



The Mystery of Maid Rite

By Amanda Downard
Staff Writer

One of the questions around campus lately is "What in the world is Maid-Rite?" I can assure you, it is not a cleaning service. In 1926 a butcher named Fred Angell in the small town of Muscatine, Iowa combined a special blend of ground beef and seasoning to create the first Maid-Rite sandwich.

Angell asked a delivery man to try his new creation, and after a few bites of the sandwich the taster said "You, Know Fred, this sandwich is made just right". The sandwich was named Maid-Rite and the restaurant was born.

The Lebanon restaurant, located at 501 S. Madison St., is one of 39 new locations. General Manager, Rob Savant describes the restaurant as a

1950's style diner.

You are in for a good time with the music playing, a flat screen T.V. and, of course, the food. Maid-Rite serves a variety of foods to please any palate. In addition to their signature Maid-Rite loose meat sandwiches, their menu also includes popular items such as Godfather's Pizza, breaded pork tender-loins, chicken,

french fries, onion rings, soups, salads, home-style pie, ice cream sundaes, shakes and more. A drive-thru is also available for your convenience.

Keep in mind this is not "fast food." The wait is considerable and the prices aren't budget friendly. On a positive note, you get generous portions of high quality food made to order. So check out the newest addition to Lebanon's dining options!



Find out how you can 'go green' with your eating habits on p. 4!

Learn about the history of Halloween on p. 7!

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The Good, the Bad and the Ugly: How to Choose the Right Professor

By Heather Belmonte
Assistant Editor

Have you ever had a horrible experience with a professor and felt like warning everyone you saw against taking his or her classes? Or perhaps you had a professor you found amazing and wanted to let everyone know about the awesome experience? At

www.ratemy-professors.com, you can rate and comment on McKendree professors.

The website states: "Rate-MyProfessors.com is the Internet's largest listing of collegiate professor ratings, with more than 6.8 million student-generated ratings of over 1 million professors." This website is designed to help students plan their class schedules by listing ratings and comments from fellow students.

Currently there are fifty-nine McKendree professors

listed on this website and each is rated for easiness, helpfulness, clarity and rater interest (which shows how interested the student was in the professor or class before registering). A rating key shows a yellow smiley face for "good quality", a green straight face for "average quality" and a blue frowning face for "poor quality." In addition, each professor has his or her own "score-card" which lists the average score the professor received from all of his or her ratings.

At first glance, this website seems to be useful; however, there are many drawbacks. Many of the ratings are old. Some professors haven't been rated since 2005. Also, many professors only have one or two ratings, and this may not give an accurate estimation of the quality of a teacher. In addition, I noticed that the stu-



dents who posted ratings generally either had a very positive reaction or conversely, a very negative reaction, making livid comments such as: "just plain bad" and "extremely arrogant." I even read a comment which used a highly offensive term in the description of a professor. Comments such as these are inappropriate, in poor taste, and are never helpful. Rather than giving legitimate insight, these comments simply reflect poorly upon the student making them.

Whereas some student comments appeared intelligent and well thought out, many were inappropriate and shallow. One student gushed about a female teacher and then ended with, "Lol and she's a hottie :) ha ha....peace." The website even has a "hotness" factor with the icon of a red chili pepper. It's questionable whether "hotness" is a legitimate consideration when choosing a professor.

The time to begin planning spring semester schedules is drawing near. Starting Oct. 17, McKendree students will be

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Exorcising McKendree's Ghost Stories

By Kendra Sigafos
Assistant Editor

I'd just come from an interview about McKendree ghosts when I found myself in the midst of a ghostly rumor come to life. The tales of Bothwell Chapel were coming true right before my eyes; well, my ears at least.

In my research, I'd come across a lot of rumors about the chapel, particularly the sound of music playing from either the piano or organ, and of disembodied foot-

steps walking where there is nowhere to walk.

Outside the front of the chapel, I walked by, heavy books on McKendree history in tow. Then I heard music playing. It wasn't a radio...I heard the piano being played from the second floor.

I couldn't believe what was happening! I was about to find

a McKendree ghost in the middle of the day! I hurried to the west side of the chapel and through the door.

Slowly, silently, I started up the staircase. My heart was pounding. I peered around the doorframe into the chapel beyond and spotted the piano in a corner and at the bench I saw...

I looked in the back room; it was dark and empty. I could hear the piano playing

upstairs, so I made my way through another hall. The offices on the main floor were

empty.

Standing at the bottom of the red carpeted stairs, I looked up, a little panicked. I had come to the conclusion through my research that I didn't think McKendree really had any ghosts, certainly not in the chapel.

Slowly, silently, I started up the staircase. My heart was pounding. I peered around the doorframe into the chapel beyond and spotted the piano in a corner and

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Greetings from the Editor's Desk!

By Theresa Schmidt
Editor-in-Chief

It seems like just yesterday I was working on my very first issue as an editor, yet here we are again with the second issue! After receiving both positive and negative feedback regarding the first issue, we have made a few changes and added some features that I'd like to share with you and explain why we did so.

The font size in the last issue received mixed reactions; some enjoyed the size-twelve font for its easiness to read, whereas others felt it appeared too juvenile or was unnecessary. Therefore, as a compromise, we have decreased the font to size eleven in an attempt to balance both the visual appeal of and easiness to read the *Review*.

In addition to the font size, we have also changed our editing cycle. For the first and previous issue, we had three copy editors in charge of editing each article and passing it on the next editor, a lengthy

and confusing system that resulted in more errors than we would have liked. For this issue, two copy editors were assigned to review and edit electronic copies of the articles while one copy editor reviewed and edited the hard copy of the newspaper after the layout was completed. We

hope this new system results in fewer errors and appreciate your patience as we tweak and adjust the editing cycle.

Unfortunately, even with a six-member editing squad, mistakes are inevitable. Therefore, beginning with the next issue, we will be including a Corrections Box that will address any misspellings or mistakes from the previous issue. With that said, I would like to take the opportunity to address a few of the mistakes from our first issue. We offer an apology to *Review* Crew staff writer Melissa Wilkinson, whose last name was spelled incorrectly, as well as an apology to the Greek service organization Alpha Phi Omega, which was inadvertently left out of Ashley

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Professors Ctd.

able to preview classes for the spring semester, and the preregistration cycle begins Nov. 17. It's not too early to begin thinking about which classes to take and with whom. When making these decisions, knowing which professors to avoid is almost as helpful as knowing which classes to take.

The best way to get accurate information from www.ratemyprofessors.com, is to go online yourself, encourage your classmates as well, and rate your own professors. The more actively people participate in the website,

the more informative it will become. Think of how much information can be gathered if only a few students from each course add a rating!

My advice to those students wondering which professors to take classes with, especially for general education classes, is to find someone who is majoring in the field and ask him or her. Chances are the person will know which direction to steer you. Or you can take your chances and visit www.ratemyprofessors.com to decide for yourself which professors are good, which are bad and which are just plain ugly.

Wake Up Call:

The Dangers of Alcohol Abuse

By Christen Roberts
Staff Writer

The college years are a prime time for alcohol abuse for a number of reasons. For many students, college is their first time away from home and free from parental control. This new-found freedom, combined with a sense of invincibility and a strong yearning for exploration, can lead to the development of alcohol abuse problems.

First, some facts: although both are serious, alcoholism and alcohol abuse are actually different conditions. The Center for Disease Control and Prevention provides definitions for both, stating, "Alcoholism or alcohol dependence is a diagnosable disease characterized by several factors, including a strong craving for alcohol, continued use despite harm or personal injury, the inability to limit drinking, physical illness when drinking stops and the need to increase the amount drunk to feel the effects. Alcohol abuse is a pattern of drinking that results in harm to one's health, interpersonal relationships or ability to work. Certain manifestations of alcohol abuse include failure to fulfill responsibilities at work, school or home; drinking in dangerous situations, such as while driving; legal problems associated with alcohol use; and continued drinking despite problems that are caused or worsened by drinking. Alcohol abuse can lead to alcohol

dependence."

For many college students, alcohol can be a way to relax or become more confident among peers. Attempting to find the reasoning behind drinking alcohol, I interviewed many students from McKendree, who all chose to remain anonymous, and they provided different explanations. A male senior replied, "I drink because I can; I have a good time when I do, but I'm not dependent on it or an alcoholic or something. It's just the care-free feeling that alcohol brings that people are addicted to, not the substance itself."

A female senior replied, "I'm shy so if I go out with friends after having a couple drinks, I feel more open and more fun."

But what about the lower classmen? Three female freshmen answered because "it's fun" while four male freshmen answered "because it's college." Out of five McKendree juniors, three male and two female, all answered "relaxation." One male specifically told me, "I use substances socially, for fun, to relax, to perform better and to sleep."

Not many students understand the dangers of getting involved. College, for most students, is the last education they

will receive before journeying into the workforce. To gain as much knowledge as possible is crucial, but alcohol can affect that for many. For every action there is a reaction, so by drinking or abusing alcohol, you can risk your health, body, mind and life. Remember, not everyone on campus drinks; it's okay to say no. Alcohol affects every organ in the body when consumed and will not

only hurt your health, but can also vastly affect your life.

Where is the line between having a "good time" and putting yourself in danger?

There may be signs of alcohol

abuse you notice with a friend, family member or yourself. Recurrent drinking resulting in a failure to fulfill major roles at work, home or school, is one of the major signs. When alcohol takes over your life, it not only hurts you, but it also hurts the people around you. If you feel you have a problem, one of the easiest things to do is talk to someone about it. This can be a friend, a family member or even a counselor. At McKendree, we have Dr. Clipper and Dr. Champion who can help; both have offices located in Clark Hall. To locate a help service near you, use www.addictionsearch.com. It locates all services in your area along with phone numbers.

When alcohol takes over your life, it not only hurts you, but it also hurts the people around you.



Save a tree--don't forget to recycle this newspaper!

Ghost Stories Ctd.

at the bench I saw...

a McKendree staff member on her lunch break playing the piano!

Embarrassed and disappointed, I scurried back down the stairs and away from the chapel. I was glad no one saw me, but, to be honest, I was disheartened that I hadn't actually found a ghost. I was skeptical from the beginning, but hearing so many stories, especially since they were all so similar, was having an effect on my imagination.

McKendree is the oldest college in the state, and it's a safe assumption that there may be ghosts here. I'm certainly not the first person to research it. Last year McKendree Student Chris Mondy made a short film in which he investigated the McKendree ghosts, McKendree is regularly visited on local ghost tours and numerous books and websites all cite the ghosts rumored to be at McKendree.

Most popularly discussed are Bothwell Chapel, Carnegie Hall and the Alumni House, though a few other places have been mentioned as well. I contacted many faculty and staff members in my efforts to track down the ghosts and prove, or disprove, their existence.

Bothwell Chapel

I'd come across several

stories about the chapel in my McKendree ghost hunt. I read online that a student had hung him (or her) self, that a worker had been killed and that a priest had died all in the tower and all at the turn of the century. I knew I could disregard the priest rumor – McKendree is a Methodist school, which means



Bothwell Chapel

no priests. But the others would need some looking into.

There are also reports that there is the sound of footsteps running up and down the center aisle of the second floor, but there is no center aisle.

Unfortunately, I couldn't find anyone who'd had a real ghost experience in the chapel. Perhaps there's someone out there, but I have yet to hear any firsthand experiences.

Carnegie Hall

Carnegie Hall is the location of many rumored ghosts. There have been reports of the television in the lounge turning on and off and of people being grabbed. From lights turning on and off, cold spots and apparitions, Carnegie seems to be the favored residence for McKendree's supernatural.

English professor Dr. Michele Stacey-Doyle, and a student, a former Review editor, spent the night in Carnegie several years ago in an attempt to find the ghosts rumored to haunt the building. Dr. Stacey-Doyle said that she experienced nothing out of the ordinary but that the student reported to have felt cold spots and saw lights come on and off during the night. Dr. Stacey-Doyle had been directly in front of the girl when she felt the "cold spots" and had been asleep when the girl said she'd seen the lights.

Dr. John Greenfield, another English professor, also had an indirect encounter. One "dark and foggy night" he came to the building and encountered two public safety officers outside Carnegie. They warned him that they'd had strange experiences inside

– doors were slamming and being held shut, though the officers had keys and had unlocked them, all on the third floor. Dr. Greenfield said that he's heard footsteps at strange times, though he could not be sure that it was not another professor or staff member, as many people have keys to Carnegie.

Ed Willett, Director of Operations, told me that over a decade ago, a public safety officer had reported feeling cold spots on the third floor of Carnegie. He'd been scared so bad that he "leapt from landing to landing" to get out of the building. Anyone who has been to Carnegie's third floor knows that would be quite a feat.

Alumni House

Jeff Campbell, Director of Alumni Relations, has had his share of encounters at McKendree. In the Alumni House, Campbell said that a former employee swore that a man had hung himself from an upstairs door frame. Campbell said that, given the structure of the frames, he doubted the story, but it coincides with what I found on the internet. Another former employee who'd worked at McKendree for over a decade reported that, more than once, she'd felt hands on her shoulders and back as she descended the stairs.

Campbell had a personal experience in the Alumni House several years ago. One night, after the Freshman Convocation, Campbell had returned to the Alumni House to do some work. He was alone in the building and was on his way downstairs from his office to use the copier, which is in

the kitchen. He said that while on the stairs he heard a little girl's voice say "He's coming downstairs."

"I fully intended, when I turned the corner, to see someone standing there," he told me.

Campbell decided that his work could wait till morning and promptly left.

Several websites claimed that the wife of a man who'd hung himself was found dead at the bottom of the front staircase, that a baby died in what is now



Carnegie Hall Men's Residence, 1948

the back office and that the room is always cold, no matter the season. When I asked Campbell about this, he said that though the offices are sometimes drafty, no room was cold year round. There is also a website that claims there are disembodied red eyes behind the building that follow people as they walk to their cars.

Other Haunts

Public Safety officer Frank Austin shared an encounter he had at College Hill Cemetery. On the night shift one night, he and Officer Jim Gumber were parked in the southwest corner of the cemetery when Austin saw a dark, human shape move through the cemetery. The figure raised its hand and Austin said he could distinctly see five fingers before the figure disappeared. Austin said that Gumber thought he'd seen something as well. Oddly, a grave had been freshly dug.

As a student in the mid-80s, Campbell and his girlfriend (now his wife) were studying in the after hours lounge. The south section of Holman Library was once a separate room. There was exterior ac-

cess, but no entrance from the lounge to the actual library.

Campbell reported that he and his girlfriend were studying at around two a.m. when they heard the exterior door open and the sound of footsteps. They waited several moments, and when no one appeared, went to investigate. No one was outside or anywhere within view.

The Source of the Ghostly Tales

Nearly thirty years ago, Dr. Patrick Folk, a History professor, had led "a series of Halloween presentations." He said in an email to me that he was asked to make the event spooky, so he "combined local and campus myths and stories" with other things he'd created. "A lot of the campus ghost stories originated then," he wrote.

Coincidentally, thirty years is as far back as I could find any ghost stories concerning McKendree. Everyone I spoke with told similar stories, few were personal, and none were from longer than thirty years ago. Willett told me that he had been a McKendree student almost thirty years ago and that he'd heard the same stories then.

Certainly Dr. Folk had some idea of campus stories before conducting his presentations, but with so few personal accounts and so few stories, it's probably safe to bet that most of the McKendree ghosts aren't real and certainly aren't anything to worry about. Without an official investigation, there's really no more proof than hearsay, a few personal encounters and urban legends.

**On behalf of
The McKendree
Review Crew,
have a safe
and happy
Halloween!**



Greening Your Groceries

By Maia Paluska
Staff Writer

Chances are most McKendree students aren't buying too many groceries because of the convenience of Ames and the Lair. The groceries most students are buying, though, ought to consist of non-processed foods. Fruits, vegetables, whole grains and lean meats are important aspects of our diet. To go a step beyond healthy eating, buy organic foods to boost the environment and your immune system!

Buying organic foods have numerous benefits for our health. The lack of pesticides involved in organic farming keeps foods pure. For fruits and vegetables, this might mean that their appearance is not "perfect." However, the imperfections are simply proof

that harmful toxins were not involved in the plants growing. "Super foods" like bananas and broccoli are, when grown organically, super only because of the health benefits they offer- not because of their amped up growth due to pesticides.

Meats reap the same health benefits when raised organically. Instead of the pesticides found in fruits and vegetables, antibiotics and growth hormones are involved when meat isn't raised organically. These antibiotics and hormones (fed to cows and chickens, for example) end up in your body when you eat the meat. Eating organic fruits, vegetables and meats will eliminate some of the unnecessary toxins we take

Organic farming is 30% more energy efficient than traditional farming.

in everyday.

Organic foods are as good for the environment as they are for our bodies. A Cornell University study proved that for the exact same yield, organic farming is 30% more energy efficient than traditional farming. Plus, the same chemicals, antibiotics and hormones that characterize conventional farming and animal raising end up in our land and harm our environment.

Remember, when buying organic foods, look for the U.S.D.A. official certification on the package. Also, whenever available, purchase local, homegrown organic food. Keep this in mind during this fall's apple picking season!

A Smoke-Free Campus?

By Anastasia Tompkins
Staff Writer

Smoking cigarettes has long been considered a way to relieve stress brought on by a student's workload, as well as a source of enjoyment. Although not exactly a healthy or constructive means to deal with stress, smoking remains popular.

Many states, including Illinois, have prohibited smoking in restaurants, bars and other public places in order to attain a healthier and more pleasant environment for non-smoking customers. Much like the statewide smoking bans, approximately 60 college campuses, such as Columbia

University, have enforced smoking bans as well. Columbia has gone as far as prohibiting the use of their school logo on lighters or ashtrays and banning smoking at school events.

Naturally, McKendree abides by the Smoke Free Act in Illinois, but it is not a smoke-free campus. Despite the law stating that smokers must stand 15 ft. from any entrance, many smokers do not follow it, especially during the winter months.

"Most students choose not to risk smoking in the dorms, not necessarily because of getting caught, but because of the fine imposed by the fire department for setting off the smoke alarms," Deanne Puloka,

Resident Assistant in Baker Hall, said.

Overall, McKendree is a relatively non-smoker friendly campus. One must venture off campus to purchase cigarettes and both the dorms and McKendree West are non-smoking facilities, as are all the buildings on campus.

"If you get caught smoking in the dorms, you'll get written up and firmly reprimanded," Puloka said. According to cancer.org, nonsmoking students who reside in smoke-free dorms are 40% less likely to pick up the habit than those who live in unrestricted areas. The website also says that studies show only 27% of college dorms are smoke-free. These statistics may be higher with

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Courtesy of Google Images

Prejudice Buster: Defining Beauty

By Amanda Downard
Staff Writer

Contrary to what some believe the quote "Beauty is in the eye of the beholder" is not just something ugly people say. Real beauty exists in someone whose personality is wonderful through and through. Beauty is more than skin deep, which means: to have beauty, you must have a great attitude. Have you

ever met a person who you thought was ugly on the outside, but once you got to know them, there was something that made them attractive? We live in a society that thinks you are either beautiful or not. If you aren't a size 0, you need to lose weight. Many physicians say the "average" female is 5'4" and weighs 140 pounds, so why are most models 5'11" weighing only 117 lbs. This is a leading cause of: anorexia, bulimia, binge eating and obesity.

We are bombarded with the idea of beauty and we buy into it. We as individuals have to

get a grasp on reality. When we are envious of the way others look, we create ugliness in ourselves.

Remember the Golden Rule; Treat others how you wish to be treated? The same applies for the image we have of ourselves; if we feel ugly,

we will look ugly, but if we choose to feel amazing, we will look amazing. Beauty is happiness, confidence, dignity and humor. It is truly in the eye of the beholder.

To be completely beautiful, you have to start from the inside. Dove currently has a campaign to try to change the world's view of beauty. The mission is "To make women feel more beautiful everyday by challenging today's stereotypical view and inspiring women". Log onto Dove's website at campaignforrealbeauty.com to check out different topics, tools, blogs, discussions and quizzes. The next time you look at yourself or someone else, try to see them for who they are, not what they look like. That is the only way we can bust this prejudice.



Courtesy of Google Images

Guidelines for posting flyers, signs, or bulletins

All bulletins, flyers, or signs advertising student-sponsored campus events must be approved by the Office of Student Affairs, 107 Clark Hall.

Signs should only be placed on designated bulletin boards or glass surfaces. Please do not tape or tack signs to doors or walls.

If your organization posts signs around the campus, please remove them in a timely manner.

Contact Maggie White, Director of Student Support Services, at 537-6854 if you have any questions.

Mac Versus PC: Beyond the Commercials

By Eric Pingolt
Staff Writer

So your old computer has breathed its last and it's time to buy a new one. Instead of deciding whether Jerry Seinfeld or Justin Long ("I'm a Mac") is funnier, perhaps looking at the facts would be wise. At its core, choosing between a new Mac or PC is a bit like comparing McKendree to a big state university.

Bearcats, like Macs, make up a small community of user-friendly people. Campus is very safe and easy to traverse. For good or ill, they both remain largely unexposed to the outside world, but are growing rapidly.

Over at U of PC, things are very different. Every type of class, activity or game under the sun is available. The people are numerous and diverse, but bring with them some added safety concerns. Overall, the price tag tends to be a bit lower.

To clarify, "Mac" is the nickname for a series of personal computers made by Apple, which come with a Macintosh operating system, the newest of which is Mac OS X, also known as Leopard. So yes, a Mac is really just one type of PC, or personal computer. Generally (and for this article), "PC" refers to any other brand of computer, be

it Dell, Alienware, etc., using a Microsoft operating system like Windows XP or Vista. Other good operating systems, like Linux, do exist, but are far less common and virtually never come standard on a new computer.

For many, the most important attribute of any product is the price. Well, when similarly equipped a PC tends to be a few hundred dollars less than a Mac. The cheapest computer Apple offers, the Mac mini,

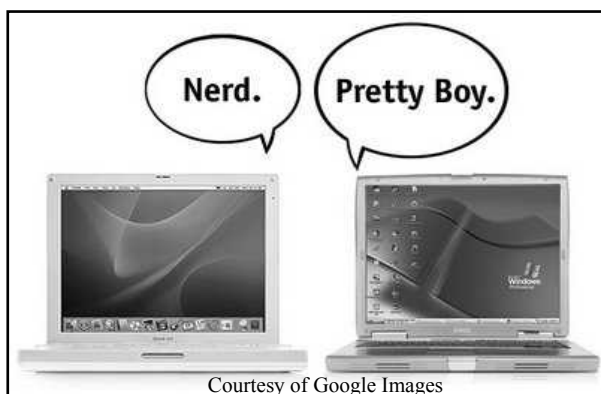
anyone buys a new computer, whether for word processing, photo editing or website publishing. This category comes down to personal preference, with trade-offs on either side. Practically any type or brand of software in stores will work on a modern PC. However, for each type of software there are generally one or two Mac-compatible products. So, the options are very limited, but the benefits are that these products tend to work extremely well

with the operating system and all share a similar style and ease-of-use. Computer games, which appeal to a large market, have almost no representation among Macs.

Those very clever, though not impressively accurate, commercials produced by Apple poke a great deal of fun at PCs regarding viruses and the

serious problems that they cause. This is certainly not without merit. PCs suffer far more virus attacks than Macs, but they have many more users. Antivirus programs make these attacks more than manageable, but they still present a big problem to those who are vulnerable.

It's also very important to remember that Macs are gaining ever more popularity, which is bound to have its consequences. Many big software producers will begin to target Mac users, and virus creators will follow right along.



starts at \$599. Equivalent minis from other brands come in at only three or four hundred dollars.

Some people may just want a computer that is simple and easy-to-use. The "point" for this probably goes to the Mac, which has a user-friendly and intuitive operating system. Windows Vista has a very popular design as well, but the many reported problems and glitches are a significant drawback.

Software applications, of course, are the basic reason

The Doctor Is In: Depression

By Shawn Printy
Staff Writer

hypersomniac, which is the opposite of insomnia. Others have destructive outlets for their depression; they make targets of themselves and others. When an animal

The most important thing to do if you are depressed is to reach out to the people around you.

is wounded, it tends to lash out against those around it, and some depression sufferers do the same.

Much can be done for people suffering from depression, and some options do not include medication. The most important thing to do if you are depressed is to reach out to the people around you. Talking to friends, resident assistants and other peers can be an important source of relief. Another possibility is McKendree's two resident counselors, Dr. Robert Clipper and Dr. Amy Champion. Both have offices located in Clark Hall or can be reached at their McKendree emails, bclipper@mckendree.edu and acchampion@mckendree.edu.

It is important to get the help you need.

Depression is a dangerous problem that affects many more people than some may think. It is a serious condition that can significantly affect one's work, sleep, eating habits, family, school life and health in general. Many people may be depressed and not realize it. Without realizing that one is depressed, they cannot recover.

When people think of depression, they generally think of feelings of worthlessness, inappropriate guilt or regret, helplessness, hopelessness, and, of course sadness. But some lesser known symptoms of depression include poor memory and concentration, withdrawal from social situations and activities, reduced sex drive and thoughts of suicide or death.

Some people become insomniacs, or, less commonly,

Smoke-Free Ctd.

the recent statewide smoking bans going into effect all over the nation and as more students become aware of the serious health risks of smoking.

"It's government repression. They're deciding what we can and cannot do and prohibiting us from doing what we like," said Shawn Printy, a freshman smoker commenting on the possibility of McKendree becoming a smoke-free campus.

If McKendree were to go smoke-free, enforcement

would be a major issue. Most, but not all, smokers abide by the 15 ft. rule. By prohibiting smoking on the entire campus, the environment would no doubt be a cleaner one, but forcing smokers to cooperate could be difficult initially. This imposition could be viewed as discrimination against smokers' rights and, as many already feel this prejudice, a ban could inspire rebellion. Perhaps, if the campus becomes smoke-free, the best method would be to make the change a gradual one.

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Technos 2008: An Astounding, Multicultural Experience

Part Two: The Journey and the Arrival

By Miranda Linneman
Staff Writer

I could not believe this moment had come; I never expected to enter the country of my heritage. Butterflies fluttered deep in my stomach as a startling realization crept into my head and rested there. Tomorrow morning I would lift off and say goodbye to my friends and family for two weeks. I would

travel to unexplored places and toward new experiences. The night before departure, I hurried through my checklist of supplies. Clothes...Bug spray...Notebooks...Yen...Camera...CHECK!

I remember the anticipation that had lingered since the day I found out about the trip. My days were spent daydreaming about the prospects of Japan. What would it look like? I had seen such beautiful photographs and heard stories of the landscape, and now I would experience those sights for myself. What would the people be like? I looked forward to the challenge of communicating with people who may not know any English; I definitely couldn't do much with my limited knowledge of Japanese vocabulary. So much of the communication process is non-verbal, but what would we say without many words? Uneasily, painstakingly, I forced myself

into a slight slumber, awaiting the excitement of the next day.

When morning came, I was up and on my feet in an instant. Everything blurred as I rushed around my house; my grandparents had come to see me off at the airport, everything was set to go. The car ride to the airport and my walk through the terminal have basically vanished from my consciousness.

I was a lone woman going toward my destination, and the world was before me.

What I do remember is the strange feeling I had at the terminal when saying goodbye. There's a fleeting moment of pain, an instance when your throat chokes up and tears linger in your eyes. There is a second of distress, and then a feeling of loneliness.

Saying goodbye to my world was not easy, but soon afterward, my excitement set in. I set off alone toward the baggage check-in. One of the clerks reprimanded me for not taking my laptop out of my bag, and I had to go through once more. I looked back to see my family standing in the same place. I waved quickly, gave them a melancholy smile, and was off, luggage in tow. I felt unpredictable, independent and jittery; the morning's coffee had worked magically. I was a lone woman going toward my destination, and the world was before me.

I soon found the other McKendree Representatives to Technos 2008 sitting in the waiting area, Dr. Peter Will, McKendree's Associate Professor of Management, and Sarah Monical currently a Junior.

As we became better acquainted, we started anticipating our journey together. We waited and waited, and finally started to board for our flight from St. Louis to Chicago. It went by in a flash, lasting for only an hour or two, but the flight from Chicago to Tokyo, Japan was long for eager passengers. We met some of the other Technos participants from Illinois Wesleyan University. We smiled a lot and traded stories about our excitement, interests, goals and expectations. Toward the end of our flight we started playing games. We endured the somewhat lackluster meals, the cramped quarters, the horrible ear-popping with the altitude and the anxiety of the wait for that glorious moment: touchdown.

During our flight, a map highlighted our route, calculated our time of arrival and alerted us to the altitude of the plane. When we were one hour from touchdown, our excitement was nearly tangible and we started counting down in anticipation. When the moment actually

came, for me, the excitement and awe were nearly too much. I looked at the map, the window and at those surrounding me. It was a moment that would live on in my memory. Our plane landed and we pulled into Narita Airport in Tokyo, Japan. As soon as we were allowed, everyone in our party grabbed their belongings and headed toward the baggage claim.

At first glance, we saw the small differences: signs were all written in Japanese lettering, people were ALL Japanese with very little diversity - such a difference from the many colors, backgrounds and ethnicities in the U.S. We couldn't speak to anyone very easily, which is just the beginning of the stark contrast between the two worlds.



"Welcome to Japan!"

After going past the baggage claim and through customs, we were greeted by a small entourage of students from Technos College. Their faces were all smiles, but the greeting we tried to exchange was awkward. We all tried to introduce ourselves, but we

couldn't speak Japanese, and they couldn't speak much English. Though actual communication was in short supply, our laughter and mutual interest in one another spoke volumes. I immediately fell in love with the demeanor and shy, timid sweetness of the Japanese; my fondness for their character and personality would only grow throughout the journey.



Look out Japan, here comes Miranda!

After the arrival, we boarded a bus and started our commute toward the exquisite Keio Plaza Hotel. Passing through Japan on our first drive, we formed a picture of the atmosphere we would be in. So different from home, we saw tiny Nissan Cubes buzzing around on the road; even trucks used for hauling were made in an efficient, compact fashion. Interesting and eye-opening, everything seemed to come from a customized, fashionable and practical angle. We were all in shock as sights and sounds unraveled before us.

We did not know what beautiful hospitality was before us, but we knew it would be like nothing we had experienced before.

Tune in next issue for more of Miranda's adventures in Japan!

Americans comprise only 5% of the world's population, but we consume 25% of the world's resources, according to the Illinois Recycling Coalition.

What are you doing for the planet?



Joep Goes West: An American Tale

By Joep Schreurs
Staff Writer

It is Aug. 7, 2008. I am waiting at St. Louis International Airport. After a fourteen hour journey in which I flew across an ocean and spent hours waiting at the gate (with way too many people crammed in a tiny space) for my transit flight, I am finally here, the United States of America, land of the free, where impossible dreams come true. In the Netherlands, the country I have been living in for the last 23 years, we are very much influenced by America. We watch Oprah and Doctor Phil, listen to Lil' Wayne, wear Nikes and eat at McDonalds, Burger King and Kentucky Fried Chicken.

After passing the security and customs areas, I am happy to have all of my luggage safely returned to me. The next thing to do is to find my ride to the McKendree campus. I am here to play soccer and have a great experience in a differ-

ent culture. I find a strategic spot near the exit and search for someone with a shirt that says McKendree soccer. I am not too worried about adapting to the American way of life. I speak the language and know a lot about the country. How different can it be from what I am used to? My very first experience quickly cured me of that illusion.

There were not many people at the airport anymore. An hour had past since I had set my suitcase on the ground to wait for my ride to campus and I was getting worried. The campus address was in my pocket so I knew I could take a cab, but still, it did not feel good. While I waited, I noticed two girls who seemed even more stressed than I was. They were there to pick up someone, so it seemed. Finally one of them came up to me and we discovered we had been looking for each other the whole time. We all relaxed. It taught me

adapting would not be easy and that next time I should not wait, but ask around. That would have saved me and my two lovely new friends a lot of trouble.

Before coming here I didn't know much about McKendree, except that it has many sports teams and the fact that it is not a "big" school. Back home, universities do not have sports teams; athletes play at a club. There is no campus, no school spirit, no parades, no homecoming events nor any of that other stuff Americans associate with college. We go to class and have to find our own places to live. Everyone "commutes," as they call it here. There are cafeterias inside the universities in the Netherlands. My biggest fear was the quality of the food in the US. I was warned about the dangers of fast food; the movie *Super Size Me* was still

Continued on p. 13

What's on the Menu at Las Cabañas?

By Kristie Manning
Managing Editor

As of May of this year, Lebanon has its very first Mexican restaurant. Las Cabañas, located at 300 S. Madison has both a welcoming atmosphere and low prices.

"I eat here four or five times a week for about \$4 a plate," Said Warren Barty, a 1965 graduate of McKendree.

The Hernandez, Gonzalez and Escobar families decided

to leave Decatur, Illinois to open a restaurant in Lebanon. The atmosphere they have created is perfect for college students and families alike. Las Cabañas offers a full bar and plenty of table and booth seating. The friendly atmosphere gets a little bit friendlier when the 10% McKendree student discount is taken into account.

"Business is doing very

good and we hope that McKendree students will come up, try us out, and keep coming," said manager Susie Hernandez.

In terms of the menu, Las Cabañas offers a wide area of dishes including a vegetarian menu and a wide array of A La Carte items starting at just over a dollar.

Deanne Puloka, R.A. on Baker 3rd, enjoys her visits to the restaurant.

"I have been recommending

that my residents take their parents to Las Cabañas when they come to visit, they have great service and the walk is really nice" said Puloka.

After my walk to the new Mexican restaurant I realized that I had not taken advantage of the quaintness and charm

of Lebanon in the past. Las Cabañas offers a great opportunity to gather your friends, go for a stroll down the historic streets of Lebanon, and get a low priced and quality meal.



A HINT OF HALLOWEEN HISTORY

By Melissa Wilkinson
Staff Writer

Even if you feel too old to be dressing up and asking random strangers for candy, Halloween can be an exciting time. Stores get massive loads of candy, and with Halloween comes the knowledge that Thanksgiving and Christmas are coming up. The weather goes crazy, and trees start littering lawns with leaves. But why are there jack-o-latern bags for leaves, or why are you encouraged to dive head first into a pot of

water after apples at parties?

The History

2,000 years ago, Celtic Ireland celebrated the end of summer and the end of the harvest by honoring the spirits of the dead. They celebrated with a festival called Samhain (pronounced sow-in). The Celts believed during this



time the sheet between the living and dead was most fine. To protect themselves from the evil spirits, Celts extinguished the hearths in their homes, (which reminds me of turning off the lights to pretend we weren't home to avoid treat or treaters) and dressed up in costumes (to disguise themselves) and trekked obnoxiously, hopefully scaring any ghosts away as they walked to the huge local bonfire. Druids (priests) made prophe-

cies, which were an important source of comfort and direction during the long, dark winter. They also commemorated the night by burning crops and animals in the fire as sacrifices to the celtic deities.

The Name

In the 800s Christianity spread into Celtic lands, of course blending existing ideas with new. The name "Halloween" comes from the Catholic festival, "All Hallows Eve", designated by Pope Boniface IV. "All Hallows Day" was a day of honoring for the

hallowed, or holy, saints. This replaced Samhain.

Bobbing for apples

The romans conquered much of the celtic land by 43 A.D. They brought their own festival, which consisted of a day in which they honored Pomona, the Roman goddess of fruit and trees. The symbol of Pomona is the apple and the incorporation of this celebration into Samhain probably explains the tradition of "bobbing" for apples that is practiced today on Halloween.

Continued on p. 10

McK Fact Attack:

A Tale of Two Villages:

Charles Dickens' Visit to Belleville and Lebanon

By Stephanie Coartney
Associate Editor

Having recently published such famous works as *Oliver Twist* and *Nicholas Nickleby*, renowned British author Charles Dickens made the long voyage to tour America in 1842. As he passed through St. Louis, Dickens expressed his interest in seeing a prairie for the first time, and since he was only a ferry ride away from the "Prairie State," it seemed natural to explore life on the other side of the Mississippi.

Inching his way through bogs where the mud rose to the axels on his carriage wheels, Dickens was questioning the sanity of such a decision when, to his relief, he arrived in the tiny frontier town of Belleville. He later described it in his "American Notes" as "a small collec-

tion of wooden houses huddled together in the very heart of the bush and swamp." Finally halting at the Looking Glass Prairie a few miles away, Dickens noted that "the effect on me was disappointing. [The prairie view] was lonely and wild, but oppressive in its barren monotony."

Although his glimpse of the Great Plains was not as impressive as he hoped, Dickens was received warmly in Lebanon, where he stopped for the night. He took a great liking to the Mermaid Inn, of which he wrote, "In point of cleanliness and comfort it would have suffered by no comparison with any English alehouse, of a homely kind, in England."

Located on St. Louis Street



in downtown Lebanon, this building still stands as a symbol of the town's rich history. Dickens' next literary work, published the following year, was titled *A Christmas Carol*, and many believe his visit to Lebanon served as an inspiration for the tale that would later become one of history's most popular pieces of literature.

Even though Dickens was probably unaware of McKendree's existence due to the dense forest that separated it from the rest of Lebanon, his son, Alfred Tennyson Dickens, visited the town in 1910 and spoke to students in the Chapel. An incredibly talented writer, Charles Dickens continues to leave his mark on Lebanon history.

MCK MATCH



EMILY ANDERSON

Emily is a junior whose idea of the perfect date includes dinner at a nice, quiet restaurant in St. Louis, a stroll through the Botanical Gardens and attending a play at the Muny. If she could be any animal, Emily would be a dolphin because they are known to be smart, sociable and friendly creatures. "Plus, they can do cool flips too," she said. Her first priority in life is God and learning all she can at McKendree. Some of Emily's favorite pastimes are reading and watching old movies with her family. Upon meeting a guy, she first notices his eyes and smile. An interesting fact about Emily is that she is the eldest of six children and she hopes to be a published author someday. She is currently working on her first novel.



BRAD GEBBEN

Brad is a first year student at McKendree whose idea of a perfect date is a romantic dinner filled with stimulating conversation, followed by a trip to the park to go swinging. If Brad could be any animal, he would be a platypus because of its distinctly unique appearance. Currently, his top priority in life revolves around his relationship with Jesus Christ, and his favorite pastime is bowling and Halo. When he meets a girl for the first time, the first thing he notices about her is her hair. One interesting fact about Brad is that he has the ability to recite all fifty states within a quarter of a minute, and his favorite quote is "You can make a man believe he is another man, but you can't make another man believe he is a man" by Arthur McCormick.

Introducing Blink and Rorschach in "Quiet Game" by Sarah Adams



Fashion Forward: Men's Fall Fashions

By Nicole Neal
Staff Writer

Fall is one of the most exciting seasons for men's fashion because it creates a great deal of variety. The warmer, more classic tones deserve a closer look in order to find a wardrobe that fits the changing season.

The first investment that every man should make during the fall and winter seasons is a leather jacket, half, bomber-style or three-quarter length. Very few men can pull off the full-length leather jacket. So unless you want to be a character from the Matrix film for Halloween, I suggest avoiding it.

A brown leather jacket is a premium recommendation; brown brings a distinct note of style into your overall look and separates you from every other guy who opts for the much more common black jacket. Chocolate brown leather ages best and has a vintage flair. It also pairs well with most jeans, sweaters and shirts that are often worn in the cooler months.

Having a good eye for color will benefit any man concerned with style. Browns, blues and especially oranges are definitely in this season. When matching colors, remember that most blues, especially lighter to medium hues such as baby blue or French blue, pair extremely well with brown tones. A lighter blue dress shirt is not only a staple piece of any wardrobe, but it will serve many purposes in a variety

of social occasions ranging from a casual date, a high pressure interview or a stroll in the park...when coupled with jeans and the brown leather jacket, of course.

Every designer and manufacturer has come out with some sort of striped shirt. Get one! It can be worn independently with jeans, with a suit or under a sweater. Remember, fall is about layering and from bold and thick stripes to thin ones, a striped shirt

is a good look that you will find easy to incorporate into many ensembles.

In the last few years, jeans have taken a strong role in the American wardrobe. It seems like every few months a new, high-end jean company comes about.

I might add that some of the prices of these jeans are burning holes in our pockets; even the Gap has a high end, more expensive line! When it comes to the color of jeans, we've seen everything from light to dark washes, but the one thing for certain is the washed-out, worn in look is here to stay. Since there is so much variety, there is no excuse not to pick up a pair that enhances your best features. More importantly, they can be paired with just about anything. Choose well and you just cannot go wrong.

You do not have to spend a fortune to look stylish. Follow the simple wardrobe must-haves and they will carry you through this fall and seasons to come. And as always... put your best fashion foot forward.



Chocolate brown brushed leather jacket

The Bearcat Beardoff

By Chris Mondy
Staff Writer

Some of you may have noticed some very hairy Bearcats walking around campus lately. No, it isn't a new fashion trend; it's the so-called Beardoff: a competition among some of the men at McKendree to see who could grow the best beard in one month.

Male residents from all three residence halls participated in the contest, which started on Sept. 2 and was supposed to last one month. The idea was hatched by Blake Clark-Hampleman and Kyle Derry on Aug. 3 and traces its roots back to Ames Dining Hall.

Josh Masten, another one of Clark-Hampleman's partners in hatching the contest, enjoyed the Beardoff.

"You couldn't go anywhere without someone making a comment or remark about someone else's beard. It was definitely a good time," he said. "Bearcats all over campus will someday hopefully look forward to the Beardoff and make it a huge deal. It will become a legacy."

Masten led the remaining contestants through each of the dorms for voting on Fri., Oct. 3. Clark-Hampleman, who ended up winning the competition, said he hated every minute of it.

"I felt so relieved when I got to shave," he said.

Sophomore Education major Jacob Dorris, a Resident Assistant in Baker Hall, was a strong competitor in the contest until he had to shave for his observation at Wesclin High School.

"Blake Clark-Hampleman's was the best [after I shaved]," Dorris said. He added that it was itchy, but that he would enter a Beardoff again if given the opportunity.

Despite the itching and the strange looks from non-participants, the spirit of competition endured and the Beardoff went as planned. Congratulations to everyone who participated; we look forward to a new contest, Mustache Madness, coming up in March.

Theresa's Quote of the Issue:

"No one can make you feel inferior without your consent."
~Eleanor Roosevelt

Greetings from the Editor's Desk! Ctd.

Dressler's article *The Pledge Edge: Greek Life at McK.*

In addition to the corrections and apologies, I would also like to address some comments we have received regarding the *Sound Off!* section. Many students expressed anger and outrage at Kendra Sigafos' article *There's Something in the Foam*, and I'd like to take this opportunity to remind our readers that anyone is free to submit an article or letter to the Editor to the

Review, as long as he or she respects our right to edit or not print any submission.

The McKendree Review is your newspaper, and it is only as good as the effort and interest that you put into it.

We encourage anyone who feels passionately about an issue or who disagrees with an opinion expressed in the newspaper to write and send

in an article to mckreview@mckendree.edu.

As always, we would love to hear your opinion regarding any changes or any aspect of the *Review*, as well as any ideas for articles or issues you wish to see covered, through our

e-mail at mckreview@mckendree.edu. I look forward to sharing the *Review's* progress with you in our next issue, to be released on Tues., Nov. 4.

The McKendree Review is your newspaper, and it is only as good as the effort and interest that you put into it.



McK Students Promote Love Your Body Campaign

By Michael Anderson
Staff Writer

From ads for Dolce & Gabbana to Calvin Klein, the image of women in the media has continued to become more and more provocative. Magazines and newspapers are filled with advertisements depicting women in precarious sexual situations or portraying beauty as including a rail-thin body and a face covered with large amounts of heavy make-up.

For the past several years, the National Organization for Women Foundation (NOW), has initiated the Love Your Body campaign to fight back against the tide of racy advertising.

"The goal of the NOW Foundation Love Your Body campaign isn't to sway women from purchasing and wearing cosmetics or trendsetting clothing. Rather, the campaign advocates for women to be informed consumers – defining clearly what makes them feel healthy and comfortable with their bodies, on their own terms," said an article written

by the NOW Foundation.

Upon visiting the Love Your Body Campaign website, located at www.loveyourbody.nowfoundation.org, one can find statistics and information on a variety of subjects such as body image, eating disorders, addictions and cosmetics. The website also

provides a showcase of negative and positive ads, providing explanations as to what makes each ad offensive or proactive.

For those who wish to promote the campaign campus-wide or community-wide, there is a section which talks about various creative ideas, such as creating t-shirts with uplifting body-esteem messages, mentorship for younger girls and an indulgence party.

Indulgence parties are small events where people come together, talk about themselves and enjoy being in each other's

presence, all while eating "delicious, decadent foods or silly snacks without the guilt," the website said.

The McKendree Young Feminists group plans to host such a soiree on Oct. 14, in preparation for Love Your Body Day on Oct. 15. The

party's location is currently undecided, so be sure to keep an eye out for e-mails about the event.

Flyers will be posted around campus to promote Love Your

Body Day and a table will be set up at the entrance of Piper by the Young Feminists group. Members will be sharing materials to promote the campaign's ideas on body image and self-esteem, and will dispel any general misconceptions about feminism.

For more information about Love Your Body Day, visit the campaign website at loveyourbody.nowfoundation.org.

Magazines and newspapers are filled with ads depicting women in precarious sexual situations or portraying beauty as including a rail-thin body and a face covered with large amounts of heavy make-up.

An Update from SGA

By Braden Posey
SGA President

Student Government has had another busy month. Lower Pearson's Hall, formerly the bookstore, is being converted to Registered Student Organization office space. SGA was tasked with designing the area and is currently choosing 15-20 of the largest and most involved organizations to be granted a desk within the new office. Thanks largely to the administration, the new Lower Pearson's hall will include printers, filing cabinets, computers, and meeting areas for groups here at McKendree. Also, SGA will

pay for new carpeting as well as lounge furniture within the new meeting hub.

The space was originally the vision of Dr. James Dennis. He predicted that creating an area which student

groups could share would result in more cooperation between leadership in the various organizations. Even though the space is yet to be completed, it seems likely that the proximity of various groups to one another will produce even better programs and events here at McKendree and throughout the community. SGA thanks Dr.

Dennis for his initial idea and is pleased to be the governing authority over such a promising new addition to the already renovated Pearson's Hall.

Besides Pearson's

Hall, SGA has

also been busy with Bearcat of the Month. Previously, the award was given to students who had been nominated by their peers. However, SGA has decided to change the award to include faculty nominations instead. The new format has been implemented for less than a week but has already seen numerous nominations from a variety of faculty across campus. The Bearcat of the Month will receive a \$20 gift certificate to a local restaurant and will also be seen in the McKendree Review every month.

Finally, SGA has invested some of its funds to buy a brand new SGA canopy. The canopy will be purple and white and will be erected for future SGA events. The hope of SGA is that by being more visible during promotions, SGA can help a greater proportion of the student body.



Braden Posey, SGA President

HALLOWEEN HISTORY GTD.

Trick or Treat

The origin of trick or treating also comes from various roots. Instead of originating with the Celts, trick-or-treating is believed to be from "All Souls Day" (One of the days of Halloween) Poor Christians would walk from village to village begging for "soul cakes" made out of square pieces of bread with currants. The more soul cakes the beggars would receive, the more prayers they would promise to say on behalf of the dead relatives of the donors. At the time,

it was believed that the dead remained in limbo for a time after death, and that prayer, even by strangers, could expedite a soul's passage to heaven.

Jack-O-Lanterns

The carving of Jack-O-Lanterns seems to derive from an old Irish myth about a man named Jack. Jack tricked the devil to climb a tree to pick him a piece of fruit, but he had just so happened to carve a cross into the tree's bark. The devil could not come down until he promised to leave Jack alone for ten years and if

he were to die, he would not claim his soul. Soon after the incident, Jack died. According to legend, God didn't want him in Heaven and the devil would not let him enter hell. The devil sent Jack into the dark night with a burning coal, which Jack put into a carved-out turnip and has been said to be wandering the earth ever since. In Ireland and Scotland people began to place turnips or po-

tatoes with scary faces carved into them on windows or near doors to scare away Jack's

ghost and other evil spirits. When these people immigrated to America, they realized the native pumpkins created the perfect jack-o-lanterns.

So basically, Halloween is a hodgepodge full of traditions of different cultures. It's not meant to be evil, and celebrating it doesn't mean you are a devil worshiper.



Hear It, See It, Read It offers students a little insight into new releases of music, movies and books.

HEAR IT...



Alternative



Dig Out
Your Soul
Oasis

October 7, 2008

Rock



OK Now
Jon
McLaughlin

October 7, 2008

R&B



Unexpected
Michelle
Williams

October 7, 2008

SEE IT...



Adventure



*Indiana Jones
and the King-
dom of the
Crystal Skull*

October 14, 2008

Comedy



*Don't Mess
with the
Zohan*

October 7, 2008

Science Fiction



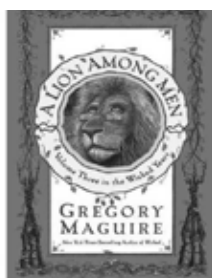
*Journey to
the Center
of the Earth*

October 28, 2008

READ IT...

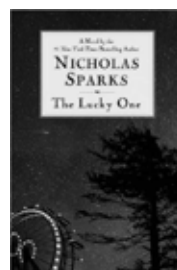


Fantasy: *A Lion Among Men*
By Gregory Maguire



The third
installment in
the "Wicked"
series.

Romance: *The Lucky One*
By Nicholas Sparks



A man's
brushes with
death leads
him to love.

Memoir: *Dreams from My Father*
By Barack Obama



In the midst of an
extremely tight elec-
tion, this compelling
memoir helps you
better understand
Obama, whether you
support him or not.

SPECIAL HALLOWEEN RECOMMENDATIONS

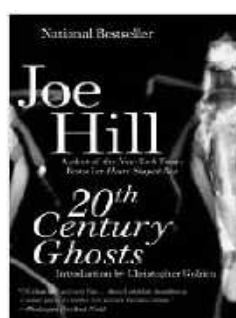
DVD: *The Strangers*



A couple is held
hostage and must
resort to drastic
measures to
survive.

October 28, 2008

Fiction: *20th Century Ghosts*
By Joe Hill



"The past isn't
dead. It isn't
even past..."

Non-Fiction: *Haunted U.S.A.*
By Charles Wetzel and Josh
Cochran



A collection of
ghostly tales
about the U.S.A.



New Student Overload:

Is NSO too much?

By Chelsea Arnold
Staff Writer

As an incoming freshman who knew very little about college life, I'll admit NSO was very helpful. Because I am a commuter student, I did not have the chance to meet people in the dorms as soon as I arrived on campus. However helpful, was NSO actually an overload on students?

"They shoved so much at us and expected us to approach it with enthusiasm after getting only a few hours of sleep," freshman Jake Bennet said, "I

don't think it's necessary [to be four days]. They drew events out for so long."

After four days of staying out late and

waking up early, two-hour-long speeches created a downward spiral of sleeplessness and extra stress. Group leaders felt the effects as well, staying awake until one a.m. and waking up by six a.m. each day.

"Obviously a lot goes on behind the scenes that students don't know about. The amount of stress compiled with the high expectations of being a staff leader has changed my outlook on life," said Jordan Virgin, a sophomore and NSO Staff Leader.

During the four days of NSO, over 12 hours of speeches took place. Most of the information given was useful, but it was quite a lot of time to sit and listen to University policy and information regarding campus situations.

"I thought it was fun, but there was too much downtime for commuters. [I] didn't feel overloaded, but a lot of the speeches were long; it doesn't

need to go for four days," said freshman Katie Raymond.

Some speeches were entertaining. For example, many students complimented "Funny Money" and "Sex Signals," which were part of the orientation weekend. "Sex Signals" was a definite hit among the freshman population.

"What other environment can you openly talk about sex and dating on campus?" Virgin said.

I personally felt that NSO was helpful in starting out at McKendree, but it was indeed

long. There were also times when I felt forced into socializing instead of it happening naturally; ice breakers

were definitely awkward at first. People were quiet during group meetings, but eventually opened up.

"My favorite part by far was Playfair! It really brings the whole class together and you truly get to meet so many different people that you might not have even been in contact with. I really didn't think it was an overload of info at all. Most of the things that you were sitting through were important information. You might need it now; you might need it later. It really all depends on your experience here at McK," Mae-gan Hamilton, NSO Student Leader, said.

Overall, I feel NSO was a little too much information at one time, but helpful. Perhaps a shorter number of days and shorter speeches would be more beneficial and still keep students interactive and interested.

"They shoved so much at us and expected us to approach it with enthusiasm after getting only a few hours of sleep..."

EVILS: DEPLORED OR REMEDIED?

By Jason Finley
Contributing Writer

If today somebody were to steal your \$15,000 car and then sell it back to you for \$20,000, would that not be immoral? Even if they sold it back to you for the same \$15,000, would that not be immoral as well? And would you not be foolish for falling for such a trick? These are obvious questions with obvious answers, but they do serve a point.

Today, there is an odd equation moving around the country that no one seems to understand. Banks do not have money to lend and the credit market is failing. The solution the government has given is based on treating the symptoms rather than looking at the root of the problem.

The way banks provide money for loans begins with people depositing their money into the bank. For the system to continue working there must be individuals saving money while others are borrowing. At the beginning of the last great depression, banks failed because people started withdrawing money in a panic. Since banks do not keep all of the money people deposit, but rather loan it out, many people could not access what they had saved. In fact, this is the reason that Washington Mutual collapsed last month. Within two

weeks, over \$136 billion was withdrawn from individual accounts, causing the banking giant to declare bankruptcy.

As a people, we have built

a culture based upon credit. Everyone borrows money to purchase businesses, homes, cars and even education. During times of war in America's past, people have been encouraged to conserve money and not to overuse resources, but after 9/11, President Bush told us to spend more to "boost the economy." He followed the same policy with his government budget. Instead of cutting costs to afford higher military spending, he sent us further and further into debt.

Consequently, banks started to run out of money to loan because so many loans had already been made. This, in a free market, should have driven the interest rates up to discourage spending and encourage saving. Money supplies were low; demand was high; therefore, the "price" of loans would have increased. Under the free market, the banks, with enough people saving and paying off their loans, would soon have had more money to loan out. Rather than this simple method of supply and demand, the Federal Reserve Bank (a privately owned bank with controls) artificially dropped the interest rates. The



Courtesy of Google Images

Federal Reserve Bank then loaned money to the banks to loan out to others.

Most banks followed their normal "good business" practices and only loaned money

to people with good credit, but some of the bigger, greedier banks like Freddie Mac and Fanny Mae instead lowered their standards and, in doing so, took a large risk by loan-

ing to people who had low credit scores. When individual investors did the same thing during the 1920s, the practice was called "buying on margin". This risk failed and they lost large amounts of money. Loaning money into a market that was not ready for the loans allowed for the construction of many more homes than people demanded. When supply is high and demand is low, prices

drop (as we are seeing with the value of homes today) and the decrease in these prices in the value of homes and the

subsequent foreclosures are a direct result of the Federal Reserve Bank interfering with the free market.

Apparently, the government's solution is to allow the Federal Reserve Bank and the Department of the Treasury to bail out these companies who used bad business practices with \$700 billion in taxpayer money. Theoretically, this will be used to purchase the bad mortgage loans, but in reality, it gives more money to these banks. Not only does this give these banks an unfair advantage over the banks that did not take the risk (the stocks of the smart banks have already suffered under the mere suggestion of this bailout), but it also seems a little backward.

The first problem is that the banks will be turning around and, in effect, loaning us our own money (with interest), and second, that the real solution (as supply and demand would have it) is to encourage people to save their money rather than spend it. This can easily be done by spending within our means; not only as individuals,

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IT'S THE JOB OF "WE THE PEOPLE" TO MAKE SURE THAT THE GOVERNMENT IS DOING THE RIGHT THING RATHER THAN ASSUMING THAT THE GOVERNMENT IS ALWAYS LOOKING OUT FOR THE BEST INTERESTS OF THE AMERICAN PEOPLE.

Joep Goes West Ctd.

fresh in my mind. Unfortunately, this fear was justified by fast food restaurants with gross and fattening food, but they are so appealing. Who does not love hamburgers, fries, pizza, milkshakes and ice cream? The awful thing is, fast food places are everywhere. There is no escaping them. At home, I'd eat bread and cheese for lunch; here it is macaroni and cheese, fries, pizza or hamburgers, maybe with a salad. Though I thought I knew what to expect, I had no idea of what it would really be like.

It was surprising to find out that most Americans have no idea what or where the Netherlands is. "Stupid Americans!" is a phrase we use a lot back home, mostly when talking about politics. Even with having this prejudice, I still expected people to be more knowledgeable about the world. It turns out that American people just do not learn much about other countries. It does not really bother me anymore. Americans are not stupid; they are just not very aware of what is going on in the rest of the world. Of course, this is a generalization, but one I have found to be true in many cases.

For those who are interested, the Netherlands is a country in Western-Europe, a member

of the European Union and NATO and best friends with the United States. Most Americans know the capital, Amsterdam. For those who have heard about it, yes, the rumors are true. We can drink when we are 16, smoke marijuana legally (not sell it, by the way) and there are prostitutes that present themselves in revealing outfits behind windows (the

world famous Red-light-district of Amsterdam). And no, it is not like the movie Hostel!

Overall, the Netherlands is a very nice and relaxing place to live, with amazing museums, lots of restaurants, nightclubs and, for those interested, nude beaches. The Netherlands is also one of the wealthiest countries in Europe and has mostly liberal views on topics such as politics and religion, as evident by the earlier mentioned prostitution and drugs. Still, people there complain a lot about there being too many rules.

When I was living back home, I felt the same way. Being in America has changed my perception; for example, it amazes me that everyone stops at stop signs, even though there may not be a living creature in sight, while calling and texting while driving is no problem!

So ridiculous! "There can be a cop watching," is what most Americans say when I ask about it. The fear and authority of the police is much greater in the U.S. People respect uniforms. In the Netherlands the police are mostly friendly and not very threatening. They are more restricted. It is very rare for them to actually use their weapons. Cops here scare the hell out of me, although this may be because of the television show "Cops."

It is surprising how, on the surface, the Dutch and American societies seem similar. However, when you live in one or the other, the little things become more important like habits you have had for a long time. Dutch bread and cheese, for example, and also, certain television shows, reading and talking in my own language are all habits of mine. On television here, people seem to be excited about every event; they seem to blow things all out of proportion. To me, it seems that there are a lot of screaming headlines and aggressively talking anchors, but little substance. The biggest difference is the distances you have to travel to get somewhere.

Now, almost two months after my arrival I am all settled in. All things considered, adapting to this different way of life has gone well. It is great to live here and experience the "crazy" ways of the United States of America.



Joep in his soccer uniform.



The Soapbox: Water, Water, Everywhere...

By Kendra Sigafoss
Assistant Editor

Going "green" is a hot topic these days, and McKendree is definitely taking steps toward being more environmentally friendly. MPCC has new green lighting, recycling bins are all over campus and the Environmental Awareness Committee is active in making more green choices for the school. We even have green-related articles and recycling disclaimers in this newspaper!

But in our environmentalism, we mustn't forget the color green; green as in grass, and green as in money. Maintenance costs a lot for a school like McKendree; preserving the school's history is undeniably important, so keeping up appearances is a priority.

Why, then, is the "Secret Garden" growing between Clark and Eisenmayer? Between these two buildings, there is an unused fountain surrounded by somewhat overgrown foliage that is nothing short of an eyesore.

Ed Willett, Director of Operations and member of the McKendree Environmental Awareness Committee, talked with me about the fountain. "Soap suds killed that thing," he said, explaining that the fountain's pump was damaged by a student prank

years ago. He said the fountain is "too much of a mechanical nightmare" and that maintenance costs are "prohibitive."

"I endorse wise use of water," Willett told me. He was not aware of any plans to replace the pump, repair the fountain or change the appearance of the fountain at all.

The big fountain at the circle drive, however, is hardly an eyesore. As the focal point of the campus, the main fountain and the surrounding areas are always maintained.

Willett informed me that the water in the main fountain is recycled, another green act by McKendree.

I can understand why the administration treasures the main fountain. One of McKendree's biggest appeals is how well taken care of and visually appealing the campus is. You hardly ever see anyone near the fountain, other than in passing. The benches are so close that you're likely to be splashed if you sit on them and the fountain would most likely not look as nice if students were constantly around it. Besides, with students relaxing or studying near the fountain, it is no longer just a piece of eye candy, but a functional part of campus. And who wants that?!

So maybe the fountains at McKendree aren't an

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by John Bishop

Presented by the Theater Department
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The Issue of the Issue: The Cost of McK

By Jessica Bell
Staff Writer

This issue's issue is about: The price of attending McKendree University. The estimated total price per year is \$32,140 (www.mckendree.edu). Even with student loans, work-study and financial aid, hearing that figure can be overwhelming. Some people base their education on what they can afford, and some just look for the "perfect" education and worry about the cost later. That being said, another question arises. Are we getting our money's worth?

Freshman Jill Folden

"I think McKendree is way too expensive! But scholarships and grants make it more affordable. I have some scholarships and I do work-study; I work in the business office. The only problem with that is I think students should be able to get more than 8 hours a week for work study. I think with our ID's we should get flex dollars to use some other places besides the lair. I know some other colleges who do this, and I would like this."

Freshman Nick Thomson

"I think the cost of McK is fair since this is a private school. McK gives out plenty of scholarships and grants to make up for the high cost of attending school here. I feel that sometimes loans are necessary to help pay for

college if you can't get enough scholarships or grants. I feel that work-study is a good idea. It helps students earn some extra money toward school, and the opportunity to meet new people. Having a job and going to school would probably be a hard thing to do unless you learn to manage your time. I don't have a job right now, but in high school I had a job and it affected how well I did in school. I know some people have to get a job to help pay for school and that's fine as long as they make time to study as well as work so they make this time worthwhile. Some improvements are giving out more scholarships that are worth more, giving out more shirts, sweatshirts, backpacks, sweatpants, hats, etc. This would all help the cost of MCK more reasonable."

Sophomore Camellia Bell

"I feel that McK is a great school, but I think that the cost here is way too expensive. We have great teachers and a wonderful living facility, but why do we have to pay so much to obtain an education? Books are high as h***, to the point some students don't even purchase them; they prefer to share. I feel that we should get one

free day out of the week at Ames. I feel we should receive more free McK gear. I just feel that more people could afford to attend McK if the price was way less expensive."

Junior Genni Stratham

"I think the McKendree tuition is way too much and unfair. With having choral music as my major I have to take private music lessons. Also there are not many opportunities for work study. Some people don't even qualify. Loans and scholarships are helpful though. I think to help out they should not have some majors that cost more than others."

Senior Trisha Rogers

"I absolutely think I get my money's worth out of attending McKendree. Yes, it is expensive, but we have the benefit of having small class sizes and professors who are actually interested in how well we are doing as opposed to going to a public university which may be cheaper but can be sacrificing quality and that personal touch."

Got an idea for next issue's issue? Send us an e-mail at mck-review@mckendree.edu.

Soapbox Ctd.

ideal use of space, but at least they don't continually waste water. Our lush, green lawns, however, get more than their fair share of H₂O.

Last semester, the lawns in front of Voigt and Holman Library were watered so often that I'm not sure the

grass was ever dry. I can recall at least one time when the sprinklers were running while it

was raining! Granted, the watering of the lawn has decreased this semester, changing seasons have undoubtedly impacted that. In my opinion, the front lawns are hardly more lush or healthy than any of the other lawns, and if they weren't as green as they are, I doubt anyone would mind...or notice.

When I asked Willett if the water usage in keeping McKendree's (front) lawns green affects tuition, he could give neither a yes nor a no answer. He said

that, to his knowledge, utilities do not impact tuition. But one has to wonder. With the cost of everything, especially utilities, on the rise, how can McKendree afford to keep up with bills without raising tuition? It's only an assumption, but there's a possibility that

the increase in tuition reflects the utilities on campus, especially the constantly running sprinklers.

Is it worth the cost? Potential tuition effects aside,

how environmentally friendly can McKendree be if water is wasted regularly in keeping the lawns green? Why are having lush front lawns such a priority when a whole area of campus is neglected? Maybe the Queen of Hearts had it right when she had her roses painted red. If McKendree wants to "go green," they ought to use her example and paint the lawns – as long as non-aerosol, chemical free paint is used, that is.



McKendree's own "secret garden" near Eisenmeyer.



Trick or Treat for Canned Goods with the Center for Public Service on Sunday, Oct. 26 from 5:30 to about 8:00 PM

Wear your favorite Halloween costume and join us as we collect canned goods for the Lebanon Food Pantry, with pizza and discussion to follow!

For more information, check out the CPS website at www.mckendree.edu/cps or call us at x6900. See you there!

The Importance of Hispanic Heritage Month

By Carlos Marin
Staff Writer

On Sept. 17, 2008, the Campus Activities Board (CAB) hosted the first Hispanic Heritage Month celebration ever at McKendree University. The event has been a subject of great interest, especially since several students are either native to Latin America or are of Hispanic descent. Sophomore Rocio Martinez, a member of CAB, had been considering celebrating Hispanic Heritage Month on campus since last year.

The term "Hispanic" refers to many people of different races, cultures, colors and backgrounds. But generally Hispanics come from approximately 19-23 Latin American countries. For many scholars and sociologists, the Hispanic culture represents the most influential non-traditional social wave of the United States Latinos.

As a Puerto Rican who has lived intermittently, in the US and her "island," Martinez spoke to the CAB director, Craig Robertson, and the idea was developed. Martinez wanted to do something fun with an educational value that would give the campus a different perspective and would attract students. The activities turned out to be more of a success than were expected, and CAB was able to broaden the cultural view of many students and casual observers at McKendree.

The first event of the Hispanic Heritage Month celebration was a lecture by Ruben Rosario Rodriguez, a professor from St. Louis University. With the help of Brent Reeves, the director of the Multicultural Affairs department, Rodriguez spoke about his book *Racism and God Talk: a Latino, a Perspective*, which addresses discrimination suffered by Hispanics on a daily basis.

After Rodriguez spoke, Ames Dining Hall catered a Mexican dinner for students; the menu, to the delight of many students, included several original dishes from Mexico and other Latin American countries. The menu was arranged by Shazad.

Following dinner, Carmen Guynn, a dance instructor

from Club Viva in St. Louis, and her dance team "Salsa Picante" performed a very difficult and entertaining dance routine for students at the Lair pit. Large crowds attended this event. After the performance, salsa lessons were given for one hour, and, as previous activities, this one turned out to be very successful and fun. Carmen Guynn's elegance soon allowed many students to pick basic salsa moves.

Dr. Tami Eggleston, a McKendree professor of Psychology, brought one of her classes and she even joined in on some of the

dances.

Finally, after the salsa dancing lessons, refreshments were served with background music ranging from Reguetton to salsa, from Merengue to Bachata, all various genres of latin music. Some students chose to keep dancing, while others decided to socialize in the Lair while listening to the different types of music.

Hispanic Heritage Month began on Sept. 15 and will last through Oct. 15. It is the anniversary of independence for five Latin American countries - Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico declared its independence on Sept. 16 and Chile on Sept. 18.

People from other Hispanic countries, especially in the U.S, celebrate this month as a way to connect with their home countries. Hispanic Heritage month also allows for those not acquainted with Hispanic culture to broaden their perspectives and learn about other cultures.

In a nation like the United States where there are about 40,424,528 Latinos, it may be useful to be acquainted with the Spanish culture. Hispanics are the largest and fastest growing minority, and estimates predict that by the year 2020, 1 in 5 teens will be Latino.

Latinos in the U.S. currently have over 140 television stations, 600 radio stations and over 550 magazines, newspapers and websites, from which to choose, all in Spanish. There's never been a better time to study Hispanic culture!



Courtesy of Google Images

EVILS CTD.

but as a government as well. By cutting back government spending and lowering taxes, the American people can be given more money to spend and to save.

Instead of continuing to diagnose symptoms, "We the People" need to examine the root of the problem. "We the People" need to dig deeper than what the politicians are telling us. Instead of focusing on the presidential elections and the circus that the process has become, we need to realize that neither candidate understands the economy and that both support this bailout. The most important issue is that it is not up to the president or Congress to alter or even save the economy, but if it were, McCain supports higher 'defense' spending, and Obama supports 'universal healthcare'.

Both of these programs have no fiscal responsibility built in. McCain has directly stated that he does not understand the economy, and Obama thinks that the problem today with the banks is deregulation. It is due to the regulation of the free market by the Federal Reserve Bank, not deregulation, that the economy is in such a state. It's our responsibility to know this information. Every media outlet is continuing to state the 1992 Clinton mantra: "It's the economy, stupid," but they do not give us the real picture.

Instead, each of us needs to understand this problem. It's the job of "We the People" to make sure that the government is doing the right thing rather than assuming that the government is always looking out for the best interests of the American people. We have reached a time in the country's

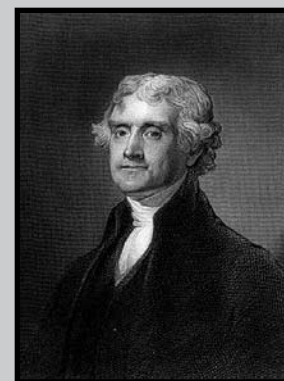
history when the government can take our money and then sell it back to us at a profit. Maybe it is time to reevaluate the intelligence of "We the People". Without education, any government, Democracy or Monarchy, can and will take advantage of its people.

According to the words of Thomas Jefferson, "If a nation expects to be ignorant and free, in a state of civilization, it expects what never was and never will be." Jefferson was a great mind then and now. In fact, he was known to have said, "I believe that banking institutions are more dangerous to our liberties than standing armies. If the American people ever

allow private banks to control the issue of their currency, first by inflation, then by deflation, the banks and corporations that will grow up around [the banks] will deprive the people of all property until their children wake up homeless on the continent their fathers conquered. The issuing

power should be taken from the banks and restored to the people, to whom it properly belongs."

With the Federal Reserve Bank's ability to alter the interest rates that should fluctuate with supply and demand, they control the production of money and therefore inflation and deflation. Now the banks, after bad business practices, have started to take away our properties, leaving our children homeless. For this reason, the original Founding Fathers were against a central bank. Some of us are merely complaining about it with nothing to do. Jefferson said, "Are evils more easily to be deplored than remedied?" Others are looking at the wrong side of the problem. "We the People" need to stop diagnosing the symptoms and find the remedy to the disease.



Thomas Jefferson, courtesy of Google Images

Attention:

The McKendree Review Crew and Editors do not necessarily agree with the opinions expressed in the *Sound Off!* section of the paper. We do strive, however, to create a public forum for students to express their comments, concerns and opinions. If you have an opinion and would like to share it, please e-mail your ideas or article to mckreview@mckendree.edu. *The McKendree Review* reserves the right to edit or not print any submission. The deadline for the Nov. 4 issue is Fri., Oct. 24 at 5 p.m.



Men's Soccer Continues Stellar Performance

By Emily Gavilsky
Staff Writer

The McKendree men's soccer team is having their best season in McKendree history. They were recently ranked 4th

in the Nation, and although there are many new faces, that has not stopped the Bearcats from gaining a record of ten wins, one loss and one tie. The team is looking to many younger players for most of the offensive effort, including Max Stainmez, who has scored eight goals this season. He is followed by first-year Fraser Williams, who has added six goals and seven assists. Sophomore Sam James and first-years Tom Ward,

Mitch Fear and Richy Henderson have all added goals this season.

Providing solid support in the mid-field is senior captain Ryan Miller. He has been a starter for four years and is a



Freshmen Mitch Fear scores a header goal within 18 minutes of the Oct. 1 game against the University of Illinois-Springfield.

key player. Also helping out defensively are seniors Joey Lofink and Eric Frierdich. They are joined by first-years Aaron Streid, Max Vogl and goalkeeper Joe Sagar. Sagar currently has three shutouts and has made 32 saves this season.

Senior Joey Lofink is optimistic about the possibilities for this team. He stated, "We're a pretty young squad, but so far we haven't shown too much

inexperience on the field. We have great synergy, and everyone is out there battling for one another. It's really a great feeling to be on a team that really believes we'll win every game."

Lofink has high hopes for the season and believes the team has come a long way since their preseason workouts. "We've really come together and straightened things out, which has shown on the field. Our lone loss to Hannibal was tough to swallow, but once we're on track again and get our swagger back, we'll be in a great position to make a run for Nationals. I know, as one of only three seniors, that we definitely have the ability to make some noise in the playoffs, but it's going to take a lot of hard work."

The team will get back to work against Columbia College tonight at Leemon Field. The game begins at 7 p.m., so come out and show support for the

Is There Teamwork in College Athletics?

By Mariano Flowers
Staff Writer

Being a star athlete in high school is extremely fun. Although you may get a lot of attention and publicity, a lot of athletes, including myself, especially enjoy being part of a team. Everyone knows that an individual does not make an entire team. Each member has a part, and when all parts come together, they make one big unit of individuals trying to accomplish the same goal.

Anyone who played a high school sport knows that they aren't guaranteed to play the same sport in college. Many choose to play to experience the camaraderie and passion for the game.

In college athletics, the atmosphere is not quite the same as it was in high school. You don't come on to a college team as the only person who is an All-Metro, All-Conference or All-State athlete; the majority of your new college teammates were these types of sports stars as well.

In essence, you have to start all over again to prove that you are actually as good as your titles say you are. You have to compete with other stellar athletes just to get noticed again. For some, it is too tough a task to handle, and they usually don't stick around long.

For some freshmen athletes, college is something unexpected. Some athletes think

that no one else can play their position better than they do. Some may even believe the athletes already on the team are no match for them. This can lead to a teammate that is selfish and hard to coach. It can also bring bad chemistry and tension to the team.

Not everyone will become a star athlete in college. Some of us will have other roles.

There are many reasons why being a part of a college team can be stressful. Playing a sport can become a job rather than something you do for fun. Instead of money going into your pocket, it goes toward tuition. Although you may not want to, you have to do whatever your coaches ask, because you have an athletic scholarship.

Sometimes, coaches show favoritism toward other athletes because they look good on paper. That is, they may be bigger, faster and stronger than other players, and because of this they may play more than someone who is actually better. These players are sometimes known as "paper soldiers." This can cause other players not to act as a team player; they feel as if they are not needed or appreciated, and that can create problems.

With the possibility of under-appreciation, being overlooked and having an ego that can get in the way, can there be true teamwork in college athletics?

The Review Crew

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