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Daily Eastern News: February 27, 2013

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INCH TO A CLINCH

The women's basketball team is two games away from winning the regular season championship.

Page 7



A HARDY HEART

During American Heart Month, experts give tips on how college students should practice healthy behavior to prevent future heart problems.

Page 2

"TELL THE TRUTH AND DON'T BE AFRAID"

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THE DAILY EASTERN NEWS

WEDNESDAY, February 27, 2013

VOL. 97 | ISSUE 110

CAMPUS | SPRING MUSICAL



DOMINIC BAIMA | THE DAILY EASTERN NEWS

Shelby White, a theatre arts major, spells the word atheist, during the rehearsal for the play "The 25th Annual Putnam County Spelling Bee" Tuesday in the Theatre of Doudna Fine Arts Center. The play runs Wednesday through Sunday.

'Spelling Bee' to showcase musical talent

By Kathleen Devaney
Staff Reporter

Audience members will have the opportunity to test their spelling skills in the spring musical "The 25th Annual Putnam County Spelling Bee."

The performance will be at 7:30 p.m. Wednesday through Saturday, and there will be a matinee performance at 2 p.m. Sunday in the Theatre of Doudna. Tickets are \$12 for general admission, \$10 for seniors and \$5 for students.

Brian LeTraunik is visiting to direct the musical.

LeTraunik said the play is far from ordinary in the sense that for every

performance, four audience members are randomly selected and brought on stage to compete in the spelling bee.

Rachel Sapp, a junior history major, said the role of the audience is simple, as long as the audience members pay attention.

"If you do what you're told and listen, you won't have to do anything else but spell," she said.

Sapp will be portraying one of the contestants, Olive Ostrovsky, during the production.

"The 25th Annual Putnam County Spelling Bee" is a simple play that is more of a character-driven piece than it is a plot driven piece, LeTraunik said.



DOMINIC BAIMA | THE DAILY EASTERN NEWS

Leaf Coneybear, played by Andrew Swanson; Logainne, played by Grace Munoz; and Marcy Park, played by Allison Wilber perform during a dress rehearsal for the play "The 25th Annual Putnam County Spelling Bee" Tuesday in the Theatre of Doudna Fine Arts Center.

Throughout the play, the audience is introduced to the six middle school students that compete to win the spelling bee, and the three adults that are running it, all portrayed by Eastern students, LeTraunik said.

"I'm sure the audience members

will pick their favorite character, but we kind of want them all to win, even though we know they can't," LeTraunik said. "We keep rooting for the underdog — but all of the character

MUSICAL, page 5

CAMPUS | CONSTRUCTION

BoT to vote on cooling system

By Stephanie Markham
Administration Editor

The Board of Trustees will vote Friday on the installation of a new air conditioning system that would cost \$963,660.

The purchase would include the labor, materials and equipment needed to remove the current steam-powered chiller and install a new electrical chiller to the air conditioning system.

The system is located in the Doudna Fine Arts Center mechanical room, and it cools various buildings on campus through a water-loop system.

Paul McCann, the university treasurer, said the current system is about 20 years old and was not replaced when Doudna was rebuilt.

"Last summer we noticed we were starting to have some problems with capacity of air conditioning, so we decided that this would be a good solution for that," he said. "We weren't able to cool as much as what we wanted to keep the temperatures as low as what we wanted to."

The new chiller would have an 840-ton processing capacity.

The materials needed include a cooling tower, electrical work and piping connections.

McCann said the new equipment would cool water with electricity and send it through a loop cooling system.

"This one is electric; the other one was steam driven," he said. "So if it makes sense at all, during the middle of the summer when it's 100 degrees out we're generating steam to make air conditioning."

The price includes \$656,530 in mechanical costs and \$219,525 in electrical costs.

"Our hope is we can have it designed and in house this summer so that we've got it ready for the cooling season," McCann said.

The board will also vote on an investment of \$151,660 for design services for the Clean Energy Research and Education Building that will be constructed next to the Renewable Energy Center.

Construction on the building, which is supposed to become a research center, will begin Friday.

The board will also vote on various investments in architectural, mechanical and electrical companies.

McCann said the companies would be kept on retainer for when their services are needed.

TRUSTEES, page 5

CAMPUS | MEMORIAL

Service to remember contracted employee

A memorial service will take place at 4:30 p.m. Wednesday in the Buzzard Hall Auditorium in remembrance of Richard Brayfield, who died Feb. 18.

Brayfield, 54, of Mattoon, was involved around Eastern's campus throughout the 1990s repairing copy machines as an employee of R.K. Dixon, and later work-

ing for Watts Copy and Konica as Eastern's copy contracts were negotiated, though he was never directly employed with the university.

Brayfield was born on July 7,

1958 in Carbondale, Ill. and is survived by mother Peggy Brayfield, wife Billie Long and stepson Mike Long.

Local weather

TODAY THURSDAY



Mostly Sunny
High: 35°
Low: 30°



Mostly Sunny
High: 35°
Low: 27°

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

THE DAILY EASTERN NEWS

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

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The Daily Eastern News is produced by the students of Eastern Illinois University. It is published daily Monday through Friday, in Charleston, Ill., during fall and spring semesters and twice weekly during the summer term except during university vacations or examinations. One copy per day is free to students and faculty. Additional copies can be obtained for 50 cents each in the Student Publications Office in Buzzard Hall. The Daily Eastern News is a subscriber to McClatchy-Tribune Information Services.

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

Corrections
The Daily Eastern News is committed to accuracy in its coverage of the news. Any factual error the staff finds, or is made aware of by its readers, will be corrected as promptly as possible. Please report any factual error you find to Editor-in-Chief Rachel Rodgers at 581-2812.

Employment
If you would like to work for The Daily Eastern News as a reporter, photographer, columnist, cartoonist, copy editor, designer or videographer, please visit at the newsroom at 1802 Buzzard Hall.

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AWARENESS | AMERICAN HEART MONTH

Experts provide tips for heart health

By Amanda Wilkinson
City Editor

Eastern health professionals are urging college students to stay healthy now to prevent heart disease later in life.

One in four deaths occur in the United States because of heart disease, which makes it the leading cause of death for men and women, according to the Center for Disease Control and Prevention.

The American Heart Association and other affiliated groups spread the word about heart disease prevention during American Heart Month, designated in February.

John Emmett, a professor in the kinesiology and sports studies department, said although college students are less likely to encounter heart disease at their age, what they do now has an effect on their heart later in life.

"It's a gradual process that starts early in life," he said. "Now is the time for people to adapt to a healthy lifestyle so they don't get in the problem of it."

Emmett said college students live a desk-bound lifestyle.

"That's one big one is the sedentary lifestyle," he said. "It's hard when you're in classes and studying, all of which involves sitting."

Emmett said school can be mentally tiring, and when students have free time they may choose to "veg out" to give their brains a break instead of exercising.

However, he said lack of exercise can have a toll on your body and heart.

"The more fat there is, the more blood vessels," he said. "That means the heart has to pump more blood to more places throughout the body, so it's just extra work for the heart to have a bigger network

to pump blood to."

Emmett said any exercise could improve the health of a heart, including running, walking and strength training.

Rachel Jannusch, the nutrition education coordinator at the Health Education Resource Center, said every little bit of exercise counts.

She said she recommends people

"Sometimes if the blood pressure's too high, then the heart's just working extra hard to exercise, and that could put the heart at risk," Emmett said. "The heart is like a skeletal muscle like any muscle in the body that when you stress it a little bit, make it work a little bit harder than it's used to; then the heart responds by becoming stronger."

more fiber, specifically soluble fiber, can decrease chances of heart disease.

"It's really important to add that soluble fiber in there because that is what's really going to help with lowering cholesterol," she said. "Yes, sodium does play a factor into (heart disease), but the more fiber you eat, the more that's going to remove the bad stuff, if you will, from your body."

The Eating Well website suggested eating "heart-healthy" foods, such as yogurt, raisins, whole grains, beans, berries and pomegranates.

Emmett said eating unhealthy may be easier for students.

"Sometimes the healthiest food isn't always the most handy or accessible," he said. "It's easier to go grab a burger and fries than to go make a salad."

The CDC also recommends to limit alcohol use and to stop smoking.

Emmett said while students are unlikely to get heart disease in their college years, they can work toward future prevention now.

"The unfortunate thing is that (heart disease is) really, for the most part, a largely preventable disease," he said. "It's mostly just lifestyle that's causing that."

Jannusch said that is just the college student state of mind.

"We're still in that period of adolescence where we think we're invincible," she said. "That's just the state of life that we're in: being college students. We don't realize what we're doing to our bodies now - it's going to affect us later on."

Amanda Wilkinson can be reached at 581-2812 or akwilkinson@eiu.edu.

Don't miss a beat



DESIGN BY RACHEL RODGERS

to do 10 minutes of exercise three times a day until they can do 30 minutes at one time.

Jannusch said even doing small things like lunges or squats while waiting for the microwave can help.

Emmett said if students choose to start exercising, they need to make sure their blood pressure and cholesterol level is at a healthy level.

He said the heart, therefore, has thicker walls and can pump more blood throughout the body.

Jannusch said eating healthy can be tricky on a college campus.

"The average college student eats about one to two serving of fruits and vegetables a day, when it's recommended that we eat almost nine serving of fruits and vegetables a day," she said.

Jannusch said eating less salt and

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EIU's arts & entertainment magazine

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Strumming Along



BOB GALUSKI | THE DAILY EASTERN NEWS

Matt Stewart, on guitar, Tom Garza, on drums and Mark Rubel, on bass, perform together during Tuesday's segment of America's Music: rock 'n' roll. Along with Roger Prillaman on keyboard, the band performed songs by Bob Dylan and The Who as an ending to the presentation in the Lecture Hall of the Doudna Fine Arts Center. The presentation included a film and discussion on the era of rock 'n' roll during 1965 until 1967.

CAMPUS | NIGHT OF EXPRESSION

Students to address controversial topics

By **Samantha McDaniel**
Student Governance Editor

Students can express their ideas about issues on campus and in their life at the University Board Mainstage's "Night of Expression: Silent Voices" Wednesday.

The "Night of Expression: Silent Voices" will take place at 7 p.m. Wednesday in the 7th Street Underground of the Martin Luther King Jr. University Union.

Danny Turano, the UB chairman and a senior sociology major, said this is a chance for students to talk and listen to different stories about discrimination, hatred, abuse and sexual assault.

"We are just going to have people come up to the stage and kind of just talk about different issues that

they've experienced, issues campus is facing and family issues," Turano said. "It's not limited to anything."

He said they are expecting to hear about many different issues ranging all over the place.

"It's giving students a chance to have their voice heard and let out the emotions that they may be bottling up," Turano said. "They might not feel so comfortable talking about them, but they will be able to hear everyone else's story."

He said with the recent controversies on campus including discrimination, sexual assault and violence, now is a good time to discuss these types of issues by sharing stories.

"It's allowing people to know they are not alone in these situations," Turano said.

He said they want to encourage students to talk because it will make them feel better by talking about issues that are bothering them.

It also allows students to vent healthily and let out the emotions they may have been holding in.

"It's always good to vent because venting allows you to talk about it and get it off your chest, so it might be a venting situation, depending on how people view it," Turano said.

Turano said he hopes this give students a connection with one another.

"I think this is really what is going to create that community of EIU," Turano said. "It shows that people are not alone in certain situations."

At the end of the event, the par-

ticipants will let go of balloons or lanterns.

"They are letting something go, and I think it symbolizes letting go of the hatred or sadness that they are feeling," Turano said. "It's about letting it go and not have it affect their lives anymore."

He said even if attendees are not comfortable with sharing their stories, they can still connect with others who have gone through that situation.

"It allows each other to see who they are, not just on the surface as a student, but on a personal level that we try to instill on campus," Turano said.

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

BLOTTER

Battery reported at Douglas

- At 10:31 p.m. Friday, a battery was reported at Douglas Hall. This incident was referred to the Office of Student Standards.

- At 12:06 p.m. Saturday, a weapons complaint was reported at Taylor Hall. This incident was referred to the Office of Student Standards.

- At 1:25 a.m. Saturday, Sarah Benain, 18, was arrested at Andrews Hall. She was arrested on charges of unlawful use of ID, illegal consumption of alcohol by a minor and was released at 2:49 a.m. after posting 10 percent of \$1,000 bond.

- At 3:20 p.m. Saturday a harassment report was taken at Douglas Hall. This incident is under investigation.

- At 2:53 a.m. Sunday, Alexandria Capeles, 20, was arrested at 360 Grant Avenue. She was arrested on charges of DUI-Drugs, possession of cannabis 2.5-10 grams and released at 5:59 a.m. after posting 10 percent of \$3,000 bond.

CORRECTION

The number of awards *The Daily Eastern News* won at the 2013 Illinois College Press Association conference was incorrect in Tuesday's edition of *The DEN*. *The DEN* won 16 awards, not 15.

COMMENTS, CORRECTIONS, OR EVENTS

To report any errors, local events or general suggestions for future editions please contact our Editor-in-Chief, **Rachel Rodgers**, via: **Phone | 581-2812, Email | DENeic@gmail.com Office visit | 1811 Buzzard Hall.**

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THURSDAY'S QUESTION

How often do you attend Eastern sporting events?

HERE'S WHAT YOU SAID



Never! Kinda boring.

Luis Alarcon



Never.

@Uncle_Hogan_12

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* or to the DENopinions@gmail.com.

"LET'S GIVE THEM SOMETHING TO TALK ABOUT"

How do you think sickness spreads around college campuses?

To submit your opinion on today's topic, bring it in with identification to the DEN at 1811 Buzzard Hall or submit it electronically from the author's EIU email address to DENopinions@gmail.com by 4 p.m. today or reply to us on social media.

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DRAWN FROM THE EASEL



DOMINIC RENZETTI | THE DAILY EASTERN NEWS

STAFF EDITORIAL

Take advantage of academic assistance options

Midterms are just around the corner. How are your grades looking?

The Daily Eastern News wants you to do well on your midterm exams, but we're not the only ones.

The University Housing and Dining Services Office wants to help you out too with a program called Homework Heroes.

Don't be fooled by the name.

It's not some kind of kindergarten homework club. It's a program for college students by college students.

The group's mission is simple, as put by Aseret Gonzalez.

"We wanted to provide an on campus academic network where students could help each other with whatever area they feel comfortable."

Students can provide the times they are available and where they are able to meet.

Homework Heroes has tables at Carman, Thomas and Taylor halls.

OUR POSITION

- **Situation:** Midterms are on the horizon and students may need academic assistance.
- **Stance:** Homework Heroes is a great program for students to take advantage of.

If you or someone you know is struggling with a class or just needs a few last minute tuneups before midterms, you should most certainly take advantage of not just Homework Heroes, but any opportunity that comes your way for extra help.

There's no shame or reason to be embarrassed when it comes to asking for extra help.

College is hard and it's supposed to be hard, so you might need to ask for help every now and then.

There are options out there available to help you. All you need to do is go out and find them.

So, if you find yourself in some serious trouble, try and find yourself a hero. Homework heroes exist right here on campus and they're here to save you.

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

Take time to learn from your peers

As much as weekends at Eastern have taught me, this past weekend away from Eastern was easily one of the most insightful I've had during my time in college.

This past weekend, 10 of us from *The Daily Eastern News* traveled to Chicago for the annual Illinois College Press Association conference.

Though I've been to conferences before, this one topped the others for sure.

I went to sessions about leveraging skills for a non-journalism job, blogging, feature writing and designing.

My goal for the weekend was to attend a variety of sessions and learn a little bit about a wide range of topics.

Although the sessions were insightful and gave me new ideas for my future career, I learned the most from the people around me.

After attending the scheduled sessions for the day and going out to dinner with our professors, a few of us roamed around the hotel in search of new people to hang out with.

We ended up meeting some students from Northern Illinois, Bradley and Southern Illinois University at Edwardsville.

The unofficial 2 a.m. session we ended up inventing turned into one of the most helpful ones of the entire weekend.



Robyn Dexter

We gathered in a quiet corner outside one of the big conference rooms and sprawled out on the floor with copies of our respective publications.

The most refreshing part of our late-night adventure was finding out that other schools have many of the same problems we do.

We spent time swapping stories, struggles and triumphs.

Though we respect the professionals that came to speak in the sessions and the advice they gave us, learning from people our age was much more relatable.

Getting the chance to interact with our peers, network and build connections with them can prepare us for the field we're about to enter in a unique way.

This conference really made me think of the importance of being involved in your major out-

side the classroom and networking with other students.

If you think about it, these will be the people you will be competing with for jobs.

Knowing what you're up against can help prepare you for your career and give you a sense of what you'll be up against.

On a more positive note, your peers can offer constructive criticism from a viewpoint teachers and professionals simply cannot.

They know the ups and downs of the area they've chosen for a career, and they understand the realities of a technology-driven world we're about to enter.

Coming back to Eastern after the weekend up north, I've developed a better sense of journalism at other universities and the people that fuel it.

I firmly believe in the importance of getting to know your peers from other institutions in your area of study.

The insight they provide, though they are young like we are, is key to understanding the constant evolution of the workforce and our future careers.

Robyn Dexter is a senior journalism major. She can be reached at 581-2812 or denopinions@gmail.com

CAMPUS | UNIVERSITY BOARD

Students to test trivia knowledge in culture contest

By Ashley Widick
Staff Reporter

Students will have the chance to show off their trivia knowledge of pop culture and other topics during the University Board's Trivia Night Thursday.

Kourtney Pygott, the special events coordinator for the UB, said the trivia questions would feature topics that are relevant to students.

"We are doing pop culture trivia with music, movies, television and miscellaneous categories," Pygott said.

She also said students must sign up to participate in the competition.

The competition is free and is at 7 p.m. Thursday at the 7th Street Underground in the Martin Luther King Jr. University Union.

Students who are interested in the trivia night can sign up on the Student Activity Center's website or in the activity center itself, located on the second floor of the Union next to the Bridge Lounge, Pygott said.

There is a requirement of exactly four people per team, she added.

The team who wins the competition will receive gift cards to different stores throughout Charleston.

Danny Turano, the UB chair, said this competition is for anyone who likes trivia-style games.

"People should get involved because everyone loves trivia so this will be a fun event for everyone to

come and enjoy," Turano said.

Kaitlynn Zimny, a sophomore sociology major, said the idea of having a reward for the winning team mixed with the opportunity to mingle with other students is a bonus for the night.

"This is a great way to get students involved and interact with others," she said. "An event that has a prize always makes people more interested in the actual event and makes them want to be included in it."

Haley England, a sophomore business major, said the competition was a good answer to students who are under 21 years old and cannot compete in trivia nights at local bars.

"Every Tuesday night at the bar Panther Paw and Grill, they have a trivia night event," she said. "This (upcoming) event being created by the Student Activity Center is perfect for the students who are under the age of 21 and would like to test their knowledge about different categories and things going on in the world."

Pygott also said the event would be a good opportunity to try and win money by using trivial knowledge.

"It's something fun and free for students to do on campus and win some gift cards," she said.

Ashley Widick can be reached at 581-2812 or anwidick@eiu.edu.



DOMINIC BAIMA | THE DAILY EASTERN NEWS

Cast members in the play "The 25th Annual Putnam County Spelling Bee" Tuesday in the Theatre of Doudna Fine Arts Center say the pledge of allegiance during a dress rehearsal. The play runs Wednesday through Sunday.

» MUSICAL CONTINUED FROM PAGE 1

ters are kind of the underdog." LeTraunik is a professional actor and director from Chicago who has taught multiple classes at many colleges and universities in the country.

He said a faculty friend, Jean Wolski, a theatre arts professor at Eastern, recruited him to direct this musical around springtime of last year.

He has been working alongside with Seth Killen, Eastern's musical director and music professor, during the production.

Rehearsals have been held five days a week, Monday through Friday, usually three hours a night since the semester started.

"The first few weeks of rehearsals we started working on the mu-

"Sometimes the things that alienate us are the things that bring us together."

- Brian LeTraunik, Director

sic because it's relatively difficult," LeTraunik said. "The musical is one hour and 40 minutes (long), with no intermission and about 65 percent music."

LeTraunik said the actors all knew each other previous to the rehearsals of the musical, but they did not know LeTraunik and what to expect from each other.

"They've done a stellar job," he said.

LeTraunik also said the plot of the production would revolve around the idea that what people can per-

ceive as isolation can really be connection.

"Sometimes the things that alienate us are the things that bring us together," LeTraunik said. "A great reason to come see the show is because it speaks to the misfit and underdog in all of us."

Tickets are \$12 for general admission, \$10 for seniors and \$5 for students.

Kathleen Devaney can be reached at 581-2812 or kdevaney@eiu.edu

» TRUSTEES CONTINUED FROM PAGE 1

"We're just keeping them in our back pocket so we're ready for something if it ever comes up," he said.

Recommendations for tuition increases for the 2013- 2014 school year will also be brought up at the meeting.

Additionally, Bob Martin, the vice president for university advancement, will give a summary of the EI&U Expect Greatness capital campaign that began in October 2010 and ended last September.

The campaign ended two years

early and earned \$13.7 million more than its \$50 million goal.

Julie Sterling, president of the EIU Annuitants Association, will also give a presentation about the association during the meeting.

The board will meet 1 p.m. Friday in the 1895 Room of the Martin Luther King Jr. University Union.

Stephanie Markham can be reached at 581-2812 or samarkham@eiu.edu.

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Min. after hr.

- :03 LifeSpan Center
- :14 County Market
- :18 EIU Student Union
- :21 Save-A-Lot
- :27 Wal-Mart
- :31 Coles County Public Health
- :35 6th & Monroe Ave.
- :37 119 W. State St.
- :44 Post Office (Northwest Business Park)
- :53 Sarah Bush Lincoln Health Center

Mattoon:

Min. after hr.

- :03 LifeSpan Center
- :10 Cross County Mall (Sears Entrance)
- :13 Prairie & 1st St.
- :17 CVS Pharmacy
- :20 Amtrak
- :25 32nd & Cedar St. (South East Corner)
- :29 21st & Commercial St.
- :34 1617 Lakeland Blvd. (LLC Adult Ed Center)
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3/18

Los Angeles Times Daily Crossword Puzzle
Edited by Rich Norris and Joyce Lewis

ACROSS

- Leftover bit
- Kitchen meas.
- Highland tongue
- Thrill to pieces
- Commuter's option
- Cuts short
- "Understood!"
- Egg on
- Debt-heavy corp. takeovers
- Pittsburgh fan base, collectively
- A pop
- Confirmation or bar mitzvah
- Tons of, casually
- Philatelist's pride
- Pet welfare org.
- Tie up loose ends?
- Shed a few tears
- "Bus Stop" playwright
- Radar's favorite drink
- Butter on the farm?
- Windy City trains
- 45 Solemn promises
- 49 Annual political speech
- 54 Appeared on TV
- 55 Penlight batteries
- 56 AFL affiliate
- 57 Commercial interruptions literally found in this puzzle's three other longest answers
- 61 Just as you see it
- 62 City near Sacramento
- 63 Young neig sayers
- 65 Adjust, as strings
- 66 Close
- 67 Slippery as ___
- 68 Israel's only female prime minister
- 69 Nile threats
- 70 Toy bear named for a president

DOWN

- Line piece: Abbr.
- Places to hide skeletons?
- Dilapidated dwelling

By Marti DuGuay-Carpenter 2/26/13

Monday's Puzzle Solved

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70
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BREWSTER ROCKIT BY TIM RICKARD

WOMEN'S BASKETBALL | CHAMPIONSHIP RUN

Eastern clinches division, not finished yet

By Alex McNamee
Staff Reporter

The Eastern women's basketball team clinched one of the top two seeds in the Ohio Valley Conference Tournament, which will be in Nashville March 6-9.

The Panthers have yet to clinch the regular season championship, which would be their first since clinching it in the 2009-2010 season.

Eastern Kentucky, the team that beat the Panthers by one point on Jan. 7, holds the tiebreaker over the Panthers.

The tiebreaker can only benefit Eastern Kentucky if the Panthers lose one of their last two games, but the Colonels have not even locked up first place in the east division yet. Tennessee Tech is one game behind Eastern Kentucky.

The Panthers kept their celebration after Saturday's west division-clinching win low key because they know what is still ahead of them.

"We have to win out to win it all, right," Eastern coach Lee Buchanan said. "(The players) know Eastern Kentucky is only one game behind us."

Buchanan said his team is smart enough to know it has unfinished business to try to win the OVC Tournament.

"That's what a veteran team should do," Buchanan said. "The whole goal when I got the job in June was to try to win the conference regular season and then win the tournament."

Belmont's Coleman praised

Before Saturday's game against Belmont, Buchanan knew Belmont's Jordan Coleman was a lot like Eastern senior forward Mariah King — athletic and long.

Coleman carried her team in Saturday's loss, playing the first 36 minutes of the game and only leaving because



DOMINIC BAIMA | THE DAILY EASTERN NEWS

Kelsey Wess, a senior guard, prepares to shoot the ball during the game against Belmont University Saturday in Lantz Arena. The Panthers won 60-43.

of an injury.

"She's the real deal," Buchanan said.

Coleman scored 12 points, adding 13 rebounds and four blocks in the game. She was one of two Belmont players to score in double figures.

King challenged early

King was frustrated in the first half of the game against Belmont because

she thought she was getting pushed in the back on rebounds, Buchanan said.

So, Buchanan took her out of the game late in the first half and talked to her on the bench.

"I told her, 'You probably are, but you're not giving me anything to argue about, so you have to go put a body on her and let me argue for you,'" Buchanan said.

King didn't have a big offensive

night, only scoring seven points. Her impact was felt on the defensive end, Buchanan said.

"She might not have scored a lot of points today, but she did a really good job defensively," Buchanan said.

Player signs with Eastern

Arnisha Thomas, a 5-foot-11 forward from Illinois Valley Community College verbally committed to play

for the Panthers next season, according to an article in The Ottawa (Ill.) Times.

Thomas, a Milwaukee, Wis., native, scored 19.4 points per game this season and averaged 13 rebounds per game.

Alex McNamee can be reached at 581-2812 or admcnamee@eiu.edu.

SWIMMING | OFF-SEASON

Panthers look back, plan for the road ahead

By Aldo Soto
Assistant Sports Editor

The Eastern women's and men's team returned from the 2013 Summit League Championships with over 40 new school records, but the teams will have a different facade next season.

Coach Elliott McGill said the freshman class needs to improve if the team is to continue to ascend in the league.

Seniors Hailey Foss and Kelli DiCanio swam for the final time as Panthers, ending their careers with a handful of records.

Foss single-handedly set new school-record times in the 500-free-style, 1,000-free-style and 1,650-free-style (the mile swim).

At the top of Eastern's All-Time Top 10 Performers list in the 100-breast-stroke stands the name of DiCanio,

who before setting the new school-record in the event, was already the record-holder.

But what McGill said he will focus more on next season will be making the freshman class on the men's team better overall swimmers.

The men's team will start the 2013-14 season having lost six swimmers due to graduation, meaning the incoming and current freshmen class-

es will need to focus on more events other than what they specialized in the league championships, McGill said.

Dylan Ferguson and Jake Roberts, both freshmen, stood out this year for McGill.

"Jake and Dylan have done a great job this season," he said. "They have stood out as freshmen and they have performed beyond my expectations."

The second-year coach said he specifically wants to refocus training in the individual medley.

Aldo Soto can be reached at 581-2812 or asoto2@eiu.edu.

For the in-depth version of this article go to: dailyeasternnews.com

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4/30

» EXPERIENCE CONTINUED FROM PAGE 8

The same team he pitched for more than a decade ago.

Anderson's graduation coincided with the pitching coach's job being open for Eastern.

Coach Jim Schmitz started the month of December looking for a new pitching coach and he looked up north for some help, but it was not Anderson who he was looking at first.

"I actually called the Illinois coach on another guy," Schmitz said. "Dan Hartleb called me back the next day and said if I had thought about Jason. Now we're just lucky to have a quality guy who wants to have his roots here."

Anderson no longer has to worry about what pitch he will throw to a major league hitter, now he has to worry about every pitch thrown by every pitcher on the Eastern baseball team.

Anderson went on to play for the New York Mets in 2003 after being traded and made one appearance as a Cleveland Indian before ending his ca-

reer back with the Yankees.

With over 10 seasons in professional baseball, Anderson said his experience, as a player will help him coach in the college level.

With his career lasting more than a decade and Schmitz's 20-plus years as a college coach, Anderson said their ideas have to gel together.

"We strive to work together and balance ideas off of each other to find the best things that apply to these college kids," Anderson said.

Anderson no longer steps on the same field that Babe Ruth or Lou Gehrig once stepped on, instead he coaches Eastern's pitchers to make them as great as they can be. And when he is done, he goes home to his family, where his son greets him with a smile everyday.

Aldo Soto can be reached at 581-2812 or asoto2@eiu.edu.

BASEBALL | COACH

Family man brings big league experience

By Aldo Soto
Assistant Sports Editor

Eastern pitching coach Jason Anderson had to bide his time in the minor leagues before Joe Torre and Don Zimmer gave him an opportunity. "We had four guys living in a one-bedroom apartment, with no TV, no car, this was before cell phones and computers, and I personally slept on a blow-up air-mattress on top of a kitchen table," Anderson said.

A 23-year-old Anderson walked into the visiting clubhouse inside of the SkyDome in Toronto (currently named Rogers Centre) and found the jersey No. 22, hanging in the locker located right next to his. That jersey belonged to his fellow Yankee teammate Roger Clemens.

Anderson was no longer trapped in that undersized New York City apartment, waiting for a van to pull-up in front of his building to escort him and his three teammates to the ballpark, when he was a pitcher for the Single-A Staten Island Yankees.

The Danville native reached the highest level in his sport and to boot he made his major league debut with the most storied franchise in MLB.

"You don't get star struck but it is surreal," Anderson said. "Roger Clemens had the locker next to me and I've been watching him since I was 6 years old. You have him and Randy Johnson across the room and sometimes you want to pinch yourself."

In the 2000 Major League Baseball Draft, the New York Yankees drafted Anderson after his junior year at Illinois.

Until 2011, when he played for the Somerset Patriots in New Jersey, Anderson spent every year in the minors despite playing in the MLB for four teams.

Anderson, 33, said it was an honor and a dream come true when he finally made it to the majors.

"It's something you dream of as a little boy, playing in the backyard everyday; you can't really explain it," Anderson said. "That dream come true when you run out there for the first time, it kind of hits you that you have accomplished one of the goals for your career that is so hard to reach."

Anderson said he enjoyed every moment playing in the big leagues, watching the work ethics of Andy Pettitte and Mariano Rivera, traveling cross country from one city to the next, but Anderson now has a new joy in his life.

In June, Anderson will celebrate his son's second birthday.

Back in 2011, when Anderson played his final season as a professional baseball player, his son was born, which resulted in a career change.

"I played with a lot of guys who had kids and drove their kids all around the country and I did not want that to be me," Anderson said. "I want to come home to my kid every night and that is what I'm doing now. It's one of the best decisions I could have ever made."

Anderson walked away from the game but not completely.

When he returned to Illinois to finish earning his degree in December, he served as a volunteer coach for the school's baseball team.

EXPERIENCE, page 7



DOMINIC BAIMA | THE DAILY EASTERN NEWS
Assistant Coach Jason Anderson coaches pitchers during practice on Tuesday in the Lantz Field House. Anderson was hired in December and played in the major leagues before coming to Eastern.

MEN'S BASKETBALL Eastern defeats Chicago State

Staff Report

The Eastern men's basketball team beat non-conference foe Chicago State 58-50 Tuesday night.

Senior guard Malcolm Herron led the Panthers with 14 points, but with one minute remaining, Herron made a jumper Eastern up 56-48.

On the ensuing Chicago State possession, Herron blocked a jumper by the Cougars' Nate Duhon with 44 seconds left to maintain a six-point lead for Eastern.

Herron was 5-of-8 shooting, as Eastern shot 55.8 percent and 50 percent from 3-point range.

Aside from Herron, freshman guard Alex Austin and sophomore forward Josh Piper also scored in double-figures with 12 and 10 points respectively.

Meanwhile, Duhon and his game-high 18 points led Chicago State. Despite Duhon shooting 7-of-12, the Cougars shot 30.8 percent and 20 percent from 3-point range.

Eastern improves to 10-20 on the year, while Chicago State falls to 8-20.

The Panthers will return home to host Southern Illinois Edwardsville at 4 p.m. Saturday March 2 in the regular-season finale.

TRACK AND FIELD | RECAP

Mishaps stall events, OVC Championship goes on

By Aldo Soto
Assistant Sports Editor

Freshman Trevor Morgan of Southern Illinois-Edwardsville sat on his team's bench with a blank stare on his face inside of Lantz Fieldhouse 10 minutes before the men's weight throw event began.

"I'm running in the 800-meter race," he said, still sitting on the bench, avoiding eye contact while tying his shoelaces.

But the 800-meter race was the 15th event of the first day of the Ohio Valley Conference Indoor Championship and the men's weight throw, the first event of the day, was yet to begin.

Morgan turned back to his teammates, then a trio of Cougars walked onto the track to warm up.

A persistent applause echoed off in the distance.

As I walked towards the thunderous claps coming from the Eastern Kentucky track team, clumps of sand exploded off the ground, a couple of feet high. The men's long jump was underway.

A group of track members from Eastern's men's team stood behind the runway, where the long jumpers sprinted on before exerting all their energy into their jumps.

Joining the group were senior Danny Harris and Bryce Hogan.

The two stretched their arms, legs, seemingly all the muscles in their bodies, making me wonder, "does everyone have muscles like that and if so, where are mine?"

But now there was a problem.

No more sand was jumping into the air.

Everyone was standing around. No

one was jumping.

Three older gentlemen, all with thin white hair, wearing matching green shirts with the OVC logo in the middle of the shirts, stood in circle with a couple of track athletes, who were competing in the long jump, and a couple of coaches.

By the look of the long jumpers, it was not good news.

Eastern track coach Tom Akers walked over to one of the three officials and asked what happened.

"We had some mismeasurements on the first series of jumps," Akers said. "It was corrected on the last person who jumped. And so, what they're doing is allowing the people who had their jumps mismeasured jump again."

Hogan, who finished in third place in the long jump, earning a bronze medal, said the wrong measurements began with the first five jumpers.

"They were measuring from the middle of the jump instead of where they're supposed to, right at the end," Hogan said.

But, who was doing the measuring?

An Eastern student, who vehemently declined to share his name said he was told he was measuring incorrectly by one of the officials.

Why is a student doing the measuring of a long jump at a conference championship?

"I'm doing this class," he said. "That's the only reason I'm here. It's for credit, but if I was (measuring) wrong from the beginning why did they wait until now to say something? Whatever, I guess I'm getting replaced now."

And he was replaced, by one of the officials wearing the green shirts.

The problem was fixed, the event went on and Southeast Missouri State's Blake Carter won first-place.

The controversy was over, I moved on.

It was still a couple of months prior to my first birthday, but I remember seeing the Derek Redmond finish in the 400-meter race during the 92 Summer Olympics on TV several years later.

Redmond finished dead last, after injuring his right hamstring. But what stuck with me was the end. He got up and despite knowing his gold-medal dreams had already disappeared he finished the race, crossing the finish line along side of his dad, who came on the track to help his son.

I always thought those kinds of moments are once-in-a-lifetime, until I witnessed Eastern's Cody Boarman collapse to the ground after qualifying for the finals in the 200 and 400 meter dash.

"It really started hurting the most when I was coming into the straightaway," Boarman said. "But my coach said I needed to finish because we needed the points. So, I bit my lip and kept running."

Boarman had not competed in four weeks prior to Friday, suffering from an Achilles' injury.

The junior had taken medicine all week before the start of the indoor championship to ease the pain.

The pain resurfaced during the preliminary round of the 200-meter dash. Reaching down, after the first lap, Boarman knew his left Achilles' was not 100 percent.

He returned Saturday, his left Achilles' taped up, ready to race in the finals.

"I put a lot of ice on it and hopefully it'll feel good enough to race," Boarman said.

The Eastern runner did not place



DOMINIC BAIMA | THE DAILY EASTERN NEWS
Senior Mick Viken pole-vaults during the Ohio Valley Conference Championships Saturday in Lantz Fieldhouse. The men's indoor track team won the championship and the women's team placed third.

in either the 200 or 400 meter races, but he earned six points for Eastern including a fourth-place finish in the finals of the 400, where his teammate Calvin Edwards, met him at the finish after the freshman, Edwards, won the race.

Amongst the confusion, which began with the long jump, and the competitive nature shown by all the athletes not just Boarman, showed how a team made of individuals came together to accomplish one goal.

I asked Trevor Morgan, the freshman runner from Edwardsville, why he decided to be on a track team.

"Before I started high-school my dad was friends with the track coach and ever since I was first introduced to him I've been running."

Morgan eventually ran in the 800-meter race, failing to qualify for the finals, but he knew it was not going to be easy.

Seconds before he and two of teammates abandoned their bench to warm-up, Morgan left me with an uncomfortable silence, after pondering how he would do in the race.

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