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Daily Eastern News: April 24, 2012

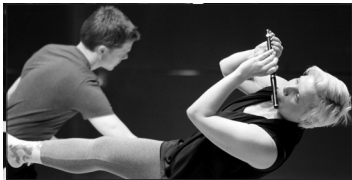
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Duo fuses dance,
music, poetry

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Benches clear, Panthers
take series finale

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STATE PENSION SYSTEM

Professors react to Quinn’s pension proposals

By Shelley Holmgren
Editor-in-Chief

Editor’s Note: This is the sixth installment in a series of articles about public pensions in Illinois as the General Assembly grapples with a budget crisis.

Public employees at Eastern are considering the true ramifications of the new pension plan proposed by Gov. Pat Quinn on April 20.

Quinn’s proposal to fix the Illinois state pension system would raise the retirement age for government workers to 67, increase employee contributions by 3 percent and reduce the cost-of-living adjustments to 3 percent or one-half of the Consumer Price Index, whichever is less.

Under the Illinois constitution, cutting pensions for public employees is barred.

However, Quinn told *The Sun-Times* this plan does not violate said measures because the new plan is voluntary.

John Allison, president of Eastern’s chapter of University Professionals of Illinois, said he believes the plan cannot be seen as “voluntary” when it is being packaged as an “offer you can’t refuse.”

“The choice is to accept these increased years of necessary employment, accept paying up more than you lodged yourself to pay into the system and when you retire, you will be paid less,” Allison said. “If you don’t accept this proposal, no increases based on promotion will apply to your retirement package and you won’t have any health care. That doesn’t sound like a choice to me.”

If state employees decide to maintain their current pension plan, they would forfeit their health care coverage and would see no benefit from pay raises once they retire.

This pension crisis exists because the state legislature has made a habit of underfunding its own pension system to avoid having to raise adequate funding for its spending pro-

grams, said history professor Jonathan Coit.

“Nothing the governor is doing will prevent this legislature or future legislatures from stealing from public employee pensions, which they have done every year for decades,” Coit said. “By increasing employee contributions from 8 percent to 11 percent, the governor is merely increasing the amount of money that can be stolen from state employees—that is, used to pay current beneficiaries, rather than being used to hedge against future pensions.”

And when the burden of payment falls on the university, there is one probable route for the administration to take—raising tuition.

“The cost has to be absorbed by someone,” Allison said. “What it amounts to is the state unloading their obligation onto employees and any citizen who use or benefit from the services of those employees.”

According to federal law, states are allowed to opt-out of Social Security if they provide a retirement

plan for their employees that at least matches the benefits of social security.

Coit said states should want to do this, because it means that they can avoid a guaranteed transfer of money to the federal government, and keep control of that part of their budget so that they can underfund their own pension systems if that is what they choose to do.

Allison said one larger issue that concerns him with Quinn’s proposal is the profound effects it will have on the community as a whole.

“In the long run, the reduced income of retired public employees will reduce their ability to provide goods and services and retain their home,” Allison said. “Small business and local governments will suffer as hundreds of thousands of retired citizens lose the retirement income they were promised.”

However, both Allison and Coit said they believe Quinn’s proposal will not pass federal courts. Quinn’s plan does not and will not provide a

Quinn’s proposals

- Raise the retirement age for government workers to 67
- Increase employee contributions by 3 percent
- Reduce the cost-of-living adjustments to 3 percent or one-half of the Consumer Price Index (whichever is less)

benefit that matches Social Security, Coit said. This means that it violates federal law, and will therefore be challenged and overturned by the federal courts.

“All Quinn is doing is creating an 8-to-10 year window in which the state will receive more money into its retirement systems and have to pay out less, and leaving the inevitable consequences to future legislatures,” Coit said.

Shelley Holmgren can be reached at 581-7942 or deneic@gmail.com.

CAMPUS

Student creates ‘green’ go-kart as class project

Graduate student creates working go-kart fueled by wood chips

By Rachel Rodgers
Administration Editor

After yanking the starter cord about 200 times and seeing faces in the crowd losing hope, the modified go-kart idled, and a graduate student took off during his first successful test run on April 5.

Mitchell Sempowicz, a graduate student in technology who will receive his master’s at the end of the semester, chose to mount a biomass gasifier onto a go-kart so it could be fueled by wood chips.

When he told others about the project he was pursuing for his independent study, they were surprised and did not believe he would succeed, he said.

However, after warming up the engine for about two and a half hours with the same wood chips that are burned in the Renewable Energy Center, Sempowicz propelled about 75 yards.

“Once everything was finally ready, I jumped in like the Dukes of Hazzard, and I went all the way down from the Klehm (Hall) loading dock to the Life Science Building,” he said.

Once he fired up his modified ride, the crowd began roaring and high-fiving, he said.

This project was not Sempowicz’s

first experience with go-karts. He grew up driving not only go-karts, but also motorbikes and four-wheelers.

“I grew up messing with tools in the garage or working on cars with my dad, and I was always building motorized scooters and really anything I could put a motor on to,” he said. “My garage was always a mess, but my mom and my dad were always supportive.”

He said he was always interested in taking a part a problem and solving it by making all of the pieces work.

For his project, he fabricated a biomass gasifier so he could generate syngas, also known as synthetic gas, from wood chips and feed it to the engine.

He welded a fitting to the carburetor and connected a pipe to it, and he tested the gas by funneling it to an exhaust pipe at the top of the go-kart and using a torch to light it.

Then, he would close the valve to the exhaust shoot and direct it to the engine.

He gathered most of his materials from recycled scrap in the production studio in the School of Technology and the go-kart was donated.

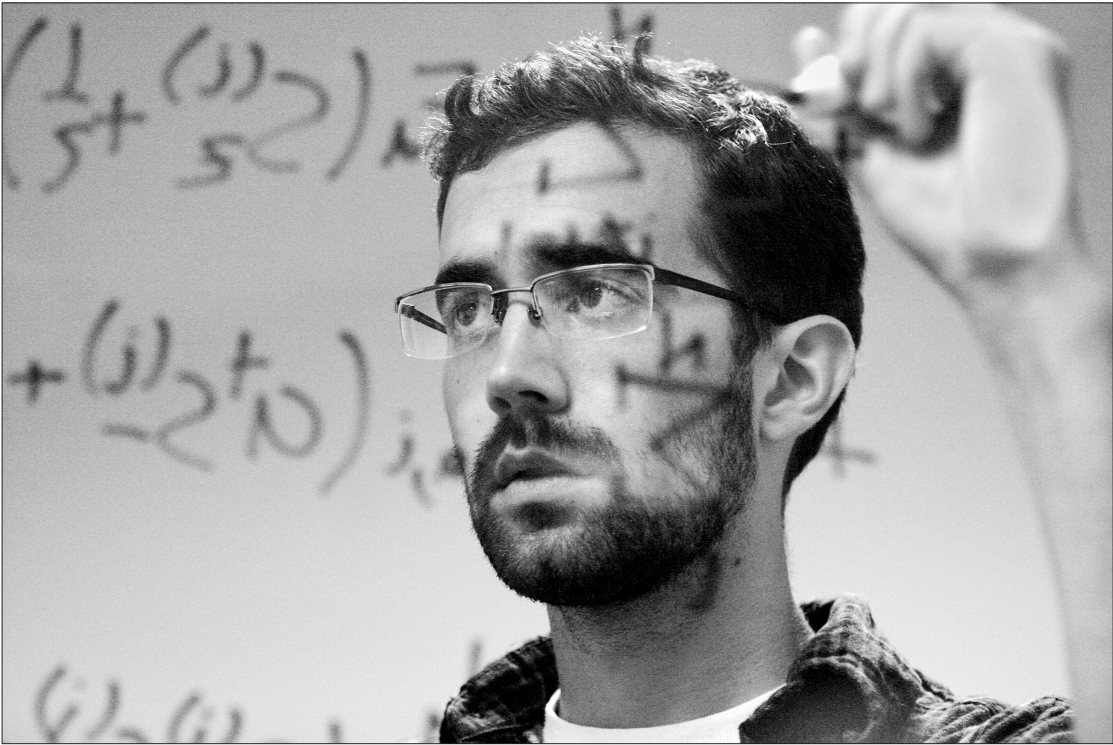
Sempowicz made a second test run on Friday, and he took off from the Klehm Hall loading dock after about 45 minutes of warming the engine.

“After the first test run, I installed an in-line gas switch so I could start the engine up on gas and switch it off once the engine was warm so it can run up on syngas,” he said. “I think it is harder to start on woodchips.”

In his first attempt, he burned about 15 gallons of wood chips, he said.

GO-KART, page 5

SCHOLARSHIP



KIMBERLY FOSTER | THE DAILY EASTERN NEWS

Jonathan Jones, a junior engineering cooperative major, was awarded the \$7,500 Barry M. Goldwater Scholarship and Excellence in Education Program scholarship for his quantum computing research in physics.

Student earns national award

By Kaylia Eskew
Staff Reporter

An Eastern student has received the \$7,500 Barry M. Goldwater Scholarship and Excellence in Education Program for his physics research in the area of quantum computing.

Jonathan Jones, a junior engineering cooperative major, is one of 282 recipients from a pool of 1,123 students to be named a Goldwater Scholar for 2012-2013 with only eight coming from Illinois.

Jones said he first heard about

the scholarship through the Honors College and was encouraged to apply by numerous professors.

“It’s encouraged me to set goals for myself that I didn’t think I could accomplish before, and it feels great to see something come out of the work that was put into the application process by myself and everyone who helped me along the way,” Jones said.

He said he did not think his chances were too good considering students from some of the top universities in the nation would be applying

“I was shocked when I found out I received the scholarship,” Jones said. “I knew I was competing with universities like Princeton and UIUC, so I didn’t think my chances were the best.”


The Goldwater Scholarship was established in 1986, and the first Goldwater Scholars were named in 1989.

Students who compete for a Goldwater Scholarship must be pursuing undergraduate degrees in mathematics, the natural sciences or engineering.

AWARD, page 5


EIU weather

TODAY



Mostly Cloudy
High: 63°
Low: 44°

WEDNESDAY



Rain
High: 73°
Low: 47°

For more weather visit castle.eiu.edu/weather.

CORRECTION

In the article “Merchant of Venice’ brings laughter” in Monday’s edition of *The Daily Eastern News*, Stacy McDermott’s name was misspelled
The News regrets the error.

CLARIFICATION

In Monday’s editorial “Denial worst response to sexual assault,” the Editorial Board suggested that the number of sexual assaults reported (1) in Eastern’s 2010 Criminal Statistics Report seemed dramatically outside the national norm. To clarify, we did not intend to assert that an individual of either the University Police Department, Charleston Police Department or Eastern’s administration broke the law by not reporting an incident brought to their attention.

We intend to further investigate sexual assault reporting by police and campus officials.

EASTERN NEWS

“Tell the truth and don't be afraid.”

Contact

If you have corrections or tips, please call:

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

CAMPUS

Jazz Ensemble to perform last concert

Award-winning group to be led by Sam Fagaly

By Felicia Darnell
Staff Reporter

The EIU Jazz Ensemble will say its goodbye with professional-level jazz compositions at its final concert at 7:30 p.m. on Thursday in the Theatre of the Doudna Fine Arts Center.

The award-winning group, led by Sam Fagaly, will be playing a variety of jazz selections.

Fagaly, the director of jazz studies at Eastern and the conductor of the EIU Jazz Ensemble, said the group will play selections from many jazz sub-genres.

The pieces will range in genre from big band and swing jazz to contemporary jazz, which will include improvised solos from the members of the ensemble, Fagaly said.

“They’re playing the kind of expected big band jazz and even some contemporary pieces,” Fagaly said. “We’ve prepared a lot of challenging music.”

Pieces will include big band staple “Moten Swing” as performed by the Count Basie Orchestra and contemporary compositions including “Pure Spirit” by Steve Allee.

Danielle McKenzie, a senior music major, will be featured as a guest vocalist, which has never been done by the EIU Jazz En-



FILE PHOTO | THE DAILY EASTERN NEWS

Pianist David Hoffman performs a solo Sept. 30 during an EIU Jazz Ensemble performance in the Dvorak Concert Hall of the Doudna Fine Arts Center. The EIU Jazz Ensemble and Wind Symphony joined together for “Life in the Groove.”

semble, Fagaly said.

The pieces that McKenzie will feature includes Johnny Mercer’s “Something’s Got a Give” and “The Nearness Of You” by Hoagy Carmichael.

Fagaly said the final concert will be a bittersweet ending for the ensemble because some of its members are graduating seniors after a year of working to perfect their craft.

“They’ve advanced throughout the year,” Fagaly said.

Fagaly also said the event is not just for jazz fans and that anyone can enjoy what the en-

semble has to offer because the music will speak for itself.

“We tend to just present the music,” Fagaly said.

The ensemble has had an eventful year, which includes winning DownBeat Magazine’s DB Award to releasing “Three O’Clock Downbeat,” its newest album.

Tickets are \$3 for students, Eastern faculty and audience members more than 62 years old. General admission is \$5.

Tickets are available in the Doudna Fine Arts Center box office.

Fagaly said the audience could expect the quality of the ensemble to be better than anticipated.

“(The audience) can be surprised by the level of professionalism of our students,” Fagaly said. “(The pieces chosen) aren’t for students; these are for professional artists.”

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VOLUNTEER

Students might be failing to grow up

By Kathryn Richter
City Editor

Sociologists have recently become concerned with a growing trend of 20-somethings failing to reach adulthood in the same time frame as previous generations, according to a 2010 *New York Times* article.

The article states the five milestones that most adults accomplish in their 20s, completing college, moving out of their parents’ home, becoming financially independent, getting married and starting a family are not happening as fast as the last generation.

Quiana Stone, an area director in Carman Hall, said she has noticed more students are dependent on their parents.

“With more of the millennial students, there are a lot more parents now that do a lot for their students,” Stone said.

Stone said she noticed many more students focused on extra-curricular activities in high school instead of focusing on gaining work experience or skill sets.

Terrel Cohen, a senior art major, said he feels the economy is to blame.

“It’s really hard to save up money if you don’t have money,” Cohen said.

Cohen said the current economic situation makes it harder for students to find employment after they graduate from college.

Stone said she also notices how students are more likely to call their parents or families

when facing problems or issues.

Stone said she remembers when she was an undergraduate student that she only called her parents as a last resort.

Vanessa Perez, a freshman English major, said she thinks our generation needs more encouragement from others.

“Maybe we need more positive influences or more motivation,” Perez said.

Stone said she also feels the way the current media portrays 20-somethings could have something to do with how students view their 20s.

When she was in college, shows like “Ally McBeal” and “Felicity” showed strong female leads, while today’s generation has the stars of reality television to look to for examples of adult-

hood, said Stone.

Stone said these television shows portray people making snap decisions, but do not properly portray the consequences of those actions.

Mariah Rosado, a sophomore business management major, said she disagrees that 20-somethings are not growing up as fast as previous generations.

Rosado also said people may get the idea of the current generation not growing up as fast because students may be less on track to graduate or there may be more college drop outs.

“I feel like our generation is doing well,” Rosado said.

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PERFORMANCE



SETH SCHROEDER | THE DAILY EASTERN NEWS

Flutist and dancer Zara Lawler performs "Eight Pieces" by Lowell Liebermann with dancer and choreographer Neil Parsons during their guest recital Monday in the Recital Hall of the Doudna Fine Arts Center.

Duo fuses dance, music, poetry

By Joshua Bryant
Staff Reporter

Gliding across the shining floor of the Doudna Recital Hall on Tuesday were Zara Lawler and C. Neil Parsons, performing "The Flute on its Feet," a live performance fusing three different flutes, choreography and poetry. Lawler, a flutist, dancer and instructor, has displayed her talent in Hong Kong, New York and across the Midwest before showcasing her skills at Eastern, which requires a high level of discipline and endurance. "There's certainly an aspect of being in shape and developing your en-

durance, but a lot of it has to do with strategizing," Lawler said. "Where you're going to take a breath and the audience won't notice, or where you're going to take a breath and the audience will notice, but it won't matter." She said there is a psychological aspect where she had to repeatedly tell herself she was not going to die. "And so far it's totally worked," Lawler said. Memorizing music for the performances can take a few weeks and long-developing elements, such as a Japanese Haiku piece that she incorporated and has been developing between two and three years.

Parsons, her partner on stage as dancer and choreographer, cited improvisational skills as a key to the show. "Improvisation is immensely useful in the process of developing," Parsons said. "To figure out the movements, a lot of it just happens in the moment." Parsons said things change in the performance and he has to be flexible as a performer. "There's a danger in expecting that you know all the answers at the outset," he said. "There's evolution." Compositions by David Loeb, Lowell Liebermann, Edie Hill and Georg Philipp Telemann rounded out the

duo's performance, which was met with heavy applause at each break. The final set, "Telemann: Fantasies," ended with the greatest applause and saw Parsons moving on all fours supporting Lawler on his back while she continued to spring notes from her flute. The duo will be on campus at 3 p.m. today in the Recital Hall of the Doudna Fine Arts Center for a workshop that will teach the elements of their performance for all instruments, or for anyone interested in their work.

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INDEPENDENT STUDY

Student shares homeless experiences

Eastern senior sheds comforts of normal life to experience homelessness

By Margaret Langevin
Staff Reporter

A student changed his entire life for one week and experienced being homeless in Indianapolis through the "Humble Homeless Project." Darius White, a senior family consumer and sciences major, did his independent study on devoting a week to being homeless. In the week of March 25, White took his Bible, \$20, a false wallet and other little things that would fit into his backpack on his journey. White arrived in Indianapolis at 11:30 p.m. on March 26 and slept in between a bank in 15 degrees Fahrenheit. In the first 10 minutes of being in Indianapolis, he kept asking himself why he was doing this. The rest of his experience, he slept in a

homeless shelter. During White's week stay, he went to the library and researched job openings. He went to the places and applied 30 minutes later. When he was applying, one of the stores said they were not hiring anymore. White said he experienced being robbed after leaving the library on his way back to the homeless shelter when two other homeless men hit him in the head and tried to take his backpack. White refused to give them his backpack since his bus ticket was in there. Two other males from the homeless shelter came to White's rescue. White said he wants people to learn from his experience by not keeping their heads up high with their educations. White said he hopes people will go out and support the homeless by donating their time, talents, clothes, food or recyclables to homeless shelters. "Homelessness does not segregate; it does not choose. Anyone can be homeless," White said. White spoke about different

people that he met in the homeless shelter, a little bit of their backgrounds and how they influenced his experience. "People feel like when we lose our phone we feel like we lost everything. These people lost their home," White said. White said the worst part of being homeless was that way people would treat him on the streets. White said he experienced the cold shoulder and people would cover their noses as they walked past him. In the homeless shelter where White stayed, the residents are not allowed to check in after 4:30 p.m. If they checked in later than that time they were not allowed in. White said one man received a job but did not get off work until 7:30 p.m., but when he came back from work, he was not allowed to come back into the shelter. Channing Finklea, a freshman psychology major, said she could not believe the struggle people had with homeless shelters. "The entire thing was shocking," Finklea said. "I couldn't believe how strict a homeless shelter can be. They helped one guy get a job but

wouldn't let him sleep there. " White said he has a passion for service, which made him devoted to this project. He said he was motivated by his friends, parents and Lisa Taylor, a family and consumer sciences professor, throughout his journey. White plans to continue living homeless for a week every year by staying in places like Tennessee and Kentucky. He said he will not go back to Indianapolis right away, but might go back in a few years to see if anything has changed. Jalyssa Woodall, a freshman art major, said it would be hard for her to experience this type of project. "I am shocked and more appreciative from hearing his story," Woodall said. "I would need a lot of mental preparation and determination to do this." White shared his experience throughout his journey through a blog located at www.humblyhomeless.blogspot.com.

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GIRLS ON THE RUN

Girls run for self-esteem

By Kathryn Richter
City Editor

A group of third-, fourth- and fifth-grade girls sat cross-legged in a circle of a science room at Jefferson Elementary School. They scribbled positive messages on posters and Post-its and decorated the hallways of the school. They adorned the sidewalk in chalk with messages such as "You're a star" and "Be yourself." Delaney Horn, a 9-year-old from Charleston, said everyone in the program was so nice. "Even though you think of yourself in a bad way, you are not a bad person," Horn said.

These girls are part of a national program known as Girls on the Run.

The program aims to help empower young girls with a positive body image and boost their self-esteem and confidence, all while having the girls train for a 5K run.

On Saturday, the girls, alongside community members, ran the 5K while the coaches and onlookers cheered from the sidelines.

Megan Garrett, an 8-year-old from Charleston, said she liked how the focus of the program was not about who ran the 5K the fastest, but focused on finishing it instead.

"I like how it's not a race," Garrett said. "It teaches you how to believe in yourself."

The 10-week program meets twice a week to teach lessons such as the impact of gossip and how to deal with bullies.

Claire Jaeger, a junior elementary education major, is a coach for the program.

Jaeger said she learned about the program when the program director of the Girls on the Run of East Central Illinois, Beth Gillespie, spoke to her sorority.

Jaeger said she spends two days a week with the girls.

"I've actually learned a lot through the process about myself," Jaeger said. "It definitely gives them a positive self-message and boosts their confidence."

Kennedy Hughes, a 10-year-old from Charleston, said the program taught her good health habits.

"I like to eat, and everything is really healthy," Hughes said. "Even mentally healthy."

The girls were busy Monday afternoon posting positive messages around the school and decorating cards for the elderly as part of the community service project.

Kaylee Wilson, a 9-year-old from Charleston, said she liked the camaraderie of the girls involved with the program.

"I like how we all got along and nobody was mean," Wilson said. "Everyone stood up for each other."

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

STAFF EDITORIAL

Compensation without representation; tragedy of student government

We have often written about Eastern’s student government on this page and been criticized for demeaning the work of fellow students or, worse, aiming at an easy target. But the truth is, we began this academic year believing in the vital role the student government should play in student life.

From the start, we were concerned that the Student Senate seemed committed to an agenda for the semester that would benefit very few people outside of the senate. In a September meeting, Student Senate Speaker Zach Samples assured us of two things: 1) The senate had to focus its energies on fixing internal matters in the fall so it could better serve students in the spring, and 2) none of this internal restructuring would prevent the senate from being an active representative body.

Two months later, we pointed out that the latter assertion was proving itself not entirely accurate. After attempting in a letter to excuse the senate’s impotency by listing the accomplishments required of its members, Samples opened the next senate meeting, speaking in his authoritative capacity, by telling his fellow senators to ignore criticism in *The News*.

Besides this being wholly irresponsible advice from the speaker, it may have helped further insulate a group that was quickly becoming too disconnected from its mission and its public to warrant credible authority. It remained an ineffective body throughout the fall and spring semesters. We heard regularly this year, from senators who preferred anonymity, about frustration among members who wished to do more. The leadership, they told us, just wasn’t there.

Many readers are probably unaware of what a serious loss this is for the student body. It’s fair to assume, especially coming out of high school, that student governments are ineffective and self-serving by nature. Historically, though, student governments at the university level have led the fight for students’ rights and played critical roles in the larger fight for equal rights in our society. A responsible, responsive, representative student government would have spent this year on issues that affect Eastern students. All year, the rest of us discussed two issues that may well lead to future tuition hikes: A decrease in enrollment and the state’s pension crisis (which will affect the pocketbooks of students, staff and faculty alike).

No whiff of student activism drifts from the offices of student government members, damaging not only the reputation of the body, but the generation as well. We know that, contrary to the favored narrative, our generation is an activist generation. We report on student activism in our news section and advocate it on the opinions page, even if we disagree with the position.

Where, then, was student government in rallies supporting gay rights or justice for Trayvon Martin? Why were its members not holding the megaphone and standing in solidarity with the Occupy protesters and union workers?

Ah, yes. They were busy attending to far more important internal matters. So, what internal matters took priority over the student government’s central function, as defined by its constitution, “to represent the Student Body of Eastern Illinois University and improve student life through the passage of bills and resolutions”?

Well, they have some new bylaws and sub-subcommittees. Unfortunately, this restructuring didn’t streamline the process enough. The student body may end up buying the student government a web-based program that lets members do things like send mass texts and create calendars. Alternatively, they could just buy the editorial board a round of beers to teach them how to use their cell phones.

Other recent issues of import have included seating arrangements at senate meetings and the existence of political parties. The latter seems particularly philosophical, since there has only been one “political party” this year and it conspicuously lacks a platform.

In this year of naval gazing, there was one issue discussed that directly affects Eastern students: executive compensation. After proving the bodies essentially worthless, the student government decided that its executives still deserve more money for doing less work than any of the student workers it represents.

The fat sum paid (by students) to executives is part of the problem. So is the apathy that allows the student body to accept the increasing irrelevance of the student government. Students have very low expectations of student government, but want to have high hopes. All it would take to turn the student government around is a few charismatic, caring leaders. This institution is important and can’t be allowed to fade into mediocrity.

If you are drawn to the courageous cause and not by compensation, if you are driven by passion rather than political pragmatism, we urge you: Step forward and lead in the coming year.

COLUMN

Battling the binging beast and winning

I love food. Intensely. Passionately. Fried. Beer-battered. Smothered in bacon and cheese. With a side of delicious, carb-y goodness. Either way, I am going to going to make love to it with my mouth. And I’ve had this infatuation with food for as long as I remember.

I was born almost three weeks premature – I guess you can say I was my mom’s miracle nugget. I was hospitalized for a week and there was a great concern that my body would not develop properly because I was so small. However, when I left the hospital, I began growing at a staggering pace. Turns out, the doctors told my mom, my love for food helped save me.

But then I kept growing and eating. And didn’t stop.

I knew from an early age that I didn’t look like other kids. I couldn’t run as fast. The other kids didn’t nearly go into cardiac arrest from an intense hour-long session of Red Rover. As I got older, my obesity escalated. My unhealthy eating habits led me to hoard food and eat in mass amounts. This problem continued to escalate into high school and college. But it wasn’t until my dad died in 2010 that my weight peaked at 270 lbs. and I knew that I truly had a disorder on my hands.

Binge eating, like anorexia, is a psychological disorder. For the majority of my young adult years, I joked about my weight. I used humor as a defense mechanism and few realized that I was actually suffering from chronic depression.

Like alcoholism, binge eating is a form of self-destruction that few people understand unless they have experienced it. You do it to excess, even though it makes you physically ill. It’s completely compulsive and you have little to no self-worth.

“Well, can’t you just stop eating?”



Shelley Holmgren

Tell an alcoholic to just stop drinking. Tell someone who is depressed to just be happy. Anyone who has ever suffered from an addiction can tell you – it’s not that easy.

The biggest misconception about overweight people is that we are lazy. For the majority of my life, I have gone to school full time, taken on way too many extra-curricular activities and worked a part-time job. Laziness was never an option for me.

I’ve always tried to lose the weight, of course, but nothing ever worked and my self-destructive habits took over. However, last September I decided to really try to do something about it. And shockingly, the weight started to drop.

When some of my friends noticed I was losing weight, they were concerned. (Please remember, these are friends who have had the unfortunate pleasure of seeing me inhale a sandwich.) They would ask me how I was losing the weight and more importantly, if I was still eating.

I would just shrug it off, mutter “thanks” and change the topic to Dungeons & Dragons. (It’s easier to defeat an army of Frost Giants than it is to get me to accept a compliment.)

I was still eating, just differently. Portion control is definitely something that has become my best friend. I no longer eat at odd hours of the night and I eat for the right reasons. However, what I think made the biggest change to my body was adding the gym to my week-

ly routine.

Although it may not show, I’m stressed out 98 percent of the time. When a friend recommended I try going to the REC to burn some stress off, I treated her to a look of pure loathing. “Going to the gym? That’s for thin people who love parading around half-naked on treadmills,” I thought. So I tried it. And at first, I was mortified to be one of the few overweight people whose face turned magenta while on the elliptical.

Until I remembered: I’m Shelley Holmgren – the girl who once terrified American Idol producers by wailing a Radiohead song during an audition. I don’t care what people think of me. That sense of empowerment is what drove me to run several miles a week and what gave me the ladyballs to make a complete moron of myself gyrating in Zumba class.

Since September, I’ve lost 70 lbs. Yes, I’m still considered overweight according to the Body Mass Index, but according to the Shelley Holmgren DGAF Index, I’m about 20 to 30 lbs. away from my goal weight. I never aspired to be a thin or athletic girl (I enjoy having my boobs way too much) and I didn’t lose the weight to impress anyone else. I did it for me.

Going forward, I’m going to try not to sink into the pitfalls of the unhappy person I used to be. I’m going to keep working out and keep eating healthy, but I’m also going to enjoy the new person I’m becoming. And I can’t wait.

Yes, I still get weak in the knees if a steaming plate of Guinness barbeque sauce-slathered ribs is presented to me. I’ve just learned to have a much healthier appreciation for it.

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

FROM THE EASEL



SHELLEY HOLMGREN | THE DAILY EASTERN NEWS

LETTER TO THE EDITOR

Gender equality must include change of dialogue

I would like to applaud *The DEN* for its April 23 editorial on sexual assault. The editorial board is right to highlight these issues and promote dialogue that will aid in the capacity of survivors to report their assaults.

But there also needs to be a conversation among the men on campus that this type of behavior is NOT a masculine endeavor.

It is not just the under-reporting of assaults by victims that is of great concern, but the inability of men to acknowledge their role, too.

The treatment of women by men, both on

campus and in our broader society, remains a mechanism to exert control and dominance.

There is nothing macho, manly, or cool by treating, thinking, or joking about such acts against women.

From cat-calls to the use of date rape drugs, these are no laughing matter.

It is not just a general dialogue between all of us, but there needs to be a concerted, serious, and pointed dialogue between men on this campus and in society that these actions ARE NOT OK.

When we, as men, are willing and able to continually step up and call out those among us who disrespect women, then will we see the signs of what it means to be a man.

When we are willing and able to openly support our mothers, sisters, colleagues and friends who are women, especially those who have experienced any such mistreatment, will true progress be made.

Michael D. Gillespie, Ph.D.
Assistant Professor of Sociology

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

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

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

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

The DAILY EASTERN NEWS

“Tell the truth and don’t be afraid.”

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



RACHEL RODGERS | THE DAILY EASTERN NEWS
Mitchell Sempowicz, a graduate student who will receive his master’s degree at the end of this semester, drives the go-kart he modified to run on wood chips on Friday near the Klehm Hall loading dock. He said he chose this project as his independent study.

GO-KART, from page 1

Jake Beadleston, a senior applied engineering and technology major, attended the test runs and said he observed Sempowicz working on the go-kart since the beginning of the semester.

“Once he took off, I thought he was going to drive all through campus, and I am glad that it didn’t choke out on him,” Beadleston said. “I think his project speaks volumes about what we can do here with our resources like the Renewable Energy Center, and this is just the beginning.”

Rachel Rodgers can be reached at 581-2812 or rjrogers@eiu.edu.

AWARD, from page 1

Sara Schmidt, an honors adviser and Campus Representative for the Goldwater Scholarship, said students that apply must have one or two years of undergraduate study left to complete, intend to have a career in research and have an unusually strong record of academic achievement.

For his application, Jones had to include short-answer questions, list work experiences with research work, submit a two-page research proposal, outline a detailed plan of the classes the student intends to take as an undergraduate, and get three letters of recommendation from professors.

He received recommendations from Amitabh Joshi and Don Pak-ey of the physics department and Daniel Mittleman from the department of electrical and computer engineering at Rice University.

Joshi served as Jones’ adviser for his research and said Jones’ research is one such effort to contribute in this forefront area.

“In the future, at some stage, the usual electronic computing machines will be replaced by quantum computing machines, as they are exponentially faster in processing information,” Joshi said.

Jones is the second Eastern student to be named a Goldwater Scholar.

Schmidt said Eastern’s first Goldwater Scholar was Rebecca Laird, whose award was given in 2008 for her chemistry research in the area of organic crystallography under Kraig Wheeler, an organic chemistry professor.

Schmidt said Jones has received both local and national recognition through his research.

“Jones has presented aspects of his work in quantum computing at the EIU College of Sciences Science Fest, as well as at conferences of the Honors Council of the Illinois Region and the Illinois Section of the American Association of Physics Teachers,” Jones said.

Schmidt also said as a part of a larger research study headed by Joshi, Jones’ work has been accepted for publication in “Nonlinear Optics and Quantum Optics.”

Kaylia Eskew can be reached at 581-2812 or kbeskew@eiu.edu.

“In the future, as some stage, the usual electronic computing machines will be replaced by quantum computing machines.”
Amitabh Joshi,
Jones’ adviser

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The New York Times

Edited by Will Shortz
No. 0320

ACROSS

- Ado
- Queen in a speech by Mercutio
- Denizen of the Endor world in "Return of the Jedi"
- Two-thirds of AOL
- Hole in one
- "___ le roi!"
- Danish birthplace of Hans Christian Andersen
- Not that many
- One who engages in finger painting
- TV announcer Hall
- "That's it!"
- Broadcasts
- Ados
- Give a makeover
- "Take a Chance on Me" group
- Detective's aid
- Mount ___ Hospital
- One who engages in fingerprinting
- Promotional device
- When said three times, 1970 film on the Pearl Harbor attack
- Whip
- Target as a customer
- What "bis" means
- Tug hard

DOWN

- Pioneering scientist Robert
- Reversed
- Mixture
- Tricky situation
- Open, as an envelope
- Locale of a 1923 Munich putsch
- Goya subject
- Lexus rival
- Rouse
- Indiana city on the Ohio
- Ring bearer
- No longer in love with
- ___ Gardens
- Nobel winner Mother ___
- Observe with the mouth open
- Standard sitcom subject
- Wooden shoe
- Novelist Seton
- Part of W.M.D.
- Heart of the matter
- Book after John
- Creamy cheese
- Jessica of "The Illusionist"
- Traveler on the Beagle
- Involve
- Salon tool

ANSWER TO PREVIOUS PUZZLE

G	R	E	E	K	H	D	T	V	M	A	Z	E
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59						60				61				
62						63				64				

PUZZLE BY WILL NEDIGER

- Available if needed
- Bleach brand
- Home of Barack Obama Sr.
- "No more for me"
- Terse note from the boss
- Canadian figure skating champion Brian

- Exhortation during labor
- Cousin of a bassoon
- Agenda part
- Split
- Tyrannosaurus rex had a big one

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MEN’S TRACK

Panthers set for Tuesday Tweener

Staff Report

Eastern’s track and field team will be back in action today when it competes in the Tuesday Tweener at O’Brien Field.

The Panthers will be competing against Indiana State and other area schools that will not compete in this weekend’s Drake Relays.

Entering the Tuesday Tweener, Eastern has six athletes that currently rank in the top 50 in the nation, as red-shirt senior Zye Boey, red-shirt sophomore Mick Viken, red-shirt senior Joe Noonan, red-shirt senior Donald Romero, red-shirt sophomore Jade Riebold and red-shirt senior Megan Gingerich each rank inside the top 50.

Boey holds national top 25

rankings in both the 100-meter and 200-meter dashes and is currently ninth in the nation in the 200-meter. Boey ran a season-best 20.51 second 200-meter dash at Vanderbilt.

Riebold, Viken and Noonan each sit inside the top 50 national pole vault rankings. Riebold is ranked as the 16th best pole vaulter in the nation. Viken and Noonan are ranked 10th and 42nd, respectively.

Romero and Gingerich round out the top 50 rankings as Romero ranks 50th in the weight throw and Gingerich ranks 42nd in the 800-meter run.

The Tuesday Tweener will begin at 1 p.m. today at O’Brien Field.

WOMEN’S TENNIS

Eastern Kentucky wins OVC title

Staff Report

The Ohio Valley Conference women’s tennis tournament wrapped up over the weekend in Nashville, Tenn., with the Panthers falling in the first round to Austin Peay.

Eastern Kentucky wins women’s title

The Eastern Kentucky women’s team took home its second OVC tournament title, defeating Tennessee-Martin in the championship round.

The Colonels entered the tournament as the No. 1 seed, while Tennessee-Martin entered as No. 2.

Despite losing out on the doubles points, the Colonels earned four victories in singles play with Kristina Labeja, Melissa Garristen, Marcela Jimenez and Milena Poffo picking up wins.

With the 4-1 win over the Skyhawks, Eastern Kentucky earns an automatic bid to the women’s

NCAA tournament.

OVC end of year awards wrap up

Jodie Tiely of Tennessee Martin was named OVC Women’s Player of the Year. She is the first player in OVC history to have won both Player of the Year and OVC Freshman of the Year in her career.

A senior from Cambridge, England, Tiely went 7-2 in OVC play, and posted an 11-8 overall record as the Skyhawks’ No. 1 player.

Along with partner Ivon Simic, she went 9-0 in OVC doubles play, while 14-3 overall. Tiely becomes the fifth Skyhawk to earn Player of the Year honors.

Amandine Faouzi of Eastern Kentucky was named OVC Freshman of the Year. Hailing from Mareil Sur Mauldre, France, Faouzi finished the season with a 15-7 record, while going 8-1 against OVC opponents. She is the first player from Eastern Kentucky to win the award.

Rob Oertel of Eastern Kentucky was named OVC Coach of the Year.

All-OVC first and second teams named

Named to the All-OVC first team was Vanja Tomic (Austin Peay), Amandine Faouz (Eastern Kentucky), Kristina Labeja (Eastern Kentucky), Jodie Tiely (Tennessee-Martin), Janelle Prisner (Eastern), Alison Carre (Austin Peay), and Merritt Whitley (Eastern). Because of a tie in the voting, seven players were named.

Named to the All-OVC second team was Ivon Simic (Tennessee-Martin), Cassidy Cunitz (Murray State), Raisa Guasti (Jacksonville State), Ashley Canty (Murray State), Melissa Gerristen (Eastern Kentucky), Milena Poffo (Eastern Kentucky), Alexis Garrett (Morehead State), Carla Suga (Murray State). Because of a tie in the voting, eight players were named.

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@DEN_Sports tweet of the day: The #EIU track and field team will host the Tuesday Tweener (today of course) at O'Brien Field, starting at 1 p.m.

SPORTS

Sports Editor
Dominic Renzetti
217 • 581 • 2812
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THE DAILY EASTERN NEWS
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BASEBALL

Benches clear, Panthers take series finale

Player ejected, Panthers notch crucial win

By Jordan Pottorff
Assistant Sports Editor

Eastern's baseball team turned in its best offensive performance of the season in the finale of the three-game series against Ohio Valley Conference foe Morehead State on Sunday. The Panthers tallied 13 runs and recorded a season-best 19 hits in the 13-8 win.

The Panthers, coming off a 13-2 loss in the second game of the series, made changes to the lineup and had major contributions from a number of players.

"We did move the lineup around a little, but we had to win this one today," Schmitz said. "Yesterday we had some gut-wrenching losses and came back. We did it against Eastern Kentucky, Austin Peay and now Morehead."

In total, seven Panther batters recorded multi-hit games as red-shirt senior T.J. McManus and freshman Caleb Howell paced the Panther offense with four hits each. McManus also added three RBIs. Red-shirt senior Ben Thoma also had a big day in the win, going two-for-six with three RBI and a home run. It was Thoma's team-leading eighth home run of the season and his second of the series. Junior Nathan Sopena also showed off his power, belting his first homerun of his collegiate career and picking up three RBIs in the win.

In the midst of the slugfest, Morehead's third baseman Andrew Deeds was ejected after a confrontation in the fourth inning. Eastern's Jacob Reese was advancing to third on a throwing error and appeared to dislodge the ball from Deeds glove on his head-first



ZACHARY WHITE | THE DAILY EASTERN NEWS

Senior Ben Thoma slides into home as Morehead State senior catcher Eric Bainer tries to field the ball and tag him out on Sunday, April 22 at Coaches Stadium.

slide. Deeds immediately retaliated by shoving Reese, which led to both managers engaging in a verbal confrontation at third base and the players leaving the benches. No other contact was made, but the umpires decided to eject Deeds for unsportsmanlike behavior.

"Reese slid hard into third, and (Deeds) shoved Reese," Eastern head coach Jim Schmitz said. "He got in his

face, and I'm not going to let anyone talk to my players like that. I'm going to defend my team, and I'm going to back my team."

Following the ejection, the Panthers continued to build on their momentum as they recorded seven runs in the fourth inning to take a commanding 12-3 lead. Eastern would add an insurance run in the sixth inning on a

throwing error before taking the game 13-8.

With the win on Sunday, the Panthers improve to 15-22 overall and 6-8 in the OVC. They currently sit at seventh place in the conference and will need to put together a streak of good play if they plan on participating in the OVC Tournament.

"We need to go 8-5 from this point

on to make the tournament," Thoma said. "1-0 sounds good to me."

The Panthers will be back in action today when they face off against in-state foe Western Illinois in Macomb. First pitch is scheduled for 3:30 p.m.

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SOFTBALL

Softball team takes loss at home at first conference

By Erik Jensen
Staff Reporter

Over the weekend, the Eastern softball team lost its first conference series in over a month to the Eastern Kentucky Colonels at Williams Field.

The Panthers won the first game of the series in an extra-innings thriller by a final score of 5-4, with the game winning run coming in the form of a walk-off homerun by sophomore Reynae Hutchinson. The Panthers lost to Eastern Kentucky in the second game of the day in a close 3-4 contest. In the final game of the series, errors led to Eastern being defeated by a final score of 13-4.

Eastern head coach, Kim Schuette, said she was proud of her team's effort and resiliency in the game one victory over Eastern Kentucky.

"Our kids really battled on Saturday and pulled out a great game one win," Schuette said. "We came back several times during that game and were never counted out. They played well in the beginning of that game and we kept getting runners on later in the game. We were that team who just wouldn't go away. Thankfully we won that game, and it took over three hours, 10 innings and all 20 kids and coaches to do it.

In the second game of the day on Saturday, Eastern fell behind 4-0, but made a run in the bottom of the seventh inning, scoring three runs but falling one run short of tying the game up.

"We came back to leave runners on first and second in the bottom of the seventh with one out and our power hitters up to bat," Schuette said. "We came up just short, but that was a good game as well.

The final game of the series the Panthers had four errors in the game that resulted in seven unearned runs being scored by Eastern Kentucky.

"We dug ourselves a pretty good hole in the first few innings being down 8-0," Schuette said. "We can't let such a huge inning happen, especially with what we would call six-plus errors even though the scoreboard will only show four. Our pitching, hitting and communication on the field could have been better. Our defense should have been better."

Eastern now has an overall record of 24-20 this season with a conference record of 14-8, which is good enough to put them in third place in the conference standings.

The Panthers still have six conference games left and only trail conference leader Tennessee-Martin in the loss



MIRANDA PLOSS | THE DAILY EASTERN NEWS

Ashleigh Westover, a sophomore kinesiology and sports studies major, prepares to swing Sunday during the Panthers game vs. Eastern Kentucky University at Williams Field. The Panthers lost the game 13-4.

column by five games. Eastern will have a chance to cut that down to two games after its upcoming series this weekend with UT Martin.

Schuette knows how hard this time of the year is for her players with finals approaching and a heavy workload, but

said she is excited and optimistic for the remainder of the season.

"We are going to get revived and refreshed this next day and a half and back to work on Tuesday," Schuette said. "This is a tough time of year down the stretch with finals, projects, aches,

close games, etc., but this is such an exciting time of the year when you have a tough group of kids who still have a lot of goals to accomplish like we do."

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