

The Eastern Progress

www.progress.eku.edu



Student publication of Eastern Kentucky University since 1922

August 17, 2000

The daily trials and tribulations of the castaways on a small Malaysian island can parallel those of students on campus, excluding, of course, the rat cuisine. The Eastern Progress

food • academics • nightlife • media • computers

contents

4 Academics & Department Chairs

Find out how to reach your department chair and learn about how academics work at Eastern.

6 Meet Dee Cockrille

Our new V.P. of student affairs.

8 Food

Where to eat — on and off the island!

9 Shopping

Need new clothes, groceries, or cds?

10 Sports

Get with the Colonel spirit this playing season.

12 Fitness

Get fit and stay that way.

13 Health

Sick? Here's where to go for medical attention.

14 Computers

Get connected...follow this link and find out where and how.

16 Entertainment

Entertainment alternatives, nightclubs included.

17 New Class Schedule

No more flip Fridays.

19 Campus Ministries

Get connected with your spiritual self.



SURVIVOR is a special publication of The Eastern Progress and is distributed in August 2000 to new and returning students. Information for this special section was compiled by staff writers Amy Banks, Sam Gish, John Hays and Rob Jordan. Cover art was created by Amy Campbell and Corey King.

The Eastern
Progress
www.progress.eku.edu

117 Donovan Annex, Richmond, KY
(859) 622-1881

► Campus media

Thursday starts with Progress

Smoke signals aren't the best way to keep up with what's happening on campus. For all your survival needs, check out the media opportunities Eastern has to offer students, faculty, staff, and alumni.

Thursday starts with The Eastern Progress, a student-run weekly housed in the Department of Communication. Be sure to pick up a copy each week—it's FREE. This 10,000 circulation newspaper is published during the academic year, with the exception of university vacation periods.

The Progress is distributed on campus and at high-traffic points around the city. Look for it in maroon boxes and racks in classroom buildings, dorms and in the Powell student center.

Look for the first issue of Fall 2000 on Aug. 24.

Progress leadership

This year, veteran Progress staffers Dena Tackett and Shane Walters will lead the editorial staff.

Tackett is a senior journalism major from Pikeville, Ky. She has worked on the staff since she was a freshman and has had internships at the Lexington Herald-Leader and the Appalachian News-Express.

Walters, a senior journalism major from Mt. Sterling returns to the staff as managing editor. Walters has worked as sports editor at the paper and interned for six months in design at the Lexington Herald-Leader.



Editor Dena Tackett leads the staff.



Shane Walters is managing editor.



Jamie Vinson is news editor.



Chris Guyton directs the advertising.

Chris Guyton, a graduate student in sports and administration from Thomasville, Ga., will return to the staff as advertising manager.

What's on Tap?

"What's on Tap" is the Progress' weekly listing of campus and community events. To get your event listed, mail or e-mail us the information by noon on Mondays. Be sure to label it: What's on Tap.

Web site

The Progress also is developing some additions to its Web site at <http://www.progress.eku.edu>. Plans are under way to add interactivity to the site with the addition of polls, chat rooms and e-mail. In fact, the staff is recruiting students who want to participate in our new commercial online adventure that will also feature streaming audio and video.

E-mail the Progress at progress@acs.eku.edu for more information.

Staff jobs

In addition to providing coverage of breaking news and campus events and offering a forum for campus opinions, the Progress serves as a training ground for student journalists, photographers, artists and advertising sales people.

Students from all majors are welcome to apply for paid editorial, art and advertising positions.

Salaries range from \$90 a week for the editor to \$15 a week for entry-level writing positions. Advertising representatives earn a healthy commission and mileage while working with local businesses and gaining sales experience.

Students can earn academic credit in JOU 302 Newspaper Practicum or can enroll in cooperative education credit hours (Co-op) while they work as photographers, designers, artists or advertising representatives.

Contact faculty adviser Libby Fraas at 622-1880 or comfraas@acs.eku.edu.

Students run radio station

WXII, better known as "The X," is your source for "Today's Best Music" on campus.

Broadcasting from Donovan Annex, "The X" plays all of today's hottest music 24/7 over EKU Cable channel 60. With such artists as Britney Spears, N'Sync, Vertical Horizon, Eminem, and Destiny's Child, WXII is considered a Top 40 Contemporary Hit Radio station.

"The X" also has a DJ service available for businesses, groups, and organizations to hire for dances, parties, or other events.

This semester also brings the introduction of a new show to "The X" called, "Studio X." "Studio X" is a dance show made up entirely of dance mixes and party



Progress File Photo

Students man the mikes at "The X," the student-run radio station.

classics. "Studio X" is designed with students in mind so they can host their own private party in their rooms. The show will air on Thursday nights starting at 10 p.m..

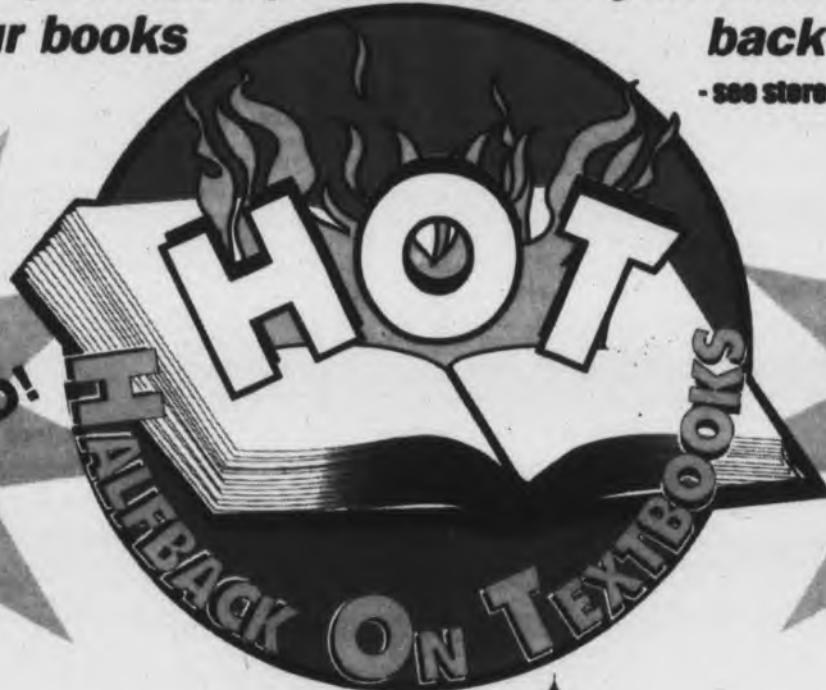
For further information con-

cerning WXII check out their Web page at www.wxii.eku.edu.

The Web site gives information about the shows, staff, dj services, upcoming events, and how to advertise with the "The X."

WELCOME BACK

Look for the
'HOT' Seal when you
purchase your books at Your EKU
Bookstore and we will pay you 1/2 of
the purchase price back to you when you
sell your books
back to us -
- see store for details -



WE WILL
NOT BE
UNDERSOLD!

WE'VE
MADE
SOME
CHANGES!!

LET'S

NEW

EKU BOOKSTORE

Your *Official* EKU Bookstore
Keen Johnson Building
859.622.2696 fax 859.622.2660
www.ekubookstore.com

CHECK OUT OUR
WEBSITE FOR
EXTENDED HOURS
DURING BACK TO
SCHOOL!

WHAT'S

Academic survival requires knowing how things work

Academic survival requires hard work. Below is vital information Eastern students need to know in order to make their learning experience an easy and pleasant one.

Who CARES?

Students must consult with an academic adviser before registering for classes. The Advising Office assigns advisers and this person's name is on the first page of your CARES (Colonel's Advising & Registration Equals Success) report, a blueprint of what classes you have taken and what you need to graduate.

Take the CARES report with you to adviser meetings. To make changes on your CARES report or to change your major, go to the Advising Office in Keith 129.

If you forget your adviser's name (and have lost your CARES report), or if you're having trouble making an appointment with your adviser, call your department chair's office.

Drop-Add/Withdrawal

Not happy with the classes you registered for? You can drop or add classes using The Colonel Connection telephone system (622-2020) or in person at the Registration Center in Combs 218.

To use the phone system, first obtain a Registration Access Code (RAC) from your adviser. Aug. 26 is the last day to add or register for a full-semester course. Partial-semester courses can be added to a schedule until the first day the class meets and dropped through the halfway point of the course.

The last day to drop a full-semester class without a grade of "W" is also Aug. 26. To drop a course after that date, meet with your adviser on or before Oct. 13 to avoid receiving an "F."

To withdraw completely from the university, report to the Registrar's Office in Coates 15. Call 622-2410.

Registration/Advising Contact

<http://www.advising.eku.edu>

Keith 129

622-2265

New reports mailed fall and spring—about a week before advising begins for a new semester.

Schedule Book

<http://www.schedulebook.eku.edu>

The Colonel Connection

622-2020

Registration Center

<http://www.registrar.eku.edu>

Combs 218

622-1688

Library Services

The John Grant Crabbe Library and its Thomas and Hazel Little addition are located on University Drive. On the second (main) floor, visitors will find the circulation desk, the reference room and the Kentucky Commonwealth Virtual Library computers, providing electronic access to popular and scholarly publications.

The Learning Resources Center is on the third floor and the Law Library and Documents

Room are on the fourth floor. On the first floor are periodicals, including popular magazines, academic journals and daily newspapers from across the nation and the world, as well as Kentucky weeklies.

Also on the first floor is the University Archives and Special Collections and an extensive collection of microfilmed and microfiche publications.

To search for something among the more than 420,000 items the library holds, use the eQuest Catalog. Computers are located in the circulation room of the library. eQuest can also be accessed via the Internet at <http://www.library.eku.edu>.

Other libraries on campus include the White Law Enforcement Library (Stratton Building) and the Baker Music Library (Foster Building). (See library hours in box at right.)

Library Hours

Crabbe/Little Library

622-1785

University Drive

7:45 a.m.-11 p.m. Mon.-Thurs.; 8 a.m.-4:30 p.m. Fri.; 10 a.m.-6 p.m. Sat.; and 7:45-1 p.m. Sun.

White Law Enforcement Library

622-1798

Stratton Building

8 a.m.-10 p.m. Mon.-Thurs.; 8 a.m.-4:30 p.m. Fri.; 2-10 p.m. Sun; closed Sat.

Baker Music Library

622-1795

Foster Building

8 a.m.-9:30 p.m. Mon.-Thurs.; 8 a.m.-4:30 p.m. Fri.; 5-9:30 p.m. Sun (when student worker coverage permits); closed Sat.

Library Services

The University Writing Requirement (UWR) is a one-hour examination in which students write an essay responding to an assigned prompt. The UWR assures the university that stu-

See UWR/p. 17

How do I reach my department chair?

All phone extensions are 622-. If e-mailing from outside the campus VAX system, add @acs.eku.edu to the e-mail address.

Department	Chair	Office	Phone	E-mail	College
Accounting, Finance & Info. Systems	Jessica Frazier	Combs 319	x1087	accfrazier	CB&T
Admin, Counsel, Edu. Studies	Larry Sexton	Combs 406	x1124	eadsexton	Educ.
Agriculture	Danny Britt	Carter 2	x2228	agrbritt	CB&T
Anthropology, Soc., & Social Work	Steven Savage	Keith 223	x1644	antsavage	CA&S
Art	Gil Smith	Campbell 309	x1629	artsmith	CA&S
Aviation	Anthony Adams	Burrier 404	x1014	aviadams	CB&T
Biological Sciences	Barbara Ramey	Moore 235	x1531	biorangey	CA&S
Chemistry	C. Frank Shaw III	Moore 337	x1456	cheshaw	CA&S
Communication	Maureen Everett	Alumni Col. 108	x1871	comeverett	CB&T
Computer Science	Jaleh Rezaie	Wallace 417	x2398	rezaie@eagle.eku.edu	CA&S
Clinical Laboratory Science	Worley Johnson	Dizney 220	x3078	evjohns	CHS
Correctional & Juv. Justice Studies	Kevin Minor	Stratton 105	x1155	corninor	CJ&S
Curriculum & Instruction	Imogene Ramsey	Combs 112	x2154	elaramse	Educ.
Criminal Justice & Police Studies	Carole Garrison	Stratton 410	x1978	padgarri	CJ&S
Theatre	James Moreton	Campbell 301	x1315	splmoret	CA&S
Economics	John Wade	Beckham 237	x1769	ecowade	CA&S
Earth Sciences	Malcolm Frisbie	Roark 9	x1273	entfrisbie	CA&S
English	Bonnie Plummer	Case Annex 467	x5861	engplumm	CA&S
Environmental Health Services	David Hufford	Dizney 220	x1839	dshuffo	CHS
Exercise & Sports Science	Lonnie Davis	Weaver 202	x1887	phedavis	CHS
Family & Consumer Sciences	Diane Maynard	Burrier 102	x3445	icsmaynard	CHS
Foreign Language & Humanities	Anne Brooks	Case 368	x2996	humbrook	CA&S
Geography & Planning	Bruce Davis	Roark 206	x1418	geodavis	CA&S
Government	Richard Vance	McCreary 113	x4389	polvance	CA&S
Health Promotion & Administration	Donald Calitri	Begley 420	x1142	heacalit	CHS
History	Ronald Huch	Keith 323	x1287	hishuch	CA&S
Leisure Studies	Larry Belknap	Begley 402	x1833	recbelkn	CHS
Loss Prevention & Safety	Larry Collins	Stratton 252	x1009	lpsicoll	CJ&S
Management, Marketing, and Admin.	Norbert Elbert	Combs 215	x1377	cboelbert	CB&T
Mathematics & Statistics	Ken Nelson	Wallace 313	x5942	knelson@eagle.eku.edu	CA&S
Medical Services Technology	David Hufford	Dizney 220	x1028	clshuff	CHS
Military Science	Lt. Col. Brett Morris	Begley 519	x1205	mlsmorri	CA&S
Music	Robert James	Foster 101	x3266	musjames	CHS
Nursing (Associate)	Peggy Tudor	Rowlett 222	x1842	adnholde	CHS
Nursing (Bacc)	Deborah Whitehouse	Rowlett 223	x1827	bsnwhite	CHS
Occupational Therapy	Onda Bennett	Dizney 103	x3300	otsbenna	CHS
Philosophy & Religion	J. Robert Miller	Case Annex 168	x1400	phimille	CA&S
Physics & Astronomy	Chris Laird	Moore 351	x1521	phylaird	CA&S
Psychology	Robert Adams	Cammack	x1105	psvadams	CA&S
Special Education	Martin Diebold	Wallace 245	x4442	sediebo	Educ.
Techology	WilliamEd Davis	Whalin 307	x3232	teddavis	CB&T
Theatre	James Moreton	Campbell 301	x1315	splmoret	CA&S

Meet your dean



Dr. Gary Corder
College of Justice & Safety
Stratton 354
622-3565



Dr. David Gale
College of Health Sciences
Rowlett 203
622-1523



Dr. Dominick Hart
College of Arts & Sciences
Roark 105
622-1405



Dr. Robert Rogow
College of Business & Technology
Combs 317
622-1409



Dr. Mark Wasisko
College of Education
Combs 420
622-3515

Come celebrate Back
to School with
J. Patrick's
Daily
Specials
on our
NEW OUTSIDE
DECK



HAPPY HOUR
3 p.m. to 7 p.m. &
10 p.m. to close

1094 Barnes Mill
Road, Richmond, KY
Across From
Hampton Inn
at Exit 87
624-4000

Over 30 Imported and Microbrewed
Beers

Daily Specials

Mondays	\$1 Drafts and 25¢ wings
Tuesdays	\$1 Margaritas (All day)
Wednesdays	"Grateful Dead Days" \$1 Bong Hits
Thursdays	\$1 Bud & Bud Light (Long Necks)
Fridays	\$1 OFF domestic pitchers
Saturdays	\$2 "BIG BEARS" (25 oz. Draft Beer)

● **HAPPY HOUR**
● **HALF-PRICE APPETIZERS & \$1 OFF MIXED**
● **DRINKS & DRAFT BEER** 3 p.m. to 7 p.m. & 10 p.m.-close

- • Mozzarella Cheese Sticks
- • Mama's Favorite Cheese Fries
- • Cheese Grilled Quesadillas
- • Mammoth Cheese/Bacon PotatoSkins
- • JP's Nachos
- • Veggie Pizza
- • BBQ Chicken Pizza
- • Hot Wings

COUPON

Buy any
APPETIZER
at regular price
& get a second
at **HALF PRICE**

* Not valid with any app. combos
or other offers

Expires 9/17/00

COUPON

\$5.00 OFF
TWO ENTREES
Totaling \$12
or more

*Not valid with any other offers

Expires 9/17/00

COUPON

College
Discount
10% Off
Entree

*Valid with EKU student, faculty
or staff I.D.

Who's Who? The Short List



Dr. Robert Kustra



Dr. Michael Marsden

President Bob Kustra's office can be found in the Coates Building at 521 Lancaster Avenue CPO 1A. His phone number is 622-2101 and his e-mail address is Bob.Kustra@eku.edu

Kustra and his wife, Kathy, moved here from Illinois in 1998 after he served as lieutenant governor of Illinois.

Dr. Michael Marsden is the provost and vice president of Academic Affairs and Research. He is entering his "sophomore" year at Eastern.

His office is located at Coates 108, CPO 30A. His phone number

is 622-3884 and his e-mail address is promarsden@eku.edu

Marsden got his bachelor's degree at DePaul University in Chicago and his master's from Purdue. He got his doctorate in 1969.

He taught school in Bowling Green for 23 years and later became the dean of Northern Michigan University.

A list of staff changes which have taken place over the summer will be in the Aug. 24 issue of the Progress.

Meet our newest administrator

A key tool in surviving Eastern's waters is knowing where to go when you need help.

Dee Cockrille was named this summer as the vice president of student affairs for the university after a search in May.

Cockrille was at Marshall University in Huntington, W.Va., for 12 years most recently in the position of dean of student affairs, their highest level position in that area.

Her office is in Coates 211, or call her at 622-2642.

Cockrille, 55, earned her bachelor degrees in education, Spanish, and social studies, a master's degree in counseling, and a doctorate in education.

Her decision to come to Eastern was an easy one, Cockrille said, because she said she felt she was at a new stage in her life and needed a new experience in a new location.

She wanted to stay in the



Dr. Dee Cockrille was named the vice president of student affairs, replacing Dr. Tom Myers.

local region because of family, including three children and two grandchildren. She weighed her options and Eastern seemed the perfect place to come.

So far, Cockrille said she has enjoyed her new experience.

"People are very friendly and have a great warmth and the students are the same kind I love working with. Everyone has been very supportive," she said.

Cockrille said she wants to increase student creativity and innovation while creating programming that helps students academically and socially.

Cockrille said she hopes to build a strong student advocacy base and wants students to feel supported while developing all aspects of their education.

"I want students to come to Eastern because it is a very special place to be," she said.

"There are lots of services and support so students can be successful," she said.

But she added, it's up to students to take advantage of them and get involved in campus activities.

Orientation fee pays for survivor book for frosh

First-year students got an early start on academics with their first assignment, the reading of Jon Krakauer's book "Into Thin Air: A Personal Account of the Mount Everest Disaster."

The book was supplied to first-year students by the Enrollment Management Division at Eastern.

Rita Davis, associate vice president of enrollment management, hopes the book will be a guide for students on how to survive many of the new challenges they will face.

"One thing we wanted to accomplish in giving students this book was to get them to under-

stand that Eastern is about academics, courage, and taking responsibility for your actions," Davis said.

The Enrollment Management Division ordered 2,400 copies of the book for first-year students and for faculty. The proceeds for the book came in part from the \$25 summer orientation fee.

Davis advises students to set priorities and look for opportunities that will help them succeed as college students.

She also suggests that students bond with the faculty and make friends to ease the adjustment from their previous life to their new one.

Last night a participant of the Everest expedition spoke on campus about his experience.



NEED HELP JUGGLING YOUR COLLEGE EXPENSES?

IMMEDIATE CASH PAYMENT

WELCOME BACK
Make \$160 IN THE
NEXT 3 WEEKS!
START DONATING
BY SEPT. 1, 2000
AND GET THESE

FEES: 1ST - \$20
2ND - \$25
3RD - \$20
4TH - \$25
5TH - \$20
6TH - \$40



**SERA-TEC
PLASMA CENTER**
292 SOUTH 2ND ST.
RICHMOND, KY
859-624-9815



Indulge yourself in island brights

Give in to Tropical Temptations. Merle Norman's new collection of breezy summer shades. Ask your Beauty Advisor for tips on how these sunny hues can bring out the beauty in you.

MERLE NORMAN COSMETICS
Carriage Gate
Shopping Center
(859) 624-9825

THE PICKET FENCE
120 S. Keeneland Dr.
(Next to New Way Boot Shop)
(859) 626-9811

Independently owned and operated.

All summer colors discounted 10% at both locations!

THIS IS HOW WE DO IT @ EKU!

Sponsored by Student Development Office

WELCOME WEEK

Thursday, August 17, 2000

7:00 a.m.-9:00 a.m. Breakfast
8:30 a.m.-12:30 p.m. Placement Tests (For Students Not Yet Registered 'For Classes)

Noon.- 2:00 p.m. Lunch
3:30 p.m.-4:45 p.m. **Special Interest Sessions- African American Student Meeting, International Student Meeting, Campus ministries, Q & A sessions, and more!**



6 p.m.-8 p.m. **President's Picnic**
8 p.m.- Midnight. Block Party, Sponsored by Campus Ministries
8 p.m.-1 a.m. Concert in the Ravine - 2 Live Bands

Friday, August 18, 2000

7 a.m.-9 a.m. Breakfast
9 a.m.-10 p.m. **Transfer Students Q & A Session**
10 a.m.-11:15 a.m. **Educational Sessions for Transfers and Non Traditional Students**

Noon-2 p.m. Lunch
2 p.m.- 7 p.m. **Family Day**
2:00 p.m.- 3:15 p.m. **Educational Session For Transfers and Non Traditional Students**

5:30 p.m.- 6:30 p.m. **Q & A For Non Traditional Students**
8 p.m.- 11 p.m. **Concert by a national recording artist (TBA)**



Saturday, August 19, 2000

10 a.m.-1:30p.m. Brunch All Day!
3 On 3 Basketball Tournament
Spades all day!

Cash Prizes
4:30 p.m.-6:30 p.m. Dinner
8 p.m.- Midnight Party on the Plaza, **FREE FOOD** and Comedy Hypnosis Show!

► **Restaurant guide**

Fill up on wings, grinders and more

Every student knows that food is essential for survival. If you're craving something besides rat and rice, Richmond offers a variety of eatery's sure to satisfy your every need.

Applebee's Neighborhood Grill & Bar
853 Eastern Bypass, 624-1224
Home of the Brewster.

Arizona Jack's Oven Grinders and Pizza
Carriage Gate Center 837 Eastern Bypass, 624-1540
Great grinder sandwiches.

Banana's Bar & Grill
1101 Kim Kent Dr., 626-1100
Huge menu, big servings, great bar.

Bellagio's
1100 Kim Kent Dr., 626-3800
Intimate Italian dining. Reservations suggested.

Buffalo Wild Wings
830 Eastern Bypass, 624-2420
Spicy appetizers served with wide—and we mean W I D E—TV.

Casa Cafe
459 Eastern Bypass, 623-8582
Inexpensive and filling Mexican specialities served by Mexican chefs.

Cracker Barrel Old Country Store
Exit 90 I-75, 623-0037
Country ham & biscuits!

Denny's
Eastern Bypass, 623-1706
The place to go after downtown. Open 24 hours.

Frisch's Big Boy
136 N. Keeneland Dr., 623-5516
Strawberry pie, onion rings, Big Boys ... can't be beat.

Grand China Buffet
882 Eastern Bypass, 624-3888
You won't believe what they've got on the menu.

Hall's on the River
1225 Boonesboro Rd. (859) 527-6620
It's a 20-minute drive, but this Clark County river restaurant has atmosphere.

J. Patrick's Grille & Bar
1094 Barnes Mill Rd., 624-4000

Finally a wet spot in West Richmond. Check out Happy Hour appetizers.

Madison Garden
152 N. Madison Ave., 623-9720
The place for Colonel fans to catch the spirit(s).

O'Charley's Restaurant & Lounge
815 Eastern Bypass, 624-8868
Famous for its cheesy potato soup.

Outback Steakhouse
400 Highland Park Dr., 624-9000
It's the closest to Down Under in East Richmond.

Paco's Mexican Restaurant
124 S. 1st St., 623-0021
Been around for ever. A favorite place for chips and salsa. Check out Tuesday specials.

Red Lobster
828 Eastern Bypass, 623-3503
The place to impress your date.

Rio Grande Mexican Restaurant
709 Big Hill Ave., 626-3666
Good Mexican food with real margaritas or Coronas.

Serendipity
644 University Shopping Center, 624-5400

Besides java and sandwiches, you can get ice cream here, too.

Shoney's
241 Eastern Bypass, 623-8190
Sunday breakfast brunch cures any hangover.

Sonny's Real Pit Bar-B-Q
1041 Berea Rd., 624-4499
Coach Roy Kidd likes it!

Waffle House (Two locations)
104 N. Keeneland, 623-3255
220 Eastern Bypass, 624-2399
If your friends aren't at Denny's, find them here after downtown.

Western Sizzlin Steak House
1600 Foxhaven Dr., 623-5024
Great rolls and salad bar.

Woody's Restaurant & Bar
246 W. Main St., 623-5130
Adds class to Main Street with an eclectic gourmet menu.

BAM
Turn it Up
A Notch
Hot Wings
Madison
Garden

Schedule of Events
Welcome, nontraditional students!

New and returning non-traditional students, join us for these FREE events:

Aug. 17, 3:30-4:45 p.m.
N.U.T.S. Open House,
N.U.T.S. Lounge
(lower level Case Hall)
N.U.T.S. (Not the Usual Traditional Students) is your student organization. Meet other nontrads, find out about N.U.T.S., and enjoy light refreshments. We want to help YOU succeed at EKU!

Aug. 18, 2-7 p.m.
Family Picnic, Powell Plaza.
R.S.V.P. today at 622-2642.
The Office of Student Affairs is hosting a picnic for nontrad students, as well as staff and faculty, and their families. Run an obstacle course or check out the awesome 3-D EFX Disney Theater. The Baptist Student Union also will provide activities for children of all ages in conjunction with the picnic.

Aug. 28, 29, 30, 6:30-8 p.m.
Hands-on Computer Intro
24-7 Computer Lab, Library
R.S.V.P. at 622-2015.
If you don't know a mouse from a cursor, then this is the workshop for you. We'll also help you sign up for a campus e-mail account and navigate the library search engine. Sponsored by N.U.T.S., P.O. Box 275, Case Hall.

Stay tuned for more as the semester continues!

thinkmaurices

MAURICES

RICHMOND MALL

thinkahead
FALL 2000

15% off
SEPTEMBER 7-16

Redeemable at RICHMOND MALL location only Sept. 7-16.

Kentucky Lighting & Supply Co.

171 N. Keeneland Drive Richmond, Ky 40475
(859) 624-LITE (5483) Mon-Fri 8 a.m.-5 p.m., Sat 9 a.m.-1 p.m.

YOUR SOURCE FOR HOME DECOR

from Classic

Westwood by Kichler™
Isla Blanca Table Lamp
\$279

to Crazy

Yayo™ Pink Flamingo Lamp \$49⁹⁵

\$10 Off
Your next purchase
Of \$50 Or More

*Good Through 9/16/00 at Richmond location only. Some restrictions apply.

\$25 OFF
Your next purchase
Of \$100 Or More

*Good Through 9/16/00 at Richmond location only. Some restrictions apply.

Thursdays & the Progress
an ECU tradition

Satisfy your shopping needs with Richmond businesses

At Eastern, you don't have to survive on little or no possessions. Whether it's food, clothing, or creature comforts, Richmond has everything on your survival list.

The Richmond Mall, 830 Eastern Bypass, 623-2111, offers a variety of shops, including student favorites like Dawahares, JC Penney, Maurice's, Deb and Goody's, as well as a food court and Cinemark Cinemas 8. Mall hours are Mon.-Sat. 10 a.m. to 9 p.m. and Sun. 12:30 p.m. to 6 p.m.

Department Stores

Wal-Mart Supercenter, 820 Eastern Bypass, 624-4330.

Big K, Carriage Gate Shopping Center, 799 Eastern Bypass, 624-8452

Clothing

Cato, Carriage Gate Shopping Center, 623-0423

Irene's Fashions, 212 W. Main St., 624-2001

Jett & Hall Shoes & Clothing Inc. (Men's), 200 W. Main St., 623-1975



Progress File Photo

Hastings in the Richmond Mall has cds, books, and videos,

New & Used CD's

Recordsmith, 415 Leigh Way, 623-5058

Sound Advice, 204 E. Water St., 624-8962

Hastings Entertainment

830 Eastern Bypass, 626-5078

The only theatre in Richmond is located inside the Richmond Mall across from the food court.

Progress File Photo



Hungry? See what Eastern's food service has to offer

Eastern's Food Service offers a variety of eateries on campus to suit every student's need for survival.

The Fountain Food Court, located on the ground floor of the Powell Building, is home to favorites such as Burger King, Chick-Fil-A, DC Subs, and Freshens Yogurt. But that's not all! The food court also offers Bené Pasta and Pizza, Java City, and Easy Goes.

Powell Top Floor Cafeteria boasts an all-u-care-to-eat buffet. To find out what the cafeteria serves daily, call the Menu Line at 622-2377.

Also on the Top Floor is a Deli Corner, where students can grab a cold sandwich; prepare a salad at the Salad Garden; have a classic American home-cooked meal at Cafe Features; sample authentic regional Asian dishes at World's fare; or grab a bowl of soup at Kettle Classics.

Blimpie subs is in Martin Hall, along with a convenience store, which sells everything from snacks and chips to sodas and milk.

The Stratton Building offers Grille Works, Center Stage (periodic menu rotation for variety), Deli Corner, Kettle Classics, Easy

Goes and Salad Garden. Customers can satisfy sugar cravings at Sweet Things.

Pay now, eat later

EKU Dining Services has designed a variety of meal plans and payment options. Choose from eight, 10, 15 or 19 meals per week.

Meal Plans, Meal Plan Flex Dollars, Optional Flex Dollars or a Colonel One card can be purchased in advance from Dining Services. Flex Dollars can be used at all campus dining services.

For campus dining hours, call 622-3691.

**FOXSTUFF
CONSIGNMENT**

Contemporary & Designer
Fashions for Today's Woman

Every Friday-SUPER FRIDAY!!
10% off store wide
SELECT summer merchandise
already 25%-50% off!

628 University Shopping Center Lower Level
Richmond, KY 40475 (659)624-2253

**The Eastern
Progress** **Want to get paid
and get buff too?**

www.progress.eku.edu

We got a JOB for you.
Circulation director \$45 a week.
Meet delivery van at 6 a.m. Thursdays and put bundles in boxes on campus. Job usually takes 3 hours. Maintain boxes, poster racks, etc. Call 622-1881 if interested.

**DEER RUN STABLES
LLC**

*"Saddle Up
— n —
Wind Down"*

Closed Mondays Except Holidays
(606) 527-6339

◆ Scenic Trail Rides ◆

Pony Rides ◆ Hay Rides

◆ Horse Novelty Store ◆

Groups Welcome!

Bonfires ◆ Cookouts

◆ Primitive Camping ◆

**Above Ft Boonesborough
off Hwy 627 (Combs Ferry)
OR Exit 97, I-75**

Can Kidd's Colonels get him #300?

If so, Kidd will be the seventh coach to do so in NCAA

Football fans will have a chance to catch the Colonels at Roy Kidd Stadium six times in the 2000 football season. The Colonels look to give Coach Roy Kidd his 300th career victory and improve on last season's third-place finish in the OVC.

The Colonels welcome back 15 starters among 35 returning letterman and hope to improve on last season's 7-4 overall record and 4-3 standing in the conference.

Eastern kicks off its millennium season facing Glenville State College of West Virginia Aug. 31.

The 2000 Homecoming game will be a test when cross-state rival Murray State Racers come to town Nov. 4.

All full-time students with a valid student ID will be admitted free to home football games. Tickets for family members and friends can be ordered through the Eastern Athletics Ticket Office in Alumni Coliseum 126, or by calling 622-2122.

Reserved seats are \$10 and general admission tickets are \$8. Special rates of \$6 general admission seats apply to senior citizens.

Coach Kidd Shoots for 300th

Coach Roy Kidd begins his 37th season as head coach of the Colonels, just seven wins shy of 300 career victories. Kidd will become only the seventh coach in NCAA history to reach this coveted plateau. Kidd begins the 2000 season with an overall record of 293 victories, 112 defeats and 8 ties, all coming as head coach at Eastern.

Volleyball team aiming high

Lady Colonel volleyball head coach Lori Duncan heads into her third season at Eastern hoping for the same improvement she saw in last season's squad. Duncan led the volleyball team to a 13-19 record overall and 8-10 in the OVC, up from just three wins the previous year.

The Lady Colonels take on the Lady Boilermakers from Purdue in their season opener, Sept. 1.

Outside hitter Courtney Bowen and Becky Galati received recognition on the All-Ohio Valley Conference teams for 1999. Brown, 5-11 senior from Orange County, Calif., was named second-team All-OVC, while Galati, a 5-10 freshman from Pittsburgh was chosen to the All-OVC Newcomer Team for 1999.

Seniors Kristen Campbell and Mary Lee Keranko will add experience to the team.



Roy Kidd and the Colonels kick off the season on Thursday night Aug. 31, with a home game against Glenville State.

Progress File Photo



Home volleyball matches, held in Alumni Coliseum, are free for everyone.

Colonel basketball

First year head coach Travis Ford hopes to improve on last season's disappointing 6-21 record. With the signings of Hickman County star guard Ben Rushing and Clinton Sims, a transfer from St. Catherine College, Ford has the Colonels headed for the top of the OVC. Eastern fans can look forward to an up-tempo style of play from the Colonels, a trait Ford inherited from Rick Pitino while a star guard at the University of Kentucky.

Students with a valid I.D. will be admitted free to the games.

For tickets information call or write: Athletics Ticket Office, 129

The Lady Colonels season opener pits them against the Lady Boilermakers of Purdue.

Progress File Photo

Sports Shorttakes

■ The baseball team capped off an outstanding 2000 season by winning the OVC Regular Season Championship with a record of 30-27 overall, 18-6 in OVC play. The team finished up the season by placing third in the OVC Tournament. Coach Jim Ward recorded his 900th win as a college coach and his 600th win at EKU, and was named OVC Coach of the Year.

■ The softball team wound up the year with a record of 28-34, with a 14-10 mark in OVC play. The team finished fifth in the regular season standings and captured a fourth-place finish in the OVC Tournament. Senior Catcher Kim Sarrazin was named OVC Player of the Year, winding up her stellar career.

■ The men's golf team finished up the season with a second place in the OVC tournament. Highlights included a victory at the Ball State Invitational. The women's team wound up the season with a fourth-place finish in the OVC Tournament. The team also finished fourth in the 1999 EKU Fall Invitational.

■ The women's tennis team finished the season with a 9-9 record, 9-4 in OVC play. The team placed sixth in the OVC Tournament. The men's team finished at 2-18, 2-5 OVC, for an eighth-place finish in the OVC Tournament.

SCHEDULES

Football

Aug. 31	Glenville State, 7 p.m.
Sept. 9	Indiana State, Away, 7:30 p.m.
Sept. 16	OPEN (no game)
Sept. 23	*Tennessee Tech, Home, 7 p.m.
Sept. 30	*Southeast Missouri, Home, 7 p.m.
Oct. 7	*Western Kentucky, Away, 6 p.m.
Oct. 14	Central Florida, Away, 7:30 p.m.
Oct. 21	*UT Martin, Away, 3 p.m.
Oct. 28	*Tennessee State, Home, 2 p.m.
Nov. 4	*Murray State, Home, 2 p.m. (Homecoming)
Nov. 11	Kentucky State, Home, 2 p.m.
Nov. 18	*Eastern Illinois, Away, 2:30 p.m.

*Ohio Valley Conference Games

Volleyball at home

Sept. 29	*UT Martin, 7 p.m.
Sept. 30	*Murray State, 7 p.m.
Oct. 12	Lynchburg, 7 p.m.
Oct. 14	*Tennessee Tech, 2 p.m.
Oct. 17	*Morehead State, 7 p.m.
Oct. 20	*Eastern Penn., 3 p.m.
Oct. 21	*Tennessee State, 2 p.m.
Nov. 1	*Southeast Missouri, 7 p.m.
Nov. 4	*Eastern Illinois, 2 p.m.

IVC/NCAA Baseball

*Ohio Valley Conference Baseball

Welcome Back Students and Faculty!

Receive 30% off Regular Price Pizzas all the Time!

Catch the
Heat Wave!



LARGE 1 TOPPING

and
a small order
of Breadsticks

\$5.99

Plus Tax

Good thru
Sept. 10, 2000

Call us **623-0030**

Monday - Wednesday
11 a.m. - 1 a.m.
Thursday - Saturday
11 a.m. - 2 a.m.
Sundays
Noon - 12:30 a.m.

Some restrictions apply. Richmond location only. Delivery to campus and surrounding area only.

Don't let the delivery pizza catch up with you

The key for any survivalist is getting and staying fit. Eastern offers many ways for students to stay in shape.

INTRAMURAL SPORTS

The intramural office offers a variety of sports, including tennis, golf, flag football, soccer, volleyball, basketball, baseball and racquetball. They also run the Burke Wellness Center in the Weaver Building with exercise machines and a weight room.

The Intramural Office also sponsors the annual Homecoming 5K run which starts the Homecoming Parade. Students can sign up this fall for special excursions such as a backpacking expedition to the Big South Fork and a between-semester ski trip to Canaan Valley.

Contact Intramural director John Jewell. Call 622-1244, or stop by Begley 201A.

BOWLING & POOL

Powell Recreational Center, 622-2190, ground floor Powell Bowl from 8 a.m.-midnight Mon.-Fri. and 4:30 p.m.-midnight Sat. and Sun. Pool tables, an arcade, card room and snack stand are also available.

Maroon Bowling Lanes, 623-4236, 101 Hi-Lane Dr., off Big Hill Ave. Bowl from 11 a.m.-10:30 p.m. Mon., Tues. and Thurs.; 9 a.m.-10:30 p.m. Wed.; 11 a.m.-12:30 a.m. Fri.; noon-midnight Sat.; and noon-10 p.m. Sun. League bowling 6:30 p.m.-9 p.m. Mon.-Fri.

RACQUETBALL

Begley Building racquetball courts available first come, first served for students 5:30-10 p.m. Mon.-Fri. and 1-10 p.m. Sat.-Sun.



Progress File Photo

Eastern offers a variety of activities and sports for its students, including women's rugby.

Eastern ID required. Call 622-1245.

INDOOR TENNIS

The Greg Adams Building, Kit Carson Drive, four indoor courts, 7:45 a.m.-3 p.m. Mon.-Fri. Call 622-2144.

OUTDOOR TENNIS

On-campus: Martin Hall court, beside Alumni Coliseum and behind the State Police barracks.

Off-campus: Irvine McDowell Park at Lancaster Ave. & Crabbe St.

SWIMMING

Don C. Combs Natatorium, Alumni Coliseum, 622-2137 Student and faculty/staff recreational swims 7-9 p.m. daily. Faculty/staff lap swim noon-1 p.m. weekdays. Eastern ID required.

Weaver Pool (622-1894) Open to students and faculty/staff for lap swims 4-5:30 p.m. Mon.-Thurs. Eastern ID required.

GOLF

Arlington Golf Course, Lexington Road, 622-2207. Open 8 a.m.-dusk Tues.-Sun. and 1 p.m.-dusk Mon. Prices \$7 weekdays

and \$14 on weekends for students with a valid ID. Tokens for the driving range, \$1.50.

The Bull at Boone's Trace, 181 Avawam Dr., 623-4653 Greens fees for 18 holes \$30 Mon.-Thurs.; \$25 Mon.-Fri. before 9 a.m.; and \$35 Fri.-Sun. Nine holes are \$18 Mon.-Thurs. and \$19 on Fri.-Sun. and holidays.

Gibson Bay Golf Course, 2000 Gibson Bay Dr., 623-0225. Open 7:30 a.m.-dusk weekdays and 7:30 a.m.-dusk weekends. Prices \$14.50 weekdays, \$22.50 on weekends. Driving range open

7:30 a.m.-10 p.m. weekdays and 7:30 a.m.-11 p.m. on weekends. Buckets \$2, \$4, \$6.

WEIGHT ROOM

Begley weight room available 11:45 a.m.-10 p.m. Mon.-Thurs., 11:45 a.m.-9 p.m. on Fri., 1 p.m.-6 p.m. on Sat., and 1 p.m.-10 p.m. on Sun.. For more information call 622-1251.

Intramurals also operates a weight room in the Burke Wellness Center in Weaver. Call 622-1244.

EKU RUGBY

Rugby is an aggressive sport that requires a fierce determination to win. Rugby originated in England, but has gained tremendous popularity in the United States.


EKU offers both Men and Women Independent Rugby Leagues. Rather than being associated with the Intramural office, rugby is known as a club designed, maintained, and ruled by student organizers.

To get more information on how to join either the men or women's rugby club keep your eyes peeled for rugby flyers that will be distributed throughout campus sometime in the early fall.

WALKING

Only a few students know about the wood chip trail located south of campus past the Stateland Parking Lot. The trail is kinder on your bones than concrete or even the rubberized Samuels Track. The track winds a little more than a mile near the Law Enforcement complex, and walkers and joggers can expand their exercise with a trip around the Stratton Lake.

623-HEMP



11-7
Mon-Sat

Porter Plaza
(Behind
Denny's on
the Bypass)

candles,
herbs,
body jewelry,
crystal balls,
pewter
figurines

THE BOTANY BAY
HEMP COMPANY

Find out all your campus news every Thursday in

The Eastern
Progress
www.progress.eku.edu

Welcome Back Students!

We have missed our friends!

Bring this ad into

Oceanfront Tan-In,

your #1 tanning salon,
and get

10 visits for \$25

Expires 8-24-00
519 Leighway Drive
College Park Shopping Center



Twelve 30-min. beds

One 15-min. Hex stand-up unit



Progress File Photo

Students who jaywalk on Lancaster Avenue may find themselves in the hospital. Use the crosswalk.

If campus can't cure you...

Sometimes students have to seek treatment off campus, as well. Here are several Madison County health options:

■ **Pattie A. Clay Regional Medical Center**, 623-3131, Eastern Bypass, just east of campus.

The hospital features full medical service and a 24-hour emergency room.

■ **Instant Care Center**, 623-1950, 648 University Shopping Center, 8:30 a.m.-8:30 p.m. Mon.-Sat. Instant Care staff treat minor illnesses and injuries. Also available for physical exams, flu shots, allergy shots and immunizations. No appointment necessary.

■ **Madison Co. Health Dept.**, 623-7312, 214 Boggs Lane. Clinic hours 8 a.m.-6 p.m. Mon., 8 a.m.-4:30 p.m. Tues., Wed., and Thurs., and 9 a.m.-noon Fri.

Appointments required. The

department offers a variety of services, including the WIC Program, family-planning counseling, and immunization clinics. There is a \$1 charge for shots; other fees vary.

■ **Mountain Maternal Health League Planned Parenthood**, 625-1122, 634 Eastern Bypass.

Services include physical exams, pregnancy tests, sexually transmitted disease (STD) screenings, birth control counseling, free HIV testing, and free rape counseling. By appointment only; evening hours available.

■ **Pregnancy Help Center** 624-3942, 3rd and Water Streets. Offers confidential counseling and alternatives to abortion. Free pregnancy testing with immediate results.

Feeling bad? Here's help

When Greg got his ear ache on the island, he was pretty much on his own. When you're feeling sick, you have help right here on campus.

Full-time students can access care at Student Health Services in Rowlett 103.

Physicians and nurses provide treatment, advice and sometimes free medications.

Appointments are suggested for treatment of minor injuries and

illnesses, sexually transmitted diseases, and other ailments; walk-ins also welcome. Psychiatric and family-planning counseling are offered, too.

The infirmary is in Rowlett 103 and open 8 a.m.-5 p.m. weekdays (except holidays). Call 622-1761 for an appointment or information.

Look for announcements about flu shots in October.

Counseling Services

Adjusting to the stress of sur-

living college life can result in emotional and social difficulties for some students.

The university's Counseling Center assists students in successfully reaching their academic and personal goals by helping them navigate life's survival challenges.

The center is in Weaver 202 and is open 8 a.m.-6 p.m. Mon.-Thurs. and 8 a.m.-5 p.m. Fri. Call 622-1303.

Most EKU students

(72%)

have

5

or fewer drinks

per week

1 drink = 12 oz. beer = 4-5 oz. wine = 1 oz. liquor

Based on survey data (2000) from 903 EKU students randomly selected from each college.

Health Promotion and Administration

Computer labs offer around the clock availability

By SAM GISH

Contributing Writer

Eastern has provided some important tools of survival to students by recently upgrading and improving its computer systems. But students who don't have a VAX account won't survive the electronic waters.

For security reasons, Eastern now requires everyone affiliated with the university to have a VAX account (Virtual Address Extension) before being allowed access to any university computer labs, including the 24-7 lab in the library and the 230 Combs Building lab.

VAX is a computer program that gives students, faculty and staff access to e-mail on campus. By restricting access to computer labs to the campus community only, the university will be better able to serve Eastern's population.

To sign up for a VAX account, go to the Information Technology and Delivery Services (ITDS) office in Combs 207, or call 622-1986. It only takes minutes to sign up.

Upon entering Combs 207, you will be asked to read the VAX code of conduct and fill out an application. Within days, the account will be set up and ready to use.

For those who can't wait to have the account opened, show your valid Eastern identification



Progress File Photo

Wendell Wilson came to campus with a boatload of equipment in his dorm room. Others use the computer labs.

card and temporary access can be granted. All incoming freshman will have VAX accounts automatically assigned to them upon registration.

Student e-mail addresses consist of username (STU followed by five letters of the last name for most students) with @acs.eku.edu following.

To check your e-mail using a Web browser on or off campus, just go to webmail.eku.edu and

log in. You can also pick up information in Combs 207 on how to access your mail using VAXmail or Pine programs and Telnet.

Already have an e-mail account elsewhere? You can have your VAX e-mail forwarded to another account, such as Yahoo or Hotmail, using these four steps:

■ Log into your vax account using VAXmail (does not work in Webmail)

■ Type: mail

■ Then type: set forward. An address prompt to come up.

■ Then type: IN%, three quote marks, the forwarding e-mail address, and one quote mark. For example: IN%""jonsmith@hotmail.com"". From this point, your mail will be forwarded to the new address.

Students can also access VAX through their personal computers using ResNet.

ResNet (The Residential

Computer Network Service) is located in all dorms on campus. It links students directly to the university's computer network and is faster than the conventional modem connection. Students only have to purchase an IO base-T Ethernet card, which ranges from \$45-\$60, and then access to the university network is free. The ResNet office is located in Room A of Burnam Annex (at the rear of Burnam Hall). Call 622-3050 for information.

For students without computers, labs are available across campus.

■ The 230 Combs Building has three rooms of labs with 80 computers. The lab is open from 8 a.m.-4:30 p.m. weekdays.

■ Crabbe Library has 20 battery-powered laptops that can be checked out for four hours at a time. The ITDS 24-7 computer lab at the front entrance to the library has 100 computers and a classroom with an additional 34 computers. During fall and spring semesters, the lab stays open 24 hours a day, with the exception of university vacation periods.

■ Powell has a lab with 21 computers. Monday through Thursday the hours are 8 a.m.-11:45 p.m., Friday and Saturday 8 a.m.-9:45 p.m., and Sunday 11 a.m.-11:45 p.m.

Earn credit on-line

Are you like Survivor's Rich and prefer to do things in the buff? Well, with Eastern's online courses, you can even take courses without worrying about what you wear. (Just be respectful of your tribemates, if you don't live on a deserted island.)

Yes, you can earn college credit from the privacy of your home or dorm room via the Internet using programs like Eastern's Web-based Blackboard courses and the Kentucky Commonwealth Virtual University (KCVU).

Eastern participates in the KCVU consortium of classes. Register online at the KCVU Web site at <http://www.kcvu.org>, or call toll-free 1-877-740-4357.

To find out more about these programs, interactive TV classes and correspondence courses, visit the Eastern Web site at this address:

<http://www.eku.edu/networkedED>

KCVU
Kentucky
Commonwealth
Virtual University
www.kcvu.org

Want to get your hands on Apple's fastest computers?

We have positions open for students who want to learn ad design, graphics and digital photography. Plus opportunities are opening up for our forthcoming .com Progress Web site.

Visit the Donovan Annex offices of the Progress the minute you get to campus and meet the staff.



Faculty adviser Libby Fraas will welcome you to the staff.

The Eastern Progress

www.progress.eku.edu

622-1881

progress@acs.eku.edu

Accepting applications for fall. Apply in person at 117 Donovan Annex.



Welcome Back!



TOP FLOOR CAFE

HAVE YOU PURCHASED A MEAL PLAN YET?

Enjoy home cooking everyday.
Call our menu Hotline at ext.2377
for today's selections.

FOUNTAIN FOOD COURT

Located on the Lower Level of the Powell Building.
Enjoy your favorite brands:



and the CONVENIENCE STORE

Located in the Bottom Floor of Martin Hall.
Come try a fresh made sandwich or pick up
some items at the convenience store like:



Blimpies Delivers! Call Us at X2186

Rockin' in RICHMOND

You can fish, take a hike, fly a kite. Campus, community offer culture, fun, sport



Chiaroscuro playing M.F. Hooligan's in downtown Richmond.

Progress
File Photo

Afraid that Madison County will be as dull as a desert island? Don't worry! We're here to help with these survival tips on beating boredom while at Eastern. From movies to golf to museums, Richmond has many activities for Eastern students.

Song and Dance

EKU Dance Theater sponsors periodic workshops in the Weaver Dance Studio. For information, call Marianne McAdam at 622-1901.

Berea's Oh Contraire Dance Association offers the finest in contra dancing every fourth Saturday beginning in January and ending in November, in the Russell Acton Folk Center, 212 Jefferson St., Berea. Dress for energetic activity. Beginners welcome; lessons begin at 7:30 p.m. Live music begins at 8 p.m. Cost for students is \$4.00 and all others \$6.00. Call 859-986-1653. www.OhContraire.freeservers.com

EKU Gospel Ensemble, a student organization, provides an opportunity for song praise and fellowship. Call Wade Stanfield at 622-2106.

Recreation

Krazy Karts Family Fun Park, 623-7240, 1958 Berea Road (U.S. 25), daily 1-11 p.m. Race to the finish line in go-carts or legally ram someone in a bumper boat. You can also relax and play 18 holes of miniature golf.

Foley's Outdoor World 626-0008, 230 Patsy Dr., off Irvine Rd. Foley's offers an indoor interactive shooting system, as well as archery, fishing and paintball supplies. Prices for the interactive shooting system vary depending on the number of people playing.

Parks

Fort Boonesborough State Park, (859) 527-3131, 4375 Boonesboro Rd., off I-75's exit 95. Tour this reconstructed fort of Daniel Boone, take a quiet walk through the woods along nature

trails, picnic under shade trees, visit the gift shop, camp under the stars, boat on the Kentucky River, play a little miniature golf or swim in the Olympic size pool.

Deer Run Stables, (859) 527-6339, off Hwy 627 near Fort Boonesborough. A great place to saddle up and wind down. Offers trail rides, camps, hay rides, lessons, and a tack shop.

Lake Reba Recreational Complex, 623-8753, Gibson Bay Dr., off the Eastern Bypass. Enjoy walking paths, baseball and softball fields, soccer fields, a volleyball court, a horseshoe pit, playgrounds, Gibson Bay Golf Course and driving range, and a 75-acre fishing and boating lake.

Wilgreen Lake 624-0626, 235 Taylor Fork Rd., off Curtis Pike A 169-acre reservoir just minutes west of Eastern's campus. Boating and fishing here are a real catch. There's a weekly bass tournament 7-11 p.m. every Wed. Entry fee \$32 per boat, includes \$5 big-bass pot.

Irvine McDowell Park 623-8753, Lancaster Ave. and Crabbe St. The park offers basketball and tennis courts, ball fields, picnic areas and a playground.

E.C. Million Park 623-8753, off Stafford Ct., near Barnes Mill Road within walking distance of campus. Sit and relax, study, cook out, picnic or watch children play on the playground. Tennis courts and baseball fields also are available.

Indian Fort Theatre 986-9341, Ky. Hwy. 21, Berea Indian Fort offers picnic areas, an amphitheater and hiking trails, including the Pinnacles. Several arts and crafts festivals are held here throughout the year. Take I-75 to Berea exit 76; turn left onto Hwy 21. At Boone Tavern follow the signs to the Indian Fort Theatre (three miles past College Square, on the left).

Cultural Activities

Giles Gallery 622-1629,

Campbell Building 8 a.m. - 4:30 p.m.. Mon.-Fri.; 2-5 p.m. Sun. The gallery features free art shows for the public.

EKU Theatre Arts, Gifford Theatre, Jane Campbell Building, 622-1323. Performances at 8 p.m. during season. Auditions open to all students. Call 622-1315 for audition dates and show times.

Richmond Area Arts Center, 624-4242, Lancaster Ave. and Water St. Located in a restored historic church, the center features art displays and sales, music/art workshops, and concerts throughout the year.

Hummel Planetarium 622-1547, Perkins Building. Shows begin at 6 p.m. with a kids program called "Space Bus" and the planetarium will be presenting, as

its main feature, "Clouds of Fire: The Origin of Stars" beginning at 7 p.m. Admission is \$3.50 for senior citizens and students with a valid ID, \$4 for adults and \$3 for children 12 and under.

Movies

Cinemark's Richmond Mall Movies 8 (across from the food court). Matinees \$4; early bird shows on weekdays \$3.50; all shows after 6 p.m., \$6.50. Call 623-8215 for show clock.

Video Rentals

Blockbuster, 898 Eastern By-Pass, 624-1388

Fast Forward Video, 467 Eastern By-Pass, 624-5897

Hastings Books, 830 Eastern By-Pass, 626-5078

Kroger, 890 Richmond Plaza, 624-1091

Movie Warehouse, 620 Eastern By-Pass, 623-5600

Video Fantastic, 950 Red House Rd., 623-1899

Nightclubs and Bars

The Family Dog, 124 S. 1st St., 623-0567

Thursday night favorite—no cover charge for ladies.

J. Sutter's Mill, 135 E. Main St., 624-0249

Richmond's main spot for serious booty shaking.

O'Riley's, 150 E. Main St., 623-7341

Famous for its burgers during the day and hip-hop dance music and drinks at night.

Razzles & The Silver Star, 128 E. Main St., 624-8340

Upstairs you can dance the night away to Top 40 pop music and downstairs you can cure your cravings for some good ol' country music.

T Bombadils, 131 N. 1st St., 623-1157 21+

A Richmond favorite especially in the summer when the deck is open for live music entertainment.

The Big Easy, 119 N. 1st St., 624-5314 21+

Known for its laid back atmosphere and adjacent dance room.

M.F. Hooligan's, 125 N. 1st St. 624-0008 21+

The only place in Richmond to hear live music at its best.

Tazwell's, 127 W. Irvine, 623-6488 A Richmond favorite especially for the Greek community.

The Players Club 212 W. Water St., 624-8110 21+

Bar located beside Subway on Water St.



Progress File Photo

Spectators enjoying the art at the Giles Gallery in Campbell Building.



Progress File Photo

One Eastern graduate expresses triumph through written message during Spring graduation in Alumni Coliseum.

Need a tutor?

Continued from Page 4

dents possess effective writing skills before being allowed to earn their degrees.

You should schedule your UWR after passing ENG 101 and 102 and earning 60 hours (beginning of junior year). After 60 hours and until the UWR is passed, you may not enroll for more than 12 credit hours during any semester. If the UWR is not passed after 100 hours, you may not enroll in further degree courses until you pass it.

On test day, arrive 15 minutes before exam time to locate the room assigned to your letter of the alphabet and to check in. Bring a photo ID and know your Social Security number.

If you miss your pre-registered UWR, you must sign up for the next available exam date. If you take the exam and fail, see your adviser immediately to work out a remedial program, then reschedule the exam.

A handbook on preparing for the UWR, with examples of passing and failing essays and tips on taking the test, is available in the campus bookstore for \$1. This semester, the UWR will be administered 9-10 a.m. Sat., Aug. 26, and 6-7 p.m. Fri., Oct. 6, in the Combs Building.

Need a tutor?

■ Writing/Reading Center

622-6191, Case Annex 173
8 a.m.-4:30 p.m. Mon.-Thurs.,
Closed Fri.-Sun.

Open to all students; offers tutoring in composition, grammar, spelling, literature and reading and study skills. Scheduled appointments and walk-ins welcome; additional hours available

upon request.

■ Computer Writing Center

622-2918, Case Annex 172 and
176, 8 a.m.-6 p.m.

Mon.-Fri.

Provides tutoring in computer use.

■ Math Tutoring Lab

622-6508/Wallace 342

Mon.-Thurs., 9:15-8 p.m.

Fri., 9:15 a.m.-3:15 p.m.

Evening hours will be posted outside the lab.)

The lab is open to students needing help with courses through the first semester of calculus and statistics. Services include one-on-one and small-group tutoring, computer-assisted instruction, instructional videos, assistance in preparing for class and standardized tests and help with math study skills and math anxiety.

NOVA Program, 622-1047

2nd Floor of Turley House

8 a.m.-5 p.m. Mon.-Fri.

NOVA is a highly structured and comprehensive "First-year Student Experience" open to pre-identified students who qualify for this federally funded project. NOVA students enroll in a specially designed Freshman Orientation course taught by project staff members, who also serve as their advisers.

Individualized attention is given to the academic and personal needs of each student. NOVA students receive a wide array of academic and personal support services, including peer mentoring, individualized tutoring, academic advising, career and personal counseling and assistance with financial aid.

No more flip Fridays

Beginning this fall, students will notice the absence of Flip Friday scheduling.

Eastern decided to implement a new administrative computing program called Banner, which did not support the alternate Friday meeting on MWF-TRF scheduling.

The new class scheduling method introduces 50-minute classes on Mondays/Wednesdays/Fridays and 75-minute classes on Tuesdays/Thursdays.

In case of snow, the university goes on a two-hour delayed schedule to start the day at 10. MWF classes run only 40 minutes on snow days. TR classes run only 60 minutes.

New class times

Classes run 50 minutes on MWF; 75 minutes on TR.

MWF	TR
1) 8-8:50	8:00-9:15
2) 9:05-9:55	9:30-10:45
3) 10:10-11	11:00-12:15
4) 11:15-12:05	12:30-1:45
5) 12:20-1:10	2:00-3:15
6) 1:25-2:15	3:30-4:45
7) 2:30-3:20	
8) 3:35-4:25	
9) 4:40-5:30	
10) 11:15-12:05	
Evening MW 6-8:45	TR 6-8:30
Holidays:	Monday, Sept. 4 Labor Day Tuesday, Nov. 7 Election Day.

Got a gripe?
Get it off YOUR chest!

Send a letter to the editor.
progress@acs.eku.edu

The Eastern Progress
117 Donovan Annex
Richmond, KY 40475

**CHILL OUT
IN THE A/C
OR
BAKE IT
IN THE SUN
ON THE
PATIO
MADISON
GARDEN**



THE CUTTING EDGE SALON

206 SOUTH 3RD STREET
RICHMOND, KY
(859)-623-5770

"WALKING DISTANCE FROM CAMPUS"

\$5 Off Hair Styling

\$5 Off a Full Set of Nails

* WITH THIS AD

COME IN AND MEET OUR EXPERIENCED STAFF:

STYLISTS:

Gretchen Reynolds
Stephanie Rose
Jennifer Cruse

NAIL TECH:

Melinda Garner

WALK-INS WELCOME
OWNER/OPERATOR EARL BURNS

To advertise in the
Progress,
call 859-622-1881



UNIVERSITY
BOOK & SUPPLY

At EKU it's UBS!

Visit us on the Web.
www.ubs-eku.com

- * USED TEXTBOOKS
- * TEXTBOOK RESERVATIONS
- * BACK TO SCHOOL NEEDS
- * EKU CLOTHING & GIFTS
- * GREEK ITEMS
- * PHONE CARDS
- * VISA, MASTERCARD, DISCOVER AMERICAN EXPRESS
- * FAST AND FRIENDLY SERVICE
- * FULL SERVICE PRINT SHOP
- * THE BEST PEOPLE & THE BEST PRICES

University Book &
Supply
1090 Lancaster Road
Richmond KY 40475

624-0220

UNIVERSITY BOOK & SUPPLY
"Your Student's Store -Just Off Campus"

USED TEXTBOOKS

save you more money!

No Long Lines!

Students doing business with students !

UBS makes shopping quick and easy!

Front Door Parking!

Lots of USED textbooks!



"Serving Eastern Kentucky University"
at EKU it's UBS!

Campus ministries schedule food, fun

Don't try to survive in today's fast-paced world of higher education without seeking spiritual guidance. Eastern has a wide range of religious organizations to assist you in your quest.

Baptist Student Union
Rev. Rick Trexler, pastor
623-3294
325 University Dr.

The Baptist Student Union was formed at Eastern nearly 80 years ago, and has grown into one of the largest in the state of Kentucky. Its goal was to provide a "home away from home" for students. All students are welcome to take part in events.

Activities range from white water rafting trips to missionary trips abroad, as well as workshops on handling finances and Super Bowl parties.

Anyone interested in getting involved is invited to stop by between 9 a.m. and 11 p.m. Monday through Friday, and between noon and midnight Saturdays.

Thursday, Aug. 17—Block Party sponsored by EKU Christian Organizations. 8 p.m. to midnight. Join the BSU for a night of food, fellowship and fun at Powell Plaza. Live music with FC Groove, Karaoke and DJ.

Friday, Aug. 18 - Big Top Bananza - EKU Family Fun Day. 2-7 p.m. Carnival under the Big Top in the Powell Plaza. Dunking booth, water games and lots of other activities.

Saturday, Aug. 19—Vive! 9:30 a.m. to 3 p.m. Pancakes, pizza, fun and games, plus survival tips for your first year at EKU.

Monday, Aug. 21—Fellowship 5:30-7 p.m. Food plus an opportunity to visit four area churches and meet their members.

Wesley Foundation United METHODIST Student Center
Rev. Ken Southgate, pastor
623-6846
401 University Dr.

The Wesley Foundation at Eastern is one of the stronger Methodist foundations in Kentucky. They offer a wide variety of activities, as well as opportunities to make new friends. All students are invited to participate.

Greek Sing



Progress file photo

A student shows her talent in Greek Week activities in Spring 2000. Eastern has 11 fraternities and eight sororities. To learn more about Greeks, contact Greek adviser Meg Quarles at 622-3855 or visit her office in the Powell Building.

Thursday, Aug. 17—Cookout and Games, 5 p.m.

Friday, Aug. 18—Ice cream social and games, 7 p.m.

Saturday, Aug. 19—Crazy Olympics, 1 p.m.

Sunday, Aug. 20—Worship, 11 a.m.

Monday, Aug. 21—Climbing wall, 7-9 p.m.

Tuesday, Aug. 22—Hawaiian Luau and games, 5 p.m.

Wednesday, Aug. 23—Softball game, 5 p.m.

Thursday, Aug. 24—Worship, 6:30 p.m.; Jericho Road, 10 p.m.

Friday, Aug. 25—Movies, 8 p.m.

Saturday, Aug. 26—Saturday Night, 5:30-7:30 p.m.

St. Stephen Newman Center serving the CATHOLIC community at Eastern.

Father Patrick Stewart, pastor;
Kathy Schmitt, campus minister
623-9400
405 University Drive
Mass at Newman Center is at 5 p.m. Sundays. Mass is followed by Supper at 6 p.m. for only \$1.

Also check out these campus outreach ministries:

Canterbury Fellowship. 623-1226, Rev. Philip Haug, Episcopal Church of Christ

Christian Connection. First Christian Church, 623-4383, Rev. Daniel Huie-Netting

Lutheran Church. Rev. Andy Rutrough, campus minister, 623-7254

Meditation Chapel. 622-1723, Powell Plaza; Patrick Nnoromele, chaplain.

Sun Shoppe Tanning Salon

310 E. Main Street
623-8110

Mon.-Fri. 9 a.m.-9 p.m.
Saturday 11 a.m.-4 p.m.

\$2 Off Any Package Or Bottle Of Lotion
With This Coupon

Monthly	\$25.00
10 visits	\$18.00
15 Visits	\$25.00
20 Visits	\$32.00

SUBWAY We Deliver! 624-9241

200 S. Second Street (Corner of Water & 2nd streets)

COLD CUTS (WHOLE WHEAT OR ITALIAN BREAD)
For Double Meat, add \$1 (6") or \$2 (12")

	6"	12"
COLD CUT TRIO	2.29	3.99
BMT (ham, genoa, pepperoni, bologna)	3.29	4.99
SUBWAY CLUB (roast beef, turkey, ham)	3.29	4.99
SPICY ITALIAN	2.59	4.39
VEGGIE DELIGHT	1.79	3.39
TURKEY BREAST & HAM	2.79	4.59
TUNA TUNA TUNA	2.79	4.59
SEAFOOD & CRAB	3.29	4.99
ROAST BEEF	2.99	4.79
TURKEY BREAST	2.79	4.59
HAM & CHEESE	2.79	4.59
B.L.T.	2.29	3.99

HOT SUBS (Whole Wheat or Italian Bread) 6" 12"

	6"	12"
MEATBALL	2.09	3.99
STEAK & CHEESE (100% sirloin)	3.29	4.99
ROASTED CHICKEN BREAST	3.29	4.99
PIZZA SUB	2.49	4.39
MELT	3.29	4.99

DELISHIOUS SANDWICHES

SEAFOOD & CRAB	1.89
TURKEY BREAST	1.79
ROAST BEEF	1.79
BOLOGNA	1.19
TUNA	1.79
HAM	1.79

Dine-in/Carry-out hours
Mon.-Sat. 10:30 a.m.-1 a.m.
Sun. NOON-11 p.m.

Delivery hours
Mon.-Sat. 11 a.m.-11 p.m.
Sun. noon-11 p.m.

Keep This Ad + Save Money ALL YEAR LONG

\$5 Daily Student + Faculty Menu/EKU Campus Delivery Only

**Small
1-Topping
PIZZA**
\$5

**Any 12" SUB
&
Bag of Chips**
\$5

**Any SALAD
with
20 oz. Pop**
\$5

**Any 6" Sub
Bag of Chips
with
Garlic Bread
w/Cheese**
\$5

**Baked Spaghetti
Dinner
w/ Salad and
Garlic Bread**
\$5

**Small Pizza
FOLDOVER
W/ 3 toppings**
\$5

624-0333

**Eastern
Kentucky
University**

**2000 Home
Football Schedule**

Aug. 31
Glenville State 7 p.m.

Sept. 23
Tennessee Tech 7 p.m.

Sept. 30
SEMO 7 p.m.

Oct. 26
Tennessee State
7:15 pm

Nov. 4
Murray State (HC) 2 p.m.

Nov. 11
Kentucky State 2 p.m.

Fast
Free
Delivery

NAPOLI PIZZA

Home Of The Foldover

All Year long Campus Pizza Special

Large 1-Topping \$5.99 /20" Jumbo 1-Topping \$9.99

Chicago Style Deep Dish

	Plain	1 Item	Extra Item	Super	Deluxe
Small	\$7.00	\$7.50	\$1.00	\$12.00	\$14.00
Large	9.00	9.50	1.00	15.00	17.00

Specialty Pizza - thin crust or Deep dish

Real Italian Thin

	Plain	1 Item	Extra Item	Super	Deluxe	Thin	Deep
Small	\$6.00	\$6.50	\$1.00	\$10.00	\$12.00	BBQ Chicken Pizza Sm. \$10/ Lg.\$13	Sm.\$12/ Lg.\$15
Large	8.00	8.50	1.00	13.00	15.00	Ranch Chicken Pizza Sm. \$10/ Lg.\$13	Sm.\$12/ Lg.\$15
Jumbo	12.00	13.00	1.50	21.00	23.00	The Taco Pizza Sm. \$9 / Lg.\$11	Sm.\$11/ Lg.\$14

FOLDOVERS

Our Homemade version of the Calzone. Loaded With Mozzarella cheese

Pizza: We use our special Pizza Sauce and your choice of 3 pizza toppings (Sm.)\$5 (Lg.)\$8

Ham and Cheese: Ham and Cheese topped with Lettuce, Tomato and Mayo \$6/\$9

Taco: Ground Beef, Cheddar Cheese, Lettuce, Tomato and taco sauce \$6/\$9

Meatball: Fresh Meatballs stuffed into our Foldover Bread and smothered with Cheese and Sauce \$5/\$8

Cheeseburger: Ground Beef, Mozzarella and Cheddar Cheese, Topped with lettuce, Tomato and Mayonnaise. \$6.00/\$9

Zesty: Ham, Salami, and Cheese topped with Lettuce, Tomato and Mayo \$6/\$9

Vegetable: Mushrooms, Onions, Green peppers, Black olives, Lettuce, Tomato and Mayonnaise. \$6/\$9

BLT: Bacon, Lettuce and Tomato with Mayo \$6/\$9

Grilled Chicken: Grilled Chicken, Mozzarella, Lettuce, Tomato and Mayonnaise. \$7/\$10

Steak and Cheese: Pizza Sauce, Steak, Onions, Green Peppers and Mozzarella Cheese \$7/\$10

BAKED SUBS

All subs served with Lays Chips. Choose from Original, BBQ, or Doritos

Some subs topped with Lettuce, Tomato, and Mayo

Ham and Cheese: Ham and Cheese on an Italian Bun topped with Lettuce, Tomato and Mayo(6")\$3/(12")4.50

Italian Meatball: Meatballs layered on an Italian Bun with Thick tomato sauce. Cheese optional. \$3/\$4.50

Pizza Sub: It's a pizza inside a bun! Your choice of 3 toppings, includes cheese and sauce\$3/#4.50

BLT SUB: Bacon, Lettuce, Tomato and Mayo on an Italian Bun \$3/\$4.50

Zesty Sub Slice of Ham, Salami and Cheese on an Italian Bun, topped with Lettuce, Tomato & mayo \$3.50/\$5

Vegetarian: Mushrooms, Onions, Green Peppers, Black Olives, Cheese, Lettuce, Tomato & mayo \$3/\$4.50

Steak and Cheese: Steak, Mozzarella, lettuce, tomato, and mayo \$3.50/\$5.

Grilled Chicken: Grilled Chicken and Mozzarella Cheese topped with Lettuce, Tomato & mayo \$3.50/\$5

DINNERS

LASAGNA DINNER: \$7.00

A large portion of Lasagna filled with Ground beef, Mushrooms, Italian Sausage and a layer of Cheese with a 12" Loaf of Garlic Bread and a Side Salad.

Baked Spaghetti: \$6.00

A generous portion of Spaghetti covered with our own Rich Sauce and Mozzarella Cheese and 12" Loaf of Garlic

DESSERT CHEESECAKE Plain, Choc.Chip \$1.99

SALADS

Grilled Chicken: \$4.50 Lettuce, Tomato, Grilled Chicken, Mozzarella cheese, and Cheddar cheese.

Taco: \$4.50 Ground Beef, Onions, Tomatoes, Cheddar Cheese, Lettuce w/ Taco chips, Sauce and Sour Cream.

Napoli: \$4.00 Large serving of Crisp Lettuce with Ham, Pepperoni, Salami, Tomatoes and Cheese

Antipasto: \$4.00 Crisp Lettuce with Ham, Salami, Banana Peppers, Tomatoes, Black Olives and Cheese

House Salad: \$4.00 Lettuce with Ham, Pepperoni, Onions, Green peppers, Mozzarella & Cheddar Cheese

Tossed \$3 Lettuce, Tomato, Cheese **Side \$2** (smaller version)

624-0333

TOPPINGS
MEATS
PEPPERONI, SAUSAGE, ITALIAN SAUSAGE, BEEF, HAM, SALAMI, BACON, GRILLED CHICKEN, AND ANCHOVIES

VEGETABLES
MUSHROOMS, ONIONS, GREEN PEPPERS, BLACK OLIVES, GREEN OLIVES, MILD BANANA PEPPERS, AND JALAPENO PEPPERS

FRUIT
PINEAPPLE

APPETIZERS
HOT WINGS: 10 FOR \$4.99
5 FOR \$2.99
BREADSTIX: 12 FOR \$4.50
6 FOR \$2.50
GARLIC BREAD \$2.00
W/CHEESE \$3.00
12 ITALIAN CHEESE STIX
\$3.99

\$1.49
**Slice of
cheesecake**
Plain or Choc Chip

\$4.99
**2 6" Subs
2 bags chips**
(Excludes Steak and Chicken)

\$5.99
**Small
2-Topping
Pizza**

\$6.99
**Large Salad
& 6" Sub**

\$7.99
**Any
2
SALADS**

\$8.99
**2 12" SUBS
and
2 bags of chips**

\$9.99
**1 Lg 1- TOPPING
& Italian Cheese
Bread
(12 STIX)**

\$9.99
**Lg 2- Topping
PIZZA
& 2-liter Coke**

\$9.99
**1 Sm FOLDOVER
& Italian Cheese
Bread
(12 stix)**

Steamtunnels

August 25, 2000

www.steamtunnels.net



Who's the real loser in the Napster case?

Shawn Fanning Faces the Music

Welcome Back
Issue

In this Issue: [Sunny Day Real Estate](#) | [Textbook comparison shopper](#) | [First Time Buyer's Guide: DVD players](#) |

[Play music on your computer](#) | [Online radio links](#) | [Neat Net Tricks](#) | [Freshman 15](#) | [Credit card dangers](#) |

[Site Reviews: Quokka, eCrush, Snopes, Nuttysites, WrestlePages, ClickHeretoFind, more](#)

PERSONALITY PROFILE



Photo by Matthew Black

Shawn Fanning

The man who shook the music world

by Michelle Silver

In January 1999 Shawn Fanning and some friends began writing a file-sharing program to help them find music online. A year later 20 million people were using Napster, the program they created. Napster's popularity divided the music community in two: Courtney Love, B-Real and Limp Bizkit were a few of the artists who supported free music sharing; Dr. Dre, Metallica, Eminem and others fought it. Claiming copyright infringement, the RIAA filed suit to shut down the company.

Here's a profile of the 19 year old who turned the record industry on its head. For the complete update on Napster, go to steamtunnels.net.

Fanning Facts

Age: 19

Born: Brockton, Massachusetts

First computer: Apple Macintosh 512+

College: One year at Northeastern University in Boston

Napster at a glance

Registered users: 20 million

Growth: 5-25% per day

Daily users: 3.5 million

Average number of users at any time: 500,000

Total available music files: 50 million

Number of colleges that have banned Napster: 130

Source: Jupiter Communications

Major Interest: Computer programming

First job: Intern at his uncle's business, NetGames

Current job: Founder of Napster, the music search and chat engine, in May 1999

Idea for Napster: Spent most of his time in college using IRC, a chat application, and looking for MP3 files. He and some friends decided they could write a better program to search for MP3s.

Company name: Comes from Fanning's middle school nickname, "Napster"

Funding: Raised \$50 million from VC firm Hummer Winblad

Current offices: San Mateo, Calif.

Quote: "I understood an idea like this could become popular, but I didn't think it was my implementation that would be so widely used."

With lawsuits, countersuits and injunctions clogging the court rooms, the way music is distributed and copyright laws are interpreted is about to change. For the latest update go to steamtunnels.net/news.

On the Cover

Clockwise from top right: NWA's Dr. Dre (© CORBIS), Metallica's Lars Ulrich (© Reuters NewMedia Inc./CORBIS), Eminem (© Reuters NewMedia Inc./CORBIS), Napster's Shawn Fanning (© Matthew Black), Fred Durst of Limp Bizkit (© AFP/CORBIS), B-Real of Cypress Hill (© Lynn Goldsmith/CORBIS), Courtney Love (© Reuters NewMedia Inc./CORBIS)

Steamtunnels

magazine (www.steamtunnels.net)

Corporate

President & CEO—Robert Desmond
Chief Operating Officer—Joseph Freeman
Chief Financial Officer—Peter Catalinó
Vice President of National Advertising—Mark Businski
MIS Director—David Stifter
Office Manager—Jesse Lee

Editorial

Editor-in-Chief—Robert Desmond
Managing Editor—Keith Powers
Creative Director—Audrey Borowski
Senior Editor—Erin Dionne
Events Editor—Molly Delano
Senior Graphic Designer—Sue Gell
Production Coordinator—Thomas Webb
Contributing Writers—Michelle Aguilar, Adam Baldwin, Melanie Farmer, Erica Feick, Gina Fraone, January Gill, Amanda Hill, Dan Johnson, Jason Lowenthal, Tamar Maor, Nick Montfort, Mac Randall, Genevieve Robertson, Stacey Shackford, Michelle Silver, Jack Teems, John Walker, Karen Zierler

National Advertising

Account Executive—Eli S. Belil
Account Executive—Kay Dendy
Account Executive—Francis J. Fitts
Sales Associate—Lisa Bruckenstein
Sales Associate—Lisa M. Karl

Regional Marketing Managers

Northeast—Andrew Gregory
Southeast—Saul Lookner
Mid-Atlantic—David Mars
Southwest—Peter Maugeri
Midwest—Tony McRoberts
West Coast—Matthew McRoberts

Web Development

Directors of Web Development—Aaron Bell, Lawrence Gentilello, Tuyen Truong
Online Editor—Wendy Marinaccio
Content Producer—Brian Mackle
Graphic Designer—Sanford Arisumi

Steamtunnels® is a publication of CollegeWebGuide.com, Inc.
Copyright © 2000
All Rights Reserved

CollegeWebGuide.com, Inc.

Main Office

220 Boylston St., Suite 302
Chestnut Hill, MA 02467
tel (617) 964-5060
fax (617) 964-5065
info@steamtunnels.net

Advertising Sales

Empire State Building, Suite 3920
350 Fifth Avenue
New York, NY 10118
tel (212) 404-7455
fax (212) 404-7460
advertising@steamtunnels.net

Web Development

37A 29th Street
San Francisco, CA 94110
tel (415) 401-1560
fax (415) 206-1409

Email: You can send email to any Steamtunnels staff member by typing the person's first initial and last name, followed by @steamtunnels.net.

MEET THE STAFF

Audrey Borowski, Creative Director

As *Steamtunnels'* Creative Director, Audrey is responsible for the design of the magazine and all other printed materials. She received a Bachelors Degree in Fine Art from the University of Connecticut, and has since worked as a graphic designer, editor, photographer and potter.

Favorite Sites: mulletsgalore.com, theonion.com, babysue.com, nerve.com, phoneSpell.org, disinfo.com, core77.com/inconspicuous.

Favorite Bands: The Halo Benders, Babaloo, GBV, Tom Waits, Belle & Sebastian.

Favorite Food: Noodles.

Favorite Word: Noodles.

Dream Job: Being Creative Director at *Steamtunnels*, of course.



Mac Randall, Contributing Writer

Mac Randall contributes a review of the Seattle band Sunny Day Real Estate's new album to this issue of *Steamtunnels*. Mac's first book, *Exit Music: The Radiohead Story*, is due out this September from Delta, a division of Random House. Mac is the East Coast editor of Launch (launch.com), the music web site. "I wrote a book about Radiohead because I find them fascinating both as musicians and as people. They tap into a powerful spiritual vein that's hard to find in most rock music." A graduate of Harvard in June 1998, Randall was also a senior editor at *Musician* magazine, and has contributed to *Rolling*

Stone, *Time Out* and *Guitar World* as well. His band, Fuller, plays "predominantly instrumental art-rock/jazz."



Welcome back to school and to Steamtunnels

You're reading the first weekly issue of *Steamtunnels*. Inserted in over 230 college newspapers, *Steamtunnels* is the largest circulation college magazine in America with close to two million readers—and growing.

Steamtunnels is written for you. We want to inform, entertain and occasionally challenge you. Most of our staff is just out of college, a few are still in college and there are a couple of older folks (me being one of them) just to keep our landlord and banker happy.

This issue we present a profile of Shawn Fanning (you can read the complete story online) whose business—Napster—has revolutionized the way we all listen to and share music; a review of Sunny Day Real Estate's new release *The Rising Tide*; a First Time Buyer's Guide to DVD players, lots of useful web site reviews and more.

Check out your local web site. Go to steamtunnels.net, and find your school's events calendar and loads of useful local links. Soon we'll offer email, local chat rooms, newsletters, classifieds and much more.

If there's something or someone you want us to write about or you want to submit something you've written, contact me at editor@steamtunnels.net. If you want a great part time job working for us as a campus representative or local sales rep, contact campusjobs@steamtunnels.net.

Welcome back to school, and enjoy *Steamtunnels*.

Robert Desmond, Editor-in-Chief

Work for Us! Become a Steamtunnels Campus Representative

Steamtunnels is a weekly insert in your college newspaper. We are hiring campus representatives at each of our affiliate colleges to help us create local web sites.

Campus reps will be paid a weekly retainer. Good writing, computing skills and an interest in campus events are a must. Reps will work 5-7 hours a week.

Become part of a team of students across the country developing local web sites that serve college students.

Sales Representatives

We're also hiring online sales associates. Sales reps will work on a commission basis, selling online ads to businesses that serve your college.

Go to steamtunnels.net to see what we're about, and email your resume to campusjobs@steamtunnels.net.

Editorial Advisory Board

Darryl J. Brehm
University of Illinois, Chicago

Kathryn Lawrence
University of Texas at Austin

Brendan Maher
Soyouwanna.com, Inc.

Stacey Nail
California State University,
Long Beach

Laurie-Ann Paliotti, M.Ed.
Brown University

Blaise Provitola
Florida State University and
University of Florida

Ronald Spielberg
University of Memphis
College Media Advisors,
Executive Director

Alan Waters
Virginia University



SUNNY DAY REAL ESTATE

SEATTLE BAND'S NEW *THE RISING TIDE* MAKES A SPLASH

By Mac Randall

STOP THE PRESSES: Sunny Day Real Estate's fourth studio album, *The Rising Tide* (Time Bomb), recently debuted at No. 97 on the *Billboard* charts. OK, so Shania Twain is not scared. But it's SDRE's first Top 200 appearance, the culmination of eight strange years together.

So far, SDRE has been through two labels, four bass players, one religious awakening (singer/guitarist Jeremy Enigk had a born-again experience in 1995), one breakup (a result of Enigk's conversion), mass defections (drummer William Goldsmith and bassist Nate Mendel to the Foo Fighters), and one reunion (Goldsmith returned in 1997; Mendel stayed with Foo Fighters).

Publicity shy and firmly iconoclastic (for some reason, they

"A LOT OF THE POWER IN THE MUSIC COMES OUT OF WHAT'S BEING SAID—AND HOW."

decided in 1998 not to play concerts in California), SDRE is also responsible for three remarkable albums on

Sub Pop: *Diary* (1994), *Sunny Day Real Estate* (a.k.a. "The Pink Album," 1995), and *How It Feels To Be Something On* (1998).

The Rising Tide, however, is Sunny Day's sharpest attempt yet to emulate the passionate guitar-powered rock anthems of bands like the Clash, U2, and Jane's Addiction. Produced with muscular finesse by Lou Giordano, *Rising Tide* is confident, radio-ready, packed with soaring melodies, and, says guitarist Dan Hoerner, the band's most meaningful work to date. "I really

want people to check out the lyrics," he says, "because that's the most important thing about this record. A lot of the power in the music comes out of what's being said—and how."

As stirring as the words can be, with images of crippling addiction ("Killed By an Angel") and government paranoia ("Snibe"), it's the playing behind them that really transports. The fearsome combination of fury and precision in Goldsmith's drumming complements the textural intricacies of Enigk's and Hoerner's guitar parts. And Enigk has concocted a peculiar yet gripping vocal style, nasal and almost unnaturally high, tossing off graceful melodic curlicues that owe a great deal to traditional Indian music.

Perhaps the most notable thing about SDRE is that, in a pop era ruled by irony, they dare to be sincere. Onstage at Manhattan's Irving Plaza this past July, they took several opportunities to express their thanks to the enthusiastic audience. "You guys always treat us so great when we come to New York," Hoerner gushed. "There are no words for this, so all we can say is 'Thank you.'" Unctuously showbiz as this may sound, in person it was completely heartfelt. Just like the music of Sunny Day Real Estate.

PHOTOGRAPH BY JEFFREY M. HARRIS FOR TIME BOMB RECORDS

Best



JOBTRAK.COM™

JOBTRAK

Playing music on your computer

By Aaron Bell and Brendan Picha

Maybe you've seen it before: a friend retrieves a song from the Net, and cues it to play in a matter of seconds. Or clicks on an online radio station—in Australia. It really is as easy as it looks. Here's the *Steamtunnels* guide to playing music on your computer—easy steps that turn your dorm room into a state-of-the-art entertainment system.

Overview

Just a few years ago, online music was impossible. Raw music files were just too large to store or transfer. Then MP3 came along.

MP3 (mp3.com) technology compresses music files to a fraction of their original size. The result: a 4-minute MP3 song is a manageable 4MB large.

The program Napster was synonymous with finding MP3s—until the record industry got involved. If the industry lawsuit succeeds in killing Napster, programs like Gnutella (gnutella.com) and other “free-ware” programs are still around for

sharing files. These programs link you to a community of music fans sharing and trading music.

Installation of these programs is simple and straightforward—just go to their

web sites and follow download instructions. After installation, just type in a song's artist or title and they will search for it in each community member's collection.

Getting Started

Before you search for and download music, you need to download a music player. Both sites coax you through this process. WinAmp (winamp.com) and Sonique (sonique.com) are the most common MP3 players for the PC. WinAmp stands out for its simplicity and power, but Sonique has a sleeker interface. Mac users also have quali-

ty programs to choose from—both MacASt (macast.com) and SoundJam (soundjam.com) are hugely popular.

After you've downloaded a player, open it up and begin to search. Online, you can find free music (both copyrighted and not), and of course, music for sale.

How to Find MP3 Songs

If you can't find a song converted to MP3 on Napster, there are other directions to take your search. Good search engines to start with are filequest.com, scour.net, or palavista.com.

Listeners who have a beef with pirated music should check out MP3.com, a site that features thousands of MP3s provided by artists showcasing their music. Advanced MP3 seekers may enjoy the anarchist thrills of Hotline client (hotlinesw.com) or mIRC client (mirc.com). Like Napster, these programs link you to vast libraries of shared media.

Practical Download Tips

Depending on connection speeds, downloading a song can take anywhere from a few seconds to a few hours. Napster and Macster both categorize users by connection speed: Green dots mean fast connections (T1, Cable, DSL), yellow means midrange speed connections (56k modem), while red means slow connections. Even more useful is their “Ping” number, which measures the time it takes for data to make a roundtrip between computers. The best bet is to download from the user with lowest “Ping” number.

Party Time

You can't throw much of a party with those tiny computer speakers. If you have access to a decent stereo, make a trip to the local Radio Shack and buy a “Y Splitter: Male to Dual RCA Male Jacks” cord.

Locate the line-out jack behind your computer—it should look like an ordinary headphone jack. Next, locate the various auxiliary line-in jacks behind your stereo

Online Radio Links

Select “Listen” from the menu at the bottom of the screen, and within seconds you'll be tuned into all types of groove-oriented music.

Select “Music” or “Today's Web Cast Schedule” and make your choice. Offers hip-hop and soul, with a bit of reggae and world music thrown in the mix.

Tons of stations—talk radio, rock, rap, country. Select by genre, station—whatever you choose.

Live broadcasts of club/dance/trance from top DJs.

A lot of underground hip-hop acts from New York.

Exclusively mainstream “alternative” bands like Archers of Loaf, Juliana Hatfield, Radiohead, Sunny Day Real Estate, with a little bit of Cure and David Bowie mixed in just for good measure.

Top Music Info Sites

Average visitor minutes per month

1. sonicnet.com 15.1
2. launch.com 10.7
3. pollstar.com 10.2
4. billboard.com 9.9
5. mp3.com 7.6
6. mtv.com 7.5
7. country.com 7.2
8. nsync.com 6.5
9. musicmatch.com 6.1
10. rollingstone.com 5.6

Source: Media Metrix, May 2000

receiver. They typically have red-and-white paired prongs. Plug the headphone-style end of the cord into your computer and the red-and-white pronged end into an available stereo receiver input. Select a stereo channel, give yourself a name like DJ This-Or-That, and crank the volume to eleven!

FOR MORE INFO...

Check out steamtunnels.net for resources on online radio stations, the lowdown on MP3s, and live web broadcasts from around the world.

Avoiding the Freshman 15 By Gina Fraone

Think gaining weight in college is a myth? Think again.

Talk to many upperclassmen, and you're likely to hear lots of tales of freshmen gaining 15 or more pounds that first year.

Why do freshmen get fat?

Simply put, you gain weight when you take in more calories than your body needs. Most men and women require between 2000-2500 calories a day, according to the **Food and Drug Administration (fda.gov)**, a total that is regularly exceeded in the land of keg parties and late night pizza.

Typically, students have a meal card that gives all-you-can eat access to foods from low-calorie veggies to fatty french fries and burgers. So after a stressful three hours in the chemistry lab, what's it going to be? The grilled fish and a green salad? Or the cheeseburger and spicy curly fries? And if you start making desserts and soft drinks a daily habit, you'll find pounds piling on.

Think of it this way: Twelve ounces of soda (one can) typically packs about 160 calories. Fill your glass twice at each meal, and you'll far exceed your recommended caloric intake in no time.

When the cafeteria is closed, and students are hungry, there is a tendency to gravitate toward fast-food joints because of the

cheap food. But check out the fast food calorie guide (right): Some fast foods are belly busters—check out the calorie/fat content of some of the salads in the chart.

Want some advice? For more fast food facts, and web sites about health, fitness activities and dietary counselling, visit steamtunnels.net

Some suggestions? When the cafeteria is closed, put that mini-fridge in your dorm room to good use! Stock up on inexpen-



sive items like baby carrots, low-fat wheat crackers, low-fat cheese, skim milk, fruit, and hard pretzels so there are always low calorie, but filling, munchies around.

And lastly, the age-old question: Does beer make you fat? Of course it does. One pint (16 ounces) of beer is 192 calories. Two or more glasses a day, and "beer" will remind you of "belly" more than "party."

Fast Food? More like FAT food!

Restaurant	Item	Calories	Fat grams
Arby's	Super Roast Beef	523	27
Arby's	Cheddar Curly Fries	333	18
Bruegger's	Cinnamon Raisin bagel	290	1.5
Burger King	Whopper Sandwich	640	39
Burger King	Whopper JR with Cheese	460	28
Burger King	Chicken Sandwich	710	43
Dairy Queen	Regular Chocolate Malt	880	22
Dairy Queen	Small Chocolate Shake	560	15
Hardee's	The Works Burger	530	30
Hardee's	Big Roast Beef	460	24
KFC	Hot Wings Pieces (6)	471	33
KFC	3' Crispy Strips	261	15
McDonald's	Quarter Pounder	420	21
McDonald's	Big Mac	560	31
McDonald's	Large Fries	450	22
Taco Bell	Burrito Supreme	440	18
Taco Bell	Taco Salad w/Salsa	840	52
Wendy's	Garden Veggie Pita	400	17
Wendy's	Chicken Club Sandwich	520	25
Wendy's	Big Bacon Classic	640	36

Source: olen.com/food/

Neat Net Tricks

By Jack Teems

Free services online

Free Online Storage

MP3 music files are spreading like wildfire. At 3 to 5 meg per file, you'll fill up a hard drive in a hurry though. Not to worry, there's a free 250 mb "locker" to store them in at myplay.com.

Have the News Delivered

Don't have time to catch up on the news? Have it delivered to you in RealAudio, customized with the content you specify, at zatso.com. You can even assign filters to block subjects or words you don't care to see—or hear.

Free Voice and Fax

Get free voice and fax service at voicemail.excite.com. Or, sign up at speak4free.com, click a number you want

to call, and this service calls you back, treats you to a short commercial, then connects you anywhere in the U.S. for a free 5-minute call.

Make a Date

Let the Net keep your busy calendar at when.com. Enter, display, and print your appointments in different formats.



Track events important in your life. And email all your friends to remind them of that next big get-together.

Jack Teems (jteems@steamtunnels.net) publishes Neat Net Tricks from Rapid City, SD. For more Neat Net Tricks, visit NeatNetTricks.com.

Top Wired Schools

- Indiana: 100% classrooms, 100% dorms
- SUNY Buffalo: 100% classrooms, 100% dorms
- Missouri-Rolla: 100% classrooms, 100% dorms
- Missouri-Columbia: 100% classrooms, 100% dorms
- Illinois-Chicago: 100% classrooms, 100% dorms
- UC Santa Cruz: 100% classrooms, 85% dorms
- Penn: 85% classrooms, 100% dorms
- Wisconsin-Madison: 80% classrooms, 100% dorms
- West Virginia: 95% classrooms, 85% dorms
- UCLA: 75% classrooms, 100% dorms

Source: *Yahoo Internet Life*, July 2000
For the "wired percentage" in more Steamtunnels colleges, go to steamtunnels.net

FIRST TIME BUYER'S GUIDE

DVDs

By Michelle Silver

We know you want your living room to be as close to a movie theater as possible—except for the sticky floors and hundred-dollar candy bars. You've heard a DVD player will get you the purest image, sharpest sound and cool extra features. Where to start? Right here—with *Steamtunnels'* First Time Buyer's Guide to DVD players. (Keeping the floors clean is up to you.)

The basics

DVD (Digital Video Disc) is actually a bigger, faster CD player that holds cinematic video. Eventually DVDs will replace audio CD, videotape, laser disc, CD-ROM, game cartridges—everything you've been blowing

Eventually DVDs will replace audio CD, videotape, laser disc, CD-ROM, game cartridges—everything you've been blowing cash on the past five years.

cash on the past five years. (See dvddemystified.com to learn more details about how they work.)

Why DVD-Video rules

DVD players support wide-screen movies on standard or wide-screen TVs, up to nine camera angles (different viewpoints can be selected during playback), interactive games and quizzes, instant rewind and fast forward. You can also choose languages (with subtitle tracks) and special effects playback. Plus, DVDs are durable and compatible with audio CDs, easy-to-handle, and you can store them in less space than videos.

A few DVD bummers

It's still going to take a while for movies and video programming to become widely available on DVD (dvdboxoffice.com lists what's currently available on DVD). DVD players can't yet record. They use digital compression, so audio that has been poorly compressed may translate fuzzy and vague image and sound. Only a few players

can play in reverse at normal speed. And DVDs are expensive—most movies cost \$20 to \$30.

Shelling out the bucks

Players can range anywhere from \$200 to \$4,000, depending on the features and components. For the average Joe, a player that costs between \$300 to \$500 is perfectly fine. (See productopia.com for great bargains on top DVD players.)

Make a wish list

The first step is to make a list of the features that are important to you (see dvddresource.com/features/dvdplayer.shtml for explanations and list of components). Do you want to be able to play Video CDs? Are you going to want to use a headphone jack (so as not to annoy a roommate)? Do you want a player that offers other languages (so you can refresh your French)? Do you want to be able to zoom in on details of the picture (say, Julia Robert's teeth)? Do you want to be able to use a universal remote (because you're prone to losing everything)? After deciding on these options, try out a few models in your price range, and see which players are easiest for you to use.

Top Picks

Sony DVP-C670D (\$499)

All the features you need for quality viewing—vibrant color, crisp sound.

Pioneer DV-302D (\$545)

A top-notch 3-disc DVD player that also handles most CD-ROMs, as well as video and music CDs.

Pioneer DV-525 (\$425)

A good entry-level player with easy-to-use on-screen menu.

Toshiba SD2200 (\$349)

Excellent quality picture, plus Surround Sound, 4X picture zoom and other features.

RCA RC5220P (\$329)

Not a lot of frills here, but it's a standard, quality player that will allow you to be able to pay your bills.

FOR MORE INFO...

The complete *Steamtunnels* First Time Buyer's Guide to DVD players can be accessed at steamtunnels.net



PAPER OR PLASTIC?

Don't let credit cards get out of control.
By Melanie Farmer

Incoming freshmen are bombarded with credit card offers. At first glance it seems harmless: anyone could handle a \$15 minimum payment, right? And students who use credit cards wisely will have good credit ratings when they're ready to buy a car or a home.

"Establishing credit is necessary," says Howard Shapiro, a spokesman for the **Federal Trade Commission** (ftc.gov). "Using it responsibly is a terrific tool." In other words, charge your textbooks—but don't pick up the happy hour tab.

Shapiro says most students forget about interest rates and fees. "It can happen fast. You hand over the card today, you get a bill three weeks later. For some it's a vicious cycle."

Ken Scott, a spokesman for **Consumer Credit Counseling** (debthelpnow.org), says, "Most students get credit cards for the wrong reasons." CCC handles negotiations between consumers and collection agencies to come up with a manageable payment plan. The agency charges \$35 on a pay-if-you-can basis. Scott suggests students seek out budgeting programs, like **Quicken.com** (quicken.com), or investigate consumer rights information at **Credit Card Freedom** (creditcardfreedom.com) or **Consumer Aid** (consumeraid.org).

Smart card seekers should log on to the **Credit Card Menu** (creditcardmenu.com), where you can browse different cards and apply for them online. And **CardRatings.org** (cardratings.org) compares credit card interest rates and annual fees.

In the end, the message is simple: If you don't have the cash, don't buy it.

For more on credit card dangers and advice on how to manage debt, go to steamtunnels.net.

SITE REVIEWS

visit steamtunnels.net for links to all these sites and more.

SPECIAL FEATURE

Textbook Comparison Shopper Buying Textbooks Online Can Save You Big Time.

By Amanda Hill

Driven by their own competition, web-based bookstores are offering extraordinary deals to attract students—and their money. Here's a comparison of textbook sites and services.

One of the first online bookstores, VarsityBooks (VarsityBooks.com) has booklists from more than 300 colleges and universities. This makes the buying experience nearly stress free—if your professors have registered with the site. If not, you can still look up your books if you've got the title, author or ISBN. It's best to order all the textbooks at once, to take advantage of the \$4.95 flat-fee shipping rate for UPS 2-day service. If you order the wrong book, VarsityBooks will refund the full cost within 30 days. (You'll still have to pay for shipping, unless the error was the fault of VarsityBooks.)

Efollet (efollet.com) has an incredible database—booklists for more than 800 schools. They sell both new and used texts, so there is an opportunity to save a few bucks. If your class isn't listed, there's still an easily searchable database. The shipping policy is tricky—to get books in 3-5 business days, you'll pay \$3.95 for the first book, regardless of weight, and 95cents for each additional book. Literature majors beware—the shipping could be significant. Efollet has a buy-back program, but they only pay wholesale prices. You're better off returning them to a local bookstore.

The gorilla in the kitchen is Textbooks.com (textbooks.com). This textbook wing of Barnes & Noble boasts "the World's Largest Textbook Store." (Barnes & Noble also does hefty textbook traffic at bn.com.) Textbooks.com has a great \$4.95 price for three-day delivery, and a guaranteed buy-back policy (you find out what

you get back when you buy the book). They also buy and sell used books.

Another textbook giant is that Wal-Mart of ecommerce, Amazon (amazon.com). They're not textbook specialists, but you can search the site effectively, and the customer service can't be beat.

To stay competitive, Ecampus (ecampus.com) has an unbelievable offer for students—50 percent off the top-50 textbooks. Of course, the discount is taken from the brand-new list price of the book, but the deal still passes on significant savings. One of the newest online textbook services, Ecampus is easy to navigate, with fewer clicks and less scrolling to get to what you need. Like other online stores, students can search using school lists, book title, author or ISBN. In addition to the steep discounts, Ecampus will buy back textbooks and compensate student for the costs of shipping.

Perhaps to counter Ecampus' discount policy, Bigwords (bigwords.com) has created its "best price guarantee" policy. If you can find a better price with an equivalent method of shipping at any online textbook store, Bigwords will refund the difference. Students need only to submit the details in writing within 15 days of purchasing their books from Bigwords and they'll be cut a check for the difference. In addition to refunding the difference, Bigwords will also give students a \$5 gift certificate. If you spend \$35 or more, you'll get free shipping for 3-5 day service. Returning books is easy, so long as it's done within two weeks.

Steamtunnels has a textbook buying engine to make your choice easier. Go to find the best deal for the books you need, and to read student comments.



FACT FINDER

Refdesk

refdesk.com

Refdesk is the ultimate extension of what the Internet is all about—putting information at your fingertips. The answers to all your questions are out there; it's just a matter of finding them without wading through accidentally accessed porno sites or some random Geocities home page about finger puppets. Refdesk is the first and only destination for fact finders on the web. The jam-packed main page features links to hundreds of legitimate sites, lists and search engines. There is a fact search desk that allows you to comb through a dictionary, thesaurus, encyclopedia, or global collection of newspapers. Refdesk provides a highly organized index to quality web sites, a service that allows you to get what you need right away. *MDelano*



SEARCH ENGINE

Hotbot

hotbot.com

Hotbot was originally a standalone search engine, and is now part of the Lycos network. Hotbot works, and works well. Searches are customizable by word, date, language and content. The program is quick and results are relevant and up-to-date. Jeeves might have the butler, and Google has the most brute force, but Hotbot is versatile and easy-to-use. *DJohnson*



SITE REVIEWS

GETTING AROUND

CitySearch
CitySearch.com

If you want to know your city better, or you're on your way to a new town, CitySearch answers your call for culture. It provides guides to clubs, restaurants, bars, events, day trips, vacations and more in over 50 cities. CitySearch allows you to book dinner and hotel reservations, and even buy tickets through Ticketmaster Online. If you need to find your way around a new city, this is the place to start. *JShort*

WEB SEARCHING

Click Here to Find
clickheretofind.com/live.html

An extremely informative site if you are looking for a guide to anything and everything on the web. Click Here to Find has free email, a calendar and bookmarks, but their most useful feature is the long list of categories with links to find even more information on select topics. The categories range from live cams to health to free calling cards. A great site to begin a search. *TMaor*



TIME WASTERS

Nuttsites
Nuttsites.com

Bored? Need a laugh? Go to nuttsites.com. It's a compilation of links to entertaining web sites (such as the famous hamster dance), designed to bring a smile to your face. You should be able to find something here to brighten your mood.

MGreenberg

The Urban Legends Reference Pages
snopes.com

There's a boy lying near death in an English hospital, and he's collecting postcards from all over. Someone is lacing ATM deposit envelopes with cyanide. Beware of nitroglycerine-lobbing-packs of teenagers, playing the new game of Spunkball. Sound familiar? These and thousands of other modern urban legends (some no more than Net-based twists on ancient tales) are meticulously

catalogued and debunked here by Barbara and David Mikkelson. If you're looking to waste time, start here. *DJohnson*

ELECTION ANALYSIS

Freedom channel
freedomchannel.com

Did you know that there are currently 13 candidates running for president, representing nine different parties? Don't go to the ballot box blind. Check out streaming video campaign spots of all these candidates in one place, FreedomChannel.com. The site conveniently compiles political ads made by candidates and organizations, news analysis pieces and interviews with political experts—it's one-stop shopping for political decision-making. There are also many ads on hot-button issues filmed by organizations as diverse as the Natural Law Party and the AFL-CIO. *MAGuilar*

PERSONALS

eCRUSH
ecrush.com

Like Charlie Brown and the little girl with the red hair, we all know the fun and furor of the crush. If only there were a way to find out if the feelings are mutual, without the risk of rejection. Well, leave it to the Internet to convert love to a science. eCRUSH provides an ingenious service—it will send a line out to your crush, to see if you get a response. If not, you can read the success stories (and traumas) of fellow crushers—and the database of weird pick-up lines is worth a



visit in itself. Who knows, maybe it'll even inspire you to make some offline revelations of your own. *SShackford*

STREAMING SPORTS

Quokka.com
quokka.com

Quokka, the self-proclaimed Sports Network for the Digital World, wants to revolutionize the way people experience sports. They cover everything from sailing to NASCAR racing, with adventure sports thrown in for good measure.

The "Quokka Sports Immersion" technique utilizes Flash, streaming video, and up-to-date

news to provide powerfully intense and realistic viewing experiences. If you're a fan of just about any sport, you'll want to make Quokka.com a regular destination. *LGentilello*

ALL SPORTS ALL THE TIME

CNN/SI.com
sportsillustrated.cnn.com/

A site that goes deeper than a Sosa homer. What do you get when you cross the leading 24-hour world news service with the most authoritative sports print publication on Earth? A web site with up-to-the-minute sports news, as well as in-depth explanations and commentary on recent developments in the world of sports, without the fluff found at other sports news outlets. SportsIllustrated.CNN.com introduces *Sports Illustrated's* successful stable of journalists and photographers to CNN's global news network. *JLowenthal*

WrestlePages.com
wrestlepages.com

Professional wrestling is more popular than ever, which seems odd, considering that most people insist that they don't watch it. As athletes continue to grow in size and prowess, their physical and dramatic theatrics are featured regularly on prime time. WrestlePages.com features news from the many worlds of professional wrestling. Full of interactive polls, features and photos, WrestlePages.com makes it possible for you to go out—to the library of course—without missing a beating. But you don't watch anyway, right? *JLowenthal*



We Want to Know...

How do you spend your time online?
Go to steamtunnels.net/poll and let us know.

Steamtunnels

WHAT'S WITH THE NAME?

Steamtunnels refers to the network of tunnels that runs beneath most college campuses. Originally created by three Stanford students to offer an alternative to mainstream college informational web sites, steamtunnels.net has grown into a national web site with over 230 affiliated colleges and almost 2 million readers of our weekly magazine.

WHAT'S AT www.steamtunnels.net?

For starters, select your school to check out local events calendars, campus photos, restaurant guides and more. Try our online book buying engine—it will make your textbook shopping experience a breeze. Type in the books you're looking for and we'll tell you what sites will offer you the best deal. Inspired to purchase a DVD after reading the *First Time Buyer's Guide to DVD Players*? Then go to our site for a complete listing of all available models and services. Steamtunnels.net also features tech news, a Web Guide with dozens of useful site reviews, links to radio stations and live web casts from around the net.

WANT A GREAT PART-TIME JOB?

Steamtunnels is inserted every week in your college newspaper. We're hiring campus representatives and sales associates at each of our affiliate colleges to help us create local web sites.

If you're interested in becoming part of the *Steamtunnels* team send a brief cover letter and your resume to campusjobs@steamtunnels.net

www.steamtunnels.net

local events
& links
campus photos
and more
MUSIC FOR

M E E T N I C

The only fully-functional Internet computer without a monthly fee!



starting at
\$199⁹⁹

Perfect for websurfing and email. Sign up for FREE Internet access, or use your current ISP. Ethernet connection and 56k modem included. Think NIC. It's the natural evolution of the computer revolution.

To find out more, check out www.thinknic.com or call toll-free 1.877.WANTNIC, and be one of the first to own the NIC.

nic™
THE NEW INTERNET
COMPUTER COMPANY

1.877.WANTNIC
www.thinknic.com

Intramural EKU Programs

2000-2001

INTRAMURAL OFFICE Begley 202 Phone 859-622-1244
OFFICE HOURS: MONDAY-FRIDAY 8:00 a.m.-4:30 p.m.

<http://www.intramurals.eku.edu/>

Team Sports

Sign-up Deadline

Fall Semester

Flag Football	Thursday	Sept. 7	4:00 p.m.	Begley 202
Soccer	Wednesday	Sept. 20	4:00 p.m.	Begley 202
Volleyball	Wednesday	October 18	4:00 p.m.	Begley 202

Spring Semester

Basketball	Wednesday	January 24	4:00 p.m.	Begley 202
Softball	Wednesday	March 7	4:00 p.m.	Begley 202
Bowling	Wednesday	March 21	4:00 p.m.	Begley 202

Team Captain's Meetings

Fall Semester

Flag Football	Thursday	Sept. 7	6:00 p.m.	Ferrell Room
Soccer	Thursday	Sept. 21	6:00 p.m.	Ferrell Room
Volleyball	Thursday	October 19	6:00 p.m.	Ferrell Room

Spring Semester

Basketball	Thursday	January 25	6:00 p.m.	TBA
Softball	Thursday	March 8	6:00 p.m.	TBA
Bowling	Thursday	March 22	6:00 p.m.	TBA

Officials Clinics

FALL			
Flag Football	Tuesday-Thursday	Sept. 5 th - 7 th	Call 859-622-1244
Soccer	Monday-Tuesday	Sept. 18 th - 19 th	Call 859-622-1244
Volleyball	Monday-Tuesday	Oct. 16 th - 17 th	Call 859-622-1244
SPRING			
Basketball	Monday-Wednesday	Jan. 22 nd - Jan. 24 th	Call 859-622-1244
Softball	Monday-Tuesday	March 5 th - 6 th	Call 859-622-1244

Beginning officials will make \$7.00 game/hour. No prior knowledge or experience needed. Officials will be trained in rules, mechanics and positioning. You will be paid for attending meetings.

How to Enter a Team

- ◆ Each team captain or intramural representative is responsible for forming their own team.
- ◆ Stop by the Intramural office and pick up a team roster.
- ◆ Go to Billings and Collections Office and pay a \$20 **ENTRY FEE**.
- ◆ Bring your paid entry fee receipt and your completed roster to the Intramural Office by the deadline date and choose the league you wish to play in.
- ◆ Attend the team captains meeting so you can pick up your schedule.

Player Eligibility

- ◆ All EKU students, faculty and staff are eligible to participate in the Intramural Programs.
- ◆ A person may compete for only one team per league. Once the person has played for a team, he/she may not transfer to a different team. (Exception: Fraternity "B" team players may move up to the "A" team but once they have moved up they may not move back down.)
- ◆ Varsity athletes will not be eligible to compete in the sport in which they hold varsity status or any counterparts to that sport.
- ◆ Ex-varsity athletes must sit out one year before they are eligible to compete in the sport they lettered in.
- ◆ No more than two (2) members of a Sport Club team may play for any team in that intramural sport.
- ◆ Professional athletes are ineligible for intramural sports in the sport, or associate sport, in which they are engaged professionally.

Any violation of an eligibility rule will result in the forfeit of all games in which the player participated.

Team Captains Meetings

A team Captain's meeting will be held the Thursday after the sign-up deadline. See the front of this pamphlet for exact dates. At this meeting, schedules will be distributed and Intramural rules, policies and procedures will be explained. Teams attending this meeting will receive a "Win" that will count towards playoff eligibility.

Playoffs

Teams must win 50% of their regular season games and have a satisfactory sportsmanship rating to be eligible for the playoffs. **Teams playing in a Monday-Wednesday league may have playoff games scheduled for a Tuesday or a Thursday and vice versa.**

Sportsmanship

Integral to the philosophy of the Intramural Sports Program is that fair play and good sportsmanship are vital aspects of participation. Inappropriate conduct will be monitored before, during and after all games as well as during any free play hours. Students not conforming to the standards of conduct, as outlined in Section IV of the EKU student handbook, may be suspended from the Intramural Program.

Forfeits

Any team that does not have enough players for a game to be played will forfeit the game. If the team wants to continue to participate it must pay another \$20 **ENTRY FEE** within two days or the team will be dropped from the league. A second forfeit will result in the team being dropped from league play.

Employment Opportunities

The Division of Intramural Programs is always looking to recruit individuals to serve as sport officials. Pay ranges from \$7 to \$8.00/game. No experience is necessary in order to officiate but you must be willing to learn and hustle. If you are interested in becoming an Intramural Sport official, call the intramural office and attend the workshop for the sport(s) you are interested in working. At the beginning of each semester Facility personnel are needed to staff the weight rooms and gyms. If interested please visit Begley 202. You must have work-study to be employed in the facilities.

Special Events/One Day Tournaments

Fall Semester

	Sign-up Deadline	
Tennis*	Thursday	September 21 4:00 p.m. (A. C. Courts)
Golf Tournament	Thursday	September 28 4:00 p.m. (Begley 202)
Big South Fork Backpacking	Tuesday	October 17 Trip: October 20-23
Early Deadline For Homecoming Run	Friday	October 27 4:30 p.m. (Begley 202)
Homecoming Run Race Day	Saturday	November 4 10:00 a.m. (Weaver)
Badminton Tournament*	Friday	December 1 6:30 p.m. (Weaver)
Canaan Valley Ski Trip	Wednesday	December 6 Trip: January 3-5

Spring Semester

	Sign-up Deadline	
3-on-3 Basketball Tournament*	Thursday	January 18 6:00 p.m. (Weaver Gym)
Free Throw & 3-Point Contest*	Friday	February 2 6:00 p.m. (Weaver Gym)
Ski Perfect North	Thursday	February 8 3:30 p.m. Call 622-1244
Racquetball Tournament*	Thursday	March 1 5:00 p.m. (Begley)
Golf Tournament	Wednesday	March 21 4:00 p.m. (Begley 202)
Tennis-Doubles*	Thursday	April 12 4:00 p.m. (A. C. Courts)

* Enter on the Spot

Weekly Events

	Time/Days	
Informal Badminton (Nov. - March)	Every Friday 6:30 - 8:30 p.m.	Weaver Gym
Faculty/Student Golf Scramble	Wednesday's (Oct. & April)	Arlington

Aerobics

Monday through Thursday	6:00 - 7:00 p.m.	Begley Gym 117
-------------------------	------------------	----------------



Eastern Kentucky University is an Equal Opportunity/Affirmative Action Employer and Educational Institution

Facility Hours

Facility	Days	Hours
F. M. Burke Wellness Center (Weaver)	Monday - Friday	6:30 a.m. - 7:00 p.m.
Begley Weight Rooms	Monday - Thursday	11:45 a.m. - 10:00 p.m.
Begley Gyms	Monday - Thursday	5:30 p.m. - 10:00 p.m.
Begley Racquetball Courts	Monday - Thursday	5:30 p.m. - 10:00 p.m.
Begley Weight Rooms	Friday	11:45 a.m. - 9:00 p.m.
Begley Gym	Friday	5:30 p.m. - 9:00 p.m.
Begley Racquetball	Friday	5:30 p.m. - 9:00 p.m.
Begley Weight Rooms	Saturday	1:00 p.m. - 6:00 p.m.
Begley Gym	Saturday	1:00 p.m. - 6:00 p.m.
Begley Racquetball	Saturday	1:00 p.m. - 6:00 p.m.
Begley Weight Rooms	Sunday	1:00 p.m. - 10:00 p.m.
Begley Gym	Sunday	1:00 p.m. - 10:00 p.m.
Begley Racquetball	Sunday	1:00 p.m. - 10:00 p.m.
Alumni Coliseum (Darling Gym)	Monday - Thursday	5:30 p.m. - 9:30 p.m.
Weaver Gym	Monday - Thursday	6:00 p.m. - 9:30 p.m.
Greg Adams Tennis Facility	Call 859-622-2144	
Alumni Coliseum Pool	Call 859-622-2137	
Arlington Golf Course	Call 859-622-2207	

Outdoor Equipment Rental

The Division of Intramural Programs offers outdoor equipment rental at a minimal cost. Equipment available for rent includes tents, backpacks, sleeping bags, coolers, stoves and volleyball kits. To secure equipment, adhere to the following procedures:

1. Go to the Office of Billings and Collections with your student ID and your payment.
2. Leave a \$10.00 cleaning deposit in the intramural office.
3. Pick-up your equipment between 8:30 a.m. and 3:30 p.m. (Monday-Friday) in the Begley Towel Room.
4. Return the equipment between 8:30 a.m. and 3:30 p.m. (Monday-Friday) in the Begley Towel Room.
5. Additional fees will be charged for equipment that is returned late, damaged and/or dirty.