

The SHIELD

By Students. For Students.

The Shield is a designated public forum. Thursday, April 28, 2011
 Informing the students and the community of the University of Southern Indiana since 1968. READ US ONLINE www.usishield.com

Bookstore extends new rental program

By JESSIE HELLMANN
 News editor
 jshellmann@mail.usi.edu

Paying up to \$1,000 for school-books can be a painful process for any college student, but the University of Southern Indiana's bookstore has begun offering a less expensive alternative.

Due to popularity, the bookstore has extended their rental program to include over 200 titles and ebooks, said Bookstore Manager Mike Goelzhauser.

"Times are changing, and of

course the bookstore needs to change with the times," he said.

Students will pay 45 percent less than the list price if they rent a new book, 25 percent less for a rented used book and 35 percent less for an ebook.

When a student rents a book from the bookstore, an expiration date will be printed on the receipt. If the book is not returned by that date, or a book is returned in poor condition, the bookstore will charge the credit card that is on file.

If the bookstore does not have a credit card on file, they will inform the university and a hold will be

placed on grades and registration until the student pays for the book.

"We do not charge any rental fees or any deposits, so basically you're just renting the books as if you were going to rent an apartment," Goelzhauser said.

Not all books are available for rental at the bookstore. Books that are older editions and book packages which require access codes and workbooks are not available for rental. Goelzhauser said he believes the bookstore has the correct editions on all textbooks the university requires while other rental stores may not.

BOOK RENTAL on Pg. 3

Book Rental Breakdown

Buying New Books @ USI Bookstore		Rent @ USI Bookstore		Rent @ TXT Bookrental	
Class	Cost	Class	Cost	Class	Cost
History 101	\$147.35	History 101	\$66.30	History 101	\$55.00
Math 111	\$162.65	Math 111	\$73.20	Math 111	\$73.20
Wellness 376	\$182.32	Wellness 376	\$84.00	Wellness 376	\$74.00
Total	\$492.35	Total	\$222.30	Total	\$197.00

Tobacco-free policy in effect

By SHANNON HALL
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University of Southern Indiana is a tobacco-free campus as of July 1.

No smoking will be permitted on campus property or in vehicles that are owned by USI. Students and faculty are permitted to smoke in their personal vehicles on any part of campus.

"Though we do not have designated smoking areas, residents should be sufficiently away from doors and window so as not to impede foot or vehicular traffic on sidewalks or parking lots while smoking," said Natalie Lindy, a representative from housing and residence life.

A person is not allowed to have tobacco outside on the campus parking lots said Todd Wilson, co-chair of USI's tobacco-free committee.

Wilson said the policy is about educating and encouraging people to follow the policy. According to the USI's tobacco-free website, primary enforcement will be the responsibility of those who head individual units, departments, student housing units and others departments at USI.

David Enzler, co-chair of USI tobacco-free committee and director of Recreation, Fitness and Wellness, said instead of enforcing the tobacco free policy, it is more of a compliance with the USI community.

"We are hoping it will not come to punishment," he said. "USI is not the first place to go smoke-free. It's happening all across the country."

According to USI's tobacco free website, over 500 U.S. colleges and universities have had smoke-/tobacco-free policies.

SMOKING on Pg. 3

Frozen yogurt stand replaces canteen

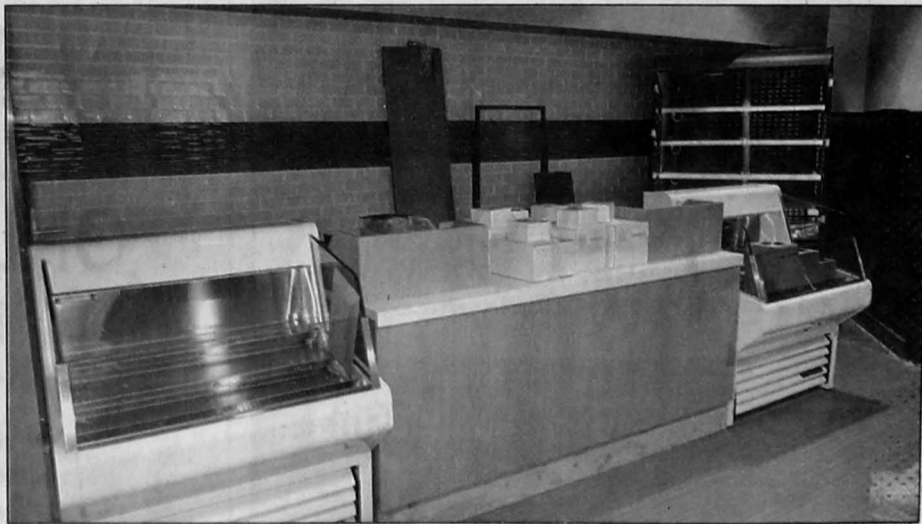


Photo by JIMMY PYLES, Visual editor

In the location of the old Canteen, Red Mango is scheduled to open on Aug. 31 or Sept. 1.

By JESSIE HELLMANN
 News editor
 jshellmann@mail.usi.edu

Frozen yogurt will soon be accessible to students on campus because a "Red Mango" will open in the Wright Administration building this school year.

Construction on the \$80,000 Red Mango started in mid-June and the completion date is expected to be Aug. 31 or Sept. 1

said Director of Food Services Chris Briggs.

Red Mango adds a little variety to the dining options currently on campus, offering frozen yogurt, smoothies and iced teas to the USI community.

The frozen yogurt shop primarily expands dining options for the health-conscious student at USI. The franchise makes and sells all-natural nonfat frozen yogurt in the United

States. The average small serving of yogurt is 90 calories.

Red Mango opened its first U.S. store in July 2007, and after two years now has 60 locations in the nation. USI's Red Mango will become the fourth one in the entire state of Indiana.

Hours are 9:30 a.m.-6 p.m. Monday through Thursday and 9:30 a.m.-3:00 p.m. on Friday.

Briggs said the university decided to build a Red Mango through surveys administered to the student body.

Staff Architect Mike Jones said food services looked into the possibility of building a Red Mango and thought it would be another good dining options for students to have on campus.

The canteen in the Wright Administration

RED MANGO on Pg. 3

Vol. 42 Issue 1

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- Additional Copies 25 Cents

Review of 'A better life' on Pg. 4

Student Life

A BETTER LIFE

New cartoon by Matt Perez on Pg. 4

Opinion

Former eagle now a ranger on Pg. 7

Sports



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To solve the Sudoku puzzle, each row, column and box must contain the numbers 1 to 9.

7								
5			9		4	2	1	
		1						3
			3	6		4		2
		3	2				9	8
9					6			
							8	
	6							9
1		2		7	6			

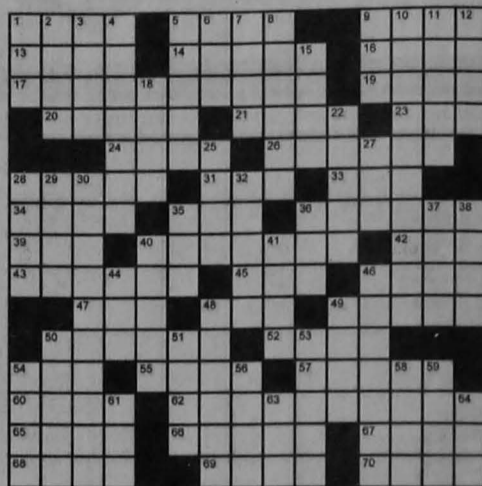
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Crossword

Across

- 1 Regrettably
- 5 Garden resident
- 9 Wager
- 13 Water source
- 14 Lover
- 16 Edible fat
- 17 Printer's direction
- 19 Mocked
- 20 Cowboy show
- 21 Stalk
- 23 Significant
- 24 Printer's measures
- 26 God of the underworld
- 28 Tempest
- 31 Paddle
- 33 Mark of Cain
- 34 Sealing waxes
- 35 Container
- 36 Gazes
- 39 Curve
- 40 Path
- 42 Crete mountain
- 43 Sensitive
- 45 Bonnet
- 46 Hang-up
- 47 Raven author
- 48 Gents
- 49 Tenet
- 50 Swimming pool tent
- 52 Scorch
- 54 Write down
- 55 Small amounts
- 57 Comic
- 60 Eager
- 62 Preserved
- 65 Inert gas
- 66 Host
- 67 Bunsen burner



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- 68 Sicilian resort
- 69 Augmenter
- 70 Optimistic
- Down**
- 1 Scribe
- 2 Facial expression
- 3 Singing voice
- 4 Pitches that bend
- 5 Incendiarism
- 6 Morse code signal
- 7 Between amo and amat
- 8 Trusted advisor
- 9 Before carte or mode
- 10 Dining table hoop
- 11 Forest
- 12 Whirlpool
- 15 Lyric poems
- 18 Expression
- 22 Hazy
- 25 Dirt
- 27 River inlet
- 28 Spline
- 29 Root vegetable
- 30 Line of work
- 32 Leg joint
- 35 Fundy, for one
- 36 Doleful
- 37 Dutch cheese
- 38 Adventure story
- 40 Cereal grass
- 41 Succeeds
- 44 Seagull
- 46 More repentant
- 48 Dame
- 49 Information
- 50 Witch's assembly
- 51 Appellation
- 53 Organic compound
- 54 Novelist Austen
- 56 Ailing
- 58 Division word
- 59 Ballpoints
- 61 Genetic material
- 63 Born
- 64 Time period

See Puzzle Solution on Page 7

The SHIELD

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Book rental continued from Pg. A1

Manager of TXTbook Rental Lyndsey Dibble finds this not true regarding TXTbook Rental.

"We have just as many resources if not more to get the correct editions, and we offer old editions," Dibble said.

TXTbook Rental, a textbook rental store located on the Lloyd expressway, does rent books with access codes which is something USI's bookstore does not do. If a student needs a book package from the USI bookstore, they will have to buy the whole book package.

Dibble said renting old editions can be cheaper on students than renting new editions.

TXTbook Rental does charge a security deposit, but only on books that are paid with cash. The security deposit is 25 percent of the total book order.

"I think we are a lot more customer friendly," Dibble said. "I think we make an effort to help as give as much information as possible to students."

Students can rent books online or in store at the USI bookstore with any form of payment they have available whether it be student loans, grants, cash, checks or credit/debit cards.

USI's bookstore noticed more students were interested in renting books instead of purchasing them,

so last year the bookstore offered about a dozen books for rental. It was a success with the students.

"This semester we are going full force, we have well over 200 titles right now, we are continuing to make this list go," Goelzhauser said. "Economic times are tough for people, and people don't have 200 dollars for textbooks."

He said all the profits from the bookstore go back to the university to fund different student activities and programs.

"Without that kind of money, there are going to be departments that are hit hard," Goelzhauser said.

Red Mango continued from Pg. A1

building has been transformed to house the new Red Mango.

Red Mango is not the only addition to USI this year. Sodexo, USI's food

service provider, plans to add a Simply To Go Eatery in the Recreation, Fitness and Wellness Center (RFWC) lounge. The hours for the Eatery will

be 11a.m. - 9 p.m. Monday through Thursday and 11a.m. - 2 p.m. on Friday. Collectively the projects will cost the university \$200,000.

Expect delays on the Lloyd

By JESSIE HELLMANN
News editor
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Due to a new construction project taking place on the Lloyd Expressway, students driving to and from the university may experience more difficulties than usual.

The Indiana Department of Transportation (INDOT) began work on the Lloyd Expressway in the spring to repave the nine-mile stretch of road from Wabash Avenue to the Vanderburgh-Posey county line.

The overall contract completion date is in November said INDOT Representative Cher Elliot.

Drivers coming east on the Lloyd Expressway will not be affected by the construction as much, but drivers heading west may want to take the University Parkway, north of campus, or Broadway Avenue to Schutte Road and enter campus by Clarke Lane.

The goal of the construction is to repave the nine-mile stretch of the expressway.

Elliot said the construction is in the "milling" phase right now. During this phase, a piece of equipment is taken through the construction to chisel up the top layer of pavement.

After this phase, construction workers will pave over and put new asphalt on top.

Elliot said INDOT has been receiving complaints nine months prior to the construction project starting regarding potholes in the area. Elliot also said INDOT monitors all of it's roadways and schedules rehabilitation project for when roads begin to deteriorate. Because of the poor condition of the expressway, INDOT decided the time for rehabilitation was now.

When the construction project is completed, motorists will experience a smoother commute than prior to the construction, she said.

INDOT does recognize USI's 2011-2012 school year is approaching, and wishes students to remain safe while traveling through the construction zone.

Towards the beginning of the construction, accidents were frequent.

"Within the first six weeks of the construction we investigated over 30 crashes, but with the assistance of the media, and the added patrols those numbers dwindled," Indiana State Trooper Odd Ringle said.

Ringle expects those

numbers to increase once classes at USI begin again Monday.

He said the other state troopers noticed a lot of the students who were stopped prior to summer vacation were USI students, and encourages everyone to be responsible.

INDOT recommends drivers leave earlier than they normally would to give themselves extra time to reach their destination.

Ringle said students should expect delays every morning and afternoon.

"Our first piece of advice is just to slow down," Elliot said. "By slowing down, that gives you more time to be able to react to any situation that may take place."

According to the INDOT website, four out of five people who die in highway work zones are either vehicle drivers or passengers. The website encourages motorists to stay alert and pay attention because speed limits may be reduced and workers may be present.

"We know school is getting ready to start very soon at USI," Elliot said. "We just encourage students and motorists to pay special attention and allow additional time to get to their location."

USI Security Incident Log

08/1/2011 - 08/10/2011

Lost/Stolen	Theft
Health Professions Center Case was suspended 8/1 9:45 AM	New Harmony Case is pending 8/10 10:00 AM
Fire Alarm-False Alarm O'Bannon Hall-1720 Rochelle Cases was cleared 8/7 5:22 PM	Fire Alarm-False Alarm Governor's Hall-1700 Rankin Case was cleared 8/10 3:46 AM
Fire Alarm- False Alarm Children Center Case was cleared 8/10 10:00 AM	Fire Alarm-False Alarm Support Services Building Case was cleared 8/10 8:29 AM

Information gathered from USI's Public Crime Log, provided by USI Safety and Security.

Crime Log Key

- * Case suspended: No suspects listed, no leads. No follow up investigation unless new information arises.
- * Case cleared: The incident is resolved, suspect was identified and will be adjudicated appropriately.
- * Case pending: On hold, awaiting new information.
- * Violation of University Policy: Violation of the Student's Rights and Responsibilities.
- * Failure to comply with a university official: Any university official, from an area coordinator to a security officer.
- * Residential entry: Someone walked into the residence. This is different than burglary because burglary is entering with intent to commit a felony.

Smoking continued from Pg. A1

Director of Security Steve Woodall said the security staff is not the only ones to look for people who do not follow the policy.

"Everyone is to enforce it (the tobacco-free policy) whether it is students, peers or faculty," he said. "The task is not placed on one group."

He said if needed, students or faculty members can approach someone who is smoking and ask if he or she is aware of the policy.

"We want it to be a positive manner first," Woodall said.

Cards with basic information about Tobacco-Free USI can be downloaded from the USI tobacco-free website.

If a person continues

to smoke while aware of the policy, students can be reported to security or the Dean of Students while faculty can be reported to their supervisors or Human Resources.

Dean of Students Barry Schonberger said if a student is reported to him about not following the tobacco-free policy he will talk with the student.

"I would like to resolve the issue on a basic level," he said. "If the student has concerns, I will try to address their concerns."

Schonberger said it is more about changing behavior which is not in line with the community standard.

Electronic Cigarettes are still considered tobacco products by U.S. courts

and are therefore not permitted on campus.

Cessation classes will be offered throughout the fall semester for students and faculty members to help stop the addiction.

Christine Tolis, assistant director of student wellness, is one of the people in charge of the cessation class and said the classes should start within the first couple weeks of school, although the dates are uncertain at this time. When the dates are available, they will be advertised all over campus.

For more information about the tobacco-free policy, go online at www.usi.edu/tobaccofree.

New laboratory built for hands-on experience



By JESSIE HELLMANN
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Construction on a 16,000 square foot \$2.4 million teaching laboratory specifically for engineering students starts this fall.

Construction bids will be

received for the Advanced Manufacturing Teaching facility on Aug. 25, and the construction could start in mid- to late- September said Mark Rosewski, USI vice president for Business Affairs. The expected completion date is fall 2012.

The laboratory's loca-

tion will be adjacent to the Physical Plant and Support Services Center on the east side of campus. The lab is a one-story building with steel frame construction on a concrete foundation.

Upon completion, students majoring in advanced manufacturing, industrial supervision and engineering can use this lab for hands on experience, using what they have learned in the classroom to apply it in real life situations.

The laboratory will house equipment the university bought with three federal grants that total to about \$2.5 million.

The equipment will teach engineering students how to operate factories and computer controlled manufacturing and robotics equipment, said Rosewski.

Head of the Engineering Department Zane Mitchell said the laboratory will give students more hands on capabilities as far as being able build projects they design.

"I think it's going to be a great resource for our students, and it's going to better prepare them to enter the manufacturing and engineering jobs that are here locally in Evansville," said Mitchell.

Rosewski expects the laboratory to strengthen the engineering department, which currently totals to about 300 students.

"We already have a major in industrial supervision and I think it's (the laboratory) going to make that major even larger in the terms of the number of students and so it strengthens our engineering program on campus," Rosewski said.

The construction of the laboratory will not disrupt daily campus life.

Rosewski said the laboratory will not be connected to the academic quad because the lab will generate a lot of truck traffic to supply materials for students to work on, and the students will generate a lot

of waste.

"Most people will be completely unaware of the construction going on," he said. "Most people won't even know where this building is on campus."

Because of the laboratory's unnoticeable location, it will be very plain.

"In general it's an incredibly inexpensive per square foot, and fairly plain building because it's not in the center of campus where it needs to be terribly attractive," Rosewski said.

Rosewski said because there are so many manufacturing facilities in Evansville, students studying Industrial supervision at USI will benefit Evansville in the long run.

A Better Life, "nothing short of a miracle"

By ADAM POULISSE
Special to *The Shield*

As I left the Los Angeles Film Festival premiere of "A Better Life" back in June I knew I had just experienced nothing short of a miracle in modern cinema. Few, if any, movies have kept me so enthralled, engaged and emotionally invested like this film did. I absolutely loved this movie.

The film directed by Chris Weitz ("About a Boy") is an emotional, poignant tale about an illegal immigrant named Carlos (Demian Bichir) and his rebellious son Luis (Jose Jullian). Carlos does landscaping in Los Angeles. He wants nothing more than for his son to have, well, a better life and not engage in the gang relations his life is inching towards. It is Carlos and Luis against the world.

Carlos comes into possession of a truck to help his landscaping business and make his and Luis' life easier. But when another illegal immigrant steals the truck, Luis and Carlos go on a quest through Los Angeles to find the truck and the man that stole it. But getting the truck back causes more problems for the small family and threatens to tear them apart forever.

"A Better Life" makes a political statement, but it is not a political film. In fact, with the exception of one quick scene of a rally, which the film could have done without, there's nothing that makes the film look like a political drama. It puts a sympathetic human face to contrast ignorant mindset.

Instead of showing rallies at statehouses, the film goes microscopic and finds a human story about Hispanics and deportation. It's easy and rather perfunctory to show a group of minorities standing outside city hall calling for their equality.

What Weitz does here is much harder and complex, and that's what makes the film so hypnotic. He goes subterranean and into the personalities of these characters and how they truly care and affect each other. There is something extremely personal and intimate about this movie that almost makes it feel and look like a polished guerilla-style documentary.

The characters are all brought to life perfectly. Bichir, a prominent actor in the Hispanic film industry, carries this movie as Carlos, the father. With his sad-looking face and hope-filled eyes, we root for him every step of the way. I predict an Oscar nomination for him.

His performance alone will hit chords with the lackluster fathers in the audience who are eager to take on the title of "Dad" but just as eager to sidestep the responsibilities that go along with it. Bichir's performance will make those kind of people squirm in their seats as they see what a real father is.

Bichir's expressive face is a great asset in dramatic material like this. We can tell he is hurt, yet hopeful just by looking in his eyes. It is easy to just recite what the script tells you to feel. But as a moviegoer, I am personally more moved by an actor's ability to communicate his thoughts with unspoken body language and facial expressions.

Jose Julian is likeable as the angst-ridden son, Luis. He is a regular teenager. He notices the great things his father is doing for his family, but he has got bigger fish to fry, like beating up the other thug who talks trash to his shorty. You feel a sense of history between this father and son.

The rest of the supporting cast is great, too, including Chelsea Rendon as Luis' love interest and Richard Cabral as her tattooed brother who is already in the involved in the gang life. I met Cabral after the movie, and it was jarring that such a polite, soft-spoken gentleman played such a thug.

The actors make us emotionally invested in the characters' lives. The actors and director completely absorbed me from the very beginning and made it impossible for me to distance myself from the movie for even a second until it ended.

Some of the backlash I have heard the film receive is how it portrays Hispanic as stereotypes. Bichir's character, for example, is an illegal gardener in Los Angeles. Most of the Hispanic students we see at Luis' school are either in gang relations or eyeing that life as the only alternative lifestyle.

They are who they are, though. The characters are too fleshed out and three-dimensional to fit into the mold of a stereotype.

And besides, Hispanics don't have to represent themselves in film any more than Caucasians have to represent themselves in film. They can be whoever they want to be. Luis wanted to be a soccer player and now he's eyeing a life of crime. It's not because he's Hispanic. It's because he's Luis.

Dean only by day

By RYAN HOWE
Life & Culture editor
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Dean of Students Barry Schonberger spends his days supervising a number of student programs and activities at the University of Southern Indiana.

His office is located on the second floor of University Center East, but he oversees a range of activities located all over campus.

Schonberger is an advisor for the Student government Association. He works with the athletic support teams such as the cheer team, dance team and pep band, the student health center, immunization center, the counseling center and student publications. He also works with Office of Student Conduct and Resolution Services to handle student judicial affairs.

"I was the first director of student activities in 1974," Schonberger said. "I've had the opportunity to see the growth of the university after all these 37 years."

Like most people, however, Schonberger does many things outside of his career, but a lot of his spare time goes to a passion that blossomed at a young age: automobiles. Not only does he own 13 cars and motorcycles, but he belongs to a number of automobile clubs, races his own cars and is a pit crew member and chief mechanic for his son.

Schonberger got his first motorcycle at 15 and began fixing it up. Not long after, he was in an accident on the bike and was forced to wear a cast that entire summer giving him the opportunity to fix a small hydroplane racing boat. That's when he developed a passion for fixing up broken automobiles. After he graduated high school he got his very first sports car for college.

Having no official mechanical training, Schonberger acquired most of his knowledge about cars by teaching himself and watching others. He is still learning new tricks to this day, and the only part of the car he will not touch is the engine.

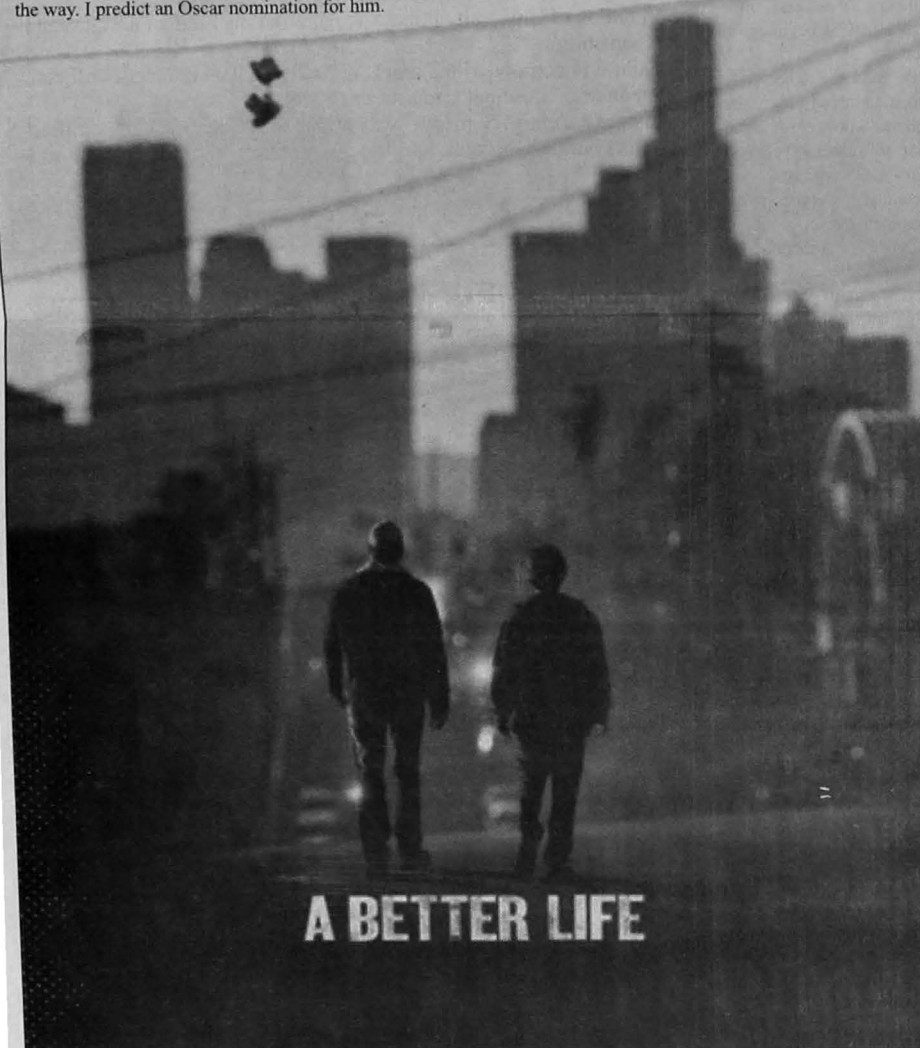
"I have someone build the engines for me," Schonberger said. "Those things are expensive enough that you want to make sure you are not making a mistake."

In 1978, a few years after starting his job here at USI, he began racing his sports cars. He joined a local branch of the Sports Car Club of America and started competing against the clock in autocross races where he won four national championships. He did this until 1996 when he finally started racing fender to fender in street races. He raced year after year until recently when he began helping his son race.

Schonberger introduced his son to cars at a young age, allowing him to help out in his home based shop. He helped his son start racing go karts at first, which evolved into sprint racing. Now they travel all over the Midwest about six times a year competing in competitions.

When he retires he plans to spend time in his shop, improving the cars and motorcycles he has purchased and renovated over the years.

"It's been a great hobby of mine though the years," Schonberger said. "I've had an opportunity to meet a lot of folks that have the same passion and establish long time friendships that I will never forget."



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Welcome week events

18th USI Eagle Roundup
University Center
5 - 7 p.m.

First Night Out
Recreation, Fitness and
Wellness Center
8:30 - 11 p.m.

Outdoor Movie
The Quad
9 - 11 p.m.

19th *Welcome Lunch
and Meeting
University Center
2nd Floor
11:30 - 2:30 p.m.

*Welcoming Convocation
Physical Activities Center
3 - 4 p.m.

Archie's
Pizza Party
University
Center
6 - 7 p.m.

Party of the
Decades
UC Amphitheatre
7 - 11 p.m.

20th Day of Service
The Quad
8:30 a.m. - 1 p.m.

SAA Eagle Palooza
The Quad
1 p.m.

SGA Welcome
Dinner
The Quad
6 - 7:30 p.m.

Eagle Extravaganza
University Center
7:30 - 11:30 p.m.

Ultimate
Frisbee
Game
Clarke Lane
Filed
2 - 3 p.m.

21st Find Your Classes
The Quad
1 - 3 p.m.

Block Party
Residence Life
Community Center
3 - 5 p.m.

Campus Residents
Meeting
Residence Life
Community Center
6 p.m.

Hypnotic
Kevin Hurley
Carter Hall
7 p.m. and 9 p.m.

22nd First Day of Classes

Welcome Tents
Multiple Locations
All Day

Gospel Fun Night
University Center
Fireplace Lounge
6 - 7:30 p.m.

23rd

College Mentors for Kids Games
Recreation, Fitness and Wellness
Center
3 - 4 p.m.

Big Money
Carter Hall
7 - 9 p.m.

24th

Stress Survival Kit
Carter Hall
7 - 9 p.m.

Welcome Fun Fest
Recreation, Fitness and
Wellness Center
11 a.m. - 2 p.m.

25th

The Shield Open House
University Center 0227
2 - 4 p.m.

Welcome Back Cookout
The Quad
4 p.m.

Highlighter Dance Party
Newman Hall
8:30 - 10:30 p.m.

* All students are required to attend this event.

Healthy choices?

By **RYAN HOWE**
Life & Culture editor
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Joshua McDaniel is always watching what he eats. The exercise science student is constantly making sure that he is eating healthy and choosing the appropriate meals when he goes out for dinner, a task that takes self-control and research that many college students do not invest their time into. "I always try to eat healthy on campus," McDaniel said. "You can't just get a salad, it has to be the right one, and a lot of people don't know about the healthy choices at Burger King

or other places on campus."

Elizabeth Lyon, a social work major, looks at it a little differently.

She watches what she eats while she is at her apartment and buys healthy food at the grocery store but when she is on campus she eats whatever she wants.

"The fruit cups are disgusting," Lyon said. "I know I should make the healthy choices but they never look good enough to spend money on."

On an average day, a college student should take in anywhere from 2,100 to 3,100 calories depending on their body weight and height.

A hard goal to keep if one Whopper value meal from Burger King gives you 1,200 calories.

Among the other value meals BK has to offer the lowest is the double stacker, with only 910 calories and 39 grams of fat.

Health facts for anything on the menu at BK can be found under the nutritional tab on their website www.bk.com.

"Meals can also be tweaked to fit nutritional needs," said Rebecca Robb, operations manager of SODEXO. "Substituting mayo for other condiments or leaving off cheese can save fat and calories on

anything."

Sub Connection, BK's neighboring restaurant, is not much better with controlling the calories or fat. The lowest 12 inch sub is the Turkey on wheat 710 calories and 13 grams of fat without toppings or sauce.

The most is the Diablo Turkey with 1,290 calories and 72 grams of fat. If you added a soft drink and chips, another 650 calories and 28 grams of fat extra is added to your meal.

"Sub Connection offers a bowl of fruit or yogurt as additional sides to substitute for chips," Robb said.

Sub Connection in-

troduced a new way for students to keep their calorie count down this year. For sandwiches less than 500 calories there will be a small logo beside the sandwich on the menu.

The same can be said about Salsa Rico. The only items on the menu less than 500 calories are the single tacos, and adding chips and salsa to the meal add an extra 710 calories.

The average meal at Salsa Rico is will contain 900 calories and 51 grams of fat.

The easiest way to know exactly how many calories and fat you are putting into your body each meal is to eat at the

loft, Robb said.

The loft's menu changes every four weeks introducing new meals and food to choose from.

Every menu for breakfast, lunch or dinner will be posted on the website usifood.com with their nutritional facts.

It will also list what is in the food for those that have allergies and indicate if it is vegetarian or vegan.

The site will allow for students to check what they plan on eating and add up all the nutritional facts to for them to know an approximate number of calories and grams of fat they are taking into their body.

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The Shield accepts original, unpublished letters for all of its readers. Letters should be no more than 250 words, signed and have a telephone number for verification. The editor reserves the right to edit for length, style, and grammar. Pieces will appear in The Shield online. Letters can be submitted online or via e-mail.

Guest Commentaries

Signed opinions represent the views of the author and not the views of this newspaper.

Opinions expressed in unsigned editorials represent a consensus opinion of the editorial board



Associated Collegiate Press



Welcome back

By LOGAN HURSH
Opinion editor
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When I was younger the night before school would start, I used to sit up all night in anticipation of the possibilities of a new school year. I would make resolutions to myself that I would make friends with certain people, make great grades, be better at the violin and it would be the best year imaginable.

As I got older starting high school and then eventually college, I stopped having those daydreams. In college, I was usually too preoccupied thinking about how I was going to work to pay bills with my school schedule. The real world sort of extinguished that flame of ambition I carried for my future.

It shouldn't be like that though.

I have this amazingly-wise friend who told me one night we are far more in control of our happiness than we give ourselves credit for. I think we have a tendency to overcomplicate our lives, place more importance in frivolous things than necessary. We over-analyze our social interactions; we stress about superficial things like our belongings or what we lack. He told me most of the time our own unhappiness is brought upon ourselves by refusing to make a change or being too afraid to and we have the opportunities to make ourselves happy. Life doesn't have to be so complicated. I wrote this friend off as idealistic, but then I realized something about him; he is almost always smiling and happy.

So, I want to encourage all of you to embrace this year. If an opportunity presents itself, take it. Take chances, run the risk of looking like a fool and go out of your way to ask someone to hang out- don't wait to be asked. If something bothers you this year, change it. Join a club. Learn an instrument. Take up a new hobby. Whatever it is, just try something outside of your comfort zone. Why not? I guarantee you'll remember the times you did something out of the ordinary and exciting more than you'll remember the times you stayed at home watching TV because you were too afraid to get out there and try something that made you nervous.

This is the time in our lives we start shaping who we are for ourselves. We learn, grow and discover what we do and don't believe in. College is an interesting time in life and I want each of you to walk away at the end of your collegiate career feeling like you did everything you could to make sure you had one of the most rewarding times of your life.

A quick shout out to the freshman: this year is going to be nothing like you had expected. You're going to feel overwhelmed, lonely and lost most of the time. However, at the same time you'll feel incredibly free, young, alive and productive. It all balances out. Just keep your head up, shoulders back and try to keep everything in perspective.

And hey, if you want something new in your life why not write for the Shield?

Indian summer

By CHANSE FORD
Staff Writer

It is somewhat ironic that sometimes it takes being on the opposite side of the world to gain some perspective on American culture.

Towards the end of June, I spent two weeks in India as part of the initiative to further the University of Southern Indiana's mission of outreach and engagement.

The trip was mostly funded by the Provost's office and was the first, in what is hoped, to be a relationship with the Society for Development Studies (SDS) in India.

While there, two other students and myself spent most of our days going to the SDS offices to study the group and its techniques, seeing the sights and generally trying to get a feel for India.

The purpose of our project was to study the effectiveness of programs implemented by SDS five years ago to improve a poor, resource strapped village in rural Rajasthan.

Part of our study involved visiting the village to see the effects firsthand. This was by far the best experience of the entire trip and gives a good taste of the general attitude of Indians as a whole towards outsiders.

We were greeted with shy but warm smiles, great food and chai (tea) and an openness to share their lives while expressing interest in ours.

The majority of people you meet or pass on the street in India show similar sentiments. If you approach with a smile and a nod, it will in the very least be reciprocated.

I am sure this is probably true of any culture, but in order to fully enjoy India and be enjoyed by Indians, one must have an open mind and a willingness to adapt to another's culture.

All too often Americans want to do things their way no matter where they are, and at home the mentality of "speak English or get out" is prevalent.

However, this does more harm than good, and comes off as arrogance and ignorance.

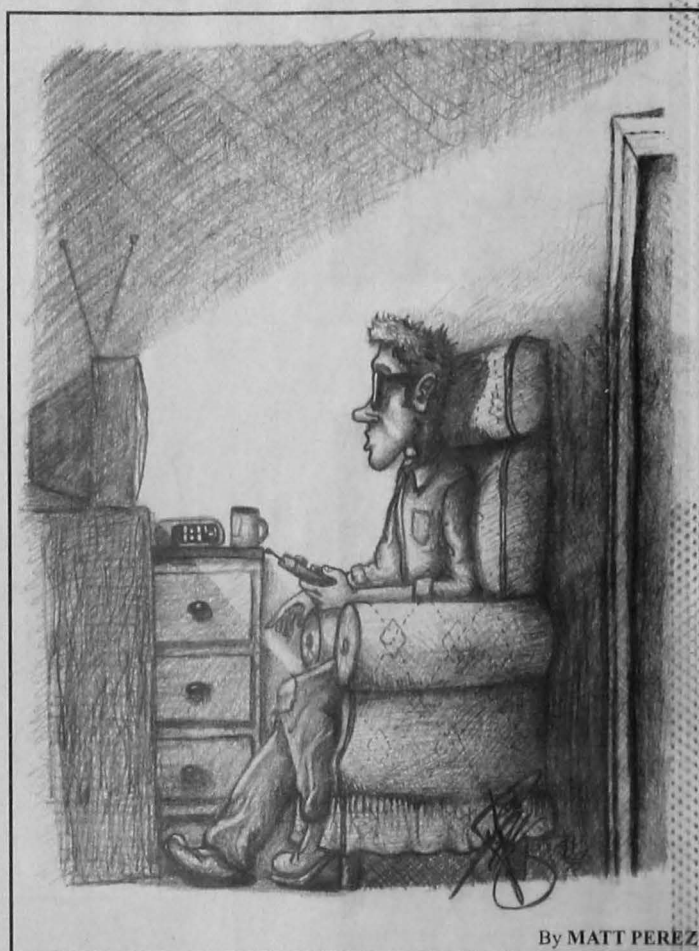
Now don't get me wrong, I love (most of the time) American culture. Some things are distinctly American and should stay that way. Hearing "welcome home" at customs in Atlanta was music to my ears, and that first cheeseburger upon my return tasted damn good.

With the way travel, business and communications are now, it is impossible to remain completely isolated within U.S. culture, and I believe this is for the better.

I received an amazing opportunity for which I am very grateful, and without which I may have never been able to leave the country, but if you get the chance: take it. If you don't, try not to be afraid of some non-American exposure in whatever form it may take.

Indians are not the only ones who can have open doors and open hearts, and the more outside exposure you have, the more open and understanding you'll be.

Productive summer



By MATT PEREZ

Tragedy at Indiana State Fair

By SHANNON HALL
Copy editor
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Indiana experienced a tragic night on Saturday.

At the Indiana State Fair, a random gust of wind blew the stage over right before Sugarland was about to perform. The freak accident ended up killing five people and injuring at least 40.

Questions are going everywhere of whose fault it may be. Was the rigging setup correctly? Did the state fair organizers respond to the storm fast enough?

My heart goes out to those who are injured and who have been killed by the accident. But I'd like to think it was just that, an accident.

The stage had a gust of

wind of 60-70 mph hit it at random. To me, an outside stage should not be able to withstand something of that magnitude. Spring is the time for storms, not mid-August, but then again this is Indiana, the state of random weather.

According to weatherbug.com, the very end of 2010 was just below 50 degrees- in December.

Tornados are known to come up out of nowhere and just happen. So if instead of this gust of wind, we had a tornado would we have questioned the rigging then?

I would hope not.

As for the organizers not telling concert-goers to evacuate, I would just like it to be known that people have brains.

And by that I mean, adults can look in the sky

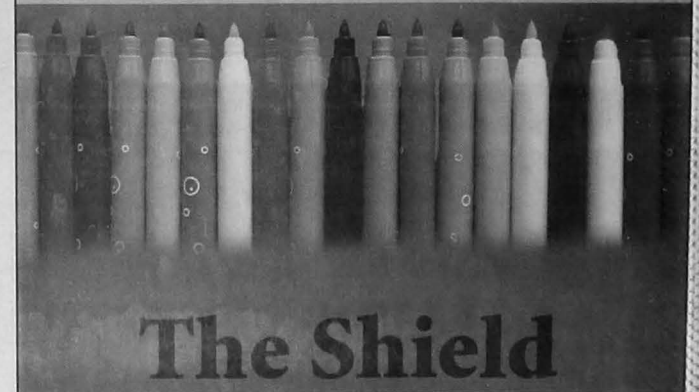
and see a storm approaching. If they thought they were in danger, I hope to God, they would use the thing in their head and decide whether or not they would be safe. I would bet a majority of the audience had smart phones where they can check the storm as well.

According to the Associated Press, concert-goers were warned of an impending storm. A mandatory evacuation was about to be issued within two to three minutes of the announcement, but on the way to make the evacuation announcement, the stage collapsed.

I am not blaming the people who died or who are injured by saying it is their fault. I am just saying they took a chance with their decision to stay.

The Shield is looking for a cartoonist.

Print an application online at www.usishield.com or stop by the office in the lower level of UC-East.



The Shield

SPEAK UP!

Write a letter to the editor at shield@usi.edu

Once an Eagle, now a Ranger

By LUCAS SNIDER
Sports editor
lesnider@mail.usi.edu

Every baseball player's dream is to be drafted by a major league baseball team and to play in the big leagues. That dream was a realization for former University of Southern Indiana pitcher Taylor Dennis.

Dennis was drafted in the 35th round of June's major league baseball's amateur draft by the Texas Rangers. He becomes the sixth Eagle's player to ever be

drafted by a major league team. The Rangers, last year's World Series runner-up, were looking to add depth to their pitching staff. They were able to do that by adding the most outstanding player of the 2010 Division II college world series. Dennis had also been in contact with the Toronto Blue Jays and the Chicago White Sox, before the Rangers decided to select him in the 35th round.

Dennis was one of the most dependable starting pitchers for USI. He accumulated a record of 18-5 when he started and tallied

125 strikeouts in his two seasons with the Eagles.

With this year's final season, Dennis tied USI's singles season wins total when he recorded 12 victories for the Eagles. He also recorded 64 strikeouts in 101 innings pitched. His achievements didn't go unnoticed, when he was selected to the second team of the Great Lakes Valley Conference this past spring.

Dennis will begin his professional career when he suits up for one of the Ranger's single A affiliates later this year.



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NFL back in action

By LUCAS SNIDER
Sports editor
lesnider@mail.usi.edu

For the majority of the spring and summer, the NFL season was in limbo. League officials and the National Football League Players association negotiated for over 150 days on a new collective bargaining agreement.

After countless days of arguing and disputing, the owners and players will last until the 2021 NFL season and would officially kick of the 2011 NFL season on July 25.

Players were finally able to report to their respective team's training camp and free agents were able to sign with different teams. With NFL action finally ready to resume, players were being signed and traded left and right.

The team that has been making the most moves was Philadelphia. Since picking up regular activity, the Eagles have signed a total of 46 rookies and free agents.

The Eagles are have already been coined with the term "the dream team" and are the heavy favorite to win the 2012 Super Bowl which is to take place in Indianapolis.

The Eagles have signed prized free agents such as former Oakland Raiders Corner Back, Nnamdi Asomugha; former Green Bay Packers Defensive Tackle Cullen Jenkins and former Miami Dolphins Running Back Ronnie Brown.

The first regular season game will be with the defending Super Bowl Champions Green Bay Packers hosting the New Orleans Saints on Thursday, Sept. 8.

Upcoming Events

7 p.m. Sunday
WOMEN'S SOCCER
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7 p.m. Aug. 30
WOMEN'S SOCCER
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