In this section you will find How To guides on surviving four years at a university, making it through text book rental, finding your way around campus, staying informed and do's and don'ts for campus life.

How to: Campus

No matter how many tours you take or Facebook groups you join in preparation for life at Eastern, there is always an air of uncertainty when starting out at a new university.

The staff of the campus newspaper, The Daily Eastern News, put together this guide in the hope that it will provide you knowledge of the campus, housing and dining, the city and athletics and make the transition to Eastern a little bit easier.
A six-point guide to surviving college

Emily Steele
Editor-in-Chief

Let’s face it, four years of college is a long stretch. Think about it. If you make it through four years at Eastern you will have spent 420 days at school (not including finals weeks).

Roughly 20 percent of your time will be spent in the classroom.Ideas sleep eight hours a night, an estimated 30 percent of your time should be spent on sleeping (this is assuming that the hours lost from partying, video games and all nighters is compensated for by sleeping during in class or lab). This leaves half a day entirely open for anything else.

People at Eastern like to complain that there is nothing to do. I have outlined the following steps in my survival guide in the hope that my experience and knowledge from the past four years at Eastern will make life for new students a little easier and give you something to do.

Plan ahead
It is too easy to fall into the trap of pushing off all your papers and projects when you would rather be hanging out with friends. Buy a planner or a notebook or a PDA (personal digital assistant, not a friend and a citizen). Get organized now. It will save you from all-nighters and missed assignments.

On a similar note, don’t wait until the last semester of your senior year to try and get involved, which leads me to...

Have fun
People look back at college as the best years of their lives. Think about it: you are living with your friends, learning about things you (hopefully) enjoy, and most people only have the responsibility of taking care of themselves. So join RSOS (registered student organizations). Go Greek. Make friends. Leave your door open in the residence halls the first week you move in and I guarantee you will make some friends.

Be smart
I’ll follow up my ‘Have fun’ point with a warning. I have seen too many classmates and friends pulled over, ticketed, fined and spend a night in jail to say that a night of extreme partying is worth it.

You want to leave Eastern with a degree, not a record.

Go to class
You are here to learn which can only take place if you actually show up to class once in a while. And showing up to class does not mean coming in five minutes late every day unprepared. It means coming into class on time, and prepared to learn regardless of the topic, you are paying for it after all.

At the end of a semester you do not “get” a grade, you earn one.

Go to bed
Sleep is not overrated. Yes, you will most likely have to pull an all-nighter or two at some point in the next four years, but caffeine will only last you so long. This goes back to my first point of planning.

Explore Charleston
You’ll be living here for the next four years. It is to your benefit to know a little something about the area. Head over to Ashmore Estates in October to explore an old asylum. Go south to visit Lerna and see the world’s fastest soda machine (I’m not kidding, there is a Facebook page). Or take a drive down to Lake Charleston and Fox River one sunny weekend.

In the end just do what makes you happy, and do it well. Don’t worry about changing majors if that is what will make you happy.

Someone once told me that there are three parts to college, but you can only pick two to do efficiently: sleep, homework and work.

I disagree.
Any college experience is what you make of it.

So make the most of it because the next 420 days, or however long your stay at Eastern, will not last forever.
How to get involved early

By Shelley Holmgren
Administration Editor

One of the ways for students to get familiar with their new home at Eastern is to take up a leadership position on campus.

Kaci Abolt, a sophomore communications studies major, serves as the vice president for student affairs in the student government.

Twelve credit hour tuition waivers are available for students who hold executive positions with the student government. Although tuition waivers are not available for entering student senate members, many members can apply for grants for their positions.

Abolt became involved with the student government at the beginning of her sophomore year with an appointment as a senate member in the fall.

Abolt said she chose to join the student government after involvement in a similar organization in high school.

"It was overwhelming at first after being the top dog in high school," Abolt said. "However, it helps with a lot of skills and broadened how comfortable I am with communication."

In the fall, interviews will be conducted for the open student senate member seats. If not appointed, students can also be involved as a non-senate member and volunteer on committees.

"We want a diverse group of people. It's something we really strive for and are proud of," Abolt said.

Another way to be involved at the university is with New Student Programs. Abolt started working for the office in October of her freshman year. From there, she worked as debut leader last summer and will return as a Prowl leader in the fall.

Program Specialists participate in the development and implementation of the EU Debut and Prowl, orientation and transition events for incoming freshmen and transfer students.

Abolt said serving as a Debut Leader was a great experience.

"During the interview process, I learned a lot about myself," Abolt said.

Abolt said the way to get involved is to stop by the New Student Programs office to learn about the positions available.

"We are looking for personality," Abolt said. "We try to get Senior Prowl Leaders and Debut Leaders from different parts of campus life. A lot of people who apply, and it is important to stand out."

The interview process for Debut and Senior Prowl Leaders involves a group interview day as well as individual interviews. From there, there is a cut. Those still in the running have to give a presentation on an aspect of campus to the leadership staff.

"It's really important to get involved from the start," Abolt said. "People wait to the end of sophomore year and the beginning of their junior year. But college goes by so fast and there are so many things you can do."

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Jarrod Scherlie, student executive vice president and former speaker of the student senate, gives the state of the senate address April 27 in the University Ballroom of the Martin Luther King Jr. University Union.

Glossary of Terms: Campus

Booth (n.) - Booth Library is the place where students go to catch up on some reading or frantically work on a paper until 1 a.m. (2)
Booth House is where the Honors College is located.

The DEN (n.) - The Daily Eastern News, the daily campus newspaper that is available in a campus building near you.

Green Zone (n.) - Line-green room in the theater wing of Doudna. It is usually populated by gamers.

The HERC (n.) - The Health Education Resource Center, which is located in the Red Brick Building (see below). You can pick up health information and condoms from the Rubber Lovers program here.

Fishbowl (n.) - (1) The 24-hour student lounge located on the first floor of the Martin Luther King Jr. University Union under the bridge lounge. (2) The giant class cubicle of computers on the fourth floor of Booth Library.

P­Bus/Panther Shuttle (n.) - Shuttle bus that travels around campus, to Corney Market, The Square and Wild­Mart.

P­Card (n.) - Every student has a Panther Card that can be used for meal swipes, dining dollars, laundry, ATM Card and ID for on campus events.

The Quad (n.) - The North Quad is between the Union and the Library. The South Quad, where most people gather to fricke, is south of Lumpkin Hall.

The Rec (n.) - The Student Recreation Center is where student can go to exercise. (See Athletics section for more information.)

The Red Brick Building (n.) - This is actually the Student Services building located between Old Main and the Union.

Red Zone (n.) - Bright red section in the heart of the Doudna Fine Arts Center.

The Union (n.) - Martin Luther King Jr. University Union located in the center of campus.

The Steps (n.) - The giant steps located outside Doudna that students lounge on regularly. Don't worry, there's Wi-Fi.

The Tundra (n.) - A Registered Student Organization, basically a club.

The 7th Street Underground (n.) - An open area in the basement of the Union. A lot of concerts and comedy shows happen here.

Murdock (n.) - The guy who scenes 50s songs on the Quad. He is nice, he takes requests.

Submit your creative prose, poetry and plays to The Vehicle ALL YEAR ROUND!

Go to http://www.thevehicle.org/
Learn how to get fit and take advantage of the Student Recreation Center on page 3D.

Get ahead of the curve! Learn the Do's and Don'ts and how to survive Textbook Rental on page 8A.
Campus Guide Key

1. Old Main - Built in 1895, this building is where you will find the office of President Bill Perry.
2. Physical Science Building - Houses psychology, geology, and many more.
3. Blair Hall - This building houses sociology majors as well as the Study Abroad office.
4. Martin Luther King Jr. University Union - Houses the campus bookstore and food court.
5. Doudna Fine Arts Center - The big pointy building on campus. Art, theater, and music majors live here.
6. Booth Library - Named after Mary Booth, this is one of the quiet places you can study on campus.
8. Life Science Building - Walk through to see the aquariums. Only place on campus to see a snake!
9. Kohlm Hall - ROTC & advertising majors can be found here. They also screen print T-shirts!
10. Lumpkin Hall - Connected with Kohlm, Business majors spend their time here.
11. Coleman Hall - Here you will find The Writing Center and a lot of the Fine Arts departments.
12. Campus Pond - You can go fishing here. We promise they are fish in here.
13. Tarble Arts Center - They exhibit a fun mix of art projects, including student art.
14. Textbook Rental Center - Hopefully, you will only visit this twice a semester!
15. Campus Trail - You can run here. People do sometimes.
16. Observatory - Open Houses take place on the last Friday of each month, rainy or clear, hot or cold.
17. Greek Court - Fraternities and sororities are housed here.
18. Health Services - Try not to get sick, but if you do, go here.
19. Ninth St. Hall - Students who are undecided majors will be advised here.
20. Student Recreation Center - Get your fitness on (and it's free, so enjoy it!).
22. Gregg Computer Lab - Great place to use campus computers and rent out video and photo equipment.
23. 7th St. Underground - Here you can enjoy comedy shows, open mic nights and other performances.

Embarrass Your Friends!
Run a Birthday Ad in the DEN!!
Birthday Ad
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1x3 Ad: $12

Techology

Using Social Media to Stay Informed

By Zinika Livingston
Staff Reporter

"It's easier to do or be a part of Facebook because you can inform a lot of people at once." - Julie Spidale, a junior elementary education major

With the help of the Internet and social networking sites like Facebook and Twitter, staying informed on campus is now a lot easier.

Julie Spidale, a junior elementary education major, said she notices events flyers on campus but the events that stick out are the ones she receives from Facebook that are sent directly to her phone.

"It's easier to do or be a part of a Facebook group because you can inform a lot of people at once," Spidale said.

Benny Frazier, a senior psychology major, is also a big fan of Facebook events, even though she said she takes time to read the flyers on campus.

Frazier, also a member of Delta Sigma Theta, Inc., said when preparing for an event for her sorority she will post the flyer as her profile picture.

"It's turning into a time where social networking is easier and more convenient," said Otis Seawood, the University Board special events coordinator.

The University Board sponsored events are advertised byflyers, social networking sites and word of mouth, Seawood said.

"You have to know the right people to talk to," he said.

A part of getting to know the right people is getting involved in registered student organizations and networking with other classmates and student leaders that can help inform about campus news and events, Seawood said.

Student government has also used flyers to advertise its weekly meetings.

Jennifer Pflum, the student vice president of academic affairs, said flyers help to advertise and inform students about weekly meetings, but the best way to find out about student events and issues on campus is attending the weekly meetings and visiting the student government website.

Student government members may also be contacted via email which is also located on the student government website.

Student Senate members visit different RSOs at least every month to inform the members and hear student issue concerns.

"We come to the students so they don't have to come to us," said Pflum, a junior international relations and French major.

Student government meetings are 7 p.m. Wednesday in the Arcole-Tiscalo Room of the Martin Luther King Jr. University Union.

A calendar of the UB events is posted in the Student Activities Office of the Union to inform students about upcoming campus events and activities.

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Student fees cover university needs

Stephanie Brombosz & Cameron Dow
Staff Reporters

An average full-time Eastern student pays about $817 in mandatory student fees during an academic school year. There are a total of 11 fees that cover things like Eastern's textbook rental service, student health insurance, an activity fee and Student Legal Services. Ashley Roberts, a sophomore accounting major, said she would want to see student fees help improve Greek life. "I would like to see some fees go toward Greek Life so we can get working air conditioning," Roberts said.

The student legal service fee is $5.22 and has been that way since the 2008-09 academic year. The Student Legal Service can provide students with court representation and council student organizations on civil matters, according to the 2010-2011 Fee Booklet.

The Union/Bond revenue fee, which costs students $212, funds the operation of the Martin Luther King Jr. University Union, Lauts Arena, O'Brien Stadium and the Student Recreation Center. The Union/Bond revenue is the most expensive fee.

The breakdown of all the fees can be attributed to the operation and maintenance of buildings on campus like the Martin Luther King Jr. University Union and the Student Recreation Center. The highest operating fee for the Union is $80.03.

André Simmons, a senior communication studies major, said the student fees should pertain to the overall benefit of all Eastern students. "I would like to see my fees go more toward activities and Grant-in-Aid. Just whatever would help out the students more, like the shuttle bus and helping kids pay for their tuition," Simmons said.

The student government has been looking into extending student fees to create a new shuttle bus route to take Eastern students to Mattson.

Another portion of student fees are also given to the Apportionment Board, an Eastern organization that takes student fees and divides them among the University Board, the Student Recreation Center, student government and the AB itself.

After giving the four groups their yearly budgets, AB oversees any additional money distribution requests made. Ashley Hoogstraten, the head of the Apportionment Board, said the university works to keep the fees as reasonable as possible.

The projective budget that was presented at the last AB meeting raised concerns that student government and other Eastern groups over budgeting the money in their accounts.

"I don't think they are necessarily over budgeting, but they are budgeting for what they think they need," said Hoogstraten, a senior communication studies major. "But (the requests) have been bigger this year."

The Apportionment Board divides the student fees among four fee-funded organizations: the student government, the Student Recreation Center, the UB and AB itself.

Then, "The AB also oversees all other additional money distributing requests, Hoogstraten said.

The requests might not be as feasible as groups think, Hoogstraten said. She also said despite concerns of the student fees rising, that students will continue paying the same fees they originally started paying during their first year of enrollment, for their entire time spent at Eastern.

Booklets of the complete breakdown of student fees are available in the Student Activity Center on the second floor of the Union or on Eastern's website.

Stephanie Brombosz and Cameron Dow can be reached at SBR-2812 or dennewsdesk@gmail.com.

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**Breaking down the numbers**

- **Campus Improvement Fee:** $14.50
- **Textbook Rental Fee:** $9.95
- **Student Legal Service Fee:** $5.22
- **Graduate Student Fee:** $48
- **Health Services Fee:** $90.90
- **Grant in Aid Fee:** $144.72
- **Activity Fee:** $192.03
- **Athletic Fee:** $103.65
- **Student Health Insurance Fee:** $109.95

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**NUMBERS**

**Campus**

- **5"5 in Douglas Hall:** 1
- **125 Books in Textbook Rental (estimate):** 210,000
- **$47.4 Amount in millions the university is appropriated from the state for FY2011:**
- **15:1 Actual Panthers at Eastern:**
- **581 Prefix for Eastern's phone network:**
- **$25 Approximate cost per missed class:**
- **$750,834 How much money President Bill Perry makes annually:**
- **19 Fraternities & sororities on campus:**
- **0 Ghosts on campus:**
- **20 Seats on the Panther Shuttle Bus:**

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**Students:**

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Facilities staff holds campus together

By Kayleigh Zykowski
News Editor

Facilities Planning and Management is also responsible for managing all of the contracts that come through for design and construction on campus. "If you take a look at it, running a residential campus like Eastern is like running a little city," Reed said. "The task and the responsibility to make sure those services are reliable, that’s our task."

The faces in trenches

"It’s not just me telling the story," Reed said. "I’m the director, but I have all these folks that are down here and taking care of the individual pieces of the puzzle for us."

During the school year 135 individuals are on staff within Facilities Planning and Management; however, in the summer this number can balloon up to 180 employees.

"We pack a lot of work into the small window of summer and hire seasonal craft trades," Reed said.

Overall, the department is divided into four subdivisions with 10 trade shops.

Steve Shaker, the associate director of design and construction, David Crockett, the associate director of maintenance and operations, John Siller, the associate director of support services, and Chris Childress, the associate director of accounting and finance, are the task masters of the subdivisions, Reed said.

"I think our folks are at the top of their game, and I can’t say enough about how our people care about this campus," Reed said. "It’s not just a job, even down to our tradesmen who go out and carry the tools and crawl in the trenches and do repairs and swing the hammers, if they fail to do something or something doesn’t work out right they take it personally. They hate to let people down."

Reed said the employee moral of his team is excellent. "That’s the kind of workers you need, because there are a lot of people who do their jobs so well, they are just going to be served," Reed said. "It’s our team, it goes from Eastern.

Reed said there has been a slow down, and it is difficult to get in to any priority consideration for capital projects.

"We are working hard at improving those mission-critical systems when we get the funding and the opportunities," Reed said.

The team has a priority list, and Reed said the list has not changed since 2004.

"We are still requesting projects that have been on the books and in the process since 2004 when they froze capital projects money at that time," Reed said. "We’ve had very little release of projects money since then, nothing significant."

Going Green and looking to the future

Despite monetary set backs from the state, the administration and Reed’s team has come across ways to help Eastern go green.

"We have done significantly more with our renewable energy project," Reed said. "That is the crowned jewel project in my book. Since I have been here, I believe that is the biggest project Eastern has ever done."

With the new energy plant Eastern is considered a leader in the region with energy conservation initiatives, Reed said.

"I think that is one the facilities department can really be proud of — our improvement in energy efficiency and environmental improvements," Reed said. "It’s cutting edge and green and sustainable. It gets us off coal and on to a carbon neutral fuel in the long term."

There are a number of advantages with that decision.

"It was needed, but we successfully found a method to get this thing done, and it’s turning out to be exactly what we bargained for," Reed said.

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Textbook rental 101: What you need to know to get in and out of textbook rental

By Samantha McDaniel
Staff Reporter

At the beginning of the year, students flood the Textbook Rental Center to collect their pile of books that could weigh as much as the TV they brought from home. However, thanks to the Textbook Rental Center, the process of picking up books is not the dreaded experience it used to be.

Carol Miller, the deputy director of the Textbook Rental Center, said the staff encourages students to view the Website to see the business hours and get their books the earliest they can.

"This year is going to be better," Miller said. "Either earlier in the week or last day."

The center provides a video of the check out procedure on its website, Miller said. The video gives students instructions on how to prepare for their visit to the center and what to do while there.

"If you view the video, you get an idea of the layout of the building, what you need to have when you come in, and what your responsibilities are as far as picking up your books," Miller said.

To prepare for their visit, students should print out their textbook list before they visit the center, Miller said. Miller also encourages students to bring their Panther ID cards.

"It's faster with the Panther ID, you know swiping versus entering the number to what it helps," Miller said.

Students should also bring something to transfer their books, Miller said. The books should be left in an area up front and are not allowed in the textbook storage area.

During pick up time, the parking lot is very congested and there is a lot of traffic. Students can catch the Panther Shuttle to the Greek Court stop, or they can park around the building.

Students can also use golf carts, Miller said.

"In the fall, we usually have golf carts that volunteer drive around campus and see if people need a ride somewhere," Miller said.

Chase Nance, a sophomore early childhood education major, said she thinks the golf carts are very helpful, because it makes it easier for people who have a long walk with a lot of books.

The books are stored in numerical order, the same way they are on the textbook list, Miller said. There are staff members scattered throughout the storage area who can help students find their books.

Then the books are placed on a scanner to be checked out.

The process of picking up textbooks is faster than it was at the old textbook rental, Miller said. The process usually takes 15 minutes or less.

At the old rental building, there were records of up to a two-hour wait, Miller said. The new technology and system makes the new textbook rentals very convenient, she added.

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

Do's and don'ts of textbook rental

• Don't print your list days before you come to textbook rental, your list could change. Don't bring food or drinks in the building
• Don't jump ahead and then have to back track for your books, remember books are in numerical order
• Don't forget your personal items
• Don't get in a hurly and slam books on the scanners
• Don't ignore your Eastern Pantherrmail account
This is Textbook Rental's primary source of communication.

WELCOME TO CAMPUS

Prowl welcomes new students to campus

By Sara Hall
Staff Reporter

When new students arrive at Eastern's campus, they may be overwhelmed with their new environment and the college experience in general.

To ease students' anxieties, Eastern offers the "Prowl" welcoming program, a weekend-long event to help integrate new students into college life.

Matthew Nance, a graduate assistant program coordinator, said Prowl helps students adjust in a similar way they are on campus.

"It's kick off to the academic school year," Nance said.

Students will then be split off to go to their EIU Reads group to discuss this year's selection, "Half the Sky," a book that pertains to women's rights and women in leadership roles.

Transfer students go to the Transfer Connections meeting, which discusses topics such as budgeting and commuting, Nance said.

Next, students will go to a meeting for their college.

Lueken said the service activities planned help a variety of people.

"(The activities) either pertain to something to help our around Eastern, the community or globally," she said.

Lueken said the service activities vary from one year to the next.

Lueken said the college meetings help introduce students to their college and what is expected of them.

Eastern then offers a picnic on the South Quad for students to enjoy.

They can also participate in the Eastern tradition of the new student photo.

On Aug. 20, students will participate in "Jump Start to G.I.V.E.," an event in which students are split up into groups for different volunteer projects.

Kaci Abolt, a sophomore communication studies major and Prowl program specialist, said students can choose from over 30 service projects.

She said some of the volunteers options from the past will be done again, as well as new projects.

"We're going to have some of the older organizations in the community," she said.

Lueken said the service activities planned help a variety of people.

"(The activities) either pertain to something to help our around Eastern, the community or globally," she said.

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Lueken said the service activities planned help a variety of people.

University Board and Student Government. At this event, the Greek community and the registered student organizations introduce themselves.

Prowl events will continue for the first six weeks to help students further adjust, Nance explained.

"We have proud success workshops in which we partner with different offices here on campus," he said. "We go into residence halls and put on presentations to help freshman how to get involved."

Abolt said she hopes students will be more at ease with college life after completing their Prowl activities.

"(Prowl) gives students the opportunity as soon as they come to the university to meet people and become more comfortable here," she said.

Lueken said her experience with Prowl last year helped ease the stress of adjusting to college life and expected the same for this year's students.

"It introduced me to a lot of things at Eastern and gave me a head start of what to expect," she said.

Lueken said although Prowl can be hectic, it's overall a helpful program.

"It's going to be a busy weekend, but hopefully it will help students interact with each other and meeting a lot of new people."

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**GOOD EATS**

**Food for all:**
dining options through campus

By Robyn Dexter

A college student would be nothing without food. That is why at Eastern, many different dining options are available.

Jody Horn, director of Panther Dining, said they serve a variety of options in the dining centers. "(The dining centers) are somewhat small, and we have four that are relatively close together so we try to do different things in each," Horn said.

Along with the four residential dining centers, there are two marketplace convenience centers, one located in the Martin Luther King Jr. University Union and the other in Thomas Hall. There is also the University Food Court and the Java Beanery and Bakery located in the union.

In the University Food Court, there is a Subway, Chick-Fil-A, Panther grille, Connie's Pizza and the Charleston Market.

The residential hall dining centers are located in Carman Hall, Thomas Hall, Taylor Hall and Stevenson Hall. Each of these halls has a certain theme that it serves.

The Carman Hall dining center features Asian food known as "Jump Asian Cuisine," which is made to order stir-fry. Carman also has an ice cream bar and cereal bar, as well as make-your-own waffles.

"We also offer daily rotating menus at Carman and we have a large salad bar," Horn said.

The Thomas Hall dining center serves made-to-order pizzas and pasta bakes on one side of the hall, and made-to-order sandwiches with a grill on the other side. It also features a hot bar with hot dogs, hamburgers and chicken breasts along with a salad bar.

Taylor Hall is known for its daily chicken specials including chicken strips and nuggets. Along with the chicken, some kind of potato and pasta are usually served.

The newly remodeled Stevenson Tower dining center consists of both a deli and a grill area, featuring various salads and sides. It also has an online station along with other breakfast foods.

Lauren Logsdon, a freshman undecided major, said her favorite place to eat is Stevenson because of its delicious food and Wi-Fi capability.

"My favorite thing to get there is a hum and salad sandwich," said Logsdon.

Stevenson also has "Reservation Only" dining for dinner on Thursday through Sunday where students can make reservations online.

"It is a table service with a selective menu," Horn said. "We offer steak, shrimp or restaurant-type items for this venue."

Dining options on-campus are not just limited to the dining halls or food court. Several places off-campus deliver straight to the residence halls.

These delivery options include Jimmy John's, Chubby's Pizza, Pizza Hut, Domino's Pizza, Monte's Pizza, Papa John's Pizza and China Cafe.

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**HEALTH SERVICE**

Health service here to help

By Mel Boydston

There are very few things one can always expect to happen on a large university campus and unfortunately this may involve catching the campus bug once in a while. The Health Service on campus provides Eastern students with assistance for all their health concerns. It is located in the Human Services Building.

Taking charge of one's health is important and the Health Service can help students do just that to help students become "better consumers of health care," said Lynette Drake, the director of the Health Service.

"If you don't know what to do, just call us," Drake said. After a call is made to Health Services, the patient and staff can make a decision about how to proceed.

Students can call Health Service with any concerns and be assured of complete confidentiality, just as they would with their family doctors. There is also no charge to visit the office, and insurance is not an issue when students use clinic services. The financial charges of office visits are paid for through student tuition and fees.

Additional services carry outside fees. For example, an X-ray costs $20, and a lab-handling fee is $15. Individual fees for different appointments depend on patient situation.

Any prescriptions written to students from the Health Service center can be filled almost immediately at the Eastern pharmacy right down the hallway from the clinic for $10, $20 or $40.

The student can also bill any of their charges from the Health Service center to their student account.

One health issue that applies to all Eastern students who are enrolled in six or more hours of campus classes is that they must submit proof of immunization to Health Service by Aug. 1 for diphtheria/tetanus, mumps, rubella and measles.

Appointments at the Health Service can be made online or by telephone at 217-581-5013.

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MOVING IN

Getting to know your neighbors

By Amy Wywialowski
Staff Reporter

Moving to a new place and making new friends can be hard on students—whether it is their first time or their last semesters on campus. One of the easiest ways a student can make their new place of residence home is by getting to know their neighbors.

"Neighbors can lead to friendships and help the students get involved around campus," said Amanda Wood, an English major with teacher certification and Resident Assistant (RA) in Pemberton Hall.

Wood said one of the biggest aspects of her job is to help her residents get to know each other. She has worked hard to think of fun and creative icebreakers to help her residents in this process. One of the easier ways to do that is to encourage her residents to leave their doors open while they are in the room, she said.

"It's really easy to enact an open door policy in Pemberton (Hall) because of the lack of air conditioning. The girls are more likely to do it because it is so warm in their rooms," Wood said.

Carista Dauphin is a freshman speech communications disorders major. She is also the current president of Pemberton Hall council and one of Wood's residents.

"At Wood's first floor meeting we had to put one of our shoes in the circle then we had to grab a random shoe and find our who it belonged to, what their name was, where they were from and a quirky fact about them," Dauphin said.

Dauphin said not only was it important for her to get to know her floor and building mates, but her roommate as well. Dauphin said she and her roommate were randomly assigned by housing.

"We are from the same area so we met twice before moving in, but now we are extremely close," Dauphin said. "I think meeting before helped. We kind of had an idea what to expect."

Marielle Sarkan is a freshman business major who resides in Pemberton Hall. Sarkan serves as the vice president of Pemberton Hall council. Sarkan said she met people through icebreakers, but also through random encounters throughout the building.

"I met people in a lot of weird ways—Facebook, Pemberton Parliament or even just in the laundry room," Sarkan said. "I just started talking to people and putting myself out there."

Ultimately the sentiment is a simple one—when students arrive on campus and move into their new homes, they should take notice of their neighbors. They may never know who could become a friend or affect them in a big way.

Amy Wywialowski can be reached at 581-2812 or awywialowski@eiu.edu.

Top 10 things to do in your residence halls

• Go to hall council
• Do the Charleston chew, which is when students eat lunch with the professors and other people in their hall
• Play ping pong or pool
• Sleep
• Have movie nights
• Participate in Residents On Campus (ROC) Fess events hosted by the Residence Hall Association
• Start an intramural team
• Play marshmallow assassins (or spoon assassins, really, any kind of assassins)
• Leave your door open and invite neighbors over
• Go to dinner with your floor mates

CAMPUS

Panthercard proves important to campus

By Rachel Rodgers
Campus Editor

One aspect that all Eastern students share is that they own a Panthercard, which is the key to unlock many opportunities on campus like eating and doing laundry.

Susan Woodyard, the chief clerk of the Panthercard Office, said understanding what can be accessed with the Panthercard is essential for incoming students.

"Students should treat their Panthercards like it is gold because it is basically their life on campus," Woodyard said. "If you don't have it, you will go hungry and you won't be able to do laundry."

Woodyard said when students first arrive on campus many students do not realize the full potential of a Panthercard.

"On your Panthercard, you have your meal plan on it, your dining dollars, you can set it up as a debit card, you have your chip money on it for laundry, your library number, E-number and your picture," Woodyard said.

Along with the laundry services on campus, chip money can be used for copy machines, vending machines and computer labs.

Chip money is also accepted in various places in the Martin Luther King Jr. University Union such as the Union Bookstore, Java RMB, Panther Pantry, the University Food Court and the Union Bowling Alley.

"Your Panthercard is your life, so if you do not have it then there is not much you can do," Woodyard said.

"Students have faced problems with the card like losing it, the chip not working or finding that it is damaged," Woodyard said. "Also, it will not work properly if it gets wet or if the card is damaged."

"Students can replace their Panthercards at the Panthercard Office located in the Student Services Building."

"If there is damage that shows that it was not caused by the student then we do not charge for it," Woodyard said. "However, if it is something they did to the card like obvious teeth marks or if they used it as an ice scraper or to pry into a door, then you can tell when it has been mishandled and they are charged to replace the card."

Students are charged $10 to replace their cards if they are responsible for the damage and if they return their damaged cards. If students lose their Panthercards and need to replace them, they are charged $20.

Rachel Rodgers can be reached at 581-2812 or rrodgers@eiu.edu.
A crash course in grocery shopping

By Kaylia Eskew
Staff Reporter

Buying groceries for the new school year can be a daunting task. Knowing where to go, what to splash on and what to just forget can be a test for a college student who will be buying groceries for the first time.

"I always go to Wal-Mart. They have an amazing food section," said Antonio Woods, a freshman special education major. "And there I can just get the other stuff I need at the same time."

Some students prefer Wal-Mart for its convenience and wide variety of both food and non-food products. Other students prefer to check out the grocery stores to cash in on cheaper food.

"Usually I go to a County Market, they have pretty cheap stuff," said Josh Smith, a sophomore biological science major. "And I can take the Panther Bus there, so it's easy."

While some students look for ways to cut back and buy the cheapest food, other students are willing to spend a little more money for their favorite snacks.

Monica Martin, a junior early childhood education major, said she prefers name brand snacks over store brands.

"I usually go to Wal-Mart and there are so many snacks and things like that," Martin said. "They are easy to eat while I walk to class."

At the same time, there are some items that some students should not bother wasting their money on. "I really don't see the point in buying water," said Renee Jungman, a freshman early childhood education major. "It's cheaper to just buy a pitcher or a water bottle and fill it up."

Eric Spencer, a junior accounting major, said he stopped buying some items that weren't worth his money. "I stopped buying bread and fresh fruits because they always went bad before I could eat them," Spencer said.

But he is willing to spend his money on on-the-go snacks.

"I always buy protein bars, I eat them as I head over to the gym or go to class," Spencer said. "It's really about convenience for me. I buy stuff that doesn't take a long time to cook or is just ready to go."

Kaylia Eskew can be reached at 581-2812 or keskev@edu.
Going Greek worth every penny

By Seth Schroeder
Activities Editor

For many Eastern students the Greek system offers a social outlet at college, but there is a process involved before a student goes Greek.

Zachary White, a sophomore journalism and political science major and member of Sigma Alpha Epsilon, said he did not originally plan on rushing until he was invited by some friends from his hometown.

"I figured if I disliked it I could always drop," White said. "But it was fun. I liked it.

White said the process for joining a fraternity can be very informal. He said the various fraternities will have recruitment events and anyone interested can meet the members of the fraternity.

"If things go well, White said the fraternity will give students they get along with an informal bid.

After recruitment, students have to rush for their fraternity or sorority. White said this process usually takes eight weeks.

He said a lot of it is different bonding activities, but those rushing also have to learn a lot like their fraternity or sorority's national and local founder.

Tim Renner, a freshman undecided major and member of Sigma Pi, said rushing helped him develop time management skills.

"The process could be overwhelming," Renner said. "But it helped in the long run."

"It's about brotherhood, it's nice to know if something happens there are people who've got your back."

Zachary White, a sophomore journalism and political science major

Renner said while he has to pay membership dues each semester, there are also ways for him to save money, such as living in his fraternity's house rather than on campus.

"Everyone kind of over-exaggerates (the cost)," Renner said. "It's not that bad.

White agreed with Renner and said his dues of $375 a semester are less than 10 percent of his total cost of college. He said most organizations require dues or some kind of investment.

"You can put a price on it," White said. "You can make that argument, but it's small in comparison to what you get out of it.

White also said while he has heard of hazing going on for the Greek system, he has never experienced it.

"If hazing happened, I wouldn't be in the Greek system," White said. "It's so anti-everything you're trying to promote. The university standpoint on it is just perfect. It's a crime. People die from it; it's not funny.

Both White and Renner said rather than the stereotypical drinking and partying, their fraternities have strong focus on other things such as community service, student involvement, athletics and academics.

"It's about brotherhood," White said. "It's nice to know if something happens there are people who've got your back."

Seth Schroeder can be reached at 581-2812 or sschroeder2@evanu.edu
START WITH CHARACTER.
START BECOMING A LEADER.
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ASK ABOUT OUR SUMMER LEADERSHIP AND SCHOLARSHIP OPPORTUNITIES!
Visit our table at the EIU Open House events throughout the Summer
And find out how Army ROTC can help you "Learn What It Takes To Lead"
Training for more than military

By Seth Schroeder
Activities Editor

Most students at Eastern study to prepare for their careers, but members of Eastern's Reserve Officer Training Corps train for something more.

Lt. Col. Stephen Knotts, a professor of military science, said the mission of the ROTC is to make second lieutenant for the United States Army. Knotts said those in ROTC learn from a leadership development program that includes physical fitness, military bearing, empathy and getting results. He said it is a holistic approach to leadership.

"These skills are really life skills you can utilize immediately," Knotts said. "They are critical to the army."

The ROTC program spans four years in its entirety, but it is broken into two sections. The first two years is the basic program and the last two years is the advanced program. Freshmen who join the ROTC can take military science classes and go through the two years of the basic program with no obligation, Knotts said.

Students going through the advance program will receive a military obligation as an officer in the Army Reserve, the National Guard or the Active Army. The length of obligation depends on the assignment given.

Knotts said the organizers of the program understand if students want to try the program, but end up leaving.

"College is time for experimentation," Knotts said.

Those going through the basic program can compete for the ROTC specific state and federal scholarships. Students in the advanced program receive $450 to $500 tax-free each school month and can compete for additional scholarships.

Even students not involved in the ROTC will still see them practicing in the intramural fields and the field by the Campus Pond. Knotts said the ROTC classes are split between time in the classroom and the time doing field labs. Knotts said the field labs are called situational training exercises or STXs and include activities such as team-by-team capture the flag, paintball, repelling, flying in helicopters, water survival and other high adventure activities.

He said the ROTC is also at home for all generals and five a capture every time Eastern scores a touchdown. Knotts said the ROTC also teaches time management, stress management and teamwork. He said these skills can be used anywhere in life so students will benefit outside of the military and in their other classes.

"It is big on integrative learning," Knotts said. "This is a great place to start."

PARKING TICKET PROBLEM

Steering clear of parking tickets

About 13,000 to 14,000 tickets issued annually

By Sarah Garipio
Staff Reporter

On campus, the parking lots are classified as either undergrad­men parking or upperclassmen parking.

Moie Samad, one of the residence directors of Carman Hall, said he helicopters for under­classmen is in front of Carman Hall and in the Greek Court area.

The University Police Department is in charge of dispensing parking tickets.

Samad said the most common tickets he has seen while he has been a residence director at Carman Hall is for students who park outside of the lines and do not have their parking stickers in the right location.

According to the University Police Department, the price for an undergrad­men parking sticker is $180 a year. An undergrad­men would be considered a student under the age of 21 who has less than 60 cred­it hours.

The upperclassmen parking sticker costs $80 a year. The cost is cut in half for students pur­chasing a parking sticker for a semester.

On average, the parking violation stickers cost $20. If they are not paid within eight days, the ticket price will double to $40.

Tickets are normally paid at University Police station, but now they can be paid through a student’s PAWS account.

The University Police are on patrol from 7 a.m. to 5 p.m. After 5 p.m. all of the parking lots are open to any students to park in.

Visitors, can park at meter parking spots and the meters are watched all day.

"The parking lot can get crowded and people always think they can get away with parking poorly, but the police will always catch it so don't think you can get away with it," said Lindsay Machut, a freshman kine­siology major with teacher certification.

Lt. John Harhill of the UPD said tickets vary depending on the day of the week, time of year and lot.

"In warmer when it's cold and people don't want to walk because of the weather then they'll take a chance and drive to class so those months the ticket totals tend to peak," Harhill said.

He said they give out around 13,000 to 14,000 tickets per year and there is a total of about 5,000 parking spots available on campus.

Some of the upperclassmen parking lots include the W-Lot, the O'Brien Stadium parking lot, the S-Lot and the Ninth Street parking lot.

University Police have counted over 1,000 parking violations in the past year.

"I think the number of violations is down this year because of the economy," Machut said.

"We have some really easy people to be good to," said Sarah Garipio, a student at Eastern. "They're not at all mean and you can usually argue your way out of a ticket."

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By Kayleigh Zyskowski

The Resident Hall Association has become a home for one of Eastern's students by allowing him to grow.

Andrew Lilek, a sophomore graphic design major, went to his first RHA meeting his first semester on campus, and now is going into his third year he said the RHA has helped him find his friends on campus.

"RHA is around to help bond the different ties in the residence halls," Lilek said. "Each hall has its own hall council, but (the) RHA ties together the individual councils to give reports, and to give everyone a chance to invite people to their programs."

Lilek said three students from his high school came to Eastern after graduation, and he only had a roommate for his first semester, but he was not in the room much.

"I really came here knowing no one," Lilek said. "But my (resident assistant) knew I wanted to become involved on campus so he invited me to come to the hall council meeting, and I went to RHA from there."

The hall councils host multiple programs throughout the 2010-2011 school year including a fashion show in Lincoln Hall, a haunted house in Carman Hall, and the Sex in the Dark program in Andrews Hall.

The RHA hosts multiple larger events throughout the year as well including ROC Fest, Kids and Friends Weekend and Social Justice and Diversity Week.

"We are starting to plan these events now so we can make them even better and bigger for next year," Lilek said.

Lilek said by joining RHA he has met most of his closest friends.

"I was able to meet new people, and have a great social life because of RHA," Lilek said. "I get to see all of my friends in one big location and work with everyone."

Lilek said his favorite part of the school year is the fall retreat.

"The purpose is to build leadership skills and see what opportunities we have on campus to get involved," Lilek said. "But it is great to get into the loop and get to know everyone."

Lilek said at the first couple of meetings everyone is shy, and does not know each other after past a certain line, but the retreat breaks the line and helps the members to make friendships.

The RHA has meeting every Thursday at a different residence hall weekly.

"It does take some of your time, but you end up wanting to be at the meetings," Lilek said. "We try to make the meetings fun, but do have business to get done. We have a group of people who do love (the) RHA, and want to be involved which makes for a great environment."

MacKinzee Smith, a sophomore psychology major, and Taylor Whittington, a freshman sociology major wear fake mustaches to their Residence Hall Association meeting on Feb. 3 in the Stevenson Hall lobby. Smith and Whittington wore the mustaches as part of International Fake Moustache Day.
Finding your way around EIU:
From dining to residence halls, what Eastern has to offer

**Thomas Dining Center**
- **Hours:** Lunch Monday to Friday, 11 a.m. to 5 p.m.; Dinner Monday to Friday, 5 to 8 p.m.; Late Night Pizza Monday to Thursday, 8 p.m. to 1 a.m.; Late Night Pizza Sunday, 8 p.m. to 1 a.m.
- **Known for:** Late Night Pizza and Sandwiches

**Taylor Dining Center**
- **Hours:** Breakfast Monday to Friday, 7:15-10:15 a.m.; Lunch Monday to Friday, 11 a.m. to 3:15 p.m.; Brunch Saturday and Sunday, 10 a.m. to 4 p.m.; Dinner Monday to Friday, 4:30 to 8 p.m.; Dinner Saturday and Sunday, 4 to 8 p.m.
- **Known for:** Chicken

**Carman Dining Center**
- **Hours:** Cereal/Waffle Bar Monday to Friday, 8 to 10 a.m.; Lunch everyday, 11 a.m. to 2:15 p.m.; Dinner everyday, 4:45 to 8 p.m.
- **Known for:** Asian food

**Stevenson Dining Center**
- **Hours:** Grill: Breakfast Monday to Friday, 7:30 a.m. to 2:15 p.m.; Brunch Saturday to Sunday, 11 a.m. to 2 p.m.; Dinner Monday to Wednesday, 4:30 to 7:30 p.m.; R.O. Thursday to Sunday, 4:30 to 7:30 p.m. Deli: Lunch/Dinner Monday to Friday, 10 a.m. to 9 p.m.; Lunch/Dinner everyday, 10 a.m. to 9 p.m.
- **Known for:** Reservation Only Dining

**Union food court**
- **Hours:** each choice hours vary
- **Known for:** having the third Subway in Charleston

**The Triad**
- **Known for:** Being the tallest building in Coles County.

**LSD**
- **Known for:** Having the third Subway in Charleston

**Pemberton Hall**
- **Known for:** Being the first residence hall in the state of Illinois

**Andrews Hall**
- **Known for:** Being the newest residence hall on campus

**Lawson Hall**
- **Known for:** Being the first residence hall in the state of Illinois

**Taylor Hall**
- **Known for:** Being the tallest building in Coles County.

**Thomas Hall**
- **Known for:** Being the first residence hall in the state of Illinois

**Carman Hall**
- **Known for:** Being the newest residence hall on campus

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**Do's & Don'ts DINING/RESIDENCE**

**Do**
- Go to all of the dining centers for lunch everyday.
- Work with your RA.

**Don't**
- Don't forget to use your ID.
- Don't be late for dinner.

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**ACKNOWLEDGMENTS**

**EDITORIAL STAFF**

**DAILY EASTERN NEWS**

**DAILY-EASTERN.COM**
How to: Party with smarts

By Shelley Holmgren
Administration Editor

For those students who plan on exploring the life of adult beverages during their college careers, they should familiarize themselves with the Charleston drinking ordinances.

First and foremost, if a student is under the age of 21, they are out of luck. Minors can be charged with possession or consumption of alcohol, with court fees more than $300.

However, for first time offenders, they have the opportunity to go through the Charleston Diversion Program, said city attorney Brian Bower. The Diversion Program will set back a student $350 and he or she will have to enroll in a half-day course about the effects of alcohol.

Once the program is completed, charges will be dismissed. However, the program cannot be taken more than once.

For those offenders who decide not to go through the program, the consequences could be even more costly. For minors who are found guilty of possession or consumption of alcohol, the city attorney is required to submit their cases to the Secretary of State, who could suspend the students’ licenses for up to one year.

Additionally, any minor who is caught in a licensed premise that sells alcohol can also be fined a minimum of $100. For those students who decide to go to the fake ID route to get in to bars, they should know they could be charged with a Class 2 Felony and lose their license.

For those who plan to take their consumption to the great outdoors, think twice. Anyone caught with an open container can be charged, said Dave Chambers, the deputy chief from the Charleston Police Department.

College life would not be complete for some without the essential house party. And with this, comes another set of consequences and ordinances.

Putting up a plastic orange fence will definitely not keep law enforcement from breaking up your party, Chambers said. "Those orange fences are not a force field," Chambers said. "If there is a disturbance, we are going to enter."

And those disturbances can include a disturbing the peace charge, which could cost anywhere from $1 to $750, Bower said.

Party hosts may also want to think twice about selling cups for alcohol. Selling alcohol without a license could cost a student more than $300.

Similarly, if minors are caught drinking at a party, the tenant will ultimately be the one who is held responsible.

"The fact is, 'I didn't invite them' is not a defense," Bower said. "Hosts could be charged $200 plus court fees per citation."

"Just use common sense," Chambers said. "We don't have unrealistic expectations, but be respectful of your neighbors and the full-time residents."

Shelley Holmgren can be reached at 581-7942 or mholmgren@ecu.edu.
Glossary of Terms: City

City calendar

Keep up with what is going on around town with this calendar. Be sure to check the city website for more events throughout the year.

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Time</th>
<th>Description</th>
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<tbody>
<tr>
<td>August</td>
<td>Annual Coles County Air Show</td>
<td>Aug. 27</td>
<td>Coles County Memorial Airport</td>
<td>1 p.m.</td>
<td>A show that includes planes and food vendors.</td>
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<td>September</td>
<td>Charleston Challenge Duathlon</td>
<td>Sept. 24</td>
<td>Carl Sandburg Elementary School, 1924 Reynolds Drive</td>
<td>9 a.m.</td>
<td>The event features a 19.2 mile bike ride and a 2 mile run over a course.</td>
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<td>October</td>
<td>Volunteer Pioneers’ Fall Festival</td>
<td>Oct. 1 to 2</td>
<td>Lincoln Log Cabin State Historic Site, 400 South Lincoln Highway, Lerna</td>
<td>10 a.m. to 4 p.m.</td>
<td>The activities include craftsmen and vendors as well as pie-eating contests.</td>
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<td>November</td>
<td>Gateway Liquors’ 9th Annual Wine Tasting</td>
<td>Nov. 10</td>
<td>Charleston Country Club - 8355 Country Club Road</td>
<td>6:30 p.m. to 7:30 p.m.</td>
<td>The event features 200 different wines from around the world and great appetizers while supporting your local “Shop with a Cop” program.</td>
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<td>December</td>
<td>Christmas in the Heart of Charleston</td>
<td>Dec. 3</td>
<td>Courthouse Square</td>
<td>5 p.m. to 7 p.m.</td>
<td>Holiday parade, carriage rides, live reindeer, refreshments, live window displays, entertainment, photos with Santa and much more.</td>
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<td>January</td>
<td>Charleston Challenge Mid-Winter Classic</td>
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<td>February</td>
<td>Square Fest Around the Charleston Square</td>
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<td>March</td>
<td>Kick Butts Day 5K Run/Walk</td>
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<td>June</td>
<td>Farmer’s Market on the Square Downtown</td>
<td>June 1 to Oct. 12</td>
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<td>July</td>
<td>Red, White &amp; Blue Day in Morton Park</td>
<td>July 4</td>
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Welcome Back to all Students, Faculty & Staff!
FOOD OPTIONS

How to: dine with the 'rents

By Courtney Runyon
Staff Reporter

With a handful of local chain restaurants in Charleston, students can dine off-campus when they are tired of eating the usual dining hall food.

When family comes to visit, students can take them to restaurants close to campus such as What's Cookin', Pagliai's Pizza, Lincoln Garden or El Rancherito.

What's Cookin', 409 7th St., opened in 1980 and features a full breakfast menu, dinners, sandwiches and homemade soup. What's Cookin' also bakes fresh muffins, scones, cinnamon rolls and their award winning strawberry bread daily.

Bob Kincade, one of the owners of What's Cookin', said students should bring their families to his restaurant because of good food, good service, good prices and good selection in food.

"We have high quality ingredients and the food is cooked after the order," Kincade said.

Kincade said What's Cookin' is a great place to dine because of the full breakfast menu offered all day, plus the lunch and dinner specials.

Kincade said What's Cookin' has a very skilled staff and good waiters and waitresses.

"Some of the staff has been around for 25 years," Kincade said.

Pagliai's Pizza, located on 1600 Lincoln Ave., is another option for students to take their parents out to eat.

Pagliai's Pizza offers family-style Italian pizza, spaghetti, garlic bread and cheese bread. The restaurant opens at 4 p.m., daily

Lincoln Garden Family Restaurant, 703 West Lincoln Ave., offers home-style cooking and serves breakfast all day. With a breakfast, lunch and dinner menu. Lincoln Garden Family Restaurant has plenty of options to choose from. It is open seven days a week from 5 a.m. to 10 p.m.

"We come here often," said customer Christina Bates. "The waitresses are very attentive and friendly. Sometimes I go just to get the coffee."

Bates said her favorite dish is Lincoln's specialty skillet.

"It's delicious and affordable," Bates said.

El Rancherito, 819 W. Lincoln Ave., offers Mexican-style dishes, sides, appetizers and a full bar. Maggie Childers, a freshman general education major, said El Rancherito is her favorite restaurant.

"I've never had a bad meal (at El Rancherito). I always want my parents to take me there when we come down (to Eastern)," Childers said.

Courtney Runyon can be reached at 581-2812 or crunyon@eiu.edu.
Livin' the Square Life

By Elizabeth Edwards
City Editor

Before he was the president of the United States, Abraham Lin­coln would often take on legal work at the Old Charleston Square. His time spent in the area also gave him the opportunity to visit relatives such as his father and stepmother, Thomas and Sarah Bush Lincoln, who lived just south of town. Spending time in Charleston gave Lincoln the opportunity to expand his local political connections. Between 1841 and 1855, Lincoln was often seen at the square's inns and taverns. Although the businesses may not have the same names, you too can explore the same area where Lincoln spent his pre-presidency days.

Jackson Avenue Coffee
Jackson Avenue Coffee, located at 708 Jackson Ave., is a popular hangout for Eastern students because of its wide variety of coffee, sandwiches, soups and other food as well as its live music, which takes place several nights a week. Tuesday nights are Blues Night, where students can lis­ten to live blues musicians perform. Every Thursday at 7 p.m. the coffee shop hosts College Court Jazz Night, in which anyone can walk in and sign up to perform.

On Fridays there is an open jam where musicians can come in and jam together. The coffee shop also offers free Wi-Fi. Owner Dano Reble said the atmosphere often students a pleasant escape from the sometimes hectic atmosphere on campus.

"The free Wi-Fi and variety of good food helps create a study atmo­sphere and students seem to take ad­vantage of that," Reble said. Jackson Avenue Coffee also holds many fundraisers organized by groups such as the Haitian Connection and the Coalition Against Domestic Violence. JAC is open Monday through Fri­day, 7 a.m. to 10 p.m., Saturday, 10 a.m. to 10 p.m. and Sunday, 8 a.m. to 8 p.m.

South Side Cafe
The South Side Cafe is located across the street from the courthouse at 614 Jackson Ave. Its menu features omelets, biscuits and gravy, pancakes and about 30 differ­ent varieties of sandwiches. It is open Monday through Friday, 5 a.m. to 2 p.m. and Saturday 5 a.m. to 3 p.m. It is closed on Sundays.

China Cafe
The square is also home to China Cafe, located at 716 Jackson Ave. It is a family-owned Chinese food restaur­ant that also delivers. Lunch specials, which are available until 2 p.m. every­day are $4.75 and include an entree, an eggroll or crab rangoon, fried rice and a fortune cookie.

The restaurant also offers pork, chicken, beef, seafood and vegetable platters which costs between $4.65 and $7.50. Family dinner costs be­tween $17.59 and $27.95.

China Cafe is open Monday through Friday, 11 a.m. to 9 p.m., Saturday, 11 a.m. to 10 p.m. and Sunday, noon to 9 p.m. Phone (217) 348-5941.

Calliope Court
Charleston's square is also home to several shops that carry vintage mer­chandise. Calliope Court, located at 700 Jackson Ave. next to Jackson Avenue Coffee, offers fair trade imports, artwork and pottery, candles and in­cense and vintage clothing.

Shirts and skirts range from $12 to $50, purses from $12 to $40 and scarves from $12 to $15. For students with baking on their minds, Callio­pe Court also has more 200 different shapes of cookie cutters ranging from 98 cents to $3.75 for larger eight inch models. Phone (217) 348-1905.

Spence's on Jackson
Spence's on Jackson, located at 722 Jackson Ave., carries vintage clothes and accessories. Many of the items in the store are from the 70's, 60's and 70's. The store has a large selection of vintage leather coats, which mostly cost between $35 and $50. Most shoes cost $10. Every month, owner Linda Rose Spence draws a con­test for a $10 gift certificate to the store. "Everyone can come in here and find something they like before they leave," Spence said. Spence's on Jackson is open Tues­day through Saturday, 1 p.m. to 5 p.m. Phone (217) 345-1469.

Lincoln Book Shop
The New Lincoln Book Shop, located at 609 Monteith Ave., deals primarily in books, but has recently added an antiques section. The books, some of which are rare or out of print, cost anywhere from 50 cents to $350. The av­erage book cost, however, is around $2.

Owner Jim East also sells artwork, jewelry, glassware and items such as vintage radios. On Mondays at 7 p.m. students are invited to attend poetry readings.

The shop is open on Wednesdays and Saturdays, 11 a.m. to 5 p.m. and on other days by appointment. "It's just one of those places where you'll come in here and not be able to just leave after a few minutes," East said. "It's one of those places and explore places.

Phone (217) 345-8434

Indio Cigar Factory
Indio Cigar Factory, located at 503 Seventh St., sells cigar and hookah supplies. Owner Marvin Mireck sells his own hand-rolled brand of Indio Cigars, which cost from $3.50 to $6. He also carries popular cigar brands such as Acid, CAO, Uppman and Monte­crinos. Popular hookah flavors sold at Indio include Surfer on Acid, Incredibilidade on Acid, and Skittles.

The shop also operates as a hook­ah lounge, with three different smok­ing areas in the back room. The shop also frequently hosts small concerts fea­turing local bands. Mireck also offers hookah repair services.

Indio Cigar Factory is open Mon­day through Friday, 10 a.m. to 10 p.m. and Saturday 2 p.m. to midnight. It is closed Sundays. Phone (217) 348-1514.

Grand Ball Costumes
Grand Ball Costumes, located at 806 Sixth St., is a popular spot for students to find their Halloween costumes. The warehouse in the back of the shop is half of a city block long and contains more than 60,000 cos­umes.

Throughout the store is open by ap­pointment only 11 months out of the year, it is open to the general public each year from Thanksgiving through Oc­tober. The store provides Hallowe'en costumes, wigs, makeup, mag­ic sets and other novelty items. The costumes range from $2.50 to $100 and start for about $30 for three days.

The owner, jayne Ball-Surer, said students prefer this cheaper option because they are probably only going to wear the costumes one night. The store's website is www.grandballcos­tumes.net.

Elizabeth Edwards can be reached at 681-2812 or eastrward@eiu.edu.

The Daily Eastern News • Summer 2011 • VOLUME 96

DOWNTOWN

Kimberly Foster | The Daily Eastern News

Eric Fitts, a senior jazz studies major, performs March 8 at "Haiti Night at the Jac," a fundraising event put on by the Haiti Connection at Jackson Avenue Coffee. Proceeds from bread bowls sold throughout the night will go to Gadiyen Dlo, a pure water program.

City Square Guide Key

1 Post Office - Besides sending mail and packages, you can apply for a passport here.
2 Roc's Black Front - One of several bars and grills located on the Charleston head to Roc's and top of the Roc for a martini.
3 Lincoln Book Shop - If you're looking for rare and out of print books or just a good read check out this shop.
4 Coles County Courthouse - The courthouse is one of the oldest buildings on the square. This is the courthouse for 12 townships and 44 precincts in East Central Illinois.
5 Charleston Police Department - Don't let your first interaction with them be negative.
6 South Side Cafe - Head here for daily breakfast and lunch specials.
7 Grand Ball Costumes - If you're looking for a Hallowe'en costume or something for that costume party, this is the place to go.
8 Calliope Court - Here they handle home design assistance, antique appraisal and consultation.
9 China Cafe - A family-owned Chinese food restaurant that delivers!
10 Jackson Avenue Coffee - Here come for great coffee and musical performances. Hipsters can also be found here.
11 Spence's on Jackson - Definitely go here to stock up for ugly sweater parties. They are prepared.
12 Indio Cigar Factory - Sells cigar and hookah supplies and even has a hookah lounge.
13 Station - Feel free to come on down and make a fool of yourself at karaoke nights.
14 Mac's Uptown Cellar - Also known as 'Towne.'
15 What's Cookin' - Definitely try the strawberry bread. It will blow your mind.
How to ... Navigate the Square

Get ahead of the curve! Learn what's on the square before you explore downtown Charleston.

Lincoln Book Shop
Post Office
Station *
What's Cookin'

Madison Ave.
6th St.
Monroe Ave.
5th St.
Jackson Ave.
Van Buren Ave.

Mac's Uptown Cellar *
China Cafe
Spence's on Jackson
Jackson Avenue Coffee
Calliope Court

Coles County Courthouse
Charleston Police Department
South Side Cafe
Grand Ball Costumes
Indio Cigar Factory

* These are the bars and grills located on the square.

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PARKS AND RECREATION

Parks around Charleston

Students enjoy variety of options at local parks

By Nick Livers
Staff Reporter

The Charleston area has many parks to be enjoyed when students want to get out of the classroom and enjoy some free time. Anna King, a senior special education major, stood in the basketball court at Sister City Park, watching her English bulldog, Zeppe lin, divide his time between riding his skateboard and chewing on it Wednesday afternoon.

Sister City Park, located on Route 130, south of Lincoln Avenue, is 16 acres and includes a large pavilion, a basketball court, sand volleyball courts, a baseball/softball diamond, a soccer field and a roller-hockey risk.

Rina Munoz, a senior environmental biology major, and her friends played a pickup game of roller hockey at Sister City Park’s risk.

Brian Jones, the director of the Charleston Parks and Recreation Department, said he occasionally sees Eastern students playing roller hockey at Sister City Park and baseball and softball at Morton Park.

Morton Park, 1215 Division St., is the closest park to campus. Charleston Parks and Recreation Department runs programs at the park, while the Charleston Township Park District operates it.

Jones said Eastern students probably go to Morton Park because several students live at rental properties nearby. Jones said students are more likely to use the Student Recreation Center for intramurals, but they are welcome to sign up for city-run programs at the parks.

"They pay student activity fees for the Student Recreation Center," Jones said. "I don’t blame them. I wouldn’t pay additionally for city programs."

Parks around Charleston

“It go to the parks all the time with my friends to picnic, play Frisbee and let my dog run around.”

Anna King, special education major

King said the warm weather gives her an opportunity to finally get out of her apartment. "I go to the parks all the time with my friends to picnic, play Frisbee and let my dog run around," King said. "Going to the park gets me away from campus and lets me do my own thing."

Mazur said he and his friends play roller hockey at the park at least twice a week when the weather is nice.

“If we wanted to play on an ice rink; we would have to drive 45 minutes to Danville or Champaign,” Mazur said.

Jones said Lake Charleston is another popular place among students. King said she plans on bringing her dog to Lake Charleston, but she is hesitant about letting him go into the water.

“If I had a Labrador, I would let it swim in the lake,” King said. “Zeppelin (her dog), on the other hand, might go under.”

Other parks in Charleston include Heritage Woods Park, Kiwanis Park, Lattery Nature Study Area, North Park, Beacon Park, VFW Way Park, Woods Park and Woodyard Conservation Area.

Off campus hot spots

Explore Lincoln Log cabin, Fox Ridge, local towns

By Shaun Johnson
Staff Reporter

While incoming students will have many things to do on campus, there will be many other places to relax or hang out off campus.

Cindy Janssen is an employee of Cross County Mall, 700 E Broadway Ave., Mattoon. Janssen said what makes the mall a great place to visit is that it offers a variety of stores in one location.

Janssen said there are more than 32 stores available. Those stores include Radio Shack, Bank & Body Works, Payless, Pro-nail, Maurices, Claire's, Walden Books and JC Penny, just to name a few.

Another place to relax is Fox Ridge State Park. Fox Ridge State Park is south of Charleston, on Route 130.

Jodi McKinney, an employee of Fox Ridge State Park, said people come to relax everyday to just take a walk or exercise. “Fox Ridge has nine miles of trails, and some interlock by the lake,” McKinney said.

“It’s very beautiful, clean, quiet and very peaceful,” McKinney said.

Lincoln Log Cabin, located in Lerna, which is west of Charleston, is the historic memorial site where Abraham Lincoln’s father and stepmother lived.

It was a frequent vacation site for Lincoln. He made his last visit during his presidency in January 1861.

Lincoln Log Cabin is located seven miles south of Charleston.

Matthew Mittelstaedt, the manager of Lincoln Log Cabin, said what makes people want to visit is, that although Lincoln did not live there, as patrons walk the farm out they can get a really good sense of his background and roots as well as what it was like to live on a farm in that time period.

“So it’s great to see what he became,” Mittelstaedt said.

Shaun Johnson can be reached at 581-2812 or sjohnson@eiu.edu.
HOW TO: ATHLETICS

Whether students are just interested in staying healthy or becoming avid Panther fans, this guide is the place to look for all sorts of information on Eastern athletics.

2D “Baker, rec center save students thousands” 
4D “Hard work pays off for Schuette” 
8D “Young team defies the odds, wins team of the year”

FILE PHOTO | THE DAILY EASTERN NEWS
Michelle Murphy, a senior communication studies major, and Jarrod Scherle, a senior finance major, wait for the football game against Illinois State University to start Nov. 13, 2010 in Normal, Ill.

Panther Nation looks to build school spirit

By Nike Ogunbode & Kayleigh Zyskowski
Student Government Editor & News Editor

Going into its third year, the Panther Nation will be looking for new students to bleed blue for Eastern athletics for the 2011-2012 school year.

Student Senate Speaker Jarrod Scherle, the chairman of recruitment for Panther Nation, said the Panther Nation is like cheering for a high school team, but on a larger scale.

The Panther Nation is the cheering section at the home athletic events, and takes road trips to the bigger away games.

"One thing I always ask freshmen is if they liked cheering for their high school football games," Scherle said.

He said if students like cheering for their high school teams, then they will like cheering with the Panther Nation that has been up to 300 students strong at some of the bigger football games.

"Do they like cheering so loud that they leave the games hoarse?" Scherle said. "If they do then they belong with the Panther Nation."

Student Body President Michelle Murphy said she was one of the founding members of the Panther Nation.

Murphy said Panther Nation will be looking to improve will be consistency.

At this point, the Panther Nation only attends football and basketball games, but eventually Murphy said it would be great to have enough consistent supporters to attend all of the athletic events.

They usually recruit during the first week at Pantherpalooza and at some of the other first week events.

"A lot of freshmen end up signing up, and its a great way for them to get one of their first spirit shirts, and school spirit gear to hang up in their rooms and gets them on the right track," Scherle said.

He said one of the hardest aspects of being a member is getting hyped up for every game.

"There are just so many games that sometimes its hard to get up for all of them," he said. "Sometimes we have to invent new ways to get everyone excited for them."

Students can charge the dues for signing up to their student accounts.

Overall wins for Panthers in 2010-2011 season as of May 2, 2011

5’11” Average height of Eastern women’s basketball team

30 Foul balls in an average softball game

16,244 Weight of the entire Eastern football team

7 Retired jerseys

$125,000 How much money Bob Spoo makes per year

5,400 Lantz Arena at capacity
Baker, rec center save students thousands

By Rob Mortell
Sports Editor

Many universities in Illinois are facing budget deficits and are unable to make improvements to their facilities for their students, but Ken Baker, director of Campus Recreation, and the staff of Eastern's Student Recreation Center have done just that.

Eastern provides a state-of-the-art workout facility for its students, while making its students contribute less money than most colleges in Illinois.

Students pay $72 per semester to fund the rec center and all full-time employees who work there. This is less than other Illinois universities with similar budgets. For example, Western Illinois and Illinois State students pay $147.75 and $120 respectively.

Many improvements. Eastern has spent $6,500. Illinois has been given away.

A survey showed the top-of-the-line cardiovascular equipment because the machines take such a beating each day.

From Jan. 1 to Feb. 21, 63,972 students and faculty visited the rec center, which is more than 2,000 per day.

This year Baker is requesting no increase in payroll despite minimum wage increasing 60 percent since 2004. They are also requesting about $2,600 for new supplies, which has decreased from $5,000 last year. Maintenance agreement and repairs will also cost $5,000 less this year.

Taking classes.

The improvement to the rec center makes it less limited to new equipment and maintenance. The rec center offers numerous classes that are taught by employees.

The classes range from cycling, abs classes, to yoga. Classes are Monday through Friday from 6:30 a.m. to 8 p.m. Program Director Sarah Daugherty said she is always looking for input to improve what classes are offered and for new classes.

Daugherty said Zumba was added in Fall 2010 and it has quickly become the most popular class offered. Zumba is a registered name and a certified instructor needs to teach the class, which is why it took Eastern a few years to offer it. A single session of Zumba can consist of between 35 to 80 people, but the class averages about 50 people per session.

Zumba currently has five different scheduled classes one each day Monday through Friday.

"To improve we look to the student body to see what is really popular and what they want to participate in," Daugherty said.

Behind the scenes.

Senior Building Coordinator (BC) Lauren Lepchenske is one six BCs for the Rec's employees.

Lepchenske is a building coordinator, and the BC's are one each floor.

Lepchenske said she has to pre-order fabric to fix the worn machines, which saves Eastern about $100 because they do not have to send the parts in to the manufacturer. Baker said.

Saying goodbye to the NFL.

Baker, who retired this year as an NFL referee, said he enjoyed his time in the NFL, but Eastern is where his heart is.

"These are my friends. These are the people I care for," Baker said. "I have great friends in the NFL but I leave them on the weekends," Baker said. "I have been really fortunate to be able to balance a nice career in the NFL and still have my family intact, my job and my friends."

Baker said he will not miss the travel. He said the NFL is where he received most of his (national) attention, but Eastern is where he wants to be.

Thousands of people depend on Baker and the other employees at the Rec Center to be open everyday.

"You can close down the library for one week and no one will say anything, but if you close down the rec center you will have a riot on your hands." Baker said.

Rob Mortell can be reached at 581-7944 or rmortell@eiu.edu.
Rec helps students stay fit

By Dominic Renzetti
Assistant Sports Editor

The best way to avoid the feared "freshman 15," sophomore cellulite, junior gut-jiggles or the dreaded senior semester fat is to spend some time at Eastern's Student Recreation Center. With all the resources available to students at the rec, that goal will turn into a six-pack in no time.

Eastern's rec center is located right next to Stevenson Hall and Lantz Arena. All a student needs to gain access is his or her Panther Card. The rec is open from Monday to Thursday from 5:30 a.m. to Midnight, on Fridays from 5:30 a.m. to 11 p.m., and then on weekends from 10 a.m. to 10 p.m.

Know when to go

The times when the rec center is least crowded is early in the morning, later at night, and on the weekends. An early morning workout is a great way to start the day, and an evening session could relieve stress.

Senior business major Nate Faber, a rec center employee, said the busiest days are definitely Monday through Thursday. "It gets bad at the beginning of the semester, everybody comes to work-out because they don't have anything else to do, and a lot of new people hear about it and check it out," Faber said.

"Then in spring semester, everyone is off their New Year's resolution and, they want to lose weight for spring," he said.

Lock up your stuff

The rec has easy-to-use lockers available for students to store their belongings.

Don't overdo it

Rec-rookies shouldn't burn themselves out too quickly. Know one's limits and find a workout plan that fits one's own fitness plan.

Switch it up

The rec center has a wide variety of equipment available. The rec center's cardio area has dozens of elliptical trainers, treadmills, stationary bikes and others, as well as a circuit training area, two free-weight areas, basketball courts, and an 1/8 mile jogging track.

Maurice Green, a freshman accounting major, said his favorite part about the rec center is its variety. "Probably the variety of things I can do. I can workout, I can run, I can play, basketball, volleyball, any of the stuff like that," Green said.

Join an intramural team

The rec center offers numerous major intramural team sports throughout the year, as well as individual sports. Intramural sports are a great way to have fun, stay active and meet new people.

Bridger Murphy, a sophomore recre-ational therapy major, said intramural sports and group fitness classes are one of his favorite things about the rec center. "They're really fun too," Murphy said.

Farber agreed. "I think (intramural sports) is a great way to kind of continue that competitive edge you might have had in high school," Faber said.

Take a class

The rec center also offers a number of different classes for people of all skill levels. Classes at the rec are a great way to workout, as they offer a group setting with assistants from fitness instructors. Different classes are offered at different times throughout the week so students can work the classes around their schedule.

Following these tips and advice will have students into rec regularly in no time.

Dominic Renzetti can be reached at 581-7944 or drenzetti@eiu.edu.

Keep a look out for these Top Cats

By Dominic Renzetti
Assistant Sports Editor

In the world of Eastern sports, there are a few names from each sport that any dedicated member of Panther Nation needs to know.

On the football field, fans should definitely know quarterback Jimmy Garoppolo, who will be entering his second season under center for the Panthers.

A likely target for Garoppolo will be wide receiver Erik Lora. The Miami, Fla., native will surely be a target for Garoppolo this season, definitely giving fans something to watch for. On the defensive side of the ball, look for veteran linebacker Gordy Kicckels to carry the team.

When basketball season rolls around, fans should look for Jeremy Granger, who took over the leadership role after the season ending injury of Tyler Laster, to again lead the team.

In women's basketball, fans should make sure they know Ti'Kenya Nixon, Jordynne Crank and Kelley Wysa, the same group that helped take the Panthers to the Ohio Valley Conference tournament last year.

Fans should also pay attention to the star-studded softball team, especially slugging Meline Brown and Morgan Liech. Young pitcher Stephanie Munday will surely follow in the footsteps of veteran Amber May in leading the Panther pitching staff.

On the baseball diamond, fans should take note of players Zach Renenstein, and pitcher Ben Thoma. Also on the mound, pitcher Mike Hockurs will surely be another pitcher to watch, especially in the OVC, as he is a former OVC Pitcher of the Year.

The track and field and cross-country teams are full of talent and names that fans should know.

Sprinter Zyc Boey and pole vault-er Mick Vitkun are arguably two of the best athletes not only at Eastern, but in the nation. Fans will definitely be hearing their names a lot next season, in both the indoor and outdoor.

Megan Gingerich carries the expe-rience necessary to lead the team to a successful run at another OVC championshhip. The young talent of Erika Ramos and Jill Mackieh will also be beneficial in the team's OVC campaign.

Ollivia Klaus was the top finisher for the Panthers in nearly all of their cross country events last season, and fans should not be surprised if she can do it again this year.

Every year after having a experience with under his belt, Ryan Ballard should also be a force to look out for come cross country season.

The women's rugby team is one of the most dominant teams at Eastern. Lauren Boyle is a monster on the field last season, and still being young in her career, she should have a repeat season this year.

Dominic Renzetti can be reached at 581-7944 or drenzetti@eiu.edu.

Every week the sports staff of The Daily Eastern News sits down and determines which athlete performed the best that week.

Fans should definitely take note of these names, as they are all Top Cat potential once their seasons start.

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By Alex McNamara
Staff Reporter

Eastern head coach Kim Schuette has coached her softball team to a 34-9 record so far this season. The reason: hard work pays off.

"When you win, it's the kids," Schuette said. "When you lose, it's the head coach." Schuette has coached the Panthers to the program's best season in its Division I history this season, but she said knowing as soon as a team gets comfortable will not be enough. At this point in the season, the Panthers are still rising high as the leader of the Ohio Valley Conference. So everything is good, Schuette said. "The food tastes better, the sun looks brighter and to everybody has a good time right now because the team is clicking," Schuette said.

Schuette said she has been blessed to surround herself with coaches and players who work well together and make the group better. Her assistant coaches, Jason Doey, Al Schuette and Denise Menzione each have their specialty on Schuette's staff. Schuette said Doey is the business manager, finding players to recruit, as well as the fiery one of the coaching staff. Schuette said, "He's the "ernal-optimizer," reaching the players everything about his knowledge of the game.

Recruiting is a crucial part of sports at any university. Some sports and coaches recruit differently than others, some have strict guidelines regarding how often and when they're allowed to contact potential student-athletes, while others are able to be more liberal in their recruiting. Eastern Athletics Country head coach Erin Howarth said the key for her to allure runners to Eastern is to start as early as possible.

"We're allowed one phone call between April 15 and May 31 of their junior year," Lynch said. "When they get to their junior year, they get to know a little bit more about you." Lynch said, "We'll call those guys one time and talk to them, get to know them a little bit more, so we can lay the groundwork for when the real recruiting starts in July." Lynch also said football subscribes to recruiting services to sift through the players who are attainable for a school like Eastern but still the best players possible. Baseball head coach Jim Schmitz said baseball requires recruiting with an eye on the future and which positions will become points of need on the roster by the time the players being recruited now will reach readiness. "You've got to identify what your needs are," Schmitz said. "You then identify when they're going to play. Schmitz said one of his biggest challenges in recruiting is predicting which players will or will not develop when looking ahead at recruits. "That's where the (junior colleges) come in," Schmitz said. "You look at a high school kid that's going to kind of take a year to get here and understand it. You kind of look at your team if you know you've got (a guy like sophomore Ryan) Dineen for a couple years at third, you don't go out and get a (junior college) third baseman, you get a freshman and he learns and the Dineen graduates and (the recruit) comes." Each sport varies, but coaches Howarth, Lynch and Schmitz agree, the town, campus and people of Charleston and Eastern are a big selling point to potential recruits.

By Brad Kupiec
Staff Reporter

Hard work pays off for Schuette
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Sprinter adds to his trophy case

By Dominic Renzetti
Assistant Sports Editor

Red-shirt junior Zye Boey competed in his first full season since a knee injury sidelined him last season.

Boey returned better than ever to have arguably one of the best indoor and outdoor seasons in Eastern history. It's that type of performance that makes Zye Boey The Daily Eastern News Male Athlete of the Year.

In the indoor season, Boey started strong and finished strong. He opened the season at the EIU Early Bird, the Panthers' debut indoor meet of the season, and swept the 60-meter dash and 200-meter dash.

He closed out his return to the indoor season with a seventh place finish at the NCAA Indoor Championships in College Station, Texas, at Texas A&M University.

Boey broke the all-time Eastern indoor 200-meter dash record at the Notre Dame Meyo Invite with a time of 20.89 seconds, breaking the former record, also set by Boey, by 0.02 seconds.

When it was time to move to the outdoors, Boey picked up right where he left off from his indoor season and began breaking records. Boey topped the EIU Big Blue Classic with a record-breaking 10.15-second time in the 100-meter dash.

Boey gives a lot of credit to his coaches and athletic trainers who helped him throughout his rehabilitation process after suffering the injury. He said a big part of returning to the track was believing.

"Really, the main key is believing in the coaches and athletic trainers," Boey said. "He said he put faith in everything they said to him and that helped him rebound this season.

Boey also said he was not at all nervous about returning for a full season, and that he was determined to make the jump back into competition.

"It really wasn't too much of a surprise," Boey said. "I just really, like I said, wanted to enhance the program." And enhance the program he has. At the NCAA Indoor Championship, in the Panthers' lone representative, Boey said he wanted to put Eastern on the map. The Panthers are among the best in the Midwest Region, and the highest ranking, Ohio Valley Conference team in the regional and national rankings.

Boey said he has put in, he feels that he has earned the title of Athlete of the Year.

"I'm excited to be Athlete of the Year," Boey said. "I think I've earned it." Dominic Renzetti can be reached at 581-7944 or drenzetti@eiu.edu.

TOP 5 MALE ATHLETES

Five of Eastern's best

1. Zye Boey - Red-shirt junior, Track and Field - All-American in indoor track
   - Set Eastern outdoor records in 100-meter and 200-meter dash
   - OVC Track Athlete of the Year (Indoor season)
   - Seventh in indoor 200-meter dash at NCAA National meet

2. Mick Viken - Red-shirt freshman, Track and Field
   - Broke Eastern pole-vaulting indoor and outdoor records as a freshman
   - OVC Freshman Athlete of the Year (Indoor season)
   - Transferred from the University of Wisconsin

3. Nick Nastl - Senior, Football linebacker
   - Named to first team All-OVC
   - Named to the Football Championship Subdivision Athletic Directors Association Academic All-Star Team
   - Led the OVC with 114 tackles, including 3.5 for loss.

4. Jeremy Granger - Junior, Basketball guard
   - Averaged 14.5 points, 4.5 rebounds and 2.8 assists a game as a junior
   - On pace to be Eastern's best free throw shooter
   - Named to the National Association of Basketball Coaches District 19 second team

5. Kevin Cook - Red-shirt senior, Football punter
   - Named to the first team all OVC
   - Ranked eighth in the nation in yards per punt 62.9 yards
   - Broke Eastern's record with an 86-yard punt

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Wind in their sails

May: Catalyst in historic season for team, pitchers

By Alex McNamara
Staff Reporter

Wherever she goes, people around softball know senior pitcher Amber May, said Eastern head coach Kim Schuette.

May, the anchor of the Eastern pitching staff, which had the nation’s best Division-I ERA in the era of April 12 at 1.16, is a hot commodity around the nation and overseas.

“It’s a goal, a dream of mine, to continue to play,” May said, the 18-game winner. “I’m not shutting the doors.”

Numerous teams, both in the U.S. and overseas, have contacted May about playing professionally, she said. But she is not ready just yet to be done with Eastern softball.

Eastern is having its best season in its program’s Division-I history with 34-9 with nine games to go until the Ohio Valley Conference tournament. The Panthers are in first in the OVC standings.

“Going out like this is something I’m definitely going to look back on in the future and be happy about,” May, The DEN Female Athlete of the Year, said.

As of April 12, May was ranked 14th in the nation in ERA at 1.14 (currently 1.30), 45th in victories with 14 (currently 18) and 51st in strikeouts with 143 (currently 178). May is ranked among the top 70 pitchers in Division I in most major pitching categories.

All of May’s success probably comes as a shock to the people who doubted her coming off of a successful high school career at Normal Community High School in Normal, which included a state championship.

Schuette said people told May she was too small to play Division-I softball. She said they also told May she would not make it at the next level because of her knee problems.

“She put that in her and now you look at what she’s done,” Schuette said.

May has always enjoyed proving people wrong, she said. As a junior in high school, her dad, Mike, doubted she could throw a no hitter and hit a home run in the same game.

May was pitching for Normal Community against the school’s cross-town rivals, Bloomington, and she proved her dad wrong.

In the sixth inning, May had a no hitter going. In the inning, she hit a home run, triggering the crowd to start to believe in her.

“Everyone started Whispering, ‘Oh my god, she’s going to do it.’” May said.

“My dad wasn’t going to go through with it until someone on the radio got a hold of the story.”

After the Bloomington game, May could be seen around town driving a brand new 2006 Mitsubishi Eclipse.

“Don’t bet against me, I’ll prove you wrong,” May said.

May has proven herself wrong this season with an 18-4 record and a 1.30 ERA. Early in the season, May said she doubted herself.

“In the first two weekends of the season, May had three of her four total losses this season. Schuette got her No. 1 pitcher back on track, May said.

“She’ll hit me in the back of the head and say, ‘Get out of your own head. You’re your own enemy,’ May said.

“She kind of gave me a kick in the butt and told me to relax.”

May said she has learned the pressure is more on the hitter than the pitcher. Opponents have been feeling the heat this season when May is on the mound, as opposing batters are only batting .190 against the senior.

With all of the success May has had against the odds, Schuette said everybody the sport is happy to know May.

“Everybody knows Amber because they want to know her, because she is so good and has overcome some obstacles,” Schuette said.

Two years ago, May realized even the youngest softball players know her and look up to her. In a summer game with the Bloomington Hearts, May got to play against the USA national team. After the game, as she chatted with some of the USA players, May had some admirers.

“There was a little line of girls behind me asking for my autograph,” May said. “That’s reassuring that people keep up with you and it’s fun to know people follow you.”

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FOOTBALL

Players prepare for Spoo’s last season

Team hopes to send coach out on high note

By Alex McNamee
Staff Reporter

Although football head coach Bob Spoo is entering his final season before he retires, junior linebacker Gordy Wickels said the coach is as fiery as ever.

"Coach Spoo has really come out with some intensity this spring," Wickels said. "You get the sense that him, along with the rest of the coaching staff, are ready to get this program back where it belongs."

All of the players on the football team are taking this season as an opportunity to send their coach out on a high note.

"It is our goal to make sure he goes out with a bang," red-shirt freshman tight end Von Wise said.

Wise said it has been an honor to be coached by Spoo, who is entering his 25th season as Eastern’s head coach.

Spoo is the winningest coach in Eastern’s athletic history, and is also the current Eastern coach who has been here the longest.

"He is an NCAA legend and will be missed at EIU," Wise said.

Spoo announced in November he would be retiring after his 25th season as head coach of the Panthers.

Freshman quarterback Jimmy Garoppolo said Spoo’s retirement gives the team a little more motivation to work hard and give their best.

"It gives all of our players and coaches a little more motivation to send him off on a good note," Garoppolo said.

Head football coach Bob Spoo rallies the team during a game against Jacksonville State Sept. 25, at O’Brien field.

Garoppolo said he is just happy to be able to play for Spoo for our more year.

"I’m really excited I get to have another year with coach, but he will be missed by all of us," Garoppolo said. "I just hope to give him a great final season at Eastern."

"The Panthers have had an intense spring after going just 2-9 last season, one of the worst seasons with Spoo as the head coach."

"We are even closer as a team because of the season we had last year," Wise said.

Wise said the team has done a lot in the spring to produce good results in the weight room and on the field, so he said he expects this season to be the best yet.

"We are a hungry team with an ‘all in’ attitude," Wise said.

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TEAM OF THE YEAR

Young team defies odds, wins team of the year

Hanna: ‘No plans on stopping’

By Rob Mortell
Sports Editor

After a sub-500 season last year, Eastern’s softball team has gone from middle of the pack to an out-right leader.

So far this season the Panthers have a 34-9 overall record, which is the best record in Eastern’s Division II history. They are also 21-3 in the Ohio Valley Conference.

The Panthers have a young team, with just two seniors on the roster; however, one of the seniors the team is losing is pitcher Amber May.

May has had a stellar senior season, posting an 18-4 overall record and going 14-1 in OVC games. She is currently second in Eastern’s history in strikeouts. This season she has earned a 1.30 ERA, leading the Panthers to the third best ERA in the nation.

Sophomore catcher Abby Wood said the team has been successful because every player knows their role and does it to the best of their ability every day.

"We are solid all the way through and it doesn’t stop with the starters," Wood said. "The people in the dugout are just as important as the nine on the field. That is what makes a great team."

Freshman outfielder Morgan Biel said the team has a great relationship on and off the field.

"The team has been doing so great because we have a great team chemistry," Biel said. "When someone is down, we pick each other up and we all contribute to the wins and different people step up each game to get the job done."

The Panthers have been led offensively by sophomore outfielder Melse Brown. Brown is hitting .499, which ranks at fourth in the OVC.

She also has seven home runs and 26 RBIs. She also leads the team in steals with 15 in 21 attempts.

Junior catcher Halle Hanna has also been productive. Hanna is hitting .348 with seven home runs and 21 RBIs. The Panthers have eight players hitting over .300 this season.

Freshman pitcher Stephanie Maday has been almost as impressive as May in her first season as a Panther. Maday is 13-5 with a 1.53 ERA and 93 strikeouts.

"We have been dedicated to getting better each practice, and we have been focusing one game at a time," Maday said.

The Eastern softball team has a record of 36-10 with two regular season games left before the start of the Ohio Valley Conference Championship.

Team members said they would not be in the position they are in if not for head coach Kim Schurte and the rest of the coaching staff.

"I could not ask for a better coaching staff," freshman infielder Ashley Westover said. "I think the best thing about them is how positive they are. Even in tight situations they have good things to say, and they believe in us.

"The season is not over and team members said they expect to win many more games."

"With our team, the sky is the limit," Hanna said. "I am speechless when it comes to everything that we have already accomplished this season and I, and I know the team, has no plans of stopping."