#### Eastern Illinois University The Keep

April

2006

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## Daily Eastern News: April 27, 2006

Eastern Illinois University

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CARRIE HOLLIS/THE DAILY EASTERN NEWS

Sophomore marketing major Kristofer Wilhelmsen (bottom) and freshman Tessa Stouffer lay in the middle of the south quad in support of the "Day of Silence." The four-hour-long protest was to stand up for the gay, lesbian, bisexual and transgender community.

# **Pride protests**

 Some students showed support, others violence to members' silent demonstration.

BY CATHY BAYER AND NICOLE MILSTEAD CAMPUS REPORTERS

#### The tape read, "faggot."

Four other members of Eastern's Pride chapter protested with Wilhelmsen, a sophomore marketing major, showing their support for the Day of Silence.

Wilhelmsen refused to speak, keeping up with the protest, but wrote a comment down on paper.

"We're having a silent protest showing how the words people use can be offensive and can kill and hurt those around you," Wilhelmsen wrote. Gay, Lesbian and Straight Education Network. It began in 1996 at the University of Virginia.

"We were not pretending to be dead, the duct tape represented those who feel they have to be silent everyday because of how society feels and their beliefs," said Brooke Buchanan, a junior 3-D studio design major, after the protest.

Students walked around the sidewalk on the grass, stepping around the protesters'

## Parking gets scrutiny this fall, summer

BY ASHLEY RUEFF SENIOR UNIVERSITY REPORTER

A new parking committee will study the ongoing parking issues on campus in hopes of finding some solutions.

How to relieve the shortage of parking spaces will be the committee's main concern in a study to be done during the summer and fall semesters.

Dan Nadler, vice president for student affairs, will head the committee, which is organized by the Council on University Planning and Budgets.

"We just need to do a very comprehensive study to find out exactly where we stand in our parking situation," Nadler said.

The committee will consist of two faculty, two staff and two student members who will look at the current situation and future parking needs.

"Parking is a very complicated issue," Nadler said. "Eastern is not unlike many institutions that are facing very similar challenges."

Eastern has one of the lowest parking fees compared to other state universities that are also struggling with parking shortages on campus.

"I think we need to look at what we're currently charging and how that compares to other institutions," Nadler said.

The committee wants to determine how many spaces are on campus, where they are and how they are being used.

Parking is already a problem, and can be expected to get worse in the future. New classes of students bring more cars each year.

"In our society, we're becoming increasingly mobile, and everyone likes to have their own set of wheels, and that creates additional challenges," Nadler said. "A greater percentage of our students arriving today own cars, more so than our students did 10 years ago."

The committee will also evaluate the shuttle service and throw around the idea of a parking garage.



LOU HENCKEN EASTERN PRESIDENT

"I wish more people would use the shuttle bus."

Kristofer Wilhelmsen lay in the middle of the south quad, wearing sunglasses and all black. He was not relaxing in the sun Wednesday morning, but protesting with duct tape covering his mouth. "We exhibit those dying," he added. The other members of Pride had tape over their mouths that read "dyke," "queer," and "carpet muncher." The Day of Silence is a project of the still bodies. The protesters occasionally gestured to each other, tapping on the sidewalk, deciding how to lay and sit.

SEE SILENCE PAGE 6

## Petition unlikely to affect library hours

#### BY NORA MABERRY ONLINE EDITOR

A petition circulating on campus to extend library hours is unlikely to effect a change, said the library's dean this week.

The Student Senate passed a resolution last week supporting a petition started by the College Democrats to extend the hours of the Gregg Triad lab and Booth Library. Student senator Ben Marcy sponsored

the resolution.

"The resolution was to open lines of

communication," Marcy said. "Just to let the administration know it's a concern of the students."

Jillian Ruddy, student vice president for business affairs co-sponsored the bill. Ruddy said that students had brought concerns to student government about library hours.

"The library is only open until five on Friday," Ruddy said. "We want to let students know we're working on the things they find important."

Ruddy said that the student government

was not to the point of discussing funding for the project or researching how to find more people to work the extra hours at the Triad or the Booth Library.

However, Allan Lanham, dean of the library, says that student government has proposed extending library hours before.

"I have encouraged them to find something that is feasible in the library to work for," said Lanham. "I told them to help us with the speakers or exhibitions."

SEE LIBRARY PAGE 6

"I wish more people would use the shuttle bus," said Eastern President Lou Hencken. Use of the shuttle bus would cut down on congestion in parking lots. Hencken is also thinking about a parking garage. "I believe very strongly that we need a parking

garage," he said. "I've seen it work at other universities.

"I think the idea is good, but like everything else the devil is in the details, and we need to find out what these things cost."

Nadler said he hopes the committee can develop recommendations that will need little funding, but knows that an undertaking like a parking garage will require major funding.

"If we want to do some additional construction of lots or parking garages, then there are additional costs that will be associated with that as well," Nadler said. The state does not appropriate funds for parking, so money would have to be raised either internally or externally, Nadler said. Raising parking fees might be one way to do that.

"There are some solutions, but again, solutions cost dollars," he said. "We are going to do our very best to do good, sound research and come up with some good sound recommendations for consideration."

#### **UNIVERSITY WIRE**

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#### THE DAILY EASTERN NEWS

5 DAY WEATHER

TODAY

...

46

Partly cloudy

Friday

72

## Grant funds new ethics courses at U. Illinois

#### BY RYAN DAVIS DAILY IELINI (U. ILLINOIS)

CHAMPAIGN - In the 2005 major motion picture, "Fun with Dick and Jane," Jim Carrey plays a husband who has just been laid off by a global corporation - a corporation suffering from fraudulent accounting practices. As the end credits roll, the film sends out a special thanks to Enron, WorldCom and Arthur Andersen. The College of Business at the University of Illinois is going beyond mere satire and head shaking - it's going to do something about the issue, adding units about professional responsibility and accountability into core business and accountancy courses.

The college recently established the Center for Professional Responsibilities in Business and Society. The center is being funded by a \$4 million grant

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#### STAFF LIST

Northern District of Illinois. There is also an additional eight-year, \$4 million commitment from the Deloitte Foundation. The center will be led by the department of accountancy in the College of Business and will be operational by summer of 2006.

"The scope of this is much bigger than business ethics," said Avijit Ghosh, dean of the College of Business.

Ghosh stressed the responsibility business professionals have to their community, customers, coworkers and shareholders.

The \$4 million grant from the court was part of a judgment entered against five former executives of Waste Management Inc. by District Judge Wayne R. Andersen in Chicago last year. The Securities and Exchange Commission accused the five executives of inflating earnings by \$1.7 billion in

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from the U. S. District Court, 2002.

The Deloite Foundation matched the grant said Howard Engle, partner and trustee of the Deloite Foundation.

"We thought (the center) was a good idea and something that could have a lot of benefits for other universities," Engel said.

Through the center, responsibilitybased units will be introduced into business courses. According to the Deloitte Foundation, the units will likely show up in core business courses normally taken during students' sophomore and junior years.

"It will not be a stand-alone class," said Ghosh, who feels this route is a more effective way of creating sensitivity about professional responsibilities.

Business majors have mixed feelings about the center's effectiveness.

"In some of the required business courses, such as the core BA 300s, 310s,

NIGHT PRODUCTION STAFF NIGHT CHIEF ......EVAN HILL INSIDE DESIGN ..... AMY SIMPSON NIGHT PHOTO EDITOR ..... ERIC HUTNER COPY EDITORS .....CATHY BAYER PERIODICAL POSTAGE PAID AT: Charleston, IL 61920 ISSN 0894-1599 PRINTED BY: Eastern Illinois University Charleston, IL 61920 ATTENTION POSTMASTER: Send address changes to The Daily Eastern News Buzzard Hall, Eastern Illinois University Charleston, IL 61920

320s, an ethics unit can be helpful," said Jeff Ainsley, junior in Business. "In more technical courses, though, it may not be as relevant."

Such units will also show up in accountancy courses taken during junior or senior years.

The center will eventually expand such units, incorporating them into courses throughout campus.

The curriculum and teaching materials will then be disseminated to other colleges and universities across the country.

The center will also develop a lecture series called the Deloitte Symposia that will bring together leading academics and professionals to discuss and debate topical issues in the field.

#### Breast cancer study of area women has hopeful results

CHAMPAIGN – After monitoring thousands of postmenopausal women at high risk of developing breast cancer for the past five years, the initial results of the study on tamoxifen and raloxifene were released last week.

Lori Garvey, director of communication and public relations at National Surgical Adjuvant Breast Cancer and Bowel Project, said both drugs showed promising results for preventing breast cancer.

"Both drugs reduced the risk of developing breast cancer by 50 percent," Garvey said. "Both drugs were compared and found equivalent, with raloxifene having fewer side effects than tamoxifen."







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## AVAILABLE 2006 - 2007 SCHOOL YEAR! ALSO 6 MONTH LEASES FOR SPRING 2007





GAMPUS

A quick take on news, scheduled events and announcements.

## Everybody set to 'fight kung fu'

Author Vijay Prashad will lead a discussion on his book "Everybody Was Kung Fu Fighting: Afro-Asian Connections and the Myth of Cultural Purity."

The book examines more than five centuries of historical evidence of cultural and political interaction between African-Americans and Asians around the world. The book looks at the exchange of cultural and religious symbols, appropriated personas and lifestyles, and working together to achieve political change.

Prashad is Associate Professor and Director of the International Studies Program at Trinity College in Hartford, Conn.

Readings are available at the Booth Library Reserve Desk.

The discussion is from 3:30 to 6 p.m. today in the Arcola/Tuscola Room, in the Martin Luther King Jr. University Union.

#### Textbook Rental return deadline approaches as semester ends

The deadline to return Spring 2006 textbooks is Friday, May 5 at 3 p.m. Textbook Rental Service will be open Tuesday, May 2 through Thursday, May 4 from 8 a.m. to 8 p.m., and Friday, May 5 from 8 a.m. to 3 p.m. Late fines will be charged on textbooks returned after Friday, May 5 at the rate of \$10 per book.

Textbooks may be returned at any time during the semester prior to the deadline with no penalty. All textbooks do not have to be returned at the same time.

Students can visit the Textbook Rental Service portion of PAWS to view a list of books checked out on their account. Current information can be found at www.eiu.edu/-textbks/.

#### **TODAY'S EVENTS**

#### All Things iPod

This technology event is free to faculty, staff and graduate assistants. For more information, contact Amita Bhargav at 581-8396 or by e-mail at cats@eiu.edu.

1 p.m. | CATS Training Lab, McAfee Room 1214

#### Computer lah open 24/7

The Gregg Computer Lab will be open 24 hours

## Dining halls serving spoonless



ERIC HILTNER/THE DAILY EASTERN NEWS

Caitlin Gossell, a freshman sociology major, draws flatware for dinner in the Thomas Hall Dining Center Wednesday evening. After starting the school year with 800 spoons, Thomas Hall Dining Center has only 10 because of student pilfering.

 Thomas Hall Dining is operating with nearly 800 fewer utensils than it had in August.

#### NICOLE MILSTEAD CAMPUS REPORTER

Students are having a hard time finding spoons to eat their meals with in the Thomas Dining Center.

One by one, spoons are being stolen from the dining centers. These spoons are disappearing so fast that not all the dining centers are able to order more in time.

At the beginning of the year, Thomas Hall Dining Center opened with 800 metal spoons. The dining center only has 10 left, said Brian Schneider, director of Thomas Hall Dining Center,

"The students often walk out with them with their ice cream," Schneider said. "We keep putting out more plastic spoons hoping it will help."

Thomas has lost a few knives and forks but mostly spoons.

"They have been on a spoon kick for the last few months," Schneider said.

Other dining centers have lost silverware and trays as well. These items have to be replaced and the funding is provided from Housing and Dining room and board rates.

Carman Hall Dining Center has also lost spoons but gradually put new ones out, said Paul Elson, head student supervisor of the center.

"We always have enough out," Elson said.

Noris Fields, a Carman Dining civil service worker, says Carman has lost just as many spoons as Thomas, if not more.

Tower Dining has less of a problem with cutlery being stolen because they mostly use plastic. Tower Dining only uses metal silverware for reservation-only dining.

Thomas Dining has ordered more spoons that will be in for summer session.

## Alumna shares secret to music success

#### BY CATHY BAYER SENIOR CAMPUS REPORTER

Eastern alumna Charlotte Martin has toured with Howie

Day and Liz Phair. As a vocal performance major, she had no intention of writing music. She did not even start writing music until the end of her senior year.

The first song she wrote was for a friend who committed suicide.

After graduating in 1998; she had two choices: go to graduate. school or try to make it in the record business.

She took her father's advice and moved to Los Angeles to pursue her music career. Now, Martin has been living in LA. for nearly server years. She's put out four albums, and has another one on the way. Students gathered in the University Ballroom while Martin talked about the music Wednesday afternoon.



Idiot," which made its debut on Madden, a football video game, instead of the radio or MTV.

He knew he had "made it," after working on his first video game, Prince of Person He remembers the first time he saw his name scroll on the

"I knew I could but he said.

Both artists the importance of har and dedication needed er to d in the pust 30 The two artists that Taking yourself also r key element.

"Make the mu you like, don't just do wh think other people will like fartin said.

a day, seven days a week until the end of the semester. It will close for the semester at 10 p.m. May 5.

#### Asian film series

Political Science professor Lilian Barria will present a film on Cambodia this evening as part of the Asian film series for Asian Heritage Month. 6 p.m. | Booth Library Room 3202

#### **ON THIS DATE IN HISTORY**

25 years ago - Union Area Head Bill Clark said that renovation would begin in the fall to convert the cafeteria to a leisure and recreation lounge.

10 years ago - Rainy weather hampered crowds at Eastern's yearly Celebration: A Festival of the Arts.

Five years ago - Students expressed concern over a proposed increase of the Shuttle Bus Fee. multimedia industry's largest

audio production house.

He has been a video game composer for 16 years. He is also the first video game composer to release an album.

When he was younger, he loved music and video games, but he did not know he could work with his two biggest loves when he grew up.



ERIC HIERNER/THE DAILY EASTERN NEWS

business with Tommy Tallarico Recording artist Charlotte Martin watches Tommy Tallarico, a composer of video game music, field questions from students Tallarico is the founder of during a lecture about the music industry Wednesday afternoon Tommy Tallarico Studios, the in the Martin Luther King Jr. University Union Ballroom.

> He remembers working on the original Tony Hawk video game, thinking, "Who the hell is this Tony Hawk guy, anyway?" he said.

Today, he deals with unique situations at work.

"(People ask him), Okay, we've got a hundred guys on horses, they're coming at you with swords, now write a piece (of music)," he said.

Video games' scripts, lights, emotions and visuals, Tallarico said, inspire video game music.

Video games are turning into the radio of the 21st century, Tallarico said. He gave the example of Green Day's Grammy award-winning song "American

Martin's succesbeen gradual, said her m secky Martin.

Her daughter 1- gone through a lot of hard perseverance, lonely mines and phone calls home, Berly Martin said.

There is a price to pay with this type of lifestyle, as she has had to sacrifice a lot, she said. Most of her friends are married with kids. And she wants to do that, but she can't yet --- she has to sacrifice, she said.

Charlotte Martin was recently married and has been touring for the last six months.

"But she makes a living doing what she loves," Becky Martin said.

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

EBITORIAL

## Laptop proposal a plus for Eastern

Computers are a necessity for college students. Many students, however, cannot afford a computer. These students frequent on-campus labs and use the computers of friends and roommates, when possible. But one proposal could give Eastern students instant access to technology.

The Academic Technology and Advisory Committee has introduced a plan to investigate the integration of the price of a personal laptop computer into student fees. Though the technology fee is likely to be raised, the benefits of having a laptop computer during college and afterwards are priceless. The cost of the laptops could also be included in financial aid packages if it were required in the student technology fee.

Lab hours would be less of a problem because students could use their computers at their own whims. Less funding would be needed to buy campus technology and could used in other areas. Students would also have the ability to get more hands-on experience that can't be achieved in the confines of class hours.

The campus-wide wireless network is also a plus for the laptop program. The program may also cut down on technology theft on campus. Though at least one year of research would be necessary before implementing the program, hopefully the findings will lean toward the academic profit that each student would garner from having technology at their fingertips whenever they please.

## Parking committee carries potential

Parking is a competitive sport at Eastern, and anyone who drives a car to class has likely played the game. The Council of University Planning and Budget has organized a committee to investigate Eastern's parking situation over the summer and report recommendations to the Board of Trustees in the fall. Hopefully, this committee will make progress on the situation that leaves many students, faculty and staff late for class and scouting for parking spots.

Many campus parking spots are filled by cars that move little throughout the week, which congests the situation.

President Hencken supports the idea of building a parking garage, as do many students.

By charging more for parking, funds could be raised for parking areas. A parking fee increase may also prompt more off-campus students to find other, less expensive means to get to class. Freshmen should also be strongly encouraged to leave their cars at home.

However, new parking accommodations must make sure that none of our valuable Quad and Tundra areas are cemented over to make room for cars.

THURSDAY, APRIL 27, 2006

## DITORIAL BOARD

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#### YOUR TURN: LETTERS TO THE EDITOR

#### **OIL PRICE ISSUE** NOT FULLY EXPLORED

"Gas prices too low for hippie" (4/26) was quite a stretching commentary in regards to how oil prices aren't high enough for consumers to notice.

"It seems that you have illustrated your point on how we have created an infrastructure that appeals to the need of oil, but yet you offer no solution. You say that lobbying and supporting interest groups will help the cause, but what are they going to do?

You point your finger at President Bush, "the oil mogul himself," when the

## ELECTRONIC WRITING PORTFOLIO DOES LITTLE

Not only is the EWP a last-minute student priority, the EWP is a joke.

Let's face it: Eastern is a degree factory. Yes, our professors work towards education, but as a whole, our goal is to convert a few years and about forty thousand dollars into a higher salary.

Our brochure boasts a "13 percent higher" than the national average. Iranslation: we have lower standards. We started the EWP because too Clinton administration did nothing to create solutions.

I believe that ethanol is a solution, and we have enough corn-stalk waste in the U.S. to provide for such a change.

Let-us learn from Brazil that relies only on their own domestic oil production, and not some unstable regime in the Middle East.

As you may or may not know, most politicians nowadays love money more than the people they're supposed to represent, and oil companies have a lot of money to throw around, so don't go and act like it's all Bush.

It is the entire government that needs

many people were proving that they still

couldn't write after four years of college.

to step up, to pressure the oil companies to produce more efficient refining processes and ethanol production, and to pressure car companies to make more fuel efficient cars. I would also like to see a tax break for anyone who buys a hybrid.

Here's a thing I'd like to see, DEN, instead of covering such stories as the oil issue on the op-ed page: put the facts out there on page one, instead of articles like helping the student body know about nutrition.

MICHAEL BROWN SENIOR MATHEMATICS MAJOR

Students and faculty alike understand that it's not just laziness that keeps the EWP a last-minute priority.

No teacher that's signed for my writing portfolio has even glanced at the paper I was submitting. They just circled all 4s, scribbled their name, and rolled their eyes. Ironic, given my major.

You'd think that the English department would have a say in writing competency.

By taking twice-revised papers in "writing-intensive" courses, we can now pander to students who slide through their classes without learning more than neces-

The studies of the EWP are beautifully vague. The Fall 2005 report informs us that portfolios were 26 percent strong, 53 percent adequate, and 21 percent weak.

sary.

"Overall," it states, "EIU students can





The editorial is the majority opinion of The Daily Eastern News editorial board. 10051035

SPECIAL OLYMPICS **GIVE LASTING REWARDS** 

Being someone who has attended and volunteered at recent Special Olympics, I always receive a warm feeling inside me which you could not experience anywhere else.

When I was in high school, it was required for students to complete a certain amount of community service hours in order to pass our Theology class. Some of this work included lawn care, wrap Christmas presents for the homeless and clean at local nursing homes. But none of

write. They're not perfect, but they can write.'

MARIO PODESCHI SENIOR ENGLISH MAJOR

these compared to the volunteer work I did at the Special Olympics in the spring and fall.

Volunteering at the Special Olympics makes you feel that you were able to change someone's day by just giving them support. Encouraging the athletes and motivating them to do their best, then watching them feed off your words and push harder for success, shows that you are providing them with inspiration and determination.

One of the best feelings I would ever receive when volunteering here would be having the opportunity to meet the ath-

letes at the finish line after a race and give them a high five or even keeping them on their feet because they were so exhausted. Doing these actions always put a smile on my and their faces.

Volunteering for certain events can be boring and make you feel like you don't receive any credit for your work.

The Special Olympics sends a unique message for its volunteers, saying, "You get what you give."

SHANE M. DAVIS

FRESHMAN COMMUNICATION STUDIES MAJOR

LETTERS TO THE EDITOR: The Daily Eastern News accepts letters to the editor addressing local, state, national and international issues. They should be less than 250 words and include the authors' name, telephone number and address. Students should indicate their year in school and major. Faculty, administration and staff should indicate their position and department. Letters whose authors cannot be verified will not be printed. We reserve the right to edit letters for length. Letters can be sent to *The Daily Eastern News* at 1811 Buzzard Hall, Charleston IL 61920; faxed to 217-581-2923; or e-mailed to DENelc@gmail.com

# Americans keep getting bigger

#### Experts say food choices, portions contribute to the 'freshman 15'

#### BY LAURA GRIFFITH SENIOR REPORTER

Fifty to 60 percent of Americans are currently overweight or obese, and college students are no exception.

"Statistics are amazing at how fast Americans are gaining weight," said Jim Painter, chair of family and consumer sciences.

Diets high in fat, sodium and carbohydrates and low in fruits and vegetables are not uncommon among college students, said Jen Taber, nutrition education coordinator for the Health Education Resource Center.

According to a 2005 article in the Seattle Times, college weight fluctuations, including the infamous "freshman 15," are usually due to lifestyle changes after moving away from home. A 2003 study by Cornell University in New York reported that the "15" is an average of 5 pounds, 8 ounces gained during a student's first year.

The article listed staying up late, stress, snacking while studying, alcohol consumption and an irregular eating schedule as some of the changes that affect students' eating habits.

Food availability, perceived and

actual budgets, advertisements, habits, friends, coworkers and culture are other factors that affect food choices, said Teresa Drake, family and consumer sciences instructor.

Some students balance a full load of classes, work and extracurricular activities each day.

Time management can also be an issue, causing students to repeatedly eat late at night and consume more fast food, as it is for sophomore Lydia Attalla.

"I never ate late at night, (then) I started college, and I always do, and I hate it," she said. "Taco Bell's always open, so we always go there."

Fast food is an industry fueled by consumer demand that is not going anywhere, Painter said.

In Morgan Spurlock's 2004 documentary "Super Size Me," he portrayed fast food companies as the root of the problem, Painter said. Spurlock did this by eating fast food every day for every meal for 30 days and highlighting his weight gain and the negative changes in his overall health at the end.

Painter set out to make "Portion Size Me," to show that it is possible to eat fast food daily as long as students exercise and make the right food choices. Restaurants like McDonald's now offer salads, grilled chicken sandwiches and milk or juice as well as the traditional hamburger, soft drink and fries.

Painter's documentary took two healthy, active graduate students from Eastern who ate fast food every day for every meal for 30 days as

#### Low fat banana split dessert recipe

- 1/2 gal. Vanilla nonfat frozen yogurt,
- softened slightly 4 bananas, split lengthwise
- Strawberries
- 2 Tbsp. chocolate syrup
- 2 Tbsp. caramel syrup

1 (10oz.) low-fat pound cake, sliced Nonfat whipped topping (spray can)

well, only they were encouraged to eat the right amount of calories for their respective body sizes.

The problems with fast food, Painter said, are the choices students make and the portions they consume.

A combo, instead of just a sandwich, adds about 600 calories to a meal.

"Most people don't need it," Painter said.

Also, students eat these large meals and continue to eat large or regular-sized meals throughout the day. This leads to extra calories their bodies don't burn, and in turn, tacks on extra pounds, he said.

Attalla said she tries to space out her unhealthier meals.

"During the day, I try not to eat two fattening meals," she said, mentioning the salad from Wendy's she had for lunch.

Attalla said she noticed that fast food restaurants offer healthy food, but said the unhealthy choices outweigh the good.

Although the healthy options are available at many fast food restaurants, people are not choosing them, In a 9x13 inch pan, spread 1/2 the frozen yogurt. Put cake slices on top of this; drizzle lightly with chocolate and caramel syrups. Cover with remaining frozen yogurt; freeze until firm. When ready to serve, slice into 18 pieces. Serve with strawberries and banana slices. Garnish with nonfat whipped topping. Makes 18 servings.

(per serving: 157 calories; less than 1 gram of fat)

#### Painter said.

"Choose the right portion, make the right choices and the industry will change," he said.

Students who choose to eat at the dining centers on campus or in the Martin Luther King Jr. University Union can use the same thought process when making food choices.

One problem with the dining centers is that students tend to eat as much as they can, due to the buffet atmosphere, Taber said.

"We're (Americans are) all about getting the most for our money," she said.

But on campus food choices are well balanced, Taber added.

Dining centers offer an array of vegetables and fruits, and salads are among the healthier choices one can make at the Union.

Those who eat at home can take measures to improve their diets as well, by seeking balance and limiting unnecessary calories. MyPyramid.gov provides food intake patterns that say women between the ages of 19 and 30 should consume between 2,000 and 2,400 calories per day. Men in that age group should consume 2,400 to 3,000, depending on their level of activity.

My Pyramid emphasized fruits, vegetables, whole grains, fat free or low-fat milk products, lean meats, fish, eggs, nuts, and limited cholesterol, sodium and added sugars for a healthy diet.

To find out what sized portions students should eat, students can access the Web site, type in their age, gender and the amount of physical activity they normally get for a personalized list of what they need from each food group.

My Pyramid Tracker enables students to track the food they eat and analyze their diets and exercise habits. Drake said this is helpful for students to pin point problems and what they need to change.

Evaluating the legitimacy of health claims on food labels, is another practice students can develop to help improve their diets.

When buying healthy food, students should pay attention to the food labels and know how to evaluate health claims, Drake told her Nutrition Dilemmas and Decisions EIU 4051 class.

Health claims, which are regulated by the Food and Drug Administration, link specific foods with specific diseases. Structure function claims, on the other hand, are not regulated and say things like "defends your health" and "lifts your spirits," and should not be trusted, Drake said.





Jong Sung, freshman management major, leaves the Booth Library at 12:45 a.m. on Wednesday after closing time to go to the Martin Luther King Jr. University Union where he could study more.

## LIBRARY:

Lanham said that the previous proposals failed because there is no need

to extend library hours. "We track usage; Friday and Saturday are the least trafficked days already," Lanham said. "So why would

we extend hours on those days?" Lanham said the library is open 100 hours a week, and even when the library is closed, students have access to library materials.

"We provide many electronic resources for students to use anywhere they are," Lanham said.

Lanham said that in order to extend library hours he would have to hire more staff and that was not financially possible. The Student Government also supports extending Gregg lab hours. The Gregg Triad lab stopped being open overnight two years ago.

Michael Hoadley, assistant vice president for academic affairs for technology, said that Gregg lab usage has been tracked in the past.

"From 2 a.m. to 7 a.m., three or four people used it a night," Hoadley said.

"We were very careful about documenting use."

Hoadley said the decision to cut Gregg lab hours was about responsibility.

"It's all about fiscal responsibility and the proper use of ATAC funds," Hoadley said. "We just couldn't see why it should be open when no one was using it."

"If there was really a need for it we dent fees to increase to fund it.

would be happy to entertain the idea," Hoadley said.

Stephanie Feldhake, a biological sciences major, said she supported the idea of the computer lab being open 24 hours.

"I thought Gregg being open 24 hours was convenient. If I needed to get something done, I could get up at 6 in the morning and go there," Feldhake said.

"I have more time on Fridays to study," said Gulnar Mammadova, a business administration graduate student. "I get out of work at 4:30 p.m., and I can never go and make it (to the library) before it closes." Mammadova said she would like the library to be open until 7 p.m. on Fridays, but she doesn't want her student fees to increase to fund it.

#### PRIDE:

#### CONTINUED FROM PACE 1

Pride members decided to hold the demonstration to speak on behalf of those who can't speak, Wilhelmsen said after the protest, which ran from 10 a.m. until 2 p.m.

The goal was to show the power of words, and how words can really hurt.

"We were dead, in terms," he said. "(The idea is to) make people either have to walk around us or over us – but at least they'll notice us."

Looking dead to passersby raised concerns for Wilhelmsen.

He was not sure if it was better for people to walk around them or over them, or if they were going to be kicked.

One protester was kicked, Wilhelmsen said, and he did not hear an apology for it.

"At first I thought it was on accident but the second time I knew it wasn't," said Erik Rose, a junior elementary education major. "I was kicked twice while laying down with people stepping over me. I could feel force behind their foot when they did it."

Pride members were showing the power of the words that have killed them. For every time they've heard someone say, 'Oh, that's so gay,' or used the words "fag" and queer," they were making a point for it.

"I was extremely surprised at how things went," Wilhelmsen said.

Some people cante up to the protesters and said they were really supporting the group, he said. "One professor came over and said 'thank you' for doing this," Buchanan said.

Wilhelmsen also noted the looks of shock he saw. A few people stopped and just watched the act for several minutes, he said.

Some student reactions were much more harsh.

Wilhelmsen said he heard comments from people telling him that he is going to Hell.

"I struggle, because I hear people say, 'Are you (expletive) serious?" he said. "And yes, I'm serious. Yes, I'm laying on the ground. Yes, it's a serious factor."

Other individuals used comments to express their feelings about the group.

"They can't be serious, why are they doing this' some said," Rose said. "I thought Eastern was an open community but (there is) still a lot of homophobia on campus."

Not all Pride members feel Eastern is homophobic, but all the protesters admitted they have had bad experiences on campus.

"I have only had a few bad experiences," Buchanan said. "Eastern isn't too horrible, but there is discrimination."

Rose said the gay, lesbian, bisexual, and transgender community was simply trying to make a demonstration.

"We come from central Illinois – it's no Champaign, our gay community is here but they're silenced," Wilhemsen said. "They're not all out. They need to know Pride is there speaking for them, and supporting them."



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HEY

COLLEGE

## Astronomer's lecture tackles "stellar" topics

Eighty-five show to learn about how galaxies are formed.

BY JOHN MARSHALL STAFF REPORTER

New York University assistant professor and avid astronomer David Hogg spoke Tuesday about out-of-this-world topics.

Hogg's presentation, titled "Galaxies, Dark Matter, and the Universe" in the University Ballroom of the Martin Luther King Jr. Union touched on how galaxies are formed and just how big the universe really is.

"It was awesome, something I would attend on a regular basis," said Charleston resident and amateur astronomer Bob Holmes.

About 85 people ranging from students to teachers and the Charleston community showed up

to hear the presentation.

"The presentation was stellar, I really enjoyed it," said Mike Medick, a freshman biology major.

The presentation began with an overview of the equipment that is used in his research and the locations where it is done. Hogg works in locations like New Mexico, Arizona, Chile, and the Canary Islands.

"One way of thinking of this telescope is to think of it as a giant digital camera," Hogg said when describing one of his more unique high-powered telescopes that he uses

The presentation went on covering that everything in the universe is in a galaxy, and even though stars and their gasses cover the sky, they only compose a small percentage of the universe.

Hogg described how the majority of the universe is composed of something called dark matter. Dark

"The point of science is not to understand the universe, but to help others to understand it."

DAVID HOGG, ASTRONOMER

matter is invisible to the naked eye, and it takes special equipment to actually see this matter.

He also described how the universe is expanding through galaxies accreting or moving into each other.

Hogg said he truly enjoys doing these presentations at schools for students and aspiring astronomers.

"The point of science is not to understand the universe, but to help others to understand it," he said.



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#### THE DAILY EASTERN NEWS

THURSDAY, APRIL 27, 2006

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the daily eastern news

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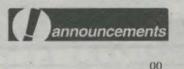
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The New Rockome is hiring waiters and waitresses for its newly renovated restaurant. Applications are available at the Rockome office or on-line at www.rockome.com. Return applications in person-Monday through Friday, April 10-14. Call (217) 268-4106.

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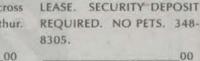
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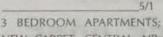
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THE DAILY EASTERN NEWS

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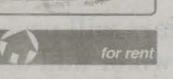
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## Men's basketball signs transfer

Eastern signed its sixth new recruit and second junior college transfer

PANTNER BRIEF

6-foot-4 guard Julio Anthony from Cowley County Community College in Kansas has signed a National Letter

Anthony marks the fourth perimeter player to sign with the Panthers along with Chicago Leo High School guard Kijuane Leach, Minneapolis native Romain Martin, and Triton College transfer Jontee "Bam" Whillhite.

Julio's skill level and understanding of the game of basketball will help the players around him," said Eastern head coach Mike Miller.

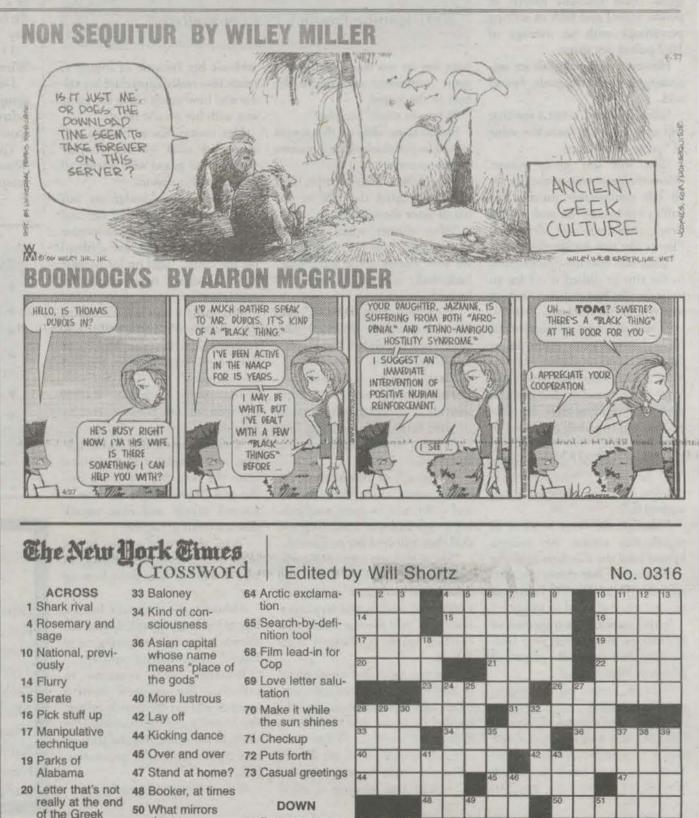
Miller, who received a one-year contract extension Monday, has signed prospects from five different states (Illinois, Indiana, Pennsylvania, Minnesota and Kansas).

Anthony was a two-time Honorable Mention All-Jayhawk East Conference selection at Cowley Count, which finished 16-16 this season. He also was

chosen for the junior college Region VI All-Tournament Team. The Charlotte, N.C. native averaged 13 points per game, four rebounds and three assists.

"Julio is a very versatile player. He's a combo guard (that) can play either the point or '2' position," said Cowley County head coach Brian Jackson.

Brief compiled by Matt Stevens, sports reporter.



Apartments and houses for rent. 1520-1528 4th Street across from Pemberton Hall. 345-3059/345-2909

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Park Place Apartments: Now showing 1,2,3,Bedroom Units for Fall 2006. Newly Remodeled units available! Trash paid, fully furnished, free parking. Call Jennifer @348-1479. -

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00 \par Nice and Clean, 5 bdrm house. Campus Side, 2 blocks from campus. W/D, air, patio. 345-6967. \_\_\_\_00

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#### THE DAILY EASTERN NEWS

#### SPARKS:

CONTINUED FROM PAGE 12

Senior's career earned her the respect of her teammates, opponents, coach, community

"You talk cliches - one brick at a time, well that one (Sparks) was a big brick."

Sparks stats topped Eastern's roster this season. She was first in points scored, field goals, 3-point field goals, free throw percentage and minutes played and ranked second in assists, steals and blocked shots.

In the entire Ohio Valley Conference, she ranked second in minutes played with 37.2 per game. And finished fourth in points scored and fifth in scoring percentage with an average of 16.2 points per game.

However, personal goals are secondary to the team goals, Sparks said.

Sallee says there is not a stat that will adequately represent the value of Sparks to his team.

"She was our go-to player. When the game was on the line we all felt comfortable putting the ball in her hands," he said. "More times than not she delivered. Players like that are special."

Sallee said whether Sparks drove to the rim or dished it off for an assist, it was her decision-making that was key to the wins.

"There are a lot of players out there that can score 1,000 points for their career or players who can score 15,16 points per game, but when the game is on the line and everything is riding on it, the players that want the ball and want to take that shot, they are worth a lot. Megan was one of those players," he said. "She not only excelled at it, she expected it and wanted it."

Although the team finished in eighth this season, her success helped land the Panthers atop the conference in free throw percentage, second in 3-point field goal percentage, and third in assists.

Sparks attributed a huge part of her success to her fans, who have watched her since she played at Mattoon High School.

Her play earned her the respect of her opponents.

"Megan was a wonderful young lady, she was a thorn in our side and a tremendous athlete," said Tennessee Tech head coach Bill Worrell. "I would have loved to

#### **Past Female Athlete of the Year Winners**

2005-Erica Gerth (Volleyball)

2004-Beth Liesen (Soccer)

2003-Katie Taake (Rugby)

2002-Beth Liesen (Soccer)

#### 2001-Jeanine Fredrick (Soccer/Rugby)

have her on my team, she's just a great competitor and one of the best in the league.

"I love to watch her play."

Sparks knew early on that sports would be the channel for her competitive nature.

Her father, Tony Sparks, said she has wanted the ball in her hands since she could walk.

"After dinner when she was younger she'd get me outside and we were always doing something, basketball, softball, something," he said.

"I love watching her play," said her sister, Mindy Sparks. "Ever since I can remember, I remember watching her play."

Sparks found success with basketball early, she helped bring her seventh and eighth grade teams to state finals and spending four years on a winning AAU basketball team. \*

In high school, Sparks made the varsity team in her freshman year and continued to excel, establishing a reputation of leadership and skill that followed her to Eastern.

'She is and was very intelligent, has great basketball sense and knowledge, is quite a competitor, a very hard worker, and very teamoriented," said George Reed, who coached Sparks at Mattoon High School.

"She was a girl that wasn't afraid to lose in the sense that she wanted to take the last shot, and she wanted to accept that pressure on herself." Reed said. "There ain't anybody else better on the floor."

Coach Reed's favorite memory of Sparks was playing a game

without her because of injury. It made him really appreciate her talent and how much easier the game was with her on the floor.

Her teammates at Eastern will soon feel what it's like to play without the guard who started all 29 games this season.

"Sparks was a leader on our team; everyone respected her and looked up to her. She was intense when we played but also a friend off the court," said junior Meggie Eck. "I admire how she led by example often times.

"She might not talk or yell to get everyone motivated, but sometimes when you looked at her you knew she was focused and intense."

Teammate freshman Rachel Galligan has also been inspired by Sparks.

"I most admire her determination and her drive to make our team the best that we could be," she said. "She's taught me how to control myself and calm myself down when I get upset.

"And also from seeing her, I have a better understanding of how I want to lead from here on out."

Although the team will feel the loss of their star guard, Sparks has shown an interest in staying on at Eastern in a coaching capacity.

Whether she'll continue to influence the program from a coaches seat on the bench or not, she hopes if she has instilled anything in her team, it is the attitude that it takes hard work and dedication.

But anything can happen.

#### TERRELL:

CONTINUED FROM PAGE 12

#### Bears will probably trade down or add depth with a safety in Saturday's draft

For now, offensive tackle is the bigger need, and you can bet Jets fans will be booing this pick.

5. Green Bay - A.J. Hawk, LB. With quarterback Brett Favre's return finally official, the Packets could bolster the offense with this pick.

But with Ferguson gone and tight end Vernon Davis being a bit of a reach here, Hawk represents the best pick at this spot for Green Bay.

11. St. Louis - Kamerion Wimbley, DE/OLB.

Defensive end Leonard Little is aging, and the porous Rams defense has to be addressed at this

The pick here will probably be Wimbley, who is a fast-rising prospect from Florida State.

26. Chicago - Donte Whitner, S.

If the Bears are able to trade down, perhaps out of the first round, I feel they will.

They lost a third round pick to the Panthers by picking up cornerback Ricky Manning Jr.

So expect the Bears to try to recoup that pick.

After trading reserve safety Mike Green on Tuesday, Whitner will add necessary depth and versatility at that position, which is something that was lost behind Mike Brown.

Terrell is a senior journalism major. He can be reached at cnazegame727@sbcglobal.net

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#### **Sparks career highlights**

♦ 12-12 free throws ties record for single game percentage

- School record 7 3-pointers twice in 2006
- Career-high 30 points in a win against Morehead State

Broke EIU single-season record for free throws made and attempted in 2006

- 45 3-pointers this season ranks fourth on the EIU single-season list
- . 1,000 point club
- Ranked ninth in the conference in free-throw percentage in 2006

#### ΑΓΔ ΑΣΤ ΣΚ ΔΖ ΑΦ ΣΣΣ ΑΣΑ ΚΔ ΑΓΔ ΑΣΤ ΣΚ ΔΖ ΑΦ ΣΣΣ ΑΣΑ ΚΔ

Panhellenic Council would like to congratulate the new executive board: Erin Morettes President Kara Shively V.P. Internal Megan Dolan V.P. Public Relations Tracie Bearden V.P. Risk Management Cailey Swartz V.P. Membership Development Ally Kopeloff V.P. Administrative Affairs Shannon Harper V.P. Community Service Lauren Jasin V.P. Standards Krissi Griffin **Recruitment and Retention** Catie Pankow Recruitment and Retention Elect γα αστ σκ αζ αφ σσο ασα κα αγα αστ σκ αζ αφ σσο ασ OOk Here 4 Next Year **Upscale** Living Available Spring 2007 Locally Owned & Managed New & Renovated Off Street Parking Furnished Washer & Dryer www.eiprops.com 217-345-6210 217-549-0212

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Health Service

Your Questions, Real Answers

#### THURSDAY, APRIL 27, 2006

THE DAILY EASTERN NEWS

## Campbell, Cobb pound Illinois State

## • Middle of the order goes 8-for-14 and collects 9 RBI in victory

#### BY MARC CORRENTI STAFF REPORTER

In what Eastern head coach Jim Schmitz termed "the longest game of my life," the Panthers survived a game of attrition in a 12-

9 road victory against Illinois State. Both teams combined for 12 pitchers and 15 walks, but it was the Panthers who capitalized on their opportunities.

The Panthers that tasted the most success against Redbirds' pitching was the 3-4-5 hitters of Erik Huber, Ryan Campbell and Jason Cobb.

The trio had been struggling recently at the plate, but came through in a big way, going 8for-14 with nine RBI.

Campbell and Cobb helped put the Panthers in control in the sixth and seventh innings.

With Huber on second and Mark Chagnon on third, Campbell hit a double to center scoring two runs. Cobb followed Campbell with an RBI double to give the Panthers a 9-3 lead in the sixth.

"(Campbell and Cobb) drove the ball really well," Schmitz said. "With as good as 1-2 hitters we have, they're going to get their opportunities. They took advantage."

While the hitting was stellar for Eastern, its relief pitchers had a difficult time putting the Redbirds away.

Freshman Jake Wade (3-0) started for the Panthers and was impressive, pitching four innings while striking out two and allowing one earned run.

"He really settled down after the first inning," Schmitz said. "I was happy with the next three innings. He seems like a good fit for (one of our starter's spots)."

Kenny Firlit came in after Wade and walked three batters without recording an out. Illinois State scored three runs in the fifth to cut the Panthers' lead to 6-3.

When asked about his pitchers giving up 10 walks, Schmitz focused on the umpiring rather than his pitchers' lack of control.

"The umpiring was terrible all night," Schmitz said. "It was as bad as I've seen in a long time."

The Redbirds cut the Eastern deficit to 12-9 in the eighth inning, scoring five runs off Ross Jeske.

Closer Chris Vaculik pitched efficiently the final two innings, preserving the Panthers' victory.

"We can't win with five or six guys pitching every game," Schmitz said. "We'd like to set our rotation to a point where we have consistency. Unfortunately, we haven't gotten to that level yet."

After coming off a 10-6 victory against Illinois, Eastern has built up confidence during its mid-week games.

With the Panthers' 3-4-5 hitters coming around at the most pivotal point of the season, Schmitz believes his team is starting to gel.

"When (the 3-4-5 hitters) have as good a day as today," Schmitz said with his voice trailing off. "It's gonna be fun to watch."

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#### SWEPT:

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Despite the two-run lead early for Eastern, Illinois (23-25) responded with five runs in the first two innings, thanks to the bat of Kristen Martin.

Martin singled in two runs for the Illini in the first and drove home two more an inning later with an opposite-field double over leftielder Angela Danca's head.

"I had kind of noticed (Jacoby) was pitching outside so I was looking for something I could drive in the hole," Martin said. "I just wanted to get the RBIs in."

"The tall lefty killed us," said Schuette about Martin. "She goes 3-for-4 and she beat us by herself."

Hours: Mon.-Thurs.: 10:00 a.m. - 1:30 a.m.; Fri. & Sat.:10:00 a.m. - 2:30 a.m.; Sunday: 11:00a.m. -11:30 p.m.

PAGE 11



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RYAN TERRELL

THURSDAY, APRIL 27, 2006

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## PORTS EDITOR NFL draft is here

This Saturday, the NFL Draft will take place, with 32 teams preparing to draft the futures of their franchises.

This year's crop of players is said to be one of the strongest in years.

It boasts a once-in-a-decade game-breaker named Reggie Bush, a premier pass rusher in Mario Williams and two legendary college quarterbacks in Matt Leinart and Vince Young, among others.

The draft is growing in popularity every year, mainly because of all the enticing stories built within it.

Will Reggie Bush become a Texan? Where will Vince Young go? Will LenDale White slip out of the first round?

With that, here's what I think will occur in the first five slots, plus your favorite hometown teams: 1. Houston - Reggie Bush,

RB. This isn't as big of a lock as it

should be. It will take an awful lot for a team to trade up into the No. 1 pick, but Bush and the Texans have been negotiating a deal and could have one in place by Saturday.

2. New Orleans - Mario Williams, DE. If the Saints are trying to dis-

guise who they really want to pick, they're doing a great job of it.

# mark on the team JAY GRABIEC/THE DAILY EASTERN NEWS

Megan Sparks broke or tied several club records throughout her career. She tied the single-game free-throw record by going 12-12 and the single-game 3-point record by making seven in a game two times this season.



Panthers swept away by Illinois

#### PANTHER SPORTS CALENDAR

SAT

SUN

URDAY	TEACH & FIELD & DRAFF RELAYS' SU-EDWARDSVILLE	All Day
	SOFTBALL VS. AUSTIN PEAY (2)	Noon
	BASEBALL VS. SOUTHEAST MISSOURI (2)	1 p.m.
YADAY	SOFTBALL VS. AUSTIN PEAY	Noon
	BASIBALL VS. SOUTHEAST MISSOURI	1 p.m.

Eastern Illinois University, Charleston

# STAYING

## HOME Mattoon native Megan Sparks led Eastern back to prominence and left her

#### BY KATIE ANDERSON STAFF REPORTER

The title female athlete of the year carries with it the connotation of success, determination and respect.

To be honored, one must not only prove to be a leader in percentages for her sport, but she must exhibit a thorough understanding of the game and a passion for the sport. She must have a determined and inspiring work ethic.

And she must be an athlete who sets the bar higher every game and every season in order to push her team to achieve more, and through those efforts, lead herself to success.

Megan Sparks does all of these things.

"She dedicated herself in her senior year," said head coach Brady Sallee.

In the preseason, Sparks went through an extensive summer fitness and skill program, trading her time in the sun for hours in the gym.

She ran with the football team and lifted harder than she had ever lifted in her entire life," Sallee said. "That was the best part of the story for me. I challenged her and she stepped up to the challenge. This season was something she really worked hard for."

Statistically, the Mattoon native led her team and conference this year in many categories.

Beyond numbers, Sallee says Sparks is one of the main reasons the program has turned around and is now building a tradition of hard work and success with an eye towards the future.

Players with attitudes like Sparks are how you build a program, said Sallee.

SEE SPARKS PAGE 10

Anything can happen with this pick, and it looks like they may trade out of this spot with a team who covets Williams, Leinart or Young. Williams is the consensus No. 2 player in the draft.

3. Tennessee - Vince Young, OB.

Rumors say the Titans front office is enamored with Young, while the coaching staff, namely Norm Chow, likes Matt Leinart. However, the Titans owner,

Bud Adams, is said to be a huge Texas fan and is a native of Houston, also the home of Vince Young.

4. New York - D'Brickashaw Ferguson, OT.

The Jets should be taking Matt Leinart, but they are rumored to have Jay Cutler as their top rated quarterback.

SEE TERRELL PAGE 10

Late-inning rallies fail to bring victory

BY MATT DANIELS SPORTS EDITOR

URBANA - Eastern didn't show any intimidation against Illinois in their half of the first inning of the game Wednesday first at Eichelberger Field, taking a 2-0 lead on two hits.

The Panthers also tallied one run in the seventh inning on two hits.

But going hitless from the second inning until two outs in the seventh spells defeat for almost any team.

Which is what happened in Eastern's 5-3 game one loss.

"It seems like our hot innings are the first, sixth and seventh. But somehow in the middle innings we get satisfied and kind of let the game play itself instead of taking charge."

KIM SCHUETTE, EASTERN HEAD COACH

"We hit the ball hard," said Eastern head coach Kim Schuette. "We're still hitting the ball hard right at people.

"But we're still not hitting the ball the way we should be."

The Eastern bats were lifeless in game two until the sixth inning, when Sandyn Short delivered her first home run of the season, a threerun shot over the left field fence, to close the gap to 4-3.

A single by the next batter, third baseman Rachel Karos, gave hope to the Panthers that was quickly extin-

guished as Kathleen Jacoby hit a fly ball to right field and Karos was doubled off on the throw back.

The Illini held off Eastern in the seventh, as junior Katy Steele was tagged out by catcher Brittany Koester after Koester mishandled the pitch to preserve the 4-3 win and take the sweep.

"It seems like our hot innings are the first, sixth and seventh," Schuette said. "But somehow in the middle innings we get satisfied and kind of let the game play itself instead of taking charge." TYA - I'M MA LAND

The Panthers (27-24-1) took charge in the first inning of the first game, with leadoff hitter Chelsea Adams depositing a 3-2 pitch from Illinois pitcher Claire DeVreese over the center field fence in the first inning of game one.

Freshman pitcher Jacoby laced a single up the middle to drive in second baseman Sarah Coppert for Eastern's second run.

That would be Eastern's last hit until junior Short singled up the middle with two outs in the seventh.

Short's single sparked a rally for the Panthers, with third baseman Rachel Karos singling in Chelsy Iapala, who had reached on Claire Devreese's sixth walk of the game, before Steele grounded out to end the game.

SEE SWEPT PAGE 11