern Indiana, to anyone not around the game, is a cakewalk. Eastern just knocked off Big Ten Illinois, making a game against Southern Indiana a sure win. Monday night was anything but that.

With the way the Screaming Eagles played Monday against Eastern, they could have taken down the Illini as well.

Luckily for the Panthers they played two tough exhibition games before the games start to count, ex-



Sean Hastings

periencing a highest of highs and a low.

Spoonhour said that no matter what happens, the Panthers have to learn from it.

"This is what the exhibitions are for. Now you add (the Illinois game) on, now you have two crazy situations. This is exactly what we want-

ed and this is what I expected could happen," Spoonhour said Monday after the loss to Southern Indiana.

The Panthers learned two big things in its exhibition matchups. The first being that when they play smart, get back on defense and get in the passing lanes, they will win like they did against Illinois.

The Panthers forced just eight turnovers Monday, but forced 19 against Illinois. That charge was led by senior Montell Goodwin, who had four. Spoonhour noted that was a senior making plays one should.

And no matter how much offensive firepower they have, it will not be enough if they make too many simple mistakes on defense.

"In a 48-hour stretch, maybe more than that, that's a whole lot of stuff to deal with," Spoonhour said.

"You probably won't deal with a bigger swing during the year, but you might."

As much as Panther fans and the team would have liked the win against the Illini to count, it does not, but their season-opening game Friday against Big Ten Nebraska does.

"Now your season starts for real and you want to go and play as well as you can against Nebraska," Spoonhour said. "That's going to be a huge task to stay in the game with them."

Eastern's tough list of games continues throughout November. It will see San Diego State Nov. 20 on the road. San Diego State has been in the NCAA Tournament 11 times in history, with the last being in 2015.

Just seven days after that, Eastern plays at Marquette, which has been to the tournament 31 times and has

three Final Fours and one Championship.

The Golden Eagles were in the tournament last season. They were blown out in the first round by Baylor 91-73, but without question offers another test for Eastern.

"You have some important games," Spoonhour said. "This month of (November) put it on the calendar, see how many hard games. This month of November is a killer."

"When things go poorly on the court, we all just have to be able to cut the string and move on to the next play and do a better job of doing that stuff and it will happen," Spoonhour said.

Sean Hastings can be reached at 581-2812 or smhastings@eiu.edu.