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CHRISTMAS AT DOUDNA

See how Connor Baltz, director of operations for the Doudna Fine Arts Center, prepares the center for Christmas.

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ON THE ROAD

The men's basketball team will play Northern Illinois on the road Wednesday. The Panthers are 1-6 this season.

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THE DAILY EASTERN NEWS

' TELL THE TRUTH AND DON'T BE AFRAID '

OVER A CENTURY OF COVERAGE

EST. 1915

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Wednesday, December 1, 2021

VOL. 106 | NO. 61

Faculty Senate talks campus mental health

By Luke Taylor
News Editor | @luke_taylor23

Faculty senate discussed the pre-Thanksgiving mental health days held on campus during its meeting Tuesday.

Members of the senate raised concern about the late notice given to professors about not having classes.

Students were given two days, Nov. 16 and 17, off of class during the week before Thanksgiving break to "provide students the time and space to practice self-care" according to an email from University President David Glassman.

Students with on-campus jobs were still expected to work their scheduled hours and all offices were open as usual.

The campus community was notified about classes being canceled on Nov. 12 in an email from university president David Glassman.

Larry White, an associate professor in the school of business, said that the way the mental health days worked interfered with his class more than necessary.

While Nov. 16 was the first full mental health day, classes specifically did not meet between 5 p.m. on Nov. 15 and 8 a.m. on Nov. 18.

White said that this created an issue with a class he teaches from 4 p.m. to 6:30 p.m. on Mondays.

After the Board of Trustees meeting on Nov. 12, Glassman said that the university chose to have two full days off of classes so that even students who only had classes some days of the week would be able to enjoy time off.

Faculty Senate Chair Todd Bruns said that during his time in education, this was the first time he had seen enough pressure on students that a university would need to take time off for mental health.

"I attended several of the mental health day activities, and I saw it as a very positive pause, a very positive 'take a moment to breathe' sort of situation. I literally saw students stress levels coming down during these events," Bruns said. "And I think it was an extraordinary event that was needed to address this extraordinary situations and circumstances that we were in."

Senator Steven Scher brought up the idea of having regular mental health days scheduled throughout the semester in the future.

In the Spring 2021 semester, spring break was canceled due to concerns about students traveling during the pandemic. Instead, five mental health days were scheduled spread



BY ROB LE CATES | THE DAILY EASTERN NEWS

Faculty Senate member Steve Scher, a professor in physical sciences, shares his report from the Naming Committee. Scher gave descriptions of all the candidates that are being chosen from.

out throughout the semester so that students would still have the same amount of time off.

"It certainly was easier to do that. It might be worth considering, you know, in a future semester, building in some of the days ahead of time," Scher said. "If you know every semester there's going to be three days with no classes or something like that, we can actually make our schedules from semester to semester to incorporate that."

Linda Holloway, the director of human re-

sources, was the guest speaker at the meeting. Holloway spoke about what resources are available to faculty if they are struggling with mental health issues.

Employees at Eastern can opt into a free Employee Assistance Program which provides problem identification, counseling and referral services for a variety of concerns, including anger management, anxious feelings, conflict at work or home, domestic violence, elder-care issues, family/parenting issues, feelings of worry or the blues, finan-

cial concerns, grief/loss, pre- and post-natal concerns, problems with alcohol or drugs and stress.

The old program which Eastern provided, Magellan, offered employees three free sessions per incident.

Eastern is now switching to ComPsych GuidanceResources, which offers five free sessions per incident.

Luke Taylor can be reached at 581-2812 or egtaylor@eiu.edu.

Student Senate set to review potential bylaw changes

By Luke Taylor
News Editor | @luke_taylor23

Student Senate's new business for its Dec. 1st meeting includes a possible change to the senate bylaws.

Information on this change was not available to the News at print time for this issue.

Executive reports in this meeting will include:

- Speaker of the Senate Report from Katelynn Alexander

- Student Body President from Jacqueline Williams
- Executive Vice President from Payton Ade
- Vice President of Academic Affairs from Prabin Karki
- Vice President of Student Affairs from Terrence Trimuel
- Committee reports in this meeting will include:
 - Academic Affairs from Senator Lesly Mendoza

- Alumni Relations from Senator Avi Roberson and Senator Madisen Tellis
- Business Affairs from Senator Joey Gregory and Senator Noah Wilson
- Diversity Affairs from Senator Billie Frazier and Senator Brianna Hull-Dennis
- External Relations from Senator Natalie Mitlyng and Senator Mahlet Mulugeta
- Internal Affairs from Senator Jasmine Yusef and Senator Connor Mellott

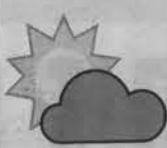
- Student Affairs from Senator Blanca Vilella
 - University Enhancement from Senator Constance Young and Senator Morgaine Cornish
 - Special committee reports
- The meeting will begin at at 7 p.m. in 7th Street Underground in the Martin Luther King Jr. University Union.
- Luke Taylor can be reached at 581-2812 or egtaylor@eiu.edu.

Local weather

WEDNESDAY THURSDAY



AM Showers
High: 55°
Low: 44°



Partly Cloudy
High: 63°
Low: 38°

THE DAILY EASTERN NEWS

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

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How Doudna creates Christmas



BY ROB LE CATES | THE DAILY EASTERN NEWS

Connor Baltz, the director of operations for Doudna Fine Arts Center trims the top of the Christmas tree in the Doudna lobby area to put the topper on Tuesday afternoon.



BY ROB LE CATES | THE DAILY EASTERN NEWS

Connor Baltz, the director of operations for Doudna Fine Arts Center prepares to put the topper on the Christmas tree in the Doudna lobby Tuesday afternoon.



BY ROB LE CATES | THE DAILY EASTERN NEWS

Connor Baltz, the director of operations for Doudna Fine Arts Center strings lights on the Christmas tree in the Doudna lobby Tuesday afternoon. Baltz said he enjoys decorating for Christmas.



BY ROB LE CATES | THE DAILY EASTERN NEWS

Connor Baltz, the director of operations for Doudna Fine Arts Center trims the top of the Christmas tree in the Doudna lobby area to put the topper on Tuesday afternoon.

STAFF EDITORIAL

End the stigma around HIV, AIDS

World AIDS Day started in 1998 and is observed on Dec. 1 every year to dedicate awareness and provide support to people who have lost their loved ones to acquired immunodeficiency syndrome.

Despite the effort to spread awareness around AIDS, there is still a big stigma around AIDS.

Now, it is time to have a conversation and talk about the discrimination against people with AIDS and HIV in order to reduce that stigma.

HIV stigma is negative beliefs, discrimination, and the prejudice about people living with HIV.

This can be seen when men who have sex with men are unable to donate blood like every other person or when assumptions are made about all gay people having HIV or AIDS.

People who are uneducated about this topic often believe that only certain groups of people are prone to getting HIV, judge others who make safe steps to prevent the transmission of HIV, and feel that people deserve to get HIV because of their choices, according to the CDC.

The lack of awareness and education that

people have, leads to people that live with HIV to be discriminated against, treated differently, and judged harshly.

The negative perception and stereotypes that others have, does have an effect on those living with HIV and often lead to self-image issues along with fear of their health status becoming public, feeling shame about their status, being judged, and mental health problems.

They should not have to endure hate over something that they have no control over.

The first step in overcoming this stigma is to talk about it.

There should not be misconceptions about this when there is so much information around and access to that information being so readily available.

Having conversations and sharing correct knowledge with one another helps to normalize and erase those misconceptions and stereotypes.

People with HIV and AIDS are people and deserve to be treated as such.

End the stigma.

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

HIVS AND AIDS FACTS AND STATISTICS

- Approximately 1.2 million people in the U.S. have HIV. About 13 percent of them don't know it and need testing.
- HIV continues to have a disproportionate impact on certain populations, particularly racial and ethnic minorities and gay, bisexual, and other men who have sex with men.
- In 2019, an estimated 34,800 new HIV infections occurred in the United States.
- New HIV infections declined 8% from 37,800 in 2015 to 34,800 in 2019, after a period of general stability.
- In 2019, 36,801 people received an HIV diagnosis in the U.S. and 6 dependent areas—an overall 9% decrease compared with 2015.
- HIV diagnoses are not evenly distributed across states and regions. The highest rates of new diagnoses continue to occur in the South.

SOURCE: HIV.GOV

GRAPHIC BY CORRYN BROCK

HIV.gov statistics show the problems those who are HIV positive and have acquired immunodeficiency syndrome face.

Quote of the Day:

"HIV does not make people dangerous to know, so you can shake their hands and give them a hug: Heaven knows they need it."

Princess Diana

COLUMNS

The ethical questions behind giving gifts

December just started, and soon you'll be considering what gifts you may receive or purchase for yourself if you celebrate a gift-giving holiday. However, there might be something fundamentally wrong with the gifts we buy ourselves.

Suppose it's the holiday night, and you bought yourself the one item you wanted this year: a new iPhone 13 Pro Max. And though the old backup phone you keep at home does its job, you're happy to have the bigger screen and face ID.

You put on your warm, fuzzy coat and stick your phone in a hard-to-reach pocket so you don't accidentally drop it on your walk home. Off in the distance you hear splashing in the lake you've been standing next to, and you take a moment to look at the ducks in the water. Instead, you see a drowning kid.

You're not sure how long they have been there, and you don't see anyone nearby to help. So, must make a decision: Do you dive into the water to save the kid, destroying your new phone in the process? Or do you

let the kid drown but save your newly-purchased phone? Intuitively, we can see that it would be wrong to let the child drown at the expense of a phone (that we don't even need, since we have a backup). A child's life is comparatively of far greater value than our phone is, even if the phone is expensive.

"But, how does this relate to gift-giving?"



Ian Palacios

you might ask yourself.

Suppose now that the drowning kid is instead dying of malaria in another continent, as roughly 280,000 children do annually, says the Against Malaria Foundation, and—

due to lack of funding—this kid will survive only if you donate the money you would've otherwise spent on the new phone.

Though it isn't obvious, since there are no relevant differences between the two cases, we are still obligated to sacrifice our phone. In both cases we are sacrificing a relatively trivial item (our phone) for the greater good

of saving a person's life.

So, in order to be consistent with what we already accepted was obligated of us, to spend our money on relatively value-less items would be wrong. To ignore donating to charity would be to see the drowning child and decide that your phone is more important.

Ethicist Peter Singer argues this position in his 1972 article, "Famine, Affluence, and Morality." If you agree with Singer and want to do the most good you can, see the Effective Altruism movement at their websites effectivealtruism.org or givingwhatwecan.org. These websites offer ways to best use our money to help those in need.

Ian Palacios is a junior English and philosophy major. He can be reached at 581-2812 or ipalacios.edu.

'Hustle culture' is very harmful, not sustainable

When the pandemic hit in March of 2020, I think there was a bit of a lull in the world.

As everyone was stuck at home, I tried searching for things to do. This went from just finishing the last semester of an associate's degree online to starting slowly back up at my job to enrolling and starting a paraprofessional certificate to getting an internship.

I did all of this just because I wanted something to do. While I've always loved being really busy, I'm now starting to realize how constantly doing something can actually be toxic.

I started realizing relatively recently that I just adhere really well to hustle culture. Which in my case, worked well, but I noticed that I get burned out quickly.

For those that don't know, hustle culture is defined as overworking yourself, to put it simply. Taylor University defines hustle culture as "the state of overworking to the point where it becomes a lifestyle."

I think that's the life of most college students, though. We overwork ourselves to the point of burnout and exhaustion.

In my Spanish class a few days ago, our professor asked those that did homework over break to raise their hands. Almost my entire class raised their hands, and we all said that we were some form of tired.

As I transition into a more adult world, I'm beginning to realize that having an overworking lifestyle is neither sustainable nor healthy.

Those are two of the biggest reasons that hustle culture is awful. When people are so busy, they can avoid self-care.



Katja Benz

Another reason that hustle culture is awful is it prevents us from a good life balance. Without that, people end up getting burnt out too quickly.

Personally, I burn out so quickly that sometimes I have the intention of doing something and I won't do it in favor of sleep or doing something fun. Especially with finals two weeks away, getting burnt out isn't really an option if I want to do well on my exams and projects.

Finally, hustle culture is awful because it doesn't allow people to hear themselves think. People spend so much time consumed in going through the motions of their day to day

life. When that happens, people really can neglect their health, which can affect so many things in our health and overall wellbeing. This can impact other things in our lives as well like grades, work and relationships.

However, it is also important to me, as someone who falls prey to hustle culture, to make a few minutes for myself. I always try finding time to do things I like to do in my free time.

And you should do that too. The times we're getting into are difficult for so many students that it is important to feel like you aren't doing enough.

Even though it may feel like you aren't doing enough, I promise you that you are doing great. You got this and I believe in you.

Katja Benz is a junior English major. She can be reached at 581-2812 or kkbenz@eu.edu.

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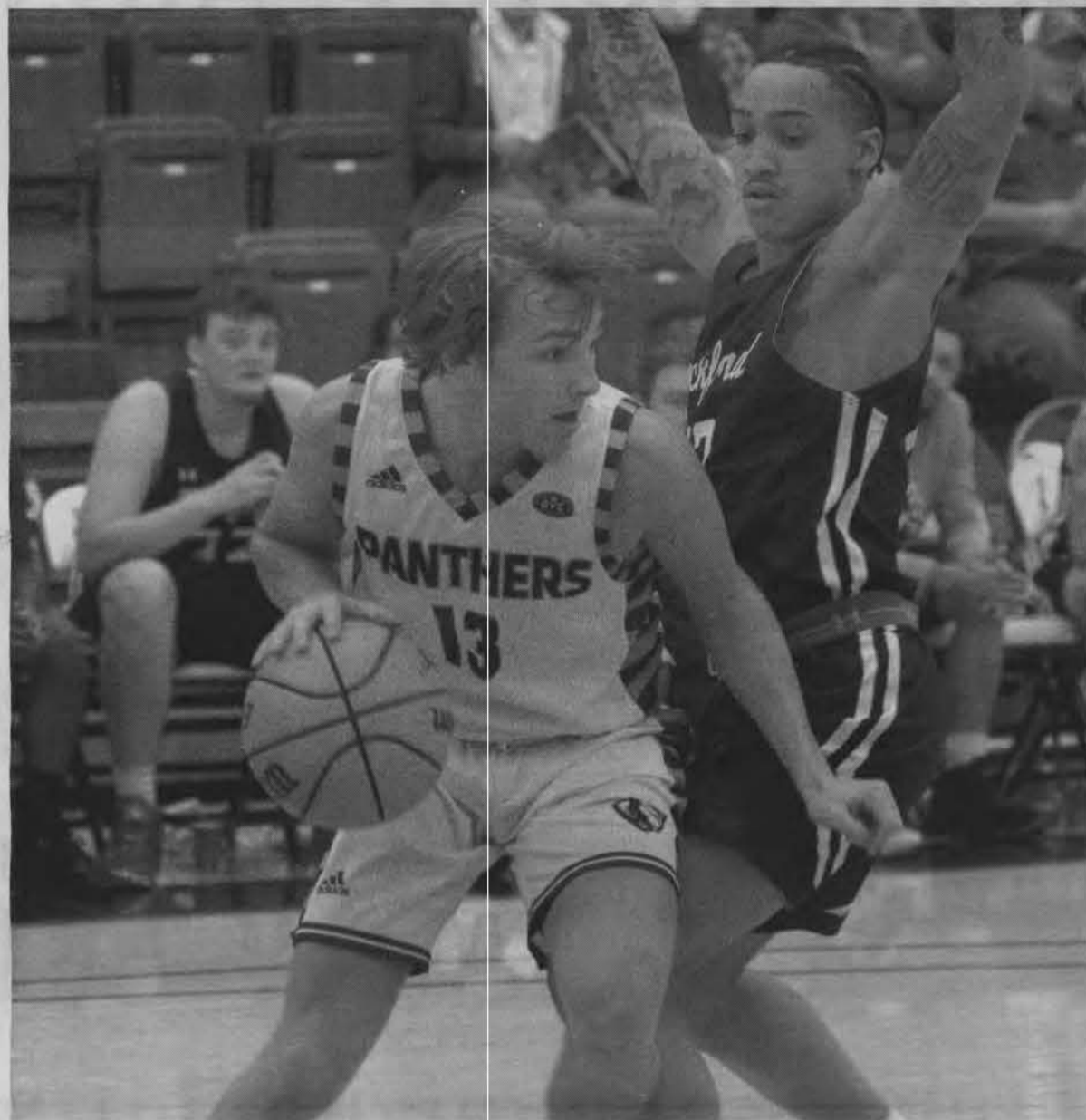
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Panthers set to visit Huskies Wednesday



ASHANTI THOMAS | THE DAILY EASTERN NEWS

Eastern guard Henry Abraham drives along the baseline in Eastern's game against Rockford on Nov. 18 in Lantz Arena. Abraham had 15 points and five assists in the game, which Eastern won 96-64.

By Autumn Schulz
Assistant Sports Editor | @DEN_Sports

The Eastern men's basketball team will be on the road this Wednesday at 7 p.m. to face off against Northern Illinois for what will be the home opener for the Huskies.

The Huskies are currently 1-5 on the season under first season head coach Rason Burno. The last time the Panthers and the Huskies faced off was in 2014 with the Panthers winning 59-54.

The Huskies are led by senior guard Trendon Hankerson who is averaging 11.2 points per game and sophomore guard Keshawn Williams who is averaging 10.7 points per game.

Last Saturday's game against Marquette proved to be a challenge for the Huskies despite having four players in double figures, resulting in an 80-66 loss. Williams led the team with 17 points, followed by Zool Kueth with 14 points, and Kaleb Thornton with 12 points.

As of now, the Huskies are shooting 36 percent from the field and are averaging 57 points per game. Against the Golden Eagles, the Huskies shot 44.1 percent from the field and had 40 points in the paint.

The Panthers will head into Wednesday with a 1-6 record putting them at last place in the OVC. Their sixth loss of the season came at the hands of Evansville who beat the Panthers 70-54. The Panthers had three players in double digits: Forward Sam-

my Friday IV with 12 points, followed by Kejuan Clements with 11 points, and Kashawn Charles with 10 points.

The Panthers currently rank second in the OVC in team field goal percentage, holding their opponents to 41.7 percent per game. They have held two opponents this season below 40 percent with Rockford shooting a season low of 36 percent against the Panthers.

The starting lineup has varied six times this season with sophomore guard Henry Abraham being the only player to start all seven games. Abraham is averaging 7.9 points per game and has scored a total of 55 this season.

Friday IV is currently second in the OVC in field goal percentage with 67.5 percent and is averaging 11 points per game, leading the Panthers. Junior forward Jermaine Hamlin ranks second in the OVC in blocks with 17, averaging 2.4 blocks per game.

Clements has started six games this season and is averaging 7.4 points per game. Sophomore guard Chris Robinson made his first career start against the Aces finishing with seven points, four rebounds, and two assists.

Freshman forward Rodolfo Bolis currently leads the Panthers in rebounding with 5.7 per game which ranks 14th in the OVC. He has a total of 40 offensive rebounds this season which ranks ninth.

Autumn Schulz can be reached at 581-2812 or acschulz@eiu.edu.

Top women's basketball performances for OVC so far

By Adam Tumino
Sports Editor | @adam_tumino

Through the first three weeks of the season, there have been some strong individual performances from players on the women's basketball teams in the OVC.

Some players appear more frequently than others when it comes to the top performers so far this season, and four players in particular seem to be standing out above the rest when it comes to single-game accomplishments.

Lariah Washington, Eastern

Washington, a junior guard, had a game against Evansville that ranks among the top offensive performances in the OVC this season.

She had 25 points, tied for the second-most in the conference this season, and also made and attempted the most free throws in a game this season, shooting 10-of-13 from the line.

Washington ranks sixth in the conference in scoring with 15 points per game.

Lauren Carter, Murray State

Redshirt-junior guard Lauren Carter has put up some strong performances this season despite starting on what is currently the lowest-scoring offense in the OVC.

She was one of three players to make 10 or more shots in a game on Nov. 19 against Marshall. She also had 17 rebounds in a game Nov. 21 against Midway, the most of any player in the OVC.

She ranks eighth in the conference in scoring with 13.3 points per game and her 8.8 rebounds per game rank second.

Macey Turley, Murray State

Senior guard Macey Turley is the owner of the highest-scoring game in the OVC this season with a 30-point performance against Cumberlands on Nov. 15.

Turley is part of the reason the Racers are off to a 5-1 start this season.

She also made seven three-pointers against Cumberlands, the most of any OVC player this sea-

son.

Turley ranks third in the conference in scoring with 15.8 points per game. She is also averaging three three pointers per game, the most in the OVC so far this season.

Katelyn Young, Murray State

The top player in the OVC so far this season has been Murray State's sophomore forward Katelyn Young.

She is tied for the second-most points in a game this season with 25. She also made 11 shots against Mississippi Valley on Nov. 23.

She also had 14 rebounds on Nov. 9 against Asbury, the second most of any player in the conference this season.

Young has three double-doubles this season as well while the rest of the conference has nine combined.

She leads the OVC in scoring with 21 points per game and rebounding with 9.5 rebounds per game.

Adam Tumino can be reached at 581-2812 or ajtumino@eiu.edu.



ROB LE CATES | THE DAILY EASTERN NEWS

Eastern guard Lariah Washington passes the ball into the paint in Eastern's game against Evansville on Nov. 20 in Lantz Arena. Washington had 25 points in the game, which Eastern won 85-74 in double overtime.

OVC SINGLE-GAME SCORING LEADERS

Macey Turley	Murray State	30 points
Katelyn Young	Murray State	25 points
Lariah Washington	Eastern	25 points