



## 'Couch potato' finds her calling

Athlete profile: Sports - B6

## Top YouTube clips of the decade:

Features - B1

# Impact of state's potential billion dollar deficit uncertain

By Laura Butler

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The Kentucky state legislature is back in session and once again facing 60 days of tough decision-making as the governor and legislators begin constructing a new two-year budget plan. With state revenue suffering a drop of 8.3 percent in December and a projected total budget deficit of up to \$1.5 billion to work with, lawmakers will have to work together as



Steve Beshear

a bipartisan unit to pass a solid biennial budget.

Governor Steve Beshear warned legislators the path ahead wouldn't be an easy one in his State of the Commonwealth address last week.

"We are facing a huge deficit that will require us to make painful decisions about where we spend

money," he said. "It will require sacrifice and restraint... our immediate future holds difficult challenges."

However, Beshear showed a sense of optimism as he spoke, retracing Kentucky's budget woes from two years ago and comparing them to the current state of the economy.

"When I became governor two years ago, state government was broke... Kentucky's budget was a red-inked disaster," Beshear said. "I did not become governor merely to solve budget shortfalls... I refuse to use this recession as

an excuse not to move forward."

Beshear will present a proposed budget to the legislature on Jan. 19 and the final draft must be completed by April 15.

In his recommendations, Beshear said he plans to keep higher education a priority and has spared it from an additional round of budget cuts.

"I worked hard to hold down tuition increases this past year in an attempt to maintain our promising 10-year trends in undergraduate

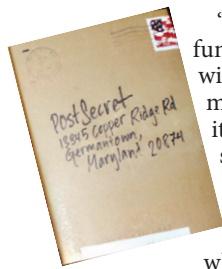
See BUDGET, A3

CHAUTAUQUA

## PostSecret comes to Eastern

By Laura Butler

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"Secrets, secrets are no fun unless they're shared with everyone." Your mother always told you it wasn't polite to share secrets, but that's exactly what Frank Warren encourages Americans to do. In fact, it's what he does for a living.

And he's coming to share them in Brock Auditorium on Thursday, Jan. 21 as part of the Chautauqua lecture series.

Warren, the founder and curator of PostSecret, a compilation of more than 400,000 homemade postcards decorated with people's deepest, most-guarded secrets. Participants create their postcards, write their secret anonymously and send them to "The most trusted man in America."

PostSecret started as a community art project in 2005, and the concept has spread like wildfire across the country. Warren is recognized for his award-winning blog and five books.

Warren's blog now receives more than 3 million visitors each month and continues to get between 100 and 200 postcards every day. He updates his Web site every Sunday and is looking to make four more books.

PostSecret's popularity is recognized by people across the nation. In 2009 he was dubbed fourth most popular "web celeb" by Forbes Magazine.

To attend Warren's lecture and discussion, students must reserve their free tickets in the Student Government Association office. Warren will take the stage at 7:30 p.m. next Thursday.

## Eastern grad publishes seventh book

Author examines health and nutrition with scientific scrutiny

By Lindsay Huffman

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It is every student's dream to graduate, get a good, secure job and eventually be recognized for their hard work in their field of choice. For one Eastern graduate, this dream has been fulfilled.

Jamie Hale, an Eastern alumnus who received his degree in psychology with a research emphasis in sports psychology, is currently finishing his seventh book entitled *Should I Eat the Yolk? Separating Truth from Myth to Get You Lean, Fit and Healthy*. The book analyzes many of the familiar claims about fitness and nutrition that are circulated

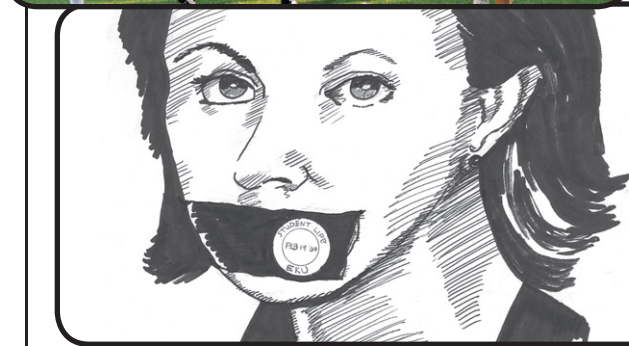


Jamie Hale

See PUBLISH, A3



# Top stories of the past year



FILE PHOTOS | PROGRESS

### Ice storm devastates Ky.

Winter has come again, and the 2009 news story that many people have on their minds is last year's ice storm. Nearly one year ago, an ice storm ravaged Kentucky and seven other states. Eastern's campus suffered major damage from falling trees, and the school had to close for almost an entire week for clean-up. Almost 770,000 Kentucky homes were without power during the peak of the storm and homes and businesses across the state and in Madison County to conserve water.

After the storm passed, Eastern Housing allowed residents without power from surrounding areas to stay on campus, and some classes had to make up for a week's worth of lost time. Through the efforts of many people, though, Eastern was finally repaired and restored.

### Colonels represent Kentucky in consecutive Miss USA pageants

Eastern students Maria Montgomery and Kindra Clark were crowned Miss Kentucky USA winners during 2009, going on to represent the state of Kentucky in Donald Trump's Miss USA pageant in Las Vegas.

Montgomery, a junior communication disorders major from Danville, won the title for 2009 and earned fourth runner-up in the Miss USA pageant last spring. Clark, a sophomore communications major from Mount Washington, received her Miss Kentucky 2010 title in late November 2009 and will go on to compete in the national competition in April.

To follow Clark's journey to compete for the national title and the chance to compete for Miss Universe, visit the www.missuniverse.com.

### Volleyball surges to tourney

Women's volleyball started the season 0-12, which was the largest win-loss margin in school history. The losing streak for the 2009 season included an 0-3 start in conference play. An OVC tournament berth looked impossible, but the Lady Colonels

won eight of their last nine matches, finishing .500 in the conference. Just to get into the OVC tournament, Eastern had to win its last four matches, which included a game against then-undefeated in the conference Jacksonville State at 16-0.

The Lady Colonels won all four games and made postseason play, eventually losing in the first round. What the Lady Colonels were able to do shows what a team that has never given up can do.

### Siemens slashes energy costs

Eastern's energy efficiency contract with the Siemens Company began paying serious dividends in 2009.

The most visual aspects of the renovations, such as lighting and showerhead replacements, were completed over the course of the year, leaving mostly behind-the-scenes work for 2010.

It's estimated Eastern has already saved between \$1.5 million and \$1.6 million on its utility costs, and will eventually be saving about \$8,000 dollars a day. In addition to fiscal savings, the largest sustainability project in Kentucky's history will have significant environmental benefits.

Reductions in greenhouse gases are estimated to be the equivalent of preserving more than 200 acres of forest, or removing more than 6,000 cars from America's roads by the time the project reaches completion in 2010.

### 100 years of football

Eastern Football celebrated its 100th anniversary in 2009, naming 24 current and former Colonels to the All-Century Team to commemorate the century. Some memorable moments included freshman quarterback T.J. Pryor's standout season with over 2,000 yards passing. Even more impressive, Pryor did not start until the third game of the season.

The Colonels suffered its first losing season in 32 years, finishing 5-6 in 2009. But with several starters returning, the outlook to start the next century of Colonel football is bright.

See RECAP, A3

# Internship deadlines close in, competition increases

By Lindsay Huffman

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With the American economy in recession and unemployment rates constantly fluctuating, many students have become more concerned about the job market they enter after graduation. Competi-

tion for jobs has increased, and consequently, students are finding ways to be better candidates for open positions. Two of the most important tools Eastern students use to build up their resumes are internships and cooperative education opportunities, and deadlines for both tools are quickly approaching.

Many deadlines for internships and cooperative education positions, also known as co-op, are set for February and March. Several staff members at Eastern said that these kinds of opportunities are crucial for students in today's world.

"With our economy, students have to think about . . . work ex-

perience," said Connie Dirks, the associate director of the Office of Cooperative Education. "Without work experience, it's very hard [for students] to sell [their abilities] to employers."

Emily Whitworth, the job development coordinator at Eastern, agreed with Dirks.

See INTERN, A3



## Police Beat

All information in the Police Beat is taken from Eastern police reports.

### Dec. 14

■ An officer was dispatched to Keene Hall after a Facilities Services employee filed a criminal mischief complaint for the 16th floor. The officer observed 22 cracked and broken ceiling tiles, and a portion of the tinting had been cut out of the west hall window. The damage is estimated at \$400.

■ A Telford Hall resident reported his laptop computer had been stolen from his room. He left the door unlocked while he and his roommate went to different rooms on another floor. Upon further investigation, police found that a man had been going from door to door in the residence hall offering to buy back textbooks during the time the laptop was stolen. One resident reported that he thought he saw the man enter the victim's room. The total stolen value is \$500.

### Dec. 15

■ A male student reported damage to his vehicle after he found pieces of his passenger side mirror in the bed of his truck. He said he noticed the mirror was missing while he was driving and came back to campus to search for pieces of the mirror in the parking lot. He then discovered the pieces in his truck bed. The value of the damage is estimated at \$200.

### Dec. 16

■ A male student reported his GPS unit was stolen from his residence in Brockton Apartments. He said he went to help a neighbor move out of a nearby apartment, and left the residence unsecured. When he returned to his residence, the unit had been stolen. The total stolen value is \$225.

■ Police reported to a criminal mischief complaint in Palmer Hall after a residence assistant found broken light bulbs in the elevator. A light fixture in the elevator had also been damaged. The total value of the damage is estimated at \$100.

### Dec. 17

■ Police responded to a tip in Lancaster Lot where students were allegedly smoking marijuana in their vehicle. When the officer approached the vehicle, the odor of marijuana and smoke was coming from the passenger window. The officer observed a pipe in one student's lap that had marijuana residue on it. The student admitted to owning the pipe, and produced a water bong from the rear of the vehicle that also had marijuana residue on it. The materials were

confiscated, and the student was cited and released.

■ An employee reported that three computer monitors were stolen from three rooms on the fourth floor of the Begley Building. She said that the rooms were unlocked but undisturbed at 7 a.m., but found the monitors missing at about 10 a.m. The total stolen value is \$375.

## News Briefs

### Auditions for in progress "Beauty and the Beast"

EKU's Theatre Department is now hosting auditions for its production of "Disney's Beauty and the Beast." The auditions will be at 7 p.m. Thursday, Jan. 14, in Campbell 137. Those interested in auditioning for the play should prepare to sing 16 bars of a musical theatre song. Short script readings and a brief dance audition may be required as well. For more information, contact James Moreton at 622-1315.

### Kentucky Blood Center Conducts Blood Drive

The Kentucky Blood Center will be conducting a blood drive from 12 p.m. to 7 p.m. Thursday, Jan. 14 in the Community Room of the Madison County Public Library. Donors must be 17 years of age, weigh at least 110 pounds, be in general good health and meet additional requirements. For more information, call 1-800-775-2522 or visit [www.kybloodcenter.org](http://www.kybloodcenter.org).

### "The Guard Experience" Scheduled

Any student interested in the Kentucky Army National Guard and the benefits of the service is invited to "The Guard Experience," which will take place at 6:30 p.m. Thursday, Jan. 14, in the Martin Hall lobby. Refreshments will be provided, and members of the Kentucky Army National Guard and the EKU Army ROTC faculty will present information and be available for questions. For more information about this event, contact Major Alan Slusher at 622-1214.

### EKU Women's Club Soccer Tryouts Soon

Spring tryouts for the EKU Women's Soccer Club will take place from 6 p.m. to 8 p.m. Jan. 19-22 in Begley 118. Those interested in trying out must attend at least two sessions to qualify for the team. Students must wear tennis shoes, as well as bring cleats and a soccer ball. For more information about the team or tryouts, contact Abigail Love at 513-490-6889.

### New Spring Writing Center Hours

The Writing Center located in Case Annex 173

has new hours for the spring semester. The center will be open from 9 a.m. to 6 p.m. Monday through Thursday, and from 9 a.m. to 3 p.m. Friday. It is closed on weekends. Students may come to the center without making an appointment, but appointments are recommended. For questions concerning the Writing Center, contact Shannon Smith at 622-6191.

### EKU Libraries Offers New Texting Service

EKU Libraries is now offering Txt-A-Librarian, a service where Eastern students, faculty and staff can ask and receive answers to reference questions with only a text. This service will be available at the following times:

Monday - Wednesday: 10 a.m. - 10 p.m.  
Thursday: 10 a.m. - 9 p.m.  
Friday: 10 a.m. - 3 p.m.  
Sunday: 1 p.m. - 9 p.m.

For more information, visit [www.library.eku.edu](http://www.library.eku.edu) or call 622-6594.

### RecycleMania to Benefit Habitat for Humanity

On Jan. 17, EKU and other universities around the nation will participate in RecycleMania, an event where people donate their aluminum cans to help build a home with Habitat for Humanity. There will be a kickoff event from noon to 1 p.m. Wednesday, Jan. 27 at Powell Corner. There will be a special performance by the EKU Dance Theatre information booths and more at the event. At the Jan. 28 home basketball game, there will be another promotion for RecycleMania. For more information about RecycleMania, visit [www.recyclemania.org](http://www.recyclemania.org).

### EKU Women's Club Volleyball Tryouts Soon

Tryouts for the spring EKU Women's Club Volleyball team will take place from 6 - 8 p.m. Jan. 21 in the Weaver Gym. Any woman interested in playing volleyball may try out for the team. For more information, contact Nicci Clark at 270-505-2133.

## Happenings

### THURSDAY

**5:30 p.m.**  
Women's basketball vs. Eastern Illinois

**7:30 p.m.**  
Men's basketball vs. Eastern Illinois

### SATURDAY

**4 p.m.**  
Women's basketball vs. Southeast Missouri

**7 p.m.**  
Men's basketball vs. Southeast Missouri

### MONDAY

**Holiday - University closed**

**Last day to register for, add/drop full semester classes**

**11:50 p.m.**  
EKU Ice Hockey at Wright State

### TUESDAY

**7 p.m.**  
Men's basketball vs. Chicago State

### WEDNESDAY

**6 p.m.**  
Women's basketball vs. SIU Edwardsville

**CINEMARK**  
For advance tickets & showtimes visit [cinemark.com](http://cinemark.com)  
or call 1-800-FANDANGO + Exp Code 2150#

**CINEMARK AT RICHMOND CENTRE** EXIT 87 OFF I-75

ADULT MATINEE BEFORE 6PM \$6.00 • ALL DAY TUESDAY \$6.00  
SENIORS DAY - ALL DAY MONDAY \$4.50  
FIRST MATINEE SHOWTIME (7 DAYS A WEEK) \$4.50

<b>THE BOOK OF ELI [R]</b> 1:20 4:10 6:55 9:40	<b>AVATAR - 3D [PG-13]</b> 12:40 4:10 7:40
<b>THE LOVELY BONES [PG-13]</b> 12:40 3:50 6:50 9:55	<b>DAYBREAKERS [R]</b> 12:25 2:50 5:10 7:35 10:05
<b>THE SPY NEXT DOOR [PG]</b> 12:00 2:25 4:45 7:05 9:25	<b>IT'S COMPLICATED [R]</b> 1:05 4:15 7:05 9:55
<b>ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL [PG]</b> 12:45 3:00 5:15 7:30 9:45	<b>LEAP YEAR [PG]</b> 12:05 2:30 4:55 7:20 9:50
<b>THE PRINCESS AND THE FROG [G]</b> 12:20	<b>SHERLOCK HOLMES [PG-13]</b> 12:15 4:00 7:15 10:10
<b>AVATAR - 2D [PG-13]</b> 2:40 6:05 9:30	<b>UP IN THE AIR [R]</b> 1:15 4:20 7:00 9:35

◆ NO PASSES-NO CLASSIC SUPERSAVERS ♿



# I see a MEAL PLAN in your future!

## Spring meal plans now available.

**Register before January 22nd and be entered to WIN A WIN!**

Sign up now and it will go on your Spring University bill.

**EKU Dining Services**  
It's easy to sign up on **EKU Direct!**

Located on the ground floor of Powell.

# Healthy Breakfast Bagel

**\$3.69**

Whole Grain Bagel with Fat Free/Cholesterol Free Eggs, and Turkey Sausage

## Attention Registered Student Organizations

RSO's must be registered with OrgSync by March 5, 2010  
\*New Student Involvement Tool\*

## Training Dates

- 1/19/2010 9:00am Introduction of OrgSync O'Donnell Auditorium
- 1/19/2010 1:30pm Student Leaders and Advisors O'Donnell Auditorium
- 1/19/2010 3:00pm Student Leaders and Advisors O'Donnell Auditorium
- 1/19/2010 9:00pm Student Leaders and Advisors O'Donnell Auditorium
- 1/20/2010 11:00am Student Leaders and Advisors O'Donnell Auditorium
- 1/20/2010 2:00pm Student Leaders and Advisors O'Donnell Auditorium
- 1/20/2010 5:30pm Student Leaders and Advisors O'Donnell Auditorium

Contact Student Life for more information  
622-3855





## BUDGET: Whitlock expects cut in higher education

Continued from Page A1

ate enrollment and degrees awarded," he said. "But incremental improvement is not enough. Other states are not standing still. Our momentum must accelerate."

Eastern President Doug Whitlock sent an e-mail to faculty and staff last week, commending them for working hard to illustrate the value of higher education and helping safeguard higher education from the reductions.

"We are all familiar with the saying that much is expected of those to which much has been given," Whitlock said. "We must continue to demonstrate that we merit the favorable treatment we have been given... due to your hard work and creativity ECU has not stood still during these trying economic times."

Whitlock reminded employees that it wasn't an opportunity to relax in preparing for the upcoming budget plan.

"We have already done much to prepare for what might occur when the Federal stimulus state stabilization funds expire," he said. "For the balance of this fiscal year, we must continue to capture every position possible and to evaluate every process and procedure we have to make ourselves even more efficient

*We're facing a huge deficit that will require us to make painful decisions about where we spend money. It will require sacrifice and restraint.*

—Gov. Steve Beshear  
• In his State of the Commonwealth Address on Jan. 6

without compromising effectiveness and quality."

Whitlock said that while he is optimistic that the governor views education as a high priority, he won't be surprised if higher education is forced to make a budget cut.

"My head tells me that in the next round, while education won't be cut as much as some other areas, we won't be exempted again. An increase (in tuition) is probably inevitable."

University of Kentucky President Lee T. Todd Jr. expressed a somber feeling about the future funding of Kentucky's

public universities, though.

In an e-mail he sent to UK faculty and staff on Jan. 8, Todd relayed his concern for the upcoming results of the budget proposal, indicating a third year of large tuition increases, wage freezes and layoffs are not out of the realm of possibility.

Todd said reminding lawmakers of the importance of higher education is of utmost importance.

"Over the next 60 days, we will do our very best to convince Kentucky's policy makers that their investment in us – even in these most difficult times – is essential to Kentucky's long-term success," Todd wrote.

Whitlock said he hopes Eastern can tough out the rest of the impending budget cuts without layoffs or furloughs, and instead focus on attrition to eliminate excess positions.

Eastern is looking to remain transparent throughout all budget cuts down the road, Whitlock said.

"I'm really convinced the insitution and our community is best served by being as transparent and straightforward as we can," he said. "If we're open and candid, even if the news isn't always good, people can appreciate that and understand it."

## RECAP: A year in review

Continued from Page A1

### Posting Policy Changed

Eastern took huge strides in defense of free speech in 2009.

Early in the year, the university faced criticism from hundreds of students over its restrictive campus posting policy.

In June, it passed a new posting policy for campus bulletin boards, removing the need for RSO sponsorship and for stamps of approval from the Office of Student Life.

The year also marked the

university's first celebration of First Amendment Week – a week in April to celebrate the freedoms of speech, press, religion, assembly and petition protected by the Constitution.

The Society of Professional Journalists sponsored a "No Free Lunch" event that required students to surrender their First Amendment rights and experience tyranny firsthand in exchange for free food.

Watch for First Amendment Week events in 2010, as Eastern continues to champion free speech and remain a strong marketplace of ideas.

## INTERN: Deadlines near

Continued from Page A1

"[Internships are] going to give you experience, put more on your resume and employers will look at you more seriously," she said.

Both women said that internships and applied learning allow students to see if the positions they take will be the same jobs they would like to have after graduation. Sometimes, though, this is not always the case.

"If you thought the position was what you wanted, but then you do it and you hate it, you might want to change it," Whitworth said.

The process of applying for internships and co-op positions involves going to the faculty coordinator of a student's field of choice and getting his/her approval. The student then goes to either Career Services or the Office of Cooperative Education to receive a login name and password for an online job search engine called PlacePro, and filling out personal and work-related information. Lastly, a student must complete an online orientation on Blackboard. In the last school year, 681 students participated in a co-op program and 353 students completed internships for an overall total of 1,034 students.

According to Dirks, the best tip for students is to start looking and applying for their desired positions early. She

also said that every student should take advantage of internship and co-op opportunities.

"You start thinking about your career goals early, before your senior year," Dirks said. "By your senior year, it's almost too late."

Not only do the Office of Cooperative Education and Career Services offer their services in helping students find internship/co-op positions, but they also help students compile their resumes and prepare for interviews.

"Our services are here for the students," Dirks said. "We want students to succeed."

In addition to these offices, students can also take the course CMS 250, which is for students who want to polish their interviewing skills. Another way to learn about internship and co-op positions is to talk to faculty about available positions in companies of their respective fields.

"Networking is huge," Whitworth said. "[Professors] network among themselves, organizations and companies in their fields."

For more information about internships, contact Emily Whitworth at 622-1568 or visit [www.career.eku.edu](http://www.career.eku.edu). For more information about cooperative education, contact the Office of Cooperative Education at 622-1296 or visit [www.coop.eku.edu](http://www.coop.eku.edu).

## PUBLISH: New book scheduled for spring release

Continued from Page A1

today, and discusses why these claims are often incorrect.

"What often appears as common knowledge is really just dogma," Hale said. "What does scientific evidence say about these claims?"

It is with this question that Hale examines the claims; however, this is not the first work in which Hale has looked at fitness and nutritional myths. He said he has written several articles on the topic, as well as written a book called *Knowledge and Nonsense: The Science of Nutrition and Exercise*.

"Ulysses Press approached me with the idea of writing a book similar to *Knowledge and*

*Nonsense*, with an emphasis on easy reading for the general masses," Hale said. "*Knowledge and Nonsense* is more suited for readers with advanced exercise and nutrition knowledge."

But Hale said he wants readers to learn not only the truth about their health, but also to develop and utilize critical thinking skills.

"I hope after reading the book readers will learn to apply critical analysis to any and all claims, not just claims made by the exercise and nutrition industry," Hale said.

Hale said his education at Eastern helped to prepare him for his career as a sports conditioning coach, fitness/nutri-

tion consultant and writer. He said he learned scientific research methodology, which helps him in his jobs and his writing.

Hale began designing training and nutrition programs while at Eastern, and was also the founder and president of the boxing club.

"I can remember teaching guys boxing in their dorm rooms," he said. "Sometimes the limited space made it challenging."

Hale said he has been writing since he was nine years old, and was first published in a newspaper in 1997.

Since then, he has published his books. For the upcoming book, Hale had to sub-

mit an outline and a sample chapter from his book, and then he said he worked out a contract with the publisher.

He began officially working on the book in August 2009. Now, with his seventh book on its way to shelves, Hale said he is excited about the book's release.

"I think this will be the big one," Hale said.

Hale's new book can be pre-ordered on Amazon.com and Borders.com. According to both Web sites, the book is to be released on May 1.

For more information about Hale or his books, visit his Web site at [www.maxcondition.com](http://www.maxcondition.com).

**READ THE PROGRESS ONLINE**

[www.easternprogress.com](http://www.easternprogress.com)



# EKU™ BASKETBALL

**THURSDAY, JAN. 14**

**EASTERN ILLINOIS**

**WOMEN - 5:30 PM**

**MEN - 7:30 PM**

**FREE T-SHIRTS WHILE THEY LAST!**

**SPONSORED BY UNIVERSITY BOOK & SUPPLY**

**SATURDAY, JAN. 16**

**SOUTHEAST MISSOURI**

**WOMEN - 4:00 PM**

**MEN - 7:00 PM**

**Kids 12 AND UNDER GET IN FREE!**

**SPONSORED BY THE FREE ENTERPRISE SYSTEM**

**TUESDAY, JAN. 19**

**MEN VS. CHICAGO STATE**

**7:00 PM**

**WEDNESDAY, JAN. 20**

**WOMEN VS. SIUE**

**6:00 PM**

**FREE ADMISSION WITH ECU STUDENT ID**



**WWW.EKUSPORTS.COM**

The Eastern Progress would like to thank the ECU/Richmond community for their support of the first

# Eastern Progress Children's Book Drive.

Your generosity will benefit children around Madison County through Madison County's Family Resource Centers.



Special thanks to University Book & Supply (UBS), Hasting's Entertainment, ECU Recycling & HYPE for their support.



# PERSPECTIVES

## Low tuition key to Eastern's future

If the crystal ball that famously descends to ring in the New Year was of the mystical variety, New York City could make a killing in the days leading up to December 31.

It's safe to say most people would give an arm and a leg to know what the New Year will hold, and as we ring in a new decade, it'd sure be nice to know what's coming.

The 2000s (or the "oh's, or the 'ought's or whatever we eventually decide to call them) brought with them the good, the bad and the ugly.

Not to sound too clairvoyant, but the 2010s (or whatever we eventually decide to call them) will no doubt bring the same.

With the exception of extreme setbacks and unforeseen disasters (see "Ice Storm '09"), universities like Eastern don't need a crystal ball either. Like so many of its students, the university is taking steps to adapt to a constantly-changing vision of the future.

The evidence is all around us: Eastern's contract with Siemens is designed to make the university both energy-efficient and sustainable for decades to come.

Planning for the new science building continues to change in lieu of budget shortfalls, but the building is rising just the same. The same can be said for the new phase of the Business and Technology Complex, as well as the Creative Arts Studio adjacent to the library.

Eastern has a good grip on its future – a future that will almost certainly include a student population of more than 20,000, a recovered economy and expansive campus growth opposite the bypass.

With such growth on the horizon for the coming decade,

there are a few fundamentals Eastern simply can't afford to stray from.

First and most obviously, Eastern MUST maintain affordable tuition. Eastern's tuition rate is among the lowest of four-year universities in the Commonwealth and is what attracts a sizable percentage of its student population.

This cannot be compromised, even if it means a decrease in student services or programs on campus.

Decreased services? (Gasp).

It must be understood that institutions like businesses, universities (a subset of businesses) or governments are constantly balancing two things: cost and services.

There's a simple relationship between the two: an increase in services almost always leads to an increased cost. A decrease in cost leads to less funding and therefore fewer services.

Constituents or customers (students) bear the burden of either scenario – either they pay more to fund extra services, or they see a reduction in services based on the reduced cost.

Eastern has managed to strike a tremendous and competitive balance in regards to this relationship. Despite its relatively inexpensive tuition, Eastern compares favorably to other universities in Kentucky and other regional institutions.

The university must first recognize how successful it has been, then commit to maintaining the balance it has achieved.

The largest threats to this balance are those who fail to understand it. So many of us desire increased services AND decreased cost, but save for streamlining and occasional efficiency upgrades, that's not how

the relationship works.

The sooner we come to terms with that, the better off we'll all be.

A second university concern for the coming decade is the continued fight for sustainability and environmental awareness.

Universities have long been viewed as liberal think tanks, but environmentalism is hardly a partisan issue if its benefits extend beyond cleaner air and better ozone: Eastern is saving a boatload of money in the long-term.

This is where efficiency upgrades can help lower cost and free up money for anything else. It's estimated that Eastern will save nearly \$8,000 a day once Siemens completes its renovations and upgrades. The project is the largest sustainability effort in Kentucky history, and figures show Eastern will reduce its utility costs by nearly 40 percent as a result of the contract.

The money the university saves will ultimately pay for the project, and then begin turning a profit for years to come.

The dark spot on Eastern's environmental efforts is the on-site coal power plant that provides energy to the campus. In order to truly "Go Green," Eastern must find a way to phase out the burning of coal, but it's not as easy as it sounds.

This is where our cost and services relationship rears its ugly head.

Alternatives to coal

are expensive by comparison, and not yet efficient enough to be used on such a massive scale.

Coal, on the other hand, is both convenient and cheap – particularly in eastern Kentucky.

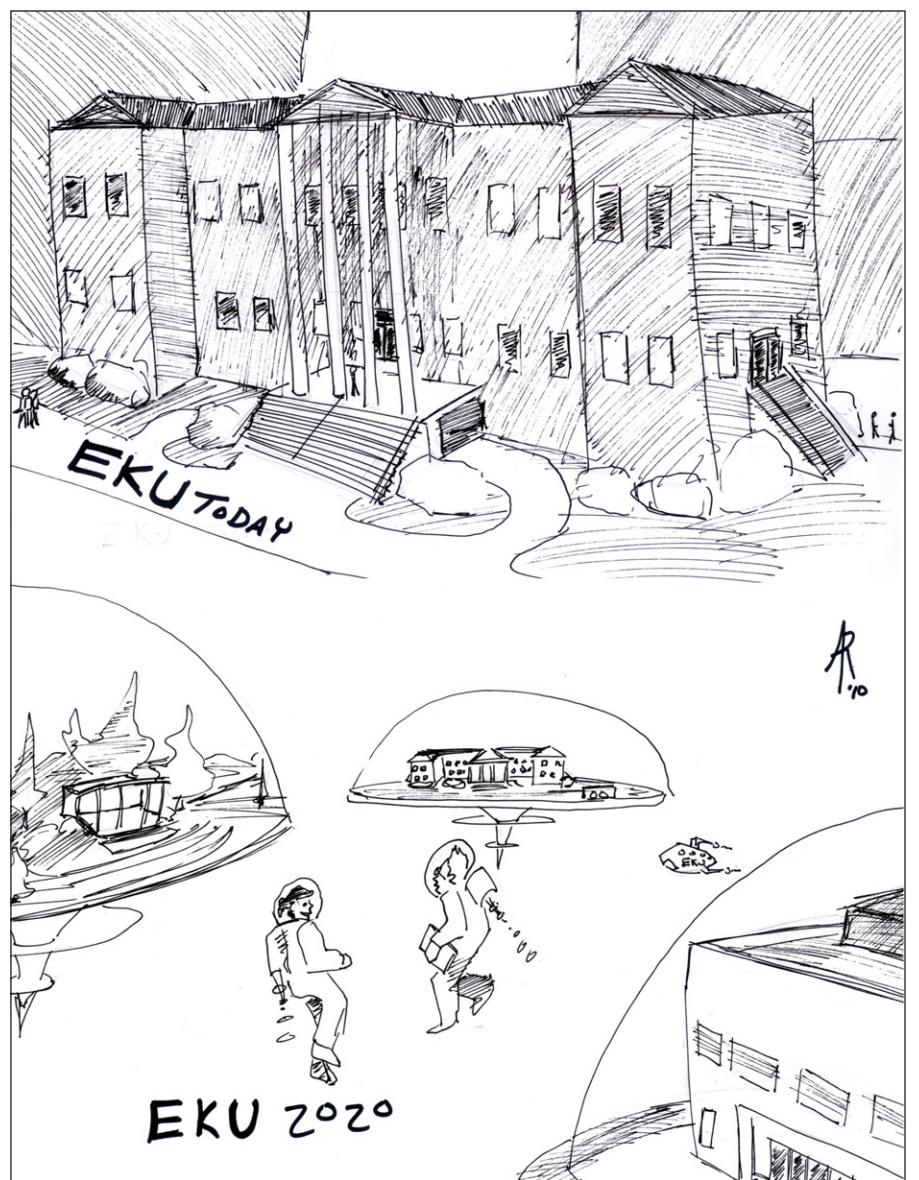
The solution of alternative fuels would mean an increase in tuition to help cover the costs, and that's something the university and its students can ill afford.

Instead, the answer lies in the technological advances of the next decade. Although little can be done now, the sun is

only beginning to rise on 2010. Advances are coming, and Eastern must keep its eyes peeled and its mind open.

With so much to consider in a new decade, the last thing the university needs is 16,000 voices telling it what to do. But, taking those voices into consideration is part of what it means to be a university.

Luckily for Eastern, those 16,000 are pleased enough to stand by its side and weather the storm of 2010 together.



### Online Poll

**What should Eastern put the most emphasis on in the coming decade?**

Visit [www.easternprogress.com](http://www.easternprogress.com) and tell us what you think. Look for the poll on the right side of the page.

Visit the Progress online at [www.easternprogress.com](http://www.easternprogress.com) to have your voice heard.

Comment on stories, take the weekly online poll and submit letters to the editor or photos for a chance to be featured in "This Week in Photos."

### Campus comments:

*What's one thing Eastern needs to do in the next 10 years?*



"Fix the heaters in the dorms."

**Kearstin Edmonds**  
A freshman pre-med biology major from Harlan County.



"Lower tuition."

**James Wathen**  
An applied engineering graduate student from Oldham County.



"Improve parking. (We need) more commuter and resident parking."

**Kate Robinson**  
A junior special education major from Lexington.



"The cleaning ladies to come at a more reasonable hour. She's always in the way."

**Courtney Bell**  
A sophomore biology major from Harlan County.



"Open the library 24 hours."

**Drew Lance**  
A junior sociology major from Lexington.



"They need to start handing out free hand warmers. Little stuff like that makes a big difference."

**Megan Lovell**  
A freshman nursing major from Mt. Vernon.

### Have an opinion?

Log on to [www.EasternProgress.com](http://www.EasternProgress.com) and tell us what you think. You can submit a letter to the editor, comment on stories and opinion pieces, or take our weekly online poll.

Letters to the editor should be no longer than 500 words and should include your name, association with Eastern and a contact phone number or e-mail for verification purposes, not for publication.

Letters to the editor may be edited for length prior to publication. Letters must be submitted by Tuesday at 6 p.m. in order to be considered for publication in the same week.

The Progress reserves the right to edit or remove online comments if their content is judged to be illegal, directly insulting to an individual or otherwise unhelpful to the conversation.

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# New Year's Eve in Times Square standing room only



Like most reasonable Americans, I generally spend New Year's Eve safe and warm with friends, family or both.

Together, we huddle around a television and watch a ridiculous flashing crystal ball descend in front of 2.5 million freezing idiots.

For me, the TV generally comes on at about 11:45 and stays on just long enough to watch the freezing idiots embrace and pretend they know the words to "Auld Lange Syne."

With that, the human pop-sicles in Times Square are forgotten, and celebrations follow in the form of wine, spirits and general merriment - safe and warm merriment.

For 2010, however, I decided I would seize an opportunity to scratch a very special something off my bucket list:

This year, I would be one of the freezing idiots.

My first defense is that the opportunity presented itself.

Second is that I'm young and stupid, so I'm allowed to do stupid things like stand in the Northeastern cold to watch a shiny ball slide down a pole.

Third and more importantly, the idea of standing in Times Square and counting down to the New Year has always struck me as surreal. Millions of people crammed in a three-block strip of Manhattan cheering and disappearing in a sea of confetti just sounded like something I wanted to be a part of.

All that, and I heard J-Lo was going to sing her ever-so-memorable 1999 dance anthem, "Waiting for Tonight" live that night.

And who would want to miss out on that?

So a few friends and I drove 12 hours to New York City to see "Jenny from the block" and/or watch the ball drop in Times Square.

When we got there, we realized there are a few things we didn't know about New Year's Eve in Times Square.

For instance, in order to get a good spot, you should probably get to Times Square sometime between 2 p.m. and 4 p.m. on December 31.

If you do the math, that's eight to 10 hours of...standing.

**“ We stepped into our pen with two king-size bags of M&Ms and empty bladders, and we waited. ”**

That's right: standing.

When you arrive, you're placed in a "pen" of police barricades with about 3,000 other people. Times Square is sectioned off, and when you're in a pen, you're in for good.

No one else gets in; no one gets out. No bathrooms, no vendors selling food or drinks. We stepped in our pen with two king-size bags of M&Ms and empty bladders, and we waited.

And we stood.

For nine hours.

There were things to entertain us, of course - most notably the spectacle of it all.

Try to imagine 2.5 million people in one place. That number is roughly .8 percent of the United States, and greater than the population of 16 different states.

And don't forget that Times Square is an assault of lights, colors and sounds. "Riddle-dee diddle-dee aye-dee-dee" is next to impossible in that place.

One by one the hours

passed. The McDonalds our pen bordered sent workers to the fences to take orders and deliver sustenance to a handful of people. We ate the leftover fries offered to us by our neighbors - our co-standers.

A gray-haired man from Virginia sported a brown leather jacket, round glasses and cowboy hat: We called him "Cowboy."

To our left was "Ludacris," and in front of him were "the cadets," - three Pennsylvania police cadets with fleece winter gear, sunglasses and smart mouths.

Our favorite co-standers were "Utah" - a red-haired teenager with attitude - and her father, a successful businessman with a down-to-earth demeanor and an endless supply of stories.

Together, we all formed a fellowship that stood, shifted our weight and then continued to stand.

The freezing rain started at 9 p.m. It didn't stop.

Eight hours after we had arrived, J-Lo went on in all her flamed-out glory. "Waiting for Tonight," was not worth the 12-hour drive.

Cold, wet and weary, we waited for the end. And just when we thought nothing could be worth the nine-hour wait, the countdown began.

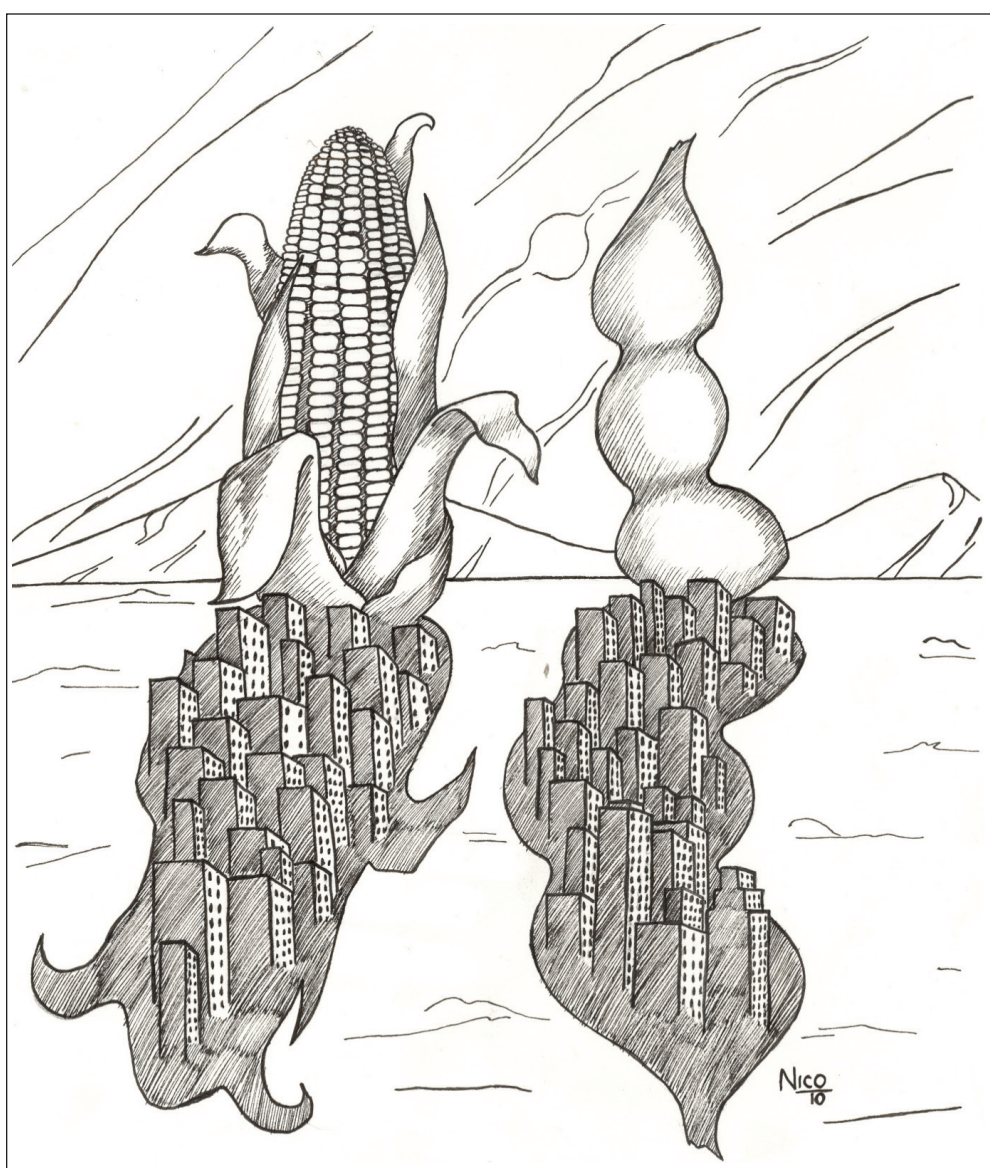
The burst of energy from the crowd in the final minute was staggering. The exhaustion melted away, and the millions in unison counting from 10 to cries of "Happy New Year!" were deafening.

Confetti fell in blinding waves, cheers filled the air and we freezing idiots embraced. Then we all pretended to know the words to "Auld Lange Syne."

And ultimately, we survived.

Millions of TV sets across America turned off, and suddenly all I could think about were the poor saps on comfy, warm couches who had just missed out.

## >Cartoon: The Stalk Market



## >Letter to the editor

### Flawed health care bill will be costly

Dig down in the bottom of those purses! Check the hidden recesses of your backpacks. Now don't forget to check behind those couch cushions!

Find all the change you can and start saving up to pay the fine to the government you will be forced to pay if you fail to maintain health insurance.

It's a few years before the bill will take effect, so you can get a head start on it...the fine will range from about 95 to 1000 bucks yearly, based mainly on your income.

To top it all off, IRS will make sure they

collect it from you, one way or another.

What a warm and fuzzy feeling to know that government will have even a firmer grip on our lives!

So just remember: Make sure you save all your change for the change that you believed in.

Well, either that...or HOPE that Congress scraps this secretive and flawed health-care bill and starts all over again.

Christy Whitson  
Eastern student



# Look left...look right... look no further

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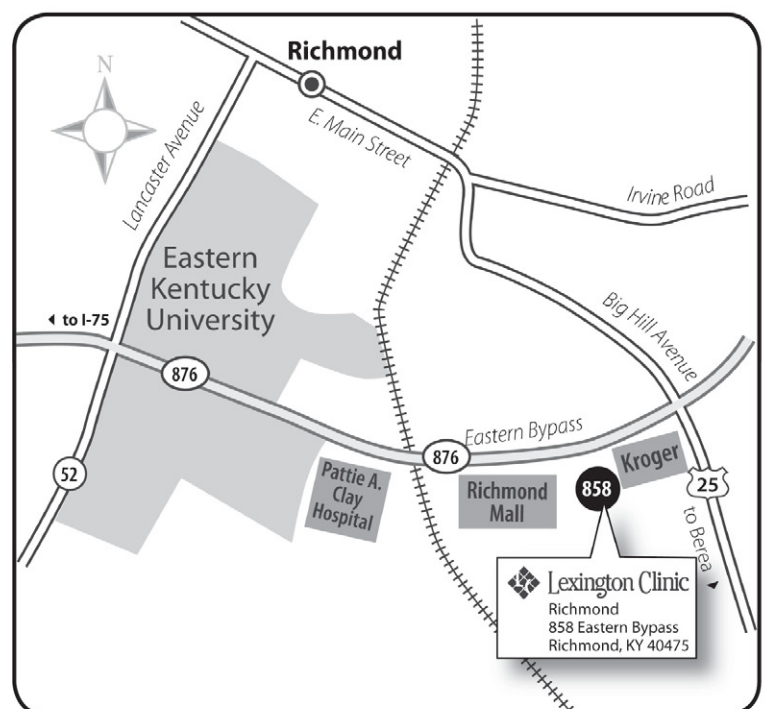
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## Whipping into shape after holiday season

Campus recreation offers remedies for idle bodies during winter months

By Kaylia Cornett

[kaylia\\_cornett18@eku.edu](mailto:kaylia_cornett18@eku.edu)

With winter's frigid temperatures, it's no wonder bears hibernate.

According to NOVA online, the American black bear can go for as long as 100 days without eating, drinking, pooping or exercising.

But, unlike bears, human beings can't let winter woes trap indoors. We still have to go to work and school, eat, drink, evacuate and, yes, even exercise.

For most college students, creeping into the fierce winds of the season after a long day just to strain themselves with challenging, physical activity doesn't sound too appealing.

Luckily, the Fitness and Wellness Center may be able to animate some idle bodies this winter by offering several opportunities for students to stay in shape while still having fun.

Jessica Gernert, assistant director of campus recreation, said the Fitness and Wellness Center is currently offering 30 group fitness classes each week.

Students can grab a buddy and Zumba, or take a class offered in Yoga, Cardio Kickboxing, Butts and Guts, Pilates or choose from a variety of others.

Gernert added that all the group fitness classes are free, and students can reserve a space by visiting [www.eku.timetrade.com](http://www.eku.timetrade.com).

The Fitness and Wellness Center is also sponsoring its Group Fitness Challenge now. Any time students participate in a group fitness class they can get a card punched, which, when completed, can be entered into a weekly prize drawing.

If students don't mind spending some extra cash, the Fitness and Wellness Center also makes personal training (PT) available.

Gernert said sessions range from \$25 to \$280, depending on the number of sessions students have purchased, or if they decide to train with a friend.

Through January 29, students can save 5 percent off the cost of a five-session PT package and 10 percent off of a 10-session PT package.

Gernert said other available activities include a variety of intramural events, adventure trips and workshops, and students should check the campus recreation Web site for dates and times.

Louisa DeBolt, associate professor in

the Department of Exercise and Sport Science, said students should try to perform 30 minutes of moderate to vigorous physical activity five days per week, which is recommended by the 1996 US Surgeon General Report.

"Moderate to vigorous is a brisk walk, or breaking a sweat," DeBolt said. "The easiest way to break a sweat and not go jogging [or] running is to use the elliptical machines or increase the grade on the treadmills...while walking."

DeBolt said if students want to improve their fitness, they need to increase the intensity or time of their workouts.

"In order to stay fit, students have to exercise at the same intensity that they have been doing," she said. "Intensity, not duration, is key when speaking about 'staying' fit."

DeBolt also advised that students should make sure they are getting enough water.

"We still sweat, breathe, and talk as much as other times of the year, it just evaporates and we don't feel it as much," she said.

For more information on group fitness classes and intramural sign ups, visit the Campus Recreation Web site at [www.campusrec.eku.edu](http://www.campusrec.eku.edu).

Students can also stay in shape with at home fitness DVDs. Below are some of the bestsellers listed on Amazon.com. The Fitness and Wellness Center also has their own selection of DVDs that students can check out for free.

1. Jillian Michaels - 30 Day Shred  
Price: \$8.99
2. P90X Extreme Home Fitness Workout Program - 13 DVDs, Nutrition Guide and Exercise Planner  
Price: \$139.80
3. Dance with Julianne (Hough): Cardio Ballroom  
Price: \$7.99
4. Jillian Michaels: No More Trouble Zones  
Price: \$8.99
5. Jillian Michaels: Banish Fat, Boost Metabolism  
Price: \$8.99

## RecycleMania sweeps Eastern

Campus recycling to support Habitat for Humanity projects

By Jessica Nicholson

[progress@eku.edu](mailto:progress@eku.edu)

The next time you drink a soda in a rush to class, chug a bottle of water after a workout or crumple up old papers from last semester, think twice before tossing them into the trash.

Eastern's Committee for Responsible Environmental Stewardship (ECRES), Facility Services and the Madison County Habitat for Humanity are teaming up to help get students involved in campus recycling. This effort is a part of Eastern's celebration of RecycleMania.

"RecycleMania helps us promote the importance of recycling traditional materials such as cans, bottles, paper and cardboard on campus and helps us to educate students about the process of recycling materials," said Barbara Szubinska, chair of the Waste Reduction sub-committee of ECRES.

Eastern became involved with the RecycleMania project as a way of assessing the recycling program on campus and seeing how other schools in the state and nation are doing compared to Eastern.

"It also helps because we can establish benchmarks, set goals and chart our progress with the help of the promotional materials they provide us," Szubinska said.

Although RecycleMania involves bottles, paper and cardboard, this year the focus is on aluminum cans.

Eastern's main goal is continuing the strong connection to the Habitat for Humanity. As a part of Eastern's mission, environmental stewardship improves the community; all of the cans that are collected will go toward building houses through Habitat for Humanity.

The recycled cans are collected by Facility Services and picked up by Habitat. They are taken to the Novellis Aluminum recycling facility in Berea, which is the world's largest fully-dedicated aluminum can recycling plant.

Novellis offers a 50 percent match to the amount of money the cans are worth and then makes a donation to Habitat for Humanity.

Last year, Eastern donated 16,700 pounds of aluminum cans, valued at almost \$11,200.

Eastern also recycles different materials such as computers, furniture, batteries and toner cartridges. There is even a recycle truck that runs on used oil from the cafeteria instead of diesel. Facility Services is currently working on more creative ways of expanding the campus recycling program without much extra cost.

Last year, ECRES and Facilities Services wanted to add recycling containers around campus. David Williams and Randy Wilson from Facility Services, wrote a grant to the state and received funding for new indoor recycling containers (such as the ones in Powell), and dividers for outdoor containers.

"This year, we discovered that Habitat can provide cardboard indoor containers during RecycleMania to the campus for free, and students will start seeing those containers in Wallace and Combs," Szubinska said.

Recycling cans helps the community in several important ways beyond the cliché "do not trash Mother Earth."

The cans stay away from landfills, they support a charitable organization that helps deserving families own a home and the cans collected on campus help provide jobs through the Novellis plant in Berea. Campus recycling for Habitat results in much more than the "fuzzy feeling" of doing good, it has a tangible impact close to campus.

The kick-off event for RecycleMania at Eastern will be Wednesday, Jan. 27 from noon to 1 p.m. on Powell Corner.

For more information on RecycleMania, visit [www.recyclemania.org](http://www.recyclemania.org) or contact Barbara Szubinska at [barbara.szubinska@eku.edu](mailto:barbara.szubinska@eku.edu).



## Best Entertainment of 2009

By Maggie LaFleur

[maggie\\_lafleur1@eku.edu](mailto:maggie_lafleur1@eku.edu)

When starting a new year, focus is on the future and what adventures and obstacles that year might bring. However, it's hard not to reminisce about the good times that will be missed from the year before. The mindless summer reading, movies with friends every Saturday night, that one song that sticks in everyone's head. Eastern students share their favorite pastimes from 2009.



**Kearstin Edmonds**

Freshman, pre-med biology  
Harlin County

**Book:** *Dracula*, by Bram Stoker

**Movie:** *Inglourious Basterds*

**TV Show:** *Dexter*

**Class:** *Beginning Philosophy*

**Campus Activity:** *Playing tennis*

**Book:** *Harry Potter and the Prisoner of Azkaban*  
**Movie:** *The Hangover*  
**TV Show:** *Criminal Minds*  
**Class:** *Beginning Philosophy*  
**Campus Activity:** *Hanging out with friends at Powell*



**Kate Robinson**

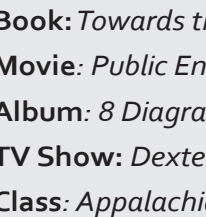
Junior, special education  
Lexington



**Casey Stechishin**

Junior, graphic communications  
management  
New Windsor, NY

**Book:** *I am America, and So Can You*, by Stephen Colbert  
**Movie:** *The Hangover*  
**Album:** *Black Clouds and Silver Lining*, by Dream Theater  
**Class:** *Digital Photography*  
**Campus Activity:** *Eating Zoca*



**Drew Lance**

Junior, sociology  
Lexington



**Makenzie Feiler**

Freshman, occupational science  
Rineyville, KY

**Book:** *Towards the End*, by Brad Warner  
**Movie:** *Public Enemies*  
**Album:** *8 Diagrams*, by Wu-Tang Clan  
**TV Show:** *Dexter*  
**Class:** *Appalachian Images in Film, Song and Pictures*

**Book:** *The Wedding*, by Nicholas Sparks  
**Movie:** *The Hangover*  
**Song:** *Meet Me Halfway*, by Black Eyed Peas  
**TV Show:** *Jersey Shore*  
**Class:** *Introduction to Psychology*

## Proper etiquette to avoid yuletide disappointment



**Jeremy Reed**

Christmas is the season for giving. Every year the Christmas spirit moves millions of people around the world to be with their loved ones. Families gather together to celebrate, and if you're like many Americans, watching that magical smile slowly stretch across Grandmother's tender, glowing face reminds you that Christmas is special because love and family is what matters most.

But if you're like me, you like Christmas because of the presents.

Now I'm not saying that I don't love family and the true meaning of Christmas and all that stuff, but I can love my family 364 days of the year. If the Playstation 3, nice clothes and gift cards were around when Jesus was alive, I'm pretty sure he'd be cool with the commercialization of his birthday.

Receiving and giving gifts can be great feelings. You get to show the ones you love just how much they mean to you. In a perfect world, both parties in the exchange actually like their presents. But what happens if you don't? What if they don't? What if both of you are unhappy?

I've had my share of yuletide failures and successes, and I've learned through my upsets and victories that there is an unwritten code of Christmas etiquette.

Knowing it and embracing it can make the holidays more enjoyable for everyone.

**Regifting** - It can be dangerous, so use caution. Don't dare to regift to people within the same circle of friends for obvious reasons. Friends talk about the gifts they get, and regifting is a recipe for hurt feelings.

And if nothing else that may have a negative impact on next year's bounty.

On the other hand: If you receive something you know was regifted, it's time to have a good laugh with the original gifter. This will give you and the original gift-giver a chance to become closer, so that next year they might appreciate your loyalty and hook you up with a good gift.

**Gift cards** - These little guys can be dangerous too. They can say anything from "I like you enough to get you something...sort of," to "I know where you shop, go buy something good."

Good gift cards are specific. They let the person know that you know what they're in to. A Wal-Mart gift card lets them know you really just wanted to give them cash.

**Necessities** - Necessities just don't make good Christmas presents. It's like giving your wife a copy of your marriage license for an anniversary present. Yeah, she might need it someday, but it's not what she wanted. One year I got a washing machine for Christmas. "Wow," I thought to myself. "Now I can finally do all that laundry that I wasn't really concerned about."

**Returns** - If you don't like your present, is it okay to return it? Absolutely, but don't be proud of it and hope the original gifter doesn't find out. In reality they may not mind, but there's no reason to rub it in his or her face. By the same token, always include a gift receipt with your presents so the recipient can make the most of your gift if it's not quite the right size or exactly what they wanted.

**Be sensitive** - It's no surprise that somebody with yellow teeth may be offended if you get them a teeth-whitening kit they didn't ask for. Don't ever get your girlfriend a membership to a gym, and if you know someone who looks like Sloth from *The Goonies*, steer clear of *Baby Ruths* for Christmas.

OK so now we've avoided awkward gift giving. Let's talk about maximizing your likelihood to get good gifts.

There are three main sources for gift receiving: family, friends and significant others.

It is OK to tell your significant other what you



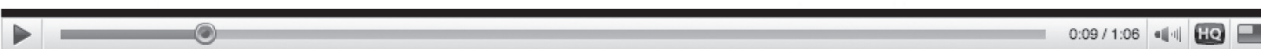
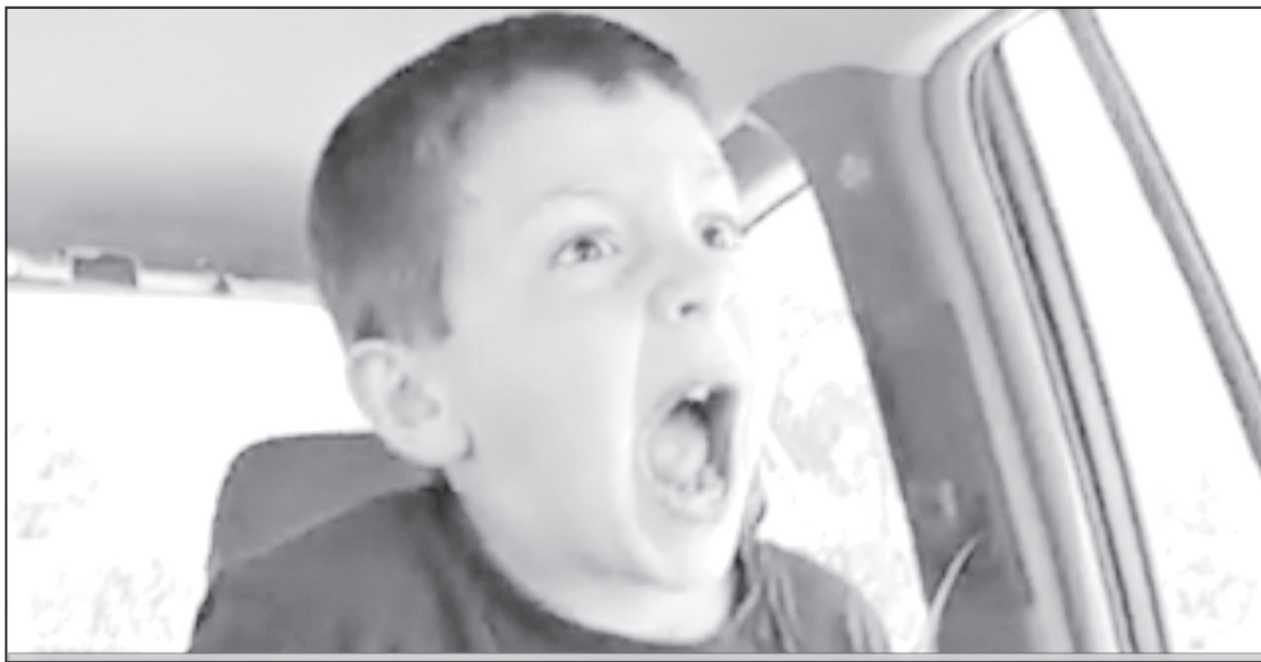


David after dentist

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## Top Youtube clips of the decade



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### A decade of Youtube ushers in era of mindless video-sharing

By **Traviss Witt**  
progress@eku.edu

In hindsight, the last decade will likely be marked down in history as the decade in which the most popular, influential and hilarious video-sharing site on the Internet was created.

Youtube.com was created by three former PayPal employees in February 2005 and has since turned hundreds of inconspicuous unknowns into overnight celebrities.

In the beginning, Youtube was predominantly filled with ill-refined home movies. People would capture their trip to the zoo, slap it on Youtube and share it with friends and family. Little did the creators know their project would soon become the catalyst for the social media revolution.

Soon, people began to realize the potential that this service offered. They began hosting television shows, comedies, documentaries, music videos, blogs, rants, do-it-yourself tutorials and a plethora of other types of entertainment.

It opened the door to anyone with a video camera to upload and distrib-

ute their content to a seemingly infinite amount of potential viewers, but with great power comes great responsibility, and many times this tool was used for evil instead of good.

At the dawn of the decade, an embarrassing home movie was simply that. But with the creation of Youtube, one slip up could haunt you for the remainder of your natural born life.

Just ask Michael Richards, most famous for his work as Kramer on the popular television show Seinfeld. After going on a very racist rant for nearly 10 minutes at an underground comedy show, the footage was leaked onto Youtube, where within days it had reached almost one million views and effectively destroyed his career.

One million people watching a single video on the Internet may seem drastic, but that would be considered insubstantial in comparison to the amount of hits many videos have gotten.

When a balding, middle aged man named Jud Laipply mashed up several of the most cliché dance songs of the last thirty years, got on stage and danced foolishly for six minutes, he probably didn't expect 134 million people to watch him do so.

"The Evolution of Dance" is currently the most viewed Youtube video in existence and that number is rising on a daily basis.

Now, don't think that talent, originality, or actual humor are vital elements of a successful Youtube clip.

All Ghyslain Raza had to do was stand in an empty, silent room, flailing a golf ball retriever around as if it were a lightsaber. Aply named "Star Wars Kid," the video presently has upwards of 15 million views.

When a father exploited his child's reaction to the anesthesia he his was given at a recent dentist visit, "David After Dentist" raked in almost 50 million views.

And when a frumpy, 47-year-old British woman named Susan Boyle went on the UK's version of American Idol and stunned everyone with her impressive vocal range, the footage was uploaded to Youtube and viewed more than 85 million times.

The most appealing aspect of Youtube is its diversity. Youtube doesn't discriminate, you don't have to be wealthy to use it, and anyone with a camera and the Internet has an equal opportunity at stardom.

It gives everyone a chance to demonstrate their talents (or lack thereof) to the entire world at no cost.

The last decade of Youtube has given us countless great moments, and the site is still in its infancy. As we look forward to the next decade, we can be thankful that at least half of the last one will be eternally documented on Youtube.



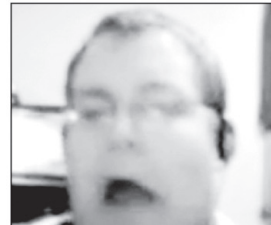
"Star Wars Kid"  
15,480,095 views



"Sneezing Baby Panda"  
49,837,688 views



"Evolution of Dance"  
134,579,062 views



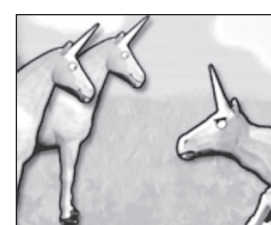
"Numa Numa"  
5,783,730 views



"Dramatic Look"  
18,747,174 views



"Boom Goes The Dynamite"  
3,850,844 views



"Charlie: Candy Mountain"  
11,853,002 views

## Taking nostalgic advantage of wintery weather

Snowball fights, sledding and peaceful walks makes snow a blessing, not a curse

By **Park Greer**  
progress@eku.edu

Snow.

It's cold, it's white and it's everywhere.

Even though this frozen precipitation has blanketed campus, students can get out and make the best of the frosty outdoors by having fun with friends and family alike.

Sure, snow puts the kibosh on a lot of activities and introduces the threat of things like frostbite. But if you consider the snow as a rare opportunity to do some stuff you'd normally never have occasion for, it can provide a welcome relief from the indoor worlds of class and dorm life.

Snow doesn't have to be a nuisance. It even has its advantages. The white fluff is not only beautiful in the morning sunlight, but it also helps add a little nostalgia to your day. It's easier to remember a time in your life when you're struggling against the elements. And with a little help from the tips below, you may look back on the winter months with some fondness.

Nostalgic tip number one: snowball fights. These are definitely a popular pastime. Pelting friends with snow is a great way to

pass the time and even vent that pre-school frustration. Instead of a small-scale battle with four or so people, try to orchestrate an all out war in the Ravine after dark. Just remember to keep your head down after you've exhausted your attack.

Nostalgic tip number two: sledding. Nearly everyone loves sledding. Just because campus is rather flat does not mean sledding isn't in the cards. The hills over near Model School and behind Telford offer a nice slope for a quick sledding fix. And if you don't have a sled at your disposal, don't give up hope. Just look around because almost anything that has a curved lip to it can serve as a makeshift sled; think cardboard boxes or recycling bins. And, even lacking those primitive wares, you've always got your backside. It'll work in a pinch if your slope is adequately packed down.

Nostalgic tip number three: peaceful walks. This is perfect for those couples who enjoy a little romantic stroll. The lamps reflecting off the frozen ground make for a perfect serene night with that special someone.

Yes, it is cold. And, yes, some people are tired of it, but snow is one of those things meant to be enjoyed before the full responsibility of adulthood takes over. So get outside (and please dress appropriately) throw a snowball or twenty, make your mark on the Ravine, build a snowman or just venture out and photograph all that is beautiful for later viewing when times are tough. Snow is a blessing, not a curse. Enjoy it.

## GIVING: 'Gift unto others as you would have them gift unto you'

Continued from Page B1

want, but be gentle on their checkbook; insist they don't spend a lot of money. They'll likely think it's sweet and possibly buy you lots of cool stuff anyway.

Sometimes couples negotiate price ranges but I recommend going over if it means getting something special.

And as a rule, guys should spend more on girls. We pick up the tab at dinners and movies, so Christmas should be no exception.

When it comes to family, there's likely there's no shame in a straightforward request for brothers and sisters. With parents and extended family however, there might be a line to tread.

Your parents have done so much for you that you almost hate to ask them for anything specifically for Christmas. But there are tools you can use to help convey your affection if you're willing to run an aggressive campaign for something you really want.

Try making fake phone calls to your friends and let your parents overhear you talking about what you want. You also might want to go home sometime before Christmas, look up the desired present on the Internet and "accidentally" leave the page up.

If you have little brothers or sisters it's perfectly OK to make deals with them. They drop hints for you; you drop hints for them. If your younger brothers or sisters refuse to cooperate, it's perfectly acceptable to tell them that Santa Claus isn't real. If they're going to ruin your Christmas, it's only fair that you reciprocate.

Might some of this advice be unethical? Maybe. But Christmas only comes once a year, and you spend lots of money on others, so it's important you be happy, too.

It's been said that it's the thought that counts, so when next December rolls around, put some thought into what you really want, and remember the golden rule, "gift unto others as you would have them gift unto you."



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Thursday, January 14, 2010 B3



PHOTO SUBMITTED



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**TOP LEFT:** Alban Holyoke, left, and Aaron Pardieu, right, both Eastern graduates, peep through several cast-iron plants while volunteering at the New Orleans City Park during a cultural trip taken by Eastern's Honors Program over Christmas break.

**TOP RIGHT:** Linda Frost, director of the Honors Program, carefully holds an alligator named Albert during a tour of Honey Island Swamp.

**RIGHT:** Some members of the Honors Program pose for a photo-op after finishing planting cast-iron plants at the New Orleans City Park, an area hit by Hurricane Katrina. Afterwards, volunteers also helped to remove Christmas decorations from another area of the park. The New Orleans City Park is 1,300 acres and one of the largest urban parks in the country.



PHOTO SUBMITTED

The *Progress* wants photos of what you or your friends did this week to run in our weekly feature *This Week In Photos!* Send your full-resolution photos to [progress@eku.edu](mailto:progress@eku.edu) or check out the *Progress* on Flickr at [www.flickr.com/groups/easternprogress](http://www.flickr.com/groups/easternprogress).

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For more information e-mail: [jeff.prosser@firstbaptistnet.com](mailto:jeff.prosser@firstbaptistnet.com)  
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# Men's hoops end semester break with wins

By Langdon Barnes  
langdon\_barnes20@eku.edu

Eastern finished the Winter Break on a good note with a 78-73 win over Tennessee Tech Saturday night. The Colonels (11-6, 4-2 OVC) shot 72.7 percent (16-for-22) in the second half to put away the Golden Eagles (7-9, 1-4 OVC).

Junior Justin Stommes led Eastern with 22 points. Stommes was 8-for-11 from the field including 5-of-7 from the three. He's averaging 15.4 points on the season while shooting nearly 43 percent from beyond the arc.

Freshman guard Willie Cruz gave the Colonels important minutes off the bench, scoring a career high 19 points on a perfect 8-of-8 shooting from the field. Cruz had just 15 points total on the season before his big game against the Golden Eagles.

The Colonels played without starter Spencer Perrin. Perrin, had started every game this season, but was suspended due to a violation of team rules. He is averaging nine points and six rebounds this season.

Eastern led the entire game before Tennessee Tech scored with 3:12 remaining to make it 69-69. Cruz and Senior Josh Taylor then went 4-for-4 from the line to put the Colonels up for good.

The Colonels shot 58 percent (28-for-48) from the field for the game. The Colonels hit 12 threes giving them a NCAA leading 171 on the season.

Eastern went 4-4 over the break with five road games. The biggest game on the schedule was a trip to ACC country to face 2002 national champion Maryland.

"We knew that this was going to be our toughest test of the season," said Coach Jeff Neubauer. "We have to learn how to win on the road."

The Colonels started down early but climbed back to make it a tough game in an 83-72 loss. Stommes lead Eastern with 16 points. The Colonels had five players score in double figures.

"We certainly did not get off to the best start and I do give our guys a lot of credit for fighting back," said Coach Neubauer.



Sophomore center Kaiti Cochren battles for a rebound with Tennessee Tech players during Eastern's 47-75 loss on Jan. 9. PHOTO SUBMITTED

# Women's basketball no longer undefeated in OVC

By Keith Ritchie  
randall\_ritchie6@eku.edu

The Lady Colonels made a lot of noise in the OVC over winter break.

After losing non-conference matchups against Cincinnati and Central Arkansas, the Colonels (8-7, 5-1 OVC) responded with wins over Tennessee State, Austin Peay and Jacksonville State.

The Colonels went into Cookeville, Tn with an undefeated conference record Saturday, but Tennessee Tech (7-8, 2-3 OVC) hushed Eastern with a decisive 75-47 blow.

The game turned ugly early. The Golden Eagles began the game with a 15-0 run, led by Kellie Cook, who scored the first ten points and the first 13 of 15.

The Colonels didn't get on the board until the 15:12 mark in the first half, when freshman forward Alex Jones knocked down two free throws. Jones finished with eight points and five rebounds.

Tennessee Tech went into the locker room at half time with a twenty-point lead, 42-22.

In the second half, the Colonels cut the deficit to 13 points with 13 minutes to go, but never got any closer.

Eastern's biggest disappointment was its inability to rebound. The Golden Eagles out-rebounded the Colonels 52 to 26.

Eastern Head Coach Chrissy Roberts was not thrilled with her team's effort.

"We went away from what got us to this point," Roberts said.

"It's about heart and effort. There is no reason why we can't box out and get down the court to defend."

But there were some bright spots in the loss.

The Colonels committed season-low 14 turnovers.

Junior forward Talisha Davis, who was named OVC Player of the Week, led the Colonels with 14 points.

Eastern returns home with a matchup against Eastern Illinois Thursday at 5:30.

Although the Colonels are tied with Morehead State for first in the OVC, Eastern Illinois is close behind with a 4-1 conference record.

The Panthers (8-8, 4-1 OVC), coming off of a 67-39 blowout over Southeast Missouri, bring a three-game winning streak into Alumni Coliseum.

Eastern Illinois leads the OVC in offense with 71.1 points per game. The Colonels are second in the conference in defense, giving up 60.8 points per game.

The Panthers will look to Ta'Kenya Nixon, who averages 14 points per contest and leads the team with 68 assists. The next highest assist total on the Eastern Illinois squad is 32.

"I want to see how the kids respond," Roberts said. "Eastern Illinois is a solid team top to bottom, so we have to compete start to finish."

Roberts said her team didn't compete for a ten-minute stretch against Tennessee Tech.

The Colonels host Southeast Missouri Saturday at 4 p.m.

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# Track teams to open season at UK meet

By Stephen Hauser  
progress@eku.edu

The men and women's indoor track team will kick off their season this weekend when they take part in the University of Kentucky Invitational on Friday and Saturday.

Expectations for the team are relatively high, with the preseason coaches' polls predicting the men's team to take second place in the Ohio Valley Conference. The women are picked to place third in the same preseason poll.

Head Coach Rick Erdmann, however, said he doesn't let that influence how he goes about his job.

"I don't put a lot of stock into preseason polls," Erdmann said.

Several key runners return for both squads.

For the Lady Colonels, Junior Kat Pagano and Sophomore Diamond Benjamin look to improve their personal bests in the distance events and short sprints, respectively. Pagano finished in first place in the 10,000 meter race at last year's conference championship, winning the 6.2-mile race with a time of just over 32 minutes. Benjamin was last year's OVC Freshman of the Year after she set a meet record in the 60 meters at the indoor championships with the time of 7.55 seconds.

Still, the season begins quickly, as the Colonels will find themselves up against some of the strongest teams in the Southeastern Conference, such as Alabama, Auburn and Florida.

"Friday's meet will be the most intense meet of the year because of the high level of competition," Pagano said.

Pagano said her goal is to go out there to have

good strong run.

"It will allow me to see where I am at," Pagano said.

She said her goal this year is to break nine minutes in the 3,000 meters at the Indoor OVC Championships on Feb. 26 and Feb. 27.

Overall, the men's the women's track teams do face one particular obstacle: They don't have an indoor training facility, which makes it difficult to train and field a full team.

"We don't have a facility to practice events like pole vault, high jump, long jump and triple jump," Coach Erdmann said. "We don't even have facility to run and train in. Imagine having an indoor basketball team without a place to play basketball in."

Erdmann said the teams don't even have athletes in some of the events, and that can make it more difficult for the team to rack up the points needed to be competitive.

"It's hard when you go out there and win a race, but another university has runners who come in second, third, and fourth," Pagano said.

Erdmann said this weekend's invitational will be a big wake-up call for the teams, showing where they're at after the long time off for the holidays.

"This meet will be trying to see what type of shape we are in," said Erdmann.

On the men's side, Stanley Mugo, reigning co-OVC male track and field athlete of the year, will be one of the leaders of this year's squad, joined by seniors Elkana Kurgat and Chris Rengifo.

Sophomore sprinter Shannon Davis will also be returning for the team. Davis was named the 2008 OVC Male Freshman of the Year after snagging conference titles in the 100, 200 and 400 meters.

## Quick Hits

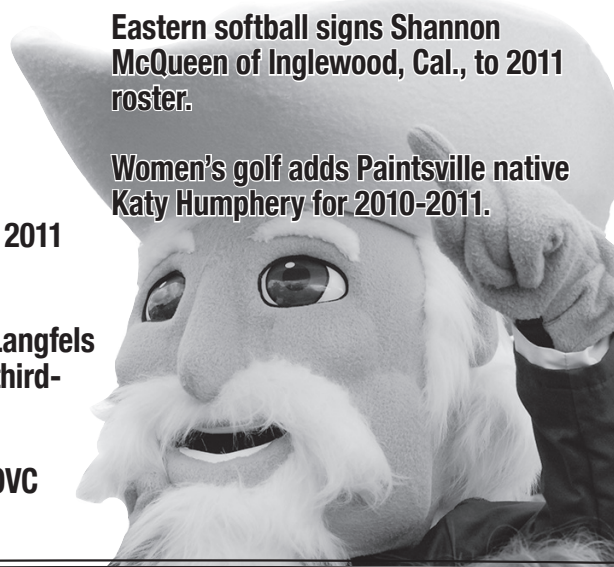
Eastern softball signs Shannon McQueen of Inglewood, Cal., to 2011 roster.

Women's golf adds Paintsville native Katy Humphery for 2010-2011.

Baseball team adds catcher to 2011 class.

Junior third baseman Jayson Langfels has been named a preseason third-team All-American.

Junior Talisha Davis selected OVC Player of the Week.



## ANDERSON: 'An amazing competitor'

Continued from Page B6

so hard for and we had accomplished that. It was an amazing feeling. For that moment, I felt like I was on top of the mountain."

Anderson played in 21 games for the Astros at the end of the 2007 season, hitting .358 with a .413 on base percentage. But Anderson hadn't found a major league city to call home yet. The Astros soon traded him to the Atlanta Braves.

He spent most of the 2008 season with the Braves triple A affiliate in Richmond, Va. With the Richmond Braves, Anderson hit in 27 consecutive games, the longest hitting streak in the franchise's history. Anderson was named an International League All-Star. He also was named the Richmond Braves Player of the Year.

Going into the 2009 season, Anderson said he thought he would have a chance to be the Braves starting centerfielder. But instead he was traded before the season began, shipped to the Detroit Tigers. The 2009 season would bring more change for Anderson as he was then traded to the Kansas City Royals at the end of July. Six days later, Anderson's wife Heather gave birth to their first child, Easton.

Anderson signed with the Reds on Jan. 5 and hopes to finally be able to have a baseball home. While his spot on Cincinnati's roster isn't guaranteed, Anderson is grateful for the opportunity.

"The chance to play for the Reds is very exciting," Anderson said. "I feel confident that I can go into camp and win a job. I just need to go in with the right attitude and be ready to compete. I'm willing to make adjustments to make myself a better player and help the Reds win."

Anderson's success is not a surprise to many at Eastern.

Karl Park, executive director of the ECU Athletic Hall of Fame, was the sports information di-

rector at Eastern during Anderson's playing days.

"He's an amazing competitor," Park said. "The word that kept coming up about Josh was 'dangerous.' He was dangerous to the other team in how quickly he could affect the game if he got on base. If he was on first you knew he was going to steal second, and then have a good shot of stealing third."

Eastern Head Baseball Coach Jason Stein was an assistant to legendary Eastern coach Jim Ward while Anderson was recruited and saw that talent.

"Josh is a game-changer," Stein said. "He could hit and could field but what really devastated other teams was his base running ability."

Anderson holds Eastern's career record for stolen bases as well as single season records for hits, runs, singles and stolen bases. He was also inducted into the ECU Athletic Hall of Fame in 2009.

"Being inducted into Eastern's hall of fame was incredibly special to me," Anderson said. "It's amazing that my school remembers me like that."

"I am very grateful to everyone at Eastern. From the athletics department to the administration to the fans to the coaches and my teammates, everyone was amazing. It's just incredible what everyone did for me."

Anderson's success can also help in the future of the Colonel Baseball program. Stein says having a player such as Anderson in the major leagues can sell the Eastern baseball program to recruits.

"Josh proves that players with pro aspirations can get drafted from Eastern," Stein said.

And the type of pro Anderson has become is what Stein said impresses him most.

"He soaks up every season, every game," Stein said. "Josh is very appreciative to be at the ballpark. He knows he is lucky to be a big league player. Some other guys aren't like that."

## This week in sports



Thursday, Jan. 14 7:30 p.m.  
Men's basketball vs. Eastern Ill.



Thursday, Jan. 14 5:30 p.m.  
Women's basketball vs. Eastern Ill.



Saturday-Sunday, Jan. 16-17 All day  
Tennis at Purdue Invitational



Friday-Saturday, Jan. 15-16 All day  
Track at UK Invitational

## ZANGAN: 'Student athletes have it tough'

Continued from Page B6

division I level.

So taking in each sport, with a different athlete a week at a time, will give me just a brief view on what they go through.

Some know this is the last time they can showcase their talents on a grander stage.

Others participate in sports hoping one day to play on the bigger stage (NFL, MLB, Olympics.)

Have you ever seen the show Pros versus Joes? Professional athletes line up against average, everyday people. This is the one time those "average Joes" can either win or go home just an average Joe.

My goal is not to beat every athlete at their own game, though it would be funny to see me run around in circles with tears in my eyes, crying like a kid who just got his first bike, because I won a match against junior tennis star Alex Das Izqueirdo.

My goal is to find out what it really takes to do what they do, consistently, often 365 days a year.

A journalist can watch from the stands and then write results without ever breaking a sweat.

But that's the Sisterhood of the Traveling Ya Ya Pants and Applebee's, easy way.

I want to go to Paris, then find a new planet and name it after the girl who might give me a second date.

## PAGANO: 'Her strength is her attitude'

Continued from Page B6



TREY BURKE | PROGRESS

Pagano helped Eastern's cross-country team win its third straight OVC title in 2009. Her goal is a fourth title in 2010.

Both sports have differences.

In cross country, races consist of longer distances and more runners on the course. The courses are often filled with obstacles, including bad weather conditions, large pools of water and hills.

In track, the course is often the same. The race features a limited amount of runners per heat.

But her goals are simple. After winning a third OVC title in cross country, Pagano wants to win a fourth straight next year.

In 2009, Pagano won her first individual conference title in the 10,000-meter at the OVC Outdoor Track and Field Championships.

And she wants more.

"I'd like to try and surpass my 5k time last year and maybe break the 17:40 mark," Pagano said. "It's farfetched, but I would adore taking home a track championship. It would make my life."

She finished sixth in the 5,000 meters at the championships and would like to beat her times from last year.

Yet her reason behind running goes deeper than just a trophy.

"Running is like a marriage," Pagano said. "It teaches different things. There's no answer that comes to me on why I do what I do when I run. I keep running to get the answers."

If she is looking for answers, what are the questions she's asking?

Her biggest question is what she will do after graduation.

One option is to stay at Eastern and become a graduate assistant for the track team. Another option is to concentrate on her love of horses, but for now she will focus on her next run.

"When I run I tend to not feel human," Pagano said. "I feel like I am a part of nature. I'm integrated into everything around me."

Pagano has integrated many different hobbies and loves into her life, but one thing is for sure, until she finds all the answers, she will not stop running.

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Darren Zancan



## Going the hard way for some insight

This being my first column as the new sports editor at The Eastern Progress, I really wanted to set the tone for the rest of the year. There were a few different routes I could go.

In a way, it's like taking a girl out on a first date. You have at least two available options.

Go the standard route and see a movie: Sisterhood of the Traveling Ya Ya Pants and a dinner at Applebee's so we can indulge in the current two for \$20 meal plan which includes an appetizer.

Or fancy it up a bit. Take her to Olive Garden, buy her a rose and then hop on a plane for a one-day trip to New York for a Cubs versus Mets game or her favorite Broadway musical and then fly home.

Only problem with option two is that she expects the second date is a trip to Paris and a planet named after her.

Point is: Take the easy way or the creative and hard way.

I took option two.

Over the next several weeks I want to challenge myself in the wide world of sports here at Eastern.

We have 15 varsity teams, combining men's and women's.

I often hear a lot of my friends saying, "well I could do that" either referring to a play on the basketball court or a catch on the football field.

Sometimes I find myself doing the same.

Division I athletes have tough, busy schedules. They also have to be the best at what they do after the book is put down and the uniform goes on.

So instead of taking a trip to Serbia with former NBA great Vlade Divac, hitting the town, seeing what happens, then playing a game of one on one and coming back to the states only to write an expose on retired international basketball icons, I figured every week or two training with an athlete from each sport, men's and women's, then challenging them to something related to their sport would be a better idea.

Why am I doing this?

I think it is important to go beyond the sport. We sit in the stands and watch athletes play a game while putting their heart into it everyday.

But what we sometimes fail to realize is how much work they put into being student athletes, even more impressive at a

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# See Kat Run



PHOTO ILLUSTRATION | TREV BURKE

## Pagano won her first individual track title in 2009

By Darren Zancan  
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Kat Pagano never envisioned running track or cross country in college.

Quite frankly, she never took it seriously enough in high school to get looks from any colleges.

Her first love was soccer. Soccer led her to cross country, which led her to track, not because she wanted to run but because the coaches took notice and pushed her to run.

"I was a couch potato in high school," Pagano said. "I didn't put a lot of effort into running, so I guess I just got lucky. I didn't take running serious and I did not push myself like others did."

Pagano has always been a free spirit doing whatever made her happy. She consumed her daily life

with everything and anything, ranging from band to horses to bowling. The farthest thing from her mind was running.

"Running was an element in my busy life," Pagano said. "But I never thought I would end up here." Here she is.

People take notice. She's that good.

A stand out at Bonny Eagle High School in Standish, Maine, Pagano came to Eastern after talking with Christine Snow-Reaser, a former Eastern runner. Reaser and Pagano would run together. Reaser saw what everyone else had seen: pure talent. A call to Coach Rick Erdmann, and Pagano was the newest member of the Colonel cross country and track team.

Several cross country runners' double-up as track stars. Pagano runs the 1500-meter and 5000-meter

in track.

Pagano, a junior studying anthropology and archeology, has been one of the driving forces behind the team's success, continuously running ahead of the pack.

Pagano's teammates attribute her success to her positive attitude.

"Kat is a strong leader," senior runner Maria Dorerger said. "Her strength is her attitude. Nothing really bothers her, and because of that, she has done so many things the right way."

Participating in track and cross country is not easy. Every week runners put in more than 20 hours of practice time just to prepare for an upcoming meet and to reach team and individual goals.

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# From maroon to Reds: ECU star lives dream

## Josh Anderson has played for four major league teams since 2007

By Nick Johnson  
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Josh Anderson was like a lot of people growing up in Kentucky. He and his family made countless summer trips from their home in Pulaski County to Cincinnati to watch the Reds play.

Now kids making those summer trips with their families may be seeing Anderson play for the Reds.

Anderson, who was an All-American outfielder for the Colonels in 2003,

recently signed a minor league contract with the Reds giving him a chance to make the team's opening day roster during spring training.

"It's a blessing," Anderson said. "I couldn't have asked for a better opportunity. To be close to home and my family, with a chance to play for the team I grew up rooting for is an awesome opportunity."

The 2003 OVC Player of the Year has faced a long and trying road to get to this point.

Drafted by the Houston Astros in 2003, Anderson has played for four major league teams since 2007. Anderson spent time with six minor league teams.

However his attitude, work ethic and appreciation for the game of baseball, as well as strong family support, have allowed the Eubank, Ky. native to have

the opportunity to play for his favorite team when he was growing up. The opportunity didn't happen overnight.

"Playing in the minor leagues is tough," Anderson said. "Lots of players get drafted. But very few make it to the big leagues, and even fewer are able to make it a career."

Anderson says the constant uncertainty that goes with life in the minor leagues can weed out even talented players.

"It's constant," Anderson said. "You pack up your car and move to a place where you don't know how long you're there, but you have to remain focused. You have to stay hungry for your opportunity."

Anderson worked his way through Houston's minor league system with stops in places Salem, Va., Corpus Christi and Round Rock, Texas. He also

played 73 games with the Lexington Legends.

The dream of playing major league baseball finally came true for Anderson in September 2007. Anderson joined his new teammates as the Astros played the Cubs at Wrigley Field in Chicago. Anderson finally got the chance he and his family had been working for.

"When I first got called up to the Astros and I walked out on the field at Wrigley, all I could think of was the sacrifices made by my family," Anderson said. "All those mornings of my parents taking me to practice from t-ball to senior league for all of those years, the early morning workouts, the constant moving in the minor leagues that my family dealt with; That's what I was thinking about. Playing in the major leagues was everything we had worked

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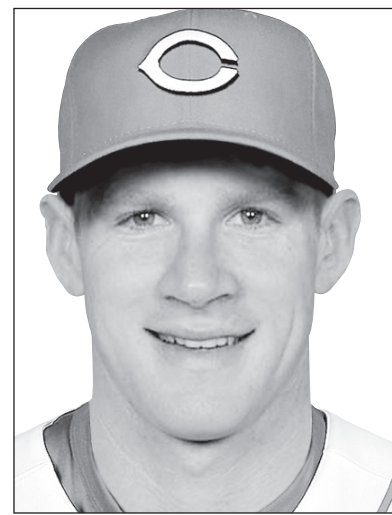


PHOTO SUBMITTED  
Anderson was named 2003 OVC Player of the Year.

# Colonel Corner

Q&A with Papa Oppong



PHOTO SUBMITTED

Senior guard Papa Oppong talks NBA JAM, HORSE shots and Canadian stereotypes.

By NICK JOHNSON  
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**Q: Did you ever play ice hockey growing up?**

A: I'm not a great ice skater, so I never really played ice hockey growing up. I played roller hockey when I was younger.

**Q: How bad of a skater are you?**

A: I can skate. Braking and changing directions are the problem. I can skate in circles.

**Q: Let's test the national stereotype. Do Canadians really say the word 'eh' a lot?**

A: It's really not said that much. It's said but people don't say 'eh' as much in Canada as you all make it out. Not

everyone in Canada is walking around saying 'eh' all the time. It's not in every sentence.

**Q: What basketball player did you like the most growing up?**

A: Growing up I loved Michael Jordan. I used to watch him with my dad. He made the game look so easy. He made it look effortless on the court.

**Q: What's your best HORSE shot?**

A: From behind the backboard. Similar the ones LeBron and Kobe have hit this year. I can make that shot.

**Q: What's the first website you check in the morning?**

A: I usually check my ECU email first.

**Q: OK, what's the second website you check in the morning?**

A: WorldStar Hip Hop.

**Q: NBA JAM is coming back, did you play that video game growing up?**

A: I loved NBA JAM. That was my game. My team was always the Detroit Pistons with Isiah Thomas and Joe Dumars.

**Q: So it must have been cool when you played against Coach Isiah Thomas and Florida International in November, right?**

A: Yeah, that was crazy. I was on the court shooting during warm-ups and he was on the sideline sitting there chilling. I was like 'Wow.' He was really short though. I thought he would

be taller.

**Q: Why did you choose Eastern?**

A: I came here on my visit I really liked it. And since I've been here everything that they said about the school during my visit turned out to be the real deal. I never thought I'd see myself in Kentucky, but I like it. Plus I really liked the coaches and the team.

**Q: What is something about you that not many people know? Do you have any hidden talents?**

A: I try to sing, but I really can't and everybody already knows that. But I like crossword puzzles.