

2-28-2018

## Daily Eastern News: February 28, 2018

Eastern Illinois University

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### Recommended Citation

Eastern Illinois University, "Daily Eastern News: February 28, 2018" (2018). *February*. 19.  
[http://thekeep.eiu.edu/den\\_2018\\_feb/19](http://thekeep.eiu.edu/den_2018_feb/19)

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## OVC PREVIEW

Find out everything you need to know as the Panthers take on the Tigers for the first day of the tournament

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## HOUSING AND DINING

Students reveal how they dealt with bad roommates and neighbors and talk about the pros and cons of on and off campus living

SECTION B

# THE DAILY EASTERN NEWS

Wednesday, February 28, 2018

“TELL THE TRUTH AND DON’T BE AFRAID”

VOL. 102 | NO. 113

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PHOTOS BY OLIVIA SWENSON-HULTZ | THE DAILY EASTERN NEWS

Coles County Clerk candidates Julie Coe (left) and Jackie Freezeland (right) answer questions regarding their campaigns Tuesday evening at the Unique Suites Hotel.



Current Coles County Sheriff James Rankin (left) and opponent Steve Spear (right), who is running against him in the Republican primary for sheriff, discuss their campaigns for Coles County Sheriff Tuesday evening at The Unique Suites Hotel.



Terry Davis, a candidate for the Republican nomination for state representative, answers questions regarding his campaign during a forum at The Unique Suites Hotel on Tuesday. Davis is running against Oakland resident Chris Miller, who was not at the forum.

## Contested candidates talk issues at forum

By Olivia Swenson-Hultz  
Associate News Editor | @DEN\_News

Primary candidates for Coles County Clerk, Coles County Sheriff and state representative gathered at The Unique Suites Hotel to better inform constituents about their campaigns prior to the primaries on March 20.

Each set of candidates was parceled out into segments to help to provide a better understanding of their campaigns. The forum was centered around contested races for the primary,

so only Republican candidates were present.

Coles County Clerk primary candidates Julie Coe and Jackie Freezeland were the first to address spectators.

Freezeland graduated with a degree in accounting from Eastern and has worked at First Mid-Illinois Bank and Trust. She is also the Ashmore Village Clerk. Freezeland said she already has experience keeping documents, recording information and writing ordinances.

“It’s just a matter of being safe with doc-

uments and being safe, honest and responsible,” she said.

Freezeland said her banking background has caused her to value privacy in regards to maintaining information such as genealogy records.

Coe grew up in Ashmore and currently works as the chief deputy in the Coles County Clerk’s Office.

Some of her duties include maintaining delinquent records, recording information and waiting on customers. She said she would be

the best candidate because she understands the office already.

James Rankin and Steve Spear are both running in the Coles County Sheriff primary.

Rankin currently serves as the Coles County sheriff. He said inmates should be the first priority of the Sheriff’s office, and that they should be given the tools to make it back into the world they came from.

“We can’t keep arresting people without helping them,” he said.

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## Ethics training for new employees updated in 2018

By Vince Lovergine  
Sports Reporter | @DEN\_News

Starting this year, newly hired employees at Eastern will now have to complete their ethics training within 30 days.

Shawn Peoples, interim director of the Office of Civil Rights and Diversity, said Eastern has training on sexual harassment prevention already in place for all employees.

Before, there was no specific timeline for when the training needed to be done.

“Something new that has changed is the amendment of the Ethics Act, which came out of the state’s Office of the Executive Inspector General,” Peoples said. “It states that all new employees must complete the training within 30 days.”

Another change to the training is that all employees must now complete it every year. The training itself is the same, just with a different timeline.

“I think we do really well with our training program,” Peoples said. “It’s online training, and Eastern says in the training, employees must have definitions of sexual harassment, how to report sexual ha-

arrassment, information about retaliation and the penalties that could happen because of a complaint that comes through.”

If someone is convicted of sexual harassment, it could result in fines, additional training and disciplinary action from their department.

“The Office of Civil Rights and Diversity is one way to report sexual harassment,” Peoples said. “We have an online complaint form that is accessible via our website. Someone can also come in and fill out a form as well, individuals can also report to the Illinois Department of Human Rights, to the Executive Eth-

ics Commission or the Office of Inspector General, so these are some outside, within-the-state ways individuals can report as well.”

Peoples said employees will get a certificate when completing the ethics training.

Employees must submit their certificate to the Office of Civil Rights so it will be on record.


If an employee does not have access to a computer, the Office of Civil Rights has a paper booklet they can come in and complete.

Vince Lovergine can be reached at 581-2812 or [vplovergine@eiu.edu](mailto:vplovergine@eiu.edu).




Local weather

WEDNESDAY



RAIN  
High: 56°  
Low: 47°

THURSDAY



RAIN  
High: 49°  
Low: 27°


THE DAILY EASTERN NEWS  
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Eastern Illinois University  
Charleston, IL 61920

State and Nation

THE ASSOCIATED PRESS

Gun proposals circulate, but Congress is not agreeing

WASHINGTON (AP) — House Speaker Paul Ryan showed little interest Tuesday in some of the stricter gun proposals being floated by President Donald Trump or bipartisan coalitions in Congress, as Senate Republicans pushed a more modest measure to boost the existing background check system with new penalties and incentives.

As student survivors of the Marjory Stoneman Douglas High School shooting roamed the Capitol for a second day, promoting tougher gun laws in meetings with top lawmakers, Ryan acknowledged "system failures" in Florida that he said Congress should review. But GOP leaders stopped short of offering new legislation beyond the background check fix.

"We shouldn't be banning guns for law-abiding citizens," Ryan told reporters. "We should be focusing on making sure that citizens who should not get guns in first place don't get those guns."

Sens. Joe Manchin, D-W.Va., and Pat Toomey, R-Pa., are reviving their background check bill, which would expand checks to include purchases online and at gun shows. It had

failed after the Sandy Hook Elementary School shooting in 2012. And Sen. Susan Collins, R-Maine, and Sen. Heidi Heitkamp, D-N.D., pushed an effort to block terror suspects on the federal no-fly list from buying guns.

The efforts in Congress comes as Trump has floated his own shifting ideas on gun safety, including a proposal for arming teachers that has support from the National Rifle Association, but few backers on Capitol Hill.

Trump declared Monday he's willing to take on the NRA over gun legislation, and chided lawmakers not to fear the gun lobby. But the Republicans who control Congress weren't so sure.

"You guys, half of you are so afraid of the NRA," the president said Monday at a meeting with the nation's governors. "There's nothing to be afraid of. And you know what? If they're not with you, we have to fight them every once in a while. That's OK."

One plan, to prohibit sales of bump stocks, the devices that turn rifles into automatic-style weapons and were used in the Las Vegas mass shooting last fall, was under consideration at

the Justice Department.

Attorney General Jeff Sessions said top officials believe the hardware can be banned through the regulatory process. This was the approach preferred by the NRA and it could relieve Congress of pressure for legislative action. The federal Bureau of Alcohol, Tobacco, Firearms and Explosives previously said it was powerless to restrict the devices without action from Congress.

Though Trump on Monday did not mention his earlier idea for increasing the minimum age for rifle purchases, he said he wants to toughen the Cornyn bill with stricter background checks, a change the NRA has opposed.

"We're going to strengthen it," Trump said. "We're going to make it more pertinent to what we're discussing."

Democrats have long pressed for more sweeping changes toward a universal background check system, including requiring inquiries for online and gun show purchases.

In the House, many Democrats — and a few Republicans — also want to reinstate an assault weapons ban that expired more than a decade ago.

Bill in response to Nassar scandal concerns Catholic Church

LANSING, Mich. (AP) — A Michigan bill inspired by the Larry Nassar scandal that would retroactively extend the amount of time child victims of sexual abuse have to sue their abusers is drawing concerns from the Catholic Church, which has paid out billions of dollars to settle U.S. clergy abuse cases.

Michigan Catholic Conference spokesman David Maluchnik confirmed Tuesday that extending the statute of limitations is "of concern" to the church's lobbying arm, but he withheld further comment until the bill's impact could be fully reviewed. He said the group supports other parts of a 10-bill package introduced Monday, including a measure that would add more people to the list of those who must report suspected abuse to child protective services.

Currently, people who are sexually abused as children in Michigan generally have until their 19th birthdays to sue. Under the legislation , child victims abused in 1993 or later could sue until their 48th birthdays while those assaulted in adulthood would have 30 years to file a claim from the time of the abuse.

Past bills to give victims more access to the legal system have stalled in Michigan, partly because of opposition from the Catholic Conference. Advocates for change say giving victims just a year to sue after turning 18 protects child molesters because survivors often wait to report the abuse due to fear or because they repressed it.

The Nassar scandal could lead to change, however, as both Republicans and Democrats are backing the new bills. Nassar, a Michigan State University sports physician who also worked for USA Gymnastics, pleaded guilty and was sentenced to 40 to 175 years in prison, on top of a 60-year federal term for possessing child pornography. Among his more than 250 accusers are several U.S. Olympians and the case has drawn worldwide attention.

It is unclear if the statute of limitations or others bills could be revised.

Kushner's security clearance downgraded per Kelly policy

WASHINGTON (AP) — The security clearance of White House senior adviser Jared Kushner, President Donald Trump's son-in-law, has been downgraded, according to two people informed of the decision.

Kushner had been operating with an interim clearance at the "top secret/sensitive compartmented information" level for more than a year. Now he is only authorized to access information at the lower "secret" level, according to a White House official and a person familiar with the decision, both of whom spoke on condition of anonymity. Neither source was authorized to discuss the decision publicly. Chief of staff John Kelly ordered

that White House officials with interim clearances pending since before June 1, 2017, lose their access to the nation's deepest secrets if they hadn't received permanent clearances by last Friday. A White House official confirmed to The Associated Press that Kelly's order has been implemented.

Trump could have reversed Kelly's decision and unilaterally offered Kushner a clearance, but deferred to Kelly.

"I will let General Kelly make that decision and he's going to do what's right for the country and I have no doubt he'll make the right decision," Trump said Friday, when he addressed the security clearance issue for the first time.

Kushner's attorney told the AP that Kushner's ability to do his job won't be affected by any change to his clearance.

"Those involved in the process again have confirmed that there are dozens of people at Mr. Kushner's level whose process is delayed, that it is not uncommon for these clearance reviews to take this long in a new administration, and that the current backlogs are now being addressed," said Peter Mirijanian, a Kushner spokesman.

Kushner is one of dozens of White House aides who have been working without permanent security clearances for the better part of a year.

TODAY ON CAMPUS

'Designs of Duty' Exhibit | All Day | Booth Library

Yoga Flow | 8:00 AM - 8:45 AM | Student Rec Center

Circuit Training | 12:00 PM - 12:45 PM | Student Rec Center

HIIT | 5:00 PM - 5:45 PM | Student Rec Center

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TRX + Core | 6:00 PM - 6:30 PM | Student Rec Center

Boot Camp | 6:25 PM - 7:00 PM | Student Rec Center



# Students talk about meaning of African-American Heritage

By Carmen Emanuel  
Contributing Writer | @DEN\_News

As the month of February comes to an end, students at Eastern expressed how they feel about African-American Heritage Month.

Since 1976, the month has been recognized in the U.S.

“I have a lot of respect for the people that have sacrificed their time, their opportunity and their lives with the goal of helping us today to get to where we are to succeed in a Caucasian-led society,” Eastern football running back and senior sociology major Eddie Lusk III said.

Many of the members of the Black Student Union said they are proud of what their ancestors have done for the African-American culture.

“Those before us, our ancestors, without them we wouldn’t be where we are today, because they were the ones that decided to make a change to start something new,” BSU member and junior biological sciences major Raven Gant said.

BSU member and freshman family and consumer sciences major Tatyana Hyde said one lesson that can be learned from the experiences of African-Americans throughout history is that “bravery conquers fear.”

For junior psychology major Rafael Cooke, African-American Heritage Month gives those in the African-American culture something to keep striving toward, no matter how difficult things may become.

“One of the biggest lessons to take from African-American history is perseverance and to stay consistent by not giving up on what you truly want and believe,” Cooke said.

Eastern track sprinter and junior communication studies major Ricky Owens, Jr. said he likes seeing the historical significance of the month.

“Every single year I love seeing the stuff that has happened throughout history, but I feel it’s something that shouldn’t be taught just for one month,” Owens said. “It’s definitely something that should be taught year around.”

BSU member and junior sociology major T’amber Sherrod said she likes that everyone is very happy during African-American Heritage Month, and there is always a lingering positive

vibe among African-American people during February.

BSU member and sophomore kinesiology major Rajah Matthews said the historical figures who are represented within African-American culture have helped African-American people tackle many obstacles.

“They have all done something different that has helped us improve today,” Matthews said. “Along the line we kept jumping hurdles and making progress, to even Obama becoming the president.”

BSU member and junior graphic design major Gabrielle Bersamin said these historical figures discussed in the African-American culture gives many hope to progress in anything their hearts desire.

“We are very powerful and very intelligent,” Bersamin said. “We can do anything if we put our minds to it.”

For Cooke, African-American Heritage Month is not recognized the way it should truly be recognized.

“The first few days of the month is when it get its most recognition, but after that I feel like it’s forgotten,” Cooke said. “We don’t really scratch the surface of what our people have truly done in this country.”

Gant said without the acknowledgement of African-American Heritage Month, no one would truly know about African-American heritage.

“I remember in grade school, African-American Heritage Month was a big thing,” Gant said. “You learned all the facts about everyone from Dr. Carver to Madam C.J. Walker, but even now, me being 21, I don’t hear these facts every day.”

Lusk said there are a number of individuals who are not being recognized for their contributions to African-American culture.

“We hear a lot about Martin Luther King, Malcolm X, Muhammad Ali, and those are all great people, but there’s also people that have done just as much if not more,” Lusk said. “We as a culture could take it upon ourselves to learn more about the people that even came before them that started the trend of fighting for our rights.”

Carmen Emanuel can be reached at 518-2812 or ccemanuel@eiu.edu.

# Play ball



JORDAN BOYER | THE DAILY EASTERN NEWS

Mitch Thompson, a freshman marketing major, throws a baseball to his friend Tuesday afternoon outside of Taylor Hall.

# Eastern ranked 15th best online school in 2018

Staff Report | @DEN\_News

Affordable Colleges Online recently ranked Eastern as a Best Online College in 2018.

On Affordable Colleges Online’s website, Eastern is ranked 15th out of the 17 best colleges, coming right below Southern Illinois University Edwardsville and above Illinois State University and Governors State University.

Eastern received a score of 94.69. The University of Illinois Springfield tops the list with a score of 100.

According to a press release, Affordable Colleges Online rankings are backed by data collected and

analyzed from the Integrated Postsecondary Education Data System, a program managed by the National Center for Education Statistics.

The rankings take metrics as average in-state net price, the number and variety of online programs offered, the student-teacher ratio and the availability of academic, career counseling and job placement services for students and graduates.

The program surveys over 7,500 colleges annually.

The News desk can be reached at 581-2812 or dennewsdesk@gmail.com.

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STAFF EDITORIAL

Volunteer, feel good

We at *The Daily Eastern News* have a secret to share with you: It feels good to do good. Too often we see that there is still a need to fill the spots that are remaining with all of the volunteer opportunities on campus and in the community. Too often we see that the world seems to be taking more than it can give to those that inhabit it. Too often we fail to see that we have the ability to give and make up for some part of what the world has taken and continues to take. At Eastern, whether we are students or faculty, we have that ability to give our time to volunteer at one or more of the many organizations that the Office of Civic Engagement and Volunteerism pairs up with and promotes on campus. It would not hurt to exchange the time we tend to usually reserve

for naps and Netflix-binges for a few hours with rescued dogs and cats at the animal shelter or a day at the food pantry helping people pick out their groceries. There are many volunteer opportunities that are not only calling out to us to be a part of, but can also pique one of our interests and be fun, reflective and life-changing. Finding these opportunities is easier than you think. Often, we cover them. Most of the time, there are fliers and signs around campus advertising them. And always, the office and their website is available to direct interested volunteers to a cause that needs and deserves our time and attention.

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

An eternal power



JALEN MASSIE | THE DAILY EASTERN NEWS

Be happy with who you are; do not compare yourself

To ceremoniously celebrate this Wednesday, I have some wisdom to share with you that 2013 Carole posted on her Instagram when she used to aggressively participate in the #WisdomWednesday trend that 2017 Carole deleted, along with many other posts, as an attempt to spruce up her social media. “Comparison is the thief of joy.” It is the most wonderful time of the year for the people who applied for big-kid internships and jobs and got offered big-kid positions at the big-kid internships and jobs. And if you are like me, you are scrolling through all of the social media posts and participating in conversations that these college kids turned official big kids are sharing about their next big steps toward their futures with a tight-lipped smile to suppress your internal screams. Or maybe it is just me. As a human, I am naturally flawed. My fatal flaw is my natural inclination to instantly compare myself to others. Whether they are strangers, students I have class with or my best

friends, my happiness for their successes develops into fear for the absence of my own victories and how they measure up in comparison. This summer, I do not have an internship in a different state or in a fancy city like several of my peers. Instead, I will be staying in Charleston until June working at the part time job I have had since my freshman year until the job I have had for the past two summers in Chicago begins. Working at a restaurant and a summer camp are two jobs and settings I love. I love my coworkers, I love the people I meet and interact with and I love how comfortable I feel in those environments. And that is something I need to remind myself of: the love I have for the opportunities and experiences I have in my life right now. Even more so, I need to remind myself of how grateful I am for the things I have learned from both of these jobs. Although my time at these jobs seems temporary because they do not tie directly in with my journalism major, the



Carole Hodorowicz

ways my experiences with both of them have shaped me are permanent. Through both lunch rushes at the restaurant and maintaining some sense of control over my energetic campers, I have learned to handle stressful situations with poise. Through conversations with rude customers and instances where campers do not get along or misbehave, I have learned to communicate effectively and solve problems.

It is too easy to beat ourselves up over what we are not doing instead of patting ourselves on the back for everything we have done and are currently accomplishing. It sounds cliché (well, because it is) but one day, all of the pieces of the puzzle will fall into place. You will graduate, you will land an internship that will put all the lectures, notes and assignments you did for years to the test, and you will find a career you love. But that does not all happen overnight, and until then, stop comparing and start appreciating everything you have in front of you. We spend so much time daydreaming about a future we will love that we tend to forget it is possible to love our present, too. It may not seem like it now, but that part-time job or 1000-level course will lead you in some direction, big or small, that you will be grateful for down the road.

Carole Hodorowicz is a junior journalism major. She can be reached at 581-2812 or [cdhodorowicz@eiu.edu](mailto:cdhodorowicz@eiu.edu).

Guns, the NRA and mental health: What can we do?

I am not really in the mood to talk about school shootings. We do this every couple of months. I know your lines, you know mine. I guess this time around it was a little more absurd. We are all amping up the rhetoric. Both sides are digging in, adamant that the other bears the blood of the victims. For two weeks now I have been on Twitter and in the Fox News and Gizmodo comments section, trying to piece together what the hell is happening. There were few new arguments, just the old, yelled louder. Liberals were saying it was guns, conservatives were saying it is mental health. Centrists were unhelpful as always. Many claimed the NRA is complicit in school shooting deaths. Others claimed the media was ignorantly targeting the organization. So is it about the guns? Or mental health? Is the NRA fanning the flames? Some say that if mental health was addressed in this country, we could responsibly own guns. And they are absolutely correct. But, addressing mental health in America takes money. We have to consciously, as a nation, elect leaders who will pour major efforts into fixing the mental health systems we have in place, as well as establishing new ones. We have to look at the \$1.5 trillion spent on the latest dud from Lockheed Martin, and earmark a couple million for our

children. Most people understand that is never going to happen. Liberals hate conservatives, conservatives hate liberals, everybody is going to keep collecting checks no matter how many children die. And you are living in a fantasy if you think the NRA is going to donate anything to the cause of mental health. Unfortunately, the NRA is concerned with one thing and on thing only: the NRA. That is as far as I will go, because some people shut off the moment you start talking about them, but please, research for yourself. They are not here to help the victims of gun violence. For some though, it is not a matter of addressing mental health or access to guns. For some it is simply about good guys with guns versus the sicko shooters in the world. It is these people who offer the idea that if we just armed teachers, we could protect our children. Most reasonable people gawk at this idea. More police officers? Teachers with guns? Just what kind of atmosphere is that going to produce in a classroom? Are we at war? Are our schools Ground Zero? Let us pretend for a moment that arming teachers was even close to a sane response. Which teachers get the guns? What type of guns are they? How long are they trained? Who pays for the



Colin Roberts

training? What should be the penalty if a teacher shoots a kid? OK, we are done pretending, see how stupid this is? The reasonable fix to our War on Children, the temporary one, if that is what it takes to sell it, is to ban the guns. You know the ones. Not the hunting rifles, not the small-caliber handguns. Ban the guns that are repeatedly showing up in school shootings. Or, at the very, very least, make them more difficult to obtain. I am pro-gun, despite being liberal. I own a pair of fine-looking modded Heckler and Koch mod-

els, and I will put money down that I can outshoot any of you at the range. I will also sell them to a trusted relative soon. It is just not worth the social cost of owning them. I know that is a hard sell. But, I am asking you to make the hard choice. We can keep our Glockes and Bushmasters and easy access, and we can keep having this conversation while the kids pile up, or we can make a sacrifice for our children. Now there would be the actions of a real patriot, worthy of the American flag in their Twitter handle. And to those who claim that is exactly what Big Government and the U.N. want, be reasonable. We lost our little “Red Dawn” fantasy the moment the Air Force upgraded the Predator Drone. It is not about protecting yourself from government takeovers anymore. The woods and your friends in the armed forces will not save you from a bunker-buster payload. I have lost track of the number of shootings. There are so many, I almost forgot about the one a town over. I have not said anything that somebody else has not said a hundred times before. So unless we make the incredible choice to make mental health a priority, please, at the very least vote for leaders who will restrict access to guns, before it is your children’s friends who are crying on CNN. **Colin Roberts is a senior English major. He can be reached at 581-2812 or [cloberts4@eiu.edu](mailto:cloberts4@eiu.edu).**

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# Skate Star



JORDAN BOYER | THE DAILY EASTERN NEWS  
Colton Christianson, a junior graphic design major, rides a skateboard Tuesday afternoon outside of Klehm Hall. “I try to get out every now and then, even when it was a little chilly, but today is definitely the first day that it’s actually worth staying out,” he said.

## » Forum CONTINUED FROM PAGE 1

“If anybody comes out of the jail and into my office, I’ll do my best to provide them with resources.”

When it comes to racial profiling, Rankin said he cannot think of one specific group of people to target, and that he wants to help everyone.

Rankin is a graduate of Eastern.

Spear is currently serving as a patrol sergeant and served for six years in the Marine Corps. His first priority as sheriff would be to prevent school shootings.

“I’m not sure about arming teachers, but we need to arm teachers with information to help them protect their classrooms,” he said.

State representative primary candidate Terry Davis was next to speak at the forum. His opponent, Chris Miller of Oakland, was not in attendance because of prior obligations at another event.

Miller’s son-in-law, Justin Goff, showed up on behalf of Miller, but it was announced that he could not answer questions for him.

Goff described Miller as being pro-life regardless of who is funding him. He said his father-in-law is the “only real Republican candidate” in the primary for state representative.

Davis has owned Towne Square Jewelers in Charleston since 1984. He also attended Eastern.

Davis said he models his political model off of former senator Barry Goldwater and would like to see government kept outside of smaller aspects of individual lives. He said he would like to bring as much control back into the local government as possible and keep bureaucracies out of citizens’ lives.

Davis would like to help balance power by seeing leadership rotate so that people like House Speaker Michael Madigan do not control everything in Springfield, he said.

“My Republican Party is about making government more efficient and not excluding people,” Davis said.

Olivia Swenson-Hultz can be reached at 581-2812 or omswensonhultz@eiu.edu.

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# Learning Linguistics



JORDAN BOYER | THE DAILY EASTERN NEWS

Members of the Ultimate Frisbee Club Tyler Rice, a senior kinesiology major, and James Porzio, a junior communication studies major, play catch Tuesday afternoon outside of Taylor Hall.

## The New York Times Crossword

Edited by Will Shortz No. 0124

- ACROSS
- 1 Menaces that name other menaces if you put a “w” at the start

5 Darken

8 BBC sci-fi series, informally

13 “Your Majesty”

14 It leans right: Abbr.

16 Sounded satisfied

17 Angle between a leafstalk and a stem

18 Subject of a parent's restriction for a child

20 Big “but”?

22 Chevy sedan

23 Prefix with dermis

24 Member of a crossword zoo?

27 Small diamond handed down to an heir?

31 Number 41 or 43

35 Cross shape

36 Barely leading

37 Immune response trigger

39 Takes over (for)

41 Pageant prize

42 Single market locale: Abbr.

43 Son of John and Yoko

44 Fight between two lovers?

48 Goal

49 Scepter go-with

50 Elements with names ending in -ium, typically

55 Futuristic Volkswagen?

59 Seat for a ragtime player

61 Amount of land a pair of oxen could plow in a day, historically

62 Pitcher's aid

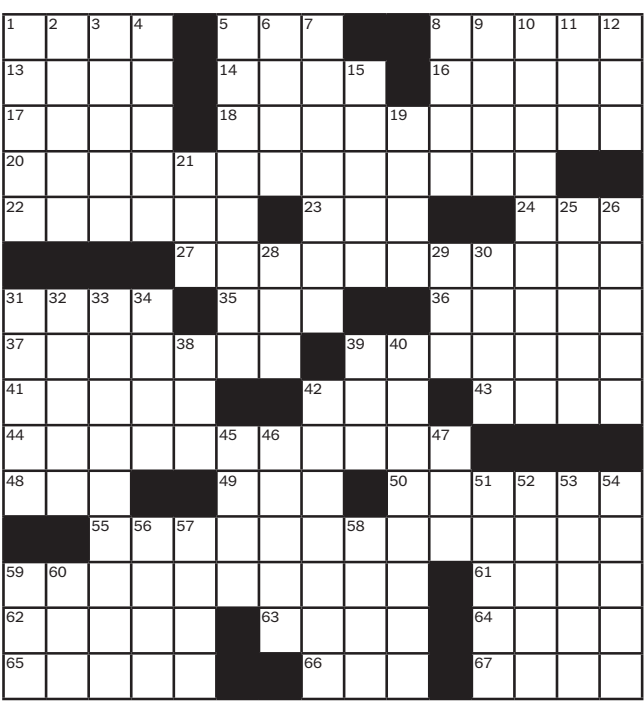
63 Where a brogue is spoken

64 Wander

65 “Straight \_\_\_\_ Compton”

66 Fella

67 Symbol in the middle of a Scrabble board



- PUZZLE BY KATHY WIENBERG
- 19 Christian singer Tornquist

21 Good \_\_\_\_ days

25 Fad x 10

26 Knoxville sch.

28 Give a whupping

29 “Psst, you’re on,” e.g.

30 iPad purchases

31 Scrub in the tub

32 State of the \_\_\_\_

33 Not budge

34 Charter

38 Part of L.G.B.T.Q.

39 Benchwarmer

40 Ran roughshod over

42 Entangle

45 Bullies

46 Use a soapbox

47 Spot from a pot

51 Rulers before 1917

52 Alternative to a four-in-hand

53 Pupa-to-be

54 Herd member

56 Doing the job

57 Jaffe who wrote “Mazes and Monsters”

58 Toon explorer

59 With 9-Down, according to share

60 Slip in a pot

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# Young Eastern team finishes season 3-26

By **JJ Bullock**  
Assistant Sports Editor | @DEN\_Sports

At the beginning of the Eastern women’s basketball season, first-year head coach Matt Bollant said his new team, which had finished last in 2015 and 2016, was trying to be different, however the team finished in last place again in 2017 with a 3-26 overall record, yet, circumstances did not allow things to go to plan.

Bollant said in October before the season began that the key to the team being different was senior point guard Grace Lennox, who he said could be the best point guard in the league, and that if the team were to have a better season it would start with her.

“(Lennox) is a first-team all-conference kid, point guard, best player and by far the most talented returning player,” Bollant said.

Just eight games in, however, Lennox went down with a knee injury, and the team, which was 1-7 at the time, was trying to fill the hole in the puzzle Lennox left with a variety of pieces.

“Obviously you don’t anticipate (Lennox) getting hurt. She is the one kid that that if you asked ‘who can’t get hurt?’ and immediately everyone would say ‘Grace Lennox,’” Bollant said.

The pieces they found were freshman guards Taylor Steele and Karle Pace, and while they seemed to fit well, the wins still were not coming for Eastern.

Pace averaged 12.8 points per game in the 15 games she started with Lennox, and Steele finished the year with 12.1 points per game when she started.

Despite how well Lennox’s replacements played, the team was still losing games, and it was because of something none of the players on the team could control: their youth.

After Lennox went down the team was strapped

for a leader. Time and time again Bollant would cite the team’s late-game collapses to a lack of a player stepping up and making plays down the stretch, a role typically filled by Lennox.

Six of the nine players on the roster and all five starters were underclassmen for Eastern, and while at times they played very well, which was a good glimpse at the potential of the program, putting winning expectations on a young group was too much to ask during the season.

“We really had five players out that had no experience from the past, so it was a pretty sharp learning curve for them. But, it will help them for sure, they were kind of forced to have to step up and make plays and grow quickly, and I think it will help all of them in their maturity process,” Bollant said.

Pace started 15 games as a freshman, Steele started 21, sophomore Danielle Berry started all 29 games for the Panthers, sophomore Jennifer Nehls started in 28 and freshman Grace McRae started in 27.

When asked if the team would have won more games had there been more experienced players on the court, Bollant said “yes.”

“If you look at a lot of the games, we lost 10 games in the conference by 11 points or less, and so many of those games we were right there and then they would have one of their juniors or seniors step up and make plays late in the game when it was on the line,” Bollant said. “We just didn’t have that.”

Bollant said the one thing he was proud of was how the team got better defensively throughout the year and how the team stuck together and grew through the struggles.

“I think if we continue to do that, then good things are ahead for this program,” Bollant said.

The season was not a total-loss as its record might indicate; the growth of the young players bodes very



**KARINA DELGADO | THE DAILY EASTERN NEWS**  
Sophomore Danielle Berry tries to keep stay in front of a Southern Illinois Edwardsville player as she tries to dribble by. The Panthers won their final game of the season against the Cougars, who were the No. 2 seed heading into that game.

well for the Panthers next season, especially when considering the strength of the recruiting class coming in.

The class includes forward Abby Wahl, who averaged 20.2 points per game and 8.9 rebounds her senior season. There is also guard Kira Arthofer, who was Big 10 bound before suffering a knee-injury. Jordan Hughes, a guard from Gurnee, just led her team to a regional title, and Australian Jordan Pyle redshirted this season and will debut for the Panthers next year.

Bollant said it is hard to tell how well the new recruits will fit in right away, but said they are a talented group, and the one thing those players will have that the new players this year did not, is a big group of returning players that played and made a lot of good plays.

“I think that bodes well for next year being different,” Bollant said.

*JJ Bullock can be reached at 581-2812 or jpbullock@eiu.edu.*

WOMEN'S BASKETBALL | COLUMN

## Panthers must carry on from where they left off

Had the Panthers lost to Southern Illinois Edwardsville on Saturday, it would have marked the worst record in school history.

But the Panthers put together a refreshing 76-72 overtime win over Southern Illinois Edwardsville, who hoisted the second best win total, not to mention a 13-4 record against conference teams, heading into the final game.

As five players notched double-digit totals in points, this matchup revealed the Panthers’ palette of scoring options which had, at times, been limited to freshman standouts Taylor Steele and Karle Pace.

Could this be a harbinger of a more promising future?

Can the Panthers build upon a season marred by a losing record?

The Panthers displayed a diverse collage of performances this year, ranging from a 35-point loss to



**Tom O'Connor**

Wright State back in November, to the Panther’ four-point victory Saturday.

No team can evade the inevitable shortcomings of a 29-game affair.

Instead, each Eastern women’s basketball player must save this win and file it away, dragging the de-

feats from the hard drive to the trash folder.

Ending the season on an upset victory against one of the best defensive teams in the conference, the Panthers short circuited the Cougars in overtime, after playing a half in which the Cougars, who shot just 29 percent during that span, came back late in the fourth.

Although Southern Illinois Edwardsville returned from an 18-point deficit at the half, Eastern resuscitated its shooting stroke, as the Panthers scored 18 points relative to the Cougars’ 10 in overtime.

While Eastern often struggled to weather scoring draughts this season, including the game against Southern Illinois Edwardsville on Saturday, the Panthers outshined the Cougars in shooting percentage.

Hard pressed for points in overtime, Eastern’s post play, a recurring problem for the team all year, gave the Panthers an edge when it mattered most.

Eastern’s three-point game, meanwhile, opened up shots in the paint, even though the Panthers possess a paucity of post-up players.

This activity down low did not, however, give way to more second chance opportunities, particularly in the first half when the Panthers had just two points off missed field goals.

Instead of reflecting on where the team went wrong this season, it might be more judicious to embrace the intermittent successes.

Then, when opening night comes around this fall, the Panthers can carry on from where they left off, spacing the floor and hitting whatever shots the defense permits.

*Tom O'Connor can be reached at 581-2812 or troconnor@eiu.edu.*



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# OVC TOURNAMENT PREVIEW: Day 1



## No. 7 Panthers set for No. 6 Tigers Wednesday

By Sean Hastings

Sports Editor | @DEN\_Sports

As coach Jay Spoonhour put it, “the hay is in the barn,” and you are who you are after 29 regular season games.

And the Panthers are a team that found a way to slip into the OVC Tournament as the No. 7 seed despite playing the whole season without a natural point guard. But senior Montell Goodwin has filled that role nicely with freshman Mack Smith playing along side him.

So come Wednesday at 8:30 p.m. when the Panthers play No. 6 Tennessee State in the first round of the OVC Tournament, each will know what the other brings.

The Tigers won both meetings with the Panthers this season by a combined seven points.

“They’re a good defensive team,” Spoonhour said. “(Wednesday) is going to be the exact kind of game (as the first two).”

Eastern’s 50-47 loss back on Jan. 27 was the lowest scoring game the Panthers had all season. It was also the third-least amount of points Eastern gave up all season.

OVC Defensive Player of the Year and All-OVC Second Team member, Christian Mekowulu makes that happen. Mekowulu dominated the Panthers last time, scoring 27 points and grabbing 10 rebounds, 8 defensively, in the win.

Spoonhour said Eastern needs to do a better job of not fouling Mekowulu. He shot 23 free throws in the two games this season.

“It’s going to be a low-scoring kind of game,” Spoonhour said. “What you’re saying is ‘what can we do to squeak out a couple buckets here and there. A couple buckets here and there is a huge deal in a game like this.’”

Spoonhour feels that the Panthers are in a better spot compared to where they were a few games ago, since Eastern spent the better half of the season figuring out who it was and trying to learn to play without point guards.

But, the OVC Tournament is not a place where the Panthers are going to discover anything new.

“It’s probably as simple as something like if we can stop Mekowulu from getting two or three put-backs and staying out there and making it tough for (the shooters) to find stuff,” Spoonhour said.

Smith, who was named to the All-OVC Newcomer team Tuesday, knows his role and is ready for the challenge in the OVC Tournament.

“We have to go out there, play tough and guard,” Smith said. “We have to rebound the ball, stay locked in on defense.”

He also added that trying to avoid fouling Mekowulu will be key.

He knew coming into this season that he may get the chance to play a lot of minutes.

Smith and Goodwin have been the biggest scoring threats for Eastern this season, as they are the lead-



KARINA DELGADO | THE DAILY EASTERN NEWS

Senior Montell Goodwin dribbles past a Southern Illinois Edwardsville defender in Eastern’s final home game win Saturday. Eastern plays Tennessee State Wednesday in the first round of the OVC Tournament in Evansville, Ind.



KARINA DELGADO | THE DAILY EASTERN NEWS

Freshman Mack Smith eyes down his Southern Illinois Edwardsville in Eastern’s win over the Cougars Saturday. Smith was named to the All-OVC Newcomer team as he averaged 12 points per game in the regular season.

ing scorers averaging 12 and 14.8 points per game, respectively.

Goodwin was named to the All-OVC Second Team Tuesday.

For Eastern’s two leading scorers, it is their first OVC Tournament, just like it is for everyone besides junior Lucas Jones and injured senior Terrell Lewis.

“(We want to) go have fun and

make a statement and let everybody know that we are here,” Smith said.

The Panthers play the final game of the day Wednesday, and if they beat the Tigers they will take on Austin Peay Thursday night. The winner the second round game plays Belmont, which earned a two-round BYE as the No. 2 seed.

Spoonhour said it will probably

be a low scoring game.

“It’s going to come down to a couple little possessions,” he said. “That’s how these things go.”

Wednesday’s other game is between the No. 5 Tennessee Tech and the No. 8 Southern Illinois Edwardsville and starts at 6:30 p.m.

The Cougars pushed their way into the tournament on the final

day of the season as Eastern Kentucky lost its game. They stayed at the No. 8 seed after their loss to the Panthers, which is also how Eastern got its seed.

Tennessee Tech finished the season 10-8 and Southern Illinois finished 5-13. It was tied with Eastern Kentucky and Tennessee-Martin, but had the tiebreakers over both schools.

The winner of that game moves on to the second round to play Jacksonville State and the winner of that moves on to play Murray State, which has a two-round bye as the No. 1 seed in the tournament.

The Golden Eagles hardly slipped by the Cougars in their first meeting Feb. 1 coming away with just a 68-67 win.

Tennessee Tech’s Curtis Phillips Jr. was named to the All-OVC Second Team this year. The Cougars also had a player get named to the All-OVC Second Team, with Jalen Henry being named Tuesday afternoon.

Southern Illinois Edwardsville gave up the most points per game on average throughout the regular season averaging 79.4. The Golden Eagles averaged 73.6 points per game and Southern Illinois Edwardsville averaged 70.3.

Tennessee Tech’s defense also lacked at times as it allowed 73 points per game on average.

Just like the Panthers and the Tigers, this game may come down to just a few possessions.

Sean Hastings can be reached at 581-2812 or smhastings@eiu.edu.



# THE DAILY EASTERN NEWS' 2018 HOUSING & DINING GUIDE

FEB. 28, 2018

"TELL THE TRUTH AND DON'T BE AFRAID"

SECTION B



## WHAT'S INSIDE

- Mark Hudson, the director of Housing and Dining, breaks down Eastern's dining system.  
**PAGE 3**
- Students share how they dealt with bad neighbors and roommates.  
**PAGE 4**



Page 1 photos:


Top right: Thalia Rouley  
Top left: Qian Cheng  
Middle: Jordan Boyer  
Bottom Left: Jordan Boyer  
Bottom Right: Thalia Rouley


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# OPINIONS

## Having nostalgia for "Home Sweet Dorm"

Sometimes I find myself missing my dorm.  
Those of you who live in dorms now: save the laughter. I promise, you will miss it too. The degree will be different and the frequency will also vary, but you will miss your dorm someday.

When I come to campus for student teaching seminars, I always find myself wandering toward Ford Hall. I daydream about taking naps under the huge window, lights off in my room and basking in the sallow afternoon light between one class and another. I remember cooking in a tiny kitchen with dry goods stashed on a free blondewood shelf.

It can be hard to remember that I no longer live there.

Right now, I live with my parents in a house 10 miles from the school I teach at. Unless my mother is home, there’s never anyone in the “lobby,” our living



Shelby Niehaus

room. No clubs commandeer the shared couch, passing out candies in exchange for social interaction. Yes, I get to opt out of the neighborly noise for the most part, but the silence can be killer.

The town library opens at two in the afternoon and closes again at 7 p.m.; where will I go to panic-research? The coffee shop is only open half the week; is there

anywhere to comfortably write my essays?

Living off-campus certainly is comfortable, but there is always something missing from my life as a college student. I live so far away from everything and everyone; those days when I found a free hour to rush out to an interesting lecture or took my homework to club meetings are over. I can hardly keep in touch with my friends, who all live prohibitively far away.

With all honesty, I say that I miss my dorm some days.

Whether you like it or not, your first dorm, your second dorm, your last dorm, all those rooms will be special to you for years to come. You will remember the fairy lights around the window in Weller, the way the snow drifts onto the grass in front of Pember-ton, the noise of the tiny courtyard outside of Ford. In the back

of your head, you will always hear the loud music that your neighbors play. My father still hears Sultans of Swing when he takes breaks from his work, and you will always hear the gentle noise of the TV that the next room’s residents leave on all night.

The things that annoy you about your dorm now will be cherished memories someday. Those little irritations are an integral part of the student experience. What would academia be, after all, without some brilliant thesis written to the neighbors’ soundtrack?

Enjoy your time in student housing. It is short, but it is a wonderful time, and I say that with as much honesty as I can muster.

*Shelby Niehaus is a senior English language arts major. She can be reached at 581-2812 or scniehaus@eiu.edu.*

## Intramurals offer opportunity at Eastern

After your senior night in whatever sport you played in high school, you may have thought your sports career was over.

When you started looking at universities to attend and finally found the one, you may have thought, “That’s great and all, but I still want to play sports because it’s always been a part of my life.”

Luckily for you, Eastern has plenty of intramural sports for you to play with and against fellow students and friends.

With ten sports left to sign up for before the spring semester ends, there are plenty of chances to have fun and be competitive before you go home this summer with that empty feeling.

First things first, you have to know how to sign up to even start looking for sports.

Just go to imleagues.com and click on the sign up tab in the upper right-hand corner. You will be quickly directed to a page that will ask you to enter information about yourself so you can get regis-



Dillan Schorfheide

tered. Helpful tip: Do not choose the option to sign up with Facebook, just enter Eastern Illinois University in the tab asking for your school. Then it just asks the basics, like name, email and graduating class; nothing too crazy.

Once you’re signed up, you can then start browsing through the Eastern page about what sports are available. If you are wanting to play CoRec volleyball, the deadline to sign up as a team is Feb. 28 at

midnight.

Players can still be added to teams until March 23, but if you want to register some friends as a team, join by the 28th.

That brings me to the next point: how to play.

If you are the team captain, you will have to read the rules and pass a quiz to be eligible to have a team. Then you can start inviting people to play. If they are already signed up on the website, you can search their name and add them, but if they are new, you will have to send them an email.

As the captain, you can choose what day and time you will play. Or if it is an individual sport, like the pool tournament for which registration ends on March 6, you pick what time you play. If you do not have a team or just want to meet new people, you can sign up as a free agent. The website also allows players to message each other and check when and where games start, and even who is on the roster.

The rest of the sports that are upcoming

after a few weeks are as follows:

Indoor kickball, spikeball, 3-pitch softball, tennis doubles, big pink volleyball tourney, bags doubles, spring kanjam and the home run derby.

Do not be scared to jump in and try something new. Do not even be afraid to sign up as a free agent; it is a great way to meet new people and make new friends.

Intramurals can be a really competitive scene, but at the same time, the people you play with and against are all there for fun and talk regularly throughout the games. And if you come out on top, you can walk away with a championship T-shirt. They are pretty nice, trust me, I got one last semester for dodgeball.

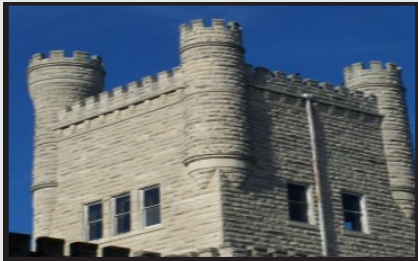
So even if you lose in the playoffs or do not even make it to the playoffs, who cares? Just go out there and have a ball.

*Dillan Schorfheide is a junior journalism major. He can be reached at 581-2812 or dtschorfheide@eiu.edu.*

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# Eastern’s meal system is ‘unique’ compared to other state universities

By **Analicia Haynes**  
Managing Editor | @Haynes1943

The Dining Hall system on campus varies from the way others are set up statewide. Mark Hudson, the director of Housing and Dining, called Eastern’s dining experience unique and said the goal is to make it as flexible as possible for students.

Unlike other universities, Eastern does not have a point-based system; rather, it uses meal swipes that renew once a week.

With a point-based system, every food item has a certain point value.

Hudson said students can eat until they are full in the Thomas and Taylor Dining Centers and wait two hours before they can go back for more.

“It’s a little different in the Tower Dining Center (Stevenson Hall). It’s sort of a defined entrée-- you can have a made-to-order sandwich, salad, then get things around it,” Hudson said.

He said the reason the university did not go with the point system or a block system is because students might risk running out of points or swipes by the end of the semester.

“The way we do our program is sort of a ‘helping students keep track of what they have available,’ so it resets every Monday so they can buy one of four types of meal plans: 7, 10, 12, 15 and they get that number of meal swipes per week,” Hudson said.

Hudson said the Reservation Dining Program in the Stevenson Tower Dining Center is unique to the campus. Students can reserve a table for Thursday or Friday night and enjoy a meal in a restaurant-like atmosphere.

“We do that for one single meal swipe. I know some universities that do this have an upcharge in addition to a swipe. We offer it as an opportunity to have a different type of (dining) experience,” Hudson said.

Hudson said another thing that is well-received by students is the flexibility of the dining dollars regarding where students can spend them.

“It gives them ways where they can break up the monotony,” Hudson said.

Students can add more dining dollars to

their account, which is something Hudson said other schools do not offer. Despite the flexibility with their dining meal plans, Hudson said students still have several misconceptions regarding the dining centers, dining dollars and dining plans.

One of the misconceptions is the idea that students might be “wasting” meal swipes or food when they do not use them.

“We know by analysis, students miss about a third of the meals with whatever their meal plan is, so we take that into consideration when we price the meal plan,” Hudson said. “We reduce the cost of it to allow for that. So really, if they’re eating all 15 meals they’re on house money. We’ve built in that expectation of students missing a certain number of meals.”

Hudson said students have also asked why they cannot use meal swipes in the University Food Court.

He said it is because the food court is a retail dining operation, and if students use their meal swipes there, not only would they burn through them more quickly, but also, the Food Court is not designed for a throughput of customers like the dining centers are.

He said the Food Court is already busy at high noon when people are getting lunch, and if students used swipes at the same time then it would be twice as big.

“The physical facility is not designed to take the place of a residential dining center that conserves like a thousand people an hour,” he said.

Hudson said this would overwhelm the system, slow down the service and the outcome would be more complaints.

The other thing that students do sometimes is not take full advantage of the flexibility in the meal plan; for example, they get into the habit of eating in the same dining center all the time or they order the same thing. In order to maximize the flexibility, they need to move around a bit.

“We want students to take advantage of the variety of services we have,” Hudson said.

*Analicia Haynes can be reached at 581-2812 or [achaynes@eiu.edu](mailto:achaynes@eiu.edu).*



**ANALICIA HAYNES | THE DAILY EASTERN NEWS**  
Femi Usikal, a freshman family and consumer sciences major, talks to Makira Nelson, a freshman pre-nursing major, during Late Night Pizza, Monday night in the Thomas Hall Dining Center. He said he comes to Late Night Pizza not just for the food but because after getting off work late, he needs something to eat. “I need to keep the weight on,” he said, referring to himself as “too thin.”



**ANALICIA HAYNES | THE DAILY EASTERN NEWS**  
Brian Núñez (left), a freshman computer information technology major, and Gina Canchola (right), a junior business management major, sit down as a couple to enjoy their pizza and cereal Monday night in the Thomas Hall Dining Center.

## Unlimited meal plan offered next fall

By **Analicia Haynes**  
Managing Editor | @Haynes1943

Students can expect to see a new meal plan when they sign their room and board contract for Fall 2018.

An unlimited meal plan will be the fifth meal plan that Eastern offers as a way to provide “more flexibility to students,” said Mark Hudson, the director of Housing and Dining.

The new plan will cost \$2,148 per semester, which is \$274 more than the 15 meal plan (\$1,874).

With this new plan, students will never run out of swipes and will have \$150 dining dollars and six bonus meals for guests each semester.

“We’re going to give it a whirl to see how it works, and I’m hopeful it would be something students like,” Hudson said.

Hudson said the plan was created as a result from the feedback received from prospective students and their families.

“We thought we’d give it a try and see how students would like it,” he said.

The four other options will still be available for students to choose from.

*Analicia Haynes can be reached at 581-2812 or [achaynes@eiu.edu](mailto:achaynes@eiu.edu).*



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# BAD BLOOD



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Whether it is because of their neighbors or their roommates, students talked about their less-than-perfect living situations.

## Students share their experiences with their roommates, neighbors

### Roommates

By Andrew Paisley  
Campus Reporter | @Andrew\_Paisley1

Bad experiences with roommates and floor-mates have managed to create tension for some students during their time at Eastern.

Carley Szopinski, a senior psychology major, had a lot of problems last year as well as this year with her roommates.

“Last year, I was living with a girl who never came out of her room and always went home on the weekends,” Szopinski said. “It wasn’t too bad, until she started waking up at 4 a.m. every day and started slamming doors and listening to her TV really loud.”

Szopinski said her roommate never cleaned the bathroom and expected the room to look nice but never bothered to help with the costs.

“One night, she came back from home and knocked off my fish tank,” Szopinski said. “It shattered and spilled water everywhere. She apologized and agreed to help pay for a new tank, but I never saw the money.”

This year, Szopinski said she lives with roommates who never clean, and she has to leave notes around her suite to get them to tidy up.

“One of my roommates leaves so much hair in the shower that it looks like a dog blew up,” Szopinski said. “Also, I always have to replace the toilet paper, because they leave the empty roll just sitting there.”

Jovan Williams, a freshman music performance major, had his share of issues with a roommate he lived with last semester.

“My roommate last semester caused so many problems,” Williams said. “I would catch him looking at my personal information and going through my things.”

Williams said his roommate would eat his food in the room without asking, which prompted him to move out and get a room of his own.

A roommate that Noah Chubb, a senior music composition major, had last year was so bad that it caused him to move into his own room, much like Williams did.

“I don’t want to get too personal,” Chubb said. “Let’s just say he was very explicit with the things he did and inconsiderate of the extent of his ‘personal’ activities.”

Siobhan Doherty, a sophomore sociology major, had a roommate last year who would leave food everywhere.

“I would find half-eaten food just laying around the room and rotting,” Doherty said. “She even left a cucumber in my fridge that ended up rotting.”

Doherty said she did not notice it at first because she spent a lot of time at her girlfriend’s place, but eventually it got to be too much to handle.

Amber Svoboda, a junior foreign languages major, is new to Eastern this semester. She has not experienced any particular issues, but some things on her floor in Stevenson Hall have bothered her.

“I have my own room, which helps a lot,” Svoboda said. “One thing I have noticed, though, is that one end of the hall is always significantly louder than the other, especially on weekends.”

Svoboda said she has never lived in a residence hall before, so it is something she is trying to get used to.

“It is more of a surprise than anything,” Svoboda said.

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### Neighbors

By Samantha Benck  
Contributing Writer | @DEN\_News

They come and go, but they’re right next door ... bad neighbors. We all have them and we all hate them—and some have experiences with them at Eastern.

When she was in college, Aimee Bulthuis, an Eastern alumna and current Springfield resident, paid extra to have a parking spot in her apartment building’s lot. However, another car would always park in her spot.

“After a while, it got annoying finding a parking spot. I didn’t want to get anyone in trouble, but I paid for that spot so I called the police and they had the car towed...It never happened again,” she said. “So I guess moral of the story is just call the police.”

Nick Heine, a senior business major, said he currently lives next to people who let their dog poop in his backyard. He said this would be fine, but they never pick it up.

“I have dogs, so I totally get you can’t control where they go, but I pick up their poop. It’s a part of your responsibility as a dog owner,” he said. “I knocked on their door to ask them to start picking it up, and they were nothing but rude. My next approach is probably going to be the police.”

Eastern alumna Allison Rodgers had a couple living next door to her who would always get in loud verbal arguments.

She said it got to the point that the whole town could hear what they were arguing about. “It would happen at least once a week. One time, it got so bad me and my roommates thought it was going to turn physical, so we called the police,” she said. “We didn’t know what else to do and didn’t want anyone to get hurt.”

Eastern alumna Danielle Kappel moved into her apartment building and could not believe how high her Internet bill was. She soon learned it was not her fault, however. “I knew something was up. It was almost a hundred dollars over what it’s supposed to be. I called Mediacom to see where the usage was coming from the most, and we found out my neighbor was somehow connected to my data,” she said. “There wasn’t anything we could really do, so me and my roommates just started to give them dirty looks every time we saw them.”

Eastern alumna Kimberly Irving remembers that she could not help but stare at the piles of stuff all around her neighbor’s house.

“I loved my house and would always pick up the trash outside because I wanted it to look nice, but it wouldn’t even matter because my neighbors were hoarders,” she said. “They had couches to junk cars to garbage just laying all around. The city went there a few times asking them to clean things up.”

On the other hand, Kevin Brand, a senior business major, considers himself the bad neighbor. He admits that he and his roommates can sometimes be loud and even disturb the people around their house.

“We’ve gotten the police called on us a few times for noise complaints. The first time the police just gave us a warning, but after that we got a ticket,” he said. “I know it’s not right to disrupt the peace or whatever, but we’re in college and won’t get to live like this in a couple months.”

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# Shopping for healthy groceries on a budget

**By Analicia Haynes**  
Managing Editor | @Haynes1943

Budgeting for a healthy grocery list can sound scary and time-consuming, especially when students have other things going on, like debt, rent and other bills.

However, Ally Kuehn, a nutrition promotion coordinator from the Health Education and Resource Center, said it does not have to be.

Kuehn said if students plan, know what they have to spend money on, such as bills, know what they want to spend money on and stick to a budget, then saving money and living a healthy lifestyle can be possible.

“I think having a budget is a good thing because you can kind of stick to what you really want, like eating healthy or making sure that you can get everything that you need to do,” she said. “It’s just going to build you success for ‘adulthood.’”

Kuehn said students do not take advantage of frugality, such as looking for and using coupons during a grocery shopping trip.

“What I try to do is stay within my budget. I try to stay within how much money I am spending each month, with how much my income level is,” she said. “I never want to go more into debt. I try to stay at a good level and if I have any money left over, I try to save it. I know that I’m not going to be in college forever, so I know that I need to save.”

When it comes to budgeting for groceries, Kuehn said the first thing students should look at is what they want to eat in any given week.

That means they should plan out meals and look at the types of ingredients certain recipes call for, she said.

“Meal planning is a big term that’s used all the time, but it doesn’t have to be, so you can prepare snacks of fruits or vegetables for a week and grab them on your way to class, or you can plan out two or three days of eating in advance. So, you can plan out your breakfast, lunch and dinner, or some people even go to a higher end and plan two weeks of meals in advance,” she said.

But the meal planning depends on the student’s budget, and Kuehn said the lowest amount that students should spend on groceries is \$50 every two weeks.

“I know that seems like a lot, however it’s really not,” she said. “You want to try to eat more and cook more at home. If you buy food out, you’re spending two times the amount that you could make a meal at

home. So you’re going to be saving a ton of money if you cook at home.”

She said watching cooking shows or videos can be helpful.

After students map out their meals, Kuehn said they should then make a grocery list, keeping frozen foods such as fruits, meats and vegetables in mind.

“Stocking up is not a bad thing, but be more conscious of what you’re buying and its shelf life,” she said.

Kuehn said students should be aware of their eating style and habits.

“I personally don’t have the time to eat all of these great leafy greens, so I just buy one head of romaine lettuce and that’s how much I’ll eat in a week so I don’t let it go bad,” she said. “However, if I’m getting frozen fruits or vegetables, those are going to last way longer in my freezer and they’re going to be just as healthy. So that’s an easy way to save money by also getting your fruits and vegetables in.”

As for eating healthy, Kuehn said students should keep healthy foods in mind, but should not have to break the bank.

She said being flexible and creative is important, along with looking at the weekly sales, what foods are in season and looking at lower-priced items will help save money.

She said to keep things simple, students can shop for recipes that are already known and have ingredients that can be used in other recipes.

“That way you’re not buying Italian (food ingredients) one night and Mexican (food ingredients) another night,” Kuehn said.

Kuehn also recommended that students eat what they buy.

“Save your money by not wasting food that you already purchased. That means you need to get a little more creative in the kitchen and try incorporating every ingredient, whether that’s making a smoothie and mixing in the rest of your fruits and veggies in there or making a cool pasta dish,” she said.

Kuehn said students do not have to do this alone.

She can offer one-on-one sessions with students and help create a meal plan and shopping list based on an individual’s dietary needs.

For more information, students can contact Kuehn at [kskuehn@eiu.edu](mailto:kskuehn@eiu.edu) or call her office at 217-581-7786.

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## Healthy Haul: What you can buy from Aldi for \$10



Ally Kuehn, a nutrition promotion coordinator from the Health Education and Resource Center, said eggs, beans, peas, veggies, plant-based proteins and other simple foods and seasonings are great foods to shop for when trying to eat healthy.

## Pep talk from Kuehn

- 1 Focus on what makes your life easier**

“If your mornings or lunches are rushed and that’s usually when you eat out, maybe you should focus on those (areas) first. Then, that can make your transition into a healthy eating lifestyle smoother.”
- 2 Practice makes perfect**

“These skills take practice, but you’ll get it. It’s going to take time and things might not be perfect, but these are life-long skills.”
- 3 Start with small changes**

“We’re not doing a makeover. We’re just going to try more fruits and vegetables this week, or we’re going to try to use coupons this week. Do little, small things and over time, you’re going to save money, you’re going to be eating healthier and you’re going to feel great.”



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# Students share pros, cons on where they chose to live

By **Cassie Buchman**  
Editor-in-Chief | @cjbuchman

Whether on campus or off, students can see both positive and negative aspects regarding where they decided to live.

Noelle DeRoin, a freshman vocal performance major, lives in Andrews.

She said she likes it, though she does find it expensive.

A self-described “terrible cook,” one of DeRoin’s favorite parts of being on campus is the food and having a meal plan.

Having her best friends close to her does not hurt either.

“They’re twins. They live across the hall on my floor from me,” she said. “I love them.”

Donovan Gatling, a junior biological sciences major, lived on the ninth floor of Lawson Hall both his freshman and sophomore years.

“I liked it, but I also wanted my own privacy,” he said. “Really, for the most part, I wanted to be able to play my music as loud as I wanted.”

Gatling said he did not like quiet hours while living in the residence halls.

Living off campus also gives Gatling more freedom, he said, and he pays less, mainly because he no longer has a meal plan.

“My favorite part (of living off campus) is the freedom of being able to stay out here during breaks, really, and not living with other people and communal bathrooms,” he said. “I have my own bathroom.”

Along with his own bathroom, living on his own also gives Gatling a sense of maturity and growth, he said.

Because he does not live as close to campus, he is more responsible for getting to his classes and gets to see more of the city of Charleston.

“Also, I can throw parties,” Gatling said. “I can have more than three guests.”



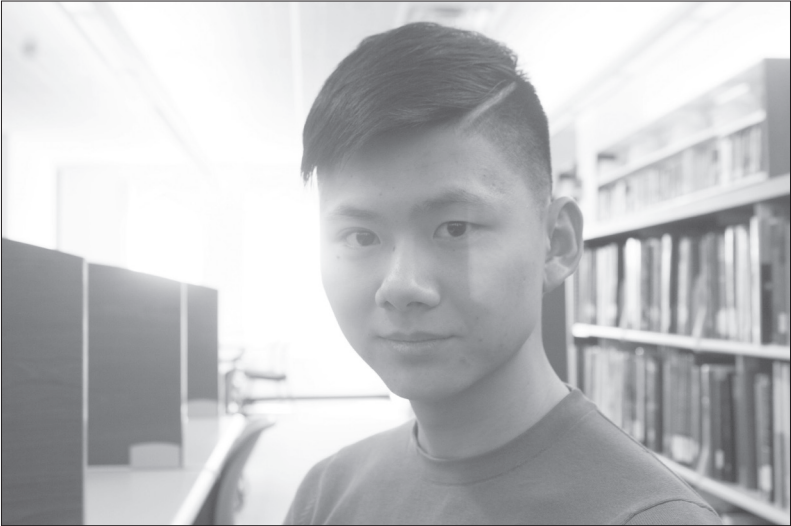
NOELLE DEROIN



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GAVIN LIU



SABRINA TURNER

PHOTOS BY CASSIE BUCHMAN | THE DAILY EASTERN NEWS

Several students share their decisions on where to live and their experiences living there, whether it is on campus or off campus.

Maddie Lyon, a junior kinesiology and sports studies major, said she really likes living off campus.

Lyon has six roommates.

“It’s a lot, but definitely, you have a lot more freedom, you don’t have to worry about the loud noises in a dorm,” Lyon said.

For her freshman and sophomore years, Lyon lived in Lincoln Hall.

Some benefits of that, she said, were that all the cleaning was done, and residents did not have to cook their own meals.

“I kind of like cooking my own meals, though,” Lyon said.

Lyon had her own room sophomore year. Though she said that was nice, having a good roommate can be helpful, especially during the transition from high school to college.

Gavin Liu, a junior computer and information technology major, said he enjoys living with a group of people at Campus Pointe.

Though Liu and his roommates knew each other before enrolling at Eastern, he said they were able to get

closer by living together.

“We can talk, we can make lunch or dinner together, when we have some problems we can tackle (them) together,” he said.

Sabrina Turner, a sophomore family and consumer sciences major, said she likes living in University Village.

Though it is a farther distance away, it feels like home, and it is affordable and nicer than where she was living before, she said.

“I lived in Lawson (last year),” she said. “It was good, (but there were) a

lot of hygiene errors with girls in the bathrooms. I like my own bathroom and stuff.”

Living in Lawson came with new opportunities for Turner, as she was active in Hall Council and even served as the secretary.

“You get to know different people,” she said. “Some people I lived on the same floor (with), I’m still friends with them now.”

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**PHOTOS BY ANALICIA HAYNES | THE DAILY EASTERN NEWS**  
Daja'Nay Brown, a senior psychology major and a student worker at the Thomas Dining Center, hands a student his pizza Monday night during Late Night Pizza. Brown said though she is ready to graduate, it will be bittersweet.

# Late Night Pizza: An Eastern tradition

**By Analicia Haynes**  
Managing Editor | @Haynes1943

The smell of pizza lingered out into the hallway connecting the dining center to Thomas Hall Tuesday night as students shuffled down the line, some wearing slippers, to get their late-night fix.

A tradition that started around 2000, Late Night Pizza has hosted students for almost two decades, fueling their nighttime cravings or providing a dinner after a long day of work from 8 p.m. to 1 a.m.

Daja'Nay Brown, a student worker in the Thomas Dining Center, handed out slices of pepperoni, cheese and “Mediterranean” pizzas with a smile.

“I like meeting different people,” she said, referring to one of the many things she loves about working Late Night Pizza.

Mark Hudson, the director of Housing and Dining, said on average, anywhere from 50 to 100 pizzas are baked during Late Night. The number depends on how many students pass through.

A handful of students were scattered throughout the room, some sitting with friends at long tables.

Femi Usikalu, a freshman family and consumer sciences major, said he comes to Late Night not just for the food, but because after getting off work late, he needs something to eat.

“I need to keep the weight on,” he said, referring to himself as “too thin.”

Usikalu was sitting with Makira Nelson, a freshman pre-nursing major. They met during an African Student Association dance practice. Nelson said Late Night is about seeing the different people.

Kaleb Simmons, another student worker, said he likes working with the pizza and handing it out to students and would rather do that instead of working the dish room.

“Who likes dishes?” he said.

Simmons, who is also a junior computer and information technology major, said he has only worked in the dining center for about a month, and though the work is



Kaleb Simmons, a junior computer and information technology major and a student worker for the Thomas Dining Center, talks to another student worker, Tahuan Williams, a freshman applied engineering major, Monday during Late Night Pizza.

tedious, the hours are long and he has to stand most of the time, it is a job that pays.

“It’s not too terrible,” he said.

Brown started working in the dining center last semester and said she could not be happier.

Whether it is the atmosphere, her co-workers or interacting with students from behind the Plexiglas counter, Brown said all of these make the job enjoyable.

Though she did not anticipate having this much appreciation for her work,

Brown said once she got the hang of things, she realized it was not as bad as it seems.

“Everyone has their opinions,” she said, referring to people who do not like their jobs and complain daily. “I actually like it.”

As a senior psychology major, she said she guesses she is ready to leave, but knows that once she does it will be a “bittersweet moment.”

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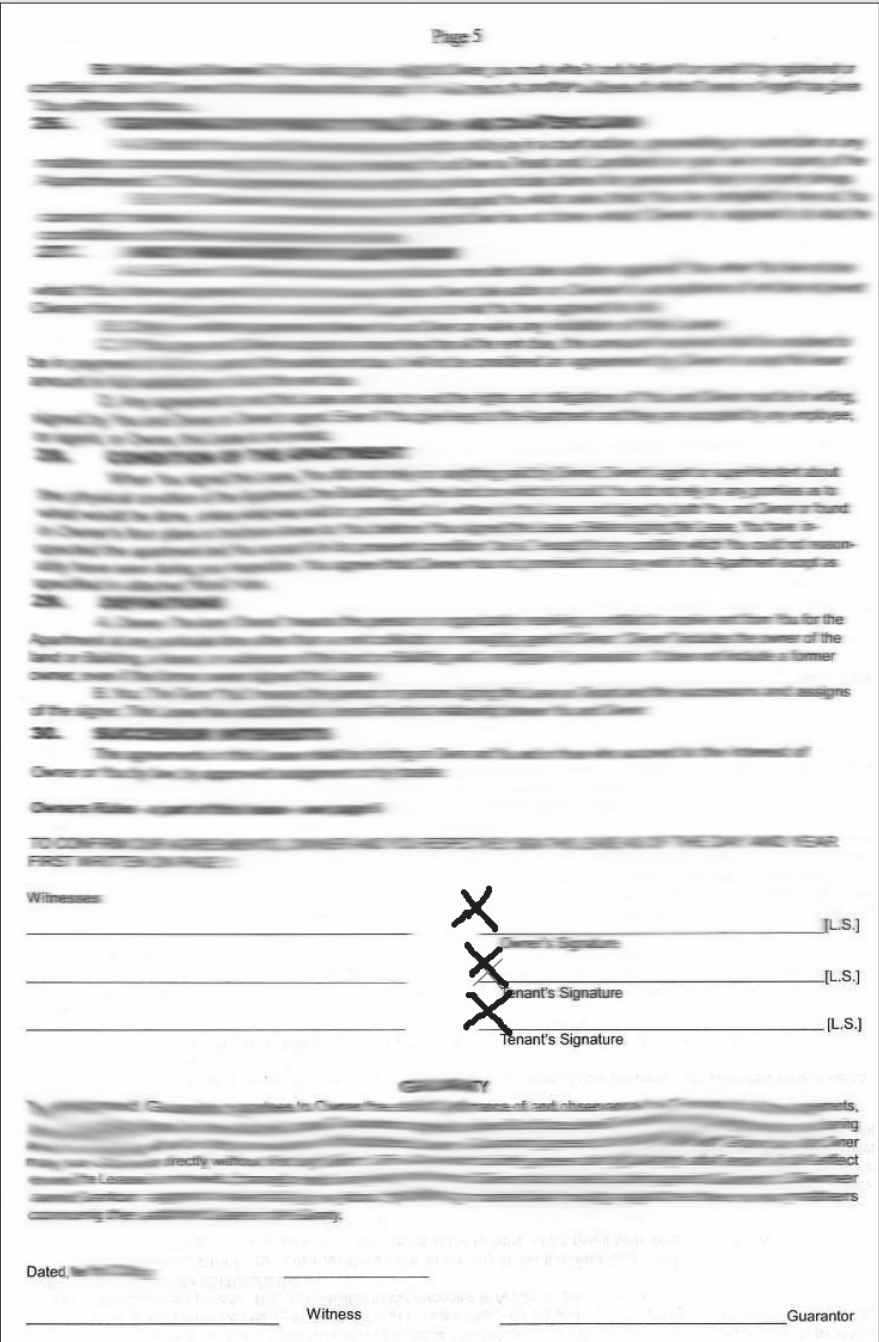


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**Special rules:**

Are there rules against pets? Smoking? Visitors? Make sure you can live with the rules.

**Security deposit:**

What specifically do you need to do to get your deposit back after you leave?

**Verbal promises.:**

If the landlord promises to fix anything or make payment deals, get it in writing.

**Subleasing:**

See whose permission you need before you can rent out your place to someone else (sublease).

**Joint and several liability:**

This means every person on the lease is responsible for damages, even if they did not cause them.

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A lease agreement can be hard to understand and easy to skim through.

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