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HAVE YOU HAD YOUR FRUIT TODAY?

The colorful pros and cons of an all-vegetable diet. B1



BREWIN'

Coffee Connection offers new downtown spot for Eastern students. B3



WEATHER TODAY High 85, Low 55, partly cloudy FRIDAY High 76, Low 55, SATURDAY High 73, Low 55, sunny



THE EASTERN PROGRESS

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Day care center a step closer

Faculty senate unaminously passes proposal; hopeful center will spell relief

BY DANNA ESTRIDGE News writer

Alex Ballou attends classes at Eastern on Tuesdays and Thursdays, but she hasn't declared a major yet.

She has plenty of time to decide what she wants to be when she grows up, because she is only 2 months old.

Alex attends classes with her 22-year-old mom, Tracie Ballou, because Tracie hasn't been able to find either a full-time baby sitter or child care facility for Alex while pursuing her degree in secondary education.

I have a friend who keeps her on Mondays and Wednesdays," Tracie said.

The Ballous are on a waiting list for day care, but Tracie doesn't know when space might be

In the meantime, Tracie takes Alex to class.

"She's learning lots of good stuff," Tracie said of her daughter.

'My parents and I decided she'd get her college education first, then go to elementary school.'

Although Tracie jokes about Alex getting a head start on her education, she would be very happy to see a

child care facility on campus. "I would love it. They need one," Tracie said.

A Faculty Senate Ad Hoc Committee created in the fall of 1993 to study child care needs on campus has come to the same conclu-

The committee presented a motion during Monday's faculty senate meeting for the university to "create a day care center to serve the needs of children in the university community.

After hearing from several people present at the meeting, the senate voted to pass the motion.

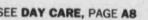
Allen Engle, a professor of management and marketing, was one of the supporters of the

My parents and I decided she'd get her college education first, then go to elementary school.

TRACIE BALLOU, student parent

cern," Engle said. Another supporter, Ginger Wallace, an assistant professor at Model Lab School, said the day care center could be a factor in a teacher's or student's decision to choose Eastern.

Wallace said when she was going to graduate school, she had four night classes and "four different baby sitters," and if she would have found



motion at Monday's meeting saying, "I believe we are

standing at a point where

institutions like Eastern are

in question as to relevance,

contributions and a model

that they can present to the community."

concerns some might have in

funding, but said the posi-

needs are and the benefits to

this community and this state

are, to my mind, more real

and yet more difficult to dis-

"The costs are real, and the

tives outweigh the negatives.

Engle also discussed the



SEE DAY CARE, PAGE A8 Tracie Ballou, 22, checks on her 2-month-old daughter, Alex.

Progress/ MATT McCARTY

Students were able to get parts of their body painted at Tuesday's Fall Fest. Jeremy Stevenson, left, painted Megan Stetler's arm while she painted Raed Battah's hand.

Turnout high for election

BY LANNY BRANNOCK Assistant news editor

Approximately 500 students braved the rain Tuesday to cast their ballot for the 12 vacant atlarge student senate spots.

The seats were sought by 20

"That was a lot more than the 300 anticipated," elections chair Scott Douglas said. "Three hundred was an ambitious estimate."

Douglas said the high number of candidates helped ensure a high voter turnout compared to years past.

"There were twice the people on the ballot, which meant that there were twice the people out campaigning," Douglas said. Student senate president Joe

Hoffman was pleased with the "I was happy with the increased turnout, but I was still

disappointed that only 500 of the 16,000 students at this school came out to vote," Hoffman said. "The only thing we did differently was take out an ad in the

Progress. We are getting a lot more publicity," Douglas said. The vacant college of health, P.E., recreation and athletics seat was filled by Allison Bladdie.

who ran unopposed for the seat. A senator at-large will be appointed to the vacant seat in the college of arts and humanities

next week, Hoffman said. Sara Garrison was the leading vote-getter with 95 votes.



Progress/ MARIE MOFFITT Senior Shane McKinney cast one of the more than 500 votes at Tuesday's student senate election.

best as possible. I was very surprised. I hoped I would make it. I like to be the leader," Garrison

The new senators are Garrison, Karen Spears, Pam Francis, Ben Johnson, Tracy Small, Eric

"I want to fulfill my duties as Dieffenback, Kurtis Blosser, Cathy Miller, Michael J. Lynch, Wesley Crouch, Tina Swisher and Brynda Lenington.

The lowest elected vote-getter was Lenington with 49, which

SEE ELECTIONS, PAGE A5

Future of state's higher education topic of discussion this weekend

Final action won't be taken until Sunday, Clark says

BY MATT MCCARTY Managing editor

The future of the commonwealth's higher education is one of the topics of discussion at a Council on Higher Education meeting Sunday in Lexington.

"Sunday's a big day of finding out where we are on the strategic plan," Jim Clark, Eastern's director of budgeting, said.

The Strategic Plan for Kentucky Higher Education, which is constructed every five years, will be

university presidents at 2 p.m. and by the state universities' trustees and

"quite a while."

regents at 4 "They won't take any final action (on the plan)," Clark said of Sunday's meetings, calling it a

developmental stage Clark said the plan, which will be used to govern Kentucky's higher education from 1996-2000, has been in the developing stage for

"They are searching for a balance to integrate the state-wide plan with the university plans," he said. Faculty regent Richard Freed, a

professor in the English department, s hoping the session will be a "dia-

logue" and not an overview of the 'We're hoping that the council is really interested in discussing some of the controversial issues and listen

with an open mind," Freed said. Freed told members of faculty senate Monday that he had some concerns with the council's current proposed draft. However, he said later he was optimistic that any problems would be looked at by the council.

Freed also stressed the importance of the strategic plan, noting it outlines the general goals of the council and "should be related to the mission statement of the university."

SEE CHE, PAGE A5

Weight room needed, Baugh says

University offers students variety of other facilities

(Editor's note: This is the first of a two-part series examining Eastern's fitness and wellness facilities on campus and the proposal to build a new facility.)

BY JANNA GILLASPIE News editor

Entering the Begley weight room, a wave of heat bursts in your face. Rusty free-weights are stacked around each machine. Several men crowd into the small room to use the only weight equipment available to them on campus.

"For the size of the university, we ought to have something better," said Eric Law-

rence, a junior police administration and sociology major who works for the division of intramural programs Most students join fitness facili-

ties off-campus, said Lawrence, who does not use the campus facili-While the Begley weight room has its problems, it is still the only

weight facility available for student use on campus.

"We're trying to maximize the potential for this one," Robert Baugh, dean of the college of health, physical education, recre-



The Begley weight facility was refurbished last year, said Baugh. Mirrors and dehumidifiers were added to the room, and repairs were

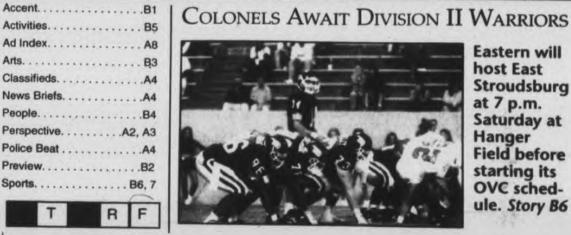
made to the existing equipment. "It's not as nice as I'd like to see it, and it doesn't accommodate students," Baugh said.

Baugh said he is constantly looking for more space for a student weight facility on campus, but it is unlikly a new building will be built for one in the near future.

With the proposal of a new conditioning and wellness center for student athletes in the works, the current athletic training facility will most likely be renovated to serve the student population, Baugh said.

Clay Forehand, a senior fire and

SEE WELLNESS, PAGE A5



Eastern will host East Stroudsburg at 7 p.m. Saturday at Hanger Field before starting its OVC schedule. Story B6

Dream puts

happiness in

perspective,

comparably

She was everything I would be, could I

have created myself. She was 5-feet, 5-inches

tall, and a size 5/6. She had long, full dark

hair, deep blue eyes, a mellow beige com-

plexion, small

features.

hands and delicate

She was sitting

on my couch, in my house, with my

liked her better than

me. Why shouldn't

She's just a better

I was just about

family and they

they, I thought.

version of me

Home is still home, even after new world

Every time it's happened before, I've been

Watching my dad in pain, hoping the

stone will pass before surgery is needed. My dad has had cases of kidney stones

several times over the last eight years, each time landing in the hospital, passing the stone hours before

This time I'm not at home with my family during his wait-andhope battle with the

Unfortunately, I'm a hundred miles away with my own worries of school and work

while my family copes with this heartache at

Matt McCarty

ALL POINTS

I wish I could be back home, helping out at our local grocery store until dad feels better, but I can't - my world isn't in Paintsville any longer.

A new world

It's impossible for a college student to continue living the same way after college begins, because this change forces him or her to leave his or her old one behind.

This is the case for nearly all students who graduate from high school and move on to college. While they still go home whenever possible, they can never stay in their old

Eastern has a reputation as being a suitcase college, and for the most part, that is probably true. When Friday afternoon rolls around, students hit the road to return to their

They barely get home, however, when it's time to come back to the familiar surroundings of Richmond.

It's even more unfortunate the students' old worlds continue to move on without them there, as if they're not needed anymore.

Earlier this summer, my great-grandmother passed away. While I wasn't as close to her as I would have liked to have been, I still wanted to be home with my family during this tragic time

Although I made it home for the funeral, it was still a reminder of how far removed I was from my childhood days.

I guess as a 20-year-old junior, I should be used to it by now, but every time something happens - whether it be one sister getting her license or the other starting high school

What waits ahead

I always thought when my days at Eastern elapse and I venture out into the "real world," I would get as far away from Kentucky as I

Anymore, however, I'm not so sure. My family and friends are in Eastern Kentucky, and maybe - just maybe - that's where I

Fortunately, I have two years to decide exactly what road I want to take with my life, and hopefully something will happen along the way to give me an idea about which path Whether I journey back down the

Mountain Parkway or not, I'll know my true home will always be a phone call away. I guess in this world of violence, heartaches, and uncertainty, it's good to know the phone lines are always open.

I believe I'll take advantage of that and give my father a call, because no matter what happens, our worlds will never drift too far



Brockton Break-ins Students shouldn't have to live in fear

When the assistant director of the physical plant and director of Brockton family housing talks about how easy it is to break into the units, you know there is a problem.

The problem is lack of security in the Brockton housing units.

Two recent break-ins have alarmed some of the residents who are concerned about the safety of their families.

David Hepburn, assistant director of physical plant and director of Brockton family housing, admitted the housing units were unsafe and blamed lack of funds for not making the proper repairs.

It's time the university makes some changes. Although each student living in campus housing must make a security deposit before moving in, there is nothing to promise the student they will be secure.

It seems the university is more concerned about securing a damage deposit than making sure students are safe in their campus dwellings.

Students shouldn't have to be afraid, especially if something as simple as new door locks or window locks are all it takes to make the housing unit safer.

Hepburn said he replaced several trailer

doors, and that is a step toward improvement, but more has to be done.

Since the Brockton apartments do not have window locks, they could be an easy target for burglars, Hepburn admitted.

All it would take to remedy the problem is window locks, which he said are available if residents come by his office.

Although it would be in their best interest to go by, and pick up the locks, it should not be their responsibility.

Family housing should be responsible for installing the locks, or at least providing them to each apartment. It could be as simple as sticking the locks in each apartment's mailbox, with instructions on how to install them.

While administration says many campus housing rules such as open house regulations are enforced to help maintain safety for residents, it seems the university is doing as little as possible to maintain the safety of residents living in family housing.

The assistant director admits there is a problem; maybe he should work to come up with a solution.

BOTTOM LINE: It is the university's responsibility to provide safe living enviroments for its students, no matter the cost.

to rip my hair out trying to figure out what was going and then I awoke. It didn't bother me at the time. I brushed it

off as a dream and went back to sleep, because, after all, sleep is a precious thing when you're in college. Dreams are funny things. Sometimes they

Lawrence

can really mess you up and other times they straighten you out, and come back to haunt you until you figure out what they mean. This one's pretty simple, I guess. I figure it's a manifestation of some insecurities not

quite left in the past. I suppose it was brought on by feelings of inadequacy at work. I realized a long time ago that you can't be happy as long as you measure yourself by other people's standards. You can't be happy

as long as you compare yourself to others. It's just human nature to compare. We compare our incomes, our houses, our lawns, our cars and even our mates. We compare clothing, hair, hands, feet and any other body parts that can possibly be compared.

When we find someone who is less than us in our eyes, we feel good about ourselves, but when we find someone who is more than we are in our eyes, we feel bad about ourselves.

It's hard to know where you stand if you constantly waver from one standard to another. That girl in my dream was what I would like to be, that's true enough. But, why do I

want to be that way? Is it a mindset instilled in me by my parents, society, religion, or is it something I put

there myself? I really try not to compare myself to others. I know that everyone is unique and spe-

cial in their own way, but it's really hard. Every day, I see people who are better students than I am, who are better athletes than

me and who are better dressers than I am. The important thing to remember is that these people are only different, not better.

When I think about it, I cling to what makes me different and unique. That would be my ability to work hard and do a good job. Some would say that's not special, but to me it is. No one can do the kind of work I do.

simply because no one thinks the way I do. Each of us has our own special qualities. Sometimes, it seems that those qualities which we hold dear are not as special as we once thought they were. That's when dreams about strange girls who seem vaguely familiar come to visit in the night

I guess what keeps me going in this mean old world is the fact I truly believe I can make a difference, even if it means affecting only one person's life.

I can't say I wouldn't still like to be that girl in my dream, but I can say that I like who I am and what I do. There will always be better students and better athletes and better dressers out there, but I will always be good at whatever it is I'm good at.

Lawrence is a junior journalism major from Carlisle and is features editor for the

Parking lots should be patrolled equally

Parking is a concern for everyone at Eastern, that much is obvious.

But why public safety patrols employee lots more than commuter and residential lots is not

as obvious. It is only illegal to park in most employee lots without the proper tag from 2 a.m. to 9

p.m. Monday - Friday, while it's illegal to park in residential lots without a tag at all times. Also, isn't a car parked in a residential lot with improper tags just as illegal as one parked

in an employee lot? Mark Jozefowicz, assistant director of parking and transportation, said, "Any time your car is illegally parked, you can be towed." He also said information was posted on all the entrance doors to residence halls stating, "Stay out of the employee parking lots."

Apparently your car is least likely to be towed if it's in a residential lot because those lots don't seem to be that high on public safety's priority list.

While there may be more abuse in the employee lots by students running late for classes, public safety should give equal priority to all the lots.

Just because it's a residential or commuter lot doesn't mean people aren't parking illegally, and public safety should patrol those lots so the people who paid for a permit to park there will have somewhere to park.

BOTTOM LINE: Public safety should patrol all the lots equally to ensure that everyone has a legal place to park.

THE EASTERN PROGRESS

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QUOTE OF WEEK

All we did different was take an ad out in the Progress. We're getting a lot more publicity.

SCOTT DOUGLAS, SGA on the increased turnout for student senate elections -Page A1

Communications best face-to-face

It seems we are losing the fine art of conversation - when two or more people sit down face-to-face in a pleasant atmosphere and talk to each other about mutual interests.

When appropriate, these people also give a hug, pat a back, hold a hand or just

Unfortunately, it is the face-to-face part that's disappearing fast.

Visiting family, friends and neighbors at their homes, on their porches or in their yards, complete with refreshments, has given way to using the phone for visiting purpos-

es. With our "busy schedules" we can now communicate with more people in a shorter period of time, and we don't even have to leave our chairs.

I am the first to admit that I have, on occasion, fallen into the complacent act of phoning instead of visiting. And, I have sometimes been glad my answering machine was there to "take a message" when I didn't want to speak to a certain individual. But, for the most part, I miss the physical presence only a

personal visit can provide. With all of this said, I move to my primary target...the computer! That wonderful invention most everyone has in their den, bedroom or office.

These amazing machines are bought and loved by all types of individuals. Farmers, ministers, students, housewives, CEO's and small children have

And with the age of computers, we have now been introduced to e-mail. For those of you who have been liv-

ing in a cave for the past five years, e-mail is one of several new "communication links." No longer is it necessary to be in the same room with your communication partner, you do not even have to utter a sound.

Anne Norton

My TURN

Chris

Armststong

STUDENT TO

With e-mail, you can educate. comfort, amuse, insult, "flame" and "spam" people. But you can't immediately know their reaction to your remarks, and if there is a power surge, you may never know if your message was even "deliv-

I recently read "it's (e-mail) better and more personal than other means of communication and information." I'm sorry, but I cannot agree with this statement, even though it was said by someone I really like. From what I've mail for personal communication purposes usually spend a minimum of 10 hours a week on an on-line service. I wonder how many hours a week they "speak" face-to-face with their children, dads, moms, spouses, grandparents, brothers or sisters?

I'm willing to bet that it's less than 10 hours.

Years ago, we were told that the telephone and the television were our "new tools of communication." However, today, in addition to being tools, they've become electronic entertainment, cheap babysitters and surrogate families.

observed, the people who use e-

I'd like to use computers to make my work much easier. However, I see a growing obsession some people have with them, and it's a little

Norton is the secretary for the

Health insurance an important step

While the need for health care and health insurance is a universal concern, it is a major concern for Eastern students as well.

Far too many people are without health care because they have no insurance.

The lack of insurance usually stems from the high costs and the fact that people may not be aware of the alternative health care coverage

available to them. The nation lacks a universal health care policy. and this is especially true in Kentucky, where

429,000 people are without health care insurance or coverage. This lack of health insurance is also present at Eastern, where too many students are also without

insurance or any means to cover health care expenses: There are two alternatives for students who can't afford proper

health care. One is to visit the stu-

year ago, Sept. 15, 1994:

despite enrollment drop"

"EKU meets minority goals

In-state minority enrollment

copped slightly from 1992 to 1993

but the university still satisfied

Council on Higher Education man-

dates in this category, remaining

above its goal of maintaining 4.6

percent of in-state minority students

among the total of in-state students.

"Jaws of Life' mangle car after

A student who left his car on

campus during the summer returned

in August to find his 1981 Honda

Civic had been towed from campus

for not having a license plate and

was used in a Jaws of Life demon-

years ago, Sept. 13, 1990

Kentucky Council on Higher

Education's response to five recom-

research committee concerning pre-

college curriculum requirements in

"Knights got lost in the dark

mendations made by an education

"Pre-college study suggests

The university awaits the

stration.

changes'

Kentucky universities.

dent health services, where free medical care is provided to full-time students, and the other is to purchase health insurance. While some

students may already have insurance plans or are covered on their parents' insurance, too many are without it.

What happens to the students without health insurance? Many probably go without seeing a doctor or receiving any health care because they can't afford it.

The university offers a special insurance plan for students who may

not be covered. The coverage offered to Eastern students is cheaper than coverage offered by most other companies.

All students attending Eastern are eligible for this health insurance. Students may also secure family coverage. Eligible dependents include the spouse and unmarried children under 19 years of age who

A LOOK BACK

Compiled by Danna Estridge

Eastern's Colonels beat the

o, Sept. 19, 1983

"Martin Hall approved for

The Council on Student

Central Florida Knights 24-12 at

Roy Kidd Stadium Saturday night.

co-ed by CSA'

Affairs has recommended to the

university president that Martin Hall

be made a co-educational dorm by

the fall of 1986. The proposal will

be passed to Dr. Hanly Funderburk,

who has the option to place it on the

agenda at the Nov. 9 Board of

"Traffic crossing guard removed

University officials discontinued

the crossing guard at the Lancaster

Lot, saying there are two marked

crosswalks and stoplights on that

block, and students should use

those, even though it means walking

"Colonels fall in final game of

Coach Geri Polvino's volleyball

team hosted the 12th annual

Colonel Invitational last weekend,

winning three of their final matches

Regents meeting or to reject it.

from Lancaster"

a little farther.

against Colonels"

are not self-supporting and reside with the insured student.

The policy covers a variety of benefits to include accidents, disability due to sickness and accidental death and dismemberment. However, pre-existing conditions or chronic illness prior to enrollment into the policy are excluded.

A variety of payment schedules is also available depending on whether the policy is wanted for an entire year or only the fall, spring, or summer sessions individually.

For more information on the student insurance plans, please contact the office of personnel services at 622-1329.

Whether you decide to purchase the university's insurance plan or not, I strongly recommend you check into health insurance policies so you won't be stuck with bills you can't pay.

Armstrong is a senior health care administration major from Louisville and is president of the Student Health Advisory Committee.

years ago, Sept.17, 1970

Begley dedication'

will be the main speaker at the dedi-

cation of the Robert B. Begley

Building on Saturday, Sept. 26. A

concert by Eastern's Marching

Maroons Band will precede the ded-

"Century Club effort grows"

Fund received two-way support this

week when Richmond Mayor

Wallace G. Maffett and Madison

County Judge Robert B. Turley

each personally pledged \$500 to the

fund and combined to issue a joint

resolution calling for support of the

finance the construction of a non-

denominational Chapel of

The fund was formed in 1968 to

"Colonels primed for battle:

The Colonels take on Ball State

in Muncie, Ind., this weekend. The

Colonels are hoping for their third

win in a row over the Cardinals.

Century Fund.

Meditation on campus.

meet Cardinals Saturday"

The Eastern Alumni Century

"Gov. Nunn to speak at

Governor Louie B. Nunn

to finish second.

PEOPLE POLL

Compiled by Jason Owens

Q: As a Western fan, what do YOU think about Eastern football?



Gabe Weaver, 19, London. "I think they're decent. We're going to do real good, though."

Ann Marie Daniel, 20,

"It will be a good game.

Western will come out

Elkton.

on top."



Martha Houchin, Western professor. "I hear they're good. We'll see. My daughter goes here."



Bret Hamilton, 20, Indianapolis. "It's time for a threepeat."



Bill Randall, Louisville "I understand Eastern is supposed to be good. I'm here to root for my son, No. 20, Mitchell Randall."

People poll was shot before Saturday's home football game with Western Kentucky University, and all respondents were people from Western.

Women's **Dress & Casual**

Brand Names & Others

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\$1295 tax included expires 9/30/95

only

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\$685 tax included

only

expires 9/30/95 only



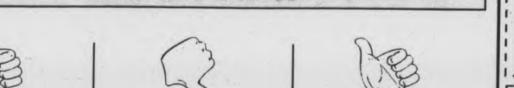
Present this coupon for the

Present this coupon for a Medium 12" Pizza with 1 toppings Not valid with other offers

Not valid with other offers

\$630 tax included

expires 9/30/95



UPS & DOWNS



Up to: The Milestone

The yearbook took our advice and will refund the \$3 sitting fee to the students whose pictures never appeared in the yearbook.



Down to:

Jack Harbaugh Western's head coach refused to shake Roy Kidd's hand after Eastern's 38-14 victory over the Hilltoppers. Hey Jack, ever heard of sportsmanship?



Up to: **KFC**

The famous Kentucky Fried Chicken franchise expanded its global appeal by opening the first KFC in Moscow, Russia, last week.

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



Apollo Super Special Hot 8" Sub, Garlic Bread & Liter of Coke

Not valid with other offers

Hoagie Special Steak Hoagie & Liter of Coke Not valid with other offers

Sun.-Wed. 11 a.m.-1:30 a.m. Thurs -Sat. 11 a.m.-2:30 a.m.

only tax included

only

\$550

tax included

expires 9/30/95

expires 9/30/95

Garlic Bread \$1.75 Soft Drinks \$1.05

Magazine sales pitch a fraud

Florida fugitive arrested after complaints filed

BY DON PERRY

A possible magazine sales scam at Eastern and throughout Richmond led to the arrest of a Florida fugitive.

Michael R. Czolowski Jr., 20, of Largo, Fla., was arrested Sept. 6 after Richmond police responded to calls about a group of young men and women soliciting magazine subscriptions on Martin

Police arrested Czolowski after questioning him about not having a business license to sell the subscriptions, which is against city ordi-

After running a check on Czolowski, police found he was

wanted in Florida for selling and possession of marijuana.

Czolowski is apparently one of a group of young men and women selling the subcriptions in the Richmond area, police said.

The sellers told students and Richmond residents they were communications majors and were trying to earn scholarships by selling subscriptions,

Some of the sellers said they were Eastern students, while others said they were from Florida or Maine

Ron Wolfe, the chair of Eastern's department of mass communications, said he became aware of the magazine scam after five or six students called and told him people claiming to be communications majors were selling the subscriptions.

Wolfe said he became suspicious and contacted the Richmond Police Department.

The police department, which

has received calls from Richmond residents complaining about being solicited by the individuals, gave Wolfe two toll-free numbers the magazine sellers told them was the parent company of the subscriptions

The toll-free numbers were to Alliance, a computer company in Ohio and Georgia.

Wolfe called the Ohio number and was told the company was not aware of any such subscription

He said he wanted to warn students the mass communications department was not selling magazine subscriptions, and students should be leery if someone approaches them selling the subscriptions.

"The mass communications department at Eastern is in no way connected to a magazine sales project and is offering no scholarship based on any point system," Wolfe

News Briefs

Case dismissed against man in Brockton assault charge

Charges of 1st degree burglary and unlawful imprisonment against Kelly Rouse, 29, Richmond were dismissed Tuesday in a District Court preliminary hearing.

The charges stemmed from an incident in Brockton family housing Aug. 21 in which Rouse allegedly entered Larry Price's apartment with a pistol and allegedly struck him.

Mobile computer lab helps local industry

The division of special programs will provide classes in the latest computer software to industries throughout the central part of the state.

This service is provided through the Kentucky Training Team Mobile Lab, part of a partnership between Eastern and Kentucky River Foothills Head Start.

The mobile lab features eight computers equipped with the latest software industries would be apt to use.

Milestone refunding sitting fees

Refunds will be made to students whose photographs were made but did not appear in the 1995 publication of the student yearbook. Apply for the \$3 refund in Jones 308.

Club sponsors affirmative action debate

An Oxford-style debate will be held at 7:30 p.m. Sept. 26 in the Clark Room of the Wallace Building. The topic is "Is affirmative action good for America?

Speakers will be Robert Blythe, department of mathematics, statistics and computer science, Bonnie Gray, director of the honors program and Robert Miller, department of philosophy and religion.

Workshop sponsored by Dance Theatre

The Eastern Dance Theatre will hold a Tai-Chi workshop from 6:30 to 8:30 p.m. Sept. 25 in the Weaver Dance Studio.

Instructor Jane Post Smith describes Tai-Chi as moving meditation, rejuvenating exercise and a healthy way to stretch.

No experience is necessary. The cost is \$10 for nonstudents and \$5 for students. Call Marianne McAdam at 622-1901 for more information.

Eastern site of marching band competition More than 60 high school marching bands and more than 35,000 visitors will be in Richmond, Berea and

Winchester Oct. 28 for the Kentucky Music Educators Association State Marching Band Championships, hosted by Eastern's department of music. The competition will be held at Madison Southern

High School, Madison Central High School, George Rogers Clark High School and here on campus. The final competition will be at 6 p.m. at Roy Kidd

Tickets will be on sale for \$5 the day of the competition starting at 8 a.m. at each of the four competition sites.

Voter turnout seminar scheduled for today

The National Association of Secretaries of State will announce the results of its three-year study of the problem with low voter turnout in elections and recommend steps to increase participation in elections beginning at 9:15 a.m. today at the Perkins Building.

Michael Smith-Mello, senior analyst at the Kentucky Long-Term Policy Research Center, is the featured speaker for the all-day meeting, which is open to the

Registration fee is \$20 (including lunch), \$10 for students. For more information, call 622-5931.

POLICE BEAT

Compiled by Lanny Brannock

been filed with the university's from his vehicle.

Wesley Cole, 18, Richmond, was arrested and charged with alco-

William D. Cann Jr., 18, Elizabethtown, was arrested and charged with driving under the influence.

hol intoxication

Robert Edward Bowlin, 19, Louisville, was arrested and charged with driving under the influence and driving on the wrong side of the road.

Sept. 7 John K. Scott, 20. Richmond. was arrested and charged with alco-

hol intoxication. Patrick Brown reported center

The following reports have caps and inserts had been stolen

Sept. 5

Aaron C. Noe reported his bicycle was stolen from the bike rack behind Palmer Hall.

Andrew T. Witherspoon, 23, Middlesboro, was arrested and charged with driving on a suspended license and having no tail

Sept. 4

Cesar Moreno reported Sunshine Wilson's bicycle had been stolen from the Dupree bicycle rack.

Sept. 3

Jack B. Baker, 24, Hazard, was arrested and charged with D.U.I. and failure to illuminate head

Letitia B. Turner reported \$42 was taken from McGregor Hall.

Anthony W. Spencer reported his vehicle had been damaged in the Daniel Boone Lot.

Court decisions

The following reports appearing in "Police Beat" have been resolved in Madison District Court. These follow-up reports represent only the judge's decision in each case.

Kimberly Zelms, Richmond, pleaded guilty to driving under the influence and was fined

Chadwick J. Seagraves, 20, pleaded guilty to driving under the influence and was fined \$457.50.

"I can't believe there's not one student on this campus who wouldn't be willing to draw a funny picture for \$15 a week." -- Dr. Fraas Faculty Adviser

Editorial Cartoonist needed.

Apply at 117 Donovan Annex or call 622-1872 for more information.

THE EASTERN PROGRESS

PROGRESS CLASSIFIEDS

Place classified ads before noon on Mondays. \$2 for 10 words.

HELP WANTED...

Student Employment Opportu-nities Available at the EKU POWELL TOP FLOOR CAFETE-RIA. Starting at \$4.40/hr. the following positions are available: Cashier and Yogurt Shop Attendant from 10:30 a.m.,-1:30 p.m., Monday through Friday; Cook's Helper, lunch and dinner, Monday through Friday, and lunch & dinner on Saturday and Sunday. Starting at \$4.25/hr the following positions are available: Line Server/Dish Room Worker, lunch and dinner, seven days a week. We will schedule you around your classes. If interested, call Nancy at 2181 or stop by and ask for Nancy.

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Make up to \$25-\$45 per hour teaching basi tional English abroad. Japan, Taiwan and S. Korea. Many employers provide room & board + other benefits. No teaching background or Asian languages required! For more

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per month. Room and Board! Transportation! Male or Female. No experience necessary. For more information call: (206) 545-4155 ext A 5 5 3 4 1

Earn \$2500 & Free Spring Break Trips! Sell 8 trips & go free! Best trips and prices! Bahamas, Cancun, Jamaica, Florida! Spring Break Travel 1-800-678-6386.

EARN CASH stuffing envelopes at home. All materials provided. Send SASE to National Mailers P.O. Box 774, Olathe, KS 66051.

GREEN AND GROWING! Applications being taken for the McDonald's located at the Ft. Boonesborough exit, Exit 95 off I-75. Please apply Thursday, Sept. 14 through Friday, Sept. 15 from 3 Pp.m.-6 p.m. at the BP gas station next to the restaurant.

BABYSITTER NEEDED Tues-

days and Thursdays. Call 622-2621 for more information.

APOLLO PIZZA: Drivers wanted. Must be 18 yrs. old and have own car and insurance. Apply in person. 228 S Second St.

WANTED! 10 serious people who want to lose weight and make money! \$25,000 part time potential (MLM) 606-623-5915.

SPRING BREAK! Travel Free with SunSplash Tours. Highest commissions paid, at lowest prices. Campus representatives wanted to sell reliable tours. Jamaica, Cancun, Bahamas, Daytona, Panama City and Padre. 1-800-426-7710.

Earn \$50,000 or more within 90-120 days processing mail at home. For FREE information, send a long SASE to J.R. Publications, P.O. Box 25165, Lexington, KY 40524-

MEN & WOMEN: Earn \$480 weekly assembling circuit boards/electronic components at home. Experience unneccessary, will train. Immediate openings in your local area. Call 1-520-680-4647, ext. C853.

HALL'S ON THE RIVER: Now accepting applications for the following positions: Hostess and servers. E.O.E. Apply in person, 1225 Athens-Boonesboro Road (606) 527-

\$1,000 FUNDRAISER! Fraternities. Sororities and Student Organizations: You've seen credit card fundraisers before, but you've never seen the Citibank fundraiser that pays \$5 per application. Call Donna at 1-800-932-0528 ext. 65. Qualified callers receive a FREE cam-

STUDENTS WANTED to promote the most killer Spring Break Trips on campus. Earn high \$\$ commissions and free trips! Must be outgoing and creative. Call immediately 1-800-SURFS-UP. LOST AND FOUND...

Lost!! Gold bracelet somewhere on campus. If found, please contact

Amanda at 624-5123. MISCELLANEOUS. YARD SALE: EKU's Society of Professional Journalists will

have a yard sale Sept. 16 at Model

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WELLNESS: Eastern needs better services, Baugh said

Continued from front

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for US

safety technology major who uses the Begley facility believes the university has its priorities out of

"If they are going to go through the trouble to build a new facility, it should be big enough so everyone can use it," Forehand said.

"There is a really big need for a weight room on campus for students," Baugh said.

The university offers students a variety of other physical fitness facilities, including racquetball and tennis courts, pools and gymnasi-

Baugh believes Eastern's student facilities compared favorably to other state universities, with the exception of weight rooms.

"We have a lot of facilities, but they are not centrally located," he

While more and more institutions are building new fitness complexes, like Western Kentucky University's Preston Center. Eastern has many of the same facilities, only spread out all over cam-

"Campared to other universities, this is terrible," said .

Baugh said the university must utilize the current facilities the best way possible. Students should let him and the university know what is needed to better serve the student.

FACILITIES AVAILABLE TO STUDENTS The Robert B. Begley Building offers a variety of fitness activities for students.

The Begley weight room, located on the ground floor, is open from 6

ELECTIONS:

Senate pleased

Douglas said was a much higher

number than past years. Less than 200 turned out last year.

could get on with as few as eight or 10 votes," Douglas said. A large number of non-tradi-

tional students ran for office.

boosting the number of voters,

Douglas said.
"We are going to start keeping records as to number of vot-

ers, number of candidates. There

were no records kept in the past,

so there is no way to know the

exact number of voters from

year to year." Douglas said.

"In past elections, someone

with turnout

Continued from front



Progress/ JANNA GILLASPIE Jack Miller, a junior aviation major and a regular Begley lifter, bench presses in the Begley weight room while Scott Swicegood, a junior physical education major, spots for Miller.

to 6:30 p.m. for women only and 6:30 to 9:30 for all students. It is closed on Saturdays.

Reservations for racquetball courts must be made through the Division of Intramural ProgramS between 8 a.m. and noon and 1 and 4 p.m. no more than one day in advance. Courts not reserved are open on a first-come, first-served

Gymnasiums are available in the Begley Building for free or intramural basketball games. They are open 5:30 p.m. to 10:30 p.m. sun.-Fri. and Sat. 1 p.m. to 6 p.m.

The Weaver Gym is open for student use 6 p.m. to 10 p.m. Sun.-Thurs. and 1 p.m. to 6 p.m. on Sat.

The Darling Gym, located in

Alumni Coliseum, is open for free play and intramural games 5:30 p.m. to 10 p.m., Mon.-Thurs. It is closed when there are paid events in Alumni Coliseum.

All of these facilities are available for recreational use to currently enrolled students, faculty and staff. Valid university identification cards must be presented on request.

CHE: Freed hopes meeting will have 'dialogue'

Continued from front

"The plan is basically a broad guideline for the direction higher education should take over a five

year period," Freed said.

"Some aspects of the plan is related to how the council and its staff will operate; other aspects are related to the operation of individual universities," he added.

The plan was released for public discussion earlier this summer, and now, Freed said, it is up to the universities and the council to iron out

any problems. The administrative officers from each institution work with the council to revise the plan in response to public reaction," he

At the 4 p.m. meeting, James Miller, chair of the council on higher education, will give an overview

of the plan, which will be followed by a reactor panel, which includes Jim Gilbert, chair of Eastern's board of regents

The council is expected to vote

on a plan later this fall. Other highlights of the conference include

· lunch with the gubernatorial candidates at 12:30 p.m. Monday. Each candidate will have 20 min-

utes to focus on higher education issues, followed by a question and answer segment;

• a legislative panel, where key legislators will discuss their thoughts on the fiscal situation and public expectations of Kentucky's universities, community colleges and the Council on Higher Education; and

· OAK and Acorn Awards by the Kentucky Advocates for Higher Education

The plan is basically a broad guideline for the direction higher education should take over a five year period.

RICHARD FREED, Faculty regent

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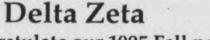


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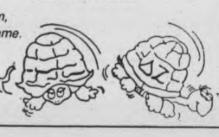
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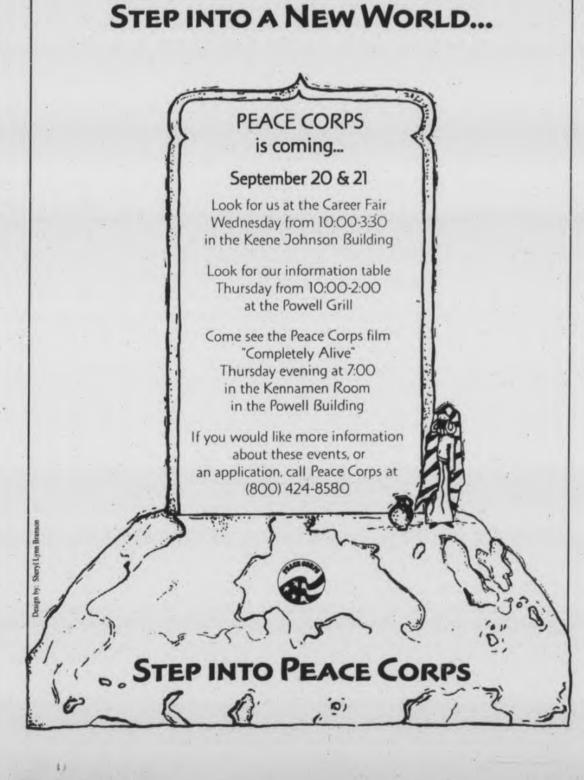
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A heart without a dream, Is like a lamp without a flame A.K.Z.





Recycling center ready to open

BY JENNIFER ALMIELD AND JANNA GILLASPIE

The new Richmond-Madison County Recycling Center plans to open its doors in the middle of the month, said Dale Carrier, the center's director. The road to the new building, off Boggs Lane, is still under construction.

The new center will be able to handle the ever-increasing amount of recycled material filling the much smaller Marks Center on East Main Street, where recyclables are now being stored.

"I didn't realize we'd have the participation of Madison County residents that we have," said Carrier. He is very pleased with the way recycling is being handled.

'Recycling has been going on for years. We took an old thing and made it new," Carrier said.

Some of the ways they are improving on this old idea is by purchasing a \$178,000 building on Boggs Lane. The building is designed to make recycling easier, with state-of-the-art equipment and well-labeled sorting bins.

The center will also accept many more items than the previous loca-

The new location will have receptacles for mixed paper, cereal boxes, residential paper, food and aerosol cans, plastic milk jugs, clear and colored two-liter bottles, magazines and catalogs, cardboard. brown paper bags and newspapers.

The center also plans to offer a

WHAT? SPJ Yard Sale



Progress/JANNA GILLASPIE

The Richmond-Madison County Recycling Center will open its new building located on Boggs Lane later this month.

curbside service by the end of the markets," Carrier said. year. This door-to-door service will not only cut down on drive time for customers, but will also eliminate

the need to sort recyclables 'We'll separate right on the truck." Carrier said.

This service is not expected to begin until later this year for Richmond city residents. Carrier hopes the service can eventually be expanded to all Madison County

Another key to the success of this program will be education.

We have to teach people that this is a clean product. It's not garbage; it's a material with many

.....

THE ICE

CREAM

Although Carrier believes this product is profitable, his main concern is the environment.

"Our goal is not money," he said, "but keeping it (waste) out of the landfills.

This concern for the environment is one Carrier feels many Eastern students share with him. "I'm noticing that young people

are very interested in this. Many Eastern students have already done projects to help the center.'

Eastern does its own recycling, but Carrier said there is talk that Eastern may join the city recycling program and use the new center.

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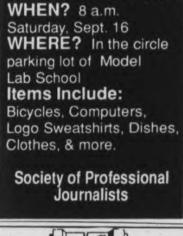
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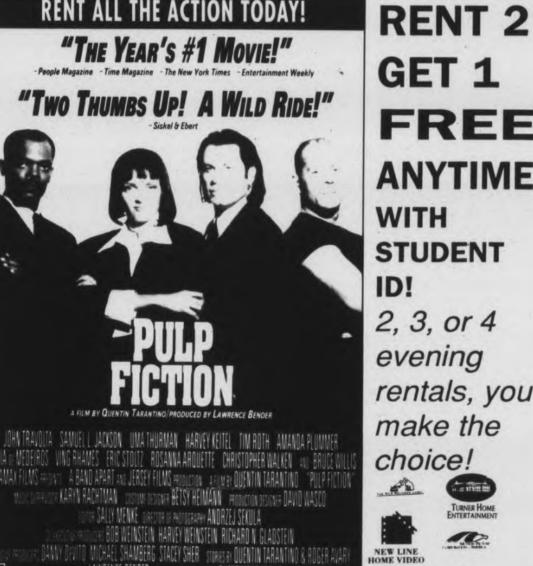
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Concrete sidewalks replace dirt paths

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concrete.

TIM McCoy,

McCoy Construction

BY LANNY BRANNOCK Assistant news editor

If you look around campus, you will see the trucks. They are parked on the sidewalks or where the sidewalks are about to be.

They are McCoy Construction. A state mandate which required Eastern to put in new gas lines at different areas on campus has caused the construction company to

spill into the fall semester getting the sidewalks and concrete that was dug up for repairs back in place, James Street, the director of physical plant, said.

The construction company was busy all summer following repair crews and other contractors covering up damage created when gas lines, electrical lines, electrical conduits and other underground utilities were dug up and repaired, Street said.

"We are about two weeks behind," Tim McCoy, the owner of the construction company, said, "I had another big project that I had to pull my men off of the Eastern pro-

"In many cases the work was scheduled to be complete before the end of the semester. The gas pipeline project took much longer than it should have," Street said.

Street said some of the problems when digging are unforeseen until the utility is unearthed.

For example, when an electrical

trunk line was being replaced in the middle of campus during the summer, a new conduit (which insulates the line) had to be put in because the old one was unusable

"We did not know until we tried to start pulling electrical line through it," Street said.

That delay set off a chain reaction of other delays which extended the finish time of the project.

"That put McCoy's people behind," Street said.

Once the concrete is poured, students can create even more problems for McCoy.

Every time a responsible for all name is marked in the concrete, a finger markings in the smeared through it, an aluminum can stuck down in it, or other general defacing, the concrete has to be ripped out and repoured, McCoy said.

"It says in our contract that we are responsible for all markings in the concrete," McCoy said.

"I have poured concrete three times in front of Burnam Hall. We almost had to spend the night with it. It costs me money to pay someone overtime to watch it," McCoy said.

Other McCoy projects on campus include new sidewalks, which have popped up where dirt paths used to be by both Todd and Keene

"Obviously people don't walk in right angles. You can try to prohibit them or create a walkway. The best thing to do is create a walkway,"



Progress/SELENA WOODY

John Fitch, lead singer of Rostulara, invited fans on stage and out of the rain during a concert in the Ravine last

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FISH & FRIES

CHICKEN & FRIES Chicken, fries, hush

DINNER COUPON

Why Drive Downtown?

Drivers should watch for Model students

By DANNA ESTRIDGE

Anyone walking beneath the water tower between Alumni Coliseum and Donovan Annex for the first time may be jealous of the mass communications department.

After all, it has its own playground. Actually, the playground belongs to Model School, which is adjacent to the department.

Now that classes are in session again, students who park in the Alumni Coliseum parking lot, the Donovan Annex parking lot, or who drive down Lancaster Avenue need to take special care when in the area because the Model

students are often outdoors with their gym class-

"We have 749 students who range in age from 4 years to high school seniors," Model School principal Bruce D. Bonar said.

"The college students need to be aware of the area, especially after school hours when many children are near the parking lot or on the street waiting to be picked up by their parents."

Model teachers train the younger children in safety when they escort them on field trips and when on the playground, Bonar said, but he noted that the older students should still be especially conscious of the children's presence on

"They're liable to dart out without looking,"

Statistics released by the Blue Grass Auto Club Safety Foundation show 41,000 child pedestrians and bicyclists under the age of 15 are injured or killed by motor vehicles each year.

More than 50 percent of pedestrian injuries and deaths among children 5 to 9 years of age occur in attempts to cross or enter streets. between intersections.

"We've never had a serious injury since I've been here," Bonar said. "I'd like to see that con-

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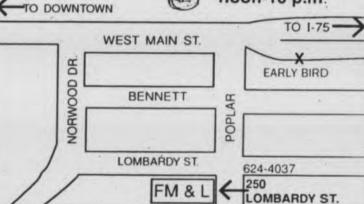


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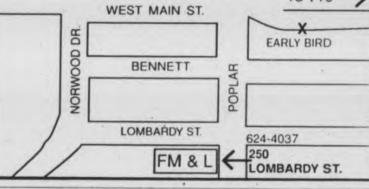
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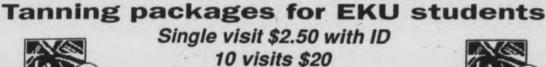
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DAY CARE: Faculty senate passes proposal

Continued from front

a graduate school with a day care center, she would have gone there.

The final report submitted by the committee cited several justifications for the motion

First of all, a child care facility on campus "would answer a longstanding personal need" for both faculty and students.

In addition, the report stated such a facility would benefit the university as a whole because it would be a recruiting incentive for young faculty, would allow faculty with small children to spend more time on campus and would free parents from the stress of having to deal with "undependable or unreliable independent care."

The report also brought up the possibility of a campus child care center providing practicum and clinical opportunities for students enrolled in academic programs on campus which deal with early childhood development.

The costs are real, and the needs are and the benefits to this community and the state are, to my mind more real and yet more difficult to discern.

ALLEN ENGLE, member of faculty senate

The results of a survey taken by the committee, which was included in the report, "shows faculty and staff are willing to pay for quality and convenience in child

Federal and state programs are available to help full-time students pay tuition costs for a child care facility on campus, the report

It also noted that a child care center at Eastern would have little

impact on other Richmond child care facilities, since two telephone surveys conducted by the committee

found no available openings in Richmond child care centers in the summer of 1993 or the spring of

Committee's conclusion

The committee believes that the university could and should sponsor a uality day care facility for children. Not only would a campus center be an advantage in recruiting and retaining faculty, it would also improve work efficiency and productivity, as all research indicates. The committee believes that the Development Office should pursue locating a donor or grant for setting up the center. Then, after the initial costs of building, buying, or renovating a site are achieved a day care center could be operated at no cost to the University. The University already has the

expertise among its faculty to over-see setting up the facility and to ensure a quality curriculum. Furthermore, links to academic pro-grams could benefit both the young children in the center and the university students enrolled in existing academic programs. Because most fac-ulty already work flexible hours, a day care center at a university seems a perfect opportunity to enhance parental involvement in a co-opera tive situation, which we believe would work to the mutual benefit of the children, their parents and the university.

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VEGETARIANI

Healthy, trendy or both? The word vegetarian conjures images of tofu and sprouts, which to most people, are far from the normal American diet. But, for 2 million Americans, these provide an entire day's nutrients, along with fruits, vegetables and grains. 'Vegetarianism can be a way of life, a way of eating or a way of religion," said Maggie Cook-Newell, visiting assistant professor of nutrition and registered dietitian. "The word 'vegetarian' encompasses all people who choose to limit their intake of animal products.' Vegetarianism is a growing trend in America, especially among high school and collegeage students. The concern, according to Cook-Newell, is that these students may not be going about their vegetarianism correctly (with planned meals and vitamin supplements) and lack important vitamins and proteins in their diets. Amy Frenton, a student at Eastern, was a strict vegetarian for nearly 10 years. During that time, she maintained good health and received her proteins and vitamins successfully from other sources. "I think it's a good thing if you get iron and calcium supplements and stuff," she said. Frenton, however, is no longer practicing strict vegetarianism. "I just didn't like red meat," she said. "It was a personal preference and when I came down here to school, I was just so picky I couldn't eat anywhere. So, I started trying things a little at a

"Now, I eat chicken and turkey. I still don't eat pork or beef, and I really only drink chocolate milk. I don't think not eating meat is all that healthy.'

Most animal products provide both a higher quantity and a higher quality of protein, but also contain more choles terol and fat.

'With careful planning, a vegetarian person can obtain all their nutrients and. build a healthier lifestyle," Cook -Newell said. "But, regardless of whether you are a vegetarian or not, you should make sure you have adequacy enough nutrients, balance healthy proportions of all foods, calorie control, moderation and variety.'

Certain vegetarian diets lack iron, zinc and B-12, which are referred to as "at risk" nutrients and are found most readily in animal products. For some types of vegetarians, it is easier to obtain these nutrients.

Types of Vegetarianism

There are four regetarian diets. The first group, semivegetarians, avoid only certain kinds of meat, fish or poultry.

The second group, lacto-ovo vegetarians, avoid eating animal flesh, but use dairy products and eggs.

The third group, lacto-vegetarians, avoid eating animal flesh and eggs, but use dairy products.

And, the fourth group, vegans, avoid all food of animal origin, including dairy products and eggs.

Dispelling the Myths

Myth No. 1 - Just eliminating meat from my diet will allow me to lose weight.

I nough there are many different reasons for becoming a vegetarian, many people do it because they want to lose weight.

There are fat vegetarians," Cook-Newell said. "A vegetarian junk food diet is no more healthy than an omnivore junk food diet."

If meal plans are followed and food intake is controlled, however, vegetarianism could lower risks of high blood pressure, obesity, heart disease, digestive disorders and cancer.

"These things could be due to" = healthier eating or they could be due to a lifestyle change," Cook-

Newell said. "Animal products are high in saturated fats; vegetables are higher in fiber.

> Myth No. 2 -There's no way I can get enough protein if I become a vegetarian.

Again, if the vegetarian diet is well-planned, it is possible to get all the proteins the body needs. "You can get

enough protein by combining any sort of bean with any sort of rice," Kelly Goode, owner of Kelly's Fruit Market, said. "Like, eating rice pilaf with kidney beans."

This is possible because what one item lacks, the other provides, and they combine their amino acids to form proteins.

Myth No. 3 — Vegetarians are political activists.

Many vegetarians have chosen their lifestyle through a socially conscious thought process, but there are many other reasons for becoming a vegetarian.

"For some people, it is an environmentally conscious decision because they want to make an impact on world food problems and that direct impact is by changing their eating habits," Cook-Newell said. "For others it is a religious or ethnic choice, and still others choose it because it's convenient or economical."

Vegetarianism can be a healthy choice if it is well-balanced and obeys the rules of nutrition.

I think there is a shift among people in general to more of a concern for prevention of chronic disease, and a lot of people are looking to vegetarianism," Cook-Newell said.

If you are thinking about becoming a vegetarian, do some research, call a nutritionist and seek out someone who can work with you individually, because every diet has to be tailor-made.

Things the novice vegetarian should know before diving in

Dietetic American Association has the following rec-

ommendations for vegetarians. · Minimize intake of less nutritious food, such as sweets and fatty foods

· Choose whole or unrefined grain products instead of refined prod-Choose a

variety of fruits vegetables, including good sources of vitamin C to improve iron absorption.

· Choose cooked beans, tofu, soy milk, nuts or seeds as a substitute for meat. (Nuts and seeds tend to be high in fat, so use sparingly if you are following a low-fat diet.)

· Avoid excessive cholesterol intake by limiting eggs to three or four yolks per week.

· Choose low-fat varieties of milk products, if they are included in the

> · For vegans, use properly fortified food souces of vitamin B-12, such as fortified soy milks or cereals, or take a cyanocobalamin sup-

· Consult a registered dietitian or other qualified nutrition specialist, especially during periods of growth, breast feeding, pregnancy or recovery from

· For infants, children and teenagers, ensure adequate intake of calories and of iron and vitamin D, taking supplements if needed.



· FRUIT PROVIDED BY KELLY'S FRUIT MARKET PHOTOS AND STORY BY MARY ANN LAWRENCE, FEATURES EDITOR GRAPHICS BY TERRY STEVENS, GRAPHICS EDITOR

A day's menu for meat-haters

Breakfast

1/2 cup orange juice

1 cup cooked oatmeal with raisins, dried apples and cinnamon

2 slices whole-grain toast 2 tablespoons peanut butter Lunch 1 cup split pea soup

1 whole-wheat English muffin with margarine 1 cup spinach salad with French Dinner

Mixed entree of:

1 cup lima beans 1/2 cup onions, celery and wate

chestnuts 1/2 cup tomato sauce

1/2 cup broccoli 1 commeal muffin with mar-

3 cups popcom 1/4 cup mixed nuts

Snacks

1 cup apple juice

5 A Day Week encourages Americans to eat more fruits

We're in the midst of 5 A Day Week - a week dedicated to getting omnivores to eat five servings of fruits and vegetables per day. The nationally recognized week began Sept. 10 and will continue through Saturday.

"It's a week devoted to increasing consumption of fruits and vegetables," Carol Forbes, the state cardiovascular disease control program administrator, said. "People think it's a lot bigger challenge than it really is to eat that amount every day."

The program is an initiative of the State Department for Health in partnership with the National Cancer Institute, the Center for Disease Control and Produce for Better

It may be easier than you think.

Here are some ways provided by the health department that average Americans can add fruits and vegetables to their diets.

 Drink a glass of orange juice. · Add sliced bananas or strawber-

ries to your cereal. · Top your pancakes with fruit instead of syrup.

. Have a salad or soup that contains vegetables. · Add zucchini,

carrot or celery sticks to your brown bag lunch. · Eat a piece of fruit.

· Take along some dried fruit like

apricots, prunes or figs. · Add vegetables, such as broccoli to your pasta or casserole.

· Add raw vegetables or fruit to your salad:

· Top your frozen yogurt with

pineapple or papaya.

PREVIEW

117 Donovan Annex or call 622-1872. Deadline for Thursday publication is the preceding Monday by noon.

Thursday, September 14,1995

THE EASTERN PROGRESS

The Medical Assisting Technology Association (MATA) pizza party will be

held at 4 p.m. in Room 230 of the Dizney Building.

Fall Formal and Casino Night will be at 8 p.m.-midnight

Johnson Ballroom. Admission is \$3 for the first \$1,000 worth of chips. Required attire is tie for men, dress for ladies.

A workshop on parliamentary procedure will be 10:30 a.m.-3:30 p.m. in the Perkins Building. For more information, call Martha Grise at

Kappa Delta Pi will hold a meeting at 5 p.m. Paul Wirtz speak profes-



SUNDAY: Widespread Panic will perform at Lexington's Red Mile Racetrack with opening act Joan Osborne. For ticket information, call 606-281-8844.

sional portfolios.

EKU Women will sponsor "Blast from the Past" at 6:30 p.m. at the Mulebarn Arlington.

Kentucky Eastern's Association Student Program is meeting at 4 p.m. in the Kennamer Room

in the Powell Building. The topic is "Professional and Student Portfolios."

An intramural soccer meeting will be held at 9 p.m. in Begley 156.

> Eastern's Career Day will be held from 10 a.m. to 3:30 p.m. in the Keen Johnson

Building. **UPCOMING**

A Peace Corps representative will be outside the Powell Fountain Food Court from 10 a.m. to 2 p.m. on Sept. 21.

The "Oh Contraire" folk dance will be held at 7:30 p. m. Sept. 23 at the Acton Folk Center. Beginners welcome. For more information, call 986-1653.

Tickets for Tim McGraw, Blackhawk and 4 Runner on Oct. 20 go on sale Sept. 22 for students. For more information, call

The Honey Dogs will perform Sept. 22 at Phone 3 Lounge on First Street.

"Elvis in the Park" will be held from 5 to 7 p.m. on Sept. 23 in the Irvine McDowell Park on Lancaster Avenue. Admission is free. For more information, call 623The Beta flag football tournament will be Sept. 30-Oct. 1. For information, contact Mike Wyman at 625-0807 or call the Student Activities Office.

The annual Appalachian Harvest Festival will be held 10 a.m.-6 p.m. on Oct. 6-8 at Renfro Valley. For more information, call 606-256-2638

"Beyond Therapy" will be performed at 8 p.m. Oct. 4-7 in the Gifford Theatre.

second annual "Starlight Mile" Roadrace will be held at 7:30 p.m. on Oct. 7 in downtown Richmond. For more information, call 623-8753.

Kappa Delta Pi will meet for new member initiation at 5 p.m. on Oct. 23.

Loretta Lynn will perform Nov. 11 at Renfro Valley. For more information, call 606-256-2638.

"Hamlet" will be performed at 8 p.m. Nov. 15-18 in Gifford Theatre.

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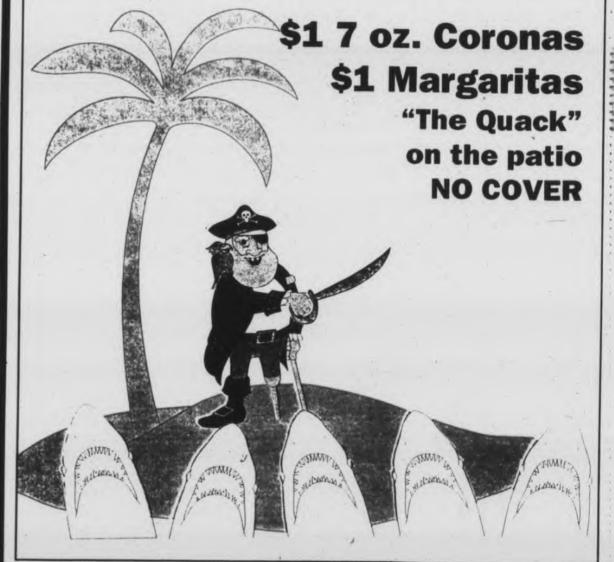
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Coffee Connection tries to fill void, owners say

By TRACI DILL Staff writer

While walking through the shops of Berea, an idea flashed through Angela Childers' mind when she noticed a local coffee shop:

"Richmond...no coffee shop...EKU... opportunity."

On Aug. 18, that flash came into existence when Childers and Dana Clayton, her partner, opened the doors to Richmond's newest coffee

Even with offering their version of a happy hour from five to seven, featuring \$1 cappuccino, the two haven't seen as many students as they had hoped.

'We'd like to see more EKU students in here," Clayton said. "That's one of the main reasons why we came here If this were not a college town, we probably wouldn't be

Both women are acutely aware of how much Eastern students contribute to Richmond's economy.

"There are 16,000 students and on a Thursday night, you probably see 500 or so of them on these streets. There are still 15,000 students who aren't drinking," Childers said. "We have a great opportunity socialize, drink coffee and not spend a lot of money.'

In an effort to attract more students, the two owners are planning some specials, such as a "Melrose Place" night, or "Monday Night Football" specials.

For those who are over the age of 21 and not in the mood for a quick jolt of espresso, beer will soon be available, Childers said. The addition

of beer is not necessarily aimed at students, however. Both owners said they don't expect to see an increase among students because of

the beer since customers who are old enough to drink have already graduated

The response from townspeople, on the other hand, has been very

for them to study, read, watch TV, good as lunches are packed, Childers said.

> L.J. Alexander, a Richmond resident who has ventured into the shop five or six times, explained why he is quickly becoming a regular customer: "They've got great coffee," he said.

> > But Clayton and Childers know it takes more than a great mug of coffee to make a place stand out.

> > "I think, number one, as soon as you walk in, it's just a cut above the rest," Childers said. Decorated in rich bur-

> > gundy, sand-colored wood and deep-emerald green, the Coffee Connection is warm and inviting.

The robust aroma of coffee floats about the room, washing over anyone within its grasp. Trays of freshly baked desserts, such as chocolate cream pie or banana nut bread, line the counter. Fresh cut

flowers adorn each table.

Rating

Regular customers agree that this is what makes the Coffee Connection unique.



Progress/MARIE MOFFITT

Carla Baker, a sophomore graphic design major from Hamilton, Ohio, and Kimberly Mueller, a sophomore speech and theater education major from Louisville, take a break at Coffee Connection.

Richmond and works downtown, said a number of people she works with lunch there.

"The atmosphere is great and the food is really good," she said.

While deliberately trying to be dif-

shop on First Street, Childers said she feels there is room for both shops.

"I don't see why two people can't be here because there are two different atmospheres," she said.

Since the shop offers a variety of Ann Norris, who lives in ferent from the Mad Hatter, a coffee sandwiches, salads and desserts, the nothing on the menu is over \$3.75.

Uncle Six

Where:

Phone 3

Lounge

Cover: \$3

When:Friday

two owners said the shop is not just for the die-hard coffee drinkers.

But of course, for the intense coffee connoisseur, flavored coffees and lattes are available. Cappuccino is served in fat mugs for \$1.75, and

Failure to climax by Uncle Six leaves reviewer unsatisfied

BY TIM MOLLETTE Sports editor

When "Never Did" jumps off the disc to set in motion Uncle Six's latest release, "Heartland Soil," it appears to be the appetizer to a guitar romp filled with poignant lyricism, which is mostly true.

Lead singer and songwriter Noah Hunt's first track on the album accurately portrays the feelings of bitterness that everyone can experience, and lead guitarist Dave Cornett provides ample strong guitar runs to allow Hunt to tell his story.

Perhaps the most impressive example of musicianship on the album can be heard in "Never," when Hunt and Cornett fall into a

dual guitar section which brings the song to its climax. This climax proves to be a happy memo-

ry, as Uncle Six fails to really peak anywhere on the rest of the album, and while "Heartland Soil" is solid songwriting with adequate accompaniment, its lack of peaks leaves it unsatisfying.

When the slide guitar of "Heartland Sky" kicks in, the change in mood of the album is a welcomed occurrence, and Cornett's guitar is able to add a feeling of blissfulness to match Hunt's lyrics.

Despite the ringing bottleneck and intricate rhythm section performance, "Heartland Sky" desperately screams for a climax that never happens.

The slide guitar never really manages to step up above the melody during Cornett's solo, leaving a big hole unfilled.

After "Play You a Song" brings out a second bottleneck performance, it's down-

hill from there. The third verse of

"Hardback," a song written by drummer Pete Davidson, is spoken, almost like a rap number, which causes confusion in a song that never

makes up its mind how it wants to sound.

The acoustic "Innocent One" brings back more of the angst that seems to be Hunt's main inspiration for his songwriting, and while he may have a right to be bitter and tell the world about it, it's not a story the world wants to hear four times on the same album. Instead he seems too intent to continually pound the same ideas into the listener's head.

"Innocent One" displays the same problem the band appears to have throughout the majority of the songs - they take themselves too seriously.

The members of Uncle Six seem to be digging hard for gold on "Heartland Soil," but their search is futile as they end up disappointing their listeners with songs that too often turn green when faced with the chal-



Photo submitted/HOLLYWOOD PICTURES

John Netherwood (Keith Carradine) threatens social worker Maggie (Jenny Gago) as he tries to find his daughter in "The Ties That Bind," co-starring Daryl Hannah.

'Ties That Bind' makes audience gag

Rating

(Out of four)

Cliches destroy thriller's potential

Y ERIC RIDDEL Contributing writer

Senseless violence and an all-toofamiliar-story line abound in "The Tie That Binds," a new movie starring Keith Carradine and Daryl Hannah.

The movie doesn't live up to its tense promotions, another example of the package being better than the contents.

"The Tie That Binds" is about a criminal couple, Leann and John Netherwood, (Hannah and Carradine), who lose their daughter,

Janie (Julia Devin), to the police who show up as the Netherwoods are robbing an old couple

Meanwhile, Janie was adopted by Dana and Russell Clifton (Moira Kelly and Vincent Spano). The Netherwoods desperately want to get their daughter back, even if it means killing everyone involved.

The filmmakers revel in cliches, creating another in the endless "insert here-from-hell" genre, such as "the nanny from hell" ("The Hand That Rocks the Cradle") or "the roommate from hell" ("Single

The similarities between this movie and "Natural Born Killers," Romance" and other "murderous couples on the run" are hard to ignore. It follows the familiar scenario of psychopaths in love who leave an impressive body count in their wake as they seek a goal, in this case their daughter.

Jumpy editing makes the action difficult to follow, and implausibilities abound as logic seems to take a backdoor to the action.

Case in point: John Netherwood comes face-to-face with District Attorney Sam Bennett (Ray Reinhardt), who apparently doesn't

know who John is, despite the fact the police are looking for him and the cops know what he looks like "Bonnie and Clyde," "True How could the district attorney not realize who he's talking to?

The ending of the movie is predictable. It manages to incorporate the most overused of thriller cliches. the "you-think-he's-dead-but-he'snot" villain.

The acting is the only redeeming quality to this movie, with the cast playing the parts with feeling and emotion and creating any tension or character empathy where otherwise the script leaves none.

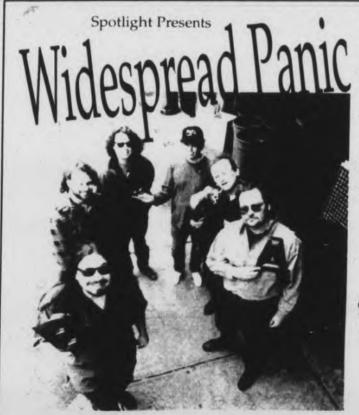
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THE EASTERN PROGRESS

Keith director under department merger

Director balances family life and busy office schedule

By JENNIFER ALMJELD Activities editor

Jim Keith, a 24-year member of the university staff, took over as the director of the newly-combined Academic Computing Services and Telecommunications on Aug. 21.

"They've wanted to combine the two (departments) for years," Keith said. "When Carol Teague retired, they saw the chance to put them together under a new director."

Keith served as the director of telecommunications prior to the merger. He received his bachelor's degree in business administration at Berea College in 1967 and then entered the Army and was sent to

After returning home, he received his master's degree in higher education from Eastern in 1971 and joined the staff in the same year.

The faculty, staff and students that I get to know are my favorite thing about Eastern," Keith said. "Eastern's my first love."

Well maybe not his first love, considering he is happily married to

Hopefully, students will see some of the benefits of our work on the phone registration by the end of the semester. We're trying to serve the students even better.

99

JIM KEITH, director of telecommunications and academic computing



Jim Keith is finally settled into his new office on the second floor of the Combs Building in academic computing.

his wife, Joan, and has two children, Christa, 16, and Joseph, 11.

Keith enjoys spending time at his Berea home with his family but never misses an opportunity to go to the lake and do some fishing.

"My No. I hobby is camping and trout fishing with my son," Keith

When Keith isn't on the lake, he's busy in the office making changes in his department which he hopes will benefit students and faculty.

"Our first goal is to get the faculty

Keith said. "Then we're planning to

get the residence halls networked." Next on the list of improvements for the coming year is phone registration. The department has a list of testing dates and has a schedule for getting the new registration started,

"Hopefully, students will see some of the benefits of our work on the phone registration by the end of the semester," Keith said. "We're trying to serve the students even

better than we have before."

These new challenges and projects which arise daily are what Keith said he likes about the job.

"It's not the same every day," Keith said. "My responsibilities range from telephones to the Academic Computing Services."

No matter how demanding the job, Keith seems to find it rewarding and satisfying.

"I've been very happy here," Keith said. "I don't see me leaving here anytime soon."

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LIVE MUSIC BY YELLOW DYE #5

Jammin' benefits families' need

By Jamie Neal Staff writer

Don't complain that there's nothing to do in Richmond this weekend. Take some time to check out Habitat for Humanity of Madison County's "Jammin' at the

Becky Sills, co-chair of the event, said, "Habitat for Humanity is a very worthy cause that I think people overlook. For a very nominal price, they can come out and have great fun.'

The event will be from 11 a.m. to 10 p.m. Sept. 16 at White Hall state historic site off I-75 at Exit 95. Music will begin at noon.

Advance tickets are available at all PNC Bank and participating Dairy Queen locations in Richmond, Berea, Winchester and Lexington for \$5. Tickets can also be purchased the day of the event for \$7 for adults, \$5 for students and seniors and children 10-andunder are admitted free.

Those planning to attend are encouraged to bring lawn chairs and blankets.

"Jammin' at the Hall" is a showcase of regional talent, including musicians and artists. The musical show is divided into three categories.

The first will include musical artists Living I, Gospel Choir from the First Baptist Church, Pangea Drums and The Fosters. The second will include Pride of America, Homer Ledford and Hickory Smoke. The third section will include Mitch Barrett, Adie Grey, Dave MacKenzie and the



The Mojo Filter Kings are just one of the bands scheduled to appear at the event. "Even if students haven't heard of the bands, they should come out. They'll be pleasantly surprised," said Mike Sills, co-chair of Jammin' at the Hall.

Metropolitan Blues Allstars.

The art show will include several forms of traditional art such as pottery, sculpture, handmade jewelry, handmade quilts and wildflower paperweights.

Along with the art show there will be a silent art auction. Artists in the show have donated pieces worth \$50 or more to be bid on. Some artists that could not attend the show have also donated items to be auctioned.

There also will be food vendors from Madison Central High School and Clark-Moores Middle School boosters available.

All profits from the event go to Habitat for Humanity. Habitat has a goal of \$30,000 to begin breaking ground on the second of five lots for homes donated by Berea College earlier this year.

Habitat is a non-profit organization that builds homes for needy families. Building materials are donated to the organization, and builders are volunteers.

The director of Habitat, Bryan Kirby, said, "Eastern students are encouraged to get involved with Habitat. I'd like to see at least a couple of hundred students for every house."

Eastern students are already involved in the event. The Asset Protection Agency in the college of law enforcement will provide the security at no cost.

Greeks revived as pledges grow

By JENNIFER ALMJELD

The number of participants in rush activities and new members in Greek organizations are way up, said Martin Cobb, Interfraternity Council President.

Rush registration numbers show that 273 men were involved in rush this year, compared to only around 200 last year, Cobb said.

Of the 273 men registered, 173 pledged a fraternity. Other fraternities have yet to begin their rushing and are expected to bring the total of new pledges to a little over 200 for the year. This is well over last year's 146 pledges, Cobb said.

The increase in involvement in Greek life is not confined to the fraternities. The sororities on campus also received a jump in the number of pledges.

"Our numbers for rush were pretty consistent with last year," Jenni Wade, the Panhellenic president, said. "but we have 180 new members this year, which is up from last year."

Last year, sororities pledged only 162 women, said Troylyn Leforge, coordinator for Student Life.

"The really impressive thing about this year is that every woman who completed rush was invited to pledge a sorority. Each chapter also filled its quota," Leforge said. "This is the first time that's ever happened."

Both the fraternities and sororities attribute part of this boost in interest to advertising and good leaders.

Increase in pledges

Fall Fall percent 1994 1995 increase

Fraternities 146 18.5 173 Sororities 162 180

Source: Troylyn LeForge

"One reason we had such a big rush is the amount of PR and advertising we did this year," Cobb said. 'Also, the summer orientation student leaders did a good job of promoting involvement on campus.

Orientation was also run differently for the fraternities this year. Their informationals were moved to the men's dorms.

"We took it right to where they lived," Cobb said. "It more than doubled the number of people that came to informationals last year."

Besides changes in orientation, Wade feels that people are starting to feel differently about Greek life.

"I think the image of sorority life is changing," Wade said. "It's not just a party scene and wild girls anymore. We do a lot for the community.'

"People also want to join because of the things they can offer the chapter," Wade said.

Students are more interested in being part of organizations on campus than they once were, Cobb said.

"I don't think this increase in involvement will be confined to the fraternities and sororities," Cobb said. "I think it will roll over into other campus organizations, too."

Career Day scheduled for Sept. 20

By JENNIFER ALMJELD

Interested in learning more about possible career choices and graduate schools?

If so, take part in the Campus Career Day Sept. 20.

This event gives students the opportunity to explore field interests and build rapport with representatives from business organizations, Art Harvey, director of Career Development and Placement, said.

The day is really a four prong day: it's a campus-wide career day, a cooperative education career day, a multicultural career day and a day to learn about graduate and professional

More than 90 businesses and organizations are expected to attend. They will be available at tables for students to talk to.

A wide variety of organizations are scheduled to appear, including the FBI, Humana Hospital (Lexington), Indiana Department of Corrections, Peace

Corps, Bureau of Prisons, U. S. Navy and Air Force, Secret Service, Kentucky Utilities, Bank One Corporation and Pomeroy Computer Resources. "At a minimum, you will get great

experience," Harvey said. "Students will find it to be a very exciting time. It's well worth coming.

Campus Career Day will take place 11 a.m. to 3 p.m. Sept. 20 in the Keen Johnson Ballroom.

The sponsors of the event are Career Development and Placement,

Cooperative Education, Multicultural Student Services and the graduate

Career Development, along with three other sponsors, is planning a business etiquette dinner and a "Dress for Success" seminar.

The seminar will be held at 6 p.m. Sept. 18 in the Keen Johnson Building.

Reservations are required for the dinner. Tickets can be purchased at Beckham 228 for \$10. The first 50 students who sign up are free.

There is no fee for the seminar.



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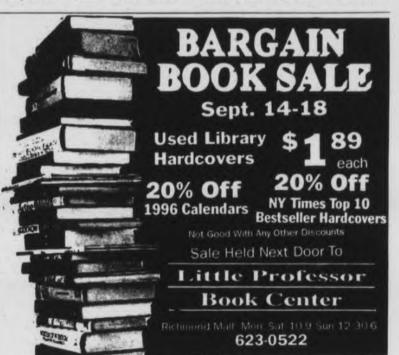
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Writer's dreams down 40-love

Recently, I have had to face reality. In past years around this time, I was improving my tennis skills trying to make Eastern's tennis team, but this year is different. Either I've given up on making the team, or maybe it's time to move on.

For me, it has not been an easy decision, nor

do I think it

would be for



Chad Queen ON THE SIDELINES

anyone else. Whether our past deals with hitting a home run to win the World Series, or sinking the

clutch free throw for our team to win, there comes a point in our lives where reality grabs us and the glory days of yesterday are nothing more than a fading reminder of who we used to be.

I can remember growing up in my fantasy world by winning the US Open. The match people talked about wasn't Borg and McEnroe, but it was Queen and how he wielded his wooden racket, demolishing any opponent he played, at least in my mind he did.

Reality began to set in ever so slowly, however, as I began to get serious about tennis. I began playing competitive tennis during my middle school years, and let me simply say it's much easier to reach the US Open final in an 8year-old's mind, than to even think about getting close in reality.

For me, it proved challenging just to win a few matches within the local junior ranks, but being the eternal optimist I was, I kept pushing myself and trying to find the perfect tennis game

Some people would have given up many times, but something inside kept pushing me and telling me to practice harder.

And so in the fall of '93, 1 came to Eastern and hoped to prolong my childhood fantasy by playing on the tennis team, but it was not to be. I tried out my first two years, only to come up empty-handed, and this year, I've decided to not try out.

Looking back, I probably could have practiced a little harder leading up to tryouts, but perhaps the 8-year-old inside was prodding me to play, while the adult side advised me to move on.

Whatever the case, I hope I will always hold on to the 8-yearold who pushes me to dream outside of my boundaries, and who knows? Some of my fantasies may someday become a reality, but I also know when the time comes to go, I should simply move on, and so it is with my Eastern tennis

Eastern to clash with Warriors



Progress/MATT McCARTY

Junior tailback William Murrell scampered away from the Hilltopper defense in Eastern's 38-14 win over Western Kentucky last Saturday at Hanger Field. Murrell led the Colonels in rushing with 66 yards on 18 carries.

Sports editor

For anyone wondering why Eastern is hosting East Stroudsburg State, a Division II school from Pennsylvania, at 7 p.m. Saturday at

Eastern-East

Stroudsburg

When: 7 p.m.

Hanger Field

Coverage:

1340 a.m.

Saturday

Where:

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Hanger Field, it requires a two-part answer.

Part one -Colonels didn't need a second open date on their schedule, which could have been the alternative to

playing a Division II school. Part two - East Stroudsburg may not be the pushover game many Colonel followers expect it to be.

"They're not the sisters of the poor that everyone thinks they are," Eastern coach Roy Kidd said. "Since we open the conference schedule the following week, we didn't need another open date."

The Warriors will bring a balanced offense to Richmond that was sixth in offensive output among Division II schools in 1994, racking up 464.8 yards per game.

Their offense is led by the passing of Warrior quarterback Damien Poalucci, who completed 25 of 39

passes for 429 yards in a win against American International Saturday

Kidd said rushing the passer and containing East Stroudsburg's potent air attack will be crucial. "Offensively, they're wide open

and like to throw the football, and we had some problems with that against Central Florida," Kidd said. The Colonels will be facing an

eight-man defensive front, which is something they should be used to. "They play some four-man

fronts, but usually they run a defensive front a lot like Western," Kidd Kidd said he plans to stay with

much the same offensive game plan as against Western, including starting Tommy Luginbill at quarterback and alternating with Greg Couch throughout the game.

For the Warriors, coach Denny Douds said the opportunity to play Eastern could be important for his

"We're a very young team, so playing Eastern could be a chance for us to set some criteria," Douds said.

In looking over the Colonel squad for weaknesses, Douds said there "aren't too many cracks" to attack offensively or defensively.

They're just awesome," Douds said. "They play well together, and it will be tough for us to find anything

Women, men run strong at Miami

BY BRIAN SIMMS Assistant sports editor

The men's and women's cross . country teams came away from this past Saturday's meet with the women looking for more teams to conquer and the men searching for more experience.

The women won the Miami (Ohio) Invitational with a team score of 51, 17 points ahead of second-place Michigan. The young men's squad showed they ' needed more competition, placing fifth with 107 points.

'We were pleased to beat Michigan," coach Rick Erdmann

"Considering the inexperience of our team (the men), I thought that we did pretty well."

The Lady Colonels had four runners in

the top 10. Sophomore Mandy Jones placed third (18:19) in the 5K event. Sunshine Wilson and

Jamie King took the fourth and fifth spots with their identical time of 18:22. Freshman Sara

Blossom took the 10th spot with a time of 18:34. "Anytime that you have three girls in that large of a meet (11 teams for a total of 98 runners) that close together at the top, there is always a possibility of

ran a lot better than we had been." Erdmann said the area for improvement on the team comes after the fourth runner. Amy Hathaway was the No. 5 runner

winning," Erdmann said. "We

for Eastern. Her time of 19:05 placed her in the 29th spot.

"Our fifth place has to get closer to our fourth place," Erdmann

Jones, who ran her best time for this distance, agrees with Erdmann.

"There can't be that much of a gap," Jones said. "We have to improve there.'

Andrea Cooper, 32 (19:09), Sonja Smith, 62 (20:27) and Tara Perez, 66 (20:33) were other Colonel runners who did not -The men, who finished 70

points behind champion Ball State, were paced by the top 10 performances of senior Ken O'Shea and junior Scott Fancher. O'Shea finished fifth with a

time of 25:33, and Fancher was one spot back with his time of 25:39.

"Ken O'Shea ran well, and Scott Fancher improved one minute on his time from last eyear," Erdmann said.

Other Colonels who scored were: Adam Bennett, 15 (25:54), Titus Ngengo, 40 (25:47) and Charles Moore, 41 (26:48).

"If we can get our fourth, fifth and sixth guys a lot closer to our second and third, we can get a lot better," Erdmann said.

Eastern had three more runners who did not score. They were Philip Kiyweg, 55 (27:09), John Kaiser, 78 (27:51) and Mike Henderson, 88 (28:14).

The women will be traveling to Bowling Green Saturday for the Western Kentucky Invitational, while the men will take the week

Erdmann said the men will not compete because he doesn't like to run the men this early in the season every week because of the longer distance they run (8K).

The Lady Colonels will be looking to win their third straight title at Western, and Erdmann said Georgia will be their toughest opponent between them and a third straight crown.

Football ends Western drought 38-14

Couch, Luginbill form formidable duo at quarterback

BY TIM MOLLETTE Sports editor

Good things came in two's for Eastern in its 38-14 home win over Western Kentucky last Saturday

Two critical defensive stops by the Colonels and a pair of quarterbacks turning in solid performances paved the way to Eastern breaking its two-year losing streak to the

Hilltoppers. With the Colonels leading 21-14 with just under six minutes left to play in the third quarter, Western recovered a Dialleo Burks fumble pass from Greg Couch on the Colonels' 47-yard

Four plays later, Eastern's offense was back on the field, thanks to a solid three downs' worth of defense from the Colonels and a punt by the Hilltoppers. Playing a key role in the defensive stop was linebacker Brit Bowen, who tackled Western quarterback Willie Taggart for a threeyard loss to set up the Hilltopper

A second Eastern fumble, this time by punter Marc Collins, gave the Hilltoppers the ball on Eastern's 12yard line, but the Colonels' defense came up with another three-play series which halted Western's drive.

Western kicker Brad Harrell's field goal attempt sailed wide left, and Eastern's ensuing drive ended with quarterback Tommy Luginbill completing a short pass which turned out to be a 75-yard touchdown completion after flanker Bobby Washington avoided Western defenders and sprinted into the end

Eastern coach Roy Kidd said his team's defensive performance after giving up two touchdowns and fumbling twice with the score at 21-14 provided momentum.

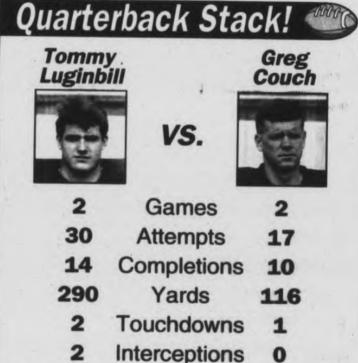
When the score was 21-14, I was a little nervous," Kidd said. "The defense made big plays after the two fumbles, and that was definitely a key for us.

Before the two fumbles put Eastern's lead in jeopardy, the Colonels controlled the contest rough two quarters, rolling up three unanswered rushing touchdowns from Jason Dunn, Daymon Carter and William Murrell.

Taggart completed a 50-yard touchdown pass to Joey Stockton with under a minute left in the first half and added a rushing touchdown of his own with 10:21 left in the third quarter to compose Westem's offensive output.

"We really needed to hold them in the second half, and we didn't," Kidd said.

Leading the Eastern offense were quarterbacks Luginbill and Couch. Luginbill threw for 160 yards and two touchdowns on 7-of-12 passing, while Couch threw for 87 yards on



Source: Sports Information

backs continue to play well, he plans to keep good things happening in two's from under center.

"Luginbill will still be the starter, but if they both continue to play like they did tonight, I'll keep playing both of them," Kidd said. "I feel like it's working pretty well right now."

Progress/TERRY STEVENS

6-of-9 passing.

Kidd said as long as both quarter-

With the win, Eastern cut Western's lead in the all-time series to 38-31-3.

Kidd said while beating the Hilltoppers was gratifying, there is still work to be done for his squad.

"I'm pleased anytime we beat Western," Kidd said, "but we still have a long way to go to be a good football team."



Photo courtesy Sports Information After an All-American career at Eastern, Chad Bratzke has found a new home as No. 77 on the defensive line of the New York Glants.

Giant Colonel

Former Eastern defensive lineman enjoys time in NFL

BY CHAD QUEEN

On any given Sunday, you may witness an Eastern connection on TV you may not have been aware of - Chad Bratzke, College Football All-American and Eastern graduate of '93, now spends his time in the trenches on the field in the National Football League.

In his second season in the NFL, he is becoming an impact player as a New York Giants backup defensive lineman. He also sees time as the team's long snapper and on special teams.

Bratzke looks upon his role with the Giants as a positive experience, but he also understands that it sometimes is nothing more than a job.

"It's neat and a lot of fun, but it's hand Bratzke's determination. a business," Bratzke said.

Life in the NFL can be similar to that of anybody's job in the work force. On the football field, the pressure to perform or have someone take your place is always pre-

"It's stressful," Bratzke said. "If you don't perform week in and week out, no matter how long they sign you, they can always fire

After graduating from Eastern, he played in only two games for the Giants, with one special teams tack-

As for this season, Bratzke prepared for it with the same kind of work ethic he was known for while Earl Leggett, the Giants' defen-

sive line coach, has witnessed first-

"There's no doubt he really

worked hard in the off-season,' Leggett said. "He has improved in Going from his college football

days to the pros served as an adjustment for Bratzke, who in addition to being an All-American was named OVC Defensive Player of the Year after his senior season. "There's a big difference in the

competition, between college and the pros," Bratzke said. "In the pros, everyone's a big

player." For anyone interested in trying to make it and play for a professional

team, he offers this advice. "Stick with it," he said. "It's tough, and it's a business, but the more you can do, the better off you



There's no doubt he really worked hard this off-season.

EARL LEGGETT, New York Giants' defensive line coach

Colonels crash at Big Orange Bash

Polvino says three losses could be gains in long run

BY BRIAN SIMMS Assitant sports editor

Judging from the volleyball team's record this past weekend at the Big Orange Bash (0-3), the trip might be renamed the Big Orange Bust, but coach Geri Polvino dis-

"In every match, we had something good take place," Polvino said. "We played better than we did last weekend (at the Volleyfest)."

The Colonels dropped all three matches in Clemson, S.C., after opening the season with four straight wins in their Labor Day Volleyfest. "We went up against a lot tougher

competition," Polvino said. Eastern fell to Alabama in its first match 9-15, 8-15, 15-17 and then lost to Clemson (2-15, 15-12, 4-15, 3-15) and Texas-Arlington (13-15, 17-19, 9-15) the next day.

"We sided out a lot better in the Clemson match than in the other two matches, which allowed us to stay in the game longer," Polvino said.

Polvino, who is two wins away from her 600th coaching triumph at Eastern, said the good outweighed the bad at Clemson. She said serving, back-court attack, block and the variety of the team's attacks were played very well.

"There were good things taking place," Polvino said.

out that sophomore Amy Merron was another bright spot In every for the team. Merron match, lead the Colonels in kills (25) and attempts (62) while we had somecommitting only 13 errors. In the loss to thing Texas-Arlington, good take she had a team-high place.

eight blocks. "Amy is a com-petitor. It doesn't matter who is on the other side of the net," Polvino said. GERI

Polvino pointed

On the bad side of POLVINO. ball, the volleyball Colonels had a team coach attack percentage for the three games

of .120, compared to .295 in their four wins at the Volleyfest.

"We did not attack as well against the bigger block," Polvino said. "We've got to do that better against the team that we are going to play this weekend.'

Eastern will be traveling to Iowa City, Iowa, to play in a tournament sponsored by the University of Iowa. The Colonels will take on Arkansas on Friday and then face Iowa and Montana on Saturday

"I think it will be tough competition, and it is our goal to compete," Polvino said.

Eastern lost to Xavier Tuesday, but details were not available at



Progress/SELENA WOODY Dawn Allgeler wants to be focused as a senior.

Sports Profile Dawn Allgeier

Outside hitter making most of senior year

BY CHAD SHEFFLER

This women's volleyball season will be senior co-captain Dawn Allgeier's (Al-gar) first as a scholarship player for the Lady Colonels. Women's volleyball coach Geri Polvino

said that because Allgeier was a walk-on in her first three seasons at Eastern, this makes her work ethic "all the more admirable."

For Allgeier, that work ethic will be focused toward gaining consistency.

"I would like to be a consistent all-around player," she said. "I want to be a good leader on and off the court, but my major g val for this season is for Eastern to win the Ohio Valley Conference title and walk away with a

If Eastern is to come away with an OVC crown, Polvino said Allgeier will play "a significant role" with her personality, as well as her volleyball skills.

"She has the ability to take a stressful situation and lighten it up," Polvino said. "She has a wonderful sense of humor, on and off the court."

Strong passing and good decision-making

were among the assets Polvino said Allgeier brings to the court.

Dawn is an outstanding passer, and she reads the situation well on the court," Polvino said. "She has a great shot placement on the front row. Her strengths are serving, passing, defense and front-line offense.'

While Allgeier said she works intensely on the court, she takes a more relaxed attitude off the court

Allgeier, a nursing major, played high school volleyball for four years at Holy Rosary Academy in Louisville

She said she chose Eastern because she liked the nursing program and it was far enough away from home for her to be independent, yet close enough for her to go home if she wanted.

The result of her decision to attend Eastern will come to its peak this year, as Allgeier said she plans to make the most of her final volleyball season.

"I've always looked forward to my senior season, and I want to do my best at everything because it will be gone before I know it."

Women's golf falters at Flyer Invitational

BY BRIAN SIMMS Assitant sports editor

Women's golf coach Sandy

Martin would like to have another chance at the team's last tournament, the Flyer Invitational.

The Lady Colonels finished in a tie for second with team B from

were all that separated Eastern from the champion, team A from Xavier.

'We should have won," Martin said. "Not everybody played their usual game.

Junior Beverly Brockman, who won this tournament the past two years, suffered some bad breaks on one hole when she hit two balls out-Xavier at 358 strokes. Seven shots of-bounds that Martin said were

good shots. Brockman finished with

"It was disappointing for her, but she knew that she hit the ball well," Martin said.

Erica Montgomery picked up the slack for the team with her second-

place 83 "Erica played some good golf," Martin said. "She's hitting the ball

just as purely as I've seen her."

Martin's team will travel Friday to play in the Tennessee Tech Classic with 18 other teams.

Katy Davis (88) and Melissa Cox

(95) were the other Colonels who

The two-day tournament will feature teams like Murray, Western Kentucky and Vanderbilt.

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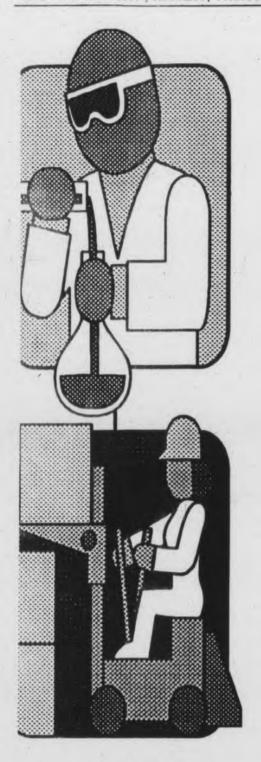
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Ten weeks may not seem like much time to prove you're capable of being a leader. But if you're tough, smart and determined, ten weeks and a lot of hard work could make you an Officer of Marines. And Officer Candidates School (OCS) is where you'll get the chance to prove you've got what it takes to lead a life full of excitement, full of challenge, full of honor Anyone can say they've got what it takes to be a leader, we'll give you ten weeks to prove it



The Marines will be at the EKU Student Center and Career Fair October 19 - 21, 1995, from 10 AM - 2 PM. For more information, call Captain Szczypinski at 1-800-858-4086.

Use only as directed



Gareer Day

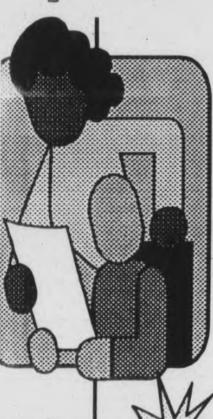
EKU Career Day Multicultural Career Day Graduate & Professional School Day

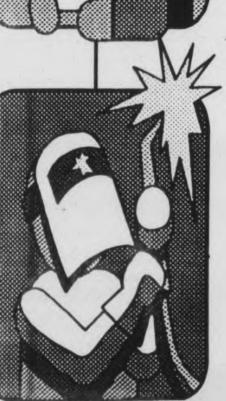
Wednesday September 20, 1995 11 a.m. - 3 p.m. Keen Johnson

Over 75 Businesses, School Systems, Graduate and Professional Schools Participating

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WKYTTV

ORADUATI I PROFISSIONAL OCHROLS

EKU College of Education **EKU Graduate Studies** EKU MBA Program Illinois College of Optometry Murray State University Northern Kentucky University Philadelphia College of Osteopathic Samford University School of Pharmacy Sherman College of Straight Chiropractic University of Cincinnati UK College of Law University of Dayton, School of Law **UK Graduate School UK Medical Center** U of L School of Medicine Adm. U of L School of Law Admissions Vanderbilt University Med. Center Western Kentucky University Wright St. Univ. Sch. of Grad. Studies

8CHOOL BYSTEMS

Buffalo Public School System **Bullitt County Public Schools** Central Kentucky Education Coop. Christian County Board of Ed. Danville Independent Schools **Duval County Schools** Favette County Board of Ed. Frankfort Board of Ed. Franklin County Public Schools Greater Clark County Schools Hopkins County Schools Kenton County Schools **Knox County Schools** Laurel County Schools Laurel County Board of Ed. Lincoln County Board of Ed. Trigg County Board of Ed. Walton-Verona ISD Warren County Board of Ed. Warren Township School

university offices

Career Development & Placement Cooperative Education ROTC The Eastern Progress



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Is there an annual fee? How much interest will be charged? What are the rewards for using this card? In addition to asking questions, make sure you read everything on the application. Understanding the terms of your credit agreement is important and will provide many of the answers you seek.

Finally the best advice is to use common sense. You know how much you can afford to repay and how long it will take. For example, common sense dictates if you only pay the minimum due each month it will take longer to pay off the balance.

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Family Value Meal \$1099

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Marinated Chicken Grill Sandwich

2 Pcs. Chicken'. 1 Biscuit & 2 Small Sides

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8 Pcs. Chicken, 4 Biscuits, 2 Large Sides & 1 Peach Cobbler

*Includes white/dark pieces.

8 Pcs. Chicken' & 4 Biscuits

*Includes white/dark pieces.

Hardees

8 Pcs. Chicken' & 4 Biscuits

8 Pcs. Chicken, 4 Biscuits, 2 Large Sides &

1 Peach Cobbler