#### Northeastern Illinois University

#### **NEIU Digital Commons**

The Independent (1988-present)

**NEIU Student Newspapers** 

4-15-2014

#### Independent - Apr. 15, 2014

Jacklyn Nowotnik

Follow this and additional works at: https://neiudc.neiu.edu/independent

#### **Recommended Citation**

Nowotnik, Jacklyn, "Independent - Apr. 15, 2014" (2014). *The Independent (1988-present)*. 480. https://neiudc.neiu.edu/independent/480

This Newspaper is brought to you for free and open access by the NEIU Student Newspapers at NEIU Digital Commons. It has been accepted for inclusion in The Independent (1988-present) by an authorized administrator of NEIU Digital Commons. For more information, please contact neiudc@neiu.edu.

# INDEPENDENT

NORTHEASTERN ILLINOIS UNIVERSITY

Tuesday, April 15, 2014

www.neiuindependent.org

Vol. 33 Issue 15





# **Jackie Robinson**

The Anniversary of a legend's MLB debut

Page 11



# The Nitty Gritty on NestFest



GM can't recall who to blame on recall

Page 7

Page 14

# Courtesy NEIU Intervarsity Club

#### The NEIU InterVarsity Logo

Hey, NEIU students and faculty! My name is Alanna Bougher, and I am president of InterVarsity Christian Fellowship here on campus. We are a very welcoming community focused on experiencing Jesus and spreading his love all over campus. We do this because we believe Christ is actively working to make people new and offers abundant life on campus; we want

# President's Pen InterVarsity Christian Fellowship

to partner with him in doing that. I know that sounds intimidating, but you don't need to have any spiritual or religious background in order to come to any of our meetings; we welcome everyone to come check us out at the many different events that we hold.

InterVarsity is actually a nationwide campus mission, and they have chapters at campuses all over the United States. We have been on campus for about two years now, and staff from InterVarsity help plan different events and meetings. We are on campus almost every day. As president, I help provide ideas and support all of the different events that we put on every week.

Every Tuesday in LWH 3040 at 3:00 p.m., we hold an hour long meeting where we look at Scripture, discuss it, and connect with God

as a community. If you can't make it to that meeting, we have a meeting every day at 12:00 p.m. in the cafeteria called Breaking Bread. In these meetings, you can bring your lunch and hangout for fellowship and prayer amongst a small group. We have recently started a couple of new discussion groups as well, each focusing on a different topic such as dating and love, ethnicity and race and the arts. All of this information can be found on the many flyers posted all over campus.

We love meeting new people and spending time with one another. This past February was Inter-Varsity's winter conference, called Winterfest, for all of the Illinois chapters of InterVarsity. It was such a fun weekend, and I got to make new friendships, spend quality time with friends, and deepen my

relationship with God. I hope that more people can get the chance to experience the same things I did at Winterfest and at our events every week. This is something that anyone on campus can be a part of, no matter what.

If you are curious about God, or looking to deepen your relationship with Christ, InterVarsity is a great place for you. After just two semesters at NEIU, InterVarsity has taught me so much and continues to teach me new things about God and life in general. We really do offer a loving and safe community for anyone who wants it. Don't hesitate to stop by our info tables in the Student Union, Converge on Tuesdays, Breaking Bread, or any other of our groups on campus. We would love to meet you, and we hope to see you

# PSA: Preventing Bike Theft



If not properly locked, bike thieves can remove a bike from a stand

#### **Emmanuel Gonzalez**

Efforts to end bike theft at NEIU start with the bike riders themselves. With the coming of warm weather, the Independent sat down with Sgt. Schulz to discuss tips and useful information that is essential for every NEIU bike rider to know.

One of the first and foremost prevention methods is buying a good lock. Recommended are the Kryptonite U-shaped locks. In Schulz's 31 years of experience as a Chicago policeman, he has never seen a case where a bike has been stolen using that lock.

Secondly, it's important for bike

riders to get their bikes registered. Bike registration forms are at every Chicago police station, but NEIU students can find these forms at the local campus station. "If their bike gets stolen, we know what the serial number is, and it's already registered. I used to run serial numbers on bikes all the time," said Schulz

Another great tip is for bike riders to park their bikes on group racks located around the center of campus. Campus police are currently working towards getting more centralized bike racks at the school. Avoid parking bikes around the edges of the campus and un-

designated bike locations like stop signs, poles, fences, etc.

NOTE: Parking bikes on the fences and trees on campus is now a punishable offense, and offenders will have their bike taken to the campus police station where they will have to pick it up.

"If you see somebody by a bike rack that doesn't look like they're a student here, or you see somebody with bolt cutters, or you see somebody trying to remove a part of a bike, call us right away. The blue phones are out there or call the department right away, we'll be on it as fast as we can," said Schulz.

# LWH to Keep Name



Lech Walesa Hall faces Bryn Mawr Ave, making it one of the more visible buildings on campus

#### Luis Badillo

In a recent email to the university community, NEIU President Sharon Hahs announced that the name of Lech Walesa Hall will currently stay as is, despite a recommendation from the University Advisory Council (UAC).

The email was sent on Friday, April 4, 2014, saying "I have been impressed with the dedication of the members of the UAC, and with the achievements of this new council." President Hahs continued, "It is, then, with regret that I must communicate that I do not accept this recommendation."

On March 7, 2014, the UAC voted unanimously to recommend changing the name of Lech Walesa Hall. The vote was made after several professors spoke in front of the council, expressing concerns over Lech Walesa's comments on homosexuality in politics. The comments were deemed homophobic by the professors, and not in line with the views of the NEIU as a whole.

In the April 4, 2014 email, President Hahs said, "The motion itself

was unexpected. Its effect, if implemented, would be to terminate the carefully worked-out response by our University community a year ago to comments made by President Walesa."

In 2013, NEIU held the Lech Walesa University Dialogue event to respond to the comments made by the ex-president of Poland. "Confronted with an important issue, Northeastern responded in a manner we can all be proud of. The University, both as an ideal which embraces learning, and especially, as a university which is defined by its commitment to its diversity, is where one would expect difficult and important issues to be addressed in a thoughtful, collaborative, respectful, and innovative way. Northeastern lived up to that ideal and in doing so demonstrated the reality of its commitment to diversity," said Hahs in the email.

The next UAC meeting will take place on April 25, 2014. The deadline for requesting public comment is April 21, 2014 at 5:00 p.m., which can be placed at the NEIU.edu University Advisory Council page.

Photo by Luis Badillo

# Meet the New Student Government Leaders

Steven Villa

The election results for the Student Government Association (SGA) at NEIU are now in. President Brenda Bedolla defeated Khadiga Ahmed in the electoral vote 319 - 263. Running for Vice-President, Stephanie Garcia won against Michael Vargas 312 - 254. Treasurer Mervit Ahmed was elected with 496 votes and was running unopposed. Jessica Guillen was elected to Secretary and defeated Abrahim Harb 315 - 250. IBHE-SAC Representative Nicholas Martinez was elected with 504 votes, also unopposed. Student Trustee Amanda Slefo won the vote from Jonas Chavez 340 -244.

SGA Senators elected this year are: Alicia M. Mendoza, Melanie Betancourt, Debbi Rodriguez, Dayani Pieri, Tomas Uriostegui, Sabina Valencia, Amani Abutaleb, Jaliyah Ramos, Lindzy Staples, and Arnold

For the Council of Club (CoC), the new representatives elevated are: Ericka Maya, Emily Hosman, Diego Cruz, Tavia Rose Henderson, Pedro Nungaray, Eric Camacho, Dulce Garcia, Parisha Patel, Carla Ordonez, Cody Smith, and Jasmine Diaz.

The newly elected thanked students for their votes. "More than anything, we want to get more of the students involved with the SGA," said President Bedolla. "We want to let them know that this is

a place where they can voice their opinions and that all students are more than welcome to attend."

President Bedolla, Jessica Guillen, and Stephanie Garcia requested that the Independent print their email addresses and invited questions from students regarding issues or changes they would like to see throughout campus.

President Brenda Bedolla: b-bedolla@neiu.edu Vice President Stephanie Garcia: sgarci22@neiu.edu Secretary Jessica Guillen: Jessica\_glln@yahoo.com

#### Other SGA Business

After a call to order on Tuesday, April 8, 2014, Vice President of Student Affairs Frank E. Ross announced tentative plans for student and faculty involvement in the design of dormitories and mentioned the possibility of a four day work and school week in the summer. The executive branch reported that there was a low turnout in fund requests this year. The school has a remaining of \$24,000 from which clubs might request funding.

After ratifying the Senate, there was some discussion on the outstanding and controversial issue of the naming of Lech Walesa Hall, in which three cost-effective names were suggested including, Learning Wisdom Hall, Learning Works Hall, and Listening Works Hall.



All four members of the Golden ticket won executive seats. (from left to right) Stephanie Garcia, Amanda Steflo, Jessica Guillen, and Brenda Bedolla

University President Sharon Hahs recently announced via email that she would not accept the recommendation to change the building's name by the University Advisory Council saying "Its effect, if implemented, would be to terminate the carefully worked-out

response by our University community a year ago to comments made by President Walesa." The recommendation was made over concern of the Polish ex-president's comments targeting homosexual

The Student Government and

Senate have voiced their intentions to work with the LGBT community to find an equitable solution to the problem. After some discussion, the matter was tabled until more information can be presented.



# Make a Difference, See the World, and **Gain Valuable Skills**

**Grad school programs and** Federal job benefit too.

peacecorps.gov/openings Apply now for program choices!

> chicago@peacecorps.gov 1.855.855.1961

# A Cleaner and Greener NEIU

Christian Nivilinszky

Global warming and energy conservation may be a global problem, but at Northeastern Illinois University (NEIU), the effort to go green starts locally.

The Independent spoke with Green Fee Committee Chair Louie Georgopoulos to shed light onto how the Green Fee has contributed to NEIU. He also shared details of who exactly the Green Fee Committee comprises of as well.

What exactly happens to the \$3 that every student pays for the Green Fee? "That money goes into an account, and basically, the money is used to fund any ideas that students or anybody in the university community has in terms of having the university go more green, and going towards energy conservation," said Georgopoulos.

"Anybody can approach the Green Fee Committee. There is a pre-proposal stage that you can come in and verbally express your idea," said Georgopoulos.

He said that the Green Fee Committee has members of Facilities Management who can work with students to see if something can be installed or implemented on

The Green Fee has already contributed to a variety of NEIU environmental innovations. Georgopoulos said, "The water bottle refilling stations we have here, we've had them for about a year and we're going to get more of them on cam-

In addition to the water bottle



The solar panels on Building B can be seen from the third

refilling stations, the Green Fee as well as two members from the Committee has installed solar pan-

building B, which is a photovoltaic, where it uses the sun to create electricity," explained Georgopoulos. "And on the P.E. building, we have one used more to heat up hot water. So it can warm up the water for the swimming pool, and can use less natural gas."

As for future projects and ideas, Georgopoulos said the Green Fee Committee is interested in harnessing not only the sun for power, but possibly that of the wind using wind turbines.

To settle the curiosity as to "who" exactly is the Green Fee Committee, Georgopoulos explained that the committee is made up of several groups consisting of Facilities Management members,

Green Conservation group. "They were the people who spearheaded "We did two types of solar the Green Fee Committee," he said.

panels on main campus: one is on Students make up a portion of the committee as well. Every fall, students are given the chance to join through a university wide targeted announcement. "Depending on those applicants we select the person by going through the interview process and going through applications to get those people on [the committee]."

> "It's good because lots of things we do on campus come from the students and university community," said Georgopoulos. "It's a good way to get ideas heard."

> The next Green Fee meeting will take place at 3:00 p.m. on Thrudsay, April 17, in BBH 202. Students are welcome to participate.

In the April 1, 2014 issue of the Independent, Andreea Vasi's name was misspelled in her "Celebrating Servant Leadership at NEIU" photo credit. A caption used in the story "SGA Elections" incorrectly misspelled SGA Treasurer Ira Finkel's last name In the SGA election coverage feature, Provost's Richard Helldobler was incorrectly referred to as Frank Helldobler. The Independent apologizes for any confusion caused by the aforementioned oversights

# **Cancer Today**

Briana Soloman

Cancer is not the death sentence it used to be, but for many Americans, it's still one of the largest killers. In fact, according to a 2011 report from the Center for Disease Control, cancer ranks in as the number 2 cause of death in the United States, just under heart disease. With reports of new treatments ever present in media, the Independent takes a close look at the current state of the disease with insights from NEIU professors.

Dr. Cindy Voisine, professor of biology at NEIU, describes cancer, not as a singular affliction, but a collection of several diseases. "Cancer is one name for many different problems. Cells keep on dividing uncontrollably... they're not listening to their community [the other cells around it]."

#### **Risk and Treatment**

Dr. Shubhangee Mungre, professor of biology at NEIU, said, "People are more aware of risk factors for cancer and more people are living a healthier lifestyle." Media coverage has helped them acquire knowledge about this topic.

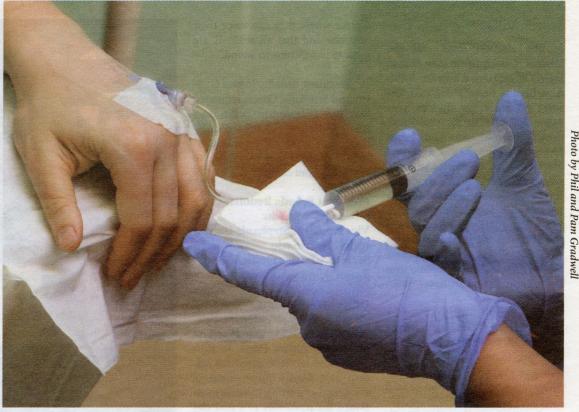
According to the National Cancer Institute, the causes for cancer include smoking, exposure to sunlight or other types of radiation, genetics, poor diet, and lack of physical activity. "Every cancer is different. There are hundreds of reasons for cancer," said Dr. Voisine. She also explained that the BRCA mutated gene occurs in breast cancer, and 50% of all cancers have a P53 mutation which is located on the 17th chromosome.

"Cancer cells develop resistance to drugs and do not respond to therapy. New immunological approaches are being developed and used for some such cases. The patents' immune cells are collected, modified to recognize and destroy cancer cells specifically, so that normal body cells are not harmed," said Dr. Mungre.

#### **Hitting Close to Home**

Cancer is not always facts and figures; it affects the person's lifestyle and the person's family. Dr. Mungre said, "Cancer affects all aspects of life. The medical problems related to cancer, [the] side effects of treatments can affect the outlook of the patient." She said, "People may get depressed, stressed and anxious... Also, the family, along with the patient, the primary caregiver is affected as well."

This can be attested by Dr. Paloma Vargas who works in Student



Chemo therapy still remains one of the most common ways to fight cancer

Center for Science Engagement. "My mother was diagnosed with stage III breast cancer a year ago. So, the diagnosis was a big shock and unexpected," said Dr. Vargas. "My mom is fairly young, so this was very surprising, and it felt like it came out of the blue."

Dr. Vargas continued, "I think being diagnosed with breast cancer is when you find out who your friends really are and how much your family members really love you. It changes; having cancer changes the dynamic of any relationship."

#### Seeking Help

Cancer, if caught early enough, is largely treatable. That's why organizations such as the World Health Organizations (WHO), the Ameri-

can Cancer Society (ACS) and the National Cancer Institute (NCI) all encourage regular checkups. According to the ACS's website, "Treatment works best when cancer is found early—while it's still small and is less likely to have spread to other parts of the body. This often means a better chance for a cure, especially if the cancer can be removed with surgery."

# El Centro of Attention



The El Centro building model

#### Ashley Campbell

There's been quite the buzz about the new El Centro building's unique design elements and its placement along the Kennedy Expressway. Architect Juan Moreno said he and his firm set out to not only bring attention to the new location but to put NEIU on the map as an iconic Chicago landmark.

The new home of El Centro is located at 3390 North Avondale, right where the Kennedy bends.

During the initial planning stages, city officials were concerned that the noise created by the expressway would disturb students. Moreno created a design that protects the learning environment by using soundproof glass. "You don't hear the sound until you walk out-

side," said Moreno.

Sun-shading fins will be affixed to the soundproof glass to make up the outside of the building. The fins will be blue on one side and gold on the other. Crain's reporter Dennis Rodkin described the site as receiving "two glimpses of the same building."

With about a half a million commuters traveling inbound and outbound the Kennedy each day, Moreno wanted to explore the building as a full day experience for drivers.

While driving inbound on the Kennedy in the morning, drivers will experience the gold fins only. When leaving at the end of the day, drivers will see the blue fins. "In that time frame, [drivers] have just experience branding of the univer-

sity," explained Moreno. He referred to this experience as NEIU's "movie trailer" or "teaser."

"When drivers off the Kennedy see classes going on at all hours and days, we hope that they'll learn that Northeastern serves both traditional nontraditional students and investigates their educational needs and goals to see how we can help them," said Chief Communications Officer at NEIU and Director of University Outreach Erika Krehbiel in an email to the *Independent*.

Messica Bandera, a sophomore Spanish major at NEIU, is concerned that people aren't familiar enough with NEIU's school colors to recognize that it's Northeastern, but thinks it's a good idea to get the building noticed.

"Highway marketing is becom-

ing huge," said So Ahmed, a junior Accounting major at NEIU. "Think about how many people will see it gridlocked in rush hour traffic [sic]."

"This building can't be bashful," said Moreno. "It can't be a suburban solution where the parking lot takes prominence and then the building sits in the background. That's not what this is about."

Moreno toured the current El Centro facility on 3110 N. Pulaski Road and spoke with students and staff members to jump start his planning. "It was fascinating to hear about the legacy of the university," said Moreno. "There's a great pride of the students who go there, and there's so many wonderful results that are happening from the students"

Moreno was inspired by how the university recognized the need to give El Centro students more than leased space from a high school to continue producing those results.

"This is a \$28.5 million endeavor that invests in the students," said Moreno. "You just don't hear many stories like that."

Crain's reporter Dennis Rodkin also referred to the building as a "marker building" while being interviewed on WTTW's "Chicago Tonight."

"The city has this unbelievable legacy with architecture," said Moreno. El Centro can be an introduction to that legacy, according to Moreno.

"People will have to engage with it; they must acknowledge its existence, and it'll get them asking the question, 'What is this?'" said Shayne Pepper, CMT professor at NEILI

The current El Centro location serves as a multicultural center, providing education programs, bilingual, English and Spanish outreach programs as well as its Community Education Program to the Latino community.

Moreno described the new reception lobby as a "canvas for the community to use."

"This past year, the University has signed a number of Memoranda of Understanding (MOU) with area community and non-profit organizations as a way to formally communicate our commitment to welcoming the community," said Krehbiel in response to how NEIU will invite communities to the new location.

Northeastern currently has MOUs with organizations such as the Korean American Services Center, La Casa of the Resurrection Project, and Family Focus with future signings planned in May with the Albany Park Community Center and the Latin United Community Housing Association, according to Krehbiel.

Moreno is President/Founder of JGMA (Juan Gabriel Moreno Architects), a firm that is very involved in education and the Chicago Latino community. He credits his Project Manager Cosmin Vrajitoru and Project Architect Michael Cady for El Centro's success thus far, team members who have been on the El Centro project from day one, according to Moreno.

# ADVERTISEMENT

# HELP WANTED

The *Independent* is looking for students who are interested in joining the ranks of Northeastern Illinois University's best newspaper. The *Independent* has been in publication for more than 50 years and reaches 3 Chicago area campuses.

Interested students may:
email NElUindependent@gmail.com
call (773)443-4577
or visit room E049 (right by the student lounge)
Meetings at 3:00pm on Tuesdays
Applications available at E049 or visit http://tinyurl.com/NeiuIndieApp to download one

# POSITIONS AVAILABLE

# **News Writers**

Ability to analyze and collect information, conduct interviews, write in a non-bias form, adhere to journalistic standards and values (familiarity with AP style or other news writing styles is preferred.) Paid per article.

# **Production Staff**

Familiarity with visual media, graphic design rules, creativity with page layouts.

Experience with Adobe InDesign is strongly preferred. Paid per issue.

# Ad Manager (Fall 2014)

Needed for marketing of newspaper to local and in-school organization. Availability and communication with newspaper staff required. Paid per hour.

# **Copy Editors**

Detail oriented staff needed for editing of stories. Familiarity with grammar, punctuation, and AP style strongly preferred. Paid per article.

# 



#### **Editorial Board**

Editor-in-Chief Jacklyn Nowotnik

**Production Manager**Brisa Becerril

News Editor Luis Badillo

**Opinions Editor** Sergio Almodovar

**Sports Editor**Matthew Greenberg

Arts & Life Editor Ashley Campbell

Copy Editors Chris Samson Andreea Vasi

Production Staff Nicholas Joly Alicia Singer

Staff Writers
Sayra Cruz
Emmanuel Gonzalez
Daniel Gutstein
Harry G. Karadimos
Andrew Lopez
Mario Mayorga
Christian Nivilinszky
Andrew Pappas
Alan Pearson
Janice Salas
Samia Siddiqui
Peter Targos
T'nekia Young

Marketing Director Debbi Rodriguez

Business Manager James Fuentes

The Independent is a public forum for the university and community around Northeastern Illinois University. The Independent is completely student run and receives no prior review of its content by anyone other than its student editors.

The Independent is published every other week except during summer and semester breaks.

Deadlines are eight (8) days prior to the issue in which a contribution is to appear. Views expressed in letters are those of the university comunity and not those of the Editorial Board.

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

The Independent is a member of the Illinois College Press Association and Associated Collegiate Press.

The Independent Northeastern Illinois University Room E-049 5500 N. St Louis Ave. Chicago, Illinois 60625 773-442-4577

neiuindependent@gmail.com neiuindependentadvertising@ gmail.com www.neiuindependent.org

# Sebelius v. Hobby Lobby: What it means for Employees in the U.S.

Alicia Singer

Hobby Lobby is suing U.S. Secretary of Health and Human Services, Kathleen Sebelius, for a religious exemption to the Affordable Care Act's (ACA) "contraceptive mandate," which states that companies must make access to birth control available through their health insurance programs.

CEO David Green runs Hobby Lobby with his wife and children according to evangelical Christian principles, including the belief that "life starts at conception." It is on this basis that they object to four kinds of contraception.

The company already covers 16 of the 20 forms of contraception that the ACA requires. The Green family objects to Plan B One-Step, Ella (another emergency or "morning after" contraceptive) and two kinds of intrauterine devices (IUDs), which they believe are "abortifacients," or abortion-causing drugs.

Emergency contraceptives and IUDs generally work like regular birth control: they prevent sperm from fertilizing an egg. As with any form of birth control, there is still a small percent chance of failure, which means that an egg could still be fertilized. In this case, these

types of contraceptives also attempt to prevent the egg from attaching to the womb.

Recently, reports have surfaced that the company's 401(k) retirement plan has invested \$73 million in pharmaceutical companies that make emergency contraceptives and IUDs, as well as drugs that are made to induce an abortion.

The U.S. Supreme Court will decide whether or not a for-profit business can opt out of providing birth control under the Religious Freedom Restoration Act of 1993 (RFRA), which states that the government "shall not substantially burden a person's freedom of religion."

In addition to seeking a religious exemption to the law, Hobby Lobby may exercise another option within current law. The ACA allows companies to opt out and discontinue its health care program and pay a tax of \$2,000 per employee. Between the 16,000 full-time employees and the 12,000 part-time/ seasonal employees, that would come out to \$56 million. This would be a substantial burden to put on someone, but the Hobby Lobby is not a person, it is a corporation.

Courts have been hearing cases for "corporate personhood," or the



Plan B Pill

belief that businesses deserve the same rights as people, since 1819. According to the Supreme Court's January 2010 ruling on Citizens United v. Federal Elections Commission, contributing money to politicians and political action campaigns is free speech, and a corporation is entitled to the same First Amendment rights as anyone else.

Hobby Lobby is using the Citizens United v. Federal Elections Commission ruling to argue their case. If a corporation is entitled to free speech under the First Amendment, then freedom of religion could be next.

The RFRA was created to protect people, particularly members of minority religions, from religious discrimination. If the Supreme Court rules in favor of the Hobby Lobby, it could create unfavorable

working situations for people who practice a different religion than their employers.

The precedent of such a ruling could also lead to discrimination of potential employees based on; race, sex, sexuality, lowered wages, forced prayer breaks at work, unpaid religious holidays, or any number of things that a company may claim are either required or forbidden by its religion.

If the Supreme Court rules in favor of Hobby Lobby, giving it the same freedoms of a person, what will happen if an employee's religious values conflict with a company's views? There is more to this discussion than whether Hobby Lobby will win or lose; this could change the rights of employees throughout the nation.

# Fast Food Dystopian Nightmare: How It Affects You



An example of what a \$3.50 meal looks like

#### Michael Dunavant

Last year, Ed Rensi, the former CEO of McDonald's, said that a minimum wage of \$15 an hour would "kill jobs" and put up to 20 percent of food service small businesses out of business.

Keep in mind, most of the fast food restaurants we see every day in America aren't owned by the corporations that they're named after; they're owned by people who buy a franchise and have to pay a percentage of their sales to the corporation.

These franchise owners want a safe investment. They don't want to take the risk of trying to come up with an original idea for a restaurant, so they either get a loan or

pay anywhere from \$300,000 to \$2 million for a corporation (Burger King, Taco Bell, Papa John's, McDonald's, etc.) to teach them how to make and sell the food and drinks that Americans buy. Afterward, they get to put a big colorful sign on the building.

The corporations benefit from having control of the businesses with limited financial risk. It's the franchise owner's liability if the business is shut down, doesn't make money or is found guilty of scamming employees' paychecks.

The franchise owner gets the benefits of selling a product that is cheap to make, where it is cheap to employ workers and is delivered at a cheap cost by the corporations. The corporations provide everything the franchise needs (food, packaging, uniforms, etc.) at an extremely cheap price because they own the farms, slaughterhouses, fleet of trucks and all forms of production.

The recurring motif, if you haven't caught it by now, is cheap-

Wealthy economic journalists on TV and in newspapers will say you would have to pay a whole dollar more for your burger if the minimum wage was increased, or that the fast food businesses would have to get rid of workers to make up for the loss in profits.

They might even have to go out of business.

I want them to go out of business. These businesses don't provide workers with livable wages or customers with a quality product. They hurt our communities.

Maybe if 20 percent of these businesses closed, our society would see a drop in diabetes, stroke and heart disease. A 2009 study by the "Annals of Neurology" found that every single fast food business in a town coincided with a 1 percent increase in the risk of having a stroke.

Even if closing businesses hurts the unemployment rate, the people who work and eat at these businesses are already suffering.

Fast food businesses take advantage of inequality in America. So many people are broke and jobless at this point that it makes living as a fast food employee in poverty feel like something normal.

The fast food industry and all of its mechanisms are meant to make every worker disposable and cheap to replace. But really, it's the fast food business itself that is disposable, not the workers.

# **General Motors Announces Overdue Recall After Thirteen Killed**



2007 Chevrolet Cobalt one of the cars recalled by GM

Steven Villa

Imagine cruising, high speed down the interstate, 73 miles per hour, windows down, the wind blowing in your eyes, five miles to Gary Indiana, next exit.

Imagine cruising. High speed

down the interstate. 73 miles per hour. Windows down. The wind blowing in your eyes. Five miles to Gary Indiana. Next exit.

A jolt runs through your car from a bump in the road. The steeryour hands now feels heavy; a dead

weight. You panic. The brakes are out. The wheel won't turn and you and your car are in free-fall, careening towards the metal railing at the side of the road.

Your car hits the railing and the ing wheel, once lithe and graceful in airbag fails to activate. The power never made it there. Your forehead

hits the steering wheel at 73 miles per hour, splitting the skin like grapefruit and smashing your brain against the cap of your skull.

You were a fatal victim of a simple error, a mistake involving a tiny spring operating within the ignition switch of your car. According to General Motors (GM) spokesman Alan Adler, in an interview with Kelsey Mays of Cars.com, anything from putting too many keys on your key ring to hitting a rough patch of terrain can put the ignition switch into the off position, which can affect, "items like [airbags] power steering and power-assisted

GM's own website warns that, "your ignition switch may move out of the 'run' position, resulting in a partial loss of electrical power and turning off the engine..." and, "This risk increases if your key ring is carrying added weight (such as more keys or the key fob) or your vehicle experiences rough road conditions or other jarring or impact related events."

GM's 2005-2007 Chevrolet Cobalt or Pontiac G5; a 2003-2007 Saturn Ion; a 2006-2007 Chevrolet HHR; a 2005-2006 Pontiac Pursuit; a 2006-2007 Pontiac Solstice; a 2007 Saturn Sky; or a 2008-2010 Pontiac Solstice, Saturn Sky, Chevrolet Cobalt, or Chevrolet HHR, have all been recalled in response to

This is an issue that has taken the lives of at least thirteen people. And all that it takes is a small plastic model of Snoopy dangling from the end of your keychain.

What makes this case an inexcusable offense is the amount of time that the situation took to be dealt with. The list of affected cars runs from 2005 to 2011; and according to official investigations into the matter, the problem has been understood since at least 2003 when a GM engineer filed a report announcing that it was fixed.

In 2005, a Maryland teenager was killed after her airbag failed to activate after crashing into a tree. When faced in the same year with the revelation that a huge number of their cars were suffering from the same problem, a gallery of GM's upper management decided to ignore the problem, the cost of replacing the faulty springs considered too great for remediation.

# Belle Knox:

# A Feminist in the Porn Business

Harry G. Karadimos

It has been about seven months since pro-porn feminist crusader Belle Knox entered the sex industry and began making X-rated videos for producers like Adam & Eve, Facial Abuse, Babes, Teen Fidelity, and Reality Kings.

Unlike most sex-based performers who simply blend into the background of a multi-billion dollar male dominated sex-trade, Knox, an outspoken Duke University student who has received viral international media attention via outlets like CNN and the BBC, claims to be a feminist sex worker.

In a recent interview with Time she said, "Feminism means I can take ownership of what I enjoy sexually and that sexuality does not have to determine anything else about me. You might. But I will not...feminism is not a one size fits all movement."

Her views contrast the views of Gloria Steinem and Andrea Dworkin who have, in the past, written that porn is violent and it promotes the subjugation of women. Although Steinem in a Huffington post interview has stated, "Porn means female slavery. Erotica is something quite different. Eros means love and free choice."

Still, Steinem has not shown where the line between porn and erotica is to be drawn.

In Dworkin's book "Men Possessing Women," she writes about a 13-year-old girl that was forced into prostitution where the pimps and customers made pornographic a weapon used by men to dominate and destroy women. But, is it fair to say that all women in the porn business were forced in front of the camera by pimps?

Knox seems to be agreeing with Steinem and Dworkin. In an interview with BBC News, Knox identified with the plight of other sex workers by stating that although millions of people consume porn, "Yet no one is willing to consider the lives of the people behind the camera. No one wants to hear about the abuses and exploitation that take place, no one wants to hear about the violence committed every day against sex workers, no one wants to consider that we have hopes and dreams and ambitions." In the same article, she claims she entered the porn industry to pay her annual \$60,000 tuition at Duke.

Knox is not the only porn star to make a big splash from the porn industry and into the international spotlight. In 1972, Linda Lovelace starred in a low budget stag movie called "Deep Throat." Whenever interviewed about the movie, Lovelace claimed that she was forced into prostitution and pornography which included a few films of her having sex with a dog. When referring to her stint in the movie Deep Throat, Lovelace expressed her bitter feelings by saying, 'When you see the movie 'Deep Throat, you are watching me being raped...They made a few bucks off me, just like everybody else."

In 1974 she made "Deep Throat

images of her. Dworkin saw porn as II." Lovelace died in a car crash back in 2002.

> The 1980's saw the rise of another troubled porn star named Shauna Grant who was a naïve, small town girl from Minnesota who made many adult movies produced by land sharks like cokehead Bobby Hollander. Grant committed suicide after contracting herpes, having an abortion, using cocaine with her producer Hollander, and experiencing an estranged relationship with her live-in boyfriend.

Like other porn stars of the past with troubles, Knox has admitted to cutting her left thigh because she was unhappy with her weight. She revealed the story behind the scars on her leg when Facial Abuse's Jimmy Hooligan asked her about the cuts right before she was slapped, choked, and spit on during one of his productions on a website he runs called Facial Abuse.

What is more symptomatic of a girl in trouble than one who is explaining to an abusive pornographer how she abused herself because of the way she felt about her self-image? Her scars can easily be seen in her videos and still shoots.

Despite her troubled past, Belle Knox has managed to appear on television shows like "The View" and radio shows like "Howard Stern" where she explained her dive into the sex industry.

Knox claims that she wants to graduate from Duke University and then go on to law school to become an attorney. What firm could she work for considering her X-rated



**Belle Knox Porn Star** 

past? This is questionable unless she starts her own business. Law firms would probably avoid hiring her because it would cause juries to discount her credibility.

Another problem she may not have anticipated is the fact that porn stars have short careers. How can she maintain her stardom long enough to make it through four years of college and three years of law school? In that seven-year period she would have to have sex with several hundred people, risk STD's, and over exposure which could lower her take home pay.

On the other hand, if Knox is fortunate enough, she could land higher salaries for her work because of her popularity and eventually get out of the sex industry as 1980's porn star Traci Lords did.

How Belle Knox's career develops in the long run is anyone's guess. Yet no one can deny that she is a troubled young lady who is articulate, ambitious, attractive, popular, and wealthy perhaps, yet headed down a very dangerous path as so many have trekked before her with cataclysmic results.

A LITTLE BETTER, THAT'S ALL! I WANTED TO CALL IT JIMMY JOHN'S TASTY SANDWICHES, BUT MY MOM TOLD ME TO STICK WITH GOURMET. REGARDLESS OF WHAT SHE THINKS, FREAKY FAST IS WHERE IT'S AT. I HOPE YOU LOVE 'EM AS MUCH Jimmy John AS I DO! PEACE!

OK, SO MY SUBS REALLY AREN'T GOURMET AND

WE'RE NOT FRENCH EITHER. MY SUBS JUST TASTE

ESTABLISHED IN CHARLESTON, IL IN 1983 TO ADD TO STUDENTS GPA AND GENERAL DATING ABILITY.



# SUB SANDWICHES

All of my sandwiches are 8 inches of homemade French bread, fresh veggies and the finest meats & cheese I can buy! We slice everything fresh daily in this store! It tastes better that way!

### #1 PEPE®

Real wood smoked ham and provolone cheese, lettuce, tomato & mayo. (The original)

#### #2 BIG JOHN®

Medium rare choice roast beef, mayo, lettuce & tomato.

#### #3 TOTALLY TUNA®

Fresh housemade tuna, mixed with celery, onions, and our tasty sauce, sliced cucumber, lettuce & tomato. (My tuna rocks!)

### #4 TURKEY TOM®

Fresh sliced turkey breast, lettuce, tomato & mayo. The original (Sliced cucumber optional)

#### #5 VITO®

The original Italian sub with genoa salami, provolone, capicola, onion, lettuce, tomato, & a real tasty Italian vinaigrette. (Hot peppers by request)

#### #6 THE VEGGIE

Layers of provolone cheese separated by real avocado spread, sliced cucumber, lettuce, tomato & mayo. (Truly a gourmet sub not for vegetarians only)

#### J.J.B.L.T.®

Bacon, lettuce, tomato & mayo! (My B.L.T. rocks)



# \* SIDES \*

- **★** Soda Pop
- ★ Chocolate chip or oatmeal raisin cookie
- ★ Real potato chips or jumbo kosher dill pickle
- **★** Extra load of meat
- ★ Extra cheese or extra avocado spread

#### **ORDER ONLINE @ JIMMYJOHNS.COM**

### FREEBIES (SUBS & CLUBS ONLY)

Onion, lettuce, tomato, mayo, sliced cucumber, hot peppers, Dijon mustard, yellow mustard, oil & vinegar, oregano.

# IMMA LOHNIC

Since 1983

GOURMET SANDWICHES

# **SLIMS**<sup>TM</sup>

Any Sub minus the veggies and sauce

- SLIM 1 Ham & cheese
- SLIM 2 Roast beef
- SLIM 3 Tuna salad
- **SLIM 4** Turkey breast
- **SLIM** 5 Salami, capicola, cheese
- **SLIM** 6 Double provolone

# **Low Carb Lettuce Wrap**

Same ingredients and price of the

sub or club without the bread.

# mama approved -

\* BOX LUNCHES \* \* PARTY PLATTERS \* \* PARTY SUBS \*

WE PREFER 24 HOUR NOTICE, BUT IF YOU CALL, WE'LL DO WHAT WE CAN TO MAKE IT HAPPEN!

**DELIVERY ORDERS will include a** delivery charge per item.

# THE J.J.

The original gutbuhstuh! Genoa salami, sliced smoked ham, capicola, roast beef, turkey & provolone, iammed into one of our homemade French buns, then smothered with onions, mayo, lettuce, tomato & our homemade Italian vinaigrette.

# GIANT CLUB SANDWICHES

My club sandwiches have twice the meat or cheese, try it on my fresh baked thick sliced 7-grain bread or my famous homemade French bread! Tell us when you order!

#### **#7 SMOKED HAM CLUB**

1/4 pound of real wood smoked ham, provolone cheese, lettuce, tomato & mayo!

#### #8 BILLY CLUB®

Choice roast beef, smoked ham, provolone cheese, Dijon mustard, lettuce, tomato & mayo.

### #9 ITALIAN NIGHT CLUB®

Genoa salami, Italian capicola, smoked ham, and provolone cheese all topped with lettuce, tomato, onion, mayo & our homemade Italian vinaigrette. (Order it with hot peppers)

#### #10 HUNTER'S CLUB®

A full 1/4 pound of medium rare roast beef, provolone, lettuce, tomato & mayo.

#### #11 COUNTRY CLUB®

Sliced turkey breast, real wood smoked ham, provolone, and tons of lettuce, tomato & mayo! (A very traditional, yet always exceptional classic!)

#### #12 BEACH CLUB® (>)



**ADVERTISEMENT** 

Fresh baked turkey breast, provolone cheese, avocado spread, sliced cucumber, lettuce, tomato and mayo!

#### #13 GOURMET VEGGIE CLUB®

Double provolone, real avocado spread, sliced cucumber, lettuce, tomato & mayo. (Try it on my 7-grain whole wheat bread. This veggie sandwich is really yummy!)

### #14 BOOTLEGGER CLUB®

Roast beef, turkey breast, lettuce, tomato & mayo. An American classic!

### #15 CLUB TUNA®

The same as our #3 Totally Tuna except this one has a lot more. Housemade tuna salad, provolone, sliced cucumber, lettuce & tomato.

#### #16 CLUB LULU

Sliced turkey breast, bacon, lettuce, tomato & mayo. (JJ's original turkey & bacon club)

#### #17 ULTIMATE PORKER™

Real wood smoked ham and bacon with lettuce. tomato & mayo! (This one rocks!)

# DELIVER! 7 DAYS A WEEK

TO FIND THE LOCATION NEAREST YOU VISIT JIMMYJOHNS.COM

"YOUR MOM WANTS YOU TO EAT AT JIMMY JOHN'S!"®



# SPORTS\*\*

# It's Baseball Time Again!

Peter Targos

After six months of being in hibernation, baseball is finally back and that puts a smile on every baseball fan's face, even fans who know their team has as good of a chance of making the playoffs as Sochi does of hosting the Olympics again.

The Chicago Cubs fall into the category of "we have no shot to make the playoffs, let alone be .500." Unfortunately, the Cubs have been this way for the last three years, and some fans are getting agitated over the slow rebuild. Supporters of the rebuild say people should have known this was coming, or that no general manager could make this organization a "consistent" winner in three years. I put the word consistent in quotation marks because that has been the goal since President Theo Epstein and GM Jed Hoyer took over baseball operations back in October of 2011.

Fast forward three seasons later and the Cubs are still the same head banging and nauseating team they were back then. Patient at-bats, bunting, hitting with runners in scoring position, effort and smart baseball are things that still plague the Cubs.

I have struggled to grasp how abysmal the play of the team has been over the last two seasons and six games thus far. Losing was expected—players not knowing how to play fundamentally sound baseball and not trying hard was not. Over the last two seasons, we have seen the talented, yet irksome, shortstop Starlin Castro make numerous brain farts. We have also seen average players like Luis Valbuena run out of the batter's box as if he had just hit a ball onto Sheffield Avenue.

Yet, despite these and other lapses occurring, there has been little accountability. The coddling of Castro and first baseman Anthony Rizzo needs to come to an end immediately. How can the Cubs ever get to the next step of their rebuild, and have sustained success, when a culture of losing and bone-headed baseball is tolerated? It cannot.

New manager Ricky Renteria is supposed to be a complete turnaround from his predecessor, Dale Sveum. A positive guy that has the smile of a salesman and the verbal skills of Rosetta stone, Renteria's patience will be tested, and tested, and tested.

And tested some more.

Part of the Cubs culture is negativity. It is obvious that the players and managers, over the years, have supported that theory. Part of the reason Renteria was hired was to maintain a positive upbeat attitude, even if the team is bad. Renteria can still do this, but he also needs to make it clear that lollygagging and little league baseball plays will not be tolerated. Sveum was supposed to have been the guy to change that, but he failed more miserably than Rizzo did last year with runners in scoring position.

The Cubs are not a good team. They will most likely lose another 90 games this season, causing more fans to be annoyed and wondering if and when the team will be good. It is clear that owner Tom Ricketts' checkbook is not as full as we once thought it was. Until the contemptuous disagreement between the Ricketts family rears its ugly head, the Cubs will be signing free agents like Jason Hammel.

So what does that mean? It means prospects like Javier Baez, Kris Bryant and Albert Almmora

negaayers
have
of the
as to
tude,
a can
ds to
and
I not
osed

need to pan out. At least one of those players needs to be a star and make a difference. It means playing guys like Mike Olt and Junior Lake every day is a must. And finally, it means that a culture of accountability must be established now—not in two weeks, not in July or next

year—now.

After the accountability and tone of the organization has been shifted, so should the win-loss results. Until then, more unbearable baseball will be coming. You're up, Ricky.

Courtesy of Major League Baseball

# The Blocks are Stacking up Quick



Mario Mayorga

The so-called rebuilding has begun for the Chicago White Sox, but so far they have shown more than that. They are not the same team from 2013. These Sox know what they want to accomplish this year. They have, arguably, the best pitcher in the league, this could be Paul Konerko's last year, they picked up a new power hitter in Jose Abreu, and everyone is trying to forget last year's dismal record.

Everyone wants to know if Jose Abreu was worth it. In the first seven games, Abreu has been good, but not great. He leads the team in RBIs and seems to have great control in placing the ball.

But can Sox fans trust any big hitters after Adam Dunn? It is quite hard to tell, but Abreu seems to carry a different vibe. It seems like he wants to show why he received a six-year, \$68 million contract. For White Sox fans, they know he should keep it going because the White Sox are known for their past of having great first basemen.

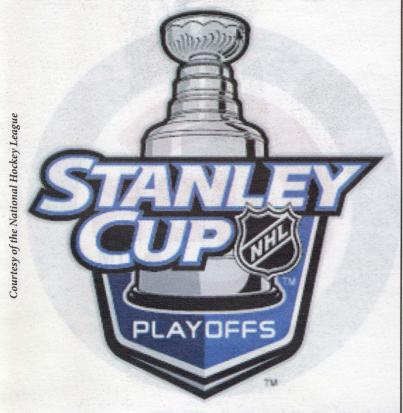
Pitching has been modest so far. Both the bullpen and the starting pitchers have had their ups and downs. Chris Sale might choose to finish the games himself just because his first two starts have been phenomenal. Looking ahead, the pitching staff should be great this year. Sale should be an easy 20 game winner as long as the run support is there, and the same goes for Jose Quintana, who has had 28 no-decisions since 2012.

John Danks will have a bounce back year, but it is a little too early to tell with Felipe Paulino and Erik Johnson. As for the closer, Matt Lindstrom was named for the first few games, but White Sox coach Robin Ventura might switch it up if Lindstrom continues to struggle. Sox fans should not expect the batting to be like last year. With a few new names in Abreu, Adam Eaton, and a full year of Avisail Garcia, the hitting should be bal-

In the first seven games, Tyler Flowers has been great. He leads the team with a batting average of .474 and an on-base percentage of .524. Alexei Ramirez is also having a great beginning to the season with a batting average of .440. It is too early to speculate who will be their most important hitter, but I believe with Eaton at the top of the order it should be easier for the Sox to score early in games.

As long as the White Sox keep playing together and believe in each other, the division title should not be hard to get. Konerko has even made a play which helped in winning a game. They just have to begin by beating their division foes.

# NHL Postseason Preview



#### Daniel Gutstein

Clear your calendars and subscribe to NBC sports network. The NHL push for the cup is forthcoming, and the new playoff format beckons before a league divided between East and West.

A season that began in October, stopped for three weeks in February for the Olympics, and saw five games played in the outdoor elements is just now hitting its stride. Wild Card contenders New Jersey and Phoenix are trying to sneak in, while in Chicago and Pittsburgh, perennial Cup contenders are seeking timely health and momentum.

As part of this year's realignment, Calgary and Detroit moved to the Eastern Conference and Winnipeg joined the West, leaving the Western Conference with two less teams than the East. Simple math reasons that Eastern teams face a tougher challenge to reach the postseason than their Western counterparts under the new alignment. But, as in many previous years, the West remains the more dominant and balanced league.

With less than a week left in the season, Boston and Pittsburgh are the only Eastern teams with 100 points. It's Boston, Pittsburgh, maybe Montreal - and everybody else. Meanwhile, Anaheim, San Jose, St. Louis, Chicago and Colorado all reached the century mark with time to spare in the Wild

The new bracketed playoff alignment stresses divisional play, with the second and third finishers in each division facing each other. Because seeds are no longer reformatted after each round, the second round is also designed for

division matchups.

As much as the new format seems to punish stronger divisions, such as the Central, this year's setup will be almost identical to what they would have been under the previous format.

As of April 9, the No. 3 Blackhawks will play the No. 2 Avalanche, a matchup that seems most unfair considering both teams will finish the season with over 100 points. But where would Chicago rank under the previous format? No. 5. Their opponents: the wouldbe No. 4 San Jose Sharks, now only two points behind Colorado in the overall standings.

The real "unfairness" lies in the unbalanced quality of the two conferences. Of the five high caliber Western teams-St. Louis, Chicago, Colorado, Anaheim, San Jose and Los Angeles—one is guaranteed to be eliminated in the first round. Montreal sits comfortably as the third best Eastern team. In the West, they would only be one point ahead of sixth place San Jose.

Despite the difficulty of the Western Conference and the somewhat lopsided nature of the East, do not discount the darkhorse candidates. Even the most unheralded teams can skate to glory. The 2010 Philadelphia Flyers are a prime example. They qualified for the playoffs with a regular season finale shootout victory, yet two months later they were Eastern Conference champions.

The best teams, the ones most deserving of the Cup, focus foremost on themselves, ignoring the adversities of imbalanced scheduling and the inevitably unjust refereeing. In the push to ultimate glory, skill and perseverance lead the way. A little luck is just icing on the skates.

# Will "King James" Remain Throne?



LeBron James (right) will need a healthy Dwyane Wade (left) if he is to three-peat

#### Andrew Pappas

As the NBA regular season winds down, eagerness rises in players, coaches and fans alike. The playoffs are approaching.

The first round of the playoffs starts this Saturday, April 19. The anticipation is building, though many first round series, especially in the Eastern Conference, are fairly predictable.

It has been said since the Derrick Rose injury and the slow start by the star-studded Nets that the Eastern Conference Finals will definitely be played by the Heat and Pacers. While the Heat will almost certainly play in their fourth straight Eastern Finals, the Pacers have shown serious signs of imploding. Depending on how the seeds fall, the Pacers could face the Bulls or Raptors in the second round, both teams that would have a chance of pulling off the upset.

Michael Jordan's Charlotte Bobcats made the playoffs for the first time since 2009-2010. They will join the Wizards and either Hawks or Knicks as the first three teams eliminated.

The biggest storyline in the East is, yet again, LeBron James and the Heat. James has continued his unimaginable efficiency at the offensive end of the floor, but Dwyane Wade's durability is an ongoing

Another concern for the Heat is Chris Bosh's infatuation with the three-point line. Bosh has attempted over 200 threes this season, almost three times as many as his previous career high. While the "stretch-4" has become a huge part of NBA basketball, the Heat do not have the front-court depth to allow Bosh to primarily be a perimeter player. If the Heat are going for the three-peat, Bosh and Wade need to be efficient and methodical on the offensive

The Western Conference, on the other hand, is stacked with talented, quality teams. Though the Spurs have looked unbeatable down the stretch while locking up the top seed, they have lost a first round series to an eight seed before (2011 vs Memphis), so anything can hap-

The Thunder, Clippers and Rockets are considered the other contenders in the West, but don't be surprised to see the high-scoring Warriors, Trailblazers or Mavericks put up a fight as a lower seed.

Most analysts predict a Thunder/Spurs Western Conference Finals. The Thunder are 4-0 against the Spurs this season, and are the only team in either conference that San Antonio failed to beat at least once.

When the dust settles, the Heat will probably be in the Finals. The big question is what Western Conference team will try to dethrone King James.



Dine in **Carry Out** Delivery

5285 N. Elston Ave. Chicago, IL 60630

ADVERTISEMENT

773-736-9434

#### Mr. V's NEIU Special #1

#### Two 18" Pizzas (1 topping) **ONLY \$27.99**

Shrimp not included. Additional toppings extra.

Please mention coupon when ordering. Not valid with other offers. Expires 4/30/14.

#### Mr. V's NEIU Special #1

# One FREE 10" Pizza

(1 Topping) With purchase of any 18" Pizza

Shrimp not included on 10" pizza. Please mention coupon when ordering. Not valid with other offers. Expires 4/30/14.



# **UConn Fights the Odds**

Alan Pearson

"Bittersweet, bittersweet." Those were Shabazz Napier 's words after the March Madness National Championship game, and I can relate. The tournament, and the most exciting month in sports, is over, but what a great month it was. Even though everyone's bracket is totally destroyed, you had to appreciate a Final Four like that. It's not only what happened on the court that made this year's tournament special, but what also happened off the court.

The first matchup consisted of (7)Connecticut vs (1)Florida. Even though UConn was the hot team, many believed this was Florida's game. Riding a 30-game winning streak, loaded with an experienced coach and many seniors on the team, there was no way that the smaller and less talented team was going to beat them. However, the last team to beat the Gators before their win streak: UConn.

After going down 16-4 early, everyone thought that there was no way that UConn could crawl back. But they came back by shutting down Florida for the rest of the half and hitting a barrage of threes to close the half out with a three-point lead.

After the half, UConn continued where they left off, draining

threes and smothering Florida's offense, holding them to 38 percent shooting and 1-10 from the three point line. UConn never looked back and won 63-53 to advance to their second national title game in three years.

The other Final Four game was between (8)Kentucky and (2)Wisconsin. Bo Ryan and his Wisconsin Badgers finally got over the hump and to make his first Final Four in his thirteenth season at Wisconsin. This was nothing new for Kentucky's coach, John Calipari, as he was trying to make it to his third national championship game.

This turned out to be one of the best games of the tournament. Wisconsin and Kentucky were going back and forth, lead change after lead change, until the final buzzer. Kentucky was down by two after Wisconsin hit two of three free throws. The Wildcats came down the court and seemed to have nothing planned until Aaron Harrison took a deep, contested three that dropped to the bottom of the net to give Kentucky a onepoint lead to seal the victory and advance to the National Championship.

Even though Kentucky won the game, they did not look good in the process. They shot 14-21 from the free throw line, compared to Wisconsin's 19-20. Kentucky also made six fewer threes than

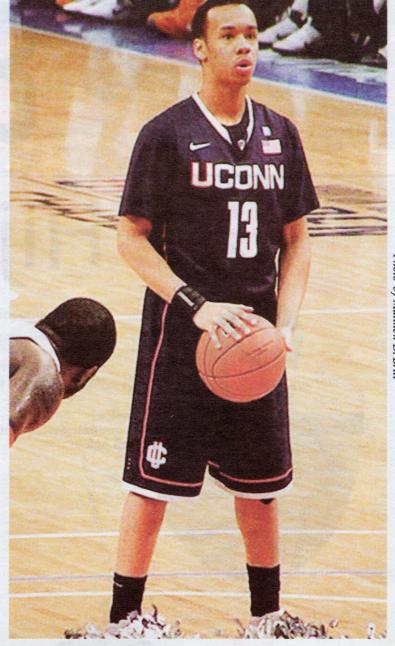
Wisconsin. They did, however, have 11 offensive rebounds and forced eight turnovers.

In the end, Wisconsin's efficiency could not keep up with Kentucky's raw talent.

A No. 7 seed vs a No. 8 seed in the national championship is not a common sight, but it for made one hell of a game. Even with star Julius Randle suffering from injuries throughout the game, Kentucky never gave up, but the dynamic guard combo of Shabazz Napier and Ryan Boatright were just too much for the Wildcats. The Huskies never trailed and seemed to be in control of the game the whole time. They out muscled and outshot the Wildcats to win their fourth National Championship.

This championship is extra special for the UConn Huskies. This was their first tournament appearance since the sanctions put on them by the NCAA. They lost their longtime coach, Jim Calhoun, to retirement. They lost a lot of key players as they transferred after the Big East broke up. Kevin Ollie made his team believe in themselves and overcome the odds to win the National Championshipa true Cinderella story and a great way to close the tournament.

Congratulations UConn, you guys deserve it.



Connecticut Huskies point guard Shabazz Napier

# Jackie Robinson: Breaking Barriers

Chris Samson

On April 15, 1947, Jackie Robinson did the extraordinary: took a historic first step on the diamond as the first African American Major League Baseball player, while also making a stride toward ending segregation on and off the field.

Ten years ago, Major League Baseball adopted a new annual tradition, properly named "Jackie Robinson Day," that had every player on every team wear jersey No. 42 in honor of Jackie Robinson's debut

Robinson broke the color barrier by starting at first base for the Brooklyn Dodgers. In that same year, Robinson helped lead the team to winning the National League pennant, and he went on to win Rookie of the Year.

Robinson took on a heavy burden when he was offered a spot on the Brooklyn Dodgers' roster. He was asked not to talk back, not to fight back and not to lose his temper in an environment filled with hate and racism. He had to represent himself, but also the African American community on a national stage.

Patrick B. Miller, an NEIU history professor and editor of Sport and the Color Line: Black Athletes and Race Relations in Twentieth-Century America, describes Robinson as a person who embodied and personified civil rights.

"He saw himself in history," said Miller. "He knew he had a role to play and it wasn't just in the infield for the Brooklyn Dodg-

ers or in the batting box for Major League Baseball. He knew that he was a path-breaker. He was a game changer."

Branch Rickey, general manager of the Brooklyn Dodgers, famously told Robinson that he was "looking for a ballplayer with guts enough not to fight back."

The daunting task was set. Rickey had taken Robinson in with the team where they alone would have to face the hostile world. No one was with them.

"We can win only if we can convince the world that I'm doing this because you're a great ballplayer, a fine gentleman," Rickey told Robinson.

Robinson ended his first season with a batting average of .297, scoring 125 runs, hitting 12 home runs, and driving in 48 runs. He led the league in sacrifice hits with 28, and in stolen bases with 29.

Robinson's impact on baseball changed the game on the field, but also changed racist thinking off the field. America became witness to a team that embraced a man of color.

Robinson impacted players like Ernie Banks, the first African American to join the Chicago Cubs. In an interview with WBEZ in 2010, Banks recalled Robinson approaching him. "He came over and said to me, 'Hey, glad you're here. Listen and you can learn," said Banks.

Banks adjusted and embraced the integration of white and black players. He would go on to win back-to-back MVP awards, finished with a career total of 512



**Jackie Robinson** 

homeruns, and became affectionately known to Cubs fans as "Mr.

Robinson's mark on baseball paved the way for all African American athletes in other sports. By breaking the color barrier, other professional sports leagues began to desegregate as well.

The world has come a long way since April 15, 1947.

According to Richard Lapchick's 2013 Racial and Gender Report Card, 38 percent of MLB players were of color (African-American, Latino, and Asian-American); 76 percent of NBA players were African-Americans; 43 percent of NBA head coaches were African-American while 36 perfect of NBA professional staff positions were held by people of color; and 66 percent of NFL players were African-American with 28 percent of NFL management positions held by people of color.

April 15 is a historic day for America. It's a day where Americans can honor a man who fought the face of racism by not fighting back, but instead by fighting with merit.

Jackie Robinson is a man who greatly impacted sports, but more importantly ushered in a new era of integration both on and off the

Photo by Bob Sandberg





# A Celebration Is In Order

Andrew Lopez

As the NEIU Alumni Hall filled with students, staff and faculty, the 12th Annual Black Heritage Awards Ceremony brought with it the kind of energy that could fill a stadium.

Vivien Jackson

Dr. Gerald Mitchell, Jr., Director of Project Success at NEIU, began the evening by stressing the importance of such an organization. "I was a product of a program like this at a different university, so I have a very close and personal connection with what we do here," he said.

Project Success acts as a transitional aid for African American and first generation college students, particularly students who may not meet requirements for admission but who show academic aptitude.

The organization got its start in 1968, a pivotal time following the Civil Rights Movement and has provided African American students with the support to continue and to succeed in higher education

Among those receiving Awards of Excellence were Phillip Jackson, founder and current Executive Director of The Black Star Project, which carries a similar role to Project Success. Dr. Lance Williams, Alice Marguerita Pennamon, Erica S. Brown-Pierce, Dr. Olivia Perlow and Regina Marie Turner were alumnus and faculty who received awards as well.

The students' Awards of Excellence were given to Mervit Ahmen, Shevonne Booze, Veleka Meeks and a Future Leaders' Award of Excellence to Rotimi Akinosho, a Northwestern University graduate with a courageous story of his own.

"I remember four years ago, being in the same position, not knowing what I wanted to do with my life," said Akinosho. "I had an opportunity to go to college, and at Northwestern University I had my share of difficulty, but I knew what I wanted to do."

Akinosho worked hard to finish his degree at a university that he felt shunned him, which only made him work that much harder to graduate with the help of programs like Project Success.

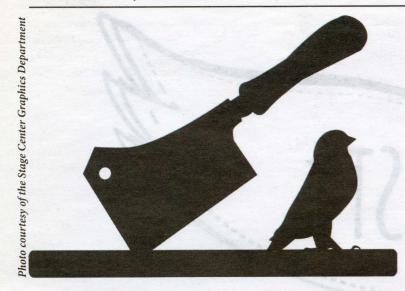
Akinosho is now an actor, recording artist and model, having recently appeared in the new movie *Divergent*.

Dr. Sharon K. Hahs, President of NEIU, stressed the importance of programs like Project Success. "Our commitment has always been to support this program directly," said Hahs. "We established it with university funds."

"I feel as if Project Success is adding to Northeastern Illinois University," said Michelle Cacatus, a senior at NEIU, adding, "which is a school known for its diversity."



Dr. Gerald Mitchell, Jr. hopes to positively impact student learning and retention at NEIU



#### Samia Siddiqui

Ladies and gentlemen, get ready to have your senses tantalized with NEIU theater professor Kristin Hunt's adaptation of *Miss Julie*, a classic tale of scandalous desires.

"The intention of this play is to rupture people's expectations of what theatre is like," said Hunt.

Miss Julie breaks the barriers of sex, class, misogyny and touches on taboo topics—literally touching the audience at moments throughout

the performance. And hey, don't worry about searching for a concession stand, because delicious treats are provided to the audience during the show.

Hunt introduces an element of "food dramaturgy" to the audience by incorporating a series of aphrodisiac candies that are served periodically throughout the play. Hunt wants audience members to experience the story with more than just their eyes and ears—she wants you to get a taste of the action as well.

# A Taste of Miss Julie

Hunt has spent six months working with a professional candy designer to produce her very own line of aphrodisiac candies to match the theme of the play, meant to delve into desires of romance, bodily needs and consumption.

"Working with food in performances has been an area of interest for me – it's a relational art—I mean, think of it like this: your relationship with a person changes when you share a meal with them."

As if Hunt's candy creations aren't enough to lure you in, the cast will send sensational chills down your spine with their passionate dialogues and music. The music for the play has been a collaborative effort of the cast members that seductively embodies the deadly downfalls of human desires: greed, love, lust and manipulation. Three sly servants arouse desires by being the "instigators of naughty" with songs sexually charged with "that's what she said" metaphors like, "I want to put my banana in your fruit basket,"

and, "Put your sausage in my meat grinder."

Sex, music and aphrodisiac candies – right when the audience thinks they have it all, they'll find the intellectual stimulation from the script is the cherry on top. The romance in this play is between three women; in fact the only male in this play is one of the musically-gifted servants.

"Some people may come to watch this play because, well, we play lesbians. I appreciate Kristin's choice to use same sex couples to take out genders and focus on the real issue: the class struggle between Miss Julie and my character as the help and her love interest," said cast member Jill Matel.

Managing to gracefully present a risqué and controversial play could be quite a struggle, but the cast repeatedly expressed how fun Hunt has made it for everyone.

"It's been my favorite creative process, my favorite cast and my favorite director," said cast member Nickolena Sellen. "Letting go and not needing to know exactly where I need to be—just living in the moment—that's the kind of freedom we have with Kristin."

Heather Chilson, who plays Miss Julie, said that she started acting at nine years old and hasn't acted for the past ten years. Upon seeing auditions for this play, she thought to herself, "I need to do this. I am passionate and crazy, just like Miss Julie. This is why I'm an actress, for roles like this."

"NEIU hasn't seen a play like this," said Matel. "It's fun, it's thought-provoking, and you get a piece of candy," Hunt added.

Miss Julie opens at NEIU's Stage Center Theatre on Thursday, April 17 at 7:30 p.m., continuing through April 19, 24 and 25 at 7:30 p.m. and ending on April 26 at 2:00 p.m. and 7:30 p.m. To purchase tickets, visit the NEIU Box Office or call the Information Center at (773) 442–4636.

# The Chicana Movement on 18th Street

Janice G. Salas

Three brave Chicanas from the barrio of Chicago's 18th Street reminisced with students at the El Centro campus. It's a movement that dates back to the 1960's. Together, they shared stories describing the struggles of many Chicanos and Latinos facing prejudice in Chicago from their recently published book, Chicanas of 18th Street: Narratives of a Movement from Latino Chicago.

"Chicana" represents an American woman whose parents or grandparents relocated to the U.S. from Mexico. Victoria Perez, Magda Ramirez-Castaneda and Maria Gamboa discussed how this movement shaped their community.

For Castaneda, it began alongside the fight of the United Farm Workers. "The workers were earning poverty and exploitation," she said. "The struggle with the farm workers and their families gave me the courage and strong feeling to unite, organize, boycott and picket along with other students."

Perez also looked up to the Chavez movement of the 1970's and participated in the boycott of lettuce and grapes.

"Latinos, mainly Mexicans, were depicted as lazy, stupid and dirty. Women were also seen as fun seeking, loose, flirtatious girls ready to please men," said Castaneda.

According to Perez, the ugly reality of what was awaiting her is what prompted her to take action. "This event has taught us that everything that we have has been fought for," said NEIU alumna Julia Gutierrez. "Nothing has come easy for marginalized groups."

According to Gutierrez, the Chicanas represent the fact that women were brave and stood up to gender, class and racial injustices happening around them. Gutierrez is a Professor of Sociology and Women and Gender at NEIU.

"That's why the book was important to write," said Gamboa. "We needed a voice here in Chicago."

Castaneda recalled in 1970 when the Chicago Tribune referred to Emiliano Zapata as a "bandit." According to Castaneda, that is absurd because for Mexicans, he is a revolutionary hero. A group of 5,000 people protested in front of the Chicago Tribune building, demanding an explanation.

The Chicago Tribune eventually apologized to the Latino community for the remark.

In 1972, the CTA was forced to stop discriminatory practices against Latinos seeking jobs with the company. The CTA had 12,216 employees in 1972, and only 246 of those employed were Latinos.

By picketing and marching, they "told CTA administrators that since Latinos are 13 percent of Chicago's population, the CTA should have a minimum of 1,600 Latino employees, according to federal guidelines," said Castaneda.

Although some were arrested during demonstrations, "it became



Chicana Magda Ramirez Castañeda

a victory for Latino workers."

This year, the Chicanas are celebrating 45 years of friendship.

"Women can work together. We can have bickering fights, but in the long run we stay together and united, especially when it comes to struggling and for a better world in our community for our children," Castaneda said.

Graduate student Celia Farron said that she wants to see more of the Chicano Movement and other contributions to Chicago communities by Latinos throughout school curriculums.

"Going to school K-12, I just feel like I'm more familiar with the African American struggle and the Civil Rights Movement," said Farron. "It is missing from our community, and that leads to a lot of social issues that we see in the youth."

Castaneda encouraged students to create their own movement, whether it's Chicano, Latino or American, to create the change necessary for a better community.

"[Create] a better space, a better world, and finally a better plan-

et," said Castaneda. "You can do it. The future will be prepared by [students] to lead us into a world of equality and justice."

Chicanas of 18th Street: Narratives of a Movement from Latino Chicago, written by Leonard Ramirez with the help of Yenelli Flores, Maria Gamboa, Isaura Gonzalez, Victoria Perez, Magda Ramirez-Castaneda, and Cristina Vital, is available for purchase online and in local bookstores.

YOU need MONEY and WE need PRODUCTION STAFF

(Seriously, we do)

E-049 773-442-4577 theneiuindependent@gmail.com

ADVERTISEMENT



# SCHEDULE

# 2014 Art, Music, Social Justice: NestFest 2014 Preview

DJ DISHWASHA 4:00-4:15

STUDENT CHOICE (TBA) 4:15-4:45

> DJ DISHWASHA 4:45-5:00

**BASSEL AND THE SUPERNATURALS** 5:00-5:30

**BELIZEAN-AMERICAN DANCERS** 5:35-5:55

**KUUMBA LYNX** 6:00-6:20

**REBEL DIAZ** 6:25-6:55

DJ DISHWASHA 7:00-7:15

> KAI DAVIS 7:15-7:30

**BROTHER** ALI 7:35-8:35

> KAI DAVIS 8:40-8:55

THE UNCLUDED 9:00-10:00



**Aesop Rock** 

Andrew Pappas

The Northeastern Programming Board (NPB) will be hosting their 3rd Annual Nest Fest next month. While music and art will surely be the main attractions, Nest Fest will also be a social justice fair with topics ranging from immigration rights to environmental issues.

Nest Fest is a collection of musicians, artists and social justice groups brought together to share their talents and their missions.

For the second year in a row, the event will be hosted by Chicago's own Billy Tuggle, writer and hip-hop culturalist, and the two headlining artists are both critically acclaimed, and from Rhymesayers records: The Uncluded (Aesop Rock and Kimya Dawson) and Brother Ali.

The Uncluded is an American alternative hip-hop duo, formed by rapper Aesop Rock and singer/ songwriter Kimya Dawson.

After enjoying successful solo careers (a combined four top 100 albums), the two, who have been collaborating for years, officially joined forces in 2013 with their debut: Hokey Fright. They have previously performed at Coachella, Bonnaroo and Soundset, as well as other Chicagoland and internation-

Midwest-native Brother Ali has been in the rap game for over a decade. His growing popularity has much to do with his outspokenness and constant activity in the world of social justice reform.

Ali has experienced great success with three top 100 albums, but he has continued to evolve as an artist. Rolling Stone described Brother Ali as having "super-agile flow" and "consistently engaging rhymes."

Brother Ali has previously performed at Coachella, Rock the Bells and Soundset.

The set-list is compiled of acts that NPB Event Planner Kris Mika said is a "unique complimentary blend of local and national artists."

The live art portion of the festival will be very interactive for attendees. Artists, consisting of students, alumni and community members, will be simultaneously creating their work while the musicians help set the mood.

The live art section of the festival will be closing before the headlining artists take the stage, NPB Arts and Entertainment Coordinator Brittany Higgin encourages attendees to visit the live art early and

The event will also play host to some of the city's best food trucks and a variety of local vendors.

Many campus organizations have assisted with the funding and preparation of Nest Fest. "We didn't have much support starting Nest Fest a few years ago," Mika said. "It has grown throughout the past three years, and I believe with the continued support of these organizations, it will become a staple event at NEIU."

Those organizations are: Student Union Events and Conference Services (SUECS), NEIU Angelina Pedroso Latino/a Resource Center, LGBTQA Resource Center, Women's Resource Center, and African/ African American Resource Center, NEIU United Greek Council (UGC), NEIU Student Government Association, Assyrian Club, NEIU Hip-Hop Organization, Omega Delta Phi Fraternity, NEIU Green Conservation Group and the Green Fee Committee.

Students, faculty and staff get discounted tickets at \$25, while general public tickets are \$35. Along with general admission, VIP tickets are also available for \$65. The VIP section will include a buffet and a special VIP outdoor section near the stage. Parking is free.

Nest Fest tickets can be purchased at the Information Center in Village Square, or at neiunestfest. tumblr.com/tickets.



**Brother Ali** 

# Golden Eagle 5K Playlist

The Golden Eagle 5K is on Sunday, April 27. The PE Complex, along with a few Indie editors, put together a list of songs to get everyone pumped up.

### Enjoy!

- 1. Tube by Phish
- 2. Voodoo Child by Jimi Hendrix
- 3. Psycho Killer ft. Arthur Russell by Talking Heads
  - 4. Deep Cover ft. Snoop by Dr. Dre
    - 5. What's My Name? by DMX
  - 6. Straight Outta Compton by NWA7. Started From the Bottom by Drake
    - 8. Rack City by Tyga
    - 9. Jamming by Bob Marley
    - 10. Timber ft. Ke\$ha by Pitbull



Use the QR Code above for the full playlist on SoundCloud.

# Fat Food Smashers: Eat Healthy, Be Wealthy



In addition to sharing health tricks and tips with students, TRIO provides tutoring, financial guidance and academic advising

#### Andreea Vasi

If you often eat on the go like many NEIU students, you could learn how to quickly prepare healthy food for less during "Fast Food Deception: Your Money, Your Health," a presentation which opened Money Smart Week on Tuesday. This is a national series of events organized by the Federal Reserve Bank to promote financial literacy in schools and other institutions.

Director of TRIO Student Services, Terri Hlavin hosted the event. Richie Heard, a TRIO academic advisor, conducted research and went grocery shopping to piece together the workshop. TRIO Student Services offers NEIU students extra academic and social assistance.

Heard struggled to lose 102 pounds while he was a student and, therefore, this workshop was very important to him. "I started to investigate the reason why I was gaining the weight, and I figured that the doctors that I was working with just gave me medication; they didn't really explain to me that adopting a healthier diet would actually benefit me more than taking medication," he said

According to Heard, a healthy diet should consist of foods that are unprocessed and that come directly from nature. As a student, Heard made the mistake of eating too much fast food, which is a highly

processed meal.

The more processed and convenient a food is, said Hlavin, the unhealthier it becomes. In order to preserve it, food sellers add substances like sodium that change the chemical composition of the meal and that are dangerous for our bodies in large amounts, Heard said.

Fast food meals also contain trans-fats, which increase the bad cholesterol in our bodies and have high amounts of sugar and carbohydrates. For instance, 50 percent of the McDonald's Big Mac is fat. All these ingredients can lead to heart disease, diabetes and cancer, according to the research presented.

This research also suggested that 90 percent of the amount Americans spend on food is allocated towards processed foods, which increase the incidence of obesity in the United States.

"How many of you have gone to a mall and seen some really small children drinking some very large cups of soda?" asked Hlavin.

Even Diet Coke aggravates obesity, Heard said. Because it is still a sweet drink, Diet Coke develops people's appetite for sugar, and they are more prone to resorting to other sweet foods or drinks.

Raw fruits and vegetables are the key to a healthy diet, explained Heard. These are unprocessed foods, and they contain the vitamins and minerals that we need to survive.

"One thing nice about Chicago is you do get a lot of small grocery stores in certain neighborhoods that have vegetables," said Hlavin. "You can even get a live chicken in some places."

Heard suggested to reduce cooking as much as possible when preparing meals. "The moment you start putting it to a flame, you kill it, you kill the nutritional values or the things in it that make your body healthy," he said. Heard explained that water turns green when boiling broccoli because all the vitamins and minerals leave the vegetables and go into the water.

Hlavin demonstrated how to make a quick and healthy meal by preparing a simple burrito. She placed some pico de gallo, cheese and black beans on a tortilla rolled and folded it in minutes.

"These are good ideas that I'm going to apply," said Jairo Madrigal, a freshman at NEIU. "You know, bring some snacks to school. The whole presentation was excellent."

Healthier food may be more expensive than processed food, but "if we look at the long term cost, if you invest in your health now, then you save money in the long run," said Heard. "Heart surgery is half a million dollars, so that alone is worth investing time now in your health."

# WORDS.

We like them. So should you.

# Join The Independent

E049 773.442.4577 theneiuindependent@gmail.com

ADVERTISEMENT

# EN DINGMIS

# A Delightful Option for Breakfast or Lunch



Pancakes with Toast, a Chicken and Cheese Omelet and Hash Browns

#### T'nekia Young

Charcoal Delights delivers exactly what their name promises. This cozy establishment is located in the North Park neighborhood, just a few blocks away from NEIU's main campus. They offer a mix of American cuisine, which includes breakfast, lunch and dinner op-

The restaurant has a drive-

thru for those in a hurry and a large parking lot for those wanting to dine in. The interior creates a welcoming dine-in area which includes seating booths around the walls with tables and chairs for two in the middle. There's a laid back area with two arm chairs and a table with reading material in the middle.

The breakfast menu doesn't of-

fer a large variety of options, aside from the traditional pancakes and eggs, as well as omelets, averaging \$3-\$7 per meal. Make sure to get there before 11 a.m. before the breakfast menu shuts down for the

The lunch menu provides more to choose from, featuring options like a half-pound hamburger to Italian beefs and hot dogs. The

lunch/dinner menu averages from \$4-\$8 per meal.

I ordered the charcoal broiled chicken breast sandwich with a side of potato wedges. For breakfast I ordered pancakes, hash browns and an omelet with a special request of chicken instead of the other traditional meat choices on the menu.

I chose the chicken sandwich because it seemed healthiest from the lunch menu. It was actually quite tasty and had plenty of seasoning. I wasn't expecting such oversized potato wedges, though. I could've shared my meal with another person.

The staff provides quick service to their customers. The hosts are attentive in ensuring the pleasure of your experience. One of the busiest times of the day in this restaurant is lunchtime (noon to 1

If you're looking to grab a quick and reasonable bite to eat, Charcoal Delights is your go to restaurant.

Locations:

Chicago 3139 W. Foster Ave. \*Delivery Available

Des Plaines 1090 Oakton Street (847) 803-2777

#### Hours:

Monday - Thursday 5 a.m. - 11 p.m. Friday 5 a.m. - Midnight Saturday 6 a.m. - 11 p.m. Sunday 7 a.m. - 11 p.m.



**Charcoal Chicken Sandwich** with Potato Wedges

# All The Captain's Men \*\*\*

Luis Badillo

Out of all of the Avengers to star in their own franchise, Ol' Cap has got to be the most misunderstood. As a World War II soldier who's been frozen in ice for 70 years, it might be a little tough for him to relate to the world around him, and modern audiences might think the same of him.

That's why, when Marvel created the first Captain America movie, fans were submitted to a more grounded and not-so-hokey version of the super soldier in the 2011 WWII film.

But three years and one Avengers movie have past. Cap, played by Chris Evans, is back to star in the latest entry in Marvel's cinematic universe. This time though, directors Anthony and Joe Russo take the Winter Soldier into the political thriller genre.

For the most part, the movie delivers on its promise of intrigue and subterfuge. The plot revolves around Cap's involvement in S.H.I.E.L.D., a fictional multi-gov-

ernment agency responsible for the containment of world-threatening entities. After discovering the possibility of a conspiracy within S.H.I.E.L.D., Cap is forced to run from the law, while figuring out how the mysterious antagonist, the Winter Soldier, ties into the whole thing.

All the trappings of the political thriller are present. Scenes of shady government backroom deals, senators shaking hands with secret agents and sweeping aerial shots of Washington D.C. make for a visually appropriate genre piece.

However, at its very core, Captain America: The Winter Soldier is still a comic book superhero movie. Any opportunity to explore the nuances of working for the government in an age of surveillance are totally hampered in a pivotal plot point where Cap discovers the true nature of the conspiracy within S.H.I.E.L.D.

At that point, the film becomes less about who Cap can trust, and more about who Cap can punch the hardest in order to save the day.

But even though it's not as thrilling or mindfully engaging as its original premise, audiences can still expect to see some of the most glorious computer generated punches to be seen on a movie screen.

Captain America: The Winter Soldier relies heavily on its handto-hand combat and shootout scenes. These expertly coordinated moments are simply amazing to watch. Watching Cap fight alongside Agent Romanov and Sam Wil-

son, portrayed by Scarlett Johansson and Anthony Mackie, create some of the most heart pounding scenes in any Marvel movie to date.

The Winter Soldier actually doesn't serve as the film's main antagonist

And as a bonus to die-hard comic book fans, the movie is sprinkled with tons of references, not just to previous Marvel movies, but to the comics as well. In a single sentence, the names "Tony Stark" and "Steven Strange" are mentioned. Plus, homages to villains or even the design of Cap's

modern uniform are all deviously subtle and non-intrusive ways of teasing future Marvel films while honoring its comic heritage.

Though the political plot within The Winter Soldier might have some movie goers feeling cold, it's still a great stand-alone superhero movie, and a rock solid entry in the ongoing Marvel cinematic universe. And that is certainly worth saluting.