

3-18-2008

Daily Eastern News: March 18, 2008

Eastern Illinois University

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Recommended Citation

Eastern Illinois University, "Daily Eastern News: March 18, 2008" (2008). *March*. 7.
http://thekeep.eiu.edu/den_2008_mar/7

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The DAILY EASTERN NEWS

EASTERN ILLINOIS UNIVERSITY, CHARLESTON

TUESDAY | 3.18.08

VOL. 95 | ISSUE 45

CAMPUS | EVENTS

Fighting the fear of fat

Eating disorders, body image not just a problem for 'white girls'

By Emily Zulz
Activities Reporter

Brittany Mackowiak had a fear of being fat.

This is what pushed her into a five-year battle with eating disorders.

Mackowiak suffered from anorexia, bulimia and also smoked to lose weight.

It all stemmed from pictures from popular culture. Mackowiak said she saw movies and articles depicting the thin and glamorous.

"I always thought skinny looked better," said Mackowiak.

The freshman communications major has been healthy for two years now after being treated by doctors and a brief stay in the hospital.

Dr. Susan Bordo presented "Not

Just 'A White Girl's Thing': the Changing Face of Food and Body Image Problems" Monday night in the Martin Luther King Jr. University Union.

Bordo, the 2008 keynote speaker for Women's History and Awareness Month, addressed many of the issues and problems that Mackowiak faced.

"It's something that really hit home," Mackowiak said.

Bordo is a professor of English and gender studies at the University of Kentucky and has also written many books on the subject, including "Unbearable Weight: Feminism, Western Culture and the Body."

Bordo said when people think about body image issues and eating disorders, they usually think of white, privileged heterosexual women.

She said they probably don't think of someone who is black, Asian, Latino or male.

During her presentation, Bordo demonstrated how body prob-

BORDO'S BOOKS:

- "My Father's Body and Other Unexplored Regions of Masculinity"
- "Twilight Zones: The Hidden Life of Cultural Images From Plato to O.J."
- "Unbearable Weight: Feminism, Western Culture and the Body"
- "The Flight to Objectivity: Essays on Cartesianism and Culture"

lems include much more than just anorexia. Eating disorders include bulimia, excessive exercising, compulsive eating and plastic surgery.

Bordo also used slides to illustrate how the media shapes the minds of society.

The slides depicted magazine covers and spreads with lean, thin women of different races and also muscular men.

Bordo showed images that glamorized the hyper-skinny body and made the plus size model seem spe-



JOHN BAILEY | THE DAILY EASTERN NEWS

Women's History and Awareness Month keynote speaker Susan Bordo talks about the public's opinion of body image and how people from different backgrounds have different views of it Monday night in the Grand Ballroom of the Martin Luther King Jr. University Union.

cial or unique when really their size is the norm among women.

Bordo said the average model is 5'10" and 107 pounds, while the average woman is 5'4" and 143 pounds.

"Their vision has been retrained,"

Bordo said.

She said media images teach young girls how to see themselves, so they grow up thinking they're not good enough.

» SEE BORDO, PAGE 5

CAMPUS | HEALTH

SHAPING AN IMPERFECT BODY IMAGE

Media, culture all affect self-image, with mixed results

By Brittni Garcia
Faculty Senate Reporter

Alexis Badeusz admits she thinks about her body more than she should.

"I focus too much on my body, but we should all start to accept our bodies as they are," said Badeusz, a sophomore nursing major.

Suzanne Enck-Wanzer, coordinator of women's studies program said body image starts during childhood. When more than half of 11-year-old girls are worried about their weight and more than 25 percent of them are dieting by age 15, self-esteem issues are created, said Enck-Wanzer.

"Certainly, cultural expectations of how women should look fuel the various body image issues affecting women today," Enck-Wanzer said. "From parents to peers to programming, women are hearing similar messages from all directions and this is going to have an effect on women and girls."

Enck-Wanzer said while it might be easy to blame the media for body image issues, the media reflect back to us what we expect of women and girls.

Cindy Olszynski, a senior elementary education major, thinks both women and men should look past body images.

"In today's society, people focus too much on their body," Olszynski said. "It's hard not to listen to society and follow the trend of thinking about your body to an extent."

» SEE BODY IMAGE, PAGE 5



JOHN BAILEY | THE DAILY EASTERN NEWS

Eastern students work out in the Student Recreation Center on Monday. Working out can be a part of creating a healthy body image as long as it is done responsibly and in moderation. Health care professionals recommend at least 30 minutes of cardiovascular exercise per day in order to maintain a healthy body.

10 steps to a positive body image

The Health Education Resource Center suggests these tips to improve how you feel about the way you look

1. Appreciate all that your body can do. Every day your body carries you closer to your dreams. Celebrate all of the amazing things your body does for you – running, dancing, breathing, laughing, dreaming, etc.

2. Keep a top-10 list of things you like about yourself – things that aren't related to how much you weigh or what you look like. Read your list often. Add to it as you become aware of more things to like about you.

3. Remind yourself "true beauty" is not simply skin-deep. When you feel good about yourself and who you are, you carry yourself with a sense of confidence, self-acceptance and openness that makes you beautiful regardless of whether you physically look like a supermodel. Beauty is a state of mind, not a state of body.

» SEE 10 STEPS, PAGE 5

EIU WEATHER

<p>TUESDAY</p>  <p>60° 38°</p> <p>Thunderstorms S 10-15 mph</p>	<p>WEDNESDAY</p>  <p>40° 30°</p>
	<p>THURSDAY</p>  <p>47° 41°</p>

WEATHER BRIEF
Warmer temperatures along with heavy rain and thunderstorms will move into our area today. Expect a daytime high temperature that may reach as high as 60.

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

ENTERTAINMENT | A DAILY LOOK

McCartney to pay nearly \$50 million to ex-wife

The Associated Press

LONDON — One of Britain's bitterest divorces reached a settlement Monday when Heather Mills was awarded \$48.6 million — an enormous sum, but a fraction of what she sought and a sliver of Paul McCartney's \$800 million fortune.

Mills declared herself "very, very, very pleased" with a payout that amounted to about \$34,000 for each day of her four-year marriage.

A Family Court judge awarded Mills a lump sum of \$33 million, plus the assets she currently holds, worth \$15.6 million. Mills had sought almost \$250 million, according to a summary of the ruling; McCartney had offered \$31.6 million, including Mills' own assets.

McCartney also was ordered to pay \$70,000 a year for his daughter, and to pay for the child's nanny and school fees. Mills said that was a paltry amount. "She's obviously meant

to travel B class while her father travels A class," she said.

Mills said she would not appeal the settlement, but would challenge the judge's decision to publish his full ruling, saying such details as where her daughter goes to school could compromise the child's security.

Spears ordered to pay Federline's attorney fees

LOS ANGELES — Britney Spears was ordered by a court commissioner Monday to pay ex-husband Kevin Federline \$375,000 to cover his attorney fees in their child-custody dispute.

Mark Vincent Kaplan, Federline's lead attorney, had asked for nearly \$500,000.

Commissioner Scott Gordon issued the order in response to arguments presented last week.

Spears' attorney Stacy Phillips argued that Kaplan was overbilling and

that Federline can pay his own legal bills, but Gordon wrote that Spears' actions led to a great majority of the litigation and delays in the case.

Osmond siblings set to host Miss USA pageant

LAS VEGAS — Donny and Marie Osmond will host the upcoming Miss USA pageant.

The Miss Universe Organization says the brother-and-sister, song-and-dance stars will perform on the NBC Universal show April 11 from the Planet Hollywood Resort & Casino on the Las Vegas Strip.

The network owns the pageant with real estate mogul Donald Trump.

The rival Miss America pageant crowned its 2008 queen in the same casino in January.

Pageant executives say the telecast will represent the first time Donny and Marie have hosted a prime-time show together since 2000.

PHOTO OF THE DAY

Back to school



JOHN BAILEY | THE DAILY EASTERN NEWS

As students resumed classes for the first time since March 7 on Monday, freshman music major Chris Withiem works on his laptop in the Bridge Lounge of the Martin Luther King Jr. University Union on Monday afternoon.

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

Man claims stripper's lap dance caused injuries

The Associated Press

NEW YORK — A businessman claims in a lawsuit that he was injured when a stripper giving him a lap dance swiveled and smacked him in the face with the heel of her shoe.

Stephen Chang, a securities trader, said in court papers filed Friday that he was at the Hot Lap Dance Club near Madison Square Garden and was getting a paid lap dance when the accident occurred early Nov. 2, 2007.

According to the lawsuit, as the dancer swung around, the heel of her shoe hit him in the eye, causing him "serious injuries."

On its Web site, the club describes itself as the "Playboy Mansion of Manhattan party lofts." The site says admission is \$50 plus a one-time club membership fee of \$10 for newcomers. Lap dances cost around \$40, plus admission, according to the Web site.

Flying-saucer house sells for \$135K

CHATTANOOGA, Tenn. — The sale price for a Chattanooga, Tenn., house shaped like a flying saucer is nothing to phone home about.

The Space House sold at auction Saturday for a down-to-earth bid of \$135,000. The sale of the 38-year-old, three-bedroom structure perched on six "landing gear" legs attracted worldwide attention.

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

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

The Daily Eastern News is a member of The Associated Press, which is entitled to exclusive use of all articles appearing in this publication. **Subscription price** | \$50 per semester, \$30 for summer, \$95 all year.

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Contact any of the above staff members you believe your information is relevant to at their provided e-mail address. You may also call 581-7942 or visit the student publications newsroom at 1811 Buzzard Hall.

CORRECTIONS

The Daily Eastern News is committed to accuracy in its coverage of the news. Any factual error the staff finds, or is made aware of by its readers, will be corrected as promptly as possible.

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

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581-7942 (phone), 581-2923 (fax)
1811 Buzzard Hall

Periodical postage paid at
Charleston, IL 61920
ISSN 0894-1599

Printed by

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



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

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2008-2009 Yearbook Staff

- Did you work on your yearbook in high school?
- Do you like to write, design or take photos?

COME JOIN US!

Anyone interested in working on the 2008-2009 Warbler yearbook is invited to attend an organizational meeting after spring break:

4:30 p.m. Wednesday, March 19
in 2522 Buzzard Hall

For more information contact editor Sara Cuadrado at scuadrado@eiu.edu

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UNIVERSITY | VOLUNTEER WORK

Choosing charity instead of break

Alternative Spring Break offers students volunteer options

By Ashley Mefford
Senior Campus Reporter

Kelly Canning did not have a typical spring break.

Canning, a sophomore elementary education major, went to the St. Francis Inn in Philadelphia as part of Alternative Spring Break, sponsored by the Newman Catholic Center. The St. Francis Inn allows people to get a meal once a day.

"Not all of the guests are homeless. Some are working and only have enough money to pay for necessities and come to the Inn for a hot meal so they can stretch their money," Canning said.

The center offered nine different ASB options during this spring break.

Canning and five other Eastern students arrived in Philadelphia on March 9 and left on March 15. ASB allowed them to participate in many different activities at the Inn.

"There was a women's center to go to, the meal to prepare and serve," Canning said. "We also had the opportunity to drive around the city and pick up donations at various places."

Canning, who participated in the same ASB option last year, said spending time at the Inn gave her a new perspective on those less fortunate.

"It's easy to pass judgment and look down on people who are poor or homeless, but spending time at the Inn has taught me that nothing is guaranteed in life, and I need to help out those who may be struggling," she said.

The stories of the people who the Inn helps were one of Canning's

favorite parts of the trip, she added.

"I loved meeting the men, women and children who were there and hearing their stories," Canning said. "I also felt like I really made a difference during my time at the Inn, which is part of what makes the trip so rewarding."

Canning is going to continue to volunteer at the Inn in future years and after college as well, she said.

"This year I had the same feelings as I did last year and I plan on going back again next year," Canning said. "My plan is to continue my involvement with the Inn throughout my next two years and hopefully after college as well."

Laura Jennings, a senior special education and elementary education major, went to Canada for ASB as part of the international program Larche and was a site leader for the trip.

Jennings and the rest of the group volunteered their time to help care for people with disabilities who live in three housing units.

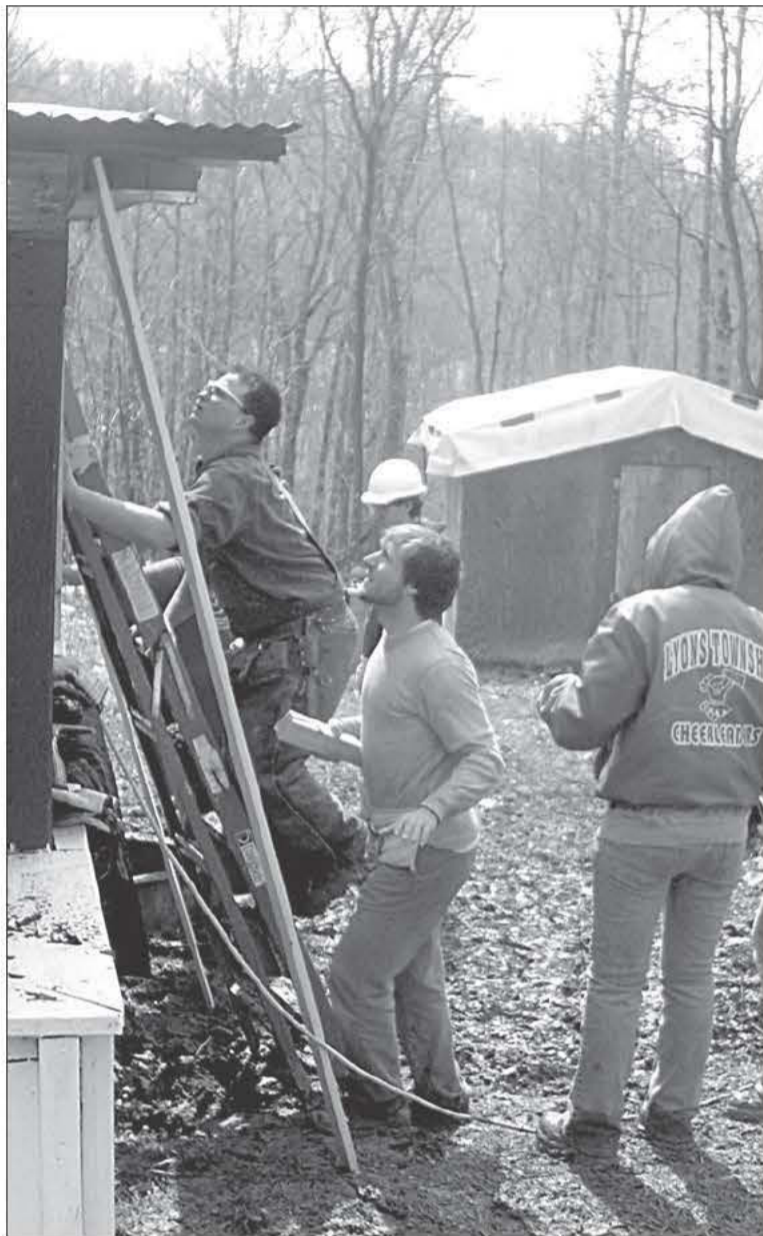
One group member was asked to pair up with another group member and live in each of the three houses, Jennings said.

"As a special education major, I have always been interested in learning where people with disabilities live after they transition out of high school," Jennings said.

Jennings said most of the people in the house she stayed at were unable to talk, but she was able to build a relationship with the residents by understanding their body language and actions.

"I learned how judgmental I can be, and how I have always just assumed that if someone can not talk then it is not worth my time to get to know them," Jennings said.

Ashley Mefford can be reached at 581-7942 or at almefford@eiu.edu.



SUBMITTED PHOTO

While some were basking in the sun, others took some time to help out those in need in Kentucky on Alternative Spring Break.



FIND OUT MORE ABOUT ASB ONLINE

Online Editor Chris Essig sat down with two other Alternative Spring Break participants to discuss their time at the retreats last week. Check it out at www.dennews.com.

CAMPUS | TURNINGPOINT

Technology advances move into classrooms

New software can allow immediate student feedback

By Brittni Garcia
Faculty Senate Reporter

Pat McCallister uses TurningPoint software in her classroom.

"I think TurningPoint is a wonderful idea in that we can get instant feedback from students," said McCallister, a family and consumer sciences professor. "Students can also get instant feedback and of course, we are in an instant society and that's the way we all think."

TurningPoint is an audience response system.

The software can poll students using an interactive PowerPoint presentation and get immediate feedback.

The software shows results to teachers to find out whether or not students understand the content being covered, and it's useful when dealing with sensitive subjects that students might not feel comfortable discussing.

On Feb. 8, the Academic Instructional Technology Support Subcommittee (ATISS) recommended establishing TurningPoint as the

audience response system of choice for Eastern.

"ATAC officially approved the recommendation on February 8," said Jeffery Stowell, chair of Academic Technology and Instructional Support Subcommittee. "We are still exploring ways to implement the recommendations by Fall 2008."

Eastern has used this system for the past four years.

It is used in classes, meetings, polling situations, orientation, and training workshops.

It is available on both Macs and PCs.

Michael Hoadley, assistant vice-president for academic affairs for technology, said some people refer to the system as the "clicker technology" and not every class will be required to use the software.

"Rather than make it a campus-wide requirement for all students, its required use will be determined by faculty on a class-by-class basis," Hoadley said.

Director of Orientation Kimberlee Mook believes this software is beneficial to the orientation department.

"It allows us to collect data from sessions during freshmen orientation," Mook said. "It introduces them to technology they will use in

the classroom and allows families to know what their student is using in the classroom."

ATISS explored letting students rent the keypads from Textbook Rental.

However, Textbook Rental is offered only for textbooks and not pieces of hardware.

The plan is to distribute a survey to the faculty before the spring semester ends to find out how many faculty members will require the use of this software during Fall 2008.

Following the survey, a list will be published so students know whether they need to purchase the keypad or not.

Classes that use this software tend to use PowerPoint, so it is easy for faculty to get immediate feedback from students.

Professors also tend to use this software for responses from quizzes.

"This will also benefit instructors who will have a more efficient, timely and accurate measure of what students are thinking," Stowell said.

Discussions are underway with Mitch Coe, manager of the Eastern Bookstore, to find a way to set-up purchases of the keypad, Hoadley said.

As with any new software, it has its benefits and disadvantages.

DOWNLOAD INFO

The software is free as a download from the Turning Technologies website, which allows the user to prepare questions in a PowerPoint presentation.

The cost of the basic keypad is about \$45-\$50.

Once the keypad is purchased and registered it can be used in any class.

Hoadley said it does take time to learn to use TuringPoint and there are many advanced features. The university may encounter additional cost to install receivers in the classroom and to provide training on using the systems.

Despite the learning curve, professors believe it beneficial to their classes.

"In the classroom it's a wonderful tool," McCallister said. "The problem is making sure all controls are working OK, and that the system is up and working on the computer, but these are all linguists, and when you're pioneers, it takes time to work out."

Brittini Garcia can be reached at 581-7942 or at bmgarci@eiu.edu.

CAMPUS BRIEFS

CAA chair to present at Faculty Senate today

Eastern's Faculty Senate will meet today at 2 p.m. in Booth Library Conference room 4440. The senate will hold a business meeting before Christie Roszkowski, Council on Academic Affairs chair, gives a presentation on writing across the curriculum. Faculty Senate meetings are open to everyone.

Prayer service for Klatter to be held Wednesday

A prayer service for former Eastern men's soccer player Jimmy Klatter will be held at 7:30 p.m. on Wednesday at Wesley United Methodist Church, 2206 Fourth St.

Klatter, who played for Eastern from 2002-05 and is originally from Geneva, was injured in a fall on March 8 in Geneva and has been in a coma since.

He is tied for seventh on Eastern's all-time goals list with 31 goals and was drafted in 2006 by the St. Louis Steamers of the Major Indoor Soccer League.

Auditions for May production start today

Auditions for Mary Zimmerman's "Metamorphoses" will be held from 7-9 tonight and Wednesday at the Charleston Alley Theatre on Monroe Avenue.

Five male and five female roles are available. Those who wish to audition should be ready to present a one-minute monologue or do a reading from the script and should wear comfortable clothing and shoes. They should also bring a copy of their personal schedule through May and bring a head shot if possible.

Jeri Hughes is directing. Performances are slated to start May 9 through May 12 and May 16 through May 19. Contact the Charleston Alley Theatre at 345-2287 for more information.

T-shirt design contest to be held for benefit

A contest will be held to select the t-shirt design for the Eastern Run for a Reason: Run Red, sponsored by Eastern's Office of Orientation and the Coles/Cumberland County American Red Cross. The run will benefit the local disaster relief fund. The run/walk will be held September 27. The winning design will be placed on event materials and the designer will win a \$50 gift card from Wal-Mart.

The design must include original art, a maximum of two colors, incorporate Eastern and the Red Cross and needs to be race-related. Submissions are due to the Office of Orientation by Friday. Designers should include name, e-mail and phone number with entries. For more information, call 581-6435.

—Compiled by Associate News Editor Stephen Di Benedetto, University Reporter Barbara Harrington and Editor in Chief Matt Daniels

COMMENTS, CORRECTIONS, OR EVENTS

To report any errors, local events or general suggestions for future editions please contact our Editor in Chief, **Matt Daniels**, via: **Phone | 581-7936**
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"Tell the truth and don't be afraid."

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Other views on news

ETHICAL STRAIGHT TALK

U. Connecticut – Thus far, it's been a good presidential primary season for mudslingers-cum-historians, with revelations coming out about Obama's drug-use and Clinton-haters scouring through every pore of the Bill presidency for facts they can use against Hillary. Oddly enough, though, John McCain – with by far the longest and most interesting of records to examine – has been getting a relative free pass from the media.

Thus, it's only appropriate to go highlight a key event in the life of the Republican who would be president, especially events that can help voters judge and interpret McCain's personality.

The Keating Five scandal is obligatory reading for a primer on McCain, though many of the younger generation are entirely unaware of the ordeal. Quickly summarized, there was this guy named Charles H. Keating, Jr. Keating ran a savings and loan institution called Lincoln S&L Association.

Keating, well, he kind of ran Lincoln into the ground, racked up losses which would cost American taxpayers around \$3 billion to recover from and garnered himself a decade-long state sentence for fraud, racketeering and conspiracy. Keating was the kind of guy who knew how to work things, so he was out of jail within four years.

The Keating Five incident perhaps wasn't an example of McCain's dubious morality, but rather his questionable judgment in matters of aesthetics. As McCain lamented in his memoir, "Why didn't I fully grasp the unusual appearance of [the Keating Five meeting with regulators]?"

Well, at least the voters can be sure that McCain, after the adultery, the liaisons with lobbyists and the Episcopalian dust-up, does have some spiritual needs for which he does turn for those needs to Jesus in some form.

Bryan Murphy
The Daily Campus

EDITORIAL POLICY

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

LETTERS TO THE EDITOR

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

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

Drawn from the news | Adam Tedder



STAFF EDITORIAL

Getting involved should not require pulling teeth

Last month, Student Senate turned down the proposal to increase the diversity requirements for students from three credit hours to six credit hours.

Eastern student Mark Olendzki, who presented a petition with 36 signatures of other students against the proposal, thinks "diversity is something students will go out and experience on their own," according to a Feb. 14 article in The Daily Eastern News.

But it's something senate members have failed to prove this semester.

Senate members, once again, have been failing to meet what appears to be a strict diversity requirement.

The mandate requires members of Student Government to attend at least one campus event considered culturally diverse – at most, an hour or two out of a whole semester. Members must submit a brief written report to complete the requirement.

Chairman of the student diversity committee Sean Wyrobek said only three senate members have thus far met their diversity requirement this semester. There are 30 senate members on Student Government. They have only until mid-April to complete the task, which shouldn't be so difficult.

The Office of Minority Affairs makes sure there's a steady flow of diversity events students can attend throughout the year. It sponsors programs such as Asian, Latino, African-American and Native-American Heritage months.

Eastern has a whole crowd of campus organizations putting on different events. On campus, we have the Black Student Union, the Association of International Students, EIUUnity, Registered Student Organizations, Greek Life, University Board and even Booth Library.

There's almost always an opportunity to knock out the diversity requirement. March happens to be Women's History and Awareness Month.

Senate members can attend "Women in the Arts," in Room 2504 of Buzzard Hall on Wednesday from 1-4 p.m.

If there's no time to squeeze that in, a lecture in the Grand Ballroom of the Martin Luther King Jr. University Union on Thursday titled "College Women's Bodies" from 5-6 p.m., hosted by Greek Life.

Beyond that, there's yet another event next Monday. And one on March 25. And even one on March 26.

The diversity requirement doesn't ask a whole lot from senate members. Not much planning is

OUR VIEW

• **Situation:** Only three of 30 Student Senate members have met their diversity requirements this semester.

• **Stance:** The mandate is easy to fulfill and, because it's required to be a senate member, more senators should take it seriously.

involved, nor is much time involved. Members of an organization that promotes diversity should be able to meet their diversity requirement.

We know everyone is busy. We go to class all day, attend meetings and study. A lot of us work or find time to squeeze in an extracurricular activity to get involved with.

That's why the requirement to be a senate member is so low. Attend one event, write a brief report and the requirement is met.

Everyone is busy, but everyone should be able to find time to attend at least one of the many events offered on this campus, especially if it's required.

"Getting senate members involved with campus events has been difficult in the past and current members are merely following the footsteps."

Not only do senate members have trouble meeting the requirements of being senate members, they have trouble attending the

events they put on themselves.

Student Government's own senate members have been unable to attend events such as Winter Wonderland last month. Student Government should not have to twist its own members' arms to attend events that its own group sponsors.

Leah Pietraszawski, student vice president for business affairs, said in a Feb. 29 article in The DEN, "I found it hard to believe that everyone was busy last night (the night Student Government sponsored Winter Wonderland). This has been a problem all year in senators not getting to events."

Only 13 student representatives helped host Winter Wonderland.

Every semester, the student body elects senate members to represent the Eastern community. Each member, if he or she wants to be one, has to get involved with activities and meet the diversity requirement. Senate members know this before they take office.

Getting senate members involved with campus events has been difficult in the past and current members are merely following the footsteps.

Senate members have yet again proved Olendzki wrong. Cultural opportunities do not come to us – we have to make an effort to experience them, which is why such a reasonable requirement stands.

CONTINUE THE DEBATE



ONLINE
Visit DENnews.com to read Chris Essig's blog, "Worst of the worst: Ace of Cakes TV."



"Not even 10 seconds into visiting the site, you'll want to cry, laugh out loud or blow your brains out."

-Chris Essig



KATIE ANDERSON

Easter's not about candy; it's a clean slate

Easter is one of my favorite holidays, but it was never because of the sweets.

My family's business is in candy, so growing up a good holiday by my standards had to have more than a chocolate and jellybean hook.

I think the best way to convey why I like Easter so much is with a story.

Eskimos and early Americans in the Northwestern United States developed many ingenious ways to hunt wolves.

In one method, a hunter sharpens a knife blade, usually circular, dips it in seal blood and lets it freeze, repeating the process to create a bloodside.

Once the dangerous treat is completed, the knife handle is buried in a block of ice or snow.

The wolf, lured to the scent of blood, begins to lick at the frozen treat.

With each lick the wolf expose more of the sharp blade until it is cutting its own tongue and mouth, drinking its own blood.

As the creature grows weaker, it laps more and more.

The instant gratification the blood offers distracts the wolf from its self-destruction and it dies.

I am not the wolf. I can recognize when my habits are hurting me or something I keep coming back to is preventing me from moving forward.

The freedom I get from the realization of this power is how Easter feels to me. I can stop licking the blade.

There is a verse that describes this feeling:

"Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!" Corinthians 5:17.

If you are a Christian, this scripture and time of year represents what your religion is all about.

God, the spirit, has become flesh in Jesus and through His life on earth and death, He transcended the dualities of the earthly world and heavens and saved mankind, breaking the barrier for all who follow.

If you don't "buy" Jesus or the existence of God, I hope you can still appreciate the holiday like I do.

The sentiment of this scripture and time of year still applies.

Insert the word "world" where Christ is.

"If anyone is in the world, he is a new creation; the old has gone the new has come."

As spring follows winter, as the sun rose today and will tomorrow, we all have the renewed choice to change and grow.

This simple idea is reflected around us every day, but Easter is a day to remind us of this freedom and to celebrate this phenomenon.

Every morning can be an Easter morning and a clean slate to make the best of.

It will be my prayer, (if it makes you uncomfortable, pretend I said "wish" or "hope") that on Sunday, you will not only be excited about the changing of the seasons, but appreciate the opportunity you have as part of the ever-renewing world, to reflect on what may be holding you back and to begin anew.

Katie Anderson is a senior journalism major. She can be reached at 581-7942 or at DENopinions@gmail.com.

CITY | ROAD IMPROVEMENT

Fourth Street bid submitted to council

\$1.45 million project budget less than previous estimate

By Matt Hopf
City Editor

The Charleston City Council will vote at tonight's meeting on a \$1.45 million bid to widen and repave Fourth Street between Polk and Madison avenues.

The council approved the project at its Jan. 2 meeting and bidding began on March 7.

The original estimate for the project was \$1.59 million.

The only other bid received was for \$1.63 million.

Feutz Construction of Paris will widen the road by two and a half feet starting this spring.

"We hope to have them on the job by May 12," said Charleston Mayor John Inyart.

The job should be substantially complete by December, with some minor work in the spring, he added.

Other work on Fourth Street will include sidewalk replacement and water and sewer work.

About 80 percent of the project's funding will come from the Federal Highway Administration after the city partnered with the Illinois Department of Transportation in a Local Agency Agreement Federal Partnership.

The rest will come to Charleston through Motor Fuel Tax Funds.

The budget for fiscal year 2008-2009 will also be introduced at the meeting.

City Manager Scott Smith said the budget would be completed by this afternoon.

Smith and City Comptroller Heather Kuykendall were still finishing up the budget on Monday.

It will be placed on file for public inspection for four weeks before voted on by the council, he said.

The fiscal year starts on May 1 and runs through April 30.

In other business, the city will vote on a contract with Excel Carpet Care of Charleston for janitorial service in City Hall, the Police Department, the Police Department training facility and the Lincoln Douglas Debate Museum.

The city would pay \$2,605 per month and \$.45 per square foot for floor stripping and waxing as needed, and \$.23 per square foot for carpet cleaning as needed.

Excel Carpet Care currently cleans the city buildings, Inyart said.

The council will also vote to ban parking on both sides of Woodfall Drive from Hawthorne Drive to 890 feet east of Hawthorne Drive.

Inyart will also announce the reappointment of Stan Adkins, Bob Wagoner and Wes Whiteside to the Charleston Tree Commission.

The Charleston City Council meets at 7:30 p.m. at City Hall, 520 Jackson Ave.

Matt Hopf can be reached at 581-7945 or at mthopf@eiu.edu.

Body image

FROM PAGE 1

Not only is body image an issue among college women, but also in college men.

Josh Studzinski thinks about his body every other second. He is a body builder who works out every day for about three hours, showcasing his obsession with his body. Studzinski won the Mr. EIU Fitness Lightweight division in 2007.

"Body image has become an obsession with most people," Studzinski said. "People believe that to be accepted in our society they have to have an amazing body."

Studzinski believes two reasons for the negative body image trend are the media portraying every celebrity and publicized person as having a perfect body, and because every

corner you turn perfect bodies are equated with a healthier life style.

"I believe the media portrays happiness with body image," said Brian Riley, a freshmen history major. "In commercials people who are rather fit are usually very happy."

Expectations for men's bodies are not nearly as severe as they are for women's bodies.

In the United States, men gain their power from a wider variety of places, Enck-Wanzer said, whereas women, despite other achievements, are consistently judged based on their looks as a primary indicator of their worth.

"In my opinion, body images are not that important but in the society we live in today, body image has become somewhat of a big deal," said Ricardo Guerra, a sophomore corporation communication major. "The hotter you are, the easier you

can get things. This includes girls at bars, jobs, etc."

The more Riley exercises, the better he feels about his body.

"Because I think about my body so much, exercising makes everything better," Riley said.

Trying to maintain a stereotypical "perfect" body may lead to harmful disorders.

According to the National Institute of Mental Health, eating disorders generally appear during adolescence, but reports indicate they can develop later in adulthood.

The NIMH says women and girls are more likely than males to develop an eating disorder. However, men and boys account for 5-15 percent of patients with anorexia or bulimia, both extreme eating disorders which may lead to death.

"Especially on a college campus, we see such disordered eating

and compulsive exercising rampant among women because the messages demanding perfection are so pervasive," Enck-Wanzer said.

Eastern's Health Education Resource Center offers 10 steps to positive body images.

This list cannot immediately turn negative thoughts about body image to positive thoughts, however, this list helps people think of new ways to look more happily at themselves and their body.

"I think that body image is a personal thing and depending on how comfortable you are with yourself is how conscious you are going to be about your body image, whether it is in college or high school," said Lauren Dobry, a sophomore education major.

Brittini Garcia can be reached at 581-7942 or at bmrgarcia@eiu.edu.

Bordo

FROM PAGE 1

Suzanne Enck-Wanzer, coordinator of women's studies, said she hoped those who came would now think more about where their views of body image come from and question those views.

Then, she said, people will learn not to hold themselves to such a high standard.

Enck-Wanzer first saw Bordo while in the Ph.D. program in Indiana University and instantly became a fan and wanted to bring her to campus.

"I'm an academic nerd that way," Enck-Wanzer said.

Chris Mitchell, an assistant professor in the theatre department and a women's studies faculty member, has read several of Bordo's books. He said it was great to see her work come to life.

Mitchell said the issues Bordo spoke about are often addressed in the Introduction to Women's Studies class that he teaches.

"This idea of thinness bombards us," Mitchell said.

He said images are digitally enhanced, or air brushed, which gives society unattainable standards.

Mackowiak said it is important for people to address these issues, especially on a college campus. She

said women only see one side — the magazines. Then they think their body should look like the models in the magazines.

Mackowiak said she hopes someone who might be dealing with body image issues, like she has in the past, might take something away from Bordo's presentation and change themselves.

Emily Zulz can be reached at 581-7942 or at eazulz@eiu.edu.

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10 Steps

FROM PAGE 1

4. Look at yourself as a whole person. When you see yourself in a mirror or in your mind, choose not to focus on specific body parts. See yourself, as you want others to see you — as a whole person.

5. Surround yourself with positive people. It is easier to feel good about yourself and your body when you are around others who are supportive and who recognize the importance of liking yourself just as you naturally are.

6. Shut down those voices in your head that tell you your body is not "right" or that you are a "bad" person. You can overpower those negative thoughts with positive ones. The next time you start to tear yourself down, build yourself back up with a few quick affirmations that work for you.

7. Wear clothes that are comfortable and that make you feel good about your body. Work with your body, not against it.

8. Become a critical viewer of social and media messages. Pay attention to images, slogans or attitudes that make you feel bad about yourself or your body. Protest these messages: write a letter to the advertiser or talk back to the image or message.

9. Do something nice for yourself — something that lets your body know you appreciate it. Take a bubble bath, make time for a nap, find a peaceful place outside to relax.

10. Use the time and energy that you might have spent worrying about food, calories and your weight to do something to help others. Sometimes reaching out to other people can help you feel better about yourself and can make a positive change in our world.

— Courtesy of the National Eating Disorders Association

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STATE BRIEFS

The Associated Press

Money manager testifies at Rezko's fraud trial

CHICAGO — Money manager Sheldon Pekin testified Monday at political fundraiser Antonin Rezko's fraud trial that Chicago Alderman Richard Mell, father-in-law of Gov. Rod Blagojevich, arranged a \$50 million deal involving the state teachers pension fund and agreed to split the finder's fee with Pekin.

But Pekin told the jury Mell never got the money. The order to split the fee came from millionaire attorney Stuart Levine, Rezko's alleged partner in a massive fraud scheme, Pekin testified.

SIU-C's president puts chancellor on paid leave

CARBONDALE — Southern Illinois University's president Glenn Poshard placed Fernando Trevino, chancellor of the university's flagship campus in Carbondale, on paid administrative leave just nine months after he took the job.

Poshard cited in a statement "serious concerns brought to my attention relating to the performance of Dr. Trevino's assigned duties."

WORLD | ASIA

China increases effort to hold onto Tibet

The Associated Press

BEIJING — China vowed Monday to defend its sovereignty in Tibet as Chinese troops set up checkpoints and mobilized to quell an uprising.

A deadline for protesters in the Tibetan capital to turn themselves in passed without any apparent surrenders or arrests.

In the central government's first comment on the anti-China protests in Tibet, Foreign Ministry spokesman Liu Jianchao blamed the violence in Lhasa on supporters of the Dalai Lama, the revered spiritual leader who fled in 1959 after a failed uprising against Chinese rule.

"The Chinese government will unwaveringly protect its national sovereignty and territorial integrity," ministry spokesman Liu Jianchao said at a hastily called news confer-

ence. "The violent acts have demonstrated the true nature of the Dalai clique."

Some residents reported Monday that Lhasa had quieted down and many people were returning to work. Chinese military police reportedly set up many checkpoints to control movement.

"All across the city today there are checkpoints where you can only enter if you have a permit," said Marion Berjeret, an intern for a French fashion design company who has lived in Lhasa for four months.

She said foreigners have been moved to the outskirts of the city, where the situation was less tense.

Police were doing "door-to-door searches and just going in and ripping apart and looking for insurgents" as of Sunday, said Susan Wetmore, a Canadian who arrived by plane Monday in Chengdu in neigh-

boring Sichuan province.

In Beijing, Liu accused the Dalai Lama's supporters of being behind sometimes violent demonstrations at Chinese embassies and consulates in the U.S., Europe and Asia.

German police detained 25 Tibetans on Monday after demonstrators tried to force their way into the Chinese consulate in Munich and spray-painted "Save Tibet" and "Stop Killing" on the building.

Tibetan protesters also clashed with police in Nepal and India.

Protests inside China have spilled from Tibet into neighboring provinces and even the capital, Beijing, where students staged a vigil Monday. There were reports of Tibetans clashing with police Monday in regions near Tibet.

The Tibetan protests began March 10 on the anniversary of the failed 1959 uprising.

NATION BRIEFS

The Associated Press

Brother says ricin wasn't meant to harm others

SAN DIEGO — The man at the center of a ricin scare at a Las Vegas motel says he never had any intention of hurting anyone with the deadly biological agent, his brother told The Associated Press.

Roger Bergendorff possessed the ricin powder found in his motel room in February and believes he was contaminated by it, said Erich Bergendorff, who talked to his brother on the phone Sunday.

Florida Democratic primary called off

TALLAHASSEE, Fla. — Florida Democrats on Monday abandoned plans to hold a do-over presidential primary with a mail-in vote.

While the decision by Florida Democrats left the state's 210 delegates in limbo, Democrats in Michigan moved closer to holding another contest on June 3. Legislative leaders reviewed a measure Monday that would set up a privately funded, state-administered do-over primary.

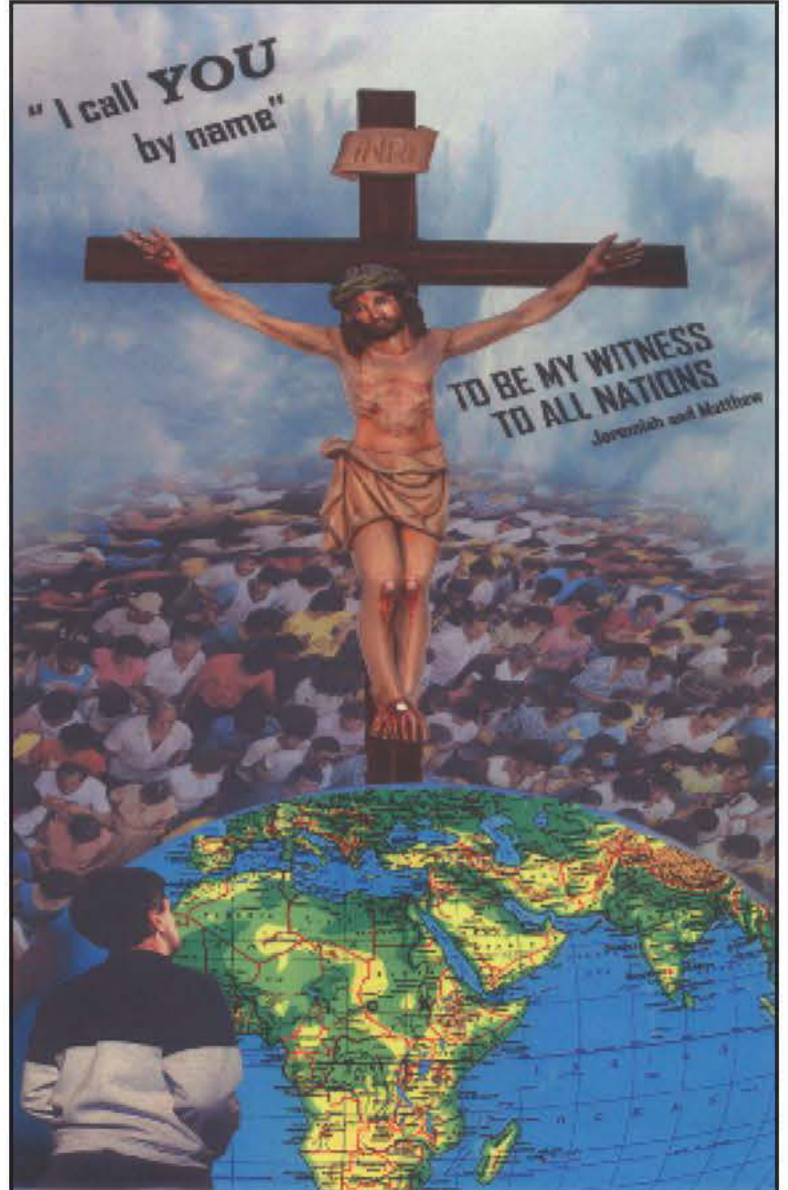
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WOMEN'S TENNIS | EASTERN AT WESTERN ILLINOIS

Mayor's Cup rivals play once more

Panthers travel to Macomb trying to bounce back from loss

By **JC Clark**
Staff Reporter

Eastern women's tennis has one final opportunity to tune up for conference play.

The Panthers, ranked No. 74 in the nation by the Intercollegiate Tennis Association as of Monday, play a non-conference match against Western Illinois at 3 p.m. today in Macomb.

Eastern earned its first national ranking in program history before spring break, but lost the ensuing match against Mississippi State 7-0 on Wednesday.

The Panthers (6-2) will be looking to rebound with a win before they play Ohio Valley Conference opponent Tennessee-Martin on Friday.

Senior Stephanie Harmazy said the most pivotal advantage the match against Western would be another chance to play outdoors, weather permitting.

"Any extra practice we could get outdoors helps," Harmazy said.

Eastern's loss to Mississippi State



JOHN BAILEY | THE DAILY EASTERN NEWS

Freshman Abby Allgire returns a forehand over the net during the women's Monday night practice in Lantz Fieldhouse. The Panthers are set to open Ohio Valley Conference play this weekend as they take on Tennessee-Martin on Friday and Tennessee Tech on Saturday.

was the women's first outdoor match of the spring season. Should weather conditions not allow the teams to play outdoors, Eastern head coach John Blackburn said an indoor venue could tentatively be available for play.

In addition to gaining experience through playing in outdoor condi-

tions, Blackburn said the match was one more opportunity to continue improving on what the team has worked toward throughout the non-conference schedule.

"We'd like to play aggressive and play with confidence in important situations," Blackburn said.

Eastern last faced the Wester-

winds (2-5) in September for the fifth annual Mayor's Cup, a cross-state match which the Panthers won 11-4. The Mayor's Cup includes competition between the men's and women's teams from both schools. Eastern has retained the cup since losing the first match in 2000.

Harmazy said facing Western has

an added sense of rivalry because of the Mayor's Cup tradition.

"I think the Mayor's Cup is the biggest match we play outside the conference, so I think Western is our biggest non-conference rival," Harmazy said.

Since the Mayor's Cup, Western has added sophomore Amanda Griffin, a transfer from Fresno State. Griffin has played at No. 1 singles for the Westerwinds and has a 3-4 record this spring.

The Panthers and Westerwinds have had two opponents in common this season. Eastern narrowly defeated Northern Illinois and Northern Iowa, both teams that have beat Western.

The Panthers beat both Northern Illinois and Northern Iowa by a 4-3 margin, on Feb. 9 and Feb. 24, respectively. NIU shut out Western, 7-0, on March 1, and Northern Iowa defeated the Westerwinds 5-2 on Feb. 3.

Blackburn said Western's loss to Northern Illinois was closer than the 7-0 score indicated.

The Huskies won by a tiebreaker in the No. 2 singles and No. 3 doubles matches.

JC Clark can be reached at 581-7944 or at jrclark2@eiu.edu.

PANTHER BRIEFS

Softball's games at Ball State canceled today

The Eastern softball team was scheduled to play Ball State at 4 this afternoon in Muncie, Ind.

But the doubleheader was canceled because of poor weather conditions. Eastern head coach Kim Schuette said she is trying to reschedule the doubleheader for Wednesday

at Williams Field, but she wouldn't know for sure until later this afternoon. The Panthers next scheduled game is this Friday, when Ohio Valley Conference opponent Austin Peay visits for a three-game series. Eastern won two of its first three league games last weekend.

Former Eastern assistant now a head coach

Former Eastern assistant volleyball coach Ryan Theis was named head coach at Ohio on Monday.

Theis was an assistant coach with Eastern from 2000-02 and was with the team when the Panthers won the

Ohio Valley Conference Tournament and advanced to the NCAA Tournament in 2002.

The Madison, Wis., native earned his master's degree in athletic administration/sport management.

Ohio won the Mid-American Conference regular season, finished

second at the MAC Tournament and lost to Purdue in the first round of the NCAA Tournament.

-Compiled by Associate Sports Editor Kevin Murphy. He can be reached at 581-7944 or kjmurphy@eiu.edu

» Baseball

FROM PAGE 12

Derbak said he is not affected by the cold weather because he has a year of experience playing in March

at Eastern when it's cold.

"The cold mainly affects the hitters," Derbak said. "Hopefully our pitchers will be able to get in, jam a couple of kids, and hopefully our hitters will be able to adjust."

Monmouth (1-7) might also

prove to be a challenge because the Panthers know little about the Fighting Scots.

Schmitz said Eastern's scouting reports have changed to where they focus more on what the Panthers need to do to win games and not so

much on mid-week opponents. He said he doesn't always know much about Division II and Division III opponents before playing those teams.

"The first inning we watch a swing or two, and then we make

a decision if we're going to (pitch inside) or go away," Schmitz said. "If you keep the ball down and don't walk people, it's a simple game."

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

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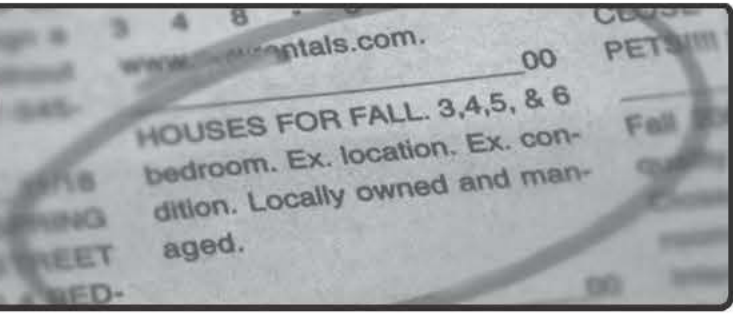
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Murphy

FROM PAGE 12

But what's more exciting is Eastern's depth. Sophomore forward Maggie Kloak emerged this year with the potential to be an all-conference player.

Even Samford head coach Mike Morris said Kloak and Galligan are two of the top post players in the league.

But there's also Ellen Canale. Canale has transformed as the pro-

gram has. The program has become well-rounded on both the defensive and the offensive end of the floor.

Canale has done the same. She has always been a top defensive guard, but this year she improved her 3-point shooting.

Canale and the rest of next year's seniors have one more shot.

This year's junior class has qualified for two OVC tournaments. The first time, they sneaked in as the No. 8 seed and lost in the quarterfinals.

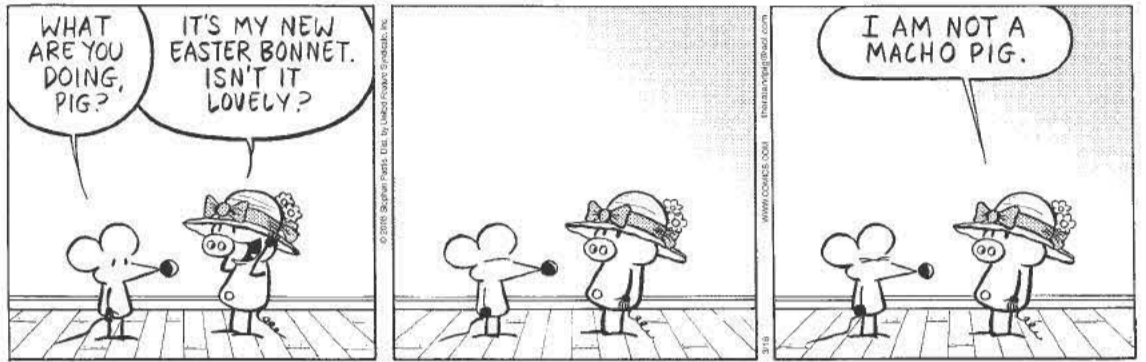
This year, they finished in a tie

for second place in the OVC, hosted and won their first OVC Tournament game and made it to the program's first OVC Tournament championship game.

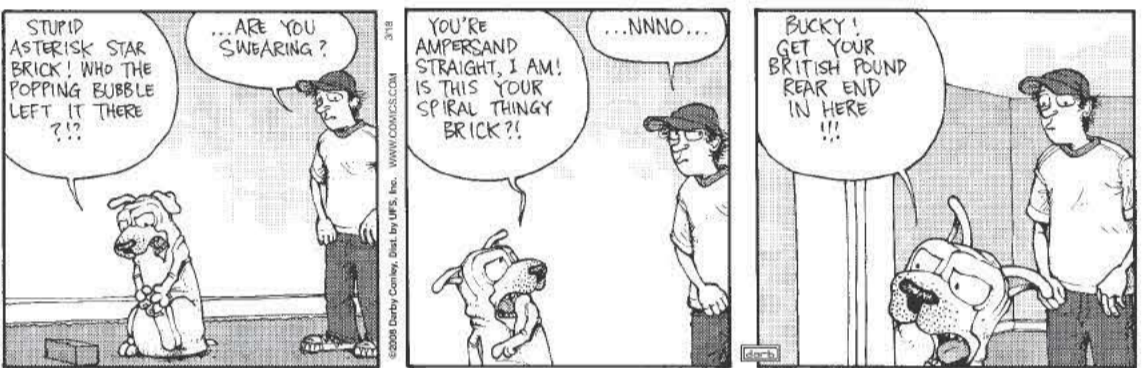
But in the end, they fell short. But there's a feeling there won't be a shortfall next season. After all, Murray State came back and won the OVC Tournament after losing in the title game a season before. Why can't Eastern?

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

PEARLS BEFORE SWINE | BY STEPHAN PASTIS



GET FUZZY | BY DARBY CONLEY

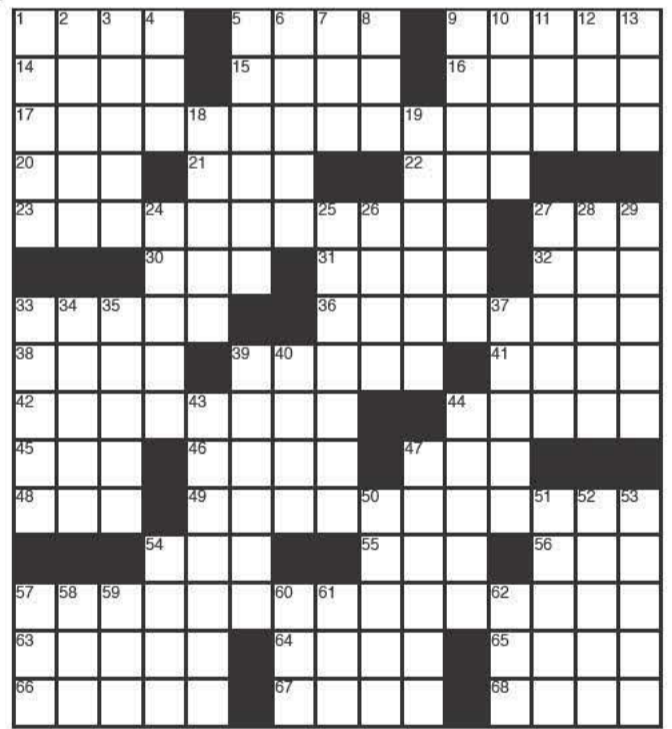


The New York Times Crossword

Edited by Will Shortz

No. 0205

- ACROSS**
- 1 Ashen
 - 5 Decorative molding
 - 9 Yellow shade
 - 14 Gen. Robt. _____
 - 15 "Look both ways before crossing," e.g.
 - 16 Lax
 - 17 In front of a hydrant, say
 - 20 Notice for late ticket-buyers, maybe
 - 21 "Waking _____ Devine" (1998 film)
 - 22 Ignited
 - 23 "Uh-oh"
 - 27 Cool, to a cat
 - 30 They might be near I.C.U.'s
 - 31 Hair removal product
 - 32 Tic-tac-toe loser
 - 33 Atlanta university
 - 36 Fran of "The Nanny"
 - 38 School lady
 - 39 Things hidden in 17-, 23-, 49- and 57-Across
 - 41 Pawn
 - 42 Loch Ness monster, e.g.
 - 44 Dictatorial
 - 45 Umberto who wrote "The Name of the Rose"
 - 46 1998 song by the Goo Goo Dolls that was #1 for 18 weeks
 - 47 Part of m.p.g.
 - 48 Aurora's Greek counterpart
 - 49 Publicists
 - 54 Nafta signatory
 - 55 Opposite of post-ticket-buyers, maybe
 - 56 Only Super Bowl won by the New York Jets
 - 57 Business sessions that drag
 - 63 Seed-to-be
 - 64 Israel's Abba
 - 65 French seas
 - 66 Mythological reveler
 - 67 Hair line
 - 68 Zebras, to lions



PUZZLE BY PETER A. COLLINS

- DOWN**
- 1 "Taste that beats the others cold" sloganer, once
 - 2 Morning waker-upper
 - 3 "Vive _____!"
 - 4 "Horrors!"
 - 5 Directives
 - 6 Father _____ Sarducci, longtime "S.N.L." character
 - 7 Pipe joint
 - 8 Epitome of slipperiness
 - 9 Home of the Casbah
 - 10 Castle defense
 - 11 Ex-hoopster Manute _____
 - 12 Course for a recent émigré: Abbr.
 - 13 King in unpalacio
 - 18 Contestant's mail-in
 - 19 The Oscars of magazine publishing
 - 24 _____ Jean (Marilyn Monroe, affectionately)
 - 25 Disrobe
 - 26 Zinger
 - 27 Ding Dongs competitor
 - 28 Board members, for short
 - 29 Looney Tunes pig
 - 33 Maker of introductions
 - 34 _____ Polo
 - 35 Snacks dipped in milk
 - 37 Dusting or taking out the garbage
 - 39 "Yippee!"
 - 40 Lake _____, outlet of the Maumee River
 - 43 Racetrack tout
 - 44 Father
 - 47 Father, e.g.
 - 50 Stab
 - 51 Forty-_____
 - 52 Un gato grande
 - 53 Girlish boy
 - 54 Hard on the eyes
 - 57 _____ Lobos
 - 58 TV's Longoria
 - 59 Kook
 - 60 Opposite of "naw"
 - 61 Wall St. hire
 - 62 Little troublemaker

ANSWER TO PREVIOUS PUZZLE



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ALL ACCESS WITH JEFF RUTHERFORD

Sophomore adjusting to No. 1 singles after No. 5 last season

Eastern sophomore tennis player Jeff Rutherford is 4-5 this season after posting a 15-5 mark as a freshman, but don't assume he is slumping. Not by a long shot. Rutherford's freshman numbers were impressive, but they came primarily as the No. 5 singles player. Now he's the man, taking on every team's best player as Eastern's No. 1 singles player. The Richmond, Ky., native recently sat down with Staff Reporter Mike Mears to discuss his career goals, his love of Kentucky basketball and taking on the No. 1 singles role.

What's the transition been like to No. 1 singles?

I think I've definitely been improving as a player. It's definitely a lot different playing No. 1 as compared to No. 4 or 5. Definitely tougher competition day in and day out. It's definitely noticeable because you're playing each team's best player they have at their school. You can't really have any off days. You just have to stay cued in and focus because you're playing such high-caliber players.

Do you prefer playing singles or doubles?

I like them both. Doubles is a lot of fun. I like it, but I'd say I'm probably a little better at singles than doubles.

I still enjoy doubles a lot. You get to play with another person, so it's not 100 percent individual. You have to use a lot of teamwork.

What part of your game needs the most work?

I would say my serve. My serve is a little shaky sometimes. I go up and down with it.

Whenever I have a lot of confidence, my serve is pretty solid, but at times it can be a little shaky.

What's the best part of your game?

I would probably say my ground strokes, definitely my forehand. I feel like it's improved a lot, and I've turned it into a real weapon.

What major did you recently choose?

I decided to major in business management. I'm not really sure what I want to do, so I figured business management is a pretty wide-open area.

Is it strange to be the only sophomore on the team?

It doesn't really affect me too much. We're all a team.

It would have been different if I had been the only one coming in as a freshman. I had two other guys come in with me.

One of them transferred out and the other quit the team last semester.

Why did you pick Eastern in favor of other schools?

When I came on my recruiting trip, I really liked the guys on the team.

They seemed really cool. I liked the campus too. I wanted to play at the Division I level, and obviously scholarship money had something to do with it. But it's a very nice campus.

What other schools did you consider?

I was looking at Western Kentucky, and maybe the University of Louisville as well. That's about it.

What's the favorite place you've played at?

It's going to be when we play at Eastern Kentucky in (one) week. I'm from Richmond, where Eastern Kentucky is. I've grown up playing on those courts since I was ten years old.



JOHN BAILEY | THE DAILY EASTERN NEWS

Sophomore tennis player, Jeff Rutherford swings more than just a racquet. In the off-season, Jeff enjoys hitting the links while back home in Richmond, Ky. Rutherford is currently 4-5 this year at the team's No. 1 singles spot after posting a 15-5 record last year at the No. 5 singles position.

Basically, it'll be like playing at home for me when we play Eastern Kentucky.

Did you grow up a Kentucky basketball fan?

Oh yeah, huge Kentucky fan. I bleed blue.

They started off kind of shaky, but they turned it around with a 12-4 conference record.

The big stud freshman, Patrick Patterson, is out for the season, but I still think they'll do pretty good in

the tourney. I've got them upsetting Marquette in the first round.

What do you hope to accomplish this season?

Definitely make the (Ohio Valley Conference) tournament. That's a huge goal for our team. Basically, just try to keep improving my game because I know it's going to be tough playing each team's top player.

Try and stay positive playing at this high of a level.

What are your goals for the rest of your Eastern career?

Definitely to improve as a player, but I definitely want to see our team improve and try and become a big threat of winning the OVC championship so we can make the NCAA Tournament.

What do you usually watch on TV?

I'd say "Family Guy." What else is there? "CSI." I like "The Office," too.

Do you do anything special to prepare for a match?

Nothing I can really think of. Just the basics. Get yourself prepared physically and mentally.

What's on the iPod these days?

I've got John Mayer, "Say." Good song. I've got Young Jeezy, and Three 6 Mafia.

Mike Mears can be reached at 581-7944 or at mlmears@eiu.edu.

NATIONAL SPORTS

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MEN'S COLLEGE BASKETBALL
Oklahoma St. at Southern Illinois |
8 tonight on ESPN2



KEVIN MURPHY

Long offseason for Panthers

NASHVILLE, Tenn. — There will be no cutting down of the nets this season.

The Eastern women's basketball team lost to Murray State 69-58 in the Ohio Valley Conference championship game on March 8 at Municipal Auditorium in Nashville, Tenn.

The Racers received an automatic berth into the NCAA Tournament and play Duke in first-round action.

All Eastern could do at the awards presentation was sit and watch. Some players couldn't even look as Murray State received their medals.

Eastern junior forward Rachel Galligan had her face buried in a towel. She only put on a smile when she went to receive her All-OVC Tournament award.

And at the press conference after the ceremony, Galligan said the Panthers would use the pain of losing the title game as motivation for next season.

And Eastern now will know how Murray State felt for an entire season. The Racers lost in last season's OVC Tournament championship game. The Racers battled back to where they wanted to be, and their drive sent them to the NCAA Tournament.

Eastern will now follow a similar path and endure the long months of practicing, dwelling on the thoughts of a possible NCAA berth that slipped away.

It's going to hurt, and it won't be better tomorrow. It won't be better the day after.

It probably won't be better until the Panthers cut down their own nets as champions.

It's unfortunate the Panthers had an off-shooting game. It happens to teams. It's unfortunate it happened in a title game.

But they have all the motivation to get back to Nashville. And they have the offensive and defensive weapons to it.

Eastern returns all five starters. Galligan can be the Player of the Year in the OVC.

Eastern red-shirt sophomore guard Dominique Sims was named to the 2008 OVC Newcomer Team.

>> SEE MURPHY, PAGE 9

BASEBALL | EASTERN VS. MONMOUTH

Weather has game in question

Panthers' second home baseball game could have same end as first

By Scott Richey
Sports Editor

Eastern's baseball game against Monmouth College is scheduled for a 2 p.m. start today at Coaches Stadium.

For now, Eastern head coach Jim Schmitz said a decision would be made at 9 a.m. today whether to cancel the game or not because of poor weather.

Eastern's first home game against Olivet Nazarene, scheduled on March 4, was postponed because of inclement winter weather.

Today might feature some of the

same type of weather.

According to the National Weather Service, the chance of precipitation is 100 percent today, and Charleston remained on a flood watch as of Monday evening.

The high temperature is predicted at 58 degrees, but occasional showers and thunderstorms could produce heavy rainfall.

Coupled with wind gusts as high as 24 mph could make the game against Monmouth both wet and cold.

"We're hoping this rain they talk about is in and out and out by noon and we get a chance to play," Schmitz said.

Schmitz said that kind of weather is typical for Charleston at this time of the baseball season. He said the weather for the early home games

is always less than ideal, but that's something the team has to deal with every year.

"It would be great to have warm weather so students might come out," Schmitz said. "That's my biggest concern. You'd like to have a little crowd, and the weather is going to dictate that. Fifty (degrees) and sunny, people tend to come out."

Schmitz said it would be nice to play on the Panthers home field once before Ohio Valley Conference play starts Friday against Morehead State.

"We want to get on our field," Schmitz said. "We were on it all day (Sunday) working on it. (Sean Lyons) and my assistant coaches were just working the heck out of it."

Eastern sophomore catcher Richie Derbak said it would help to play at Coaches Stadium because the Pan-

thers are used to getting to play outdoors after trips to Louisiana and Florida.

"I know it's going to be a little colder here, but getting out on our home field just getting ready for this weekend when the OVC (play) opens will be really important," Derbak said.

Even if the Panthers (5-9) get to play against Monmouth, the wet and cold weather could provide a challenging game.

"You hope the weather doesn't affect the outcome of the game, but sometimes it does," Schmitz said. "The challenges of the wet and cold is pitchers obviously don't stay loose. An inning can move because the ball in the outfield takes off and slips."

>> SEE BASEBALL, PAGE 7



JOHN BAILEY | THE DAILY EASTERN NEWS

Junior outfielder Ryan Lindquist practices his swing Monday afternoon at Lantz Fieldhouse in preparation for today's game against Monmouth College.

WOMEN'S SOCCER | COACHING

New assistant arrives for Panthers

Anderson-Hammond previously coached at KU

By Kevin Murphy
Associate Sports Editor

Jenny Anderson-Hammond was looking for a right coaching fit in the Midwest.

The Mission Viejo, Calif., native found it at Eastern.

Anderson-Hammond started her job today as the Eastern women's soccer assistant coach.

The position was open since former Eastern assistant coach Beth Liesen left in November to take a teaching job in the Chicago suburbs. Liesen was the assistant coach from 2005-07.

Anderson-Hammond said she was interested to stay in the Midwest when she saw the job opening.

She was a volunteer assistant women's soccer coach at Kansas last season.

"During the interview process I



Jenny Anderson-Hammond

Eastern's new women's soccer assistant coach. She replaces Beth Liesen.

felt it was a place I needed to be, with (Eastern head coach Tim Nowak) and his experiences for my future and to learn from him and have him to be a mentor to me," Anderson-Hammond said.

She said by staying in the Midwest she knows the recruits and club teams, and she has some of the same contacts.

"She's going to bring a lot of playing experience," Nowak said. "She's been exposed at playing at high level."

Anderson-Hammond was the director of soccer operations for Kansas women's soccer for two years from August 2005 to July 2007.

Anderson-Hammond played four

years at Clemson from 2001-04 and helped the Tigers reach the NCAA Tournament all four years.

Clemson reached the Sweet 16 during Anderson-Hammond's freshman year.

She was a four-year starter as a defender and a two-year captain.

She was a member of the 2001 All-Atlantic Coast Conference team and made the 2001 soccerbuzz.com Freshman All-American team.

Anderson-Hammond has played with various clubs in the W-League, which is the highest level of women's soccer in the United States.

She has played with the Charlotte Eagles, the Asheville Splash and the Boston Renegades.

"I can adapt and relate to a lot of different people," Anderson-Hammond said.

Nowak said Anderson-Hammond has a passion for soccer.

"It's going to be great to see her bring that enthusiasm here," Nowak said. "Hopefully some of that excitement will rub off onto (our players)."

And Nowak said Anderson-Hammond could translate the passion of being a player into being a successful coach.

Eastern finished 8-11-1 and 4-5 in the Ohio Valley Conference last season.

The Panthers made the OVC Tournament semifinals for the ninth-straight year.

Anderson-Hammond said the fact Eastern won four straight OVC Tournament Championships from 2001-04 and made four consecutive NCAA College Cup appearances drew her to the program.

Other former recent Eastern assistant women's soccer coaches include Kristin Boeker and current Eastern head men's soccer coach Adam Howarth (on an interim basis).

Boecker is now an associate head coach at Texas-San Antonio under former Eastern head coach Steve Ballard.

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

EASTERN SPORTS SCHEDULE

BASEBALL Today vs. Monmouth College 2 p.m. — Coaches Stadium	WOMEN'S TENNIS Today at Western Illinois 3 p.m. — Macomb	BASEBALL Friday vs. Morehead State (DH) Noon — Coaches Stadium	MEN'S AND WOMEN'S TENNIS Friday vs. Tennessee-Martin 1 p.m. — Darling Courts	SOFTBALL Friday vs. Austin Peay (DH) 4 p.m. — Williams Field
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