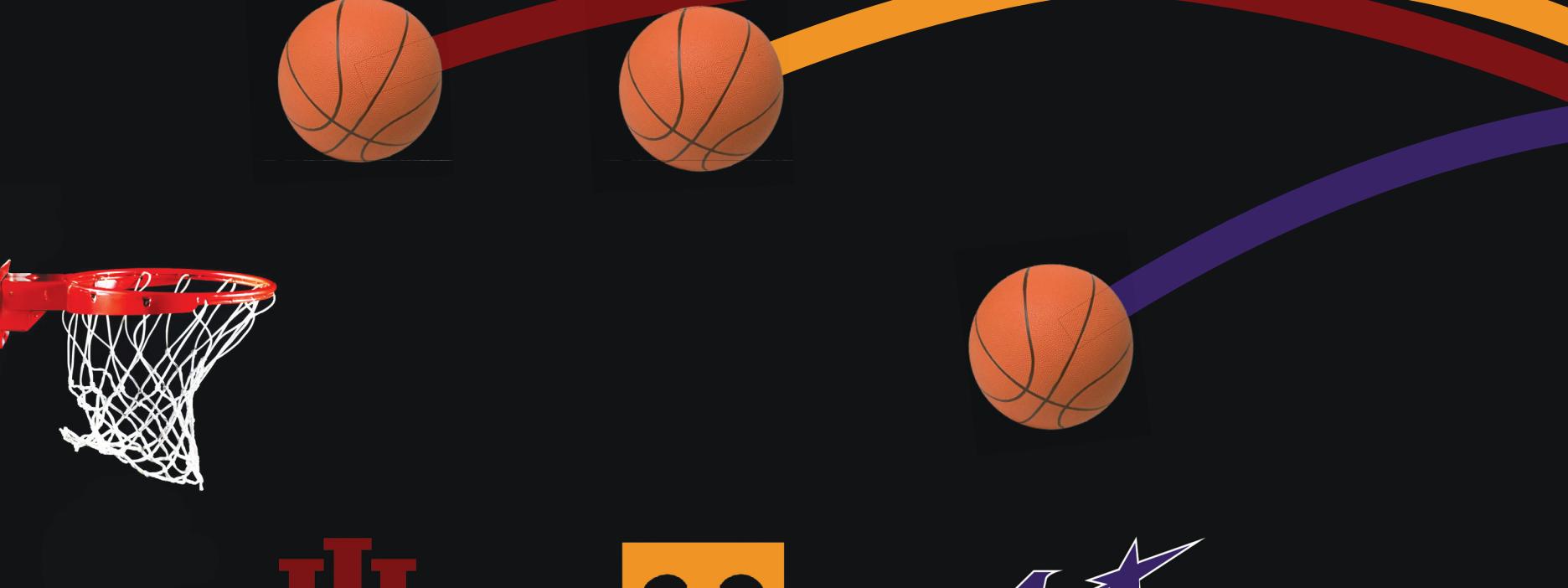




New Harmony pg. 4



Women's Basketball pg. 7



Indiana University

\$10,000



University of Tennessee

\$10,000



University of Evansville

\$1,000

*Women's basketball

It's a win-lose situation: Exhibitions rake in \$21,000 in guarantees

By ZANE CLODFELTER

Staff writer

Southern Indiana men's basketball team fell in both of its exhibition games against Indiana and Tennessee, but the Eagles' program made the most of its two trips.

The beneficial qualities of the exhibition contests weren't just noticed on the court, but in the pocketbook as well.

The men's basketball program earned \$10,000 in guarantees for each game, agreed upon before the contest by both IU and UT.

"I haven't run the numbers yet in terms of expenses, but for the IU game we took a bus up and came back the same day," USI Athletic Director Jon Mark Hall said. "We basically had meals and transportation in terms of cost."

Making the trip to Knoxville

to play the Volunteers was a tad more expensive for the athletic department, with the men's team staying in a hotel the night prior to the game. Still, the Eagles received extra money that will impact their program directly.

"When it comes out, we created revenue in both of those situations," Hall said. "We basically will bring in \$20,000 for the basketball program for those two games, taking out expenses for the trip."

Hall said guarantees, or monetary amounts, with each game depends on the opponent hosting. It's then up to the visiting school to accept the guarantee or look elsewhere.

"There are probably some schools that pay a little more than that, and there are definitely some schools that will pay less than that for an exhibition game," Hall said.

The coaching staff for both the men's and women's programs handled scheduling for their respective teams, including exhibition games.

"We allow our coaches to handle their schedules. I'll jump in if I need to be of any help," Hall said. "I'll work with them on the budget side of things."

USI Men's Basketball Head Coach Rodney Watson has been able to utilize connections that he has made through his previous coaching stops, most prominently, Southern Illinois. While at SIU in Carbondale, Watson was an assistant under former Saluki coaches Bruce Weber and Matt Painter, both whom moved on to schools that USI has played in exhibition contests in previous seasons. The Eagles played Illinois in 2010, then coached by Weber, and Purdue the following year, coached by Painter.

Hall said Watson's past connections are key to scheduling exhibition contests against Division I programs.

Watson credits former colleagues in the Gene Keady coaching tree for the Tennessee exhibition game this season.

"My connection with Coach Weber and Coach Painter I think that has paid off for us in the long run," Watson said. "Piece of the action is the financial part, too."

Watson looks for opponents that will help exploit weaknesses that help his team develop before the regular season campaign begins.

"You don't want any 'fool's gold' this time of year," Watson said. "We really want to play people that can help us get better."

Hall said all of the revenue earned by signing guarantees

with Division I teams for exhibition games goes directly back into the program. However, other revenue gained through basketball season ticket sales, corporate sponsorships and other streams go into the athletic administration budget.

"So it's good for all of our student athletes to sell more basketball season tickets," Hall said.

The same thing applies to the women's basketball program, who received a \$1,000 guarantee

to play the University of Evansville at the Ford Center two weeks ago. The program will get to keep close to the full amount with the game being played just down the Lloyd Expressway, bringing limited expenses.

With the exhibition schedule behind both Watson and Women's Basketball Head Coach

EXHIBITIONS on Pg. 3

Where can I eat healthy? Dietician advises students to 'mix and match'

By JAMES VAUGHN

News editor

Justin Kelly ate celery sticks, pita chips, a spinach salad and a Pop-tart Nov. 7.

Kelly, who has been a vegetarian for nearly five years, said there are plenty of healthy food options on campus, but more wouldn't hurt.

"They could alter them every now and then," he said.

He rarely eats off-campus because he has the Blue Eagle meal plan, which prefers students eat nine meals a week at The Loft.

On campus, his go-to menu items are tomato mozzarella sandwiches from Simply to Go, black bean burgers, spinach salads and the vegetarian soup options at The Loft.

"I have been burnt out a few times," the freshman social work major said.

Kelly said he steers clear of

Burger King.

"They have a veggie burger, fries and a salad," he said. "Not much there."

Food and Nutrition Instructor Beth Young considers herself semi-vegetarian because she only eats meat once or twice a week.

She said calories, salt and fat are the "biggies."

While a healthy salt intake is between 1,500 and 2,300 milligrams per day, calories and fat are more individualized.

"Generally, if you try to keep a meal around 400-600 calories, you're going to be in the ballpark of where you need to be to contain your weight," Young said. "That's an appropriate range for a meal."

As for snacks, 100-200 calories works.

Saturated fats should amount to less than 10 percent of a person's diet.

For students who eat at the Loft often, Food Services provides assistance, such as links to various nutrition calculators and Mindful by Sodexo, on its Dining Services website.

Students also have the option to ask a dietitian for advice. Sodexo employs more than 500 registered dietitians across the United States. They are available to provide nutritional information at the click of a button.

Young said the four dietitians who teach at USI, including herself, are also willing to advise students about healthy eating habits.

"There's definitely resources available," she said.

One thing she advises students to do is to think more creatively.

"If you're on a meal plan and you're obviously budget conscious, then I think it can get repetitive," Young said. "Bounce around and combine different

HEALTHY on Pg. 3

You might be surprised:

- Nearly half of the food items on Burger King's menu are healthy when considering calories and sodium, including a WHOPPER JR., a small fry and french toast sticks.
- The amount of sodium in all 6-inch subs at SubConnection is above the recommended intake per meal. But if you're more concerned with calories, you're in good hands for the most part.
- Vegetarians are in luck at Archie's, considering the only healthy items on the menu are plain cheese and vegetable pizzas, and potato wedges.
- "Salsa Rico" has been renamed Fiesta Fuego, courtesy of Food and Nutrition major Kali Hayes, who won the competition. But if you're watching your calorie and sodium intake, a taco salad with no meat is your only healthy option.
- The healthiest salad dressings in terms of calories are fat-free ranch and Italian at 30 calories each. The least healthy are blue cheese, french, thousand island and honey mustard at 140 calories each.

*Cyclone Salads did not have sodium facts available.

Features

Professor holds art exhibition at local New Harmony

Page 4 - The Shield - November 14, 2013

By ARIANA BEEDIE
Features editor

One of USI's assistant professors of ceramics prepares to fill the biggest exhibition space she's ever had with functional pottery, all while participating in many other ceramics events and teaching.

Alisa "Al" Holen will present her work at the New Harmony Gallery of Contemporary Art, Nov. 23. The exhibit will include a large installation piece accompanied by smaller pieces with an innovative theme.

"My work tends to be functional and kind of in that functional scale," Holen said. "It pushes the boundaries between sculptural and functional."

Some pieces are more than three or four feet tall and represent a culmination of the little things in life and life goals.

"As I look at the course of life and how everything has gotten me to where I am right now, it's these little things that lead me to this pinnacle that's where I'm at," Holen said. "Thematically, it's still functional work within a sculptural realm."

Holen received a grant from USI Summer Research Fellowship that allowed her free time to work on the exhibition pieces instead of teaching summer courses. New faculty recipients were awarded \$7,000 to fund projects and were given time in the summer to work on those projects.

"I still taught Summer I, but then I had Summer II and III in the studio by myself with all the kilns, all the access and didn't have to worry financially for those two and a half

months," Holen said. "It was really nice."

USI is supportive in those ways, she said.

"It's hard in academia to focus on your work. It's what you get hired for and it's the reason that they notice you," Holen said. "So having that freedom in the summer was beautiful."

Holen chose New Harmony, a town with more galleries per capita than any other city in the U.S., because of the thriving art community, innovation and support she received there.

"Right now, Gary Holstein is the director and he's terrific," Holen said.

"When I said I was thinking of installation, he immediately came through with, 'We can do it this way or we could do it that way,'"

There are roadblocks sometimes when it comes to innovation, but not here, she said.

An inspiration for the featured exhibition pieces came from the idea of how people pay attention to and handle everyday life.

"Very often the bottoms of my cups are rounded so you can't just put it on the table. It has to go back into its cradle," Holen said. "I like a person to have to think about (how) they use it."

It functions, but it functions awkwardly, she said.

The pieces work but viewers have to take their time and care for them, making them functional.

"We take a lot of things for granted when they just work easily. And then once they require a little bit of finesse, then you have to develop a relationship with that piece," Holen said. "Those relationships are important to me."

This idea began when Holen, one year out of graduate school from the University of Iowa, interned for renowned functional potter Clary Illian. Illian challenged the very busy intern with something that changed Holen's pottery for the better.

"She said, 'Maybe you should make pots that make you sit still,' and it got me working on that kind of awkwardness of function," Holen said. "As much as it's not necessarily a realistic necessity, it makes you stop and think about it."

Garry Holstein, New Harmony Gallery of Contemporary Art director, said the pieces play on formal elements with great installation pieces.

"These pieces are big and will be sticking out from the wall," Holstein said. "They are not meant to be functional objects."

The New Harmony Gallery of Contemporary Art, connected with the Outreach and Engagement Office, will be providing transportation for USI students to New Harmony for the opening night. The exhibition begins Nov. 23 and lasts until Dec. 27. It is also free to the public.

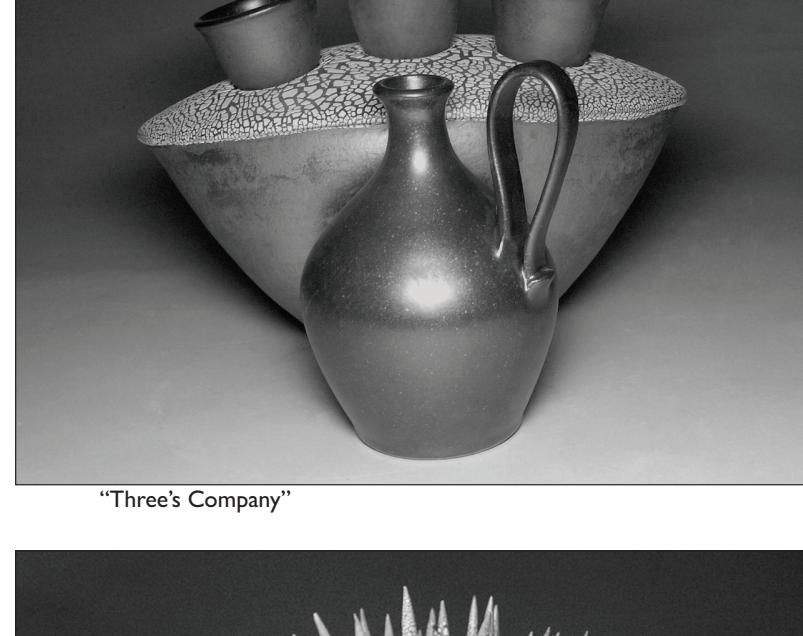
"We are making buses available for students right now," Holstein said. "Along with the exhibition, there's also a gallery stroll."

Shops and other galleries will be open late, allowing students to look around, he said.

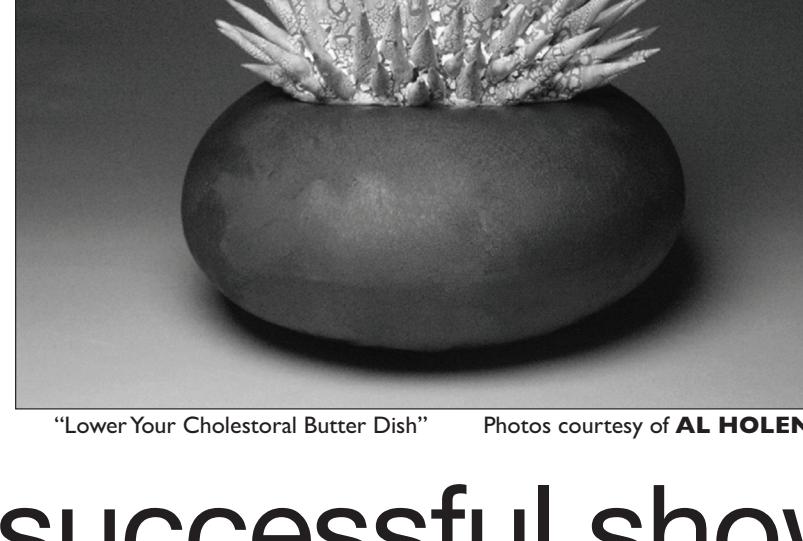
Two buses will leave campus going to New Harmony, one at 3:30 p.m. and 5 p.m. To reserve seats or for more information, contact Garry Holstein at gholstein@usi.edu.



"Perfect Company"



"Three's Company"



"Lower Your Cholesterol Butter Dish"

Photos courtesy of AL HOLEN

Local venue hosts successful show

By ARIANA BEEDIE
Features editor

Summer Groves went to PG Cafe & Gallery to see her favorite local band from her hometown.

"Tonight, I'm here for Technology vs. Horse," Groves said. "They are from Bowling Green and they are awesome, so I had to come and support my home team."

Groves, 20, a new Evansville resident, has grown fond of PG and the types of acts that perform there.

Her friend, Mary Sparr, a Bowling Green, Ky. native, said she wishes there was a place in her town that would cater to art,

food and film like PG.

"This place is awesome," the 29 year old said.

The Franklin Street venue hosted local bands from the tri-state area Saturday, gaining much recognition from patrons. The show started with a packed room made up of regulars and newcomers to the venue.

The performers included local bands Speed Walking with Seamus, The Hyper Tensions before headliner

Technology vs. Horse.

Michael Farmer, lead singer of Technology vs.

horse, was impressed at

the quality of the venue after the band's debut per-

formance, he said. "We've played in Evansville before, but so far this is our favorite place to play in town,"

Farmer said. "The atmosphere, the crowd and the vibe is cool." With the large turnout, PG employees were also

enjoying themselves.

Aaron Schaum, bartender, said there aren't many places in town to get a large variety of music like PG.

"Tonight's been really cool, a lot of people are here," Schaum said.

Later, after Schaum left, bartender Nathan Robling took over handling the drinks and took care of the crowd.

"Every time we have an event it seems like more and more people show up," Robling said. "We also have the same group of people coming back."

So far it's been pretty good, he said.

PG Upcoming Events

PG Stand Up Comedy Night:

8 p.m. Nov. 15

Nest, Cigarette Smoke, Holocaust Action Figures, Quin:

7 p.m. Nov. 17

Bring Your Own Vinyl:

7:30 p.m. Nov. 22

Role Models with DJ Security:

9 p.m. Dec. 7

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**T.T.
RABEN**

Does make up cover everyone?

Alaysia Johnson-Rhone, senior business Adm.



Q. Do you feel well represented in the cosmetic industry?

A. "I don't feel well represented. I don't wear makeup and choose to go all natural, but I'll seldomly wear make up."

Q. What are your favorite products to use?

A. "When I do, I'll put on a little lipstick and I'll put on mascara."

Q. Why do you choose to wear make up?

A. "I feel as though wearing make up isn't your true self. I feel as though if someone's going to see you, they're going to see you as you. People wear so much make up these days, when they take it off they look like a totally different person."

Q. How much do you spend per month on make up?

A. "MAC is expensive but I've had it for a few years. It's about \$30."

Sahrayah Blackbur, junior psychology major

Q. Do you feel well represented in the cosmetic industry?

A. "I feel like there are a lot of options. Even ones I don't need."

Q. What are your favorite products to use?

A. "I use Maybelline volume enhancing mascara, the one in the orange tube. It makes my eyelashes look really pretty."

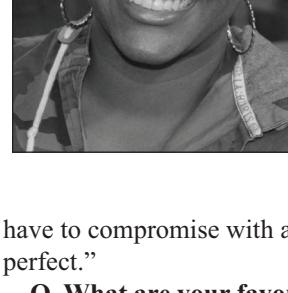
Q. Why do you choose to wear make up?

A. "It makes me feel better about myself. When I wake up in the morning at my visually most vulnerable, I feel better about my day if I put makeup on my face."

Q. How much do you spend per month on make up?

A. "I spend less than \$20, very minimal."

Deidra Brown, senior Business Management



Q. Do you feel well represented in the cosmetic industry?

A. "I feel like there's around three shades that would fit me. I don't know if a lot of people my skin color aren't buying makeup, or if it's just not in demand. I've heard before that I shouldn't wear makeup because people wear makeup to get my color. I feel like I have to compromise with a shade, like there's nothing perfect."

Q. What are your favorite products to use?

A. "Right now I use MAC, I like their face powder. That fits me well, I like it."

Q. Why do you choose to wear make up?

A. "It just smoothes your face out. I have oily skin and it smoothes me out."

Q. How much do you spend per month on make up?

A. "I bought my MAC and it was \$30, and that was one time this summer."

Evelyn Lopez, freshman accounting major

Q. Do you feel well represented in the cosmetic industry?

A. "They do a good job of showing off different cosmetics for different kinds of skin."

Q. What are your favorite products to use?

A. "I like Maybelline and Covergirl the best. They're products aren't that expensive and you can get them over the counter."

Q. Why do you choose to wear make up?

A. "It makes me look better."

Q. How much do you spend per month on make up?

A. "I spend probably \$10."

Column: Musician makes music for himself

By ARIANA BEEDIE
Features editor



Mark O'Cummings makes music for spiritual fulfillment. The 39-year-old musician creates electronic sounds using iMac and other mixing devices to maintain a positive spiritual outlook.

"I make music for my personal spirituality, personal healing and it makes me feel good," he said.

O'Cummings, a New Harmony native, started playing the trumpet in third grade and was taught by his family members, who were also musicians.

"My mom was a pianist as well, and my grandfather played harmonica," O'Cummings said. "Music is my background and in my life."

He said that a major drive to make music is to inspire others.

"The reason why I like music is to encourage others to explore or learn something about themselves," O'Cummings said. "I hope that people get something good from my music to find something about themselves."

O'Cummings makes music on his computer by using professional DJ software programs and synthesizers to create an electronic sound.

"Mainly, my music is

experimental," he said. "I like to explore different areas and different flavors."

To understand the music he creates on a deeper level, O'Cummings taught himself about music theory, music therapy and how sounds are made.

"Every atom in the universe has a space around it, which have space between them and they vibrate at different frequencies," O'Cummings said. "The vibrations can affect our bodies, spirits and our minds."

O'Cummings began using a computer as an instrument in 2007 when he wanted to record acoustic guitar using a professional recording program. Then he began to take interest in creating sounds and recording them on the program itself.

"I bought a program called Reason, which had a dual application which allowed me to have a professional recording studio,"

he said. "It was also one of the biggest programs producers of electronic music use, so I started dabbling a little bit."

The inspiration came from listening to emerging underground New Age music in the early 90s, and more recently dubstep.

"I got into electronic music when I was a teenager, and a lot of that stuff back then was pretty new," O'Cummings said. "I also got into world music which helped me explore different rhythms and ideas."

Listening to different kinds of music was the perfect escape, especially compared to what people were listening to locally, he said.

O'Cummings performed at an experimental open mic night at PG Cafe & Gallery, and wants to continue to play around town.

The set-up he uses includes a full computer, a keyboard and synthesizers along with other electronic equipment, which makes it difficult to play gigs. As a result, he learned to condense his equipment to take on the road.

"When I produce a song, sometimes I'll put it on the iPad, and I can DJ it on my iPad," O'Cummings said. "These things are awesome for music pro-

ducing."

Another quirk about O'Cummings is that he uses Apple products strictly for his music.

"I used to work with Windows, and there's nothing wrong with it. It's just that Apple does a better job with professional audio and video industry," he said. "Their machines are set up very well for that. They run very smoothly with a minimal amount of problems."



RIVER CITY SOUND

REVIEWS

MUSIC, MOVIES, MORE...

"Daylight"

HOLD YOUR BREATH

STALLONE DAYLIGHT

Usually, the movies I review are big ticket movies that are playing at theaters around the country and grossing a decent amount in the Box Office. This is, of course, because I am writing primarily for the students and faculty of USI, and independent movies are typically not screened often in the Tri-State region, or if they are, they aren't usually publicized much.

However, in the spirit of Halloween, Showplace Cinemas East put on a limited screening of the independent horror movie, "Daylight," which was filmed at various locations in Vanderburgh County.

The movie takes place in the fictionalized town of Daylight, which is a fairly accurate representation of a small Midwestern community, drawing a haunting comparison to the likes of our own Daylight, Indiana – located off of Highway 57 in the northeast corner of Vanderburgh County.

Using a first-person point-of-view, the film instantly uses familiar aesthetics that bring to mind the likes of "The Blair Witch Project" or more recent and thematically-related works, such as "The Last Exorcism" or the "Paranormal Activity" series. Also, dispersed throughout the movie were intervals of distorted film sequences that I felt paid homage to art-house style movies.

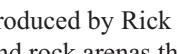
Continuing in the trend of demonic possession movies, "Daylight" embarks into both religious and sacrilegious territory by means of the on-screen investigation of a Catholic priest in the town. The film is centered largely on a girl of high school age and even more so on a girl of elementary school age, both of which had dramatic behavioral shifts (believed to be the result of demonic possession) and had been in contact with said priest.

I was fairly impressed with the acting, given that many of the actors were residents of Evansville who had limited experience with acting and even less experience with acting for the screen.

I found the visual style of the film to be intriguing in that it gave the film a distinct style, which set it apart from many of its more well-known predecessors. However, as the film started to feel more like it was directed by David Lynch towards the end – I don't know, something involving alternate realities or parallel dimensions, I think – this visual element became overpowering and made it difficult to piece together much of the action and plot of the last 20 or so minutes of "Daylight."

I will say that I certainly enjoyed it, but I could have enjoyed it more.

Rating 3/5



By JAKE TAPLEY, Staff writer

"Magpie and the Dandelion"

The Avett Brothers

Rather prolific as-of-late, The Avett Brothers barely even waited a year to release its new album, "Magpie and the Dandelion."

In September 2012, The Avett Brothers released its predecessor "The Carpenter" to mixed but mostly positive reviews – and for good reason. The album, the band's second to be produced by Rick Rubin, challenged its sound by pushing more into the pop and rock arenas than previous albums.

I personally enjoyed the album. Its new sound is great because it preserved what I liked about its rootsy-folk vibe and really played up the pop melodies that are present but played down in earlier works.

So here we are, with yet another release from the folk-rockers, and I feel the same as I did upon listening to its previous record. That's probably because both albums stemmed from the same recording session, making "Magpie" quite literally a follow-up.

The first half of the CD offers a nice mix of sounds and melodies with hints of bluegrass and 70s roots rock coming through in the opening track "Open Ended Life," and pop-rock finding its way into the lead single "Another Is Waiting."

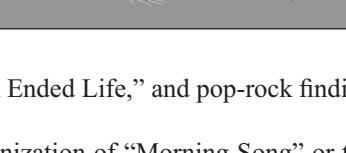
However, much of their old sound can be heard well intact in the folk harmonization of "Morning Song" or the heartbreaking banjo of "Bring Your Love To Me."

I think this album ultimately comes up short of "The Carpenter" in its ability to keep my interest from beginning to end. While the stripped-away "Souls Like the Wheels," and the intimate and highly personal "Vanity," both appeal to me as standalone tracks, they only contribute more to the lost momentum that starts in the middle of the record.

Rating 4/5



By JAKE TAPLEY, Staff writer



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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

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University stance on HJR-6

Stand back

Step up

By **ZANE CLODFELTER**

Sports editor

This paper reported last week that the University of Southern Indiana has no plan to publicly take a position on the proposed constitutional amendment banning same-sex marriage in the state of Indiana, otherwise known as HJR-6.

As an Indiana taxpayer, I couldn't be happier that my university is doing what all public state universities should be doing: staying out of it and letting the elected legislators decide for the voters.

With USI being a public institution, the university receives funds courtesy of tax dollars from Hoosiers all over the state.

Whether a citizen in this state wants their money to be sent here for whatever expense, it doesn't matter, it happens anyway.

Out of respect to those who send their hard-earned cash to this university, and other public universities around the state, revere our rights to decide for ourselves whether or not the bill is a good or bad for this state.

Hoosiers are smart and

resourceful. We don't need universities telling us whether something is good or bad, we can decide that independently.

Indiana University announced that they would join the coalition called Freedom Indiana, which is dedicated to defeating the house amendment, and private institutions, such as Wabash and DePauw, have also joined.

Private institutions can support anything they want to, in my opinion, because they are privately funded.

Someone who may disagree with those universities doesn't support those schools through their tax dollars.

I find it frustrating that my tax dollars, which enable Indiana University to operate, could be used to support something that I'm not willing to.

If someone wants to support this cause from IU individually, fine, but to make a blanket statement saying the whole university supports it is somewhat annoying.

We elect legislators to send to Indianapolis that mirror our values and traditions, here, in this state.

With that said, isn't this entire university out-cry a little pointless? People are going to support what they feel deep inside.

A university's stance isn't going to sway a lot of people—including legislators.

Legislators aren't going to care what those at Indiana University, DePauw and Wabash think.

Most university leaders have diverse backgrounds.

What works in one place may not work in another, so why bother? Indiana isn't California or Massachusetts. We live in a different environment and a different surrounding.

I trust the legislators and their decision when this bill is presented to the General Assembly in January.

There is a reason why we elected these politicians to represent us.

At least USI gives me the opportunity to make up my own mind without trying to sway me by joining some coalition that won't make one bit of difference. When it's all said and done, those at the statehouse in Indianapolis will decide. That's the way it was meant to be.

cal.

Indiana already doesn't allow same-sex marriage, what need is there to kick an entire group of people while they are down?

HJR-6 alienates couples who are simply looking to lead normal lives and receive the same benefits a straight married couple would.

USI's strategic plan specifically states that it looks to increase diversity of students, faculty and staff.

By ignoring an amendment that could hinder a diverse demographic, USI is alienating its diversity and chasing away potential recruits.

Students might be thinking that there is no way HJR-6 could ever happen, but it's here and it's real.

Times are changing and 14 states have legalized gay marriage, but there are still 27 states that have gay marriage bans by state law and constitutional amendment.

Indiana's ban only exists through state law.

If we stay silent about HJR-6, we would be aiding the decline of human rights.

GOOD NEWS!
THE U.N. HAS FORMED
A TASK FORCE TO FIGHT
ASTERIODS THAT
THREATEN EARTH.

I'LL HAVE YOU
KNOW THIS CEASE-
AND-DESIST ORDER
HAS BEEN SIGNED BY
EVERY MEMBER OF
THE GENERAL
ASSEMBLY!

University action misplaced

By **JAKE TAPELY**

Staff writer

If you picked up last week's issue of this paper, I'm sure you're familiar with the various stories that made the front page news; but, let me jog your memory.

There was a story about electronic cigarettes and the university's lack of taking action against them. Another story was about the state bill concerning same-sex marriage and how the university was not

taking a neutral on the matter. Am I the only one who found it odd that the only front page article demonstrating the possibility for university action was the one about the woman who had dressed up as Hitler for Halloween?

Needless to say, we've got our priorities wrong.

Not only does this woman not deserve university action against her - she is affiliated with USI rather than employed - but, she is not, and could not, be affecting nearly as many

people as either of the other two issues. In fact, the only way she could negatively affect so many people, hypothetically, is if - oh, I don't know - everyone blew it out of proportion and made a big deal out of something that was intended to be a more private affair.

Even if the pictures were on Facebook, they were still only seen by a considerably small group of people. It should be her decision to decide if the pictures were appropriate

for that group. The university shouldn't be able to take that from her.

Moreover, if she wasn't representing the university and doesn't work for USI, then she shouldn't be asked to answer to the university.

Maybe the pictures were offensive. I don't know because I haven't seen them.

What I have seen is people smoking electronic cigarettes on campus when we have policies in place that prohibit them from doing so.

If my math is correct, this is an issue that could be affecting approximately 11,000 people. We need to do something about it.

I can also think of several people, off the top of my head, who care deeply one way or another about the HJR-6 bill and don't feel that the university not taking a stance is representative of our institution, or of the students that it represents.

I agree with university action. I just think it's been misplaced.

SPEAK UP!

Write a letter to the editor at
opinion@usishield.com



KRK
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Eagles' guard Thomas leads by example



Photo by JIMMY PYLES/ The Shield

Lawrence Thomas directs the Eagles offense during the exhibition game against Indiana.

By ZANE CLODFELTER
Sports editor

For Southern Indiana senior guard Lawrence Thomas, every passing day is one step closer to the end of his collegiate career.

The Springfield, Ill. native knows it, and he is making the most of out his fifth and final season in the USI uniform.

"As a senior, every day is your last something," Thomas said. "Once I look up, the season is going to be over."

Thomas was an incoming freshman before Rodney Watson's first season as the head basketball coach. Thomas is the lone player still active from Watson's first team that went 24-3 in 2009-10. He endured a postseason ban caused by a previous coaching regime.

"I've been around a great group of guys since my freshman year, and every year has been something different," Thomas said. "I'm looking to make another memory with these guys this year."

Watson said Thomas dealt with every challenge

directed his way during his time on campus.

"I can't think of another college player who has been through more adversity than Lawrence has been through in his college career," Watson said. "I think that speaks really highly of him, and our team takes on his personalinity in a lot of respects."

Not only do his teammates take in his personality, but they also value Thomas's leadership gained through dealing with all of the difficult circumstances.

"I think that's the way it works in athletics, you tend to take on the personality of those with experience," Watson said.

Thomas has embraced the leadership role, too.

"I came in when (Coach) came in. I've been here since day one," Thomas said. "Now I'm kind of like another coach now because I have been here for so long."

Thomas has been here longer than any coach on Watson's staff.

"He's got a great deal of experience. In fact, he's been here longer than Coach (Gerad) Good. He

signed before Coach Good did," Watson said. "He's been here as long as I've been here."

Thomas said he is simply fulfilling his role with the team, serving as a team veteran to help the transition with younger players from high school to the collegiate level.

This was a transition he dealt with four years ago and mastered according to his career numbers accumulated so far as an Eagle.

"It's good to have veterans on your team to teach new guys," Thomas said.

As for the start of his final regular season, Thomas hopes to play every game like it's his last, he said.

"You can't take anything for granted," Thomas said. "You got to go out and leave it all on the court for 40 minutes."

Looking back on his previous four seasons on campus, Thomas appreciates one thing already reflecting back on his time already spent at USI, he said.

"The community has shown a lot of love to me and our basketball team," Thomas said.

Eagles trounce visiting Asbury in season-opener

By PAT HICKEY
Staff writer

Anna Hackert and Stephanie Carpenter scored 20 points a piece as the Southern Indiana women's basketball team rolled past visiting team, Asbury University, 87-46, in its season-opener on Saturday at the Physical Activity Center (PAC).

It was the fifth straight season-opening victory for USI (1-0).

The Eagles came out of the gates red-hot, outscoring Asbury 24-8 within the first nine minutes. USI led by 26 at halftime and double-digits for 75 percent of the game.

"Having (Hackert) down low opens the offense up for the guards a lot," Carpenter said. "They have to really focus on doubling down on her and making sure she's not one-on-one with someone, and that leaves us wide open."

Facilitating the Screaming Eagles offensively was junior guard Autumn Miller, who is in her first year at USI after transferring from John A. Logan College.

Miller finished with eight points and two assists in 15 minutes.

"Autumn is really comfortable with our system right now and that's a good thing because as a new player, sometimes that takes longer."

The Eagles held Asbury to just 30 percent from the field and forced 24 turnovers, which led to 28 points in transition. USI



Photo by JIMMY PYLES/ The Shield

Forward/center Anna Hackert was 8-for-13 from the field and added nine rebounds, two blocks and two assists in just 21 minutes on the court.

knew Asbury was a team that liked to drive, so they forced them to shoot from beyond the arc, where they were just 2-for-21.

"I thought our pressure was really good to start the game," Head Coach Rick Stein said. "With Autumn jamming the ball early, (Asbury) really struggled

to get into any kind of flow offensively. Instead of getting entry passes to the 3-point line, they were getting entry passes 30-40 feet from the goal."

Despite shooting just 1-for-5 from the field, junior forward Mary O'Keefe worked extremely well with Hackert in the

post.

The Edwardsville, Ill., native finished with four assists and three of them going to Hackert.

"I think Mary and Anna definitely have that relationship right now," Stein said. "They know what's coming next. I have to believe all of Mary's as-

sists today came on high-low scenarios, and Anna topped them off."

USI continues its four-game home stand against Davis & Elkins College at 7:30 p.m. Saturday at the PAC.

Nut Club baseball deck needs modifications from ADA

By JESSIE HELLMANN
Staff writer

The newly donated standing deck, which sits in left field at the USI baseball field, faces modifications after being declared not handicap accessible.

The deck, which was donated by the Evansville West Side Nut Club and built in the spring, was a community project for the group, said USI Athletic Director Jon Mark Hall.

"The (Nut Club) helped design it and worked with university officials about how it would look and be built," he said. "They came out on some weekends and built it. And once we get it modified and up to speed on code, we're

really looking forward to using it."

Bryan Morrison, manager of environmental health and safety, said to meet regulations under the Americans with Disabilities Act, graspable handrails will need to be installed, as well as places for wheelchairs.

"There's nothing wrong with the structural integrity of the deck, though," Morrison said. "But anytime you build a new structure, it has to be brought up to current codes."

He said the issue was brought to attention after a fire and building code inspection, which indicated the handrails were not graspable. In other words, they weren't round

or something that could be held onto.

Officials are also looking into making an adjustment to the wall, or making an elevation change, so people sitting in the handicapped area can see over the field he said.

Hall said he hopes the modifications can be completed before the regular baseball season begins against Grand Valley State University Feb. 21, 2014.

"We're hoping to get it modified and ready to go and have it done by the start of this spring," he said. "We want to stay on top of it, especially before the weather gets bad."



Photo by ZANE CLODFELTER/The Shield

University officials hope to have a new Westside Nut Club deck open by the Eagles' first home game, on Feb. 21.

Winter Survival Guide

RAVE Alert

USI RAVEAlert gives critical & timely warnings - via email, text message, & voice message - about emergencies, severe weather, & other incidents impacting the University community. Everyone with a USI email address is automatically enrolled in the RAVEAlert system.

Stay Informed, Stay Safe!

Log into myUSI and click on the RAVEAlert icon on the Dashboard Channel to begin. You can add additional emails, mobile & landline numbers.

WINTER CAR CARE

- **Battery:** Make sure terminals are tight & clean. If lights seem dim or vehicle starts are sluggish, have the electrical system (including battery) checked by a technician.
- **Radiator:** Check coolant strength with a hydrometer. Recommended protection level is -36 degrees. Never check hot.
- **Belts/Hoses:** Check belts for cracks or fraying. Check hoses for leaks, bulges, or cracks. Make sure clamps are secure.
- **Windshield Washer/Wipers:** Make sure reservoir is filled with washer solvent. Replace wiper blades if needed.
- **Fluids:** Check oil, brake, transmission, radiator coolant & power steering fluid levels. Follow owner's manual directions.
- **Air Filter:** Hold air filter up to a light. If you can't see through it, replace it.
- **Tires:** Inspect wear. Check pressure with a gauge when tires are cold. Refer to owner's manual for recommended air pressure & tread depth specifications.
- **Lights & Signals:** Activate to make sure all work properly.

SURVIVAL GEAR

AAA recommends you carry these items in your car during the winter months:

- Ice Scraper & Brush
- Coffee Can Furnace
- Boots, Gloves, Hat, Blanket
- Tools & Flashlight
- Tire traction material (such as sand or cat litter)
- Food
- Jumper Cables
- First Aid Kit
- Cell Phone
- Flares or Reflective Triangle
- Shovel



University of Southern Indiana
Housing and Residence Life

Eagles add exhibition game to men's schedule

By ZANE CLODFELTER

Sports editor

The schedule for Rodney Watson and his Southern Indiana men's basketball program has an addition. The Eagles added an exhibition contest against Saint Catharine College which will take place today at the Physical Activities Center (PAC).

The game tips at 4 p.m. and is free to the public.

"We were looking for a game and really had trouble finding one because everyone was done (scheduling)," Watson said. "We had one (opening) to go, last year we played one right before our Christmas break."

Saint Catharine is a National Association of Intercollegiate Athletics (NAIA) member and currently competes in the Mid-South Conference.

The Patriots will enter the exhibition contest with a 2-1 record, beating Concordia University in their most-recent outing on Nov. 9, by a final score of 94-57.

Watson said his coaching staff waited for their Division I exhibition schedule to be finalized before pursuing another game to fill their last exhibition opening.

"Once we got the Indiana and Tennessee game(s), we kind of held onto it for a while with the way things were playing out," Watson said. "They are a very good NAIA program."

The long break between the Tennessee game Nov. 7 and the Kentucky Wesleyan contest Tuesday forced Watson to change the established routine of playing an additional exhibition game near Christmas

break.

"There was too much of (a) gap between Tennessee and Kentucky Wesleyan," Watson said. "We needed a game in the middle of that."

Holiday tournaments also helped force the move of the game as well, with the Eagles scheduled to play on Thanksgiving weekend on campus in the Bill Joergens Classic. USI is also scheduled to play KWC on Dec. 21, in the return trip of its home-and-home series with the Panthers.

Despite the game being scheduled on short notice, Watson said the game and atmosphere will match that of a regular season game at the PAC.

"It will be game conditions. It's very open," Watson said.

Sports Briefs

Volleyball

Heldman secures third GLVC weekly honor

Southern Indiana senior libero Kayla Heldman was named the Baden/Great Lakes Valley Conference Defensive Player of the Week for the third time this season after averaging 6.50 digs per set to lead the Eagles to a sweep of conference wins over the weekend.

Heldman tallied a team-high 24 digs in the Eagles 3-0 win over Maryville on Saturday and followed that performance up on Sunday with 15 more digs in USI's 3-0 sweep of Missouri-St. Louis.

The Greenwood, Ind. native is the all-time leader in digs at USI, with a career total of 1,749 digs with 491 of those coming from this season. Heldman is averaging a team-high 4.91 digs per set for the season as well.

The Eagles return to action Friday at the Physical Activities Center when they host Indianapolis on at 7 p.m. USI will close out the regular-season portion of the schedule with a match on Saturday against Saint Joseph's College (Ind.) on Senior Day.

Men's Cross Country

Guy wins regional title, Eagles head to nationals

Southern Indiana sophomore Johnnie Guy placed first at the NCAA II Midwest Region Championships, helping the Eagles advance to their ninth consecutive appearance at the NCAA II National Championships.

Guy finished the 10-kilometer race in 31:06 and his effort marked the first time since 1997 that a USI men's runner has captured a regional cross country championship. Overall, it was the fifth time that it has happened with the most recent winner being Elly Rono.

Four other runners on the men's side finished in the top 25 to earn All-Region honors: junior Tyler Pence (7th, 31:28), sophomore Josh Guy (17th), Noah Lutz (18th), and sophomore Cody Stone (25th).

Juniors Trent Nolan and Hunter Motz rounded out the Eagles participants with finishes of 32nd and 56th, respectively.

USI will now serve as the Midwest Region's representatives at the NCAA II National Championships along with Grand Valley State. The Championships are Nov. 23 in Spokane, Wash.

Weekend Update:

Men's Basketball

USI 47 Tennessee 78

Volleyball

USI 3 Maryville 0

USI 3 Missouri - St. Louis 0

Women's Basketball

USI 87 Asbury (Ky.) 46



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