# Eastern Kentucky University Encompass

Eastern Progress 1994-1995

**Eastern Progress** 

8-25-1994

## Eastern Progress - 25 Aug 1994

Eastern Kentucky University

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Neil Young: New album Sleeps with Angels' often soars, occasionally falls See Page B3

ARTS



Groceries: Frugal shopping on a college budget, while considering nutrition

See Page B1 ACCENT



John Sacca



Ron Jones



Quarterback Controversy: Will it be Couch, Sacca or Jones? See Page B6

**SPORTS** 

# THE EASTERN PROGRESS

Vol. 73/No. 2 August 25, 1994

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CHHERING ON THE band Oprah's Diet at Cherries Thursday night is Lisa Dupes.

# **Committee works** on parking hassles

By Selena Woody

Students who lost their parking privileges last year can breathe a sigh of relief. All revoked parking privileges will be returned.

However, Skip Daugherty, dean of student development and chairman of the Parking Appeals Committee, said the permits will only be returned this year, and the ticketing policy from last year will remain in effect for this year with a

"We are forgiving everyone, but we are not being soft on this issue," Daugherty said. "Last year was a transition year."

The current policy allows students only six tickets in a year. Last year, students received a notice that a seventh ticket would mean a loss of parking privileges. This year, Daugherty said, there will be no notice. When the seventh ticket arrives, offenders will be punished.

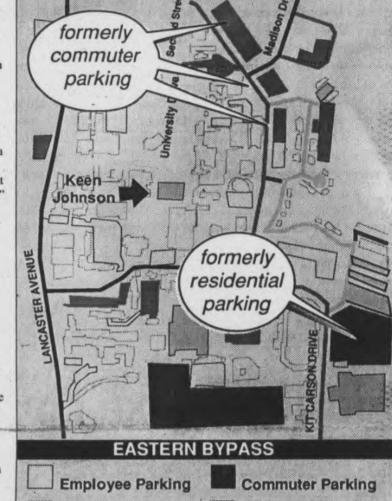
Another change in the policy is the punishment. Last year, privileges were simply revoked after the seventh ticket. Offenders this year will have the option to lose their permits or be banned to certain parking lots.

Residents would have to park in the Lancaster lot, and commuters and faculty would have to park in the Stratton lot

The loss of privileges will remain in effect for one year. If a student gets a seventh ticket Aug. 30, they won't be able to regain a

full permit until Aug. 30, 1995. Mark Jozefowicz, assistant

**PARKING CHANGES FOR FALL 1994** 



Resident Parking

promise to enforce the policy fully, there will still be violations.

tion, said the policy is not a perfect solution.

"No matter what you do, some-Even with these changes and the director of parking and transporta- SEE PARKING PAGE A12

**Brockton Parking** 

# Condoms: New downtown nightcap

By Don Perry News editor

Condoms and safe sex are fast becoming as much a part of the downtown bar scene as dancing and

Two of Richmond's bars, J. Sutters Mill and O'Riley's Grill and Bar, are distributing free condoms provided by Mountain Maternal Health League Planned Parenthood Inc. of Berea as a part of a campaign called Project Nightcap.

Mountain Maternal is hoping that the easy access to the condoms, which come in a variety of colors, will help to prevent sexually transmitted diseases and unwanted pregnancies among patrons of the pubs.

Project Nightcap coordinators recognized that alcohol consumption often leads to risky behavior including unprotected sexual intercourse.

Richmond was targeted for the project primarily because of its ability to attract college students from both

"Our goal is to have condoms in every bar in Madison County by the end of the year."

> —Dawn Kirstaetter Mountain Maternal's executive director

Berea and Eastern to the downtown

"Our goal is to have condoms in every bar in Madison County by the end of the year," said Dawn Kirstaetter, Mountain Maternal's executive director. "We want condoms to be as socially acceptable as breath mints or matches."

As well as providing fishbowls of condoms, Mountain Maternal is also responsible for providing pamphlets on condom use that bar owners were encouraged to display in visible areas of their establishments.

Patrons at O'Riley's thought Project Nightcap was a good idea, but said they thought the campaign would be more successful if the project was

better advertised. There were only two signs on letter-sized paper visible at O'Riley's, and the fishbowl of condoms wasn't visible to the patrons.

"If they are going to do it, they should put a sign where people can see it, like on the door." said RB Stiddham, a former Eastern student and O'Riley's patron.

The small signs encourage patrons

before they leave.

Although there was a lack of advertisement for the project, employees said it has been successful.

'So far it has been a success," said Mari Winkfein, an O'Riley's employee. "Some people play it off as a joke, but all in all I think it has been taken serious because people want to have protected sex because of all the diseases."

Pete Tyrrell, an Eastern student and O'Riley's patron said the Project Nightcap campaign could be very effective among the younger generation, and said he would not be embarrassed at all to ask the bartender for a

As well as the condom campaign, Mountain Maternal also offers other services to students including free programs for campus groups and residence halls on relationships, sexuality, birth control, AIDS, self-esteem improvement and a wide variety of

## Woods granted appeal, returns to school, team

By Amy Etmans Copy editor

On the front cover of the 1994 Colonel football media guide are

the starting offensive lineman. In the center of the lineup is team captain Joel Woods.

At the end of last semester, Woods'

**Joel Woods** 



academic and athletic career was on appeal with university President Hanly Funderburk. Now, this semester, the senior police administration major from Pineville returns to Eastern as a

student and a football player. "What is the past is in the past," Woods said after practice Tuesday night. "I'm just glad to be on Eastern's football team."

Woods is referring to the April 6 disciplinary board hearing where he faced charges of violating the university policy prohibiting weapons on campus. Woods' revolver was used in the March 5 suicide of teammate John Keough in Woods' O'Donnell Hall room.

At the time of his disciplinary hearing, the board said Woods must move out of his residence hall room for the remainder of the spring semester and was not

SEE WOODS PAGE A12

# Wanted: Students for homebound peace corp

By Chad Williamson Managing editor

The deadline to join what Gov. Brereton C. Jones called a "peace corps at home" has been extended to allow students to apply.

Sept. 6 is the new deadline for applications to join the Student Service Consortium (SSC). The original application deadline was Friday.

As part of AmeriCorps, which was created by the 1993 National and Community Trust Act, the SSC will be funded through \$238,800 awarded to Eastern's College of Education.

During the presentation of the grant to Eastern Aug. 15, Jones recalled the founding of the Peace maturity for this project," Thames said. "A 17-

Corps by President John F. Kennedy in 1961. "It made an impression on people around the

world," he said.

Participants in the SSC will work 1,700 hours over a span of 10 months with students from kindergarten through post-secondary school while also earning a living stipend of \$7,500, in addition to health care and child care when needed, and an educational award of \$4,250 upon completing the service.

Program coordinator Nancy Thames said applicants must have completed two years of college with a minimum 2.8 GPA.

"We decided you need a certain amount of

year-old just out of high school isn't ready for this."

Most student loans taken out by student coordinators can be deferred until service is done. Interest will be paid by AmeriCorps.

The SSC will allow students to work to better their world within their own borders, Thames said.

"Instead of going across the ocean, you go across the street," Thames said.

The SSC is one of six such programs being funded throughout the state at a total cost of \$1.44 million, nearly double the amount calculated to the state according to its population.

SEE AMERICORPS PAGE A5

# **INSIDE**

International students celebrate their last day in America. See A9.

**Weather Forecast:** THURSDAY: High 86, Low 64, partly sunny FRIDAY: High 91, Low 66, SATURDAY: High 90, Low 68, sunny

Accent.....B1 Activities.....B3 Ad Index......A11 Arts/Entertainment......B3 Classifieds......A4 People.....B4 People poll......B2 Perspective.....A2&3 Preview.....B4 Sports.....B6,7

Class pattern



# Parking nightmare

University policy could become a joke witout good backup

Parking breakdown

(Number of tags Issued by year)

2.308

6,903

3,926

..3,926

**Employee** 

**Employee** 

Residential

Employee

Residential

Darking, parking, parking. That recurring nightmare of the university is - like approximate 16,500 students - back for another year.

However, the university may have this solved. Maybe.

New zoning changes in campus parking lots have taken a commuter lot - Kit Carson and switched it with a residential lot - Van Hoose - with a minimal gain of 230 spots for commuters.

The benefit here is that residential spots are more centralize where residents stay. The loss is that commuters have essentially been banished to the outermost parts of campus.

Like most students, commuters don't want to make a daily trek across campus that may take longer than the class. It seems unfair that they are now forced to do so.

It seems a more logical solution would have been to split the spots in Kit Carson and Van Hoose between commuters and residents: That's how most parents would settle a dispute between children; Good ol' sharing.

No matter what the university and the parking committee do, however, there will always be parking violators and conflict over who should park where.

This year, along with the lot changes, the

university came to the conclusion that it should "forgive" all 1993-94 parking violators who lost their parking privileges after collecting seven tickets. Those drivers should feel free to visit the Brewer Building to pick up the

> parking permits they thought they had lost forever. But be warned, public safety officers are sworn to uphold the parking regulations this year. Students, faculty and staff who reach the six ticket maximum will lose their privileges to park just anywhere as soon as the seventh ticket rolls in. Students violators will be banned to

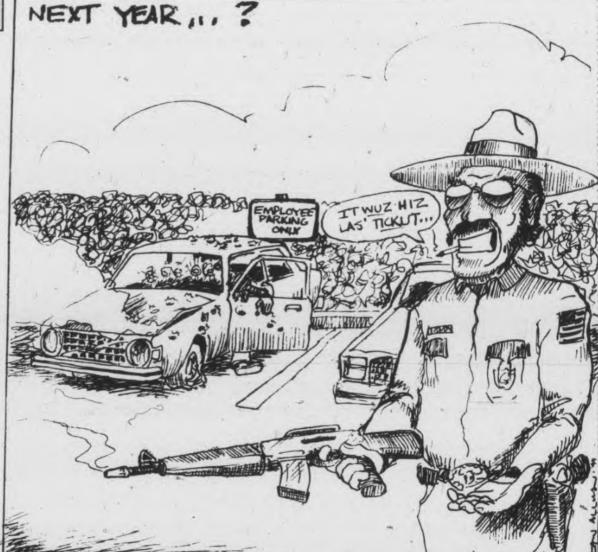
> Lancaster lot and commuter and

faculty violators to Stratton lot. Those students who continue to violate this parking commandment will find themselves in front of the disciplinary board or chasing a towed car across the county.

Penalties will begin on the day of the seventh ticket and stand in effect for a full year.

Whatever happens in this crazy, fast-paced world of technology, the university better stick to its guns on the parking rules and lots.

If the new plan doesn't work, it should be fixed. Administrators should not let every year be a transitional year where violators break rules simply to have everything fixed the next semester. That would all too soon turn parking at Eastern into an even bigger joke.



## Newspaper is a learning environment

"Student Publication of Eastern Kentucky University."

So reads the nameplate of The Eastern Progress. But what does that

Every editor and writer who works on this paper is a student. It's sort of a prerequisite, if you will. Students make the newspaper's decisions and create it.

However, like every other student at the university, those students we at the Progress - are here to learn from the university and the

newspaper. The Progress staff has an advantage that many students would like to have during their education. We can each work on the Progress staff, participating in the field we have chosen for our careers. Here we learn how to design pages, how to find just the right words and how to cope with working way over full

time while trying to have a life. This laboratory paper gives us the chance to see if journalism is really what we were called to do in

However, we don't always do things right.

If we were that perfect we'd all be covering assignments for The Wall Street Journal or the

Associated Press. We make mistakes, we goof up, something slips our minds or just goes unnoticed. Sometimes we even forget the things we've been told a million times. It happens and we, as students, learn from it. We cannot make the past something it is not,

Selena

Woody Mind Meld

but we can make ourselves better for the future.

Over the years, student journalists have learned many things by working for this paper.

Many found they were not journalists at all.

Others found knowledge that will help them nurture a blossoming

career, through study and mistakes. Sometimes we laugh as we realize our mistakes, and sometimes we

Sometimes a name was misspelled or a new word was created due to bad notes. I couldn't give you a specific episode; this has happened to us all. You fix the mistake with a correction and whatever else it justifies, all while smacking yourself in the face for being stupid. Next time you quadruple check those names and ask how that funny word is spelled. We learn to question every-

Occasionally things are more serious though, and we learn bigger more important lessons.

Take the time a writer went to get a story, but showed up after the event and asked the performer "So what are you doing here?" He didn't get the story, because he had insulted the performer with his lack of

background work. He learned to do his homework and be on time.

Another episode took place when a photographer forgot a sacred rule. Never use flash photography indoors, especially at an event where the lights are lowered, unless you have full permission.

This was something he knew. He is also human, and being in a rush with a newspaper to put out, and lots of classwork to do, he for-

The flash annoyed the performer, temporarily causing him to lose his place in his performance. When the complaint came in, the photographer was upset with himself. He will not forget to get permission in the

The Progress is a lab, much like a chemistry or biology lab, where you learn by doing.

The things we do under these situations stay with us and make our textbooks come alive.

I once interviewed a science teacher in Montgomery County who said, "There's no replacement for active learning. It becomes more real to the students that way." After my experiences with The Progress, I would say he's right.

I am grateful for the lab opportunity student journalists have here at Eastern and for the lessons I and my co-workers have learned in our time

These lessons can only make us better at what we do and improve the education the university is work-

# Sportsmanlike conduct

New OVC policy requires equal team cheering at games

Then Eastern plays its first home foot-V ball game Sept. 10 against Samford, be sure not to cheer too loudly.

And don't object to any referee calls. And be sure to cheer just as loudly if Samford breaks through our line to score as you would for Eastern's players.

Why? Because the Ohio Valley Conference has a new set of rules, "Sportsmanship Statement," with the mindset of "having a positive effect on the area of athletics," said acting athletic director Robert Baugh. "The intent is not to stop cheering."

That's odd. It sure sounds like

Another guideline in the statement calls for public address announcers to "announce the contest in an even-handed manner with equal excitement for both teams."

Try to picture the UK Wildcats announcer acting neutral during the last 30 seconds of a tie game with the University of Tennessee.

Another item in the statement asks fans to "applaud the efforts of both teams while supporting their own."

Now there's real encouragement for the players - your fans are supposed to cheer when the other team scores against you.

Anyone who has ever suited up to play athletics knows that part of why you play is the support of the fans. Meanwhile, the OVC seems to be ignoring the primary factor in

sports: you play to win. It's that simple. Sportsmanship undoubtedly has its place in

athletics, and is an important factor in games, but no one plays sports simply to show how good of a sport they are. They

> play because they want to show they are the best, not, as the statement says, for the "importance of sportsmanship over winning."

We're not saying it's OK for fans to torture the other team, but the OVC should realize that it's asking for a reversal of human

nature. Fans want to cheer their team and boo the opponents. Asking Eastern fans to also applaud the merits of Morehead or Murray State is like dancing

with the devil. The ruling will only hurt the fans who come to cheer their team on to victory. Fans or players who choose to behave hostilely will do so regardless of what the rules say, even if the penalty is being ejected from the game.

Luckily the rules apply only to the home games. Eastern fans can still cheer for the Colonels. They just can't do it at Eastern.

#### **Director applauds Progress**

Congratulations on the neat issue you put out today (August 18).

Computing on Page 1, but overall I think it will be very useful to new and old students alike.

The pictures of academic admin-I may be biased, because you put istrators were a great idea, and the information about Academic layout reflecting the organization

Carol Teague Director, Academic Computing

# THE EASTERN PROGRESS

117 Donovan Annex Eastern Kentucky University Richmond, Ky. 40475 (606) 622-1872

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Opinions expressed herein are those of student editors or other signed writers and do not necessarily represent the views of the university. Student editors also decide the news and informational content.

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Classified

To suggest a photo of

...622-1881

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■ To report a news story To place an ad or idea

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To submit a column

The Progress give readers an opportunity to express more detailed opinions in a column called "Your Turn." Columns should be mailed to The Eastern Progress, 117 Donovan Annex, Eastern Kentucky University, Richmond, Ky. 40475. The deadline is noon Monday prior to publication. Columns will be printed in accordance with available space.

#### Up to:

#### The university

Despite the continuing complaints of various students and staff, at least something is being done about the annoying parking situation that makes Eastern so well known.



#### Up to: U.S. House

House Democrats and Republicans finally agreed on the President's crime bill, passing it Aug. 20. Good tack on getting it through the Senate, Mr. President.

#### Down to: Baseball

Sure the players bring in the money and establish owners' fortunes. But it seems that America's favorite pasttime is quickly becoming the strike.



#### Down to:

#### The university

Lines are the same as usual people seem to care other than those who stand in registration line for two and a half hours to

Suggestions for UPS & DOWNS are welcome. To make a suggestion, call 622-1882.

for this time of year and few take care of 10 minutes of business.

# Parking problem easily solved with time limits on some spaces

Once again it is time for all of us who drive to bitch and moan about how bad the parking problem is on the campus of Eastern Kentucky University. But instead of just sitting around and complaining about it. I think it is time for a plan that will help resolve the situation.

I guess the powers that be thought that changing the commuter residence hall parking and the residence parking in the Van Hoose lot the right direction, but it seems to me that this is a step backwards.

Yes, the philosophy behind the



The administration is concerned about the security of Eastern's beautiful young co-eds as they make that long walk home at night and feels that by zoning more parking close to the girls' dorms, they can make those late night walks home a little

The rationale is good, but the plan is flawed, because the parking Quiggins flawed from the beginning.

Much of the parking problem on campus can be attributed to people, who make Eastern's "suitcase college" nickname an understatement. These people park on Sunday evenings and don't move their cars until they leave on Friday.

## PEOPLE POUL

#### Question:

What is your favorite food and why?

Compiled by Doug Rapp



John Nganga , 23, Kenya, horiculture

"Chicken. I can't stand



Jaleh Alameh, 20,

Lexington, accounting

"Rice, because it is brain



Shawn Kelly, 18, Music, Russell Co.

"Pizza. It's easy to get."



Mike Tapp, 20,

"Pizza, because it's good and kind of healthy

parking along Kit Carson Drive to to commuter parking was a step in



zone change is valid.

shorter and a lot safer.

system that got us into this mess was

How many times have you been going somewhere with friends and one of them said "I don't want to drive, because I have a good parking space and I don't want to lose it?" It has happened to me several times,

and I don't have that many friends sat more than 24 hours, after a very that live on campus. I know a girl whose car died in a

prime space outside Telford Hall at the beginning of the fall semester of '92 and didn't move until Christmas.

If you doubt that some cars sit for days, just look at the cars parked around dorms as you walk through a B-zone lot on the way to class.

After a few days of observation, you will see a pattern.

Most of them don't ever move. . My solution is simple.

I think Eastern needs to put a 24hour time limit on parking close to the center of campus, so people that need the spaces can use them, and people who don't use their cars oftencan park at the edge of campus in, extended parking lots.

If public safety towed cars that

short time a gold mine of extra parking spaces would be revealed.

Some dorm residents might not like the prospect of being towed after 24 hours, but if they need their cars on a daily basis they don't have to worry because they will move before time runs out.

If they can go for days without moving their car, then they don't need it by their front door anyway.

The time limit concept could be expanded to include lots close to administration and class buildings by assigning those lots time limits based on their proximity.

Additional parking meters on prime spaces could also be added to aid students and faculty in accessing buildings they may have business in. major from Berea and accent editor

Imagine being able to drive to the for the Progress.

financial aid office or the campus post office and be able to park, do your business and leave the space. for the next guy to use.

Change is never easy.

But with time limits we could make more parking without taking away automobile privileges for under classmen, which was once a ... policy at the university.

Public Safety does such a good job with the difficult task of policing the current system.

Like it or not, they do their job. Changing the university parking policies would not make more work for the officers. It would just change the system they work under.

Quiggins is a senior journalism, ?

# Movies, smiles make a friend

I made the suggestion to see the midnight movie at the Kentucky Theatre in Lexington Saturday night. The movie was an American classic: "Raising Arizona."

So five of us crammed into a car and braved the pounding rain driving 20 mph - so we could stand in line in the downpour for our tickets. Nicholas Cage with panty hose on his head is even funnier the sixth time you see it, and I never fail to crack up at why his wife couldn't get pregnant: "Her insides were a rocky place where my seed could find no purchase."

The night before there had been six of us, eating dinner at T.G.I. Friday's and getting into one of those conversations where you rag on each other for silly things and pick over the insignificant things we know.

Then we journeyed to the Kentucky Theatre for the midnight movie. It was "What's Eating Gilbert Grape?" and we all agreed it was better than we had expected.

Neither night would be considered anything exceptional, only a simple matter of some friends going to dinner and having a good time, enjoying each others' company. But as I've gotten older I've

Chad Williamson

Perfect Blue Buildings

begun to appreciate the value of friendship. Friends I cried with at high school graduation and promised to always stay in touch with, now simply wave when we meet and won't even cross the street to talk.

Yet the friend I met less than a year ago, I spoke to every week over the summer, trading off calls; one week it was her turn, the next week it was mine.

Another I've known only slightly longer, yet he would call just out of the blue, long distance because he had been at the right place at the right time to take some exciting photo, or had seen a movie and had to talk to someone about it.

The night before I was to go to Myrtle Beach I drove with a friend I've known a year to watch the wedding of a friend I've known a few months.

But when I moved out of my

refuge in the home of a friend I had known six years. When I had to go to Lexington to have my wisdom teeth removed, I stayed at the apartment of a girl I met when I was

We live in a world were our beliefs and our theologies are questioned on a daily basis. Our heroes and our leaders disappoint and shock us by showing they are flawed individuals the same as we are. We become victims of the very world of high-speed technology and information we created.

So it's pleasing to think of how simple true friendship is. It's not in the complex action we found when we were young. In grade school guys bonded by becoming blood brothers and girls by French braiding each other's hair at sleepovers. In high school we passed cheat notes and love letters to each other while pledging loyalty to our school, our

flag and our classmates. As we grow older, friendship ceases to be the matter of unending loyalty it once was. Now it is as simple as a good conversation or a smile at the right time. Sometimes it's just a midnight movie and a laugh. And that's what makes friendship great.

## ON MAIN STREET ACROSS THE TRACKS

- RICHMOND"

623-3283

# TAYLOR'S

## Discount Liquor • Beer • Wine •

Milwaukee's Best or Best Light 12pk \$3.99



**Natural Light** 12pk \$4.49



Miller High Life Light 12pk \$4.99





Lite Ice (longneck bottles)

12pk \$5.99 NEWRULES



### Keg Special! Natural Light \$34.99

Bacardi **Breezers** (all flavors) 4pk \$3.99



**Boone's Wine** (all flavors) 2/\$4.99



Rattlesnake Kits \$14.99 Each

**Jagermeister** 

\$18.99 fifth

\* EKU Special of the Week \*



Seagrams Tropical Twist or Strawberry Splash wine coolers



The results of an "Ups & Downs" survey printed on the Accent page in the April 28 issue of The Eastern Progress were in no way a valid or representative sampling of campus opinions and should not be construed as such. Only a small number of responses were returned. Publication of the results of the totally inadequate number of responses was an error in judgment which the Progress regrets.

Some information about the Episcopal Church in last week's issue of The Eastern Progress was incorrect. Eastern's campus Episcopal organization is the Episcopal Canterbury Fellowship advised by Phillip Haug. The phone number is 623-1226

In Richmond, the Episcopal Church of Our Savior is located at 2323 Lexington Road and can be

reached at 623-1226.

The Progress corrects all signifiant errors brought to the attention of

If any of our readers discover an error, contact the responsible page editor with the information. Readers can reach the Progress editorial staff by phone at 622-1872 or 622-1882 or at 117 Donovan Annex, Eastern Kentucky University, Richmond, Ky., 40475.

The following reports have been filed with the university's division of public safety:

July 8

Margaret Martin, 32, Brackton, reported that mail addressed to her had been stolen from her mailbox.

Stephanie Sanders, Turley House, reported that an air conditioner had been stolen and a window heavily damaged.

Frankie Smith, Gentry Building, reported that several university owned vehicles had been vandalized.

July 14:

Carol Roberts, 27, Richmond, was arrested and charged with driving under the influence of alcohol and driving on a suspended license.

Jenny Lockhart, Richmond. was arrested and charged with alcohol intoxication.

July 20:

Jonathan Pacella, 20, Palmer Half, was arrested and charged with alcohol intoxication.

spaced and limited to 250 words. The

If a letter has excessive spelling,

**FUTONS** 

\$159

COMPLETE WITH

TWIN MATTRESS

By McDonalds

grammar and punctuation errors, the

editor reserves the right to urge the

dense letters above 250 words.

July 21:

community.

reported that his vehicle had been broken into and about \$30 in cash was taken.

Mary Mather, Hodgenville, was cited for driving on a suspended operator's

July 22:

Daniel McBride, Alumni Coliseum, reported that some lockers in the women's locker room had been damaged.

Diane Alvey, 24, Brockton, reported that her wallet and keys had been taken from the Perkins Building.

July 23:

Sloan Ping, 20, Brockton, was cited for unlawful use of an altered operator's license.

**July 28:** 

Florine Renfro, Alumni Coliseum, reported that some lockers in the women's locker room had been damaged.

July 29:

The Eastern Progress encourages illegible signatures or that are Turn.'

will be verified.

copies, photocopies and letters with opinions in a column called "Your dance with available space

readers to write letters to the editor on unsigned will not be accepted. The

topics of interest to the university Progress reserves the right not to pub-

Progress reserves the right to con-newspaper and should contain the

writer to make revisions. Carbon an opportunity to voice more detailed

Letters should be typed, double- libelous or in poor taste.

Leon McClinton, Commonwealth Hall, reported that a high school

Progress invites readers to voice opinions

Letters should be addressed to the

phone number. Letters for publication

The Progress also gives its readers

lish letters that are judged to be submitting an article.

writer's signature, address and tele- University, Richmond, Ky. 40475.

Earl Duerson, 42, Richmond, student was assaulted in his room during his stay for band camp.

Michael Hay, 26, Richmond, was arrested and charged with improper registration and driving on a suspended operator's

Scotty Saltsman, Brewer Building, reported that the baseball storage area and men's baskethall team locker room had been rummaged through and some clothing had been taken.

Rex Oliver, 29, Berea, was arrested for fourth degree assault and resisting arrest.

August 2:

Lisa Major, 31, Brockton, reported that her bicycle was stolen from her front yard.

August 3:

Warren Rayburn, 26, the Brockton Lot.

Paul McElroy, Gentry Building, reported that someone had damaged a ventilation louver in the door of room M-6 in the Alumni Coliseum.

Those interested in writing a col-

Letters and columns should be

The deadline for submitting a let-

ter for a specific issue is noon

Monday prior to Thursday's publica-

tion. Letters will be printed in accor-

umn should contact the editor prior to

mailed to The Eastern Progress, 117

Donovan Annex, Eastern Kentucky

August 6: .

Campbell, Steve Brockton, was arrested and charged with driving on a suspended operator's license.

Benny Riehmond, was cited for possession of marijuana.

August 8:

Cecil Harris II, 33, Richmond, was arrested and charged with driving vehicle left of center line, driving under the influence of alcohol, possession of drug paraphernalia, and possession of marijuana.

August 10:

Thomas Mrotek Jr., 19, Port Orange, Fla., was arrested and charged with driving vehicle left of the center line, driving under the influence of alcohol, and driving on a suspended operator's license.

Michael Fagan, Brockton, reported that his Richmond, was arrested and motorcycle had been stolen from charged with speeding, driving under the influence of alcohol, possession of marijuana, and possession of drug paraphemalia.

August 13: James Coulard, 41, Brockton, was arrested and charged with disorderly conduct.

If you have any great story ideas, let us know! Give us a call at 622-1881.

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**HELP WANTED...** 

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# University expands shuttle AMERICORP: Grant benefits area

Progress staff report

With the changes to parking lots on campus, many commuters are wondering how they will get across the Bypass and campus to class without dying of fatigue.

The Parking Appeals Committee has developed a shuttle bus system, now in operation, to help with this problem.

Two university buses run across campus, taking students to various destinations.

One bus begins its run at

Stratton, goes down Kit Carson, crosses Summit Drive and Madison Avenue, then returns to Stratton. The second bus runs from Stratton to Alumni Coliseum to Keen Johnson and back.

The buses begin their day at 9:15 a.m. and park at 5:15 p.m., making their scheduled runs approximately every 15 minutes.

director of parking and transportation, said the reason for the hours is because commuter traffic peaks between 10 a.m. and 2 p.m.

"Commuters will have to wait about 15 minutes and a bus will come by and pick them up," Jozefowicz said. "We expect a lot of ridership, but we will have see how things work out."

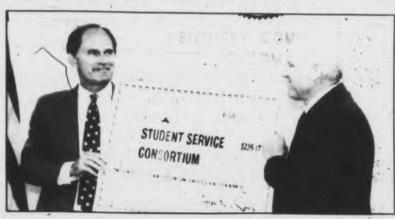
However, Jozefowicz realizes many commuters may not like the idea of riding a bus.

"If people will just give the shut-Mark Jozefowicz, assistant tle buses a try, they will like it better and it will solve a lot of problems," Jozefowicz said. "We hope we will be towing less cars

-versity was required to raise \$60,000 before applying, with each school host-site partner donating

Working with the Kentucky Community Service Commission, the SSC will train 20 individuals for service in a 13-county area composed of Bell, Boyle, Estill, Garrard, Jackson, Lincoln, Madison, McCreary, Powell, Pulaski, Rockcastle, Wayne and Whitley counties.

Students interested in applying should contact Thames at 622-6543.



Governor Jones visited campus to present university president Hanly Funderburk with the Student Service Consortium check.

# University gets tuition hike from state, no money for fitness, wellness center

By Rebecca Rucks Contributing writer

After much special session deliberation, the Kentucky General Assembly agreed June 22 on a state budget for higher education.

Eastern's budget proposed by the approved with the state budget.

The \$54,385,600 budget for the university looks similar to last year's. Up from \$53,738,600, the new budget saw an overall 4 percent pool of salary increases and a 5.3 percent tuition increase.

surprise to many Eastern students assistant to the president. who have been hearing of the proposal for several months. This hike development and chairman of the adds \$40 to full-time, in-state stu- Parking Appeals Committee, said dents and \$120 to full-time, out-ofstate students per credit hour, bring- offer longer hours and increase coving the totals to \$790 and \$2,370.

Another increase that catches the Board of Regents on June 16 was eyes of most students is that of the has increased \$8, from \$22 to \$30.

With the money from auto registration, the university added another bus to the daily shuttle service that is offered between Alumni Coliseum The tuition increase came as no said Doug Whitlock, executive campus to centralize commuters and

Skip Daugherty, dean of student this will enable the shuttle service to erage during the middle of the day by using a staggered start.

With this new bus, students can parking fee. Automobile registration ride from the south end of campus to the north end with various stops throughout campus, starting at the . the university. Perkins Building and going as far as the Baptist Student Union.

This is a result of changes being and the Law Enforcement Complex, made to different parking lots on

residents and to cut down traffic.

The General Assembly dealt Eastern a blow when it denied a request for \$3 million in state bonds to build a fitness and wellness center

"The General Assembly took the position that they are not building any new buildings for anybody (in higher education)," said Jim Clark, director of planning and budget for

However, authority to spend money raised through private funds to design and construct was granted, provided the amount raised doesn't

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# Holland, humanities professor, dies in July

By Stacy Battles Assistant news editor

Eastern Kentucky University

faculty member Dr. Jeanne Agnes Holland, a professor in the department of humanities,

died of com-

plications Jeanne Holland from colon cancer July 20, at St. Joseph Hospital in Lexington. She

Eastern's faculty in 1973.

She was a Chopin-scholar and had also taught a graduate course on Chopin at the University of Kentucky.

Holland had also taught piano, and had been organist at St. Andrews Episcopal Church in Lexington and First Baptist Church in Winchester.

She was a member of the Lexington Singers and served as the classical music critic for the Lexington Herald-Leader from 1989-92.

North Dakota before joining pated in the Yale University ber hired to teach in the department National Endowment for the Humanities (NEH) Summer Seminar for College Teachers.

She held a bachelor's degree from Fontbonne College, master's degrees from Webster College and the University of North Carolina at Chapel Hill and a doctorate from

Survivors include a brother, Richard Stephen Holland of Bloomingdale, Ill., and a sister, Elizabeth Anne Lowe of Clinton,

According to Anne Brooks, chair of the department of foreign languages and humanities, Holland was the first full-time faculty memof humanities at Eastern.

"As a professor of humanities, Jeanne will be remembered as one who was dedicated, responsible and committed," Brooks said, "She was not only concerned about integrating subject matter, she was also concerned about helping students integrate the various aspects of their

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#### was 64 and lived in Lexington. Holland studied in India in 1987 A native of Chicago, Holland on the Fulbright-Hayes Faculty taught at Mayville State College in Development Program and partici-

Franke, former math chair, dies at 60 By Stacy Battles Assistant news editor

Dr. Charles H. Franke, a former chair of the mathematics, statistics and computer science department, died Aug. 14, at his home after a

brief illness. He was 60. A native of Jersey City, N.J., Franke had been chair of the Seton Hall University mathematics department before coming to Eastern in 1985. He served as Mathematical Sciences, Franke was

106 St George St. (off Eastern Bypass) M-F 10-5:30 • Sat. 10-3

department chair from 1985-93.

He held bachelor's, master's and doctorate degrees from Rutgers University, as well as a master's degree from Yale University.

Survivors include his wife, Judy W. Franke; two daughters, Linda Hagerty and Bonnie Hall; a son, Charles Henry Franke III; and a grandchild.

According to Donald Batch, Dean of the College of Natural and

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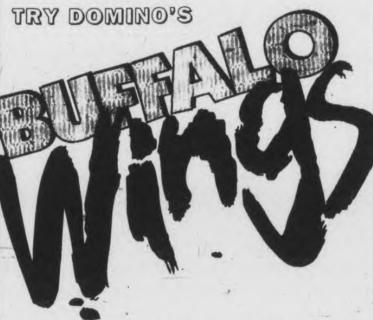
"He was both caring and compassionate for the students, faculty and basically for his profession too," Batch said.

"Dr. Franke never had a harsh word for anyone and never carried a grudge," said Jeanie Carman, the department secretary. "He always had time for anyone who needed his help or his listening ear."

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# Meet this year's Progress staff

Staff report

Every year brings new students, new professors and usually a new Eastern Progress staff. The Progress staff is made up of hand-picked students who provide the campus and community with its informational needs.

Editor: Selena Woody is a 20-year-old junior journalism major from Virgie. Woody's former positions on the staff include activities editor and accent editor. She has served internships at the Appalachian News-Express and the Mt. Sterling Advocate. Woody hopes to make it through this year with a great paper, good grades and her sanity. Her future plans include working as a reporter, photographer or editor at a newspaper in a town nice enough to walk down the streets without being shot.

Managing editor: Chad Williamson is a 21-year-old senior journalism major from Turkey Creek, Williamson's former positions on the staff include accent editor and arts editor. He has served internships at the Appalachian News-Express and the Williamson Daily News. Williamson hopes to improve on the standards set by his predecessors at The Eastern Progress. His future plans include winning a Pulitzer Prize, working for The Boston Globe, writing a brilliant novel, soloing on blues harmonica with B.B. King, becoming a character in a "Peanuts" cartoon and

retiring before he turns 50.

News editor: Don Perry is a 19year-old junior journalism major from Parkers Lake. His former positions on the staff include assistant news editor, news writer and contributing writer. Perry said he hopes this year to help make the news section the most interesting and best news section in the world. His future plans include a career in journalism as either a news writer or a

Assistant news editor: Stacy Dawn Battles is a 21-year-old senior public relations major from Richmond. Her former positions on the staff include working as a staff writer. Battles hopes to be the best assistant news editor she can be and work hard to earn a public relations internship in Nashville next summer. Her future plans include living in Nashville and working in either the publicity or promotions department at a major record label or at a public relations firm that specializes in the music business.

Copy editor: Amy Etmans is a 22-year-old senior journalism major from Huber Heights, Ohio. Etmans' former positions on the staff include editor, features editor, activities editor, assistant sports editor and staff writer. She has served copy-editing internships at the News-Enterprise in Elizabethtown and the Messenger-Inquirer in Owensboround served a reporting internship at the Herald-Leader in Lexington. Etmans will serve another intern-

ship at Society of Professional Journalists' national convention, in Nashville in September, and will graduate in December. She hopes to eventually work as a page designer/copy editor at a major metropolitan daily newspaper.

Copy editor: Joe Castle is a 21year-old senior journalism major and from Paintsville. Castle's former positions on the staff include editor, managing editor, graphics editor, news editor, assistant news editor, assistant copy editor and staff writer. He has served a Dow Jones copy editing internship in Myrtle Beach and is currently working as a staff writer at the Herald-Leader in Lexington. Castle plans to leave Eastern this year and copy edit at a daily newspaper.

Co-sports editor: Mary Ann Lawrence is a 19-year-old sophomore journalism major from Carlisle. Her former positions on the staff include activities editor. Lawrence hopes to make the sports page exciting and informative this year. Her future plans include going as far as she can and being the best she can in journalism.

Co-sports editor: Matt McCarty is a 19-year-old sophomore journalism and English double major from Paintsville. McCarty's former positions on the staff include assistant sports editor. He served an internship at The Floyd County Times. McCarty hopes to shoot par 72 at Arlington Golf Course this year. His future plans include being a

ship at Society of Professional sports writer and playing a lot of from Wilmington, Ohio. Dunlap's former positions on the staff include

Accent editor: Jim Quiggins is a 31-year-old senior journalism major from Berea. His former positions on the staff include serving as photo editor. Quiggins hopes to graduate and be prepared to work this year. His future plans include continuing to freelance as a photographer, finding a job or starting his own business.

Activities editor: Christina Rankin is a 20-year-old senior journalism major from Frankfort. Rankin's former positions on the staff include copy editor, assistant copy editor and staff writer. She has worked for Landmark Community Newspapers, which includes Anderson News, Shelbyville Sentinel-News, Oldham Era, Henry County Local and the Trimble Banner-Democrat, on a Kentucky Press Association internship. Rankin hopes to graduate in May and work for a newspaper as a reporter.

Arts editor: Doug Rapp is a 21year-old sophomore English major from Richmond. Rapp's former positions on the staff include arts editor and staff writer. He served as a writer on the summer issue and editor of the back to school issue. Rapp hopes to maintain good grades and consistently excel on page B3. His future plans include living in Florida.

Photo editor: Brett Dunlap is a 22-year-old senior journalism major

from Wilmington, Ohio. Dunlap's former positions on the staff include assistant news editor and assistant photo editor. He has served two internships at the Wilmington News-Journal. Dunlap hopes to graduate this year and start working at a small daily or weekly newspaper as a reporter. His future plans include moving up to a larger newspaper and writing a book.

Assistant photo editor: Jay Angel is a 28-year-old senior journalism major from Beattyville. Angel's former positions on the staff include assistant photo editor. He has worked as a staff photographer for The Jessamine Journal. Angel hopes to graduate this year and work for a large metropolitan newspaper. His future plans include photographing the Grey Meercats of the Kala Hari.

Graphics editor: Terry Stevens is a 20-year-old senior graphic design major from Pikeville. His former positions on the staff include serving as a staff artist. Stevens hopes to survive, maybe have some free time and mainly just make it to Christmas this year.

Staff artist: Ian Allman is a 21year-old sophomore art education major from Richmond. Allman's former positions on the staff include serving as a cartoonist. He assisted on the back to school issue to prepare for his position. Allman hopes to make all his deadlines this year and plans to continue with school and attend graduate school.

Advertising manager: Monica

Keeton is a 20-year-old junior English major from Richmond. Keeton's former positions on the staff include advertising director and advertising representative. She served as advertising manager for the summer issue. Keeton intends to balance good grades, a successful job and a social life this year.

Advertising design: Chris Canfield is a 22-year-old senior graphic design major from Richmond. He has worked in the arts department at the Herald-Leader in Lexington.

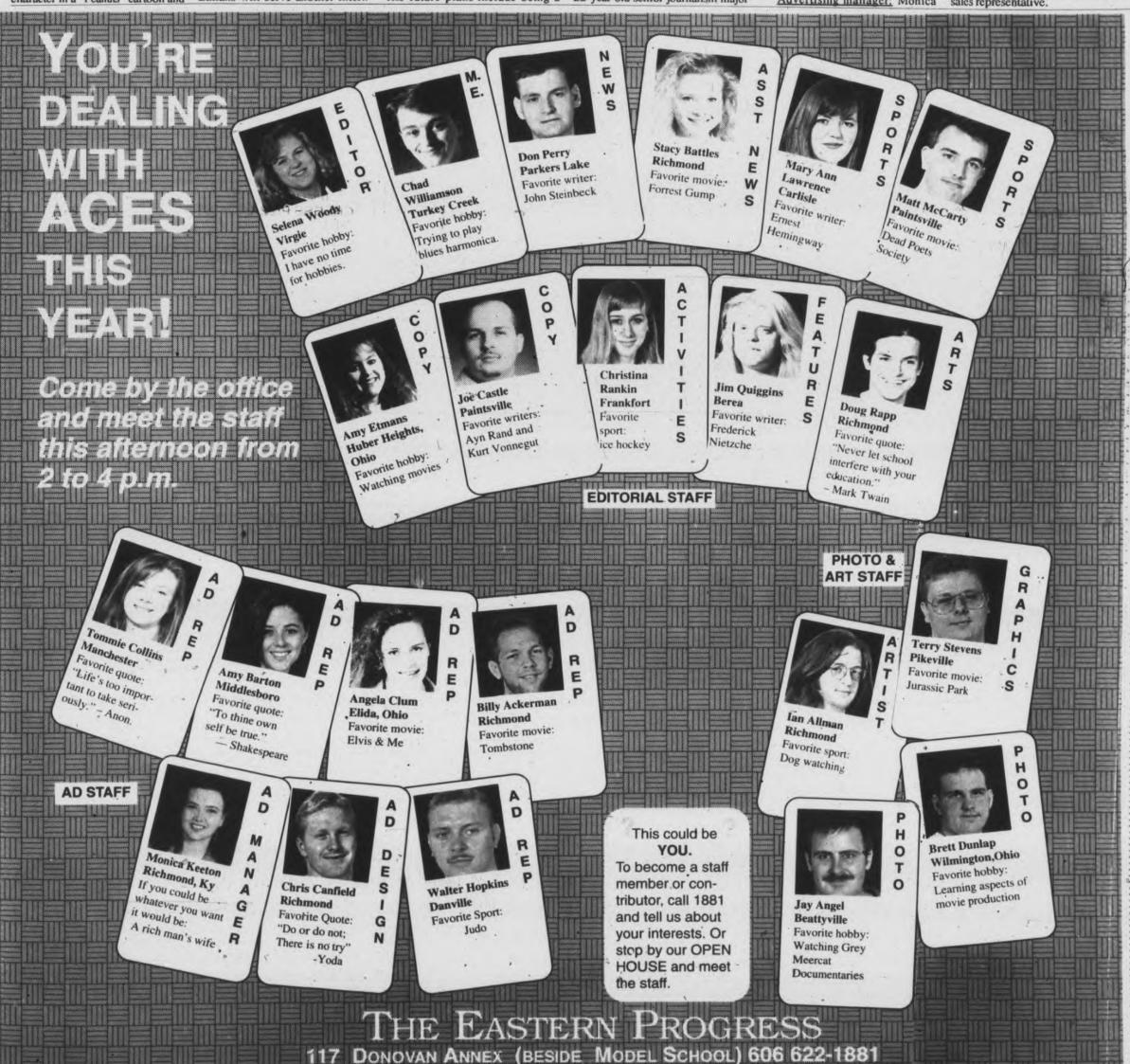
Advertising sales representative: Billy Ackerman, from Richmond, is a 19-year-old sophomore and hopes to be a nuclear engineering major.

Advertising sales representative:
Amy Barton is a 20-year-old senior
Spanish major from Middlesboro.
Advertising sales representative:
Angela Clum is a 20-year-old junior
public relations and political science double major from Elida,
Ohio. She has served an internship
at WLSR/WCIT radio.

Advertising sales representative: Tommie Collins is a 20-year-old junior broadcasting major from Manchester. She worked as an advertising representative for the Progress this summer.

Advertising sales representative: Walter Hopkins is a 25-year-old junior broadcasting major from Danville.

His former positions on the staff include serving as an advertising sales representative.



## Library construction still underway

By Don Perry News editor

It's better late than never.

Students and staff who have eagerly waited for the completion of the library expansion will have to wait a little bit longer than originally expected.

The completion of the library expansion was first expected to be ready for use at the beginning of this semester, but due to delays in construction it will be next semester before the library and expansion will be ready for use by the stu-

"We should have the library fully operational by Spring," said Vice President of Administrative Affairs Joseph Schwendeman.

Schwendeman said the construction part of the project would be completed by November, but it would be next semester before everyone in the library would be able to get moved to their new locations and become operational.

"Construction delays are not uncommon," Schwendeman said. He added most buildings are late to by completed because of such construction delays as unforeseen events and delays in delivery of equipment.

Dr. Marcia Myers, director of the Crabbe Library, said everyone in the library was very excited about the new expansion

Myers said as far as she knew everything in the Crabbe Library was still open for use and was not affected by the construction, but



A construction worker pours concrete at the library expansion.

there may be a small disturbance for wall between the library and the the patrons of the library tomorrow.

"This coming Friday there will be some distribution because the

extension will be coming down,"

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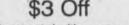
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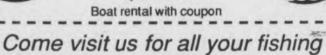
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Saturday









Japanese students Yako Nakagomi, Maki Nomura and Mariko Takahashi entertained guests with

## songs during their farewell luncheon. International students say goodbye to Eastern

By Stacy Battles Assistant news editor

Learning the English language and experiencing American culture were two of the goals of 13 Japanese students who spent three weeks at Eastern as a part of the Yamanashi English language instruction program this summer.

Joy Allameh, program director and assistant professor in the Department of English, said this is the second year for the program with Eastern's sister college, Yamanashi University in Japan.

Allameh said the students arrived on July 24 and resided with host families in Waco, Berea, Richmond and Irvine their first weekend before moving into

The students were given placement tests consisting of a writing sample and an verbal assessment atthe beginning and conclusion of the

Each student was given five textbooks and a binder filled with information to assist them with all they would encounter during their stay.

classroom English in three weeks.

"One week of study at Eastern never forget their Kentucky sumequals a whole year of studying - mer. English back in Japan," Allemeh

A female student expressed when she arrived that her mind was small and that after she had spent time in Kentucky she felt her mind was big, Allemeh said.

"Even though there are 50 hours of classroom work, there are many hours of outside cultural study," she

During their stay, the students explored American culture by delving into some of what they considered American-influenced fashion such as hair dyeing, ear piercing and the latest styles of haircuts.

The students visited My Old Kentucky Home, the Kentucky Horse Park, Fort Boonesborough State Park, Bardstown, Paint Lick, Berea and Renfro Valley and a Cincinnati Reds baseball game.

"They were just like little sponges soaking up the experiences," Allameh said.

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> The Japanese students' farewell lunch reception was held Friday at the Western Sizzlin Steakhouse in .Richmond.

> At the reception the students received certificates of recognition, sang American and Japanese songs and individually spoke prepared impressions of the trip in English.

> "They became much more confident, spontaneous and relaxed in speaking English," Allemeh said.

> A club has been formed at Yamanashi University called the E.K.U./Y.U. Friendship Club to further the relationship between the two universities."

> "The beauty of exchange is that it never ends. It has a rippling effect," Allameh said.

Allemeh said that if students know any non-native English speaking students interested in learning English should contact the EKU English Language Instruction Program (EELI) at 622-1224 or She said the students said their contact Joy Allemeh at 622-2099.

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#### News

## News Briefs

#### Free TB

screening
The Student Health

Service has organized a free tuberculosis screening program for students due to the increasing number

of tuberculosis cases in the state.

The free screenings will be done
10 a.m. to 1 p.m. and 2-3 p.m. on
Aug. 23-24, Aug. 30-31 and Sept.
6-7 at the infirmary. Please eat
before you are tested.

#### Assault charges dismissed

A Madison County grand jury dismissed all charges against Edward Pebbles, 53, a former Eastern student who was charged with second-degree assault, first-degree wanton endangerment and second-degree criminal mischief after an argument with Thomas D. Myers, vice president for student affairs. The argument turned into a physical altercation.

#### Rape charges dismissed

Three Eastern students who were charged with the statutory rape of a 13-year-old had the charges dismissed by the Madison County grand jury in May.

The grand jury refused to return an indictment against Robert Wickliffe, 19, Shawn D. Marshall, 19, and William T. Dudley, 20, all of Louisville. All three men were charged with two counts of second-degree statutory rape in April. A charge of second-degree sodomy was added against Dudley but was also dismissed by the grand jury.

#### Library project near goal

The Crabbe Library Expansion Project has met 80 percent of its fund-raising goal of \$200,000 for the library renovation.

A community-wide campaign will soon be launched to raise more than \$1 million for the library.

#### Davis appointed director

Tricia Davis is the acting director of advising for the 1994-95 academic school year.

Davis will replace Elizabeth Wachtel, who took the position of state commissioner for Mental Health and Mental Retardation Services in Frankfort.

#### Student files complaint

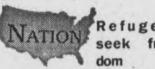
B. Jean LoMonaco, a former Eastern student, filed a lawsuit in June with the Madison Circuit Court claiming she was unfairly dismissed from the university's nursing program in 1990.

LoMonaco, who was 44 at the time of her dismissal, claims her age was the reason for her dismissal. She has filed complaints of denial of procedural due process, denial of substantive due process, age discrimination, negligent infliction of emotional distress and two counts of breach of contract against the university.

#### Eastern changes banking

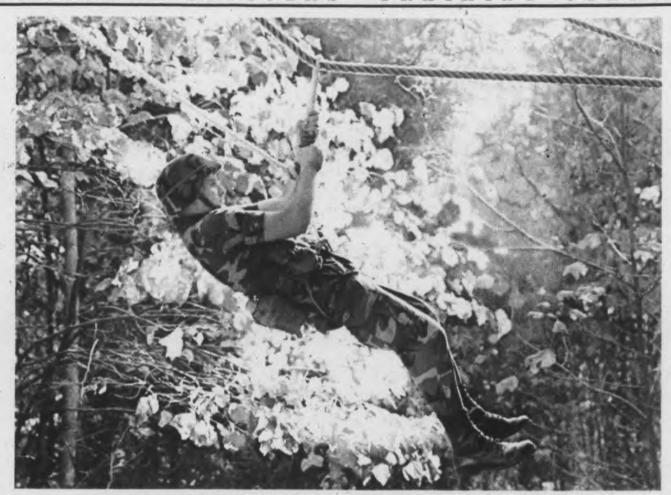
Eastern has switched its banking business from Bank One in Richmond to the National City Bank.

National City does not have any locations in Richmond, but has locations in downtown Lexington and the Fayette Mall.



While the United States has tried to emphasized that that no more Cubans can be granted refuge, thousands are rafting their way toward the States every day in hopes of reaching freedom.

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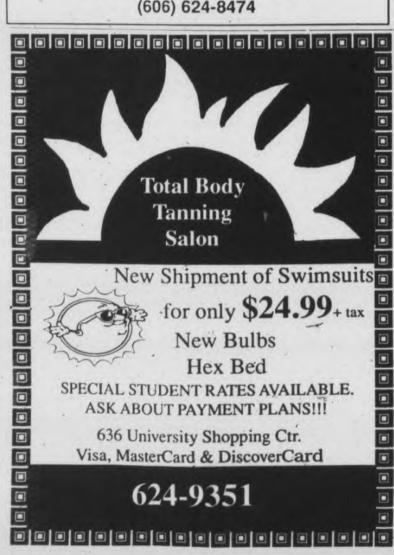


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Tom's Pizza B8
Total Body Tanning Salon A10 University Cinemas B2 Video Productions A11

What's a Futon B5 Willcutt Music B4

Willgreen Lake Boat Dock-A8

#### News

#### WOODS:

Continued from front page

allowed to practice with the football team, but was still allowed to attend classes, go the library and cat at Martin Hall cafeteria. The board also suspended him from classes this fall.

Woods appealed those sanctions first to Thomas D. Myers, vice. president for student affairs, who upheld the board's sanctions. Woods then filed an appeal with Funderburk.

Funderburk said in an interview Tuesday, after reviewing Woods' file last semester, Woods appeal "contained new and additional information," and he felt the disciplinary board should again review the case.

The university president also said the board must have reviewed the case because he didn't received another appeal from Woods.

Although Funderburk said he couldn't comment on Woods' new sanctions, citing the Privacy Act of 1974, he did say Woods' case made the university realize its "policies should be more in line with prac-

"The case pointed out some things that called us to look at our rules and regulations," Funderburk

The result is a new provision in the 1994-95 University Handbook for students. Previously in the 1993-94 handbook in the "General Regulations Concerning Student Behavior" section a violation of student regulations includes "pos-

sessing firearms, explosives, or other deadly weapons." The new handbook provides for an exception. It now reads, "possessing firearms ... except as permitted under KRS 527.020 (2):"

The Kentucky Revised Statute KRS 527.020 (2) prohibits the carrying of a deadly weapon and excludes police officers or sworn officers of the law who are within their jurisdiction or who have permission by their jurisdiction to carry a weapon with them outside their jurisdiction.

Under this new provision, Woods, a part-time sheriff's deputy in his hometown of Bell County, would be exempted.

Although Woods wouldn't reveal his final sanctions from the disciplinary board, it was confirmed that Woods is not living in O'Donnell Hall, where the majority of the football players live, and is living off-campus. He is however, attending classes and football practice, and is expected to graduate in December.

"All that matters is I'm back on the team and I'm honored that the team voted me as team captain," Woods said.

#### PARKING:

Continued from front page

one will still feel like they have been slighted," Jozefowicz said. 'We don't like towing cars, but we have to do it."

In addition to the changes in the ticketing policy, the location of parking spots has changed.

The Kit Carson Lot, previously a commuter lot, is now a residential lot. However, to gain that lot residents gave up Van Hoose. That lot is now for commuters.

"We didn't really give anyone any new spots," Daugherty said. "Mostly what we did was swap spots and locations. By moving them around, we hope to use them

However, the changes have caused tempers to flare. Commuters dislike walking across campus and residents who used to use the Van Hoose Lot regularly are now driving across campus to park:

"I feel like now commuters have spots closer to campus and I have nowhere to park. All commuters do is park and carry books to class," said senior hearing impaired education major Deenah Booth. "I have to drag all my stuff across campus to get to my room."

Nevertheless, commuters have their grievances, too.

"I think the lot changes are bad because it puts all the commuter parking on one side of campus," said Kenny Mullins, a senior construction major and commuter. "Commuters have to walk across campus to get to classes in Campbell and other buildings, if they can find a spot.'

Jozefowicz said the changes were made with the interests of residents in Telford, Walters, Burnam, Sullivan and surrounding halls, and to control congestion on campus.

"The students that have lived in those halls have always suffered because of a lack of parking in that area for them," Jozefowicz said. "And with commuter parking confined to areas around campus, we can keep down a lot of the congestion that occurs."

With all the dissention in the campus parking ranks, Daugherty and the parking committee are standing behind their plan.

"Everybody has to cooperate to make this system work," Daugherty GINE C. (606) 623-9624

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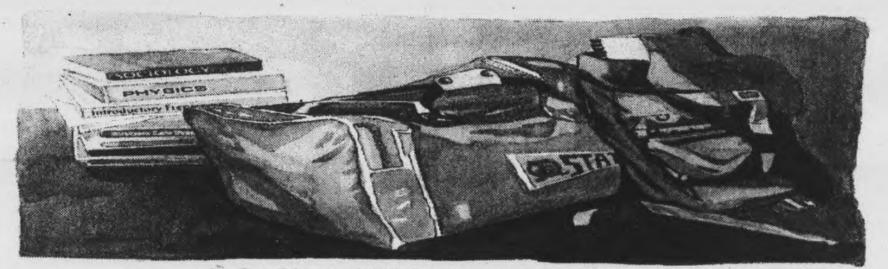
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# ACCENT

THE EASTERN PROGRESS AUGUST 25 1994

# **Groceries:** Where is Mom when you need her?

By Jim Quiggins Accent editor

Your morning classes are over.

You go back to the room led by that desire to fill the hole left in your stomach by a morning dominated by cerebral stimulation only to find the cupboard is bare.

The only thing left in the fridge is something your roommate has left for so long it has begun to look like a biology experiment gone bad.

It's time you go to the grocery.

Make a list. Check your cash flow. Pick a store.

Then depart for your journey.

Tim Gales, an assistant manager at Kroger in Richmond estimates that Eastern students have accounted for a 6 percent increase in sales at his store since school has

'We sell a lot more of items like half gallon and quart milk, snack foods and microwavable items," Gales said.

Pam Devine, a junior elementary education major from Springfield, and her roommate Lisa Devaughn, a junior accounting major from Corbin, make a weekly ritual of shopping for rood. They go to the store on Sunday night and usually spend about \$50.

Devaughn says they try to buy lowfat items so they can splurge and eat out once during the week.

"If we watch what we eat at home we can eat out and not feel guilty about what we eat," Devaughn said. Their list Sunday included bagels, low fat ice cream, strawberries,

angel food cake, Mountain Dew and tacos.

'We usually use a list", Devine said. "But we left it at home."

As they walk through the store, they each grab item's from the shelves, occasionally stopping to read the nutritional information on the back of an

Devine said the best way to keep from gaining weight at college is not to buy fattening items to keep at home, even for snacks, "cause you will

Going away to college can be culture shock for some people and having to do your own shopping can add to that shock.

Before college most students were used to someone else doing the shopping. And at school, students have to make all their food decisions on their

One option that a lot of students choose is eating out.

Since school has been back in session, Taco Bell on the Bypass has seen an increase in sales of approximately \$6,000 per week, Assistant Manager David Meek said.

But eating fast food every day can be expensive and very fattening. Cooking in a dorm room or small apartment can be frustrating and time consuming, but with a little imagination and some creativity, it can be healthy and satisfying.

An important thing to keep in mind is to watch what you eat Devaughn urges rookie shoppers to "read labels because you need to know exactly what you're getting because you have got to watch out for yourself."



# Good nutrition fuels fitness

By Leslie Deckard

Nearly everyone has heard of the dreaded "Freshman 15." But weight gain isn't only limited to freshman.

Every college student has fallen victim to late night snacking or grabbing a quick breakfast that consists of a stale donut and a soda. This way of eating isn't good for your weight

or your health. Eating a balanced diet can help cut down on unwanted weight gain along with improving your health.

Two sources on campus have an interest in keeping students healthy. The infirmary, located in the Rowlett Building, offers numerous handouts filled with good nutrition tips and methods for lowering your fat intake.

According to the Food Guide Pyramid, fats, oils and sweets should be used sparingly. Include two to three servings of the dairy and meat groups daily into your diet along with three to five servings of the vegetable group, two to four servings of the fruit group and most importantly six to 11 servings of the bread and cereal group.

Along with the Pyramid guide, follow these tips

for healthy eating. Cut down on sugar intake and increase the amount

of fiber in your diet. Choose low-fat dairy products and treat yourself to healthier

■Read product labels carefully and choose healthier cooking

According to the Fitness and Wellness Newsletter, you don't have to worry about eating small amounts of high-fat food, as long as you stay within your fat budget. Lowering your fat intake allows you to eat almost unlimited amounts of nonfatty foods For example, one small fast-food hamburger and an order of fries will cost you 30 grams of fat - almost half your budget for the

Laura Butts, assistant professor in the department of human and environmental sciences and registered dietician, said good nutrition fuels fitness. Energy for exercise comes either from food or from body fat. Even if you want to burn as much body fat as possible, your muscles still need some energy from carbohydrates to get going.

The best way to make sure your body has enough carbohydrates is to eat plenty of grain products.

Some tips to keep you fit include Don't exercise on an empty stomach.

Eat something high in carbohydrates within two hours of exercising. Remember to drink plenty of water or other fluids before,

during and after exercise.

■Break up activity over the course of the day.

■Most importantly, remember to set realistic goals. By following these simple guidelines you can can be on your way to

becoming a healthier and better fit person.

#### Save-a-Lot Kroger's GROCERY STORES Food READILY Lion **ACCESSIBLE FROM** CAMPUS Eastern Kentucky University TANCASTER AVE Winn Dixie Super PROGRESS/TERRY STEVENS

# Simple meals you can make at home

By Jim Quiggins

There comes a point in almost everyone's life when eating right seems almost impossible.

For some people having the time to cook a

good meal is the problem.

In addition to not having the time, some of us find ourselves in the awkward position of not having enough money to buy what we would like to

Then you get stuck in the trap of eating low cost, high fat meals.

The solution is simple.

While eating on a budget may not satisfy your gormet palet, you can make it through those financially strapped times and still keep your youthfull figure if you use a little imagination.

Keeping the meals simple and cheap is definitly a priority, but food also needs some flavor. Feel free to add your favorite spice to any of the following quick, easy recipes

A bottle of italian seasoning helps liven up even the blandest frozen dinner.

A little red pepper can do wonders too.

Broccoli and rice

I package Lipton broccoli and rice small package frozen broccoli

I can of tuna

Fresh vegetables (optional)

Cook rice and broccoli according to directions. Add vegetables in last three minutes. Add tuna or any cooked meat near the end. Spice to taste.



Progress/JIM QUIGGINS

Eastern students Pam Devine and her roommate Lisa Devaughn choose Items from the shelves during their weekly trip to the grocery store last Sunday evening.

Pasta Salad

Package of pasta 1 Tomato

Green pepper Italian dressing

Parmesean cheese

and any other vegetables you like.

Cook the pasta and allow it to cool. combine finely chopped vegetables with the asta, dressing, and cheese. Season to taste,

Raman Surprise

1 pck.Raman noodles

1 can chilli hot beans

Tabasco sauce Throw away the flaver packet that

comes with the noodles.

Cook the noodles (about 6 minutes in the microwave)

Drain, add beans, Tabasco and anything else you like.

# PREVIEW

Thursday, August 25, 1994 The Eastern Progress

Send your announcements to Christina Rankin or Doug Rapp at 117 Donovan Annex before noon Monday.

#### **Announcements** Campus-wide room

changes begin today and run through Sept. 2 in the Housing office, Jones 106. Random numbers may be drawn 11:45 a.m. to 2 p.m. today for changes Aug. 26. Changes from 8-11:30 a.m. and 1-2 p.m. on Aug. 29-31 are on a first-come, first-serve basis. Random numbers may be drawn 11:45 a.m. to 2 p.m. Aug. 31 for Sept. 1 and the same time Sept. 1 for changes Sept. 2.

Club/organization pictures will be taken 5-9 p.m. Sept. 26-28 in Keen Johnson's Pearl Buchanan Theatre. Reservations must be made by Sept. 20, and are on a first-come, first-serve basis. Call 622-2301 for

Fraternity/sorority pictures will be taken 5-9 p.m. Sept. 12-14 in Keen Johnson's Walnut Hall. Times must be scheduled by Sept. 6 and are on a first-come, first-serve basis. Call 622-2301 to schedule a time.

The Milestone is still looking for anyone interested in joining the yearbook staff. No experience is necessary and up to three credit hours can be earned. For more information, call 622-2301.

Pre-registration for the GRE Prep ends Sept. 1. The sessions will be 9 a.m. to 1 p.m. Sept. 10 through Oct.1 in Wallace 227. Tuition is \$185 and includes an offi-



The original photography of Baron Wolman and Jim Marshall will be on display at the University of Kentucky art museum.

cial GRE review book, study guide, sample exams and the "Basic Math Review." For more information, call Special Programs at 622-1228.

Live Entertainment Eastern's Theatre bargain pass books are available for the 1994-95 theater season. Adults prices are \$22, and students and senior citizens \$20. Productions scheduled include "Speed-the-Plow," Sept. 28 through Oct. 1; "The World Goes 'Round," Oct. 19-22; "The Miser," Nov. 16-19; "The Merry Wives of Windsor," Feb. 24-25; and "The Shadow Box," April

10 Foot Pole will play at the Wrocklage in Lexington tomorrow. Upcoming events at the Wrocklage include Hidden Talent start at about 10 p.m. Former Black

The Fosters with special guest Sunfield will play at Phone 3 Lounge on First Street tonight. Show starts about 9 p.m.

19-22. For more information, call 622-1315.

and All Ages Night Aug. 28. Shows Flag guitarist Greg Ginn will be performing at 10:45 p.m. Sept. 1.

**Activities** 

Clogging for beginners is

being held at the Richmond Parks and Recreation Department basement located at 321 N. Second St. Lessons for beginners are held at 6:15-7 p.m.; beginners plus: 7-7:45 p.m.; easy intermediate: 7:45-8:30 p.m.; intermediate: 8:30-9:15 p.m. Lessons are \$25 for a 10-week session or \$3 a lesson. For more infor-

ROTC Recognition Picnic will be held at Arlington's Mule Barn at 4 p.m. today.

mation, call Richard McHargue at

Society of Professional Journalists will hold a yard sale in front of Model Lab School from 8 a.m. to noon Saturday.

**Exhibits** An exhibit of rock photographs by "Rolling Stone" magazine's first photographers, Baron Wolman and Jim Marshall, will be on display at University of Kentucky's University Art Museum Aug. 26 through Oct. 23. The images of Janis Joplin, Bob Dylan, The Beatles, Cream, The Who and Jimi Hendrix will be featured. The museum is open from noon to 5 p.m. every day except Monday.

The photographic views of the changing landscape of Middle America by Andrew Borowiec will be on display Aug. 29 through Sept. 22 in the Giles Gallery in the Campbell Building.

#### MOVIES

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# ARTS&ENTERTAINMENT

## **Neil Young and Crazy Horse soar** on most of 'Sleeps With Angels'

By Doug Rapp Arts editor

Neil Young has enjoyed a resurgence in popularity over the past few years.

Not only did his last album "Harvest Moon" go platinum, but Young has served as a guiding force for newer bands such as Pearl Jam and Dinosaur Jr. Young has been tagged the "Godfather of Grunge," but that's a foolish title for a man who's been making music longer than most of the MTV generation has been alive.

Nonetheless, Neil Young and Crazy Horse have returned with "Sleeps With Angels," a 63-minute collection of songs ranging from standard acoustic fare to the reckless, distorted jam expected when Young plays with Crazy Horse.

The album opens and closes neatly with solo piano performances, but in between Young takes the listener on a twisting ride, addressing issues such as drive-by shootings on "Driveby" and then turning around and berating cheap consumer goods in "Piece of Crap."

Although none of the songs can compare with "The Needle and the Bamage Done," there are least five songs that qualify for classics. The songs that stand out on

**Neil Young Releases** After The Gold Rush American Stars 'n' Bars Arc

Comes A Time Decade Everybody Knows This Is Nowhere

Harvest Harvest Moon Live Rust Neil Young Rust Never Sleeps

Zuma This Note's For You (with the Blue Notes) \*Arc-Weld

Tonight's The Night

\*Ragged Glory \*Unplugged \*Weld (\*with Crazy Horse )

"Sleeps With Angels," include
"Prime of Life," "Western Hero"
and "Train of Love," which fit in nicely with Young's previous album "Harvest Moon." These are the songs that feature Young doing what he does best: wavering, heartfelt vocals delivered over his strong acoustic leads.

Perhaps the best song on "Angels" is "Change Your Mind," a mid-tempo tune anchored by a

strong chorus and Young's sloppy care distortion. The only drawback to this song is its immense length - 14 minutes — and the haphazard solo that dominates almost half it was Trim the song to four or five minari utes and it's an instant classic.

The album as a whole is consisted. tent with Young's previous releases; but sometimes it meanders off the .... beaten path.

The album flows by drawing you in with what you expect from a .. Young album, then shifting gears to show you that Crazy Horse likes to kick up dust every now and then. -

The rowdiness of "Piece of Crap" should please most die-hard. " Crazy Horse fans. In the song, "... Young expresses his distaste for disposable goods with lyrics like "Saw, it on the tube, bought it on the phone, now you're home alone, it's, a piece of crap!"

"Trans Am" is likely to be another favorite off this album. Any song involving a car and a man named Merle is likely to go over well with' Young's older fans.

For the most part, "Angels" contains solid songs from this great area Canadian songwriter, but I can't, help but wonder if the ride would have been smoother if Young walked alone instead of saddling up with his favorite mount.

# Regional artists scheduled for fall exhibitions

displayed in the Gallery with the

opening reception 4-6 p.m. The works of Mahmoud and Coakes

will be displayed until Nov. 29.

School of Art, is displayed in 25

permanent public exhibits across

Mahmoud is an established

painter in the Chicago area and

Art professor Ron Isaacs

'mysterious stilllifes" and "surre-

Coakes, whose ceramic work

has been displayed as far as New

Zealand, is an assistant professor

at Western Kentucky University.

professor, says Coakes work con-

tains "both functional and sculp-

To wrap up the end of the

semester, Giles Gallery will host

the Bachelor of Fine Arts Degree

department will display their cre-

4-14, with the opening reception

4:30 p.m. Monday through Friday

and 2-5 p.m. on Sundays. All

exhibits are free and open to the

The BFA exhibit will run Dec.

Gallery hours are 9:15 a.m. to

ative efforts through various

tural properties."

Candidates Show

2-4 p.m. on Dec. 4.

Karen Spears, an assistant art

describes Mahmoud's work as

dential research professor at

Northern Illinois University

the country.

exhibits.

The work of Mahmoud, a presi-

By Doug Rapp Arts editor

The art department has scheduled four exhibits for the fall semester.

The first exhibit, which will open Monday in the Giles Gallery located in the Campbell Building, will feature the photography of Andrew Boroweic.

Boroweic, director of the University of Akron's School of Art, photographs changing aspects of the landscape in industrial towns throughout the Midwest and

On Oct. 3, the abstract paintings of Paige Williams Murphy will be displayed in the Giles Gallery, with the opening reception held at 7:30-9 p.m.

The work of students who participated in the Kentucky Institute for International Studies, which gives students the opportunity to study overseas, titled "What I Did This Summer," will also be fea-tured with the Murphy exhibit.

Murphy, who graduated from Eastern with a Bachelor of Fine Arts degree in painting in 1987, is an instructor at the Cincinnati Academy of Art. Her work has been featured in several regional

Murphy's exhibit and the students exhibit will run through Oct.

Starting Oct. 31, the paintingsof Ben Mahmoud and the ceramic work of Michelle Coakes will be

# SOUND **ADVICE**

#### Owner says Richmond needs new record store

By Doug Rapp Arts editor

Some people dream of owning their own business. Some people dream of doing something they enjoy for a living.

Al Walters gets the best of both worlds with Sound Advice Music, has displayed his work in over 300 his new record store.

Yet for a relatively small city with two established record stores, does Richmond need another record store?

A solutely," said Walters.

is really focusing on the campus and that's what I intend to do," said

"I want the students on campus to think Sound Advice is where to

Business ventures aren't foreign territory to Walters. His wife, Karen, owns and operates Travel on Third, a travel agency in All graduating seniors in the art Richmond.

> Walters, who graduated from Eastern in 1985 with a degree in industrial technology, plans to maintain competitive prices. New CD's will average \$14.44 and new tapes will range from \$7.77 to \$8.88. Sound Advice will sell used CD's for \$7.77 and will buy used CD's in good condition but won't noon to 6 p.m. on Sundays.



Progress/BRETT DUNLAP

of record store, especially one that Al Walters hopes the downtown location of his business will attract students from campus. deal in used tapes. Posters and T-

> shirts will also be sold. Special orders can be taken and will be available in two to three days, Walters said, but rare and

imported CD's may take longer. Sound Advice, located at 204 E. Water St., will open at 10 a.m. Friday with in-store specials for all

customers. Walters is optimistic about his new found business.

"I think it's going to turn out real good ... a lot better than I anticipated," he said. "I think I'll survive."

Store hours will be noon to 10 p.m. Monday through Friday, 10 a.m. to 10 p.m. on Saturdays and

	SOUND ADVICE	RECORD-	RECORD
New CD:	\$14.44	\$9.99- * \$14.99	\$11.99- \$16.99
Used CD:	\$7.77	-\$5, \$8.99	N/A
New tape:	\$7.77- \$8.88	\$8.99- \$10.99	\$6.99- \$10.49
Used tape:	N/A	\$3.99- \$4.72	N/A
Misc.:	posters, T- shirts	posters, T- shirts,mag- azine, hats	Ticketma- ster outlet

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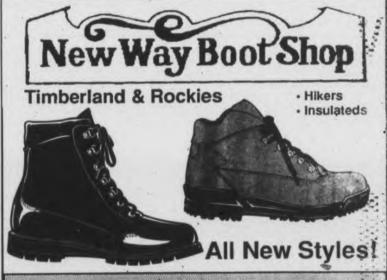
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# PEOPLE

August 25, 1994 The Eastern Progress

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# Pastor has hopes for helping AIDS victims 623-4316

By Christina Rankin **Activities** editor

Father Ken Waibel, the new pastot at the Catholic Newman Center and St. Mark Catholic Church, didn't plan on being a priest when he entered Thomas More College in

"I was preparing for medical school my first two years in college," he said.

Waibel, 34, changed his major to biology and chemistry, but in his senior year he started having doubts about his future. It was in his senior year that he received his summons from God to go into the ministry, but Waibel said he fought the calling.

"I really didn't want to (go into the ministry)," Waibel said. "I didn't want people to treat me differently. "I really fought the call for six

months," he said. He said he told God, "God, no,

pick someone else." But the call was too strong, and he entered St. Pius X Seminary in

Erlanger after graduation. Waibel didn't like the seminary because of its conservative attitude, but he had to stick it out for a year to get credits in philosophy. After that year was completed, he transferred to St. Meinrad School of Theology in Indiana. It was there that he real-

ized-he wanted to serve God.

Waibel, in his 11th year of priesthood, heard about the opening left by Father Greg Schuler at the Catholic Newman Center while he was at Loyola University in Chicago getting his master's degree. Schuler was reassigned to Christ the King Cathedral in Lexington.

Waibel began his duties June 15, and already has certain goals for the two parishes. First, he would like to dispel some of the myths that are associated with Catholicism, such as, Waibel said, Catholics worshipping Mary.

"We have a very high honor for her," he said, but Catholics don't worship her.

Waibel also wants the Newman Center to become "a safe place" for those who are affected by HIV/AIDS, not just those who are infected with the disease.

He said you can't get rid of the disease, but "you sure can keep yourself strong with it."

The center wants to become "an AIDS-friendly parish" that will help people receive counseling, testing, hospitality and training. Waibel said he tries to keep him-

self educated about the disease, so he can help others when the time comes The Catholic Newman Center

will begin an adult education program in September with its first being a history of Roman Catholic



Progress /BRETT DUNLAP

Father Ken Waibel blesses the host for Sunday communion at the Catholic Newman Center on University Drive.

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"We have but one rule here, and that is we all act as gentlemen." -- General Robert E. Lee

#### **Upcoming events**

Aug. 30: New Beginnings, a campus weight loss program, will run Tuesdays through Dec. 13. Sign-up and weigh-in is in Rowlett, third floor. Weigh in at 11:45 a.m.-12:15 p.m. and workshop is at 12:15-12:45 p.m. For more information, call 622-1444.

# ACTIVITES

Thursday, August 25, 1994 Christina Rankin, Activities editor

# **Opportunities** knock at Rush

By Christina Rankin Activities editor

The desire for belonging and friendship has prompted many college students to join Greek organizations, according to Troy LeForge, Greek adviser.

With the end of sorority rush and beginning of fraternity rush, LeForge said she has seen an increase in the number of pledges this year. She said 170 women pledged sororities this semester whereas around 150 pledged last year, a 14 percent increase.

Michael Hay, Interfraternity Council graduate assistant and a member of Beta Theta Pi fraternity, said last year 65 pledges signed up for rush. This fall the total more than doubled with 136 men interested in rushing.

Why the added interest in Greek organizations? LeForge said joining a sorority or fraternity creates "a

sense of comfort and community." Hay said friendship is a major part of joining a fraternity.

A fratemity is "a group of guys with a common interest," Hay said. "They feel comfortable with each

Hay also sees a gréater interest in Greek organizations. He said his fraternity has more than 80 freshmen sign up for Rush this fall.

Larry Muennich, of Theta Chi, joined a fraternity because of the opportunities it provides. He said a fraternity gives him the chance to get involved on campus.

Muennich looked into joining a fraternity his sophomore year at Eastern, but after meeting a few fraternities, he said, "I wasn't interested at all."

It wasn't until he saw his friends in fraternities that he recognized the opportunities for friendship and fun.

"It is the best thing I ever did,"



Jason Bonham (left) and Russell Hensley (right), members of Sigma Chi, hang up a sign during the Fraternity Rush kickoff

Muennich said he-thought there was a growing interest in a Greek organization because Eastern is

"Eastern's growing," he said. "I think that's why it's doubling."

"This is the time the men can meet and get to know one another," Victoria Hougland, president of Panhellenic Council, said.

The men will have plenty of time to get to know one another with rush, which started Monday with the informational and a kick-off on Tuesday in the ravine. Today through Aug. 31 will be individual fraternity parties.

"(Rush) encompasses cookouts, playing pool ...," Hougland said. The parties range from Tau

Progress/JAY ANGEL Tuesday in the ravine. Rush ends Sept. 1 with Bid Day in the Jaggers Room of the Powell Building from 10 a.m. to 3 p.m.

Kappa Epsilon's "burgers and baskets at Irvine-McDowell Park" to Sigma Pi's "pigout at Pizza Hut."

Philanthropies as well as activities vary with the fraternity. For example, Kappa Alpha is working with Muscular Dystrophy Association and Lambda Chi Alpha's philanthropy is the Richmond Foster Kids Program.

Fraternity Rush '94 ends with Fraternity Bid Day from 10 a.m. to 3 p.m. Sept. 1 in the Jaggers Room of the Powell Building. -Day, fraternity members put ou. who they think will fit into their fraternity and give pledges an invitation to join that fraternity.

Eleven out of 13 fraternities are participating in Fall Rush.



Progress/BRETT DUNLAP Dana Tippon and Kyle Jones will perform with Shameless Country Aug. 30.

# EKU Women host BBQ feast, dance

By Christina Rankin **Activities editor** 

Arlington's Mule Barn will turn into a country-western feast and dance when EKU Women host its third western barbecue and silent auction at 6:30 p.m. Aug. 30.

Dress is casual, but Sheila Holsclaw; an active member of EKU Women and co-chairperson for the event, said past participants have come decked out in full western

A buffet of barbecue, baked beans, potato salad, cole slaw, dessert and beverage will be served. **Upcoming events** 

EKU Women have scheduled a day at Keeneland, a home and garden show, and a luncheon and style show in March.

Entertainment will be provided by Marianne McAdam, of the university's department of physical education, and her line dancing group, Shameless Country, which is made up of Eastern students.

The dance group will demonstrate the latest line dancing and countrywestern steps, and allow the audience to participate.

In the past, wide variety of ages,

ranging from 20-80, have joined the country-western fun, Holsclaw said.

"We want to get as many people involved," she said. "People that come is what makes it" more enjoy-

Also as part of the entertainment, a silent auction will be held with proceeds going to the EKU Women's scholarship fund. Various merchants have donated items, such as gift certificates from local groceries and Gibson Bay golf course, two half-hour plane rides from the Madison County airport and a fiveday, four-night Daytona Beach vaca-

Holsclaw said EKU Women has tried to get a variety of items to appeal to all kinds of people. The auction will also appeal to people who don't want to dance, but want to

The cost of the barbecue is \$9 per person and is open to the public. Mail checks to EKU Women, Coates Box 714. Reservations are required and the deadline is today.

## Mass times change

Father Ken Waibel, the new priest at the Catholic Newman Center and St. Mark parishes, has changed its Mass schedule at St. Mark. The new times are

Saturday: 5 p.m.-St. Mark Sunday: 8:30 a.m.-St. Mark 10:15 a.m.-Newman Center Noon-St. Mark 5:30 p.m.-Newman Center

#### Female Birth Control Research Subjects Now Being Screened

Healthy women ages 18-50 are needed for research involving birth control pills. Women enrolled in a study will receive doctor visits and birth control pills at no charge, plus \$50 - \$100 for their partici-

For a confidential screening, or for more information, contact Central Kentucky Research Associates.





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# QB controversy confounds Kidd



"I'm
not going
to make a
decision
right now.
I'll have to
see how
things go

 Roy Kidd, football coach

this

week."

By Matt McCarty Sports co-editor

With a week left before Eastern's football season opener against Western Kentucky University, head football coach Roy Kidd is still trying to answer the quarterback question: who's going to be the starter next week?

"I'm not going to make a decision right now," Kidd said Monday. "I'll have to see how things go this week"

Kidd said he would have liked to have made the decision on his starter by Monday, but, he said, "I just don't feel comfortable (making the decision) right now."

The stakes are raised for the three players vying for the starting position on a team that has seldom substituted at quaterback in the past.

The coach did say, however, that during practice he was giving senior transfer John Sacca more repetitions with the first team because "the other two know the offense better right now."

The other two are senior Ron Jones, who started the first two games a year ago before breaking his arm against Northeast Louisiana, and sophomore Greg Couch, who started the remaining ten contests, eight of which were wins.

The three went into spring practice last year with all eyes focused on them.

When the spring drills ended, Couch emerged as No. 1 on the depth chart with Sacca at number two and Jones was third.

Although Kidd has not made a decision on the battle for the offensive leader, he did say it would be "either Sacca or Couch."

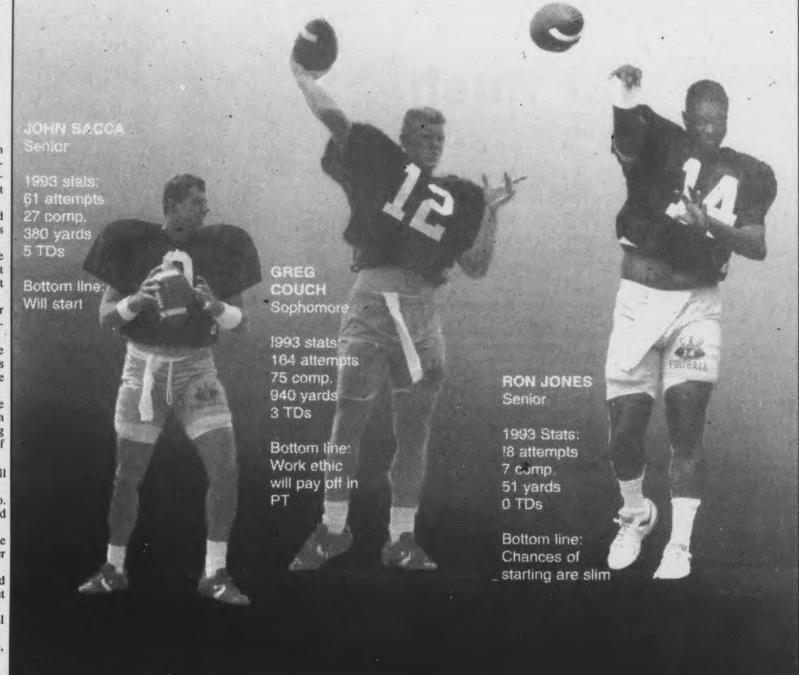
He said it is a tough decision because Sacca and Jones are seniors, and "you want to get all you can out of them."

However, the age factor will not dominate the final decision.

"You don't win a position on your (year in school), you win it on talent," he said.

But whoever Kidd ultimately decides to start at quar-

But whoever Kidd ultimately decides to start at quarterback, he said last season should be a lesson to the players that the "next guy is just a play away."



Progress/JIM QUIGGINS

# Prediction: EKU-Youngstown final contest

It is seven days to the start of another exciting season for the Colonel football team. Although it is four months before the season ends, what do you say we go ahead and look at how the season will undoubtedly unfold?

Sept. I at Western: Eastern will travel to the home of the Hilltoppers for the opening game of the season, and it won't leave fans feeling shortchanged.

With 2:35 left in the contest and Eastern trailing 14-13, All-OVC safety Chris Guyton will intercept a Western pass on the 25-yard line and return it to the Eastern 38.

In will come quarterback John Sacca, who will immediately begin



Matt McCarty

From the Sand Trap

the push toward the end zone with a 15-yard completion to tight end Jason Dunn.

Then, after two incomplete passes, will come the play that will have Colonel fans talking for years to come. Ron Jones will enter the game at wide receiver and get the ball on a reverse. Just before crossing the line of scrimmage, he will

stop and fire a 37-yard completion to Dialleo Burks.

With 43 seconds to play and the

ball on the 10-yard line, the Colonels will run two run-plays to the seven-yard line. This will set-up a 24-yard field goal by Marc Collins, and the game will be in the win column for Eastern.

Sept. 10 against Samford: Emotions will be high heading into the home opener against Samford and, behind a single game Eastern record 322 yards passing by John Sacca, the Colonels will cruise to a 33-10 victory.

Sept. 17 at Youngstown State: The Colonels will then enter the realm of the defending Division I- AA champs and will be ready to improve their record to 3-0 before entering conference play.

Unfortunately for Eastern, the Penguins will envision a different outcome and will hand the Colonels their first loss 26-15.

games: Eastern will make quick work of Austin Peay in the conference opener, as they begin their run for yet another conference title.

Eastern will follow-up the game against the Governors with one of the two biggest games of its season, Middle Tennessee State University.

Midway through the fourth quarter the Raiders will hold a 28-16 lead when All-OVC linebacker Carlos Timmons will break through the line, meet MTSU's tailback Kippy Bayless and force a fumble. Timmons will pick up the loose ball and run in for a touchdown.

The Colonel defense will hold the Raiders on its next drive and force a punt

The offense will march down the field and score a touchdown on a 12-yard sweep around the right side by William Murrell. Final score: Eastern 30, Middle 28.

The next two games will be home contests, including Homecoming against Murray State, and Eastern will easily improve its record to 6-1 on the year.

record to 6-1 on the year.

Eastern's second big game will

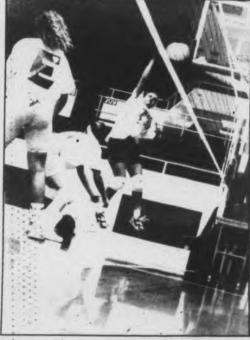
come on Oct. 22 at Tennessee Tech. Eastern will escape the Golden Eagles with a 43-yard field goal by Collins with seven seconds showing on the clock to take the 20-18 victory.

After dominating the final two conference contests, Eastern will head into the playoffs with a 10-1 record.

Division I-AA Playoffs: Eastern will enter the playoffs on an upswing, and will stay that way all the way to the finals at Marshall against Youngstown State.

Fortunately for Colonel fans this game will have a different ending than the Sept. 17 contest as Eastern will win its third national title.

# Volleyball team starving for big season



Progress/BRETT DUNLAP
Dena Donnellon is ready to spike the

Vo	olleyball Schedule
Sept. 3-4	Labor Day Volleyfest
Sept. 9-10	at U. of Arkansas Tourney
Sept. 16-17	at U. of Georgia Tourney
Sept. 21	at Marshall University
Sept. 23	at Murray State

competition this volleyball season.

#### ■ Polvino optimistic team can improve on last season's record

By Mary Ann Lawrence Sports co-editor

You can see the hunger in the eyes of the 1994 volleyball team and somehow you can sense this team is destined to be more than its record reflects from last season.

"They are very hungry to do better as a team than they have been doing," said Coach Geri Polvino, who is entering her 28th year as the Colonels' head volleyball coach.

The team has been picked to finish fourth in the OVC and team captain Lori Federmann has been selected to the first team All-OVC. Polvino says this makes the outlook good, but she thinks the team will determine their own destiny.

"it's hard to predict how the team will do until they step foot on the floor," Polvino said. "They will ultimately define the season themselves."

The Colonels finished last season in fifth place with a 14-17 record. Polvino said the team had a difficult time defending the left side from conference attackers.

"Our trouble at the left side should be taken care of in freshman Amy Merron who should be able to stop the left side attack," Polvino said.

Merron, a 6"freshman from Bancroft, Iowa is a strong addition to the team at middle blocker and will be a key in the team defense.

The team has nicknamed its defense "The Wall" for its powerful front line.
"Defensively, we have a strong, solid block

that is very consistent," Polvino said.

Offensively, the team will pose threats from outside hitters sophomore Shelby Addington,

junior Sharon Morley, sophomore Dena Donnellon and junior Dawn Allgeier.

"Shelby is a very powerful hitter, Sharon is a consistent outside attacker, Dena is a fiery outside attacker and Dawn is a finesse attacker," Polvino said. "So, we have some strong offense."

Polvino said she is pleased with the variety of styles on the team and the amount of strength the girls show.

The team has shown a tremendous work ethic as well as a good attitude, Polvino said, and the key to a successful season lies in keeping that winning attitude.

"If they can see themselves as a good team, whether they're ahead or behind, beating up or getting beat up, then this team can be successful," Polvino said. "It's keeping a team concept that makes a winning team."

Polvino subscribes to the thought that a positive team image creates a positive team.

The leadership from seniors Federmann and Heather Vorhes has served to bring the team closer and to build communication between veterans and rookies alike.

"Lori and Heather have built my confidence in this team," Polvino said. "This team has a lot of hustle."

The team opens against Midway in a scrimmage at 7 p.m. Sept. 1 in Alumni Coliseum.

Polyino credits the smooth operation of the

Polvino credits the smooth operation of the volleyball program to her statt — Yvette Moreland, Kelly Lewis, Lisa Pachell and new addition Joyce Riley.

"The volleyball staff is doing an outstanding

job training the team," Polvino said. "They're the ones who actually get out on the court with the girls and work them."

Polvino also said the team has a winning atti-

"They have the attitude you need to get the hard things done," Polvino said.

# Colonels add assistant coach

By Mary Ann Lawrence Sports co-editor

Eastern's
volleyball
program
will have a
new face
roaming the
sidelines
this year.
Joyce



Joyce Riley

Riley replaces
Wick Colchagoff on coach Geri
Polvino's volleyball staff as a
part-time assistant coach.
Polvino said Riley brings a

natural feel for volleyball to her staff.

"Joyce has great instincts for

the game and is a very positive coach," said Polvino. "She also has good insights into the kids." Polvino said Riley worked for

13 years in the toughest volleyball state — California — before calling Eastern home.

The new assistant coach in

The new assistant coach in Polvino's camp is happy about the change both in coaching and in pace.

"It's been like moving from the south to the west and back to the south again," she said. "I "Joyce has great instincts for the game and is a very positive coach."

 Geri Polvino, volleyball coach

really enjoy the quiet and calm.

No more rat race as you have in California."

Riley is originally from New

Riley is originally from New Orleans, where she coached throughout her college career at The Southern University of New Orleans, working toward degree in physical education.

"I really enjoy the satisfaction of being able to motivate and guide my students," Riley said. "It gives me great satisfaction to see my kids succeed as committed individuals."

Riley hopes to contribute to a championship for the Colonels this season.

"They work hard, communicate well and have a lot of talent," she said. "I think they have the potential to be a championship team."

# Freshman takes it all in stride

**SPORTS** 

By Mary Ann Lawrence Sports co-editor

When you are a born competitor there is only one answer you can give when asked why you

'Winning is the best part of playing. It's something to look forward to," said freshman wide receiver and natural competitor Rondel Menendez.

Since becoming a Colonel, Menendez has dazzled Coach Roy Kidd with his speed and agility. "He can really run," said Kidd. "He's one of the fastest we've signed in a few years.

Kidd plans to test this upstart from Louisville in what is arguably the biggest game of the season, the Colonels' season opener at Western.

"He's a competitor. I like that about him," Kidd said. "He's got to prove himself yet and the first game will take care of that matter.'

Menendez came to EKU from Eastern High School in Louisville and the choice to make Richmond home was pretty cut and dried.

"I went to UK and U of L. At UK, I just didn't feel comfortable. At U of L, I don't know, it just didn't feel right," Menendez said. "When I came to Eastern, it all just fit into place. The football program is great, but what really got me was the business program."

The choice to take the road from Eastern High to Eastern Kentucky University may not have been too tough but earning the opportunity to make that decision definitely was.

"People look at me and say, 'You're too little to go out there and play ball with the big guys,' and it's hard to prove them wrong, but I don't quit,' Menendez said. "I don't quit at anything."

At 5'10", 160 pounds, Menendez has to be fast to play the game — and he is. He can run the 40

"I like to run. I run all the time," he said. "To me, running isn't a painful exercise; it's a way to relieve stress and relax.'

Menendez said that he had been asked to run track and admits that the offer is tempting but a little too much for him to handle his first year.

"I'm just going to concentrate on my studies and football for my freshman year," he said. "Next file Eastern's veteran offensive line.

#### Rondel Menendez

Hometown: Louisville Parents: Mary Phillups and the Rev. Larry Menendez Class: Freshman Position: Wide receiver Height: 5'10" Weight: 160

Menendez was a four-year letterman in both football and track. His biggest athletic thrill came when he received his scholarship to Eastern. He was also a four-year member of the all-state track team as well as being chosen to represent Kentucky in a scrimmage.

As a freshman, Menendez said the biggest difference between high school and college is the

"Here you play with guys that are as fast or faster than you," Menendez said. "I knew it would be different, but I guess I had to see it for myself."

As a kid, Menendez never thought football would take him into the top 22 senior players in Kentucky or make him Eastern High's MVP or bring him to Eastern to play for the coach with the most wins in the Ohio Valley Conference.

But, then again, football didn't do it; talent did. "In middle school, all my friends played football and I didn't want to be left out," he said. "Over time, I came to love the game. I had no idea it would take me this far. I thank God that it did."

His love for the game allows the talent and the struggle to work within him to create a better 'You've got to love it to do it. If you don't love

it, there's no reason to be out there," Menendez Editor's note: Next week the Progress will pro-

Rondel Menendez has yet to prove himself to Coach Kidd, but has the competitive spirit to someday crack the starting line-up.



Progress/JIM QUIGGINS

# SPORTS BRIEFS

Eastern football team plagued by pre-season injuries

Injuries are nagging the Eastern football team as it prepares for the season opener at Western next week.

Head coach Roy Kidd said 17 players have had "aggravating injuries" over the last week and a few could be sidelined for the Sept. 1 opener.

Kidd said one of the players who is doubtful for the WKU game is sophomore backup center Son Tran.

But there has been some bright spots during spring practice, specifically William

Kidd said that during Saturday's practice, Murrell did "the best job of the running

Murrell, Eric Clay and Robert Bouldin are

battling for the starting tailback position.

#### Jackson extends contract; Brown signs on in Canada

Former Eastern Kentucky offensive lineman John Jackson has secured his future in the NFL by signing a four-year contract Saturday worth \$7.05 million, including a \$1.05 signing bonus, with the Pittsburgh Steelers.

Jackson is starting his seventh season with the Steelers where, due to salary cap regulation, he will make \$595,000 of the contract this season. He will, however, receive a roster bonus of \$500,000 which, along with the signing bonus, makes his 1994 salary \$2.1

The former Colonel will make \$1.4 million in 1995 and \$1.75 million in the last two years of the contract.

Meanwhile, Leon Brown, who was picked up as a free agent by the New York Giants but was later dropped, signed with the Las Yegas Posse of the Canadian Football League. Brown rushed for 1,000 yards for the Colonels last season.

#### Former Colonel center heads east for international contest

For Eastern's basketball enemies, there is some good news - William Holmes is moving to Europe.

The 6-foot, 9-inch, 240-pound center has decided to play professional basketball in Luxembourg this season.

Holmes led the Colonels in reboundingas a senior last season averaging eight rebounds and 10.5 points per game.

Holmes, who led Eastern in field goal shooting last season with 55.2 percent, will play for BBC AS Soleuvre in Luxembourg and will reinforce its national standings.

#### Clements, Carlson selected to All-American Academic squads

Two of Eastern's top women athletes have been selected to two of the 1994 GTE/CoSIDA Academic national All: America women's at-large teams.

Senior Amy Clements, a two-time OVC cross country champion, was selected to be first team at-large All-American.

Tennis all-star Ann Carlson, who graduated in May, was a third-team All-American

# Eastern-Western highlights Colonel television coverage

#### Progress staff report

Colonel fans who may decide not to make the trip westward next Wednesday for the EKU-WKU foot-

ball game can catch all the action. The season opener will be the first of three Eastern contests televised live this season. The Oct. 8 and the Oct. 15 Homecoming con- on a delayed basis at 10:30 p.m. receiver Sonny Randle.

test with Murray State will also be CDT the same night. televised.

Four stations will carry the Western contest, including live coverage on WTVQ-TV, Channel 36 in Lexington; WHAS-TV in Louisville; and SportSouth Cable Network throughout the southeast at p.m. CSI.

SportSouth will be broadcasting the two home televised contests

WTVQ-TV sports director Kenny Rice will do play-by-play for the Colonels-Hilltoppers contest and sports reporter Dave Shore will cover the action along the sideline. VIWI-IV in The color commentar will be prohome game with Tennessee State Evansville, Ind., will show the game vided by former NFL all-pro wide

# Here is a look at where and when to be.

with mandatory meetings for flag football.

A meeting for all coaches in flag football will be held at 9 p.m. Tuesday, Aug. 30 in the Grise Room of the Combs building.

The intramural season gets underway next week

Intramural Update

 The flag football officials' clinic will meet Aug. 31 at 9 p.m. in the Grise Room.

 Flag football default fees are due next Friday, Sept. 2 by 4 p.m. Fees must be paid at the billings and collections window and a copy of the receipt . needs to be presented to the intramural office. For more information call 622-1244.

You are invited to attend The Eastern Progress Open House to meet the staff members. The event will take place this afternoon from 2 p.m. to 4 p.m. in 117 Donovan Annex.



August 26 - September 2

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August 25-28
Page 2

TASTE TEMPTATIONS Page 11

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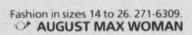


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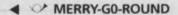
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#### **▲ THINGS REMEMBERED**

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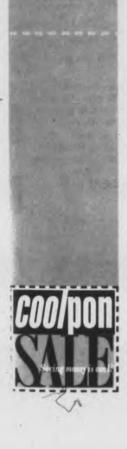


FOOT LOCKER



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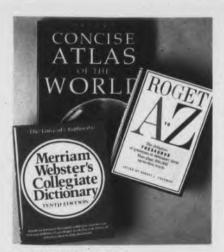
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