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Brian Blaszkowski

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Who says fitness doesn't matter? Check out page 11 and see Fitness Matters!

More SGA Coverage inside! Two-page spread, pages 4-5!

See how your opinions match up with ours! Perspectus starts on page 6

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Independent

Vol. 19 Issue 5

SERVING NORTHEASTERN ILLINOIS UNIVERSITY INTO THE NEXT CENTURY

Tuesday, October 29th, 2002

NORTHEASTERN ILLINOIS UNIVERSITY

NOV 04 2002

ARCHIVES

Deja Vu: SGA disqualification

Administration task force to review controversial election disqualifications

by Scott Plencner
Senior Staff Writer

Students around campus remain overwhelmingly unaware of the most recent controversy surrounding the Student Government Association's (SGA) decision to disqualify Senate candidate and former SGA President Gary Gaspard and Student Trustee candidate Kendra Young. Only a few students randomly selected by the *Independent* to comment on the situation actually knew NEIU had an SGA. The ones that did were mostly uninformed about any problems within the organization, which oversees the allocation of about \$500,000 in student fees. One student who attended the Senate meeting during which the disqualification took place publicly blamed the SGA for this ignorance and their failure to stick to published meeting schedule times and places.

Whatever the source of this ignorance, those with knowledge of recent SGA history seem unsurprised at this latest round of disqualification. For the past two years, almost every election has ended in controversy. Last spring's election ended with similar troubles as this fall's. Candidates running under the Student Action League

(SAL) ticket were disqualified by the SGA led by then President Gaspard and Vice President Young. The Senate's decision to disqualify SAL candidates was overturned by the student Supreme Court. Gaspard and Young were unseated by the decision and forced to prepare for a comeback run.

With former SAL candidates occupying every leadership role in the SGA except the IBHE-SAC Representative seat, Gaspard and Young attempted this comeback during the elections held the second week of October. Kendra Young gained 638 votes, edging out opponent Sir Williams in her bid for the powerful Student Trustee seat and the right to sit on NEIU's Board of Trustees along with university President Salme Steinberg. Gaspard finished second among the 21 students running for a Senate seat this fall and was one of two students breaking 100 votes. Both candidates had great showings at NEIU's CICS campus.

As soon as the votes were counted, written complaints came streaming into the Student Activities office. Ten of these were submitted by Young and nine from leading Senate candidate Sophia Logothesis. The Election Committee, headed by Senator and long-time Gaspard critic John Haptonstall, was obliged to



photo by Andrea Zelinski

Gaspard lashes out during a heated SGA meeting

SGA disqualification coverage continues on page 4

Northeastern welcomes new Provost

by S. Fatima Quadri
Staff Writer

In late August President Salme Steinberg finally announced the addition of Dr. Lawrence P. Frank as the new Provost and Vice President for Academic Affairs to the Northeastern faculty.

Dr. Frank's in command of all academic affairs; his responsibilities include overseeing new degree programs, taking part in the selection of new faculty (currently, 32 positions are to be filled under Dr. Frank's management), working with Deans, and providing student services. Dr. Frank embraces his position with an enthusiastic devotion and compassion towards students.

He has a wide-range of academic experiences working on diverse campuses and African universities, particularly commuter campuses. Dr. Frank, a native Chicagoan and product of public schooling, earned

his Bachelors from Northwestern University; he later completed his M.A. and Ph.D. in Political Science at Columbia University in New York.

In 1987 Dr. Frank taught at Roosevelt University and served as the Department Head in Political Science, coordinator of International Studies Program, and the first Director of the School of Policy Studies.

Subsequently, in 1995 he joined the faculty at St. Xavier University where he served as the Dean of Arts and Sciences, under his administration the undergraduate enrollment increased 24% as well as a 23% increase in graduate enrollment. In addition, Dr. Frank administered the implementation of degree programs in computer studies, computer science, and honors programs that promoted collaborative research among students and faculty.

During his learning experience at Northwestern University, Dr. Frank developed a sincere interest in African

nations and served in the Peace Corps as a volunteer, teaching in a secondary school in Lesotho Africa, (near South Africa). Furthermore, he worked in the University of Botswana and Institute of African Studies as a research associate. He has also taught at the Ahmedubello University in Nigeria and American University in Egypt. Dr. Frank's international ventures are not limited to Africa, he has also had the opportunity to study abroad in France, Portugal, and England. He has received a Fulbright Fellowship, a Fulbright Summer Seminar Fellowship, and two

National Endowments for the Humanities fellowship.

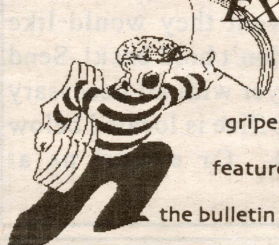
Aside, from international studies and politics, our new provost takes an active interest in all kinds of Music and was greatly impressed by the wide-range of musical performances offered by the Northeastern fine arts department.

In the future, Dr. Frank intends on administering the admission of an African Studies program that has long been anticipated. He also plans on welcoming new foreign languages in the hope that there will be an interest for them. Some potential languages

are Swahili and Arabic.

Dr. Frank also expressed interest in a program that would allow education majors to student teach abroad, "it is certainly a good idea," he said, considering it would be doable according to state of Illinois requirements. He wishes to interact with students on a more personal level so that it will enable him to deliver programs that are of interest to those who study at NEIU.

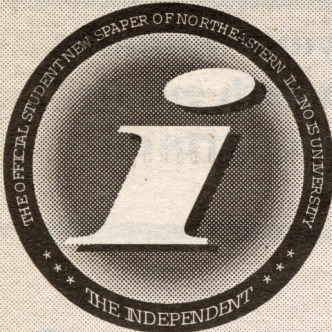
The Northeastern community embraces Dr. Frank and honors his many experiences and accomplishments.



EXTRA! EXTRA! READ ALL ABOUT IT!!!

bite-sized but essential news
gripes, moans, and common sense
features to entertain and enlighten
the bulletin board you can bring with you

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Golden Opportunities page 12



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Northeastern Illinois
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Chicago, Illinois 60625

AROUND CAMPUS

Surviving domestic violence

Healing Frames: Surviving Domestic Violence. Women's Services and the FMLA will be hosting speaker Lisa Frohmann, a criminal justice professor from UIC to give a presentation. Frohmann will be speaking about her academic activist work; she gives cameras to domestic violence support groups that allows them to take pictures of places and things that represent their lives on a safety continuum. She uses the photos to interview the survivors about their lives. The photos are then posted in the community to educate all on domestic violence. She will be bringing some photographs as well as some of the women's stories. Will be held October 31st at 1:40 - 2:50 p.m. in CLS 2094

How to write a good paper

Are you afraid that your problems writing papers will shatter your GPA? Do you freeze when you try to write? The Psychology Club will be presenting "How to Write a Good Paper," with Dr. Margaret Condon. Learn some very practical advice in one short hour. Monday, November 4 at 3:15 and Tuesday, November 5 at 1:40 in room S-311.

Business Speaker

The Business and Management Club will be presenting "Magic, Illusion & Business" with guest speaker Jeff Scanlan, Business Consultant. Refreshments will be served. Presentation will be held on Thursday, October 31st from 1:40 - 2:40 in SU 214. For more information visit www.orion.neiu.edu/~bmclub.

Blood Drive

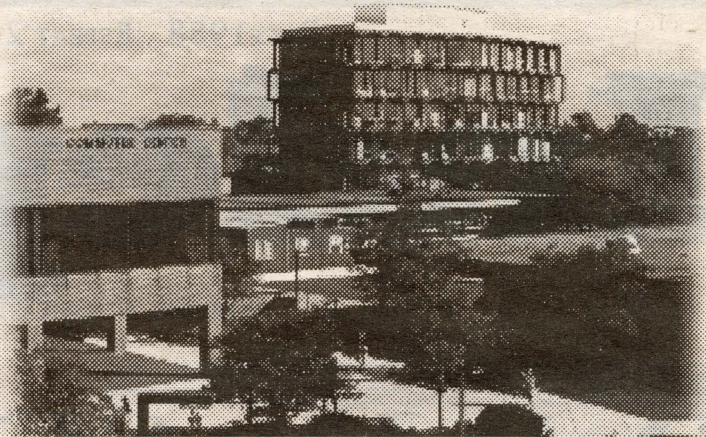
Northeastern Illinois University will be hosting a Blood Drive with the American Red Cross. The drive is specifically hosted by the Student Health Services & Office of Student Affairs. To be held on Thursday, October 31 from 9 a.m. - 3 p.m. in SU 003.

Art Exhibit

"Natural Forms," presenting works of five Chicago-based abstract sculptor, will be on exhibit at Northeastern Illinois University's Fine Arts Center Gallery. The sculptors represented, John Fraser, Josh Garber, Michele Goldstrom, Jan Petry and Gordon Powell, take unusual approaches to combining organic and man-made structures using metal and wood. The processes used are carving, welding, metal casting, and laminating. Events are free and open to the public through November 22. Gallery hours are as follows: Monday 10 a.m. - 7 p.m., Tuesday 9 a.m. - 7 p.m., Wednesday 10 a.m. - 3 p.m., Thursday 9 a.m. - 2 p.m., Friday 10 a.m. - 5 p.m. or by appointment. For more information contact John Brunetti at (773) 442-4944.

Advertise your events with the Independent

If your organization has an event they would like mentioned in *Around Campus*, don't hold back! Send the Independent an e-mail or flyer with all necessary information. The Independent Office is located below Beck's Bookstore in E-049. Or e-mail us at neiu_independent@yahoo.com



"Date-A-Beta" Auction

The Brothers of Sigma Lambda Beta International Fraternity Inc. at NEIU are hosting the first annual Beta Sweetheart Fashion Show 2002. Along with this night of fashion they will be having the first ever "Date-A-Beta Auction." A group of lucky ladies will have the chance to bid and win a date with their favorite Sigma Lambda Beta man! Don't miss out on a night of fashion, fun and pleasure on Friday, November 8, 2002 from 6 - 10 p.m. in Alumni Hall.

Reporter's workshop

The Independent will be hosting a writing workshop for staff writers as well as the general public. Lessons will include tips on writing news stories as well as a brush up on grammar. Food will be served. All are welcome. To be held on Friday, November 22 in FA 202. The workshop begins at 6:30 p.m.

Trick-or-Treat

Throughout the week of October 28 a number of student organizations will be hosting bake sales. Bake sales may be coordinated with the Halloween holiday. Be sure to support your fellow students by purchasing some homemade treats!

Ensemble Espanol

Ensemble Espanol, the Spanish Dance Theater will be presenting 'Spain in America: Flamenco Passion,' in the 26th anniversary season of Dame Libby Komaiko, Founder and Artistic Director of Ensemble Espanol. Full company of 40 dancers, singers, and musicians highlighting the past 26 years and World Premieres. This performance will be one night only! To be held at the Auditorium Theatre on Saturday, November 2, 2002 at 7:30. Call (312) 902-1500 or visit www.neiu.edu/~eespanol.

WATCH OUT!

Deadline coming

Deadlines for the Independent are one week prior to the date of publication. The following is a list of publication dates for the Spring 2002 semester:

**November
12th**

**November
26th**

December 3rd

The Editor in Chief reserves the right to alter all content for space, style and editorial considerations. Submissions are not guaranteed to be printed.

If space needs to be reserved please call (773) 442-4577 for information about advertising rates.

Hot tip?



Do you know something we don't? Tip us off about news affecting the NEIU community by calling (773) 442-4577 or e-mail us at neiu_independent@yahoo.com

SGA executives speak

We, the Executive Board of the Student Government Association, would like to address the recent events that have transpired and that directly affect you. On Monday October 21, 2002, the Student Senate voted to disqualify Mr. Gary Gaspard and Ms. Kendra Young from the Fall elections, based on evidence presented during an open hearing on Tuesday, October 15th.

The decision to disqualify is a serious one, one that must be made with the utmost objectivity and respect for the law. The Elections Committee followed the procedures delineated in the Elections Code exactly. Complaints that were not filed in accordance with the rules were examined for their legality, considered, and dismissed, and those official complaints that were serious enough to warrant a hearing were scheduled to be heard on October 15th.

The outcome of the hearing was that the Committee found these candidates guilty of violating numerous sections of the Elections Code and the University Student Conduct Code.

Fair or Unfair?

To some students, it may seem unfair to disqualify candidates after the votes have been counted. It may seem unfair that those with the most votes do not get into office, even if their actions were not appropriate for potential student leaders.

Yet what is unfair is for students and staff to file legitimate complaints against candidates for invasion of privacy, physical abuse, and other inappropriate conduct and for those complaints to be disregarded for the sake of "not rocking the boat." It is unfair for candidates to repeatedly violate the rules and not to be held accountable. It is unjust to dismiss the rules and "let this violation slide." To bend the rules to accommodate preferences or a specific group of students is unequivocally *unfair*.

Sticking to the Rules

As student representatives, we represent over 11,000 students at NEIU, not just the ones that voted for the disqualified candidates or for ourselves. We have an obligation to every single student to obey and enforce the rules we are governed by. We had a duty to give the candidates due process, and we did, for they are students as well as candidates, and deserve every protection the law grants them.

The SGA Constitution, its Bylaws, and the University Conduct Code protect the rights of the disqualified candidates, and the rights of the students who filed a complaint against them. A student testified at the hearing that Mr. Gaspard pushed her in an offensive manner. Another student testified that he harassed her with a tape recorder, violating her privacy by recording her after she and the police repeatedly told him to stop. This same student also testified that Ms. Young had unsolicited physical contact with her numerous times throughout the campaigning process. Are these not students, too? Do they not deserve to see that their

complaints are addressed? If the accused are found guilty, do not these students deserve to see some degree of justice?

Furthermore, a staff member filed a complaint against the candidates as well. The candidates were let into the NPB offices by an Elections Committee member, granting them unauthorized access to NPB resources, which is a violation of the Elections Code.

Is it "petty"?

According to the rules, the conduct of these two candidates was inappropriate. We, the SGA, refuse to let students feel violated or unheard because we do not want to hurt feelings or because we want to look good in the eyes of some students and the administration.

It takes courage to enforce the law, and to stand up for what is right, even though it may be perceived as unpopular. Yet it is better to be courageous and unpopular and to set the right precedent than to be cowardly and hypocritical, and set the dangerous precedent of throwing away the rules.

Out of the Students' hands...

On October 22, the administration decided to intervene in the process and appoint a task force, which will review the actions of SGA and make a recommendation to Dr. Melvin Terrell, Vice-President of Student Affairs. The recommendation will be either to uphold the SGA's decision or to overturn the disqualification.

The unprecedented decision to implement a task force is a puzzling one. Apparently, the disqualified candidates did not see a need to appeal the decision to the Student Supreme Court, even though they were repeatedly informed of their right to appeal. Instead, members of the administration discussed with the President of SGA the possibility of vetoing the resolution, in hopes that a signature would make all the conflict go away.

The President of SGA decided not to overturn the decision of the Elections Committee and the Senate. Instead, he chose to stand by SGA's resolution, which represents the voice of the entire student body.

Now, the administration has decided to flex its muscles and intervene. Even though it has to the right to intercede, this shows that members of the administration have little faith in the students or student procedures. Earlier in the year, both President Steinberg and Dr. Terrell expressed their belief that students are capable of and should be responsible for governing themselves through existing student processes. However, through the creation of such a task force now and not during previous controversial elections, the administration has acted inconsistently and has proven that it clearly does not hold such a belief.

In a recent meeting with Dr. Terrell, Dr. Terrell commented that this situation is "bad for the image of NEIU and for race relations." Race relations? This is a time of concern for student-to-student relations, and student-administration relations. Race is completely irrelevant. When the Elections Committee and the

Senate voted to disqualify, they looked solely at the content of the candidate's actions, not at their race. For we have always believed *the only thing that should be black and white is the law*.

What's next?

On November 5th, the task force will issue its recommendation, and Dr. Terrell will make his decision. The question is this: should the administration make the decision behind closed doors or should they work with students to review the issue? Whatever the decision is, we want you to know that we fulfilled our responsibility of following the rules, we ensured that every student's rights were protected and defended, and we did these in an objective and just manner.

We invite you to stop by our offices (across from the student lounge) or to stop by Student Activities and examine the evidence presented during the 7-hour hearing. The evidence is comprehensive and compelling. The disqualified candidates are now struggling to regain the positions they gave up when they repeatedly committed actions which warranted disqualification.

If we can ask for one thing, let it be this: Do not lose faith in SGA. It is during difficult times, when the rules are tested and character is exercised, that SGA is at its finest. At no other time can you see how effective and judicious our processes are. At no other point is respect for the law, procedure, and students so vivid as it is now. So please, come to our next meeting and show that we, as students, are united in our respect for each other and the law. Our next meeting is on November 7th at 1:40 pm in SU-003.

Your Executive Officers,

Lukasz Dobrzynski, President
Georgia Logothetis, Vice President
Caleb Avraham, Speaker of the Senate

NEIU raising tuition?

by Ator Lawandow
Staff Writer

During the SGA meeting on October the 24 the administration proposed to the SGA members an increase in tuition rates for the fiscal year of 2003/04, which the Board of Trustees will decide upon. According to Vice President of Student Affairs Melvin C. Terrell, the proposed increase is not going to be so high that it affects Northeastern's standing as one of the most affordable universities in Illinois. However, graduate students should expect to pay almost twice as much as undergraduates, should the tuition increase be approved.

Vice President of Finance and Administration Mark Wilcockson said that there will be a 5.26% of increase in undergraduate rates and a 13.2% increase in graduate rates. This means that undergraduates should expect to pay \$110.00 per credit hour instead of the \$104.50 that they paid in 2002/03 school year. Graduate students will pay \$125.00 per credit hour instead of \$110.50. There will also be an increase in the mandatory student fees of 1.42%. Part-time students will also be charged more per credit hour due to "fairness issues," said Terrell.

The students who can expect to pay less in the 2003/04 school year than in past years are out-of-state and foreign students. Currently, the rate for out-of-state tuition is \$313.50 per credit hour- three times that of the in-state rate. The proposal is for the rate to go down to only twice as much as the in-state rate in order to attract more out-of-state students to the school. So out-of-state and foreign students should expect to pay \$220.00 per credit hour next fall as opposed to the \$313.50 per credit hour that they pay now.

The reason Terrell gave as to why there is a much more higher percentage of increase in graduate rates compared to undergraduate rates is because graduate students are more likely to be able to pay a higher rate of tuition, because most graduate students have higher incomes than undergraduates. Also, many have employers who are willing to pay for their graduate education.

This increase in tuition rates should cover the shortage of funding caused by the "state's poor financial situation," stated Terrell. Among other things, the new increase will also help pay for new technology in the computer lab. Students should expect to have "enhanced web-based services" in the lab. There are also forty new instructors who are in the process of being recruited to Northeastern whose salaries will be paid for by the increase of student tuition.

in order to create interest in joining the
Independent as a WRITER, PHOTOGRAPHER, or REPORTER we bring to you this
celebrity testimonial
from the legendary clipart model and
founding member of the Rat Pack,
Mr. Excitement, himself,
JOE CLIPART

"Listen, kids, before I made it big modeling for clipart in the '50's, I was just a college newspaper reporter just like the good folks down at the *Independent*. I'm not so sure I would have made it to the big time, playing Carnegie with Sammy, Dean, and Frankie if I had not chosen that path so long ago. Let me tell you as your elder, kids, that joining this paper will make you one cool cat. Look at me! If a poor kid from Brooklyn such as myself can do it, so can you!"
Make money! Learn valuable professional skills! See

your name, opinions, and photos in print!

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Call us at (773) 442-4577, e-mail us at neiu_independent@yahoo.com. Stop by our office at E-049 by the Student Lounge, or come to our meetings in the fall to find out more! See our classified ad on the back cover of the paper.

NEIU SGA

Thursday
November 7th
1:40 pm SU-003

Come In! Speak out!

Student Government Association



SGA election victors disqualified,

SGA disqualification coverage continued from page 1

consider every complaint filed appropriately.

The committee was then to make recommendations to the Senate keeping in mind the rules set up by the election packet that every candidate promises to follow. The committee is able to either decide to disregard a complaint or to send it to a hearing if it is deemed serious enough.

Most of Young's complaints were thrown away by the committee on the technicality that they were

submitted a day past the deadline for such complaints. Other complaints such as one accusing SGA Vice President Georgia Logothetis of slander and negative campaigning were thrown out by the committee due to lack of merit.

Of Senate candidate Sophia Logothetis' nine complaints, four were heard by the committee in public meetings held on October 15. She accused Young and Gaspard of "pushing" voters and candidates. She accused Young of "improper physical contact" and of

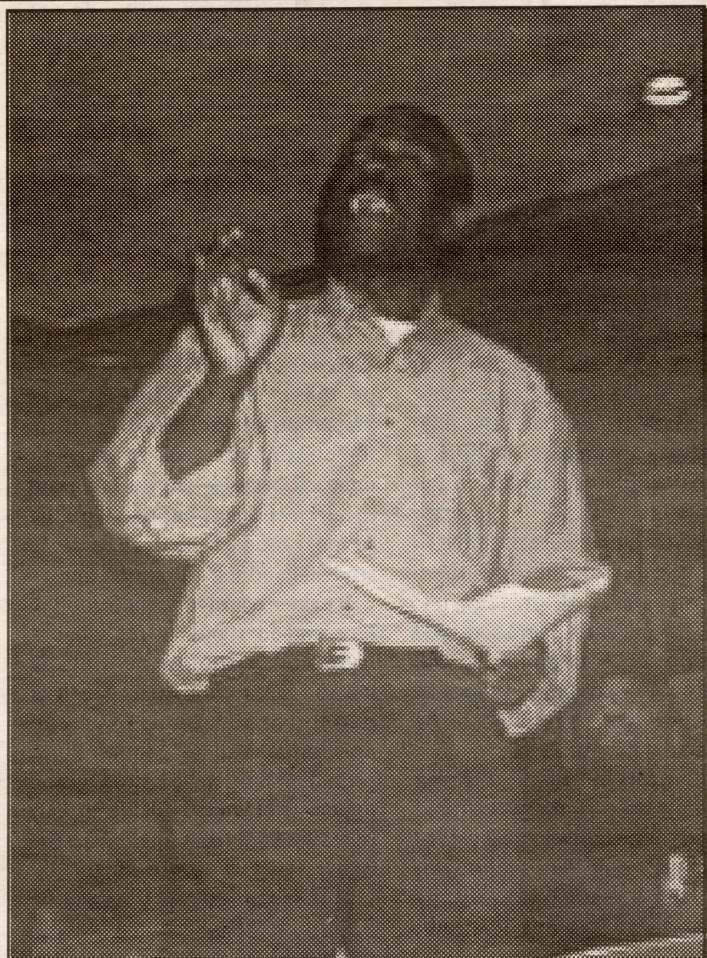
grabbing voters' "arms, book bags, and clothing to hold them back." Many voters have complained in the past to the *Independent* of candidates on both sides leading voters to the voting table. One student described "shoving" and "intimidation" being used last spring by candidates from both sides in order to gain votes.

Gaspard was accused of "brushing" said student's breasts while pushing her out of the way.

Sophia Logothetis also accused opponent Gary Gaspard of taping her private conversations. Gaspard carried a tape cassette recorder while campaigning, but denies ever having it turned on. Public Safety was called in to confirm Logothetis' statements to Gaspard that taping private conversations was illegal. Gaspard tried to prove to Public Safety that he, in fact, had not taped anyone. Logothetis later explained that she was concerned about the recorder because Gaspard had previously been party to a public access TV show, in which he discussed the problems of the SGA. "I did not want him to use my voice

without my permission," she said.

Another charge came in the form of two separate complaints filed by Logothetis and another student who will remain anonymous due to the nature of the charge. In these, Gaspard was accused of "brushing" said student's breasts while pushing her out of the way. Gaspard thought the student was campaigning for friend Logothetis, but she denies doing anything of the sort and claims to have been speaking with a friend "about personal things." The student said she never thought Gaspard touched her inappropriately on purpose, but was indignant about his failure to apologize. She claims he called Public Safety to explain that nothing ever happened. "He never made any effort to apologize to me," she said. She was convinced to file the complaint instead of pursuing other options which, she claims, included filing charges of battery with the police as Public Safety recommended. "I didn't want him to be arrested," she said, "but I did want him to be held accountable."



Photos by Andrea Zelinski

Gary Gaspard argues during the SGA meeting in which he and Kendra Young were disqualified.

"I promise always to be involved and will not give up just because of this." --Gary Gaspard

It is unfair for candidates to repeatedly violate the rules and not be held accountable. --SGA Executive Officers



Above: Senators discuss the fate of Gaspard and Young in a chaotic SGA meeting.

Below: A student chastises the executive members of SGA for ignoring the wishes of the students



Gaspard, who has beat similar unproven accusations of inappropriate behavior in the past by estranged and impeached SGA colleague Lynne Madix, denies the latest charges and says that the student is blowing the accidental brush out of proportion to advance her friends' political agendas. Gaspard emphatically

denies the event as described by the student during her testimony at the Election Committee hearings. "I was not happy about being brought out in front of everyone at the hearing," the student said to the *Independent* after disqualification was approved by the Senate.

The Election Committee, in a 4-0 vote, recommended disqualification of Gaspard due to this and other charges of pushing and shoving, charges the committee called violations of the Student Conduct code and "lewd conduct." After the vote and defending himself, Gaspard left the hearing, refusing the opportunity to make a final address. "What is the point in that?" he later said. "They already voted anyway." Later, Senators chided him for refusing the opportunity.

At the October 21 SGA meeting in which the disqualification was voted for, Senators led heated

discussion on the topic. Young, seated in the audience along with Gaspard and their supporters, accused the once disqualified SAL candidates, now in power, of looking for revenge. "This is a

"This is a malicious act of total disrespect." --Young on the SGA meeting resulting in her disqualification

malicious act of total disrespect," she said at the meeting when allowed by friends in the Senate to speak.

Caleb Avraham, once associated with SAL, claimed the case was "not germane for disqualification." Senator and Gaspard ally Brian Miller wondered out loud why, if it was not germane, was the student allowed to speak before the Senate. A student then shouted, "What evidence other than witnesses do we even have of this," meeting hushed laughter in the hall. After more discussion, the

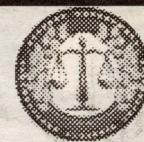
Senate voted 5-4 to uphold the recommendations of the Election Committee and disqualify Gary Gaspard. As the disqualification

was announced, Georgia Logothetis congratulated the Senator who would fill the vacated seat.

Kendra Young was also recommended for disqualification by the Committee due to her use of NEIU Programming Board

continued on next page

the administration gets involved!



SGA disqualification coverage continued from previous page

(NPB) computers to print campaign flyers and posters, among other charges. According to the election packet, candidates are allowed 50 printouts for campaigning purposes using SGA computers. The NPB, while associated with the SGA, is an independent entity. Debate over the technicality was heated at the October 21 Senate meeting. Avraham tried to explain

Former SAL candidates and allies made up most of those voting for disqualification.

that the rule only allowed for a candidate to use SGA computers and no one else's. In the same breath, he contradicted himself and recommended that Young use Academic Computing printers. An NPB member at the meeting said that their rules indicate that computers are to be used by NPB members only. Young was not a member of the NPB.

Young called the recommendation by the committee "vicious," and let political ally and IBHE-SAC Representative Andrea Daniels state her case on the floor. Daniels pointed out that the election packet stated such minor violations *could* lead to disqualification. "The rule says *could*," she said, "not *shall*."

Eventually conversation was ended at the insistence of Vice President Georgia Logothetis and the Senate voted 7-3 to disqualify

In it [his memo], Terrell indicates that Walt Sommers initiated the investigation, though Sommers denied this the next day.

Kendra Young. Former SAL candidates and allies made up most of those voting for disqualification.

Senator Miller opposed Logothetis' attempts to move on and approve the election results, calling for a chance for Gaspard and Young to defend themselves. Logothetis answered, "They had a chance to defend themselves at the [Election Committee] hearing."

Miller and Daniels then threw a wrench in the Senate's attempts to pass through the election totals

and accused the Election Committee of not providing clear election tables. "Maybe we should count the votes," Miller suggested. Regardless, the results passed with a 7-0 vote. Six Senators abstained. As Logothetis congratulated the new Senators, the students in attendance grew more obviously uneasy. Senator Miller referring to the vote exclaimed, "That's bull----."

He was chided by Logothetis, who proved unable to control the impassioned complaints from the many Gaspard and Young supporters who attended the meeting.

"You don't care what the people who vote have to say," student Terry Kemyta exploded pointing at the SGA Vice President and President. "A democracy has an opposing point of view and this is a democracy! This is a joke." Students in attendance continued to criticize the Senate. Another saying, "There will be no progress. You are all arguing and cutting each other off so there is no need for an election."

Another student proved very upset about the overturned election, the second in a row.

Jumping up and down she yelled at the Senators. "You overturn what the students want! What good are you if you aren't representing us!"

Before climbing over Public Safety officers and storming out of the chaotic session another student said, "SGA is a farce, even when Gary [Gaspard] was here. I'm seeing things so undemocratic."

Dejected former Gaspard ally and Senate candidate Celestine Guthrie criticized Gaspard sharply. "Don't use blacks to stab other blacks in the back." Another student accused the SGA of misdoings. "This same thing that happened last semester and all of

the sudden it's wrong and evil." That student continued, "I don't trust any of you." Beyond the hall students remained oblivious to the controversial decisions.

Perhaps responding to Gaspard's promises at the meeting of making public the disqualification to the media, the administration has responded by first reportedly pressuring former SAL candidate and SGA President Dobryzinski to veto the disqualifications and later setting up a task force to investigate the disqualification.

In a memo dated October 22 (one day after the disqualification) and written by university Vice President for Student Affairs Melvin Terrell, the administration's unprecedented response is laid out. In it, Terrell indicates that Student Activities director Walt Sommers initiated the investigation, though Sommers denied this the next day. Terrell made great effort in the memo to prove that the intervention by the administration into the student-run SGA is legal. Terrell recommended that the disqualifications are not made official until the task force makes its report public.

Dean of Students Michael Kelly indicated to the *Independent* that the SGA would have to comply with the recommendations of Terrell and the task force he personally appointed.

SGA members who stood behind the disqualifications are upset about Terrell's decision to intercede in student government and question as to why this was not done after last spring's disqualifications when the SGA disqualified SAL candidates for alleged libelous statements on their website. Dean Kelly was not able to comment on why this was not done before and deferred to Terrell.

In a meeting held recently to discuss the memo he sent, Terrell reportedly said that the reason the administration is involving itself this time as opposed to last semester is because the situation "is different." When asked why it was different, he allegedly replied, "It just is."

According to SGA members present at the meeting, Terrell also commented that "The Elections Committee cannot make decisions that are responsible." When asked if the task force would review all the tapes of evidence and the testimony from the election meetings and the hearing, Terrell said, "That's up to the task force."

Gaspard, who has accused Sommers in the past of working against him and the SGA, is unclear as to how he will proceed in his appeals. "I promise always to be involved," he said, "and will not give up just because of this." On the controversy and political maneuvering he responded, "the SGA is the only sport we have at NEIU."

Pool reporting by Scott Plentner, Brian Blaszkowski, and Andrea Zelinski



IBHE-SAC representative and Gaspard/Young supporter Andrea Daniels argues against disqualification.

Candid Comments

... from the students...

"I didn't want him [Gaspard] to be arrested, but I did want him to be held accountable."

-- student on a physical altercation between herself and Gary Gaspard.

"You don't care what the people who vote have to say."

--student Terry Kemyta to Vice President Logothetis and President Dobryzinski.

"What good are you if you aren't representing us!"

--student to the SGA.

... from the administration...

"The Student Government Association bears the responsibility for resolving these matters [Spring 2002 election disqualification]..."

-- May 30, 2002 memo from Vice President of Student Affairs Melvin C. Terrell.

"... I am directing that the decision made by the Student Senate to disqualify the two candidates and the appeal process regarding the outcome of the election be placed in abeyance pending the report of the Task Force..."

-- October 22 memo from Vice President of Student Affairs Melvin C. Terrell.

... from the SGA members and candidates...

"Don't use blacks to stab other blacks in the back."

-- Celestine Guthrie to Gaspard.

"It feels like there's preferential treatment being given to one group of students over another."

-- Vice President Logothetis on the administration getting involved in this election.

"It is during difficult times, when the rules are tested and character is exercised, that SGA is at its finest."

-- SGA Executive Officers' statement

"SGA is the only sport we have at NEIU."

-- Gaspard.



Gaspard argues against the disqualifications.

PERSPECTUS

EDITORIAL

Urgent message to SGA

The Student Government Association is an organization existing to give a voice to the students of Northeastern. Once in the spring and once in the fall, SGA holds elections that allow the students to have a direct voice in which candidates get into office. SGA, above all else, is supposed to uphold the wishes and desires of the students, and is supposed to work toward bettering college life for all of NEIU. Unfortunately, it seems SGA has forgotten that.

All throughout the past few semesters, SGA has been rendered ineffectual and useless due to petty arguments and infighting. Individuals grasping at whatever power they can have placed their own personal interests above those of the students they are supposed to serve.

SGA has become a shell of a student-serving body. It is rife with political agendas, lies, misinformation, half-truths, blatant exaggerations, and unfounded accusations of everything from misappropriation of funds to sexist behaviors to racism. The actions of SGA are disheartening at best, disgusting at worst.

The administration is of no help in this situation, either. As both a physical organization and as an entity, SGA is supposed to be run by the students and for the students. The administration, in its own words from the past, simply provides an environment for a student government to exist. The rest is up to the students.

This semester, however, the administration is ignoring its policy of non-involvement and is pressuring SGA into acting a certain way, even going too far as to set up a "Task Force" to make a decision that SGA is not only perfectly capable of making, but already made. SGA and the students would be better served by the administration if they adhered to their own rule of non-involvement.

Likewise, the members of SGA must remember that the students are far more important than their petty differences. Everyone in SGA must work together for the betterment of Northeastern and all its students. Whether that means vetoing the recent disqualification, accepting a loss gracefully, a pleasant combination of both, or another option, the Senators and Executive Members of SGA must stop arguing amongst themselves.

As it stands now, meetings are not organized. No one respects another's right to speak. Senators speak out of turn, Executive Members show favoritism, and people demand respect and then refuse to give it in return. SGA has degraded into a joke through the fault of the members who seem to have forgotten that they serve the students' best interests, not their own.

SGA needs to realize that while their point of view is valid, so are the differing points of view. There is always room for compromise. No one opinion is the correct one, and oftentimes the truth of a matter lies somewhere in between the stories from each side. Both sides of this and the other issues that are tearing SGA apart can be overcome quite easily if both sides would adopt a level of maturity that would allow for compromise to be reached. Compromise doesn't mean "letting them have their way," it means "we both get to have some of our way."

Perhaps the most important thing SGA needs to remember is that SGA is not the United States government. You're not making foreign policies, you're not at war, and you're not nearly as important as you all seem to think. You have the capacity to do great things for the students at NEIU, but you're overblown sense of self-worth has crippled your effectiveness and made SGA the laughing stock of Northeastern. It's time to realize just how far you've strayed from your purpose, and it's up to everyone in SGA to bring it back on track.

Each member of SGA has something to offer. When you all work together, things can get done. When you allow yourselves to fall into the trap of "party politics," you weaken SGA, and thus weaken NEIU.

As a representative of student opinions and interests, the *Independent* condemns the disqualification of spring 2002 and the disqualification of fall 2002, as well as the administration's sudden involvement in a student run organization. Further, we strongly urge the members of SGA to put aside their petty and childish problems and differences in the face of the problems that thousands of NEIU students must deal with.

We elected you to serve us. You've forgotten that over the course of a few years, but now you've been reminded, SGA. Get back to work.

OPINION

Bali bombing kills more than 180, is this the classic whodunit set up?

by E. N. Haddad
Staff Writer

"With the Bali Bombing on Oct. 12th that claimed more than one hundred and eighty lives, the world is once again reminded that terrorist acts can claim large numbers of lives, that no nation is immune to the effects of terrorism, and that we must act before we are hurt again."

As if we could forget. But this tragedy is quickly going from a time of mourning for Indonesia and other countries affected by the deaths of their citizenry, to become faceless propaganda to push the world towards war. The statement above and many like it are being stressed specifically by Bush administrative officials, as if to make the point to other countries that this is what happens when you don't go alone with what we mandate. And this I-Told-You-So attitude is not winning friends or allies, to be sure. In fact, the way that the U.S. is dealing with the bombing in Bali gives the impression that all we are concerned about as a country is tying any senseless act of violence to al-Qaeda and Saddam Hussein, and getting people to join "our" side.

Immediately after the bombing on Saturday, October 12th, the Bush administration began blaming al-Qaeda for the attack, although admitting it had no proof to back up these allegations. Shortly after, President Megawati Sukarnoputri and her administration began to echo these allegations, also offering no factual proof and stating clearly that they had none. But the evidence was clear enough, at least in their minds. Logic dictates that Bali is a Hindu enclave in the primarily Muslim Indonesia, with several popular resorts that attract a variety of European and international tourists. It was the perfect set up. The victims would be non-Muslims, primarily of other countries, but the only Indonesians who would be lost in the attack weren't of the stereotypical terrorist's favorite faith, and therefore expendable, right? And it had to be al-Qaeda operating through a local terrorist group who planned this, because nothing in the world goes down without bin Laden's personal seal of approval these days. What a way to franchise evil and coerce world opinion. Well, the squeaky wheel certainly gets the grease.

To the Bush administration, the Bali bombing was a new 9-11, proof of a threat to citizenry abroad and that everyone should have listened to the U.S. when it wanted to attack Iraq and fight

terrorism by stomping Hussein. In fact, Deputy Defense Secretary Paul D. Wolfowitz stated that "Disarming Saddam Hussein and the war on terrorism are not merely related, they are one and the same".

While there were sympathies expressed by President Bush himself to the countries that had lost citizens, this entire situation was treated more like an opportunity to press his agenda. To President Megawati, it was a direct act of terrorism in her country, having killed and injured many Indonesian natives as well as foreigners. It also put her in a very bad spot, with U.S. investigations into possible terrorist groups in Indonesia recently having been slowed down by a conflict of policy. A government renowned for past corruption, and autonomy from civilian law enforcement was now responsible for not acting on the chastisement of U.S. investigators in the preceding months before the bombing.

President Bush and members of his administration, however, chose this opportunity to make a series of inappropriate comments however, damaging their already shaky credibility with Indonesian government agencies. For example, Deputy Defense Secretary Paul D. Wolfowitz had this lovely gem to say; "This is a body blow to the whole country. The only good that might come out of it is a wake-up call for the Indonesians."

President Bush himself said, "I hope I hear of the resolve of a leader that recognizes that any time terrorists take hold of a country, it's going to weaken the country itself. There has to be firm and deliberate action taken against the killers before they kill somebody else." In short, I-Told-You-So wrapped up in pseudo-sympathetic bureaucratic crapulence. Aren't WE rubbing it in now?

The U.S. had been meeting skepticism with the Indonesian government in previous weeks with its campaign against Islamic extremism, partly because Indonesia is primarily a Muslim country, and partly because the U.S. was demanding that President Megawati's administration to deal firmly with terrorists, especially suspected ones. With the recent commentary nearly making light of the situation faced by the Indonesian government, is it any wonder that the U.S. will continue to get criticism and resistance from other countries it tries to enlist in the war against Islamic extremists? And the fact that it is now becoming a war against Islam rather than a war

against terrorism? Even if this slip of the tongue being propagated by media is just against the religion in name only, the damage has been done and world leaders have noticed the transition. Already ambassadors have to meet with Indonesian Muslim leaders to convince them that the United States' anti-terrorism efforts are not a plot to "destroy the image of Islam."

The bombs tore through a popular nightclub Sari at around 11:10pm, while nearly simultaneously a bomb exploded outside of a U.S. consular in Denpasar, a few miles away. While more than 180 people died at the Sari club, with at least 170 injured, no one was injured from the blast in front of the U.S. consular office. Of the more than 180 people killed, there is an estimation that two may have been American. And it was late evening on a weekend, so the U.S. consular office was closed.

This was obviously not an attack made to be a direct affront to the American people and their liberties, as there was no special effort to target Americans or their government buildings when they could do the most damage to U.S. citizenry specifically. Instead, a nightclub popular with Britons, Australians, Germans and many other European nationalities was struck. And this blast happened conveniently after investigations had been hampered. Perfect timing for someone to be arrested who would naturally reveal a barrage of plans to bomb U.S. Embassies in other Asian capitals. And of course, that person linked all of them to Abubakar Baasyir, the infamous Muslim cleric who is allegedly the leader of a radical group named Jemaah Islamiah. And Abubakar Baasyir himself insinuates that the bombing may have been a U.S. plot to further damage Islam's image. Meanwhile, Jemaah Islamiah is the group that is currently on the top of list of who actually perpetrated the crime locally. But it all ties back to al-Qaeda somehow. Everything does, despite lacking factual proof. And though the Bush administration has yet to present any plausible evidence that Saddam Hussein has any ties to al-Qaeda, that rat-bastard's involved somehow. He has to be, right? He's part of the Evil Arab franchise now, and the Bush's continuing legacy hinges on his existence as the archenemy. Besides, President Bush's approval ratings are slipping and he has to find something to fight quickly, before people start pointing out that nasty draft-dodging and cocaine-using business again.



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REV: Not just for women anymore

Radio trends examined ~ page R3

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REV

extremely local entertainment ~ pull-out section

The history of music: what does the future hold?

by Mike Cahill
Special Contributor

Everyone's a critic. Let's face it: what is done in REV every week is nothing more than what everyone else does in their

living room with family or at a bar with friends. Everyone has their opinion on music. It's always, "There's no quality in music nowadays," or "It objectifies women," (like anyone really cares about the objectification of woman in music. It happens, get over it). The comments can even be less critical and more basic like, "Eminem's song is too long" (because length should always have something to do with the quality of a song), or "Scott Stapp doesn't talk about Christ enough in the new song." All these kinds of comments are thrown around to be bounced off everyone who listens at all to popular music.

But of all the criticism that Pop music receives lately, the single biggest criticism is "all the songs sound the same." That one very specific comment can be applied to such a wide array of categories in present day Pop music. That can be used to define a single artist, a certain genre, or the entire landscape of music at the present time. The comment is very valid and could hardly be disputed by anyone, but there is one small problem with such criticism. The small problem is the use of the word "now."

To use the word "now" at the end of the statement is to make a semi-false accusation. To use the word is to imply that music has only *recently* become repetitions and carbon copied. It is to imply that music hadn't been like that before, that what we are hearing now is really the decline of music, and Pop music most specifically. This would be wrong. Music, and most importantly and specifically Pop music, has been repetitious for as long as anyone can remember. But music history finds a way to make us smile and forget about the frowning.

It's true that today's music sounds the same. Every song you hear on the radio or every video they play on MTV sounds like the song you just heard, and it will sound just like the song that follows it. To hear a *Puddle of Mudd* song is to hear a *Nickelback* song, which is just like the *Creed* song they just finished playing on the other radio station right before they premiered the new *Staind* song. That radio station is now playing *Limp Bizkit* who sounds a lot like *P.O.D.*, whose video was just played back to back on MTV with *Korn*. This is nothing out of the ordinary. This has been happening in all eras of music.

Your early 90's had the grunge movement which allowed the record companies to mass produce talentless bands who tried to sound just like *Nirvana* and *Pearl Jam*. It's the same thing that they're doing now with the "Emo" movement. Bands like *Dashboard Confessional* are making waves on their short lived success. This is a fad and it will get tiresome.

Before the influx of your Seattle sound, you had your hair-metal bands. If this wasn't the ugliest and most painful

display of over-saturation of a particular style of music then God help us when it does arrive. Every band during this era looked the same. The long hair, the tight jeans, the high pitched notes that no man should be able to hit, and the thrashing guitar riff that got annoying by the sixth song that had one. The music that they produced could have easily been confused with any other band of that time. It would be nearly impossible for anyone to tell the difference between a *White Snake* song, a *Motley Crue* song, a *Poison*, *Ratt*, or *Skid Row* song. It was all one big mess of semi-talented showmen who knew how to work their image better than their instruments.

This repetitious influence in popular music even dates back to *The Beatles*. *The Beatles* sounded exactly like the *Dave Clark Five*, and a lot like the *Herman's Hermits*. I know that it may shock many of the psychotically serious *Beatles* fans, but it is true. Go home and put on "Help," or "Please Please Me." Then grab the *Dave Clark Five's* greatest hits (lord knows no one actually owns one of their studio albums) and compare. You'll find that it is almost the exact same sound. The only difference is that the *Beatles* were smart enough to evolve to a higher form

of music and art, while the *Dave Clark Five* ended up probably doing "Lies" in the kitchen of their local diner.

The reason why no one notices the fact that music has always been the same is because history filters out all the music that really sucked the life out of an era. What happens is that a sound gets hot. Next thing you know there's forty of the same band out there making music based on "that sound." Pretty soon, all anyone can hear is "that sound," and eventually it begins to fade. Thirty years later someone flips to their local oldies station to hear "that sound," and they get "that sound" done by those who did it the best at that time, and that number tends to always be pretty low.

The problem is that we as a culture get a taste of one thing, and then proceed to gorge ourselves on it till we can no longer stand. This in effect creates most of music's one hit wonders. It's unfortunate that we feel this need to binge on any one form of music, especially when the style and the bands of that particular style aren't very good to begin with. Still, this is what we do, and it's been happening for as long as radio has been around.

The only musicians who have staying power in this "hot one minute, lost the

next" world of Pop music are those that are able to start the trend or rise above it. The grunge scene was huge, but very few bands are even acknowledged anymore. *Nirvana* was able to not only start the wave, but rise above it and create truly amazing music. Metal was a huge market in the eighties, but while bands like *Poison* and *Motley Crue* appear on *Where Are They Now?* shows, *Metallica* continues to sell out arenas all across the country. This is because *Metallica* never made the music that was the "next best thing," they just made good music.

The way an artist can create longevity in the music world is to explore their music as art. The musician must play music for themselves, keeping in mind only slightly what the audience thinks. Musicians must not only entertain, but must also challenge their medium to move forward. They need to inspire, not simply passive the masses. For as easy as it is to criticize the mainstream audience as sheep-ish, they ultimately have a brain, and when challenged in the right way, they can be completely responsive and push along the progressive of all popular music. But still never doubt that forty years from now, the over-saturation of music will continue. History always repeats itself.



New horror movie *The Ring* falls short

Psychocological thriller starts out strong, but just disappoints in the end.

by Andrea Zelinski
Production Editor

As horror flicks go, there is a definite lack of movies that reach their full potential. It's twisted movies like *The Blair Witch Project* that gave way to giving the typical idea of 'horror' and 'scary' new meaning. The ultimate horror film is one that can boggle your mind just as much as your nerves. Recently released "The Ring" fulfills almost every necessity needed in the ideal horror flick. Its strongest fault is its inability end making the slightest bit of sense.

Originally based on an immensely popular Japanese horror film, "Ringu" this skin crawling picture is about reporter Rachel Keller's (Naomi Watts from "Mulholland Drive") search to find to truth to her nieces unexplainable death. Apparently, the girl watched a cryptic video that, according to urban legend, causes anyone who's watched it to die in seven days. Intrigued to find an explanation, she decides to look into it, thus requiring her to watch the tape herself.

This video reveals a mess of scattered images: from a stark ladder to an eerie chair, beached horses to a woman contentedly drifting off a cliff and of course

that peculiar eclipse-like ring. Only moments after watching the videotape, she receives a phone call promising death in seven days.

Putting her investigative skills to work, she explores the nature of this video with her son's father, Noah (Martin Henderson) along for the ride. Once he too views the tape, the real horror begins. They manipulate the tape, eventually leading them to remote cottage on an island to help them find the answers. Throughout Rachel's investigation, a number of the disturbing images from the tape were seen face to face, leaving an unsettled feeling of déjà vu in her stomach was well as ours.

Just when you thought it couldn't get worse, it does. Creepy leads to creepier, and Rachel finds herself face to face death, knowing that her seven days are up. Still struggling to put together the stories she's learned from the town's folk and old newspapers, her and Noah don't know what else to do but struggle with the facts.

The Ring's ability to leave your stomach with this unsettling feeling is great. The compilation of disturbing images and then gradual understanding of them teased the mind just as well as the nerves. It an incredible rush.

Unfortunately, this nearly perfect horror flick was spoiled by utter confusion. It just falls apart during the last ten minutes of the film. It could have ended right there with few questions asked and still have been one of the scariest movies of the year. With two specific points where the film could have ended with a typical "I want to go home now," and another with an ironic twist of "You didn't let her out, did

you?" the movie would have ended with remarkable applause. But instead, the film just drags on with seemingly pointless scenes. Just when you were ready to pack up your shit and leave, they threw a monkey wrench in the plot, twisting everything you thought you knew upside-down, backwards, and inside out. It really threw the flow off, and more importantly, left you without proper closure

considering the particular genre.

As horror flicks go, *The Ring* has absolutely hurdled over the incredibly low standards most movies have been reaching. It arrived at a new level not quite touched by the movie industry. Yet, its incredible ability to just fall apart at the end deserves its own special acknowledgement. If not for the horribly incomplete conclusion, this would have been the choice horror film of the year.



Naomi Watts plays Rachel Keller, a reporter attempting to find the truth behind a cryptic video tape.

Photo property of www.movies.yahoo.com

Tips for Shopping on the Desi Devon

From food, henna, and of course clothes

by Fatima Quadri
Staff Writer

The street Devon is the quintessence of what it means to be a Chicagoan with its variety of culture and personalities. The scents or sometimes stench of Devon will always remain in the minds of its visitors and residents for they are an embodiment of the diverse life in the windy city. From the freshest Jewish bagels to the spicy Pakistani kabobs—it's all there. So now you're probably wondering who has got the best quality and the best bargains. Here are some tips for shopping on the Desi (slang for Indo-Pak) Devon from a Desi's perspective.

Lets start with food. For those of you who are looking to eat healthy, I'm sorry Devon isn't the place for you so skip onto the next paragraph, but for everyone else I have to say the vote is unanimous. The restaurant that has won the hearts of most Desis is definitely Sabri Nihari, from here I strongly recommend of course the nihari (a spicy soup cooked with beef), but the tandoori chicken, and biryani (rice and spices with lamb or chicken) as well. For those of you who have a predilection towards kabob and paratas (a very thin bread) I suggest JK Kabob House or if you prefer a vegetarian cuisine Udupi Palace carries some of the finest dishes with that genuine homemade taste. For the second choice restaurant with first choice prices I advise Bundoo Khan. And if I don't mention the

Restaurant Ghareeb Nawaz I know the Desis reading this article won't let me hear the end of it, so for those of you craving a hearty helping of chicken biryani and a conversation on foreign politics for a cheap price, Ghareeb Nawaz is certainly the eatery for you. Finally, finish off your meal with some authentic Indo-Pak deserts, no one knows Mitai (sweets) better than Tahoorra Sweets, their Ras Malai and Gulab Jamun rank number one on the chart. If you still have room in your stomach than try the small beef samosas, I guarantee one will not be enough.

You haven't experienced the Indo-Pak culture until you've tried Henna. It comes from plant leaves that are dried and pulverized to make a forest green paste. It can leave a color anywhere from light orange to dark brown depending on the quality of the henna and the length of time given for it to settle on your skin, girls usually apply it before they sleep because it enables them to let the henna dry without ruining the design. On Devon, the top Henna Parlor is Dilshad's, but a less pricey shop with almost the same expertise is Mehboob. Don't be shy in telling the Henna artist what type of design you like or if you are discontent with her work, my particular favorite is the Arab style—simple yet elegant. If you prefer to do it yourself, then the best Henna cone can be purchased at Mehboob for \$5.00; the Laila brand is also an excellent choice which can be purchased at the

grocery store Mehrab (who by the way have the freshest meat) for about the same price.

Finally, we come to the most stressful shopping of all—clothes. Keep one thing in mind, don't be shy to bargain, otherwise you'll walk away paying three times the amount you should have. Indo-Pak merchants have a way of testing their customers. When asked the price of an item, they reply with something like "just pick out what you like and I'll take care of the price for you" or "usually I sell this item for \$XXX but for you I'll mark it down to \$XX. This is their way of testing your limits and your ability to bargain, whatever you do don't budge easily and don't be afraid to start the bid \$10-\$60 cheaper than what was asked. Usually every item in an Indo-Pak clothes shop is a unique from the one next to it, Poshak, Rewaj, and Libaz carry the most elegant designs, they are equivalent to the prestige Marshal Fields holds in American standards. But for better Bargains and the prestige of Kohls I suggest Universal Boutique or Sona Chandi.

At last our visit comes to an end, make sure not to leave Devon until you've tried Pan, a leaf filled with various sweets and spices, sometimes even tobacco. Its enjoyed in India and Pakistan after meals or simply whenever, similar to the way people smoke cigars in the west. Don't worry if you spit it out the first time, its an acquired taste.

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Breakfast of champions, cereal of kings

by Brian Blaszkowski
Chief Editor

Before heading out the door to work, school, or where ever it is people head off to these days, most mothers would agree that you should eat a good breakfast. But what to eat? These days, people put more priority on sleeping than eating, and often they don't have the time required to cook a nutritious breakfast. People depend on early lunch breaks and fast food to sustain them throughout their day.

Well, an answer is here. Cereal! Served in a bowl with milk, a spoon, and usually something to read, cereal is a great way to eat a quick meal. But there are so many types of cereal! What is the best one? Are puffs truly superior to O's? Are flakes better than grains? Worry no more, for I have come through with a comprehensive guide to which general form of cereal would serve you best. You'll find them divided into groups based on physical appearance, and then we get into the nitty-gritty, such as taste and how well they hold up in milk. Enjoy!

Flakes

Much like snowflakes, they come in a standard but varying shape. Flat with varying degrees of angles, your basic flake cereals make up the one of the most common of the cereal shapes. Flakes are the "go-to" man of the world of cereals. Flakes will more often than not make that last second jumper from beyond foul range.

The main con of flakes is their annoying tendency to turn soggy at a rapid pace. Some cereals taste good with a bit of a mushy consistency, but flakes also tend to disintegrate in the aforementioned milk, leaving a thick sludge composed of flake bits and room temperature milk. All I can say is eat them quick.

Healthy Flakes

The most well-known of the flake cereals would be *Kellogg's Corn Flakes*. The box is white with a big cartoon rooster on the front of it. The boxes are abnormally large in size, ensuring the maximum amount of cereal containment within. A quick bowl of *Corn Flakes* is all you need to launch you screaming and growling into you day.

The arch-nemesis of *Corn Flakes* is *Wheaties*. *Wheaties* have more of a bran base than *Corn Flakes*, making them a dandy breakfast if you're within sprinting distance to a toilet. Then also have a grainy consistency, making you feel like you just gargled with gravel. *Wheaties* tried to steal the thunder of *Corn Flakes*, and they failed miserably.

Unhealthy Flakes

The most well known, bar none, is definitely *Frosted Flakes*. Tony the Tiger gets kids whacked up on sugar coated *Corn Flakes* in this hummingbird's fantasy of a cereal. One bowl is the maximum any normal adult can handle. Any more than that and you'd be defying gravity by running up the walls,

possibly irritating your boss.

Flakes overall = B-. That soggy consistency it adopts in the milk is the main reason that flakes got docked those last second points. Also, there's not too much of a variety for you. You've got sugar coated, and you've got normal. Sure, the consistencies may vary from brand to brand, but only your cereal connoisseurs would recognize that.

O's

Basic, no frills, and as blunt and straightforward as a hammer to the temple, O's are far more varied than flakes. They look like little donuts, and are usually grain in origin. Just because their foundation is made up of healthy things doesn't mean they taste bad, though, because cereal companies employ top scientists from around the globe to insert 30 pounds of sugar and chocolate into an O that weighs less than a gram. Ruthless.

As far as staying power in a bowl of milk goes, O's can hang with the big boys. They have no true problems. There's a bit of a mushy consistency, but it's not as bad as flakes. O's are an all-around winner.

Healthy O's

Cheerios. Enough said. The most popular cereal of all time, *Cheerios* doesn't mess around. It's healthy for you and they don't try to hide it. Look for the big yellow box. It reminds me of a big yellow bus of healthy goodness, bearing straight down on your cholesterol levels. The great thing about *Cheerios* is that they taste good plain, but taste even better when you dump loads of fruit into the bowl, like sliced bananas or strawberries.

A slightly less healthy O would be the flavored *Cheerios*. They come in apple and frosted and possibly others. They taste a bit better than normal *Cheerios*, but they're also more likely to give you a sugar-induced seizure.

Unhealthy O's

Now we get into the fun stuff. *Froot Loops* and the rookie *Oreo O's* are gunning for first place in the "Make a young child move so fast, they become invisible" tournament. With the unhealthy O's, it's all about the taste. *Oreo O's* has is head and shoulders above *Froot Loops* on that count, but *Froot Loops* has a hidden trump card: mothers. That's right, *Froot Loops* appeals to mothers over *Oreo O's*. Let me explain. *Oreo O's* look like donuts, and what mother wants to stuff dozens of mini donuts into their kids stomach, only to have to chase them down and tie them up until the sugar rush wears off later? No one! That's why *Froot Loops* is still a contender. It's got colors, and that makes parents think of fruit. Fruit is healthy. Do I really need to keep going?

O's overall = A-. The minus is simply because I have more cereal to talk about, and I didn't want to give you the highest grade so soon. Sure, I could reorganize the article, but screw that. We're moving on.

Puffs

The most perplexing of cereals are definitely the puffs. They can be either soft, crunchy, chewy, or so hard it feels like you're crunching on marbles. Tastes vary across the board. Puffs have everything from "Tastes like cotton" to "I'm so hopped up on sugar I'm hovering over my chair."

As far as milk goes, for the most part, this is where puffs either sink or swim. Mushy puffs is either a great thing or a disgusting thing, depending on your tastes. Although it would be unfair of me to dock points off of something that truly is split 50-50 as to whether it's good or not, I hate mushy puffs, so I'm doing it anyway.

Healthy puffs

Kix, kid tested, mother approved. Whatever, all I know is they taste like they *shouldn't* be healthy, because they're pretty good. Little balls of crunchy, sugary goodness. Unfortunately, they really suck when they get soggy, which happens about seventeen seconds after they are splashed with milk. It's a race with the devil to finish them while they're crunchy.

Unhealthy puffs

Jesus, where to start? *Cocoa Puffs*, *Trix*, *Corn Pops*, *Captain Crunch*, and *Golden Crisp* are all of the puff variety. Any one of those cereals contains enough sugar to keep a whole family of hummingbirds zipping all over the damn place for days. They all taste really good, but they're dangerous in the wrong hands. Kids just won't know that eight bowls of *Trix* is about seven and a half too many. Keep these under lock and key.

Puffs overall = B. They get a solid B. Nearly all of them have some sort of taste appeal, but the soggiess factor just kills it for me. It's a real turn-off, but not in the sexual way. That sounded much worse than I had planned. Let's move onto the final variety.

Miscellaneous

Not very descriptive, I know, but this is definitely the most populous of the varieties. Any cereal that doesn't fit into one of the other three categories, or one that fits into more than one category, or one that has lots of different things in it, like fruit, vegetables, various meats, and such and such.

The milk test falls flat on this one, because they're all so different. The best way grade it is if the miscellaneous cereal matches one of the other categories. Match up the categories it fits in and take the average of the "milk to mush" ratio, and there you have it. Or, you could always just eat it quick.

Healthy Miscellaneous

OK, we have *Smart Start*, which tastes obnoxiously good for the amount of vitamins it has. It has all sorts of grains and nuts and flakes and stuff, so it's very good for you. This is the sort of cereal you want to get into the habit of eating if your job consists of something athletic. Also, we have the *Blueberry Morning* series. They come with blueberries, banana tasting things,

or cranberries, depending on which one you get. Blueberry is the best. It also has nuts and flakes and shit in it, but it also has little blueberries. Actual *fruit!* It tastes awesome, too. I bought a box once, planning to have just one bowl and then to cook a good dinner. Six bowls later, I collapsed on my couch to watch *Nick at Night*. *Blueberry Morning* rocks.

Unhealthy Miscellaneous.

There's lots of these, too. *Count Chocula* and his less-widely sold counterparts *Franken Berry* and *Boo Berry*. Funny story about those two cereals. As I was planning to write this article, I realized I needed to do some research. So, I drove over to the nearby *Jewel* with my Production Manager Andrea. I was telling her how much I loved *Boo Berry* and *Franken Berry*, but I couldn't find them anymore. So, we checked out the cereals, the looked for something to eat for dinner, and low and behold, I stumbled upon

a display case of *Boo Berry* and *Franken Berry!* I was *tittering*. I was so pleased with myself. I got a few boxes in my car as we speak. I can't remember the last time I looked forward to something so much as eating that cereal. Anyway, there's other unhealthy ones, too. Most of them contain marshmallow chunks like *Lucky Charms*, but *Boo Berry* and *Franken Berry* are the best.

Miscellaneous overall = Inconclusive. There's just too many to accurately grade them. A safe bet is to get *Boo Berry* or *Franken Berry* (can you tell I'm a bit obsessed?)

Thus concludes our journey of discovery during which we looked at a wide variety of cereals. We laughed, we cried, we ate until we could eat no more. There are many cereals that couldn't make the list, mostly because I'm tired of writing about cereal. But, I think I covered the important ones.

Like *Boo Berry*...

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The rights of one

by Patrick O'Brien
Staff Writer

Judge Leonie Brinkema of the U.S. District Court postponed the trial of one Zacarias Moussaoui; the man accused of being the 20th hijacker involved in the September 11th attacks on America. Brinkema agreed with all the attorneys involved that Moussaoui was in no position to be prepared for the original trial date of January 6th especially considering he faces the death penalty.

Moussaoui, thought to be an al Qaeda cell member who played an important role in the attacks, stands accused of conspiring with the four teams of suicide bombers to commit the acts carried out on September 11th 2001 in New York, Washington and Pennsylvania. He is thought to be a follower of Osama bin Laden. Four of the six charges he faces carry the death penalty.

This case from the beginning has featured bizarre outbursts from Moussaoui during hearings, as well as numerous incidents of argument with his own court-appointed attorneys, resulting in Moussaoui now defending himself in the case. This includes Moussaoui accusing his own mother of conspiring against him for working with his court-appointed attorneys to save her his life. All this has gone on under the watchful eye of Brinkema, who has already come under fire for allowing the first continuance of the case in August. With the trial now scheduled for June 30th of next year, the accused has that much more time to review the mountains of paperwork he's received from the Justice Department as evidence against him.

The ruling comes as no surprise to those who have observed Judge

Brinkema's attention to the rights of the accused, which she has protected from the onset of this case. Concerned with the possibility that Moussaoui may not receive a fair trial, Brinkema has also allowed him a larger cell in which he can better prepare his defense and avoid a miscarriage of justice caused by rushing to trial. She cited his previous prison quarters as inhumane and a definite obstacle to his ability to defend himself.

This serves as a very courageous stand being taken by Judge Brinkema, who has not given in to the mob calling for blood from the only accused accomplice to the most brutal attacks ever witnessed in this country. This is especially true considering the political and emotional overtones of this case. Witnesses to the proceedings throughout have taken note of the judge's deft balance of the rights of the both the public and Moussaoui. This has angered many Americans who want to see justice for September 11th, despite the doubt surrounding the government's actual proof in this case.

Prosecutors continued to push for an earlier trial, which would favor their side due to their endless supply of resources. Truth be told there may be no way for this man to ever receive a fair trail, but Judge Brinkema is certainly making it more likely with her actions these past weeks. This still provides no guarantees for Moussaoui, who faces the near impossible task of winning the battle of public opinion, which the U.S. Government has so clearly courted. Some former government agents have been heard saying that the government has pushed forward with a weak case in order to provide the American people with a victory in the

prolonged war on terrorism.

If there is one seemingly important but generally trivialized fact that favors Moussaoui right now, it's that many who are familiar with the case agree that the government has only circumstantial evidence on which to base its arguments. Most of this evidence is buried in the thousands of pages of intelligence reports Moussaoui has received to evaluate. It includes a phone call and business card linking Moussaoui to a known al Qaeda member named Ramzi Binalshibh; who was alleged to have planned the September 11th attacks from Europe. There seems to be no evidence that Moussaoui was directly involved with the acts, prompting some to rightly call for the government to plea bargain with Moussaoui to spare his life and gain crucial information about the war on terror, which has produced few results to date.

Whatever the direction this trial does go, Judge Brinkema's insistence on protecting the rights of this hated man will go a long way in helping to ensure that Moussaoui has some chance to win this case. So even when so many people don't want to be fair or patient, Brinkema has made sure that the rights of all are protected, setting a good example for our scornful Attorney General and the rest of the Bush administration, who seem to have forgotten that the Constitution exists.

America is built on the premise that all are innocent until proven guilty, no matter what the crime. And though he faces long odds, Moussaoui now cannot assert that he wasn't at least given the opportunity to prepare to defend himself. And that basic right is what separates Americans from many in the world who hate us.

Hypocrisy at NEIU

MANY OF YOU NO DOUBT EXPECT ME TO START TALKING ABOUT THE RECENT SGA ELECTIONS AND THE DISQUALIFICATION. WELL, I WILL. BUT MY MAIN FOCUS WILL

BE WHY I BELIEVE THAT THE ADMINISTRATION IS FILLED WITH HYPOCRITICAL AND BIASED PEOPLE. I'LL BE NAMING NAMES, TOO, SO IT SHOULD BE AN INTERESTING COUPLE OF WEEKS THAT I'VE GOT AHEAD OF ME.

First, let me give my thoughts of this election. I think it's exactly what happened last time, except this time around, the

disqualification was done legally and in accordance with the Election's Packet. However, that doesn't make it right. A pig in a three-piece suit still likes rolling around in shit. The disqualification was wrong. Gary Gaspard and Kendra Young basically just got disqualified for acting like jerks. The complaints were a joke (with one or two exceptions) and they were blown way out of proportion.

Don't get me wrong, I'm no fan of Gaspard or Young. I don't trust those two, and I never will. But the fact of the matter is that they won, and they should be serving right now. I'm glad they're not, because they'd get in and screw everything up again in their mad quest for power, but they *should* be serving, and I'm not pleased at all with the disqualification. But that's a story for another day, children.

What I'm *really* pissed about is the administration, and more specifically the Vice-President of Student Affairs Melvin C. Terrell, inserting themselves into SGA business. In a memo and a meeting, Terrell said that there would be a "Task Force" appointed to investigate the findings of the Election Committee, and that SGA would have to adhere to the findings of this "Task Force."

Let me get this straight: last semester, when the disqualification followed *no* procedures and *no* rules, it was *completely* illegal, the administration refused to get involved. This time, when the disqualification was *completely legal* and followed *all* the rules, the administration gets involved? In my world, we spell that I-R-O-N-Y.

I call bullshit, Terrell. Where the hell were you last semester? Oh, that's right. This time, the situation is "different." You won't say *how* it's different, but it just is. Could the "difference" be the fact that you're friends with Gaspard and Young? I'm just thinking out loud here, but it seems to me that you're showing preferential treatment to one group of students at the expense of another. I'm no lawyer, but I'll bet one will be involved before long. I can't wait to write about that.

Look, people. I'm quoting a memo sent to the University community back on May 3, 2002. It was sent by University President Salme Steinberg, and she wrote, "It is the Student Government Association's responsibility to reach resolution of these matters following rules and regulations previously formulated by them." Well, forgive me for making a rather obvious point, but for Christ's sake, they just *did* that! They did exactly what Steinberg told them to based on past experiences. The only difference is this time around, Terrell's buddies are the ones who got disqualified.

Shame on you, Melvin Terrell and the administration, for being hypocrites. Shame on you for ignoring your own rules whenever it suits your fancy, shame on you for letting yourselves be bullied into action, and shame on you for discriminating against students. I'm disgusted that our administration would so blatantly ignore their own rule of non-involvement.

I'll be the first to admit the disqualification was wrong. It was ridiculous. The only problem is that it's *legal*. It was done by the book. If the administration steps in, what's the point of having SGA? Why not just give Terrell a throne and let him make *all* the decisions? This whole situation just reeks of bullshit.

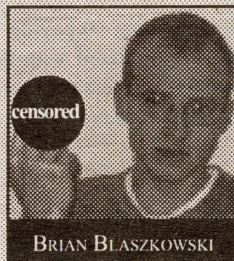
Speaking of smelling bad, the Task Force is going to be having a meeting soon. Terrell told President of SGA Luke However-You-Spell-His-Name that he was 90% certain that the meeting would be open to the students. Later on, Walt Sommers, the Director of Student Activities, told Luke that the meeting would *not* be open to the students, as it wasn't covered in the Illinois Open Meetings Act. Funny how they actually *looked up the law* to make sure their meeting wasn't open. Anyone else worried about what evidence they'll be ignoring in this meeting? I certainly am. It wouldn't surprise me to learn that the Task Force played *Scrabble* for four hours and then just decided whatever Terrell told them to. NEIU administration at its finest!

Well, I for one am not happy with the administration sticking its grubby fingers into SGA business. I encourage everyone to write emails to Terrell and Steinberg, as well as to Michael Kelly, the Dean of Students. Showing preferential treatment of *any* kind is wrong. In the "most diverse university in the cosmos," shouldn't everyone be equal? Well, apparently Terrell doesn't think so. Why else would he involve himself?

In summation, SGA is bullshit, the administration's involvement is bullshit, and showing preferential treatment to a couple students is bullshit. I remember a while back I asked for an honest, unbiased SGA. Well, can we also get an honest, unbiased administration?

Of course, what would I know? I'm just a student. And after he was asked about his memo of May 30th 2002 when he stated that "The Student Government Association bears the responsibility for resolving these matters and for following the rules and procedures previously formulated by their organization," Terrell said that, "students are not responsible enough."

Students aren't responsible enough, Terrell? Well, I say that the administration isn't *honest* enough.



Socialist Club not well informed

by Shana Stone
Opinions Editor

Several weeks ago, Northeastern's newly born socialist club, held a meeting on impending war in Iraq. About thirty or so people showed up for the meeting which included both students and teachers. I decided to show up to the meeting after seeing posters tacked up all over the campus about the socialist club. The first meeting was to discuss the possibility of America going to war with Iraq. There was a woman speaker, who she was and where she came from, I have no idea, but after the first couple minutes of hearing her speak I became instantly terrified of her and her message.

Not knowing really anything about socialists or how they feel about President Bush and our country I decided to hear this woman out, and listen to some of the student's viewpoints. After hearing everything that was said I came to the conclusion that this woman as well as the rest of the socialist club are a bunch of anarchists. They are very anti-American, hold complete disgust for President Bush, and basically hold very strong opinions in general about the way our country is run.

The following are some of the points the speaker raised at the meeting. She stated "America is a non-democracy because we have the greatest gap between rich and poor, have large amounts of minorities in prison, and have a bad healthcare system." What was interesting about these statements is that she complained about our system, yet neglected to discuss ways in which to make improvements to our nefarious

government. She next stated, "Bush claims that Saddam is a crazed maniac who has used weapons of mass destruction against his own people." Of course that is true, but her claim is that we knew Saddam was killing his people yet did not act on it because we just plain didn't care. Her thought is that our government only acts on things that they have a vested interest in. Plus she made another claim that U.N. weapons inspector Scott Ritter said that the Iraqi's don't have weapons of mass destruction. But had she and the rest of the socialist club been watching Bill O'Reilly on September 12th, on *The O'Reilly Factor*, they would have heard first hand what Scott Ritter had to say. Ritter told O'Reilly that it was possible that Iraq could have mustard gas, Sarin, and possibly weapons of mass destruction. Recently, a British government official said Saddam has access to enough biological and chemical weapons to kill a vast number of people.

The speaker also claimed that the state of Israel is capable of genocide against the Palestinians. Well, most countries have that capability against people who are killing innocent civilians, but to make a blanket statement against Israel was uncalled for and her claim is unfounded. In fact many blanket statements were made at this meeting, and by the end of it, I was more afraid of the woman speaking than I ever was and ever will be of our government.

Granted, our government is not perfect, and Bush makes mistakes. He is not infallible; no leader is. If the socialists are unhappy with the way our government runs things, then maybe they should consider living somewhere else. Maybe they would like to live in Iraq, where a brutal dictator runs the country, and there

is no free speech. At least here in America one can speak out against the government. In countries like Iraq, a person would be hung if they spoke out against the government. Yet these socialists have the nerve to complain about our country, when they hold on to so many freedoms that many people in many countries do not have.

I laugh at these socialists actually. Because while they are expending so much energy complaining about the world, and forgetting to enjoy life, many people around them continue to live happily and never take for granted that they are lucky to live in a democracy. I trust in my government, unlike the socialists. Not blindly of course, but whenever I feel that maybe our country isn't so great, I look at countries where the word freedom is not even in their vocabulary. Where food is sparse, education is nearly non-existent, and where poverty is rampant. Of course our country could improve, but we cannot as a society expect perfection. Someone will always still be unsatisfied with what the government provides.

I cannot say that I am in complete agreement with our country going to war with Iraq, but if Saddam has weapons that will be used against us, then we must defend ourselves. If the socialists want to run and hide and not believe in our government then so be it. There was a recent poll that stated that a 52% majority feels that Bush had explained clearly what is at stake for the United States in Iraq. And an even larger 67% now approve of Bush's job performance, up from 60% in late August. Hate to say it, dear socialist club, but looks like you have been outvoted.

Corrections on GLBA Ball

Dear Editor,

I'm writing to make a couple of corrections to the "GLBA Ball comes to NEIU" article which appeared in the Oct. 15th issue. We very much appreciated the coverage of our event, however I was incorrectly named as co-chair of the organization. Just to clarify- Robin Matthies and Rob Rawls are Pres. and Vice-pres; I'm the treasurer. Also, I was quoted as saying "the 'A' in GLBA stands for Allied." That should have been "Allies," as in the kind of people who join our organization as such.

By the way, the Ball drew about 150 people, with about 90 paying the \$5 admission-which meant they were either faculty, staff, or non-students. We were very pleased with these numbers for our first annual event. Conspicuous by their absence was any deans or administrators who were personally invited. Hopefully next year more of them will take advantage of an excellent opportunity to show real support for diversity on campus.

Ellen M Larrimore

In defense of NIMN article

Dear Editor,

I was a bit disturbed at the outpouring of venom that followed the Independent's coverage of the recent rally held on campus by the group Not In My Name. Not In My Name is an organization made up primarily of American Jews who oppose Israel's occupation of the West Bank and Gaza. It is not surprising that Not In My Name is a controversial organization, given the fact that the pro-Israel point of view has had such a complete stranglehold on public debate in the US for so long.

The worst of the letters was by Rachel Fogel. It was basically a "HOW DARE YOU CRITICIZE ISRAEL!" rant, complete with vicious slander and name-calling. She denounces NIMN as "a left-wing whacko group that supports terrorism." I wonder, what evidence does Fogel have that NIMN supports terrorism? Since she offers none, I have to assume that she has none. In any case, this is a strange accusation for her to make, given the fact that biggest purveyor of terror and violence in the region is the State of Israel, which Fogel obviously supports.

Even more bizarrely, Fogel takes the Independent to task for even daring to report on the event! Fogel writes, "I am insulted and appalled that such a tiny, insignificant amount (sic) of people (described as '25 strong') who rally every week for such short-sighted goals managed to slither onto the front page of a newspaper." I guess that in the future, Independent editors ought to get Fogel's permission before printing a story.

In fact, the views expressed by NIMN are hardly those of a "tiny, insignificant" minority. Fogel might be surprised to learn that a pro-Palestinian rights demonstration held in Washington, D.C. held last April 20th drew 100,000 people. Interestingly, this demonstration occurred at the same time as a number of pro-Israel demonstrations were being held. Not one of the carefully orchestrated pro-Israel demonstrations drew anywhere near that number, yet newspapers all over the country made the pro-Israel rallies front-page news, while burying news of the much larger pro-Palestinian protest in the middle pages.

If an event that draws 25 people is too tiny and insignificant to report, why doesn't Fogel take Independent reporter Shana Stone to task for devoting her opinion column to a visit to NEIU by three (count 'em—three!) representatives from the organization Heart of Israel? If the activities of 25 people are not worth mentioning, why report on the activities of three? Incidentally, Shana Stone recently came to an anti-war event sponsored by my own organization, the NEIU Socialists Club (guess that makes me a left-wing wacko too, huh?), presumably to cover it for the Independent. That event drew 40 people, almost twice the number that came to the NIMN rally. But guess what? Not a word about it appeared in the paper!

Let's be honest, shall we? The problem with NIMN is not that they are "small and insignificant", or that they "support terrorism", or that they are not a recognized campus group. Last semester, representatives from AIPAC (the American-Israel Public Affairs Committee), one of the most powerful—and feared—lobbies in Washington sent representatives to speak on campus. They certainly were not "unbiased". Nor is AIPAC a recognized campus organization. Yet, no one howled in protest when they tried to spread their message.

The real problem with NIMN is that they refuse to toe the pro-Israel party line, which is essentially that any and every atrocity Israel commits is justified in the name of "security". What is worse, the fact that NIMN is an organization composed largely of Jews belies the idea that all Jews are blind, uncritical supporters of Israel, or that anyone who criticizes Israel is a raving anti-Semite.

NIMN is an organization with the courage to stand up for an unpopular but just cause—Palestinian rights. They do not shy away from stating outright what Israel's apologists will not, or cannot, see—that Israel is a brutal, repressive apartheid state. Theirs is a brave stand, for which they should lauded, not condemned.

Dennis Fritz

Corrections from 10/15 issue

On page 6, there was supposed to be a notice of pool reporting done by Brian Blaszkowski, Andrea Zelinski, and Ator Lawandow.

On page 5, the final line was cut from the story. The line read, "I don't know what the Election Committee has done to warrant his [Gaspard's] lack of trust."

On page REV 1, the jump is incorrect. It should have told readers to go to page R3.

LETTER POLICY

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Don't be a skater-hater

by **Daniel Demchuk**
Special Contributor

What makes skateboarding such a roguish and hated sport in the eyes of the pedestrian public? How can someone with no knowledge of the enjoyment and freedom of the sport condemn it as a public "nuisance?" In downtown Chicago, skateboarding now levies a heavy fine when police enforce the cities' new ban, and sadly, I find the same breed of "skater-haters" even closer to home: right here at Northeastern Illinois University.

In the fifth edition of the fall 2002 Facilities and Management Bulletin, under the heading "Important Notes," one can find the universities' new guidelines on bicycles, skates, scooters, and skateboards. In short, under the feigned concern of providing a safe, protected, university environment, all methods of transportation are perfectly acceptable and pose no threat, except, that is, for skateboarding.

"Skateboarding is not permitted anywhere on campus," the bulletin so bluntly reports, with no justification or explanation for the discriminating pronouncement. Conversely, the only mention of the other modes concerned the proper locking and parking of bikes in designated areas, and gave no mention to any policy for that of roller-blades or scooters.

I, as well as all other skaters worldwide, know this brand of discrimination all too well, and we've learned that being banned from places simply comes with the territory. In the case of Northeastern, due to assumed destruction done by skateboarders to the new courtyard's concrete benches, the addition of unsightly brass "skate-stoppers" knob and mar the smooth, molded seating. Were the extensive damage the fault of skateboarders, one could easily agree with the severity of the ban, but due to the poor quality of the concrete in question, they are tragically unskateable. More specifically, the concrete is incompatible with the aluminum/steel alloy "trucks" attaching the wheels to the skateboard itself. The concrete flakes and crumbles under the weight and force of grinds, tricks in which your weight is balanced on the trucks rather than on the wheels. The trucks themselves wear far more quickly than any concrete's edge when subjected to such maneuvers.

What you may find surprising is that the damage, seen as an over-waxed and continuous gouging and scraping of the concrete benches' edge, was perpetrated by the perfectly acceptable aggressive in-line rollerbladers, whose hard plastic and aluminum "grind plates" embedded in the wheel ruts of their skates grind easily over any waxed surface, namely the concrete benches

surrounding our campus' new courtyard.

What I think people fail to comprehend is that skateboarding can do a hell of a lot more damage to the actual skater than the skater can do to any concrete ledge or handrail.

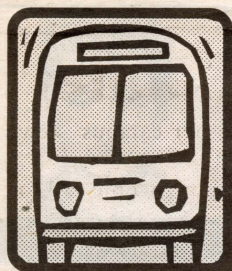
So then if the glorious avenues of marble downtown, and smooth courtyards of the Northeastern campus must remain unappreciated and unused, where are skateboarders to go and practice their sport unencumbered by restrictions and reprimands? All the public parks close at 11pm, long after the sun has gone down, and the few public skateparks here in the city are closed as early as 5pm, the majority of which are now closed for the winter season.

The single concrete, free skatepark here in the city, Burnham park, is not only poorly constructed, the concrete lumpy and ramp transitions laxidaisically laid, but is situated between two "projects" on the far south side of Chicago between 31st Street and Martin Luther King Drive, and all I will venture to say is that you shouldn't go there alone, or at night.

I do want to stress that Burnham park is the only free skatepark in the city. The few other portable, wooden skateparks which the city placed in the most inconvenient of areas all charge a fee to skate, and although miniscule in amount, the money does not in any way benefit the skaters by going towards repairing the small number of existing ramps. It seems hypocritical for the city to require skaters to pay money to participate in an essentially free activity when, among other examples, they do not charge basketball players for the use of courts or tennis players for the use of their facilities.

Though not trying to justify or legitimize skateboarding at all, I do hope to raise awareness among the naïve "walking" public that they need not tense up in fright when they hear the familiar oceanic roar of a skateboard closing in upon them. For if that is a contributing factor to the ban, I should stress that we know you're there, and we're trying to anticipate your every move, because we skaters stand to lose a lot more in the event of an accident, namely our expensive boards to the weight of relentless traffic, or that comforting absence of blood outside the skin we're so fond of.

So to simply avoid those possibilities, we find ourselves exiled to the deserted late hours of "normal" society, taking advantage of the lack of frightened pedestrians and patrolling police to perfect our tricks in the solemn quietude of the night. But that is a sad state of affairs when athletes have to hide their talents under a veil of darkness because there is so much animosity surrounding such a challenging, inspiring, and positive activity.



The Commuter

Next stop: Features! Watch the doors as they close.

Ghosts, ghouls, and things that go bump in NEIU

by Carole M. Brown
Features Editor

Walking through the halls of academia, many Northeastern students may not have realized how haunted those hallowed hallways were.

Just about every college in the world, with such a concentration of emotions, and moldings of futures, has reported some form of paranormal experience. Northeastern has proven to be no different with its own unique urban legends.

The Ghost DJ

Northeastern's radio station, WZRD, with its studios located

at the back of the student lounge, entertain their own breed of spectres. Several occurrences of hauntings have occurred at this station. A former DJ at WZRD died in 1996 leaving his music collection to the station. The DJ's name was Andre, and all of his albums, CDs, and tapes carried the same mark - a replica of the AIDS ribbon. A paranormal occurrence happened to a wizard (as the members of WZRD are referred to as) one recent late night shift. The wizard was in the groove of playing music, switching from CD to CD, and he pulled a CD from the second CD deck.

The wizard then turned around to play some vinyl albums and as the album was playing he came across a tape next to the record player. The casing had Andre's ribbon on it. The wizard looked at it, having not been the one who pulled it. He put the tape to the side to check out later and turned back to the CD deck, CD in hand. Surprisingly there was a CD already in the player, but it wasn't a CD that the DJ had pulled. In fact, the CD casing was nowhere to be found. The wizard looked high and low and finally found the CD case in the music library.

The questions remain about the mysterious appearing music still remain. Who really pulled the tape and CD? Was it Andre's music choice? If the wizard had already been using the CD deck, how did another CD appear, when no one else was in the station, much less the main studio.

The WZRD mail slots are visible through a window from the main studio. Several wizards have claimed to seeing someone out of the corner of their eyes, standing by the mail slots. When the wizard turned to acknowledge the person, no one was there. This has occurred any time of day or night - Tuesdays during late night, Thursday afternoons, and Sunday mornings. Sometimes other wizards were in the station, and sometimes no one except the DJ was around with the door locked. Just who is the spectre that hangs around the mail slots, and why?

Many people, wizards, and other members of the campus

community have seen the main door of the station closing by itself. Is there something trying to keep others out, or wizards in?

The child actor who wouldn't leave

Just like any good theater, the Stage Center Theatre housed in the F-Wing has its own ghostly residences. One of the most well known inhabitant is a girl who died from leukemia when she was fourteen. Michelle's connection to the Stage Center was a show she acted in when she was twelve. Her family had said it was the last truly happy thing she did before her death.

Michelle is a playful spirit, just like a child. One of her favorite haunting activities is to play with the stage lights. Several times she has activated a chase function (which creates a psychedelic chase pattern of lights across the stage) during children's theatre. The problem with the lights going off is generally the board operator is across the booth, and is nowhere near the board. Another time, a spotlight appeared during a black-out. The only way to get a spotlight is to play with the pre-recorded dimmers. Ironically, the messed up black-out worked properly the next time it was used that night.

Other spiritual occurrences in the theatre have included seats moving by themselves (the bottom half moving downward as if someone was sitting in it), mysterious noises (such as the bang of the costume storage room door at a time it should

have been locked), and even a student being prevented from falling off a ladder by invisible hands.

Some students have even seen the apparition, in the form of a pink and yellow light or even a full human form. During one show, possibly due to the misuse of a Bible and rosary in the show (as scripted by the playwright), there were books flying at actors and mysterious shapes in the empty audience area during rehearsals.

Was someone or something upset at the playwright's choices? Does Michelle still seek out a playmate?

Squirrels at work

The English department had a manifestation of a different sort one late fall day. The secretary of the department had taken some papers to another office and on the return trip to her office, she heard someone typing on the computer.

Excited that someone else was doing some work for her, she hurried to the office, but saw no one sitting at the computer. Upon closer inspection, the secretary saw a squirrel hard at work, skipping across the computer keys. According to belief, the squirrel had somehow climbed up the classroom building (like Spiderman?) and entered through a small window opening.

One question still remains, but has never been answered - what message was the squirrel trying to type out? No one can remember what appeared on the screen.

Con Tacto Latino

Ejercicios con mucho ritmo!

Haber, comencemos esta semana haciéndonos una pregunta: ¿Cuántas veces a la semana hacemos ejercicio? Y la verdad es que con tantas cosas que hacer entre ellas el trabajo, las tareas, los exámenes, etc. Muy pocas veces nos queda tiempo para pensar que nuestro cuerpo también necesita atención.

Muchas personas en nuestra universidad no están informadas sobre las actividades extra-curriculares que se ofrecen acá, por lo tanto no les sacan provecho. ¿Sabías que hay muchas clases en el edificio de educación física a las que puedes asistir sin necesidad de registrarte ni pagar inscripción? Y lo mejor de todo es que no tendrás problemas con tus horarios por que todas estas clases se llevan a cabo en horas de actividad. Solo necesitas tu identificación de la universidad y elegir si quieres hacer yoga, aeróbicos, aparatos con un entrenador personal, ciclismo, natación o simplemente correr a tu propio ritmo.

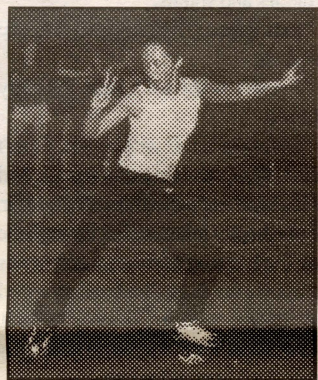
Hoy te traigo una sugerencia sobre algo que puedes hacer para poner ese cuerpo en movimiento: "Dance Aerobics" con Martha y Marissa. Esta clase se lleva a cabo los martes de 1:40 a 2:40 PM. Tendrás que estar bien preparado para mover la cadera ya que estas agradables entrenadoras se dejan llevar bastante por nuestro sabor latino al dar sus clases. No te admires si escuchas una bachata o una salsa en medio de una canción de Madonna, ya que la belleza de esta clase esta tanto en la variedad musical, como la variedad de movimientos y de edades entre las alumnas participantes.

No queda duda que quien acude a estas clases sale aprendiendo a bailar. La primera media hora de la clase la toma Marissa y ella tiende a llevar los pasos mas lentos en forma de calentamiento. Le gusta tener coreografías con canciones de Ricky Martín y sus pasos son muy fáciles de seguir. Martha se encarga de la última media hora aumentando el ritmo y la dificultad. La mayoría de sus ejercicios son fáciles de seguir, y aunque algunos necesitan practica, una vez aprendidos garantizan hacer trabajar todo el cuerpo.

Y bueno, ya moviste la cadera, trabajaste las piernas, la coordinación, ¿que crees que falta? ¡Claro que si! No hay sesión de ejercicios sin unos cuantos abdominales. Los últimos diez minutos Martha te ayuda a tonificar los músculos del abdomen como el toque final de la clase. Anímate a ser parte de esta clase, te aseguro que te sentirás fresco y listo para continuar con tu día, sintiéndote muy bien por haberle prestado atención a tu cuerpo.

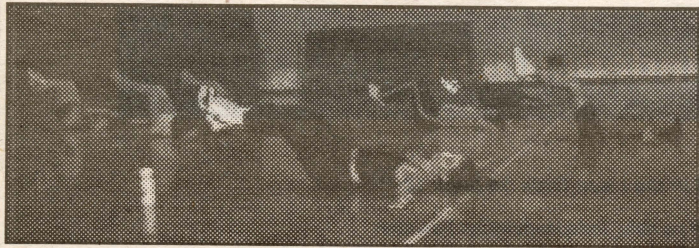
¿Quieres saber de más actividades? Acércate al edificio de educación física y entérate de los horarios de las clases que te interesan.

¿Tienes alguna sugerencia o comentario? Escríbeme a andreabelard@hotmail.com



Martha en acción, trabajando los músculos de las piernas.

Photos by Andrea Belard



Unos cuantos abdominales para finalizar la clase

NEPSA strikes a pose



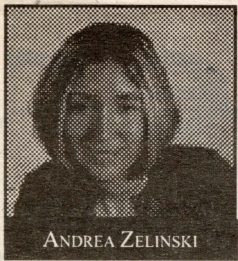
The very first event organized this year by NEPSA (Northeastern Illinois University's Polish Club) was quite a success.

On October 18th, 2002 NEPSA hosted a fashion show and dance in Alumni Hall at Northeastern Illinois University by fashion designer Sylwia Wilczynska. The fashion show started at 7:30pm with opening remarks and a short Welcome by Michal Mol a member of NEPSA and one of the event coordinators.

There were a total four models from the Elite Modeling agency that took over the runway. They looked stunning in the casual and evening wear that Wilczynska herself designed and created for that night. The costumes varied from "casual and sophisticated everyday" to "glamorous and sexy at night."

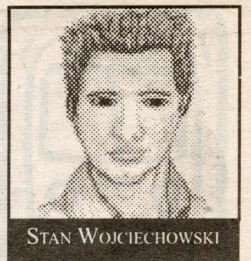
The fashion show lasted about 25 minutes, but that surely was not enough for the audience; in fact they were so taken aback by the impression that Wilczynska left on them with her creativity that many were asking for the models to come out again and do another show.

Unfortunately, the show ended at 8pm with closing remarks and Thanks by the President of NEPSA Angelika Aleszczyk. The fashion show was followed by a dance for the students till 9pm with DJ Chris K mixing the latest dance hits.



ANDREA ZELINSKI

STAN'S LIFE



STAN WOJCIECHOWSKI

Throughout the past few episodes, Stan has been going through various stages of learning more and more about his romantic interest, Tori. The most noteworthy fact he's learned is of a strange stalker-like figure. This stalker has randomly appeared throughout Stan's daily life since he learned of him. Will Stan let this creep scare him into not wanting Tori any longer, or will he continue to pursue her?

"Are you sure about this? I'll be able to take them off, right?"

"That's what it says on the box. Don't worry about it," Stan replied as he applied the creamy white glue on Elliott's forehead.

"I think I'm going to pass—" Elliott mumbled as he tried to lift himself off the chair. Stan forced him back down and, without a word, pressed the curly black horn firmly against the left side of Elliott's forehead.

"Hold this," he said as he repeated the process on the right. Once finished, a satisfying smile spread over his face. "You've got to see this. It looks good."

Elliott timidly climbed off the chair and headed toward the bathroom. "Oh my God. They look so real! And they aren't falling off! They are so cool man! Thanks!" Elliott rambled as he examined his new horns.

"No problem. What did I tell you? I said they would look good on you, you horny bastard, you," Stan joked as he tossed the red and black cape over his shoulders. "Are you almost ready?"

"Yeah, almost. Let me just get my car keys and I'm set," Elliott called from the bathroom still fascinated by his horns.

Stan headed towards the door after grabbing his pasty white mask.

Elliott looked at him from the doorway. "I still can't believe you are doing all of this."

"Doing what?"

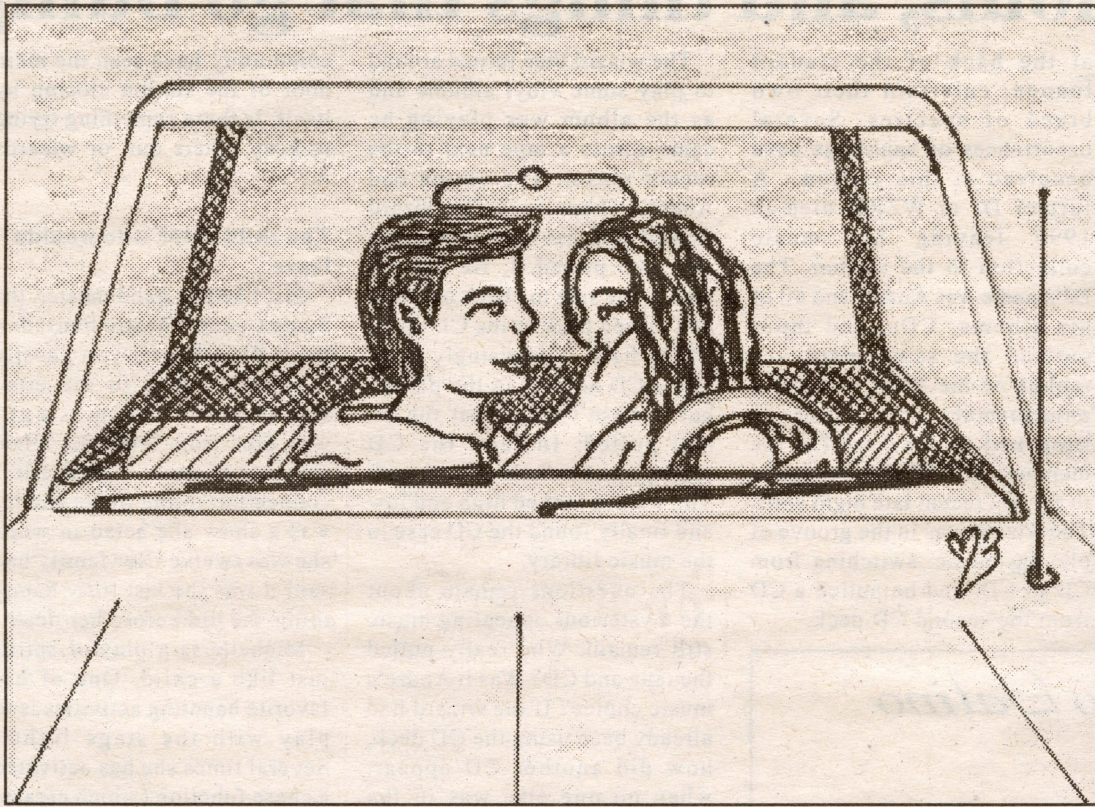
"This whole Phantom of the Opera thing. I mean, the costume looks cool and everything, but do you really think its going to win her over? You should have just been a vampire. It would have been much easier."

Stan paused. "It's for the costume contest. That's all," Stan lied.

"Okay Romeo. Let's go. It's almost 8."

* * *

Stan and Elliott passed through the doors of the Student Union and headed towards Alumni Hall. The heavy beat to the music could be heard echoing far down the hall. Very few people walked through the hallway. One couple sat and talked on some chairs on the left. They



glanced at the two boys as they walked past.

There aren't a lot of people here. I feel pretty stupid. Maybe I shouldn't have come. As him and Elliott ventured past the heavy metal doors to the dance, a man in a giant cow costume dashed past them. His utters bounced as he walked. *Well, at least I don't feel as stupid as that guy...*

Through the set of double doors lies a huge room with slightly more than two-dozen people inside. Most were occupying seats surrounding tables along the perimeter of the room. The dance floor lay stark in front of the long DJ's stage against the far wall. Above the DJ's head was a projection of spiraling techno graphics. The colors mixed and spread throughout the thirty-foot picture against the wall. On the neighboring wall another screen hosted various video and TV clips. The segments ranged from collapsing buildings to out dated documentaries.

"Wow, this is really cool!" exclaimed Elliott with sincerity. "I really like these images. They're trippy and mesmerizing. Like when you look at them you kinda get sucked in. You know?"

"Yeah," Stan agreed half-heartedly. *This is lame. There's no one here but a bunch of losers too afraid to dance.* "I'm gonna get some punch," Stan yelled over the music. Elliott gave a nod as he started to walk around. Stan ventured towards the punch bowl, searching for Tori or anyone else he might know. Once he closed in on the punch, he noticed a girl,

carefully pouring the red juice into her cup. *That's her. Yes! I knew she would show up.* He carefully crept up behind her. "Hey!" he yelled over the punch bowl.

"Hi," the girl replied. "Do I know you?"

"I'm sorry," he exclaimed as he took a good look at the girl and realized she wasn't Tori. "I thought you were someone else." *I'm such a dumb ass! That's it. I'm leaving. Where's Elliott? We're outta—* Stan felt a playful tug on his cape. He turned to see Tori holding the end it. She was wearing a sexy black velvet dress and a silver rosary draped oh so gingerly over her chest. Her colorful hair lay gently under a large black hood with gold embroidery. The dress's wide v-neck favorably featured her supple neck. *That's so sexy.* The dress hugged her body, flattering her smooth curves.

"Hey you. I like your costume," she said as she gave him a hug. He could feel the warmth of her body against his.

"You look great! What are you supposed to be?" *besides beautiful.*

"I don't know. Some gothic chick I guess. Do you like it?"

"Yeah," *more than you know.*

She smiled innocently at Stan as she reached for his hand and pulled him to the nearest table. They sat and talked as they watched people eventually flood into the room. A number of people brought varieties of glow sticks. The two watched as a swarm of ravers displayed their talents with glowing *nunchukas*. The glow left yellow trail

of circles and spirals.

"Let's dance," Tori suggested as she stood up.

"I don't want to!" Stan jokingly whined.

"Oh come on. It will be fun. I can't dance either," she teased as she reached for his hand and pulled him off the chair. He obediently followed her through the now thick crowd of dancers and ravers occupying the floor. She finally stopped and turned around, still holding his hand. She smiled, then started to playfully dance until Stan caught on.

* * *

"Do you go to a lot of night clubs?" Stan asked as they stood in the Student Union waiting to be called on for the costume contest.

"Not really. I don't have time." She paused to hear the next contestant. "I'm either at work or at school. Hardly ever a free moment. Plus I'm not really into that crowd. There's nothing wrong with it, but I like my sleep. There is no way I can stay up in the wee hours of the morning just to dance or wave those funky glow sticks around. Ya know?" Tori explained.

"Ivan Kalpulous! The patient!" yelled one of the judges.

"I know what you mean," Stan said as a guy in a blue patient's gown walked in front of the judge's table. The see-through gown poorly hid his chest as well as diaper-like underwear. When he turned around, he exposed a bare rubber butt, shaking with every move.

"Oh my God!" Tori laughed. "That is the funniest costume I've ever seen!"

Tori buried herself in Tori's chest as she continued to laugh. Stan slid his arm around her and shared in the chuckle.

"I'm not even going to try winning this contest. That guy has it. No doubt," Stan remarked as him and Tori began to pull away from the crowd.

"Well, I'm going to head home. I have work tomorrow. Do you need ride?"

"Uh," Stan paused, "yeah. That would be great. Don't go anywhere. I'll be right back," Stan replied as he turned to re-enter Alumni Hall. *Where's Elliott? I have to tell him I've got a—there he is.* Stan spotted Elliott clumsily spinning a set of *nunchukas*. "Hey!"

Elliott stopped spinning the glowing sticks and turned to Stan. "I'm having an awesome time man! You should try this!" he yelled over the music as he handed the sticks to Stan.

"I can't. Tori is giving me a ride home. I'll talk to you later," he said as he ran back.

"Fine," Elliott mumbled out loud as he returned to maneuvering the *nunchukas*.

* * *

"So which house is yours? I don't know where I'm going," she commented.

"I know. It's just up ahead. The tan one on the right," Stan explained as he pointed to his house.

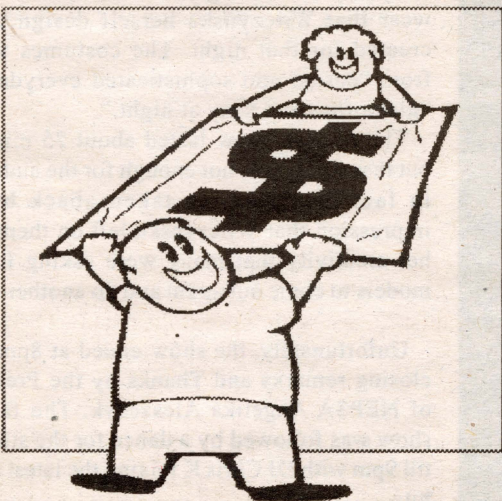
Tori pulled the car to the curve just past the driveway and set the car in park. Stan slowly unbuckled his seatbelt as if he didn't want to leave. "I had fun tonight. We should do this again soon," Tori suggested. As shy smile slid across her face, a small lock of hair dropped in front of her face.

"Yeah," Stan agreed softly. He brought his hand to her face and swept the lock of hair aside. He delicately placed his hand on the bridge of her head and neck. Her supple neck felt warm in his hand. He stared into her eyes as he moved closer to her's. He slowly let his eyelids fall and felt the gentle pressure of her lips against his. She pulled her hand towards his neck and stroked the back of his hair.

She slowly pulled away. "Good night," she whispered as a contented smile escaped from her mouth.

He slid out of the car, carefully shutting the door behind him. His gaze followed her car until it disappeared around the corner. As he headed towards his front door, a black cat cut in front of his path. *That can't be good.*

What does this mean for Stan and Tori? Are they an item, or were they just having a good time. Find out next issue!



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Star Signs

by Eliza the Enchantress

ARIES (March 21-April 19): You are in control of your situations at this point in time, but be wary of how others are being treated to complete your goals. Love is in your future, but any relationships need to be taken slowly. Communication, especially in business, moves at great speed.



TAURUS (April 20-May 20): You have to make your decisions wisely. Your friends might be pushing the wrong buttons. You need to think before you speak or act, your actions speak louder than words. Shopping will cost you more than you bargained for - wait for all those good sales that will be popping up soon.



GEMINI (May 21-June 20): Leave your problems in the car, because it will affect your work. Do your work and worry later. You need to cool off. You should not date someone you work with though, think about the water cooler gossip.



CANCER (June 21-July 22): You love kids and you have participated in all sorts of fun stuff with them. You need to do this again so you can relax and enjoy life from a kid's point of view. So you are lonely hearted? Go to one of those single places, you might meet someone nice.



LEO (July 23-Aug. 22): Expect a fight among those close to you. You should worry about your opinions and not those of other. Relax and take some time out for you. This is a good time to read a good book and wrap yourself in a comfy blanket. This is also a good time to catch up with your email.



VIRGO (Aug. 23-Sept. 22): Remember that friend from third grade? Visit them. They will enjoy it a lot and so will you. You need to catch up and enjoy the company of an old friend. You should also look into obtaining new skills, like taking a culinary class or two.



LIBRA (Sept. 23-Oct. 22): You have to spend within your means. You also might want to look into investing your money in a savings account or something else. When you are with your significant other you should not tell stories. The upcoming weekend will be as exciting as the Bulls winning the championship. Enjoy it, you've earned it this semester.



SCORPIO (Oct. 23-Nov. 21): It is time to spend a nice night with that special someone. You need to be the one making the plans and surprising them. Your suspicions of your co-workers might be right. Ask about them, but make sure you are as indirect as you can be.



SAGITTARIUS (Nov. 22-Dec. 21): Some of your colleagues might be more helpful than you thought. As people always say, "Treat people the way you want to be treated." You will be able to depend on them when you need to. Your job can only get easier and more enjoyable.



CAPRICORN (Dec. 22-Jan. 19): You need to act quickly if you want to continue at the top of your job. Remain focused on your goals. Stay close to those you want to keep in touch with. It is time to enjoy the fall season and other events - remember the circus will be in town soon.



AQUARIUS (Jan. 20-Feb. 18): There might be changes in a friend's routine. Deal with it, this routine be better than the old one. It is time to let your feelings out at work, but do it in a professional fashion. You need to talk and make plans to improve what has been going on in your present situation.



PISCES (Feb. 19-March 20): You have great social skills, and are climbing up the ladder. Use these skills wisely and enjoy them with your friends. Take the time to celebrate a new phase in your life. This might be the job you always wanted. Check into traveling, your passport should still be valid.



Fitness Matters

The Office of Campus Recreation
Michelle Thall
Special Contributor

Tip of the Day:

For those of you that struggle with a sweet tooth - Try frozen grapes! Just wash some fresh grapes, pop them in the freezer for a few hours, and presto, a healthy sweet snack. (Watch out, they're addictive! Even my puppy loves them.)

Today's Question:

I've tried many diets, but I just can't seem to control my eating. What can I do? I don't want to be fat forever.

M.T.

Dear M.T.,

You're not alone in this battle. As reported recently in the *Chicago Sun-Times*, nearly two-thirds of Americans are overweight and more than 30 percent are obese. One of the key reasons we have trouble achieving and maintaining a reasonable weight is that we eat for purposes other than basic hunger:

1. We eat as part of our social life. Parties focus on food and drink. The food is typically high in calories, and even when healthy options exist, who wants to eat celery sticks when there are cheesy potato skins hot out of the oven? Drinks usually mean alcohol and it's all too easy for these calories to add up.
2. We eat out of boredom. Sitting in front of the television at night we need something to do with our hands and moving them from the bowl of chips or the cookie jar to our mouth does the trick.
3. We eat for comfort. We've had a long day, our boss yelled at us, we did poorly on an exam. It feels good to grab a pint of ice cream and dig in, or make a big pot of macaroni and cheese to cheer us up.
4. We use food as a reward. Old habits die hard; as adults we continue this pattern. "I did well on an exam, I finished a big project at work, I made it through a long week, so I deserve..." A large sausage and mushroom pizza, a juicy cheeseburger and fries, a slice of cheesecake.

If these scenarios are part of your everyday lifestyle, then your eating habits are keeping you from sticking with whatever diet you might choose. Unless you address the causes of your unhealthy eating habits, shrinking your body to a palatable size will continue to be an unattainable goal.

So what can you do if you eat for the wrong reasons?

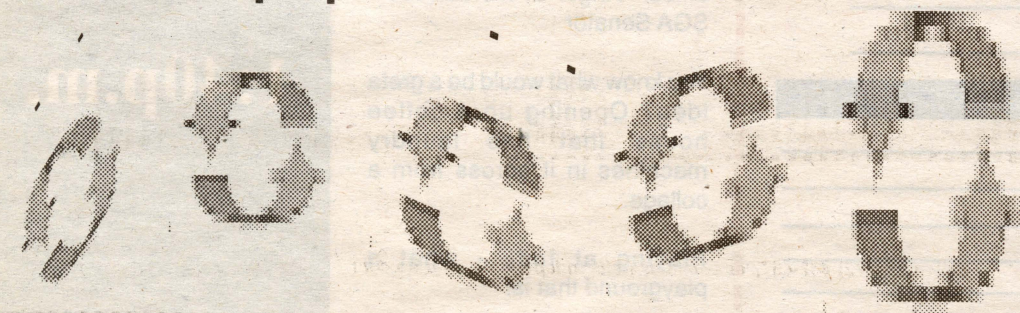
- If you're a social overeater, try to engage in social events that focus on activities rather than eating and drinking. Also, when you do go to a party, try eating a regular meal before you go. You'll be less inclined to graze.
- If you eat out of boredom, try a new hobby or physical activity. While watching the tube, try something a little healthier. Replace chips with popcorn cooked in canola oil. Replace cookies with dried fruit or some yogurt. These alternatives not only cut calories, but also provide your body with nutrients it may be lacking.
- For the comfort food eater, try substituting high-calorie choices with fresh, low-calorie alternatives focusing on flavor. Stir-fry veggies can be tastier than you'd think; fresh fish is quick, easy, and delicious. If you aren't familiar with spices and cooking alternatives, spend a few minutes chatting with your grocer. These people are usually quite knowledgeable. Or maybe take a cooking class. You might find comfort can come in a healthier package.
- When food is a reward, try rewarding yourself with the time it takes to discover new food choices. Peruse a cookbook, buy yourself an issue of *Bon Appetit* or *Cooking Light*, and cook something that is both rewarding and good for you. Perhaps treat yourself to something you consider too expensive to eat on a regular basis like shrimp or boneless chicken breasts or artichokes. Isn't it worth splurging if it means breaking habits that hold you back from what you want?

These are just a few ways to break bad eating habits. But a word of caution - sometimes we've carried our food-related patterns with us for so long they have become inextricably enmeshed with psychological issues too big for us to combat on our own. You may need the support of a group or the help of an individual therapist to deal with these issues. Don't be afraid to ask for help.

Reminder: The next Fitness & Wellness Workshop is Saturday, November 2 — Injury Prevention for Ankles with Fadil Cosovic.

Send your Questions to: personal-training@neu.edu

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Bartender Trainees Needed. \$250 a day potential. Local Positions. 1-800-293-3985 ext. 787

Spring Break

*** ACT NOW! Guarantee the best **spring break prices!** South Padre, Cancun, Jamaica, Bahamas, Acapulco, Florida & Mardigras. TRAVEL FREE, Reps Needed, EARN\$\$\$ **Group Discounts for 6+. 1 888 THINK SUN (1-888-844-6578)/ www.springbreakdiscounts.com**

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SPRING BREAK '03 with StudentCity.com! The ultimate vacation in Cancun, Bahamas, Mazatlan, Acapulco, Jamaica and more! Packages include airfare, 7nts hotel, FREE FOOD, FREE DRINKS and 150% Lowest Price Guarantee! **REPS WANTED!** ORGANIZE 15 friencds and get hooked up with 2 FREE TRIPS and VIP treatment! Also earn extra cash and bonus prizes just for promoting. StudentCity.com! Call 1-800-293-1445 or e-mail sales@studentcity.com today!

Wanted! Spring Breakers! Sun Coast Vacations wants to send you on Spring Break 2003 to Cancun, Acapulco, Mazatlan, Jamaica or the Bahamas for **FREE!** Call us now at 1-800-795-4786 or email us at sales@suncoastvacations.com!

Organizations

Hip Hop is Art. It's everything around us consisting of vision, vocals, music, rhythm, B-Boys, DJ's, emcees..... Your opinions! Your Input! Join the Hip Hop Organization every Thursday 1:40-2:40 p.m. in room FA-247.

The Black Heritage Gospel Choir is extending its membership to all Northeastern students. Come join us in singing songs of praise. Tues. and Thurs., 1:40-2:50, FA 152. -President Staria Berry

WZRD 88.3 FM's "Thursday Nite Live" seeks bands/ musicians. All styles considered. No promises. Must have demo. Send descriptions to secretagentbill@hotmail.com

Join the Independent's award-winning staff. Be famous! Make money! Become a part of the student newspaper. We are in search of photographers,

writers, cartoonists, and reporters. Staff meetings are held every other Tuesday during the activity hour. The *Independent* office is located in E-049, below Beck's Bookstore. Call 442-4577.

The Muslim Student Association meets on Thursday FA 107 and Friday Prayer/ is held in CLS 2094 at 1:15 until 2:00.

Feminist Majority Leadership Alliance: meets on Tuesdays in CLS-2094 at 1:40. To join listserve, send a message to femajority-l@neiu.edu with your name and e-mail address.

NEIU's new Yoga Club. Do you want to learn how to enhance concentration and reduce stress while having fun?! Join the BMC Yoga Club! Membership is free and open to NEIU students, faculty and staff. For more information email Pamela Barnes, BMC President, at P-barnes@neiu.com

Care about your environment? Let's start a NEIU environmental organization! Contact or leave message for Sarah (773) 561-5131 or revo1@chickmail.com

Service Opportunities await YOU! Check out Student Volunteer Corps! Call 773-442-4618 or stop in A-125 to find out more.

Get the classes you need every time. GPA 3.25 a must. Find out how. 442-6045

Join UPRS! We promote Puerto Rican history, culture, and a better understanding of our present reality. Call ext. 4583

Mark your calendars for November 24! Eitan Haber, former Israeli cabinet member, will lecture about life in Israel. Sponsored by Hillel.

Why are there more black/Latino men in prison than in college? Discuss this topic at the Socialist Club Tues. Oct 29, CLR 3071 at 1:40p.m.

Say no to Bush's war. Be a positive part of American History. Join the Anti-War Committee. Thursdays 1:40 p.m. in room 3094.

Personals

Many thanks to everyone that voted for me. Will do my best in office. Angel E. Monterroso - SGA Senator

You know what would be a greta idea? Opening up a coffee house that has laundry machines in it across from a college.

Playing at Indy - what a playground that is!

Tweedle-dum and Tweedle-dip want Tweedle-idiot to know she's annoying. :-P

B- You and your conspiracy theories may have a base in reality, but you need proof first!

Another in the bag. Haha, this time I beat it there!

Notice
something
missing?

YOU

join

Next

meeting:

Oct. 29th

1:40p.m.

Oh goody gumdrops!

The Independent classifieds are FREE!*

Limit one ad per person/organization per issue. Ads must be 20 words or less. There is a 25-cents charge for each word over 20 words. All classified ads must be ordered in person at the *Independent* office. For more information, please call the Business Manager at 773.442.4585

* This rate applies to members of the NEIU community only. An NEIU identification card must be presented at the time of purchase.

AD AS IT IS TO READ: