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Independent- Sep. 12, 2005

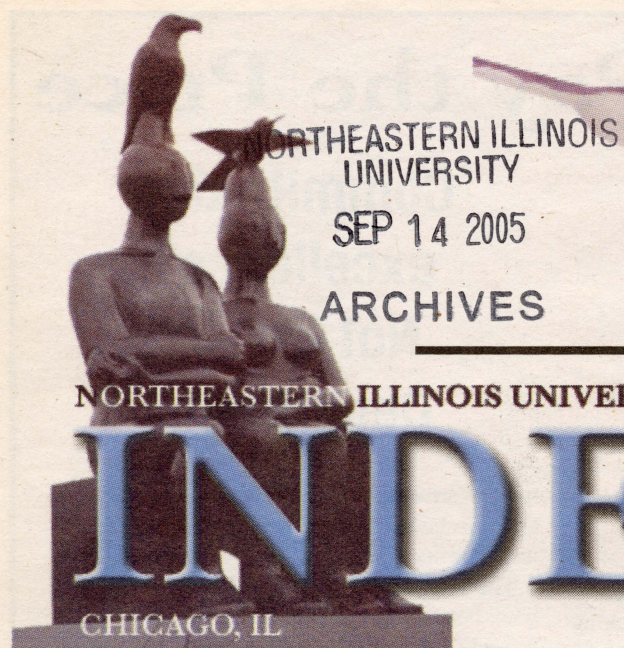
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NORTHEASTERN ILLINOIS
UNIVERSITY
SEP 14 2005
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NORTHEASTERN ILLINOIS UNIVERSITY

Monday, September 12, 2005

VOLUME 22 ISSUE 4

INDEPENDENT

CHICAGO, IL

13-TIME 2004 ICPA AWARD WINNER

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The star no family wants

Families touched closest by the Iraq War speak out

by Andrea Zelinski
Business Manager

Mothers and fathers of fallen soldiers stopped at NEIU's main campus for a call to bring troops home on Tuesday, Sept. 6, in University Commons.

An Iraq War veteran and several members of Military Families Speak Out joined them.

Traveling as a part of the "Bring Them Home Now" bus tour, the group spoke to over 60 students that afternoon during activity hour, relating stories about their family members whose lives have been changed since the war.

"We can't do what we're doing without ... knowing that we have support along the way," said Karen Meredith, a member of Gold Star Families for Peace.

"The country is telling us we're doing the right thing and that we're delivering the right message."

Gold Star Families for Peace is a peace organization, and all its members have lost someone in the Iraq war.

Many of the speakers spent time at Camp Casey, supporting Cindy Sheehan's call to send troops home. Sheehan, whose son was killed in Iraq, and almost 10,000 other supporters gathered outside President George W. Bush's Texas ranch this summer. While most of Sheehan's supporters were family members or friends of a soldier who was killed in Iraq or are still there fighting, others were there to give support and protest the war.

"This isn't just about Cindy Sheehan," said Cody Comacho, an Iraq war Veteran. "There's 1,887 Gold Star families now. You know, Cindy Sheehan's just one of the 1,887 and we're all asking questions. Some of 'em aren't being answered.



photos by Delia Blechhu

A crowd of 60 listened to Glover and others on the tour.

Some of them are being avoided." Comacho served in Iraq from 2003 to 2004.

"I want to say that I'm disgusted in our administration because regardless

SEE GOLD STARS, PAGE 2



Timing is everything: dog tags resurface after rally

by Tom Robb
News Editor

On the day of an antiwar demonstration at 1:30 p.m., student and Vietnam veteran Joe Hertel was called to a meeting with Vice President of Finance and Administration Mark Wilcockson, Vice President of Student Affairs Melvin Terrell and Dean of Students Michael Kelly. Hertel was informed that he could reinstall the "Whispers in the Wind" art display, but not the larger "Peace Garden" he was also seeking.

An antiwar demonstration was set to begin at 1:40 p.m. that day, with the Gold Star Families for Peace, a nationally known antiwar group, in attendance.

Hertel originally put up the display, which

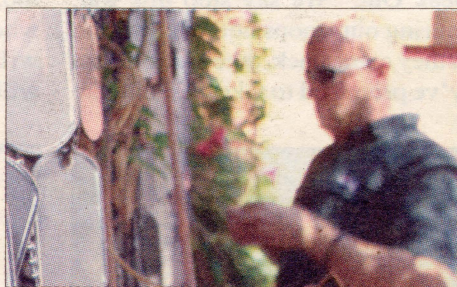


photo by Mario Go

Dog tags commemorating fallen soldiers in the Iraq War return to campus.

hung one set of dog tags for each fallen soldier from the Iraq War, as a temporary installation with the permission of Mark McKiernan of the Art Department. Hertel stated that the display was not meant to be antiwar, but "a reflection on the sacrifices of people who served their

country." After the display was in place, permission for the temporary installation from Kish was also given.

In April of last year, Kish ordered the installation to be taken down, as he was concerned about the vines that ran up the trellises that the tags were hung on. Hertel mounted a campaign to reinstall "Whispers in the Wind" and a "Peace Garden," which would include student art.

After months of protest, Hertel was allowed to reinstall the display minutes before the antiwar demonstration began.

"I believe there was a direct correlation between their [the Gold Star Families] being here on campus and their approval of the

SEE DOG TAGS, PAGE 3

President's welcome speech addresses new programs

by Deborah Godlbaum
Copy Editor

Acting President Janet Fredericks addressed the university community on Thursday, Sept. 8, at the President's welcome back event.

This event focused primarily on three new programs at the university: the "First-Year Experience" program, the new minor in interdisciplinary English studies for English Language Learners, and the Higher Learning Commission's self-study committee.

Fredericks also discussed the new Instructional Technology that is being installed and the new exchange students on campus.

When discussing these new programs, Fredericks said that these programs show "dedication to the good of the university." The First-Year Experience program was developed from a larger body called "Foundational Dimensions."

Larry Berlin, professor in the Linguistics and English language program, discussed the project. During his discussion he passed out a flyer that described the goals of Foundational

SEE PROGRAMS, PAGE 3

Student activity fees and faculty don't mix

by Patrick O'Brien
Editor-in-Chief

Answering charges that there was a "turf war" occurring between himself and Vice President of Student Affairs Melvin Terrell, Provost Lawrence Frank told the *Independent* definitively that no student activity fees will be used to compensate professors for advising student clubs and organizations.

"We looked at that," Frank said, "but we didn't go down that path." Professors had previously been paid for being the faculty advisors to registered student organizations on campus, in addition to payment for other services and research work.

As a precursor to last year's strike, Credit Units, or CUs, which were previously given to professors for student club advising as part of a professor's service to the university, were rescinded, a decision Frank said was

SEE ADVISORS, PAGE 3

Under the microscope

University starts reaccreditation process

by Deborah Goldbaum
Copy Editor

After ten years, Northeastern Illinois University is being reaccredited by the Higher Learning Commission, which is part of the North Central Association of Colleges and Schools.

Accreditation affects both students and the school. "Having accreditation certifies that NEIU is a quality institution," said Shelley A. Bannister, special assistant to the president and professor of justice studies and women's studies. It allows NEIU to receive Federal Financial Aid for students, added Bannister.

The Higher Learning Commission (HLC) is "an institutional accrediting agency that evaluates an entire educational organization in terms of its mission and the agency's standards or criteria."

There are five criteria that must be met in order for the school to receive accreditation. These criteria, according to the HLC's Self Study pamphlet, are mission and integrity; preparing for the future; student learning and effective teaching; acquisition, discovery, and application of knowledge; and engagement and service. These criteria are assessed by evaluating "formal educational activities, governance and administration, financial stability, admissions and student services, institutional resources, student learning, institutional effectiveness, and relationships with internal and external constituencies."

A special accrediting body is assigned to individual programs at each institution. According to the HLC, four themes are carried through the above criteria: "The Future-Oriented Organization, the Learning-Focused Organization, The Connected Organization, and The Distinctive Organization."

Bannister also said it is important for the school to "measure itself against itself." This allows the school to assess what areas need improvement and in what areas it has been successful.

Following a presentation in Alumni Hall on Sept. 8 regarding the HLC's project, Director of Placement Lorn B. Coleman stated, "It is good to be starting so far ahead of time and it is very motivating to see how many people are involved in it."

A source who wished to remain anonymous had a very different feeling after the presentation. "I didn't like the way it was presented. It was a very artificial creation of the community. It was not presented for people at the university level and was more like a show with no substance."

Bannister gave the presentation after President Frederick's welcome back event. According to Bannister, the HLC gives the school suggestions on how to prove they satisfy the criteria for accreditation. Examples of written documents that support NEIU's request for accreditation are, said Bannister, "course syllabi, faculty degrees and expertise, board of trustees minutes, and Student Government Association meeting minutes."

Groups involved in the assessment committee include the Outcomes Assessment Task Force-Academic Affairs and the Student Affairs Assessment Committee.

For more information about the Higher Learning Commission Self-Study Committee, go to www.neiu.edu/~selfstudy or Bannister at 442-5953 or s-bannister@neiu.edu.

Visiting Socialist cites Katrina as reason for revolution



Alan Maass, author of *The Truth About Socialism*

by Tom Robb
News Editor

Hurricane Katrina exposed a flaw in the political system of the United States, said Alan Maass, author of *The Truth About Socialism* and editor of the *Socialist Worker*, to a group of NEIU students.

A stop at NEIU on his book tour Wednesday turned into a long critique of the handling of Hurricane Katrina, the Iraq War, the Republicans and the Democrats. He offered an alternative, Socialism.

Maass stated that working inside the system is flawed because the system will not change from the

inside. He brought proof from past demonstrations and revolutions that brought about change. He cited the Russian, Spanish and Iranian Islamic revolutions as examples of that change.

Socialism is "not the old Soviet system; not bureaucrats at the top, then everyone else," said Maass. "The case for Socialism is not inequality." Maass said that issues of adequate food, shelter and healthcare had to first be addressed, then a redistribution of income can occur. Maass talked of the wealth of Bill Gates, founder of Microsoft, and what his fortune could pay for.

To answer those who say that it is not yet time to criticize politicians, Maass said, "It's completely political what people put their resources into." Maass scolded politicians for neglecting the residents of New Orleans because they were poor and black, and for neglecting things like the levees.

Maass also discussed how resources were not better prepared because they had been drained by the war in Iraq.

Maass also scolded the mainstream media's coverage of Katrina's aftermath, specifically one report that showed an African American "looting a grocery store" and another report that showed a white person "finding food at an abandoned grocery store." Maass saw this as systemic racism.

Time to Pay the Price



by Dorian Barrios
Photo Editor

Part of NEIU's mission is its dedication to excellence and access, so it should be shocking that the University's vision of excellence could not get the art department accredited by the National Association of Schools of Art and Design (NASAD).

While Northeastern might offer one of the most affordable art programs in Chicago, there is obviously lots of ground to cover to truly achieve excellence. And there is no reason why we should settle for anything less.

The lack of sufficient student exhibition space, the modest budgetary support and the lack of an appropriate number of faculty and staff are the most intriguing discoveries from that report. While the NASAD doesn't have a required number for funding, faculty or exhibition, it was still determined that NEIU was lacking in those areas.

It's pretty surprising that the university doesn't provide adequate exhibition space for its art students to display their work. The hallways of the second floor in the Fine Arts Building could provide an excellent space for students to present their work, if display cases were provided to ensure the protection of students' work.

It is not uncommon for student work on display in the classroom or in the hallways to be stolen or vandalized. The administration should install display cases in the Fine Arts Building, as well as in the new grassy field, which also provides an excellent exhibition space for all

Committed to excellence? Not the Art Department

types of artwork. There is no reason why student's artwork should not be displayed in an area where it will be seen by the university community.

The budget for the art department, as modest as it has been, doesn't seem to go quite the distance it used to. Art students are continually asked to carry more and more of the financial burden by having to pay for supplies that the university used to supply. Students are stretched pretty thin financially and having the students carry more of the weight isn't fair. How affordable is the program really?

The real kicker is the inappropriate amount of instructors and technical support staff available. During the summer there were classes that stretched instructors to the max, having them teach an intro and advanced class during the same time period. It takes a very dedicated teacher to be able to put up with that type of load, but they shouldn't have to.

While there are some very dedicated teachers that are willing to go the extra mile for their students, there are also those that are just happy to put in their hours and cash their check.

Those instructors should be identified and dealt with. According to the report it is recommended that another art historian and a technical staff member be hired, but more is definitely needed.

Does it matter if the art department does not receive accreditation by the NASAD? This lack of accreditation brings into question the university's dedication to excellence.

Their dedication may be written down some place, but the administration doesn't seem to be standing by it.

Gold stars

CONTINUED FROM PAGE 1

of how outspoken they are, Congress had the voice to stop this war," said Comacho. "And they chose to turn their head when I was sitting in Kuwait."

Juan Torres' son died in Afghanistan just 12 days before he was to come home. His body was returned with a bullet wound in his head and strict instructions not to let the family see his body.

"Now, my son is trash," said Torres, "but not from my family. From the government."

Sherry Glover comes from a strong military family. Her son-in-law is in Iraq, her daughter is in the reserves and Glover fears her 19-year-old twin boys will be ripe for the picking in the event of a draft. "Every day I'm wondering who I'm going to lose next."

"Every member of my family is in stake here," Glover said, also a member of Military Families Speak Out. "We say stop this war, now. We say bring our troops home, now. And we say when they come back, take care of them the way they've promised to take care of them

when they signed up in the first place."

Loretta Capeheart, a NEIU justice studies professor, said she was moved to "see people coming together with all kinds of reasons to be against the war and all kinds of reasons to stand up and say we've got to bring the troops home and bring them home now."

Capeheart became a member of Gold Star Families after losing her nephew in Iraq last February. She organized Tuesday's event after her own visit to Camp Casey during the summer.

She soon learned of the bus tour and asked the group to speak at NEIU.

Speakers on the bus tour asked students if they had

anything they wanted to say. The audience, which listened with unblinking eyes for the past half hour started to stir in the hot sun.

"I was just going to say it's hot in Crawford, too," said Glover, "and it's even hotter in Iraq where my son-in-law is right now. So, I'm willing to stand out here in the sun if he's willing to sit there in the desert for me."

"Every day I'm wondering who I'm going to lose next."

-Sherry Glover, Military Families Speak Out

The Independent is looking for production staff

E-049 or neiu_independent@yahoo.com

Correction

In the Aug. 29 issue Pete Fortsas was inaccurately stated to be a member of the Department of Environmental Science; he is a member of the Department of Earth Science.

The *Independent* regrets the error.

Governor grants better student aid to soldiers

by Joe Hertel
Opinions Editor

Eligibility for the Illinois Veteran Grant Program has been extended to include soldiers in National Guard units.

Formed in 1957 to assist Illinois residents in higher educational pursuits, the Illinois Student Assistance Commission has provided Illinois residents with what amounts to a four year college scholarship, which is available to those who served in the military at least one year, and less if it was in a combat area during hostilities. The scholarship pays tuition and mandatory fees.

In recent legislation signed by Governor Rod Blagojevich, the grant now includes service members in the National Guard, according to the Commission.

Several students on campus are benefiting from the grant. Veterans of the wars in Viet Nam, Kuwait, Afghanistan and Iraq are pursuing higher education at NEIU due to the Illinois Student Assistance Commission.

Assistant Director of Financial Aid Cathy Craine told the Independent that 275 students are currently receiving the Illinois Veterans Grants and 20 students are receiving the Illinois National Guard Grant.

A recent article in the Nadig newspapers commented that the Commission last year awarded "approximately 12,000 grants to (Illinois) veterans."

To receive the grant, according to the Illinois Student Assistance Commission, the candidate must reside and attend a community college or university in Illinois while utilizing the grant and "maintain an acceptable grade point average (GPA) according to policy determined by the institution at which [they] are enrolled." The grant is the equivalent of 120 credit hours.

More information about the Commission is available at www.collegezone.com or (800) 899-4722. Specific information about eligibility, if you plan to enroll at NEIU, and application procedures can be obtained through Tom Earth, the veterans administration councilor, whose office is located in the admissions office. Call (773) 442-4028 for an appointment.

News Editor Tom Robb contributed to this report.

Programs

CONTINUED FROM PAGE 1

Dimensions' institutions.

The preamble of the flyer outlines four assumptions that Foundational Dimensions is based on. These four assumptions, according to the flyer, are that "The academic mission of an institution is preeminent; the first college year is central to the achievement of an institution's mission and lays the foundation on which undergraduate education is built; systematic evidence provides validation of the Dimensions; and collectively, the Dimensions constitute an ideal for improving not only the first college year, but also the entire undergraduate experience."

Director of University Computing Kim Tracy elaborated on the new Instructional Technology program, outlining some of the benefits of the plan. Tracy stated that "there will be a self-service portal which will be designed for the individual user, authorization processes will be online and improved, there will be a significant reduction in paper use."

During and after the president's welcome back event, Shelley A. Bannister, special assistant to the president, discussed the Higher Learning Commission's self-study committee.

Part of her presentation was a slide show with NEIU's mission statement, "Excellence, Access, Diversity, Community," and an outline of the agenda for the self-study.

She described the goals using questions, such as "How do we plan for student needs in 2010? 2020?" "How do we measure students' learning and how do we use that information?" She also pointed out that there are separate committees to address all areas of the agenda.

Advisors

CONTINUED FROM PAGE 1

due to the university's decision to be "more focused on academics."

Edmund Hunt, president of the NEIU chapter of the University Professionals of Illinois (UPI), countered Frank's statement, saying that "It's not going to save them any money, and it's not going to generate any new courses."

Hunt believed that the university wanted to have professors teach more courses as a result of not receiving the CUs for advising clubs. However, both Hunt and Frank agreed that the CUs given for this service were miniscule, measured in fractions of a CU, as opposed to the amount of CUs given for coursework.

For instance, a professor can receive anywhere from three to five CUs for teaching a class, while student club advising is just a small fraction of the service and research CUs a professor gets, usually three a semester.

Hunt also pointed out that unless a professor had an overload, or more

classes than is required to meet the terms of the union contract, CUs for club advising made little difference. "In the vast majority of cases, the more CUs you get doesn't necessarily mean you get paid more."

Frank suggested that the real problem lies in the definition of what an 'approved' club is, which was the language used in the recently signed union contract between UPI and the university.

Frank said the university has not approved all faculty requests to receive CUs for advising clubs.

After speaking to Tony Courier in the Student Activities office, it is apparent that many faculty advisors are working with the clubs they advise, and any club without an advisor can use the Student Activities Office as their de facto advisor.

Hunt was candid about the situation: "If they say the don't want professors sponsoring clubs, that's fine. That's an administration prerogative."

Dog tags

CONTINUED FROM PAGE 1

reinstallation of the dog tags. Their being here expedited the approval," said Hertel.

When asked if permission was a direct result of a nationally known antiwar organization's presence on campus, Terrell told the *Independent* that he had just found out about the controversy on the previous Friday, and stated "I should have been involved earlier ... we want to support our veterans."

In response to the previous objection that the dog tags would harm the vines, Director of Buildings and Grounds Ralph Zia echoed Kish's concerns about the vegetation, but said he would allow the installation.

Hertel acknowledged their concerns about plants and root systems and stated that he had made modifications to address some of Facilities Management's

Student union.

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Advertisement

Editorial

Evaluating the candy store

If there's no one watching the candy store, things tend to come up missing. People escape scrutiny and the public interest goes unserved. With this in mind, this paper recently attempted to obtain student evaluations of a professor, a professor who had received dozens of complaints for their teaching style, professionalism and treatment of students.

The Freedom of Information Act (FOIA) request that was submitted was denied, because under Illinois law, any evaluation used by "academic peers" to evaluate a professor for tenure, promotion or any other award or advancement cannot be made public.

This rationale could be used for two reasons: to shield an embarrassed professor, or to keep hidden the fact that many students don't take the faculty evaluation process seriously.

What should be taken seriously is the fact that there is no way for the public, the students or the taxpayers to know if there are academic professionals not meeting their responsibilities via these evaluations.

Department personnel contacted as part of this investigation treated the records, and the professors evaluated therein, as if they could be harmful to the faculty's reputation. That response alone implies that academic professionals are being protected from the kind of scrutiny that any public employee should undergo, as someone who is paid with taxpayer money.

It is simple accountability we ask for in this process.

If professors' salaries can be made public, then why not what the students, the ones who pay their salaries, have to say about them.

And if the evaluations turn out to be no more than superficial rants written out of spite, then the whole process should be re-evaluated, no pun intended.

If, however, there is an abundance of legitimate complaints that have gone unaddressed by department chairs, then we have a problem.

Some who were asked for evaluations wondered why students who were upset with the professor in question did not file a formal complaint. The students who spoke with the *Independent* said they feared retribution from the department. If you've spoken to some of the 'protectors of the evaluations,' as we call them, they have every right to fear such payback.

This paper has nothing to fear, and only can help serve the public interest if student evaluations of professors were made public.

How safe are we on campus?

by Jennifer Marie Bergdahl
Staff Writer

Lately it appears there have been a lot of "isolated incidents" on campus. First, there was the mercury spill in June. Then there was the robbery in the Office of Academic Affairs on July 12, where a laptop, computer and two monitors were stolen. Then, on July 29, a student was arrested for sexual misconduct.

A bullet hole was found in a window in a classroom on Aug. 18. Later, on Aug. 22, a juvenile flashed a lifeguard. Lastly, on Aug. 31 there was a fire in the Science Building after a student put napkins in a microwave and set them ablaze.

The question is this: Do

students, faculty and staff feel safe on campus?

Unbelievably, there is no emergency evacuation plan in use! The manual is in draft form because Public Safety Director Lyon and the staff of Facilities Management are writing it. Former acting chief of Public Safety Jack Baker started to write it with Facilities Management, and Lyon is in the process of finishing it.

However, in the meantime we have no written emergency plan. That means if there is an emergency, there are no detailed evacuation plans.

Every school and workplace should have an evacuation plan both in print and in use. How come Northeastern Illinois doesn't?

Also, there are no maps

posted detailing how to evacuate the school. There are very few maps found in classrooms and in the hallways. So if there is a fire, students and staff won't know the quickest way to evacuate the buildings unless somebody takes the time to direct them. Is this safe?

Does the school not care about the safety of the students and staff? Or are they just too preoccupied with construction to do anything about it?

In addition to the lack of signs, are there enough sprinklers and fire extinguishers?

The campus is not safe enough. There are many things that could be done to make this campus safer. Why aren't they being done?

Fred dropped dead

by Joe Hertel
Opinions Editor

I lost a neighborhood pal last week. I knew him for about two years. His name was Fred. That's what I called him. Fred was a squirrel.

For several years I have been feeding the birds out back. Just bread crumbs and birdseed, if I remember to buy some. I've gotten to know the birds pretty well, and they know me.

Every afternoon when I return home from school, I go out back and the birds are waiting on the telephone wires and garage top as I break the stale bread into little bits and toss it on the ground. Then they swoop down and get what they can while it lasts. Not much, really, it's sort of an expected midday snack for them.

On some weekends, I'll go sit on the back stairs to have a beer, and if I have forgotten, a few birds will venture closer to the porch railing and chirp to remind me it's feeding time.

Feeding the birds is where I met Fred. He was shy at first. Walking to and fro along the wooden fence adjacent to the lot, he would watch the birds in their feeding frenzy and then later come down and scavenge for leftovers.

After a while he got bolder and would go sit in the area among the birds and try to eat, but he was too slow and got very little. So I decided to save a

bigger piece just for him.

When I saw him on the fence, I would go over there and hold out a bread crust for him and stick it in the fence. Then I went back and fed the birds.

After a while, I added peanuts in the shell to Fred's menu. As winter approached, Fred used to take the peanuts and bury them in the ground, storing up for the bleaker times. He didn't know I would still be there when the snow fell.

I noticed Fred missing for two days. He wasn't on the fence as usual. Then, I saw him laying on the ground by the end of the fence. There was no sign of violence. I figure Fred must have eaten some rat poison. It happens in this neighborhood sometimes when the critters get hungry. I buried him right there, by the fence where we first met.

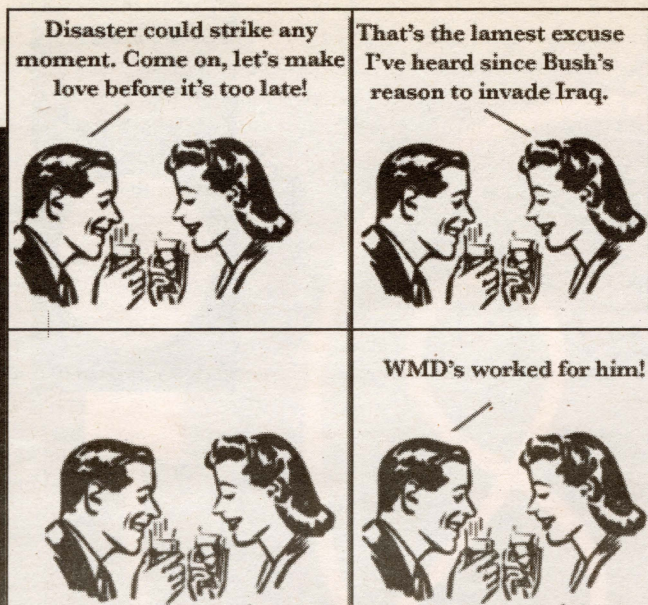
Why am I spending the time writing about a dead squirrel? Because life can be harsh. Life is sacred and sometimes because of someone's carelessness and lack of concern for others, a living being dies.

Soldiers should not be dying in Iraq because of governmental carelessness. People should not have died in the attack on The World Trade Center. And my little pal Fred the squirrel didn't have to die.

I understand Fred's life isn't important to you. But understand that lives were lost in Hurricane Katrina's devastation because they also weren't important to someone else.

"There was no sign of violence. I figure Fred must have eaten some rat poison."

Another point of view



by Joe Hertel



Old Man on Campus

Dog tags are symbolic

Last Tuesday, Sept. 6, NEIU's administration approved the re-installation of my dog tag display honoring those Americans who have died in the Iraq war. The display, "Whispers in the Wind," now containing almost 2,000 dog tags, should be up by the time you read this column.

"Whispers in the Wind" helps us to realize and reflect on the cost of war in human lives. It honors those who gave their lives in service to this country, and helps us to remember their sacrifice.

The installation art display was on view from Veteran's Day (Nov. 11) last year until April 1 of this current year,

until it was ordered to be dismantled. Since that time, concerned faculty and students have petitioned the university to allow the dog tags to be permanently displayed in their original location.

I hope you will take some time out and view the dog tags which will now be on permanent display in the lower garden area located just south of the food court in the Student Union building and east of the Fine Arts building.

I have one request for certain uncaring people. I make this request because it has already happened and I don't want it to happen again: please do not remove any dog tags from the display. It's called stealing. And if you see anyone removing a dog tag, remind him or her that it represents an American soldier who died in Iraq.

Of the 1,500 dog tags originally displayed, only a very few were removed by someone who evidently didn't know what they stood for. Later, 19 tags were placed on the trellis on Memorial

Day of this year at a special ceremony held by those who supported the "Whispers in the Wind" display and Peace Garden project. They stayed there until Friday, Sept. 2, and then they all suddenly disappeared. Again, the person or persons who removed them probably didn't know their significance.

But now you do know. So I'm asking that the missing dog tags be returned to the trellis from which they were taken, because if I see one around your neck, I'm gonna ask you to take it off right then and there.

Also, if you have any of the missing dog tags and do not return them, may all your textbooks fall apart except one, and when you go to sell it back, discover it was replaced with a new edition making yours worthless. May your pens run out of ink and pencil points break off during a test and no one has an extra. That your car runs out of gas halfway home or your bike seat winds up missing. May you forget the answers to any question asked of you in class, and may all your

white clothes turn pink except one, and may that one shrink on you in the rain. May you get intestinal disruptions during mid-term exams and fail the English Competency Exam. May you belch during a job interview and your boy/girl friend dumps you.

I guess you understand now how taking these dog tags upset me. This also applies to anyone (of a very few callous non-thinkers) who removes a dog tag from the current display. Don't do it! Please think of what these dog tags represent and honor that significance.

If you really must have a dog tag, I'll sell you one not on display, with the chain, for 50 cents. Better still, you can contribute 50 cents or more to the project to buy more dog tags. We need more dog tags. Our soldiers are still dying in Iraq.

And... we need to replace the ones that were taken.

Thanks.

Blowin' in the wind

by Joe Hertel
Opinions Editor

President Bush places the blame on the inept handling of Hurricane Katrina's aftermath on governmental bureaucracy. Isn't he in charge of that bureaucracy? What went wrong?

For starters, the National Guard, that organization of soldiers which was specifically formed to protect our borders and help out in national emergencies was busy in Iraq.

In Biloxi, Miss., there were only about 800 guardsmen to handle the chaos while more than a thousand of their compatriots were assigned overseas. What should have been an emergency plan to evacuate those people in the path of the hurricane who did not have the resources or ability to leave in time could not be implemented because there were no troops and personnel available to handle the operation.

Afterwards, those same people, the ones that survived, were stranded on rooftops, hospitals and nursing homes waiting, waiting to be rescued. Many died waiting.

Finally, after five days, guardsmen began showing up from out-of-state to begin the task of helping the destitute and restore law and order. But there still were not enough of them.

New Orleans, Biloxi and scores of other cities and towns look like a war zone from the air, and it will take months, years, to clean up the mess. Hundreds of thousands of jobs lost, thousands of displaced persons expected to start life anew in another state. Thousands of

lives lost or shattered because of a governmental SNAFU (situation normal, all fouled up).

We just do not have the manpower and resources to handle these type of emergencies when troops are stretched thin, to the point where those soldiers who are supposed to be here in this country protecting us find themselves overseas in Iraq.

Should they be renamed the International Guard?

Now, there will be a committee to investigate the causes of the screw-up. Hundreds of thousands of dollars will be spent on determining who is to blame, on what went wrong.

The answer is that the cost of war in Iraq is hitting home.

We might have emergency response plans.

We might have contingency-action plans in place, but we do not have the manpower to implement these responsibilities because those who respond to national emergencies, such as the National Guard, are not at

home.

Eventually, the system will be overburdened to the breaking point. Another natural disaster right now could be the straw that breaks the camel's back.

The cost of war in Iraq extends far beyond the borders of that country. The cost of that war is now blatantly obvious on our own water-soaked soil. President Bush should point the finger of blame at himself.

We can no longer walk down this road of wait-and-see. The social fabric of this society is unraveling and confidence in government leadership sinks as gas prices soar.

How many deaths will it take before we realize too many people have died? The answer, my friend, ain't

"The social fabric of this society is unraveling and confidence in government leadership sinks as gas prices soar."

MAIL BAG Depictions upset student

Dear Editor,

I am writing this letter to express my condolences to the victims of Katrina. Secondly, I would like to state that the media is doing a great job of covering the disparity and injustice suffered by the citizens of Louisiana. As an African-American woman, I have grown tired of the images that we see regarding African Americans on T.V.

We are consistently portrayed as violent, ignorant thugs. However, in the face of one of the most devastating natural and social disasters of our time, the African-American community of Louisiana has conducted

themselves in a manner that needs to be commended.

These were the poorest of the poor in our nation. They have been classified by racial, social, and economic standards as being the least in our society. Nevertheless, they have been surviving in physical conditions usually seen in Hollywood horror films.

They have exhibited middle class values and actions. They were and remain neighborly, kind, self-sacrificing, displaying trust in their government, and they, yes, African Americans, thousands upon thousands, managed to control themselves and maintain some level of law and order, despite an absent

law enforcement agency, food and water.

Our people, my people, need to be honored within every institution for displaying the qualities that are ever present among African Americans.

I hope that from this point on, individual citizens, as well as the media, begin to acknowledge what our community members have known all along: that we are and will remain a loving, "civilized" racial/ethnic group that deserves access to all of society's institutions and resources, without discrimination.

Loren Henderson

Sociology Major at Northeastern

MAIL BAG Setting things straight

Dear Editor,

Thank you for your recent article describing some of the events related to the mercury spill in the Property Control area. I particularly appreciate the fact that you took the time to interview Pete Fortsas, our department's Laboratory Manager.

Mr. Fortsas does a terrific job of keeping track of the Earth Science laboratories and lab materials. He is always ready to lend a hand to others across the University when his (considerable) expertise is

needed.

I would ask for one correction, however: the article listed his department incorrectly. Mr. Fortsas doesn't work in the Department of Environmental Science. (In fact, Northeastern doesn't even have such a department.) Instead, he is a member of the Department of Earth Science.

Thanks for setting the record straight.

Sincerely,

Laura Sanders

MAIL BAG Truman answers White

Dear Editor,

In response to the article "Prof Welcomes Freshmen" in the Monday, August 29, 2005 edition of the *Independent*, I personally take offense at the degradation of Truman College by Mr. Harry White. Truman College is noted for its highly rated

nursing program, adult education program, and many other academic programs. Many of our graduates go on to professional and very successful careers. Like your faculty at Northeastern, we have "many fine faculty members who maintain standards in their courses and are truly

committed to excellence." I think you owe Truman College an apology, Mr. White, and in the future do not be so rapid to pass judgment on another fine institution of higher learning.

Louise Mavalankar

Truman College
Communications Dept.

Letters to the Editor Policy

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VOICE OF THE CAMPUS

Company for the mighty oak



BETWEEN CLASSES I BECOME A MUTANT WHO LIVES IN THE BASEMENT OF OUR SCHOOL. THAT'S WHY I'M SO PASTY WHITE RIGHT NOW. FROM THE EDGES OF MY MEMORY THERE ARE ECHOES OF THE SIGHTS AND

SCENTS OF THE OUTSIDE WORLD. WHEN I DO WALK OUTSIDE I SEE STUDENTS SITTING ON THE COLUMNS BY THE FINE ARTS BUILDING. SOME ARE SMOKING, OTHERS ARE READING, ONCE IN A LONG WHILE I'VE SEEN HACKY SACKS FLYING AROUND.

The thing is, though, the further you get from this area, the lounging students thin out quite quickly. I wonder, if they realize that if you keep walking just a little ... just beyond the library on a leisurely walk, there used to be a large tree to greet you at the halfway point-between the world of classrooms and the P.E. Building?

Unfortunately that tree got some sort of dendro-orientated STD and had to be cut down. Still, the large field there is beautiful. Flanked by the WTTW building on one side and marsh grasses on the other, it's a surprise this wide grassy place isn't being flooded with students.

The winding paths within the marsh grasses, (which you don't want to roll around in, by the way, unless you want itchy splotches on your skin, which I learned the hard way) lead to a gnarled oak that has been fenced in. The "Lone Oak," reads a sign, and you feel like you're looking at a wild animal sleeping within its pen. Those who want to lie down and take a nap will find great shade there.

Stressed students should also definitely go see the labyrinth. A winding path etched into the grass with carved stone markers of the charkas, this is a maze for the more meditative. Even if you're not, it's still useful. Don't know what to write for your term paper? For a column, perhaps? Take a deep breath and a walk through to clear your thoughts.

If you can read Esperanto you can look at the Peace Pole nearby. It's a hop and a skip away from the place where they hold Peace Fires. I highly recommend looking for these events when they're coming up because not only are they very socially conscious, as well as interesting, but it's among the only ways that you can set things on fire in this school and not get in trouble. Remember, half the fun is exploring what you normally overlook.

Lately, I've also been curious about how strange it would be for me to run around the sprinklers currently watering the newly built grassy knoll. I wonder how this spot will be used. The Old Man often refers to the students that used to sit outside with their guitars and play way back when. Come on people, where's your guitars? Have I been missing them lately sitting here in my basement slaving away? I better leave and find out before it gets cold. Not that the cold is bad, there's plenty of awesome sites on campus to make snow angels, after all.

Overthrow the tyranny of the columnists.

Give us your opinion.

Room E-049

neiu_independent@yahoo.com

The Skeleton Key

by Sarah Purlee
Staff Writer

When Caroline Ellis takes a job as a live-in nurse for an elderly couple in Terrebonne Parish mansion just outside

The Skeleton Key is filled with suspense and mystery; there is little down time and the film has an eerie quality. This film causes one to question what they see as reality and how they perceive things, especially how they view the supernatural.

The film is a psychological thriller and uses the mind to frighten the viewers, rather than inundating them with blood and gore. The setting of the New Orleans with the folklore

An
intelligent
horror film
hearkens from
down South

New Orleans, her pragmatic way of thinking is shaken when she falls upon a dark secret regarding its occupants.

As Caroline takes care of a mute stroke victim, things are not as they appear as she stumbles upon a locked room at the far end of the attic. Caroline is given a skeleton key to every room in the house, and she discovers it gives her access to this secret locked room, filled with unique artifacts associated with a strange type of southern magic known as New Orleans voodoo, or hoodoo.

As Caroline unfolds the secret to this magic and the mystery to the old mansion, she finds the two are connected, and the consequence to solving the mystery could be deadly.

background gives a macabre feeling that carries throughout the film. The storyline, as well as the characters, are well developed and the account of the southern magic hoodoo is accurately portrayed. The film concludes with an interesting twist of events that leaves the viewer feeling shaken.

Overall, *The Skeleton Key* satisfies the viewer with a well laid out story that has enough surprises to keep the viewer guessing, leading to a suspenseful ending.

The film stars Kate Hudson, John Hurt, Peter Sarsgaard, Gena Rowlands, Joy Bryant, and Forrest Landis. It is directed by Iain Softley, and produced at Universal Studios.

Wicked lil Grrrls is wicked good

by Dorian Barrios
Photo Editor

Wicked lil Grrrls is Esthero's second full-length album, which masterfully blends several styles of jazz with various contemporary musical trends, creating a unique and refreshing musical experience. The final product is a mixed bag that works wonderfully, for the most part, and brings you through a pretty enjoyable experience.

Some of the highlights include the opening track, "We R In Need of a Musical Revolution," which while it proclaims the need for a musical revolution, it still falls into the same formula of every contemporary pop song and becomes a bit stale. Despite this, the arrangement is excellent and the vocals are well done.

"Everyday is a Holiday" is one of the more fun pieces on the album. It takes you back several decades with its cheerful lyrics and bright

musical composition; it's like sunshine on a cloudy day.

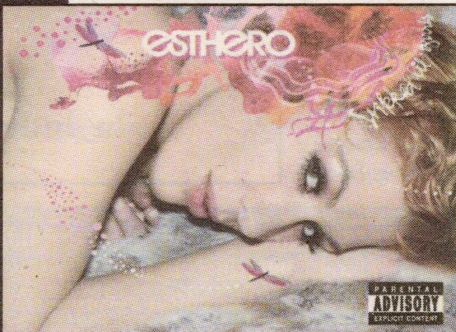
"If That Mood" is one of the more interesting songs on the album, bursting with horns, giving it a very edgy and seductive sound. It will likely give you chills the first time you give it a go.

The title track, "Wicked lil Grrrls," is another great track with some older jazz styling that goes heavy on the clarinet and sounds great.

The album is also packed with several mellow tracks that have depth and show a little of Esthero's musical chops. "Blanket Me In You," "Thank Heaven For You," "Bad Boy Clyde" and "Jungle Book" all do a great job featuring Esthero as a solid vocalist. "Melancholy Melody" is actually pretty cheery, despite its title, and features some pretty good solos.

While the variety on this album is part of its strength, there are some pieces that fall short of the level of the other songs on the CD. "Beautiful Lie," "Gone" and "My Torture" are pretty weak tracks and offer little to this experience.

With plenty of variety and enough edge *Wicked lil Grrrls* is worth anybody's time. If you're into jazz, curious, or just plain tired of the current state of our musical culture, you will surely enjoy this work. It's a lot better than Esthero's previous work and hopefully a sign of things to come from her.



Pollard's Picks

Spotlight on Johnny Depp



In Hollywood there are many vapid, shallow actors who are able to get by with their looks or name. There are a few actors who have proven themselves, but sadly they aren't the majority. Johnny Depp is one of these few.

In 1984, Depp made his acting debut as Glen Lantz in *A Nightmare on Elm Street*, a role he got because when he accompanied a friend to the audition, director Wes Craven asked Depp to read for the part. In 1987, Depp joined the cast of a popular television show, *21 Jump Street*, replacing Jeff Yagher.

After a series of roles in various teen-oriented films, Depp was finally given a chance to showcase his talent in 1990 when he was cast as the lead in Tim Burton's *Edward Scissorhands*. In a foreword to a biography on Burton, Depp credits Burton's belief in him for rescuing him from being "a loser, an outcast, just another piece of expendable Hollywood meat."

Since *Edward Scissorhands*, Depp has proven his talent and versatility as an actor in various roles, appearing in over 30 films in the past 20 years. Despite his roles in popular films such as *Sleepy Hollow*, Depp remained relatively below the radar until 2003, when he wowed audiences with his portrayal of Captain Jack Sparrow in *Pirates of the Caribbean*.

Part of what's key to Depp's success and talent as an actor is that he only takes roles that mean something to him personally, and then he works hard at developing the character into someone meaningful. Often he plays quirky, eccentric characters, such as

Jack Sparrow, Ichabod Crane (*Sleepy Hollow*), Ed Wood (*Ed Wood*), Sands (*Once Upon a Time in Mexico*), or his recent role, Willy Wonka (*Charlie and the Chocolate Factory*).

Depp has also shown his dark side in roles such as Mort Rainey (*Secret Window*), Fred Abberline (*From Hell*), Dean Corso (*The Ninth Gate*), William Blake (*Dead Man*), and Spencer Armacost (*The Astronaut's Wife*).

In the course of developing his characters, Depp performs an awful lot of research. When he was cast as Raoul Duke in the film adaptation of Hunter S. Thompson's *Fear and Loathing in Las Vegas*, Depp spent four months with Thompson to learn his mannerisms. Depp also interviewed the real-life George Jung for his portrayal of the famed drug dealer in *Blow*.

Another crucial aspect to Depp's stellar performances is his privacy. He was once quoted as saying, "I'm shy, paranoid, whatever word you want to use. I hate fame, I've done everything I can to avoid it." By staying out of the public eye, Depp's true persona is a relative mystery, allowing viewers to only see the character he's playing on-screen. When a viewer watches a Johnny Depp film, they don't see Johnny Depp playing a character—they see that character.

Over the years, Depp's endearing, meaningful performances have crafted characters that evoke a range of emotional reactions from viewers, from heartfelt tears to uncontained laughter to even fear and dread. And one hopes it is a trend he will continue for years to come.

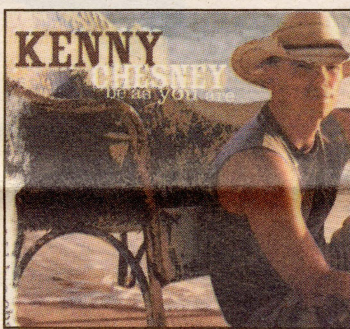
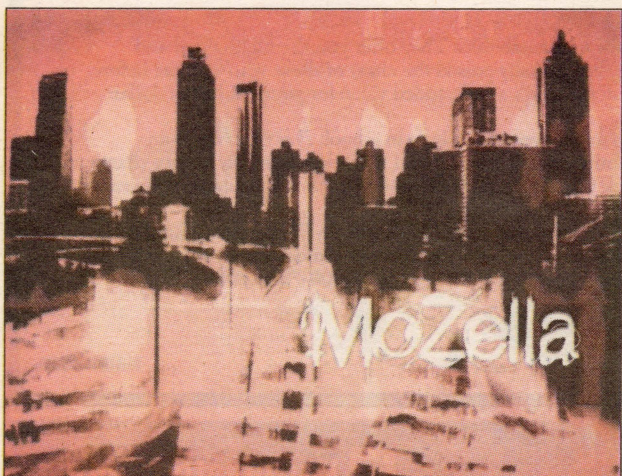
MoZella: not so convincing

by Deborah Goldbaum
Copy Editor

MoZella is a young singer newly arrived out of Detroit with a self-titled CD. This is her debut album, and she is 23 years old and has been in the music business since she was 15. However, it wasn't until recently that she signed a recording contract with Maverick Records.

Though I am impressed overall with MoZella's vocal ability, it needs to be further developed. She sounds like she has a bit of trouble hitting the high notes and her voice is a bit raspy. In some instances this would be a welcome trait, however, it only takes away from her voice quality. With a bit more vocal training she would do very well and may even impress many people. In other words, the raw talent is there, but it needs work.

Another problem with the album is that her songs are not very creative. Though I enjoy the style of music MoZella is attempting, it sounds to me that she is attempting to provide a crossbreed of rhythm and blues, jazz, and soul, and the songs become repetitive. All of MoZella's lyrics are about men doing her wrong and the beat and rhythms don't vary much between songs. There are other topics the singers in this genre sing about, even though many of these songs are love songs. MoZella could have some positive lyrics, as well as sing about the working life or social issues, which are other common themes among these genres she is attempting.



by Jonathan Gronli
Production Editor

Kenny Chesney is one of the more masterful country artists out there today.

His incredibly personal CD, *Be As You Are (Songs from an Old Blue Chair)*, shows the undiscovered potential of a currently known talent.

The CD is country, but it doesn't follow your normal country song stereotype of drinking away your pain and sad stuff like that. It doesn't even dwell on the concept of God as much as other artists have. In this personal look on the past, Chesney follows the topics of freedom, love and life in a paradise on Earth. Sure, "Something Sexy About the Rain" is about loss, but it's about how the loss made him realize the

Be as you are

good because of memories that really are just happy. The music portrays this laidback paradise he sees (or saw), and makes it easier for you to pull yourself out of your reality and look at reality from his eyes.

Beautiful compositions bring a tear to the listener's eyes and calms the nerves. The style is country, but there is one pleasurable little track straying from the "good ol' boy" path. "Guitars and Tiki Bars" dwells in a reggae progression and pulls in steel drums and trumpets to give a spicier and upbeat sound, but still maintains the sounds of a laidback tropical beachside party. To put it simply, the music as a whole is just sexy.

Judgment time: to buy or not to buy, that is the question. It's a definite buy, even if you don't like country music. It's a country approach that just doesn't follow country stereotypes. Chesney's CD is personally written and sung, but always relatable, and it will always give you a good feeling.

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A sextet of boredom

by Jessi Moen
Senior Staff Writer

To my dismay, I seemed to have made a wrong decision when I chose to review the play *Sextet: An Evening of One-Acts*, by Lanford Wilson, at the Victory Gardens Theater. I was actually more entertained watching the flies hit my windshield on the way home.

My first inkling that I wouldn't like this play was when I noticed that my friend and I were the youngest people there by about 30 years. The beginning the play did seem promising, with its six different stories with the main themes revolving around sex. The problem was that the six stories

were too long and way too dragged out. There were times when you would think it was definitely over, yet it would go on for another 20 minutes.

The first story was actually one of the better ones. It was humorous, but of course it went on a bit too long. The second story was long-winded and confusing (I actually fell asleep during it). Story number three was all about the ramblings of a crazy man and his failed relationships. After this came the long-awaited intermission.

Story number four followed, which showed several older adults talking about sex, and the details were actually rather disturbing. Fortunately, this was one of the shorter plays. The fifth story was probably the longest of all of them. It revolved around a woman, who seemed to be a lesbian but was later proven not to be, talking about her life as a writer. This went on for literally about half an hour non-stop. This one

really could have been good if not for the length.

The sixth story my favorite out of all of them, simply because of the variety. It showed several different scenes, reflecting time periods of the day, scattered randomly throughout the story. The whole play could have been just this scene, and people would have paid to see it.

At three hours, this play was simply too long and boring. The fault doesn't lie with the actors, although a few of them did fudge up a few lines. The acting was actually rather good, and you must give them credit for having to put up with some of the ridiculousness that Wilson dealt out. Wilson was always known for having very confusing, unintelligible plays, and he definitely proved that with this one. I would only recommend this play to someone who doesn't like understanding what is going on during the show, and those who don't mind long-winded speeches.

The Complete Far Side for the incomplete mind

by Elana Barron
Associate Editor

After a ten-year hiatus, cartoonist Gary Larson picked up his pen again. Unfortunately, it was not to create more of his famous comic, the *Far Side*, but to write introductions, forewords, and add finishing touches to his *Far Side* comics before they were published in the *Complete Far Side*.

This complete edition contains every cartoon Larson every created from 1980 to 1994—even the cartoons that were considered too offensive to print in the newspapers. Therefore, for the Larson fanatics who already own every one his *Far Side* books, this edition contains over 1,000 cartoons that have not been published in other collections.

The collection is arranged chronologically, and each year is introduced by a letter by Larson. The over 4,300 cartoons contained in this complete collection spans the usual topics: cows and other animals, scenes from hell, single-palm tree deserted islands, and other scenes with overweight people. Whether the setting is prehistoric or modern, or the subject is an animal or human—each cartoon exhibits the usual Larson brand of humor strange.

Larson's single-panel comic forces his readers to view life from a different angle. From the odd situations that he placed his human characters in, to the numerous scenes that depicted animals with human characteristics, each comic presents an odd and fresh view of life.

In addition to the cartoons fans are already familiar with, this new collection contains numerous essays by Larson that gives us a unique view of his childhood and adult life. And as one might expect, it is frightening. Many of his tales revolve around his older brother whose morbid

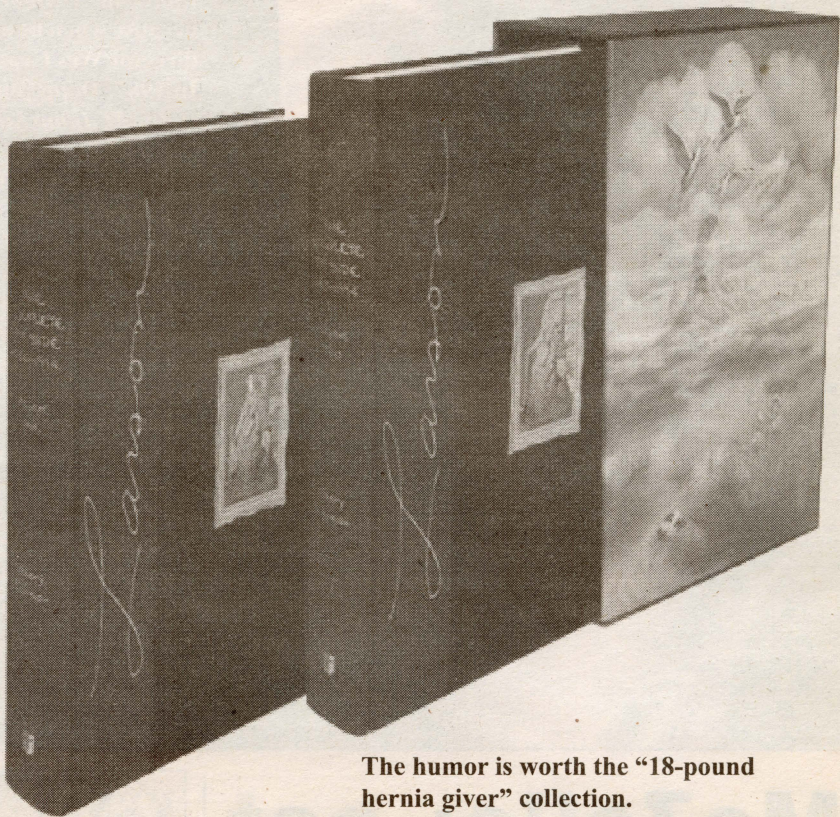
sense of humor always got the best of the younger Larson. His older brother was instrumental in strengthening Larson's fear of monsters. As he got older, Larson continued to associate himself with friends who continued where his brother left off, such as slipping a scorpion into his sleeping bag. With a life like this, the odd humor found in his cartoons is not surprising.

Other essays throughout the book discuss Larson's creative process. Even with such a "serious" topic as this, Larson could not help but treat it lightly: "My drafting table, where I drew The Far Side for most of my career, faced a window that overlooked a beautiful garden: beyond the garden was a lake, and beyond the lake Mt. Rainier rose majestically into the Washington Sky ... I worked at night." On second thought, he probably is not joking.

Throughout the two volumes there are letters from irate and confused readers. There are readers who are offended by Larson's treatment of animals, others by his treatment of humans.

And then there are the readers who simply do not "get" Larson's brand of humor. Larson's editor said he spent much of his career defending and explaining Larson. However, even Larson admits at one point in the book that even he does not always "get" his cartoons.

This collection spans two volumes, each so large and heavy it is impossible to rest them on one's lap as they read the books. Each volume weighs approximately nine pounds. Larson refers to it as an "18-pound hernia giver," and the laughter induced by the cartoons will only exasperate the hernia. But it is worth it.



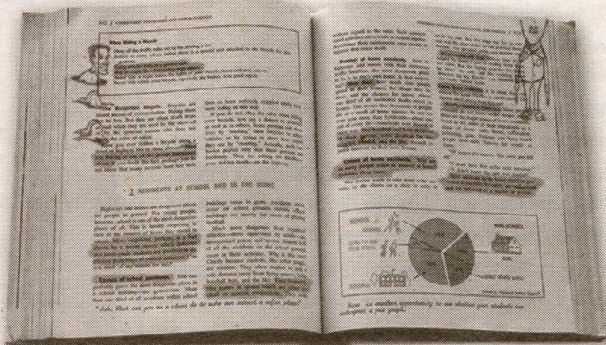
The humor is worth the "18-pound hernia giver" collection.

photo courtesy of Amazon.com

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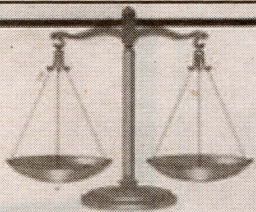
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Eagle's Nest

Lifestyles of the Northeastern Community



Secret life of ramen

Recipes

by Ben Merrell
Staff Writer

The real hero of the modern American college student is not the guy who came up with the beer bong or the programmer of *Halo 2*. Perhaps it is Momofuku Ando, the founder of Nissin foods and inventor of instant ramen noodles, an important energy source for millions of undergrads.

Ando introduced Chicken Ramen, the first instant noodle product, in 1958. Ironically, it was initially considered a luxury item because fresh udon noodles could be purchased for one-sixth of the price of instant ramen. Despite the high cost, the concept caught on and it quickly became a staple of the Japanese diet. Today, Japanese consume 5.2 billion servings of ramen each year. The story of ramen noodles does not begin with Ando, however. According to tradition, the first Japanese to eat the dish was Tokugawa Mitsukuni in the 17th century. Originally, ramen came from China. The word "ramen" is the Japanese pronunciation of "lo mein." What gives ramen its

unique flavor is an ingredient called kansui. Originally, kansui was water from Lake Kan in Inner Mongolia. It gives ramen a yellowish color and a particular flavor to the noodle. The kansui used in ramen today is produced in factories.

Mio Nomura, who lives in Chicago but is originally from Yokohama, distinguishes Japanese ramen from the kind usually consumed in the United States. She says that most Japanese buy their ramen from noodle shops that use fresh noodles, as opposed to the instant dorm-room variety. Each region has their own unique way of preparing ramen. In the north, a fish broth is used, while in the south the soup is pork and miso based. Nomura is from the east, near Tokyo, where the ramen contains soy sauce. If you want a taste of true Japanese ramen, Nomura suggests checking out Kitikata, located at 20 East Golf Rd. in Arlington Heights.

In Japan as well as in the U.S., ramen is much more than just a part of the diet, it is also a part of the culture. References to the food are common in manga, such as *Norutu*, in which characters often use a bowl of ramen in the same way that the Three Stooges might use a cream pie. In the United States, the parody religion of Pastafariansism uses the word "ramen" to end their prayers.

If you are interested in trying out exciting ramen recipes (such as Hyperactive Candied Choco-Ramen) and more information regarding ramen noodles, visit the Official Ramen Home Page at www.mattfisher.com/ramen.

Chili Frito Pie Ramen Style

4 package ramen noodles (beef or chicken flavor)
2 cans chili
1 or 2 polish sausages
25 Frito chips

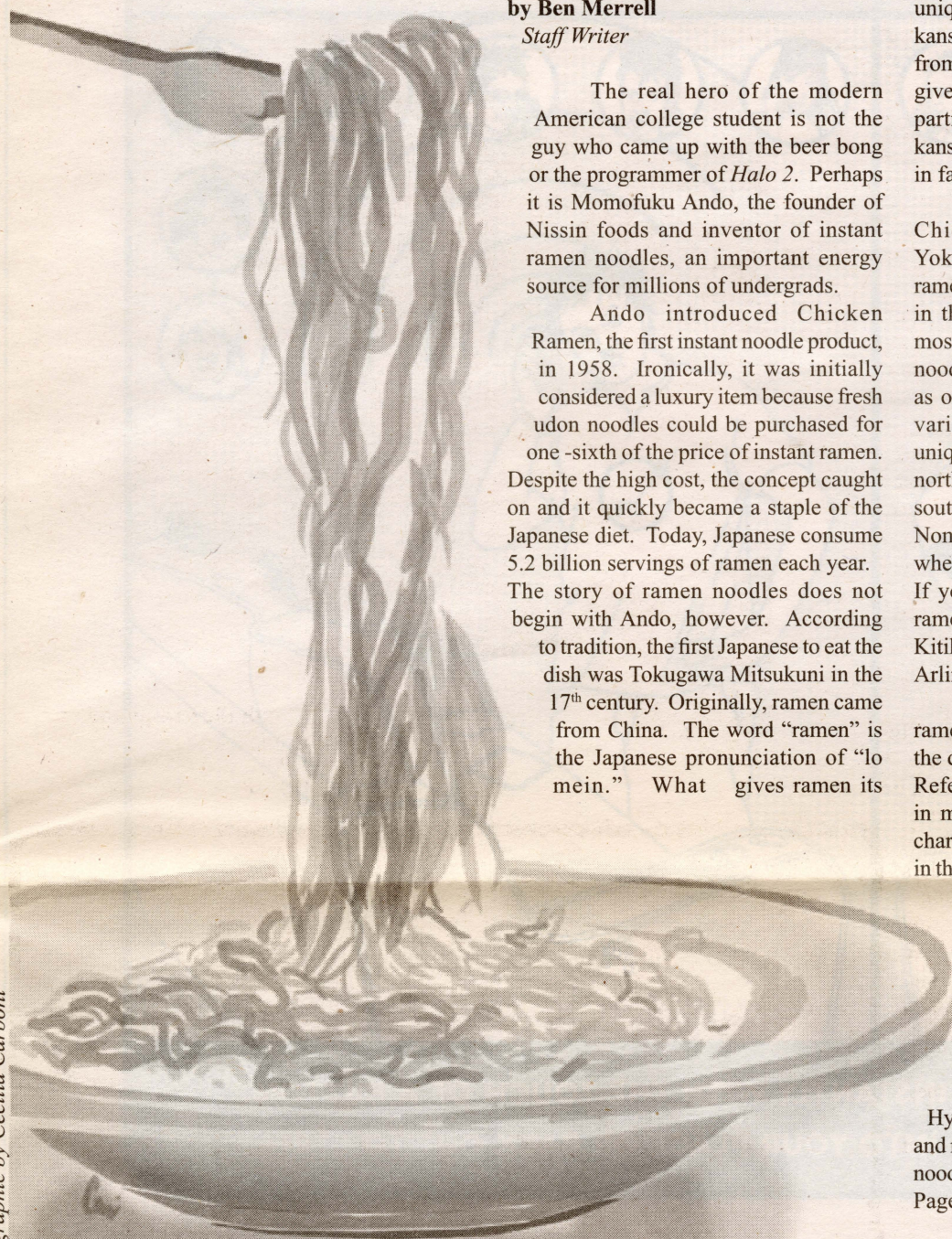
Make noodles as directed on package, without adding seasoning package. Drain noodles and set aside. Heat 2 cans of chili in a pan. Add ramen seasoning package while heating chili. Cook polish sausages in a microwave. Chop and add to chili sauce, then mix with noodles. Serve on a plate with Frito chips.

Hyperactive Candied Choco-Ramen

1 package ramen
1/4 cup brown sugar
1/4 cup chocolate sauce
Powdered sugar
1/2 teaspoon vanilla (optional)
Whipped cream (optional)

Fill pot with 2 to 3 cups of water, and mix in 1/4 cup of brown sugar. Also add vanilla, if desired. Cook ramen block when sugar-water boils. Cook until noodles are soft. Strain ramen until most water has left the pot. Pour in a few dashes of brown sugar and chocolate sauce. Mix well. Place on plate and sprinkle with powdered sugar. Add whipped cream if desired.

graphic by Cecilia Carboni



by Elana Barron
Associate Editor

"Run, Manning, run!" the slightly overweight, middle-aged man yells as he jumps off the couch, knocking over the beer and bowl of potato chips that are resting on his oversized stomach. Luckily, Manning hears this encouragement and makes it safely into the end zone with the football.

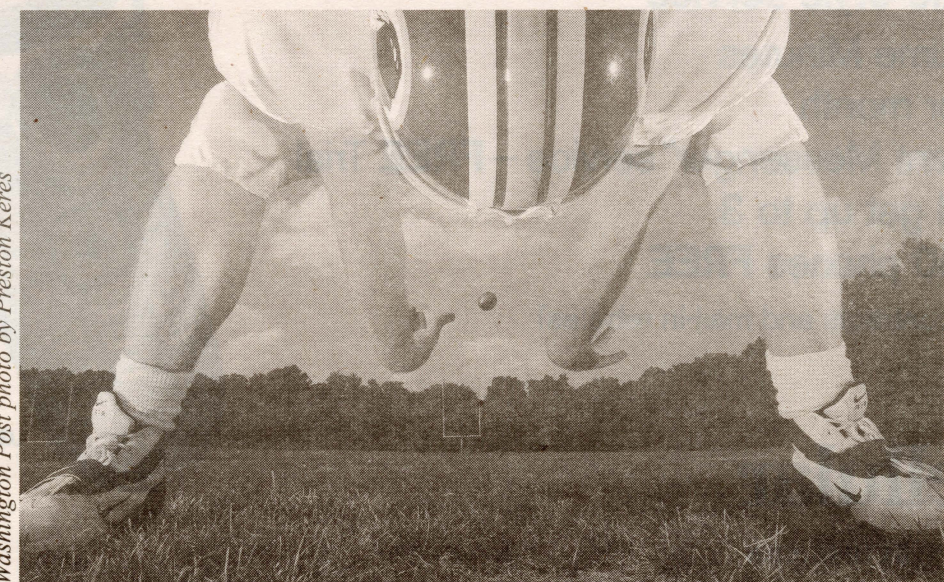
The man eases himself back onto the couch, exhausted, but thankful he was there to help Manning in this vital point in the game. As he wipes the sweat from his brow, he mentally adds six points to his total for the week. As the camera zooms in on Manning, Manning winks at him, as if to say, "this one was for you."

This man is one of many who have joined fantasy football leagues. In this fantasy world, a bunch of fans join together to form a league. They conduct a draft in which they take turns picking individual players in the NFL for their personal fantasy team. Throughout the season, every touchdown, run, and pass their NFL player gets gives them points. Whoever has the most points in the end of the season not only wins, but receives substantial proof that their knowledge of football is unparalleled among their peers.

Participating in fantasy football obviously requires a bit of skill. There

Fantasy football

More than just a fantasy ... to some



Create your own fantasy team; it's a snap.

is an extreme amount of knowledge and research that goes into forming one's team and deciding which NFL players to draft. These fans often spend more time deciding whom to draft than they have (or will) spend on deciding whether to propose to their

significant other.

However, these hard decisions do not end at the culmination of the draft. Throughout the season these fans are faced with tough decisions, decisions that are so crucial that the rest of their life must be put

on hold as they research their options. For example, as they try to decide which NFL player to play one week, they will look at statistics ranging from a player's stats when playing against a certain team to his stats on playing on turf versus grass. There are even stats that figure in how these players perform at certain altitudes. Many who participate in fantasy football can dwell over these statistics in their sleep.

As you can see, a great deal of work goes into creating one's fantasy team. These fans will spend more hours on their fantasy team than they spend on their jobs. This work is not for nothing.

As sports writer Andy Richardson points out, these fantasy fans watch the games, they hear the players speak to them: "I ran over that official and did that sweet touchdown dance for your benefit"—all because this fan had "faith in them."

It is not simply that playing fantasy football is the closest these fans will ever get to playing the sport—even though it is—but in a way they are playing the game. They have a hand in every touchdown, pass, every carry, and every field goal. To the fans, their decisions, faith, and encouragement yelled at the television helps the NFL players succeed, and these fans' effort is rewarded with fantasy points.

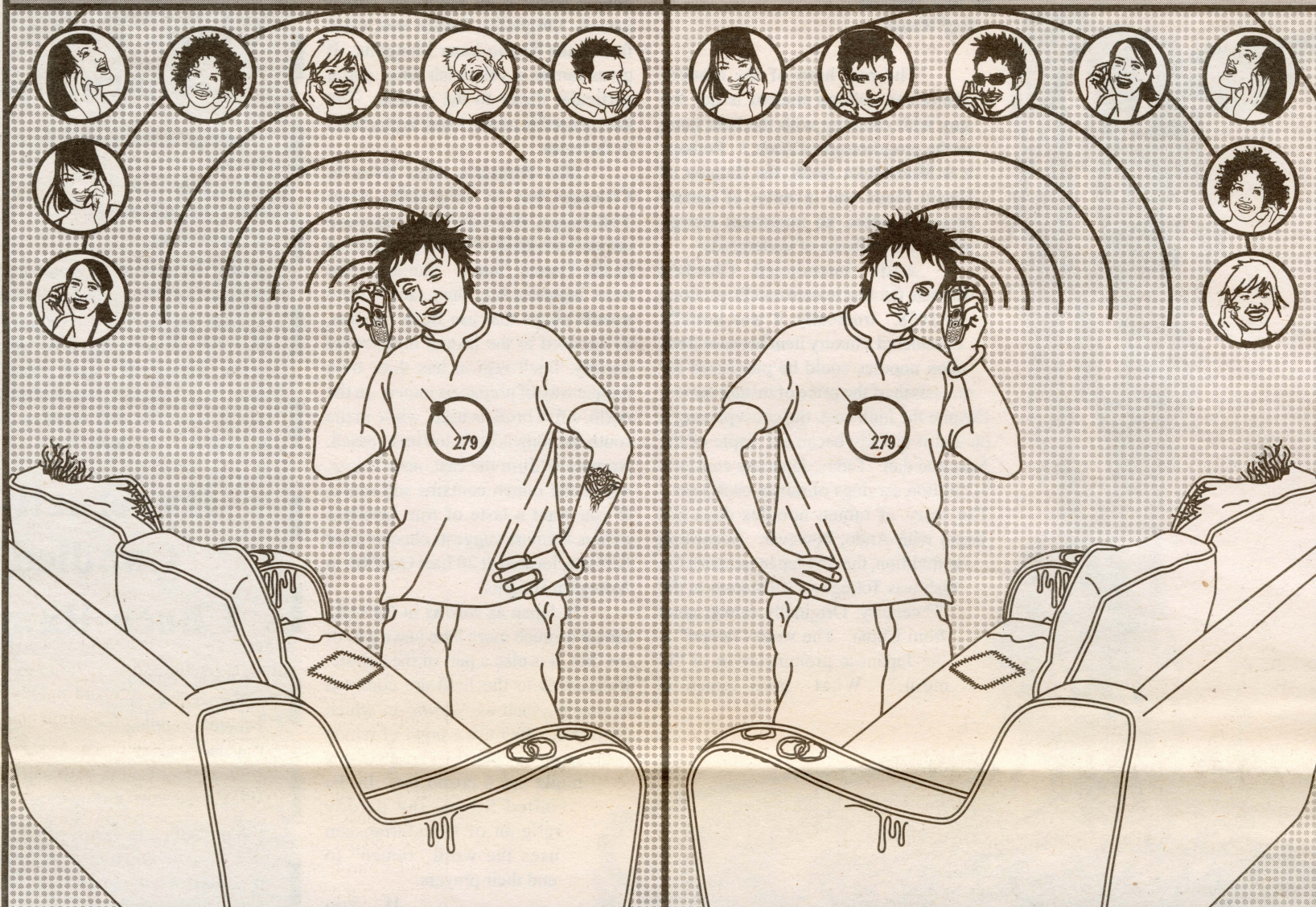
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ADD is not just for kids

Attention Deficit Disorder, an adult reality

by Jessica Moen
Senior Staff Writer

How many times have you not paid attention in class and have been told, "You must have Adult ADD," also known as Attention Deficit Disorder. Well, you might actually have it; it is a real disease!

Most people think that only children have ADD, and if adults have it, then they are just lazy. ADD is in fact found in lots of adults, and the majority of them have no idea they have it. A lot of adults had the disorder as a child and believe that they "outgrew it." Unfortunately, you don't always outgrow it, and it may just last through your adulthood.

The most common symptoms of Adult ADD are lack of focus, disorganization, restlessness, difficulty in finishing projects, misplacing things, and of course, having trouble concentrating on anything for a long period of time.

You may notice that you are suddenly not doing well at work or school, you go into another room and continuously forget why you went there, and your friends are

slowly getting annoyed by you because you forget about them and important events all the time. If any of this sounds familiar, you may have Adult ADD.

Don't worry, though, there are several treatment options available that will help you cope with the problem. One good treatment is counseling, either professional or not. Sometimes all you need is to talk to someone and have him or her reassure you that you can succeed and help you get organized.

There are also medicinal treatments, in the form of medication, available. Strattera is one that has been around for three years. Ritalin is not recommended for adults since it actually has a reverse effect on adults, such as making them more hyper as opposed to less. Of course, every drug includes various side effects, and you should always contact your doctor before taking any medication.

So, before you decide you have ADD, think: how long have you had these symptoms? If you had them for several years (even since childhood) then it might be something to worry about. Also consider whether or not it is affecting your life in a large way, or if it is simply "a little annoying tick." Consider everything before rushing for treatment.

Sources:
www.adultADD.com
<http://www.add-resources.info>



image by Cecilia Carboni

Fitness Matters

Time for a New Year's resolution

by Michelle S. Thall
Special Contributor

From an academic standpoint, we've just begun a new year, so it's the perfect time to make a resolution. Make this the year you'll finally do it! Get in shape, lose the weight, build the muscle, eat right, or just plain become the healthiest version of you that you can be right now!

How? Keep reading....

People set goals all the time but often don't achieve them because they only take the first step: setting the goal itself. Don't stop there. Follow these four simple steps to success:

1. Make a commitment

Make your goal real. Write it down and put it somewhere you will see it often. Good places to post fitness goals are the refrigerator and the mirror. Choose a reward that you will give yourself when you achieve your goal, like a new bathing suit for vacation or some new sports equipment.

2. Identify obstacles

Brainstorm a list of everything that will get in your way as you try to become the new you. In terms of fitness, this list might include school and work responsibilities getting in the way of working out, or friends who corrupt you into eating and drinking more than you should. For each item on your list, write down how you will overcome that obstacle. Enlist friends and family to help you keep your resolve.

3. Create an action plan

This is the fun part! You create your fitness plan. If you need to lose weight, your plan should address eating and exercise. If you want to bulk up, your plan should include specific muscle groups, exercises and progressive weights. Think about resources that can help you, such as books, magazines and a visit to your NEIU Personal Trainer. You may want to join a weight loss group or design a schedule that includes your favorite group exercise classes. Get detailed here; create daily and weekly plans. The more specific "To Dos" you have in your action plan, the closer you will come to achieving your goal.

4. Evaluate progress and revise

Regardless of your goal, remember to do some reality checks. Are you encountering obstacles you didn't anticipate? Did you pull a muscle and have to forgo a number of workouts? Or are things going better than you thought, and you want to "pump up" your goal? Either way, you should revise your goal as necessary to reflect your current reality. Remember, revision does not mean failure.

These four simple steps will not only get you started, but they will help you stay focused and deal with setbacks when they occur. And don't forget, when you reach that goal, reward yourself!

Michelle S. Thall, M.S., is a HPERA Instructor EXSC Graduate Advisor & Group Exercise Instructor.

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Around Campus



Monday, September 12
"Ferris Bueller's Day Off"
 80's Music, Games, Fun and Food.
 10:00 a.m.-4:00 p.m. in Village Square
 and B Courtyard

Sweet Corn. 10:00 a.m.-4:00 p.m. or
 until corn is gone on the B terrace
 across from the Student Union.

"Night Court" Evening Information.
 4:00 p.m.-7:15 p.m. in Fine Arts Building
 First Floor

Tuesday, September 13. "Celebration"
 by Kool & the Gang. Student
 Organization Fair from
 10:00 a.m.-4:00 p.m. in Village
 Square

Wednesday, September 14
"Nothings Gonna Stop Us Now" by Starship.
 Student Organization Fair from 10:00 a.m.-
 4:00 p.m. in Village Square.

Two efforts, SGA & others adopting Ocean
 Springs, MI. Driving supplies in a truck
 donated from Midway Moving & Storage.
 Bringing money & supplies. The money will
 be split between Ocean Springs and transfer
 students from the affected areas on campus.
 Aid drive starts Monday, September 12.

Thursday, September 15
"A Different World"
 Campus Resource Information Day
 from 10:30 a.m.-1:30 p.m. Features
 Latin Jazz by Papo Santiago and
 Constitution Day Information. Located
 in Village Square.

Thursday, September 15 cont.
 Hispanic Heritage Month Kick-Off featuring
 Guitarist Adrian Miranda and Ensemble Espanol.
 1:40 p.m.-2:40 p.m. in Village Square

"Night Rider" Evening Information.
 4:00 p.m.-7:15 p.m. in Science Building East
 Lobby

"Fame" NEIU Talent Show. 7:30 p.m. Auditorium

Friday, September 16
"Physical" by Olivia Newton-John
 Campus Recreation Day. Games, Fun and
 "Dallas" BBQ. 11:30 p.m.-3:30 p.m. PE
 Building and Grounds

"The Tide is High" by Blondie
 Dive-in Movie featuring "Jaws."
 Starting at 7:00 p.m. in the pool at the
 PE Building.

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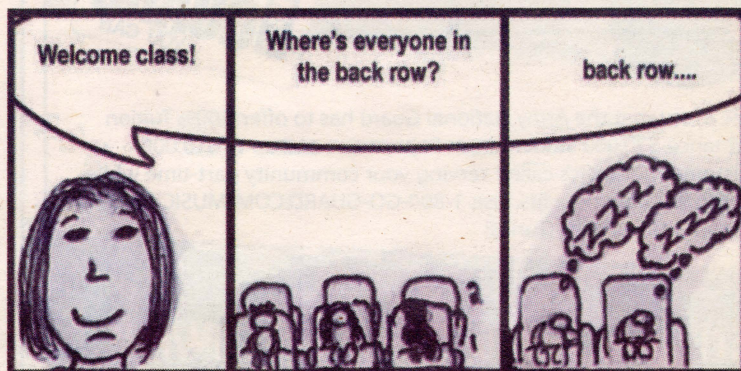
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