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Five Golden Apples to NEIU alum



Green Fee Committee approves money for use

by Duncan Macnab Senior Staff Writer

Members of the Green Fee Committee have approved the release of the spending of \$25,000. This money is coming from a fee on the tuition bill set up last year to use for cleaner energy and decreasing our carbon footprint in the world.

The money will be used to install 50 new covered bike racks in the area of the Classroom Building and will be introduced to one of those proposed vehicles. "The June 13 energy audit will lay the groundwork for the students getting the most out of their contribution," Harris said.

The car that was on display on June 10 is the ZX40ST Work Truck from Miles Electric Vehicle. This car runs for two hours and has the max speed of 25 mph. The other vehicle is the GEM eL XD from Global Electric Motorcars.

There have been some concerns

NEIU alums are in italics (From left to right): Nancy Kontney, Natalie Neris-Guereca, John Nieciak, Daniel Morvaji, Carol Broos, Monica Gil, Donnell White, Samina Khan, Brooke Tippett Thompson, and Holly Bontkowski.

by Duncan Macnab Senior Staff Writer

Five of the 10 teachers that received Golden Apples award graduated from NEIU for excellence in teaching.

The awardees from NEIU are Carol Broos (M.A. '86 Music) who teaches music at Sunset

Ridge School in Northfield to 4-8 graders, Samina Khan who teaches Science at Clark Academic Preparatory Magnet High School in Chicago to 6-8 graders, Brooke Tippet Thompson (M.A. '97 Music) who teaches music to K-8 graders at Pierce School of International Studies in Chicago, Natalie Neris-Guereca

(B.A. '02 Elementary Education: Teacher Education) who teaches 5th grade at Pershing West Magnet School in Chicago and Donnell White (B.A. '02 Elementary Education: Teacher Education) who teaches Math to 7th and 8th graders at Clark Academic

see Apples pg. 2

Building B, as well as nine more uncovered spaces near Building B. The money will also be used to buy two electric powered cars for the engineers' use for purposes of hauling material around campus. "This will be the first important step in utilizing the funds," Committee member Paul Harris said. He also mentioned that June 10 would be a day that the campus

about the best stewardship form how the use of the money would benefit the students. Specifically that the money spent on a vehicle for the engineers aren't for the benefit of students. Harris said that is the first use of the money and that this fee will continue to benefit the NEIU community and that the concerns have ceased after the approval for the release of the funds.



ZX40ST Work Truck from Miles Electric Vehicle is favored by many at NEIU.



in Chicago.

and Gold states.

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The Independent is a public forum for the community and university around Northeastern Illinois University.

The Independent is completely student run and receives no prior review of its content by anyone other than its student editors.

NEWS

Tuesday, June 24, 2008

Apples from page 1 The article continued to say, "Currently, approximately 3,800 Preparatory Magnet High School NEIU graduates are teaching in the metropolitan Chicagoland "Since 1986, when the program area. Ninety-eight percent of began, a total of 27 NEIU alumni all NEIU College of Education have received Golden Apple graduates report they feel well Awards," the June issue of Blue prepared for their jobs one year after graduation."





Top (Left to Right): Brooke **Tippett Thompson and Carol Broos.**

Middle (Left to Right): **Donnell White amd Natalie** Neris-Guereca.

Bottom: Samina Khan.

News Briefs

Student Activities hosted its second annual Leaders Emerging and Developing Awards Banquet on Thursday, Apr. 24. President Sharon K. Hahs gave welcoming remarks and Assistant Dean of Students Robert E. Bedford acted as the keynote speaker. Approximately 90 students, faculty and family members were in attendance to find out who received the 12 awards. Five student leaders, six student organizations and one club advisor received an award.

On Apr. 24, students who participated in the Minority Student Mentoring Program were recognized at an end-of-the-year celebration. Mentors and mentees gathered to acknowledge their achievements through the group. VP for Student Affairs Melvin C. Terrell, Dean of Students Michael Kelly and Coordinator for Student Enrichment Programs Flora Llacuna were in attendance as speakers and presenters of awards.

VP for Student Affairs Melvin C. Terrell has been appointed Editor of the Illinois Committee on Black Concerns in Higher Education (ICBCHE) Newsletter and Co-Editor of the ICBCHE Journal. The committee's overall goal is the enhancement of education and employment opportunities for black people in Illinois. Dr. Terrell is also a past Chair of the ICBCHE.

On May 20, 29 schools, school districts and other organizations that hire educators were present for 2008 Chicago & Suburban Teacher Job Fair. The job fair was held in Alumni Hall. 186 applicants participated in the job fair. 110 applicants, 59 percent were NEIU students or graduates.

Friday, May 30, over 100 donors were honored at a reception on campus. The reception was followed by a performance by Corky Siegel's Chamber Blues in the NEIU Auditorium. Siegel is considered one of the world's blues harmonica masters. NEIU Foundation Board President John Gingell opened the evening announcing "The Legacy Campaign." In addition to this, one of the school's Presidential Scholars spoke about his experiences at NEIU and how he benefited from the Presidential Scholars Program.

There is a budget but nothing is released from state

NEIU may feel the \$2.1 billion shortfall with revenue enhancements and possible cuts

by Duncan Macnab Senior Staff Writer

The Board of Trustees has approved a budget for the next fiscal year.

The problem is the state budget hasn't been passed because of the

days. This increase includes an estimated increase in negotiated and non-negotiated salaries of \$2.2 million.

"Given these budget realities, we will again be implementing cost control initiatives," the report went on to say. These "cost controls" include reducing staffing through attrition or a gradual reduction of jobs without firing (i.e. when staff resign or retire and then aren't replaced, reviewing staff by need, and lowering the amount the use of temporary employees). These increases may be affected if the \$2.1 billion is cut. The effects include a cut or change in the increase of NEIU's budget. According to Mark Wilcockson, VP for Finance and Administrations the other effect is to first discus revenue enhancements. The enhancements include a fund sweep; essentially moving unused funds to the General Revenue Funds then decreases the amount the state puts in to the retirement funds. These enhancements would decrease the deficit from \$2.1 billion to roughly \$1.6 billion.

The finalization of the budget restoration of the building that should occur in September.

The Board of Trustees also approved the naming of the Carruthers' Center for Inner City Studies auditorium after Dr. Donn Bailey. Bailey "was one of the founding architects for the center,"

was designed by Frank Lloyd Wright. The auditorium will be officially named Donn F. Bailey Legacy Hall.

The Board also has approved installations of new guardrails surrounding the Classroom

The Independent is published every other week except during summer and semester breaks. Deadlines are nine (9) days prior to the issue in which a contribution is to appear. Views expressed in letters are those of the university community and not those of the Editorial Board.

The Editor-in-Chief is responsible for the content of the Independent, and views presented do not necessarily represent those of the administration, faculty or students.

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\$2.1 billion excess that Gov. Rod Blagojevich says needs to be cut before he can sign off on it. If the budget isn't approved there could be an impasse like last year.

"If University operations are funded at the level included in this report, it would match the current year funding as the highest level of funding since fiscal year 2003," states the President's Report to the Board of Trustees. This report says that they were able to introduce a \$2.8 million increase to the original \$40.8 million in appropriations. Although, the report also says that even with this increase the budget would still be 10 percent less then that of fiscal year 2002.

If these increases work it would also mean the budget would be higher than that of 2004 when the teachers went on strike for 19 the report from the president Building. This is to increase the stated. In 1975, he oversaw the safety of the area.

Dudycz is the new Board Chariperson

by Duncan Macnab Senior Staff Writer

Long time Board of Trustees member and Chairperson Nancy Masterson announced her resignation in Apr..

On Apr. 10 Walter W. Dudycz was elected by the Board to replace Masterson as Chair. Jin Lee was elected as Vice Chair. Carlos Azcoitia was on the ballot for both Chair and Vice Chair but was elected to the position of

Secretary.

Masterson was appointed to the board during the Gov. Jim Edgar era. She has sat on the Board under three different university presidents, Gordon Lamb, Salme Harju Steinberg and the current Sharon K. Hahs.

"You have been the most approachable president," said Masterson to Hahs, fighting back tears of appreciation in the Apr. 10 meeting. Masterson thanked the Board for her experience.

Tuesday, June 24, 2008

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within the "Editorial." Articles, cartoons, letters to the editor, staff and guest columns represent the opinion of the writer and not that

Articles within "Commentary' do not represent the opinion of

Opinions

Need condoms?

at

by Diana Heck Staff Writer

first My experience Student Health Services was intensely uncomfortable and awkward. When I walked into the tiny basement office, the first thing I saw was the buffet of free 'goodies.' The buffet included information pamphlets, cough drops, promotional stickers for the insurance company, sexual lubricant and, of course, condoms. The second I saw the condoms, I smiled and quickly looked around to see if the secretary was still in the other room. In the next ten seconds, the secretary bolted out of the director's office and stood behind his desk. The condoms were sitting on a small table in front of his work area. He was now staring at me. I didn't get any condoms

on my first visit.

As an employee in customer service, I am able to gauge service quality. I would not rate the service quality of my first visit high. Every following visit began the same way. The quiet assistant stared at me when I walked into the office. Chances are you will have to break the awkward silence and tell him what you need.

After later interviewing Director of Health Services Jessica Lettow, I learned that the assistant may have assumed I was there for condoms. A large wooden board covers the opening of the bowls of condoms and lubricants. The board has a message in big letters: "Limit 2, must scan ID." Obtaining condoms from Health Services involves having the secretary scan your ID and watch as you pick two. It wasn't until my third visit that I finally had the courage to take condoms.

Health Service's nonconfidential method of distributing contraception may be counter-productive to the main mission of helping prevent the spread of STDs. NEIU is ranked the most ethnically diverse university in the Midwest, according to the U.S. News & World Reports. At a glance, the university has 49 percent Caucasian, 25 percent Hispanic, 12 percent African American, 10 percent Asian, and 4 percent rank as other. The large ranking diversity amongst the student body provides a need for cultural sensitivity. Barb Chandler, of the Gale Group claimed Inc., in the 2002 Encyclopedia of Nursing and Allied Health, "Cultural sensitivity must begin with recognition that there are differences between cultures." These differences are reflected in the ways that different groups communicate and relate to one another, and they carry over into interactions with health care

providers. The various ways that groups share information and associate with each other expose these differences.

> "A culturally competent clinician views all patients as unique individuals and realizes that their experiences, beliefs, values, and language affect their perceptions of clinical service delivery, acceptance of a diagnosis, and compliance." Barb Chandler, The Gale Group Inc., Gale, Detroit, Gale Encyclopedia of Nursing and Allied Health, 2002

ommentary

Individuals' values are shaped by their culture, their families and religion. Research from Planned Parenthood explains that over time, beliefs and values about sexuality may change. However, many cultures preach a need for shame with regard to premarital sex. My Roman Catholic parents verbally forbid their children from engaging in premarital sex.

I attribute my embarrassment in Health Services to my cultural and parental influences. My proposition is that if a confidential distribution method was instilled, more students might utilize the service. During our interview, Lettow said she would consider revision of the method if the student body agrees with the proposition.

One of the first questions I asked Lettow was why the process is seemingly intrusive and nonconfidential. One of the main reasons is that people were abusing the service. Students pay for health services through tuition, it only serves to provide for students. Employees of NEIU were filling their pockets with condoms that were in a bowl outside of the office. This abuse was noticeably costly and

> Health Services mission statement

detrimental to the

Several small steps were

taken to fix this problem. First a 'students only' sign was posted next to the bowl. After that was ignored,

the bowl and sign were moved into the office. This made a slight improvement, but didn't fix it completely. People would now wait until the secretary walked into the next room before slipping into the office. Finally, it was mandated that an ID must be scanned, and the secretary would act as a security guard for the students' condoms.

Health Services was simply looking out for the students' best interests. It made sense that they must scan IDs. Within a minute, the most ideal situation popped into my head. "Let's make a private room for students. The room can have the goodie buffet: condoms, pamphlets, cough drops, lubricant, tissues, tampons, etc. Students can scan their ID and claim they need to get a cough drop or whatever, and then secretly grab condoms. No one would know the difference," I said. Lettow smiled at me, and then proceeded to explain that because we are a commuter school, our Health Services office is very small. Because of the size, there simply isn't any space for a 'student room.' At the end of the interview, Lettow agreed to put a bowl of condoms in the patient bathroom. She also reiterated that she would work to change the current style of contraception dispersal if the student body agrees with my proposal.

The bottom line is Health Services truly wants to help the students to the best of its ability. The next step is to conduct a poll of the student body. and discover the effectiveness of the current contraception delivery process. Stav tuned!

In the Sept. 11, 2007 issue of the Independent, we discussed the Illinois College Free Press Act. This law took effect June 1. The Illinois College Free Press Act guarantees that any type of college media, mostly student newspapers but also radio stations, literary magazines, and newsletters, will be free of censorship from college administration. This applies to all college media regardless of whether or not it is independently funded. This means that no one except the student editors can edit for content. Gov. Rod Blagojevich signed the law, proposed by State Sen. Susan Garrett (D - Lake Forest), last August.

Editorial

Campus Free

Press Act

The law not only protects the student editors but also their media advisors. The law allows the advisors to take legal action against university officials if the officials take action against the college media. The university is also protected by this law. The student newspaper is free from censorship and the university is covered in case the newspaper publishes anything controversial unless it is quoted from university officials.

To the staff of the Independent, this law enforces what we have always strived to accomplish: objectivity. We have tried to keep anyone outside of the staff from directly influencing our content. Sources are checked and re-checked to ensure that all the facts are correct. Anything that is published in the Independent has happened after a unanimous decision by the student editors. No one but the student editors have any say in what is or is not newsworthy.

This law protects freedom of speech but there is a limit. The law states explicitly that it does not protect college media when it harasses, intimidates, or threatens anyone. Anything that is not constitutionally protected is not protected by this law. The law merely protects the rights that the college media already had. It also only protects the content of the college media and not the actions of its staff. The student editors are exactly that, students, and as such must abide by university rules at all times.



Thank you very much for celebrating with me the day of my retirement. It was over 25 years ago that I began working in food services and also began our friendships that would last for many years. Thank you everyone for all your cards of good wishes, the beautiful flowers and all the gifts. Don't worry, I'll come by and say hello now and then.

Thank you again for everything, Lily

Dear Northeastern friends,

Editorial Note:

Lily is a diligent, hard worker with a kind heart. Anyone who knew her while she worked in the cafeteria will remember her for the short conversations they had with her and her general work ethic. Thank you for your years of service to the campus community Lily, Enjoy your retirement

The Editorial Staff of the Independent

Entertainment

Tuesday, June 24, 2008

Abandon hope all ye who read

By Jonathan Gronli Editor-in-Chief

book, he has proven it yet again, pulling no punches with his return

Mister B. Gone is a dark tale of a lesser demon named Jakabok the reader into the story by breaking the fourth wall between the reader

tragically poetic beauty. You learn part of the demonation. He is a overbearing parentage. He is also a murderer and has even killed his own father, partially in self-defense, and partially because he enjoys it. You might be asking, "What about the Jakabok, through his traumatized life and pained existence, before and weary of life and just wants his essence to be burned away.

Barker does what he does best. He makes characters that you hate, case of this book, that's not just a saying. His characters, even in the richest developed psychology that is brought up in horror.

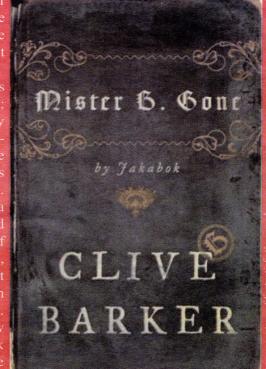
Now some people, who aren't used to the Barker methodology, will difficult to get into. Even some of his hardcore fans may be hard-pressed in trying to enjoy this book. This is get past the oddities of the narrative

ENTERTAINMENT

style, which includes the narrator threatening the reader, it can be horror novels that has been put out within the past three years.

rich environments - especially developed characters and the Mister B. Gone would be a of Doug Bradley (Pinhead from

one of Barker's most experimental more famous by playing a demon is works to date; however, once readers narrating from the perspective of a



by Jonathon Gronli Editor-in-Chief

In the Mouth of Madness

Imagine for a moment a world in which Howard Phillip Lovecraft's writing slowly started shifting from fiction to reality. If the blind cruelties of the amorphous evil that Lovecraft preaches about through his writing emerged into the world, what would your reaction be?

For some people, their reaction would be a mere "I told you so." This is the premise for John Carpenter's movie In the Mouth of Madness, Sutter Cane, played by Jurgen Prochnow, is the biggest name of horror fiction known to man. His stories

deal with long-forgotten

of

Cane writes on. It almost comes across as though as the Cthulhu Mythos, which was

started off by Lovecraft. The script of the book is something akin to higher end pulp fiction. It comes across as the writings of Richard Matheson and early Lovecraft. Dark, simplistic and with an odd note of the poetic, the script and story for the movie is standard. An investigator (played by Sam Neill) is hired to find a missing person. In this case, the missing person is the author Sutter Cane and the reason he needs to be found is the fact that his newest book is supposed to be coming out, but the manuscript for publication is with the author. It also leads

up dead, often by surprising and gruesome means.

In the Mouth of Madness is an ugly view inward though. It's a view on the blind faith in something that is always in a state of flux, social and religious dominance. Unknown psuedo-religions, cults like Scientology pop up based on the Lovecraftian writer's gods, demi-gods, daemons and witches. The Old Ones, through the belief brought on by the Cane readership, manifest in our world.

Theories similar to the plotline of this film have been going on for years. The writer Neil Gaimen has even noted that these theories are going around while he was working as a journalist. Who knows? There might be some merit but it has yet to prove itself. Oh well. At least we have a film that will publicly state our fear of the dark malevolent entities that occasionally cross the border between the worlds. Thank you John Carpenter for this cult classic film which is one of the most worthwhile things to grace my film collection.



eldritch evil to the search for the fictional town of Hobb's End (better trying to break known as H.P. Lovecraft's into this reality. fictional town of Arkham). The stories It's set on the same regarding premise of the more recent madness and film Evil Eyes. This is that spiritual evils fiction becomes reality. The transform events of the book and "Canesome of their related" movies slowly shift into the reality that we know. moreunstable The big difference in Evil readers into cultists Eyes is that the events are being orchestrated by the these unknown devil, and anyone who works forces that on the film he wants done,

BEYOND THE VEIL OF MADNESS

Tuesday, June 24, 2008

Entertainment

All you need is love

by Jonathan Gronli Editor-in-Chief

The Love Guru is Mike Myers's newest film, and by mixing elements from different styles of film effectively, it is also one of his finest.

Myers plays a handful of roles in the film, including making a cameo as himself toward the end. He plays Guru Pikta as a child, a teen and an adult. Pikta is an American born man who was raised by gurus in India. He is a man incomplete because he doesn't know how to accept himself, though he is able to help numerous other people find, accept and love themselves.

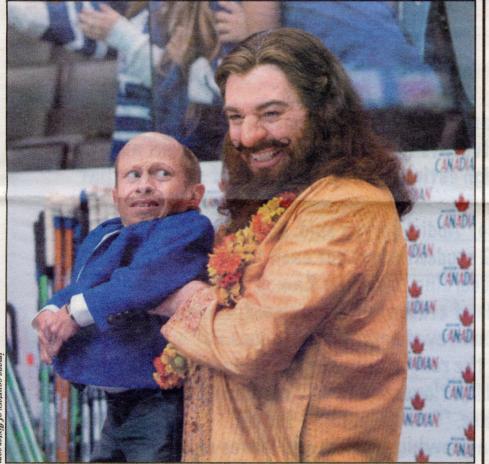
He is called up by the Toronto Maple Leafs to help one of their star players Darren Roanoke (played by Romany Malco), dubbed the 'Tiger Woods of Hockey,' get his skills back, as well as confront the biggest things that are holding him back from greatness. The things holding him back however, are the same things that Freud would probably blame: his mom, his wife, himself and his rival Jacques 'Le Coq' Grande (a goalie played by Justin Timberlake).

The thing about this film is that it is one of the most serious, but goofiest, films that he

has put his name and face to. The film's biggest message is one of love and acceptance. For one to be truly happy they have to love themselves. Only then can one truly love others. That is the serious part. The interplay between Jessica Alba and Mike Myers, Verne Troyer and Mike Myers or Darren Malco tends to be serious, moving and funny. It's also full of sight gags and other forms of lower humor, mixed in with a certain level of sophistication.

Another thing that makes it interesting is that, on occasion it makes reference to Bollywood films. However, those references are done in a way that only Mike Myers can do. In other words, the Bollywood dance and music sequences have American songs done in Indian rhythms and instruments. With the references to Bollywood, there are aspects of the inspirational sports movie, the coming-ofage drama and the buddy flick, all mixed into one seamless package.

Honestly, this movie is a comedy with substance as well as undeniably funny aspects. It also has a great cast full of talented people and some great comedians. The Love Guru is a comedy that will make you laugh and think at the same time. It's well worth the money for the ticket and the hour and a half it takes to watch at least once.



They really, really love me but it's kind of heavy.

Carlin dies at 71

By Duncan Macnab Senior Staff Writer

Carlin once said in a quote where first you try to figure from imdb.com. Well, all the political stance of your bar acquaintances then joke around about the stupidity of the government, then down those drinks.

007 meets Charlie Chaplin



by Duncan Macnab Senior Staff Writer

There are the greats, Agent 007 (James Bond), Jason Bourne and Ethan Hunt. Then there are the not so greats, Insp. Jacques Clouseau, Lt. Frank Drebin and Agent 86 (Maxwell Smart). With every great action, special agent or detective character, there is an equally dimwitted and humorously clumsy one. Maxwell Smart is that of the latter.

The comedic genius Mel Brooks digs back into his past, bringing his Agent 86 from the small screen to the big one. This is one of the better jumps from television to screen, but that's not the point. This film also has the comedic genius of Steve Carell (The Office, Evan Almighty), playing Smart, who was portrayed by Don Adams in the television series. Agent 99 comes in reluctantly to partner up with Smart, in what can be best described as a spoof of the British detective drama, The Avengers.

The movie caters to the show's lovers, with opening credits and theme music, which many movies based off television shows have gotten rid of in the past, as well as with the coy and nervous relationship between Maxwell and Agent 99. They even have Maxwell answer the phone shoe.

The dimwitted agent teams up with Agent 99, played by Ann Hathaway, to catch bomb robbers at the Iron Curtain (a.k.a. Russia) to recover detonation codes from a spelling inept organization, called Kaos

There are enough of the formulaic plot devices to lead you on the edge of your seat before keel over in pain from laughter.

Carell is able to let his humor shine as he did in Bruce Almighty, and this may even be his audition tape for the next Pink Panther. He is able to do the subtle clumsy acting like Peter Sellers (Pink Panther) and can do the prat-falls like Leslie Nielsen (Naked Gun).

The Chief, played by Alan Arkin, the head of the secret agent center Control, tries not to shoot himself over the stupid and yet successful efforts of Maxwell, who is usually kept in check by Agent 99. Dwayne Johnson adds comic energy to his first film where he isn't credited as "The Rock."

The movie follows loosely the sequence of events of the first few episodes of the series on television and parallels many of the lines from it. However, it doesn't try too hard to be cheesy.

All of the laughs and coy humor are well worth the cost. It will leave you sore from laughing so much.

One of the greatest defenders of the First Amendment has died. Comedian George Carlin died of heart failure on Sunday, June 22 at the age of 71

Lenny Bruce was one of the first to say, "Cocksucker," on air; but Carlin was the first say, "Shit, piss, fuck, cunt, cocksucker, mother fucker, and tits" on air. Both were arrested for disturbing the peace: Bruce in 1961, and Carlin in 1972. Would this happen today? Probably not, they may just have to pay a fine.

"Frisbeetarianism is the belief that when you die, your soul goes up on the roof and gets stuck,"

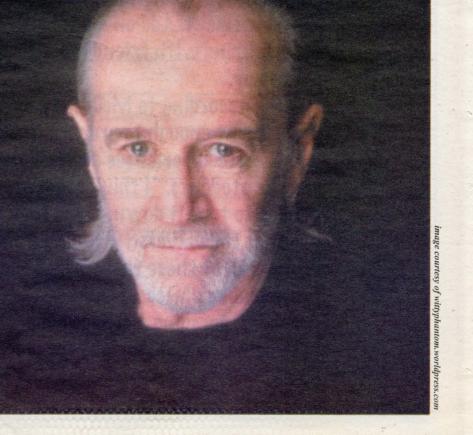
comedians at one point have to joke about it, but reality sets in and when it happens. They all probably think about all the things they've done in their life, and hope God is laughing too.

This year Carlin was awarded the Mark Twain Prize for American Humor. Past winners include Richard Pryor, Bob Newhart and Steve Martin. These winners all had one thing in common, pushing the envelope of free speech and presenting social commentary on the news of the day.

Carlin's humor was harsh but friendly chatter, which would commonly be found in your typical hole-in-the-wall type bar,

When someone dies we are told to mourn by crying, but for a man who spent most of his life making us laugh, let's hope you had a smile on your face, tears aren't all bad, and after all, we at one point laughed so hard we cried.

"If someone loves you and they leave and don't come back, it was never meant to be. If someone loves you and they leave and come back, set them on fire," Carlin once said about loss. Carlin, if you do come back I'd be the first one to have a match or a lighter.



Features

Tuesday, June 24, 2008

FEATURES

Students chime-in about college flunk-outs

LUNKED OUI

by Adrienne Grant

Staff Writer

Every semester, college students are faced with the decision of whether or not to stay in school. So I surveyed some students to find out what they thought about the flunk-out rate at NEIU. Some had high estimates of the number of students that drop-out or flunk-out.

"I would say upwards of 200 or so," Abdiel Correa said. Colleen McCready, NEIU junior, estimates between ten and 100 students drop out each term. The highest estimate was 50 students per class, according to Regina Ramos, NEIU senior.

Whether it is five, 10, or hundreds of students that drop out, there is still the question: Why? Most of the students surveyed agreed that it does not matter what school they attend (or drop out from); the reasons remain the same. They include anxiety, stress, depression, financial obligations, and family responsibilities. These are most commonly summed up by the phrase, "College just isn't for me."

Flunking out of NEIU has become a growing problem and leaves staff members and faculty wondering what the problem is and what they can do about it. Correa explained that "tuition problems, transportation issues, a lack of classes, horrible scheduling, or overall personal problems" are the issues that cannot easily be eliminated. She said, "I believe students are not able to see that school is a full time commitment. Add on a part time or full time job, relationships, family obligations, and socializing with friends to a demanding curriculum and the individual isn't able to keep up." According to McCready, students may not have had high school or GED courses sufficient enough to prepare them for college. Life experiences and individual circumstances also play a part in the failure of some students. "I think students keep taking on more responsibility when they really need to tone it down. Since they can't keep up with the demands, they end up flunking out of the university, failing a class or two, or dropping it mid-semester," Ramos said. All of these factors must be considered when students are registering and scheduling classes. Flunking-out is not inevitable and, most of the students surveyed agreed, pursuing a college education is not an easy journey. It is all a matter of deciding, 'is college right for me?'

Have you recently fallen asleep at the local diner

half way through eating your half-pound cheeseburger,

and french fries? Can you use your stomach as a table

for your popcorn, while sit in a recliner? Do you start

your day with a double Venti, sugar filled latte? Do

you find yourself constantly recharging with energy

drinks, and coffee? Does shopping for your spring

wardrobe actually just mean buying larger pants?

Do you need to unbutton your pants to feel relief

after gorging yourself at a buffet? Do you think a

salad with ranch dressing is eating healthy? If you answered yes to any of those questions, your diet may

Poor nutrition is a leading cause of the obesity

epidemic in America. What exactly is obesity?

In simple terms, it means having too much fat.

Approximately 60 million people in America suffer from obesity. A trip to the beach or mall will give

you a first hand look at how many people have a

weight problem. Just look around! Obesity ranks as

the fastest growing preventable cause of disease and

death. Heart disease, stroke, and diabetes are just a

few of the potential health problems connected with obesity. Sadly Americans are some of the unhealthiest

people in the world. Why are we so unhealthy? The

simple answer is that we eat too much high calorie

with opportunities for healthy food choices eats so

poorly. However by looking a little closer at the

structure of our country the factors of this epidemic

It's ironic that a strong Western nation bleeding

by Diana Heck

be dangerously unhealthy!

food and don't burn it off.

Staff Writer

Professor Profile: Maria Moraites

PIR Sou for

by Michael Hendzel Special contributor

Sitting in a slightly cramped office amongst a statue of Dracula, a guide to editing 16mm film, and a copy of Heart of Darkness, I wait to speak to Dr. Maria Moraites while she looks for a cup of coffee she will never find. "Teachers have the same problem as students; staying awake," she muses.

Her other major passion is travel. "I have an insatiable passion for learning about other people and cultures," she said. "I always wanted to visit every country in the world." Having not quite met her goal, she estimates that she's visited close to 30 countries.

Student and NEIU Junior, Ryan Stork noted this passion. "She talks a lot in the classroom about her traveling experiences," he said. I think she's able to point out subtleties that less culturally aware people miss." become obvious. Obesity rates are affected by the general diet of society, growing portion sizes, and poor knowledge of good nutrition.

College students are perfect examples of on-the-go Americans. Ron Kane, a student at NEIU gave a run down of what he eats on an average school day. "For breakfast I usually have a bagel, and coffee. Lunch might be a mini pizza from the cafeteria, with a coke, bag of chips and a candy bar. Usually I eat dinner at home, around 10pm. Sometimes I cook but tonight I'm going out for a chicken Caesar salad, my girlfriend insists I eat healthy," he said. Unfortunately, Kane is a perfect example of someone who has a misperception of what is healthy. All together his caloric intake averaged 2500 calories. Kane felt that his lunch was the only unhealthy meal he had that day. Like Kane, most people don't realize that restaurant salads are usually 1,000 calories or more.

Kane ate at least an extra 700 calories. Those extra calories are about the same number as five cans of soda pop. Seven percent of the average Americans calories consist of soft drinks. Small or large servings of soda pop do not contain any nutritional value. As our waist lines expand, so do the portion sizes.

Originally McDonalds offered one size of french fries, today that size is the small. Individual soda pop servings now fit into containers similar in size to a water pitcher. Cheeseburgers are now sold with the option of two patties. Most people know that quick serve restaurants are not considered healthy. But the low cost, fast service and tasty food brings customers in droves. The real hidden demons are the chain restaurants, which make up two thirds of where Americans dine. A fun Friday night at Ruby Tuesdays might include their delicious Colossal Burger. It melts in your mouth, all 1,940 calories of it. If you aren't hungry for a burger, try a salad. At Carl's Jr., you can add flavor to your salad with 320 calories of blue cheese dressing. In New York city, the Board of Health passed a bill that requires chain restaurants to list calories on menus and menu boards. The misperception of distinguishing good foods from bad affects ones ability to make wise nutrition decisions.

A new diet-related book *Eat This Not That* provides a rating for chain and quick serve restaurant food. For example, a slice of pan pizza from Pizza Hut gets a D- for being 650 calories. Its one of many tools Americans can use to make better nutrition decisions while dining out. Unless some serious changes are made by the majority obesity will continue to haunt America.

Take advantage of this appalling news and avoid becoming part of the dangerous and unpopular obesity statistic. If you are currently a member of this group, make it a top priority to leave. Remember that obesity is the fastest growing cause of disease and death in America. Claiming you have a sweet tooth is not an excuse to be a glutton!

during a dispute between the father and son that commissioned the film. But Dr. Moraites' work was not totally lost as the bullfighter eventually published her copyrighted script in Japan without her permission. "My lawyer said that it was just too expensive to go after him," she said.

Also from this trip came Dr. Moraites' first teaching job. In Spain, her funding was abruptly cut off for the summer. "I had to eat," she said. Ironically, this shy girl found a job teaching public speaking to U.S. Military officers.

Dr. Maria Moraites' life journey began with a modest upbringing on the Southeast side of Chicago, took her around the world and ultimately to the front of a Northeastern Illinois University classroom.

A full-time professor in the Department of Communication, Media and Theatre, Dr. Moraites has always been a movie fan. She said, "My mother loved movies and my father was a photographer by hobby." She also recalls attending a lot of Saturday double features. The family interest in movies continues with her two children who, she says, watch an average of one movie a day.

Dr. Moraites estimates that she has made over 30 films. Not all of them are feature length. While attending Northwestern University she shot a documentary entitled "Goodnight Socrates," her most renowned film. She explained that it is about the effects of urban renewal on a family in Chicago's Greektown. "Goodnight Socrates" won first prize in the category of Narrative Documentary at the Venice Documentary Film Festival. As a young woman, she moved out to Los Angeles to try and get a job in the movie industry. She was frequently turned down for production jobs because she was a woman. Finally, she found the financial backing she needed to mix her two passions.

At age 22, Dr. Moraites was commissioned to shoot footage in Europe. A friend from the Los Angeles Greek community put her in contact with the Embericos family, an aristocratic family that made their fortune in the shipping industry.

Dr. Moraites was invited to visit the family and shoot footage on one of their private islands in the Aegean Sea. She said the family was warm and welcoming and their two daughters engaged in typical sibling rivalry – over who had the nicer designer dresses.

The more adventurous daughter introduced Dr. Moraites to a young gypsy bullfighter in Spain. Dr. Moraites quickly began filming a documentary about this bullfighter.

The final print of this documentary vanished

Not all of her film adventures took place halfway across the world. Her most memorable film experience was working on "A Nice Place to Live" a documentary about the 'white flight' in Chicago's Austin community. Through the camera lens she observed the transformation from a middle class white neighborhood to a middle class and poor African-American neighborhood.

Dr. Moraites witnessed many African-American residents being needlessly harassed by white police officers. One day after shooting she learned what it was like to be stopped for no reason. "[The police officer] couldn't understand what a white woman was doing alone on the streets at all hours of the day," when she explained her project the officer laughed and let her go.

"I didn't realize that she made that many films. That's probably why her class is so interesting," said Ryan Stork. **Features**

New fitness schedule, website

Iris M. Feliciano Features Editor

The new fitness schedule for NEIU Campus Recreation has been posted. Beginning on June 23, the Summer II schedule includes the early morning "Bootcamp" series to whip some bodies into shape. The fliers around campus explain that "no crybabies are allowed." For a softer, gentler approach to fitness, the equally effective yoga and aqua fitness classes have been scheduled. Everything from belly dancing, cardio swing and hip-hop classes to Spin and boxing circuit classes are available this term.

Most of the fitness classes last about an hour and are scheduled one to four times a week. Unless otherwise posted, most classes are free with NEIU student or faculty ID. Also free to the NEIU community are three meetings with a personal trainer at the P.E. Complex.

The P.E. Complex summer hours are Monday through Friday 8 a.m. to 6:45 p.m. The complex is closed on Saturdays and Sundays. The summer hours and summer schedule will be in effect until August 8 when the P.E. Complex will close for summer break. Fall scheduling will resume on August 23.

In the meantime, the Campus Recreation website is under construction. According to the Associate Director for Campus Recreation, Martha Montes, the new website is expected to be completed around the end of the summer. Although some links on the website are incomplete, information about building hours, sports and clubs, and contact information is currently available.

Campus Recreation information can be found at www.neiu.edu/ ~campusrec, by calling 773-442-4135, or by visiting the P.E. Complex on the south-east corner of the campus.

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