



A glance a Greek Weekend

Photos – News: A8

Colonel fan keeps it rowdy

PROFILE: Features B1

University presidents plead to House for reduced cuts

By Nick Johnson
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With the state facing a \$1.2 billion shortfall, officials from Kentucky's public universities paid a visit to the House leadership last week in attempts to spare higher education from significant budget cuts.

Earlier in the week, the chairman of the House budget committee told



Greg Stumbo

reporters that it would be "virtually impossible" to balance the state's budget without cutting funding to the states' public universities.

And a House budget plan that was proposed ear-

lier in the session recommended that funding for higher education be slashed by 2 percent—a cut that would save the state some \$20 million per year.

Officials from the state's universities, including Eastern President Doug Whitlock, met with members of the House leadership on Friday. After the meeting, Speaker of the House Greg Stumbo pledged to sup-

port the universities and minimize the cuts to higher education spending as much as possible.

"It was a very positive meeting," Whitlock said. "The other presidents and I were very appreciative of the opportunity to discuss our universities' needs, and the importance of continuing to fund higher education."

Stumbo told reporters over the

weekend that he was optimistic that the House budget would be able to offset the original 2 percent cut that was recommended.

The university presidents told the legislators about their concerns, addressing how budget cuts would affect pensions, university healthcare, new buildings and projects as well as

See **BUDGET**, A4

“We don't know what model for tuition we're going to use next year.”
 — ECU President Doug Whitlock

Proposed pay-per-credit discussion draws crowd



TREY BURKE | PROGRESS

Eastern President Doug Whitlock spoke at last week's tuition forum, proposing a potential new tuition model.

Whitlock will meet with students again Thursday, March 4

By Kaylia Cornett
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In a special forum last week to discuss potential changes in how Eastern charges tuition, President Doug Whitlock said Eastern could as early as next year shift to a system that charges per credit hour.

But for now many factors that could influence what Eastern decides to do are still up in the air.

"We don't know what model for tuition we're going to use next year," Whitlock said. "And we don't know what percentage increase will be applied to base tuition for next year...we probably won't know [the percent increase] until the legislature has met and concluded its work."

Benefits for students

Still, Whitlock said a pay-per-credit-hour tuition system, while largely designed to increase revenues for the university, would also carry some benefits for students.

"Our current model encourages students to register for more hours than they intend to complete," Whit-

Next Forum

- 3:30 p.m., Thurs., March 4
- Walnut Hall Keen Johnson Building

lock said.

Many students, he said, will enroll in more classes than they know they're going to complete because it doesn't cost them any additional money. Then, midway through the semester, students often drop the classes they no longer want without any financial consequences. So a pay-per-credit-hour system would likely discourage such tactics, making many classes more available to students who actually need them.

That, Whitlock said, would help the university avoid offering more classes than needed—a move that would also allow the university to save money.

Under the current tuition model, all students pay \$263 per credit hour, up to 12 hours. Any additional hours beyond 12 are essentially free.

Under the proposed new model, that would change. Students would pay the same rate—\$263 for each hour up to 12—and then they'd pay a discounted rate, \$53

See **TUITION**, A4

EVENTS

'Get Lei'd' to offer safety tips for Break

By Lindsay Huffman
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Like most people on campus, the Office of Student Life and the Health Education Action Team (H.E.A.T.) are gearing up for Spring Break.

But instead of prematurely packing their suitcases, these two groups have been preparing for the annual student event that brings in the vacation—Get Lei'd Before Spring Break.

The event, which will take place at 9 p.m. Thursday in Powell lobby, will feature several activities for students, as well as educate students about important safety issues, said Brandee Petrey, the director of Student Involvement and Leadership in the Office of Student Life.

Some of the issues to be covered are sun safety, alcohol and drug awareness and facts about sexual assault and date-rape drugs.

"It's a celebratory event to send folks off for a safe spring break," Petrey said.

Nikki Hart, the assistant director of Student Involvement and Leadership and one of the main coordinators of Get Lei'd, said inflatable games, free food and free T-shirts will be available, as well as various activities including a limbo contest, cornhole with beer goggles, condom races and an STD roulette game provided by H.E.A.T.

"If [students are] having trouble doing simple things with beer goggles, maybe they'll realize they shouldn't do other things, like drive, while under the influence," she said.

Meghan Scott, a health educator in Student Health Services and another person involved in the preparations, said H.E.A.T. would also be serving mocktails and providing a mechanical surf board game at the event.

See **BREAK**, A4



TREY BURKE | PROGRESS

Students, faculty and staff asked questions and offered input regarding the proposed change to tuition.

The new model proposes an additional fee for each credit hour beyond a student's first 12 hours.

T-Bombs purchased and closed, to be demolished

By Laura Butler
 laura_butler11@eku.edu

The beginning of a decade coincided with the end of an era for many Eastern students and Richmond residents as local bar T-Bombadils closed its doors forever.

The local nightlife hot spot served as a First Street landmark for 30 years, providing live music and cheap drinks – a constant favorite for several generations of Eastern students.

T-Bombs received several "Best of Richmond" awards from student polls in past years, including recognition for "best bar" and "best live

music venue."

But after struggling with problems such as noise ordinance violations from the city and the death of her husband and former owner, Viviane Billings said she had to come to grips with reality and sell the bar.

And Billings and her co-owners sold it to the tune of nearly half a million dollars.

Michael Eaves and Ed Worley, managers of The 1st Richmond Company, LLC, became the new owners of the building on Jan. 29, paying \$450,000 for the 10,400 square foot property.

Eaves and Worley purchased the majority of the other buildings on First Street within the past two years for a sum of around \$765,000. The

buildings were demolished several months ago and are now being reconstructed into a building complex that the city has agreed to lease as a home for Family Courts.

T-Bombs sits just north of the complex construction area.

While Richmond's property valuation records list the property's value at \$110,000, Eaves said location played a big factor in the price they offered Billings.

"Downtown property is a little unique. It's not like going to buy an acre somewhere outside the city – a lot of times you're buying a business," Eaves said. "Most of the time (the building is) occupied, so they



RACHEL STONE | PROGRESS

See **BAR**, A4

T-Bombadils served generations of Eastern students for more than 30 years.

Police Beat

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

Feb. 23

Police responded to Combs Hall after two resident assistants reported a resident had threatened them. One of the RAs was in the mailroom when he heard the resident threaten "to beat up" him and the other RA. The second RA said the resident called her name while banging on a door down the hallway from her room.

A staff member reported to police that a sign had been stolen from the courtyard between Powell building and the campus bookstore. The sign was four feet by five feet and contained the words "Bring it to the bin in 2010." The value of the stolen property was estimated at \$300.

Feb. 28

Kristina Waters was cited and released for a charge of first-degree drug paraphernalia possession after a Palmer Hall resident assistant reported a strong odor of marijuana coming from the fourth floor. When police found the odor coming from Water's room, she said she had come from a party where marijuana was being smoked. After a search of the room, police found a pipe with suspected marijuana residue in her desk and a zip-close bag of suspected marijuana seeds in the trashcan.

Police responded to the Keene Hall parking lot after a student reported criminal mischief to his car. The student said his car had been locked at the time of the incident. Police observed the rear passenger window was smashed and glass debris was found inside and outside the car. Nothing was stolen from the vehicle. The total value of the damage was estimated at \$250.

March 1

A staff member reported the theft of copper wire strips at the rear dock of the Gentry building. He said 30 strips of wire, each six feet long, were stolen from the scrap bin in the dock area, which is fenced in. The total value of the stolen items was estimated at \$1,440.

Inspections

All information in Inspections is obtained from the Madison County Health Department.

Week of Feb. 26

Inspections with no follow-up due:
Domino's, 330 Eastern Bypass, 95%

Inspections with follow-up due:
Grand China, 882 Eastern Bypass, 79%

- *Employee drink found in open container sitting on prep table
- *Rear door not sealing properly
- *Spray bottle of clear liquid found without a label
- *Spray bottle of WD40 found stored with food

Follow-up inspections with no follow-up due:

Outback, 400 Highland Park Drive, 100%

News Briefs

Colonels for Haiti T-shirts on sale

Anyone who would like to purchase a Colonels for Haiti T-shirt can buy one at Powell Corner Thursday, March 4 and Friday, March 5. Shirts are \$8 each, and there are limited quantities. Only cash and checks are accepted. Contact Cassie Swihart at cassieswihart1@eku.edu for more information.

Student Life sponsors food drive

Student Life is currently sponsoring 20,000 Giving 20,000 Pounds, a food drive for Haiti relief and local food banks. Everyone is encouraged to donate at least one pound of food. Peanut butter, rice, beans and baby formula are specifically needed in Haiti. Donations can be dropped off at the office of Student Life in Powell 128, The Health and Wellness Center or The Bratzke Center in Alumni Coliseum. For more information, contact Brian Perry at 622-3855.

Bookstore organizes T-shirt design contest

The EKU Bookstore will be accepting submissions for a 2010 freshman T-shirt design contest until

March 15. The T-shirts will be given to upcoming freshmen at orientation. The entry must be either a left chest design or a full front design, and all designs must contain the year 2010. The T-shirt should be black or white on a maroon background. Students can submit up to two entries. To enter, bring a hard copy of the design to the Office of Student Life located in Powell 128 and email it to studentlife@eku.edu as either a JPG or PDF document. Visit the University Bookstore for more details about the contest.

Spring concert tickets now on sale

Tickets for the spring concert sponsored by the SAC concert committee are now on sale. The featured artists include The Red Jumpsuit Apparatus with Bowling for Soup. The concert will take place at 8 p.m. Monday, March 15 in Alumni Coliseum. Tickets can be purchased either in the SGA office located in Powell 132 or on www.ticketmaster.com. Half of all ticket sales will go to Haiti relief, and students are encouraged to donate two canned goods at the concert. The first 400 students to bring two cans to the concert will receive two free gifts and be able to stand on the basketball court in front of the stage. For more information, contact Kristen Moser at 859-317-1432.

Happenings

FRIDAY

All day
Ohio Valley Conference men's and women's basketball semifinals, Nashville, Tenn.
2:30 p.m.
Baseball at Presbyterian, Clinton, S.C.

SATURDAY

All day
Ohio Valley Conference men's and women's basketball semifinals, Nashville, Tenn.
Softball at Lipscomb Tournament, Nashville, Tenn.
12 p.m.
Baseball at Presbyterian, Clinton, SC

SUNDAY

All day
Softball at Lipscomb Tournament, Nashville, Tenn.
2 p.m.
Baseball at Presbyterian, Clinton, S.C.

MARCH 8 – MARCH 12

Spring break - no classes

For a full list of sporting events during this week, visit www.ekusports.com

MARCH 13

All day
Softball at Winthrop/Adidas Invitational, Rock Hill, SC
Men's golf at Pinehurst Intercollegiate, Pinehurst, NC
NCAA Division I Women's and men's Track and Field Indoor Championships, Fayetteville, Ark.
2 p.m.
Baseball at High Point, High Point, NC

MARCH 14

All day
Softball at Winthrop/Adidas Invitational, Rock Hill, SC
Men's golf at Pinehurst Intercollegiate, Pinehurst, NC
1 p.m.
Baseball at High Point, High Point, N.C.

MARCH 15

Classes resume

MARCH 16

3 p.m.
Baseball vs. Purdue
5 p.m.
"St. Paddy's Jeopardy," SSB 568
8 p.m.
Music: Connie Rhoades faculty clarinet recital, Brock Auditorium

MARCH 17

3 p.m.
Baseball vs. Purdue
Softball vs. Western Kentucky University
8 p.m.
Music: Nathan Jasinski faculty cello recital, Gifford Theatre
9 p.m.
The Office of Student Life presents Ronnie Jordan, O'Donnell Auditorium

MARCH 18

All day
NCAA men's basketball tournament first round
8 p.m.
Music: McGary/Abney recital, Gifford Theatre

Weather

THURSDAY

AM Clouds / PM Sun
High: 37 Low: 25
Precip: 10%

FRIDAY

Sunny
High: 42 Low: 25
Precip: 0%

SATURDAY

Sunny
High: 47 Low: 33
Precip: 0%

SUNDAY

Cloudy
High: 51 Low: 40
Precip: 20%

MONDAY

Partly Cloudy
High: 54 Low: 44
Precip: 10%

TUESDAY

Showers
High: 49 Low: 37
Precip: 40%

WEDNESDAY

Showers
High: 49 Low: 39
Precip: 60%

Source: Weather.com

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ALICE IN WONDERLAND [PG] 11:50 1:00 2:25 3:35 5:00 6:10 7:35 8:45 10:10	SHUTTER ISLAND [R] 12:45 3:50 6:55 10:00
BROOKLYN'S FINEST [R] 12:45 3:55 7:05 10:00	COP OUT [R] 12:00 2:30 5:00 7:30 10:00
ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL [PG] 12:05 2:20 4:35 6:50 9:05	THE CRAZIES [R] 11:55 2:25 4:55 7:25 9:55
PERCY JACKSON & THE OLYMPIANS: THE LIGHTNING THIEF [PG] 12:55 3:50 6:40 9:25	TOOTH FAIRY [PG] 12:15 2:40 6:10 7:30 9:55
	VALENTINE'S DAY [PG-13] 1:00 4:00 6:55 9:40

◆ NO PASSES-NO CLASSIC SUPERSAVERS ◆

The Eastern Progress

www.easternprogress.com

It's More than just a
Police Beat!

ATTENTION ALL GRADUATING STUDENTS!!

Are you interested in having the honor of being a Commencement Speaker for one of the three Commencement ceremonies? If you are a graduating student (either undergrad or graduate level) we would love for you to represent your college at the Spring 2010 Commencement.

We need the information below:

- A short (one page) personal biography that includes your cumulative grade point average, college you will be graduating from, as well as contact information (current cell phone or other means of reaching you).
- A written draft of your speech, describing your educational experience as well as other opportunities you have had while at EKU. Remember that your speech will be limited to 3-4 minutes.
- One letter of recommendation from a faculty member. The letter of recommendation may be emailed, faxed, or sent via campus mail, but must be received in our office NO LATER than March 5th.

If interested, please make sure we receive all required documents no later than March 5th. Send your information (by email, fax, or mail) to:

Commencement Speaker Committee
C/o Ann Cotton
Division of Student Affairs
SSB, CPO 50
521 Lancaster Ave.
Richmond, KY 40475-3150
ann.cotton@eku.edu or Fax: 859.622.2402

We hope you will consider applying for this honor.

BAR: T-Bombs 'in very bad condition'

Continued from Page A1

feel like they're selling their business and we're only buying it to close. You're closing it and tearing it down. That's the nature of the animal."

Eaves said he and Worley have no plans to add the space onto the courts projects, though.

Billings said the construction process for the family courts project was a big driver in selling T-Bombs.

She had leased the bar to tenant Kerry Aldridge and the closing of First Street made it difficult for him to keep up with the rent.

"We could no longer be in business with First Street closed," Billings said. "We had noise ordinance problems, right after that I leased the business to someone else, and right after that, First

Street closed so it was one thing after another. I don't think any business could survive, even if it was a 30-year business, like we were."

Billings said she was disappointed she couldn't keep T-Bombs in the family. She said she had turned down an offer from Eaves and Worley before.

"I was not very happy," she said. "It was my husband's business and unfortunately he passed away. The reason I kept fighting for these three years was because I really didn't want to see the building demolished."

Eaves said Billings asked if the previous offer was still on the table, and he and Worley were still willing to pay the initial offer.

"We had to end up selling or we were going to be stuck with a closed business,

Billings said. "There's only so much we can do."

While the Family Courts complex may open as early as April, Eaves said there are no plans to do anything with the T-Bombs building until summer.

While he said he's not entirely sure what the company will use the area for, Eaves said the building would definitely be demolished.

"We think the building is in very bad condition and it's a liability," he said.

Eaves said turning old T-Bombs into another bar is probably not in the works for the 1st Richmond Company, LLC, but he's indicated interest in bringing in a new eatery.

"Who knows?" he said. "It'd be great to get a nice restaurant from Lexington, but who knows?"

GREEK: Annual awards given at banquet

Continued from Page A1

organizations and National Panhellenic Council, which is the governing council for the sororities.

The Pi Beta Phi sorority and Lambda Chi Alpha fraternity were first to perform in the 1970's category. They entertained the packed audience in Brock Auditorium by reenacting scenes from the movie Grease.

Alpha Gamma Delta, Sigma Chi and Pi Kappa Alpha were next to take the stage in the 1970's decade with Willy Wonka and the Chocolate Factory. Oompa Loompas, giant golden eggs and colorful props were all a part of the act.

The 1980's decade proved to be a crowd and judge favorite as the two winning

acts both drew from this era.

Choreography and costuming placed the Kappa Delta sorority and Phi Delta Theta fraternity's rendition of Dirty Dancing in first, and the Chi Omega sorority and Kappa Alpha fraternity's rendition of Ghostbusters in second.

The 1990s and 2000s decades followed, with the night ending with a special performance from the Eastern Dance Theatre Cloggers. Greek Weekend continued Saturday morning with the Greek Games in the Keen Johnson Building.

This was a chance for all of the fraternities and sororities to compete in various games such as relay races, human pyramids and tug-of-war.

Another weekend-long competition consisted of accumulating Greek Participation points. The chapter that had the most members present at each event during the weekend won an award at the weekend's concluding event: the Greek Leadership Banquet on Sunday.

At the banquet, various awards were handed out for most improved chapter, chapter with the highest grade point average, and numerous other awards to honor the work the Greeks do at Eastern.

Two of the most anticipated awards given were for Greek Man of the Year, won by Sigma Alpha Epsilon member Jon Vorbeck, and Greek Woman of the Year, won by Pi Beta Phi member Mary Cecilia Scialdone.

BUDGET: 1.5 percent cut supported

Continued from Page A1

day-to-day operations.

The wrangling over the budget comes on the heels of several consecutive years of cuts to higher education.

Last year, the state's universities were asked to trim 2 percent from their budgets. And the year before, they were asked to trim 3 percent.

As a result, many of Kentucky's public universities have had to reduce workforces and raise tuitions, sometimes by the maximum amount permitted by the Council of Post-Secondary Education, the state body that oversees higher education in Kentucky.

President Whitlock said

among Eastern's concerns were the ongoing construction of Eastern's new science building and the performing arts center, both of which are scheduled to open in 2011.

The science building is in the first portion of a two-phase construction project—and the first phase cost an estimated \$64 million.

The second phase, which has yet to receive the green light from state lawmakers, will likely cost equally as much. Once opened, operations and maintenance of the science building will likely cost about \$1 million annually.

Although lawmakers intimated that higher education could be spared in the bud-

get cuts looming, Whitlock said he wasn't convinced that higher education would get away completely unscathed.

"I am optimistic, but also realistic," Whitlock said. "Hard to use the word confident in such a situation, but I am hopeful."

On Tuesday, House Democrats polled their members and found that they supported a budget proposal that would plug the state's budget shortfall through a variety of measures, including a 1.5 percent cut to higher education.

The House budget committee is expected to vote on the plan as early as next week, said Brian Wilkerson, Stumbo's communications director.

TUITION: Third forum to be scheduled

Continued from Page A1

per credit hour, for any hours beyond that.

Whitlock presented the crowd of about 40 people a slideshow, illustrating the benefits of the proposed tuition plan. One slide showed that a student who takes 15 hours under the new system would be charged an additional \$159 dollars.

Morehead State University has already implemented such a tuition plan, and Whitlock said Eastern has been tracking the school's progress with the pay-per-credit hour system.

Morehead, which is in its second year with the pay-per-credit-hour system, has similar student demographics to Eastern, making it a good example of how the changes might work here.

And Eastern has already introduced the new tuition structure to its graduate programs—a change that was made last year.

But, Whitlock emphasized, the university has yet to make its decision on whether to extend the new pricing structure to undergraduates.

"Believe me when I tell you we haven't decided this, but also believe me when I tell you that we're giving a real serious look at it, for a variety of reasons," Whitlock said.

Considering the change

One of the reasons the university is considering the change owes to the state's recent budget woes, Whitlock said. He said Eastern's budget is divided into three main divisions: education, auxiliaries and restricted funds.

He said the educational portion of the budget—which funds instruction, student services, libraries and other overall academic programs—has been hit the worst due to budget cuts.

Whitlock said that in 1976, the state funded 75 percent of the money used for education, and the university was

obliged to come up with the remaining 25 percent.

Today, however, that has changed dramatically. Now, the state provides for only about 40 percent of this money, leaving the university to come up with the remaining 60 percent.

Whitlock said the state contribution continues to drop. For instance, Eastern receives some \$350-400 less per student than what the university received in 2001. With more money apportioned to educational costs, the university has less money to work with on construction projects, maintenance and other expenses.

"We do lots of things around here to make ourselves more efficient," Whitlock said. "[But] efficient and effective aren't the same thing."

He said he is aware that there are some things being done of campus that have raised eyebrows, given the current economic crunch.

"When the two major buildings under construction were planned, it was an entirely different economy," Whitlock said.

He said the money granted to the university to construct the Performing Arts Center and the first phase of the new Science Building couldn't have been used for any other purposes.

He also said the construction improvements, such as the patio bricks in front of the Coates Building and the brick wall along Lancaster Ave., were paid out of a one-time savings account, which is associated with a maintenance and renewal fund that the state helps with.

"If we're going to attract students...and faculty...we've got to keep this place looking like somebody loves it," Whitlock said.

Crowd concerns

In addition, at the end of Whitlock's speech, those in attendance were given the

chance to air their concerns. Most took the occasion to offer their disagreements to the proposal.

One student mentioned that he thought the new tuition structure would punish "over-achievers"—students who were looking to take heavy credit loads in an attempt to graduate early or broaden their education.

"That's something with which we are aware, and a lot of [those students] are [probably] on scholarships that cover tuition," Whitlock said. "Because those students who can successfully handle 18 hours a semester are typically pretty good students academically."

Other university officials on hand said that students under a full-scholarship wouldn't be affected by the change because the university would continue to pay for their full tuition expenses.

Others in the crowd raised concerns about Eastern's co-op programs, out-of-state tuition and how the model would affect students who are not on scholarship or receive government funding.

Linda Frost, director of the Honors Program, said the new structure could hinder students from taking advantage of their education. She said the additional tuition charges could discourage students from taking classes that they otherwise might have taken. She added that Eastern doesn't do a lot of things other universities do, and that's why she loves it.

"I do not want to encourage a model that encourages our students to think about course administration as a walk down a Wal-Mart aisle," Frost said.

Another forum meeting with President Whitlock is scheduled for today in the Keen Johnson Building at 3:30 p.m.

In addition, a third forum is scheduled for later in the semester, after state lawmakers have adopted a budget for the coming fiscal year.

BREAK: Event combines fun and learning

Continued from Page A1

The EKU Steel Drum Band will also be performing.

"The purpose of Get Leïd is to have an evening for EKU students to experience fun and entertainment while being engaged in educational games and activities to promote Spring Break safety," Scott said.

Petry said Get Leïd has taken place every year since 2002, making this the eighth year for the event.

"Back [in 2002], we identified a need to provide entertainment for students before students headed off to Spring Break," Petrey said. "We want to make sure students are knowledgeable and aware."

Preparation for Get Leïd starts long before mid-term

week. The inflatable games must be booked at the beginning of the semester, designs for the free T-shirts must be created and the decorations must be purchased and placed, Hart said. Promotion for the event also must be prepared in time to ensure students know about it, said Michael Baur, a sophomore special education major from Westchester, Ohio, and a technician for the Office of Student Life.

"It may seem easy, but it's not," he said. "We make sure everything's ready, that everybody knows about it and the promotion is out on time."

Baur said the event helps people to be aware about potential problems during Spring Break. "People get crazy," he said. "[Get Leïd] is fun-

filled, there's a lot of information, reminders about safe sex and a free T-shirt."

Despite the stress of preparations, Hart said her favorite part about the event was seeing the students interact and having fun before Spring Break.

"I hope they take something from the activities to keep them safe," she said.

Scott said she thinks students should attend Get Leïd because it offers a learning environment that students won't find on most college campuses. Not only is the event free, but she also said students "walk away with memories to share for years to come."

For more information or questions about Get Leïd Before Spring Break, contact Nikki Hart at nikki.hart@eku.edu or call 622-3855.

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VISIT THE BUSINESSES YOU SEE IN THE EASTERN PROGRESS!

"I SAW IT IN THE PROGRESS!"

Campus events promote eating disorder awareness

By Taylor Pettit
progress@eku.edu

Disordered Eating is much more than Eating Disorders, and last week a partnership between the Counseling Center and Campus Recreation tried to bring more information to the students of Eastern during National Eating Disorder Awareness Week.

A major contributor to unhealthy eating behavior includes stress. "You really see those risky behaviors after the new year and before spring break. People are just busy and trying to lose weight," said Jessica Gernert, assistant director of campus recreation.

Some of the issues Gernert said arise most among students include classic eating disorders such as Anorexia, Bulimia-nervosa, and Compulsive Exercising in addition to unhealthy behaviors such as skipping meals and emotional eating. "We want all students to participate in healthy behaviors," Gernert said.

Joe Cannon, a freshman undecided major from Lexington, said he can see why freshmen, especially, might battle eating disorders.

"If you are coming to college for the first time, you are meeting new people and you worry about what you look like."

"Mirrorless Monday," which Gernert said was one

We focus so much on this thin ideal, and it distorts how we see ourselves.

-Kristie Kirkpatrick
Campus Counseling Center

of the most successful parts of the week, included covering the mirrors in the Group Fitness rooms at the Fitness and Wellness Center and the Powell bathrooms with paper. Students were encouraged to write positive affirmations on the sheets of paper, which were displayed all week.

"You can always see yourself. You are always looking at what you may not be happy with," Gernert said. "This lets people show the positive things about themselves that are qualities you may not be able to see in a mirror." More than 50 people wrote messages, ranging from humorous to inspiring. These included everything from, "I love my big feet!" to "I love my determination."

The week also included workshops at the Counseling Center and at the Fitness and Wellness Center. "The turnout was disappointing, but since it's the first year we've really done this we are just going to figure

out to improve for next year," said Gernert. The Counseling Center had 3 participants at its workshop while the Fitness and Wellness Center had no participants. The week also focused on the idea of "No Dieting."

"It's really all about loving your jeans. Just loving the way you look," Gernert said.

"We focus so much on this thin ideal, and it distorts how we see ourselves," said Kristie Kirkpatrick, who led the Counseling Center's presentation on "Love Your Body". The event discussed "The Thin Ideal" and talking about the way people feel about their bodies.

Awareness remained key throughout the week.

"I know people know it's good to eat healthy on an intellectual level. But, emotionally, they really need to connect that with the way they view their body," Kirkpatrick said. Several flyers that outline signs, reactions, and positive ways to cope with poor body image have been distributed around campus.

Most who took part in the activities throughout the week viewed the time as a learning experience.

Elly Smith, a sophomore Elementary Education major from Harrisburg said that knowing how to react is major in dealing with those that may have an eating disorder. "If you are communicating with someone, you have to be care-

ful in how you talk. Not saying something that could hurt them," she said. "Equally, it's important for men to how to communicate with women, so they don't add to the low self-esteem."

The collaboration came out of a meeting between both groups to provide staff training to those at the Fitness and Wellness Center in how to react to those who may be exhibiting signs of disordered eating. "We just thought that we could collaborate in the future on this issue, and this week was a great catalyst," Kirkpatrick said.

"We are really looking at what worked this week and what didn't and how we can improve and reach more people for next year. When we got those papers back from Powell... it was just amazing to see how well people reacted," Kirkpatrick said, "It was very energizing. We made a difference here."

Some possible ideas for next year include keeping Mirrorless all week, and possibly expanding to the dorms and other locations around campus.

"We really care about everybody's wellness, and we want to engage them in healthy behaviors," said Gernert.

Flyers and information on signs of disordered eating and other unhealthy behaviors can be found in the Counseling Center and around campus.



RACHEL STONE | PHOTO ILLUSTRATION

Stress is a major contributor to unhealthy eating behaviors.

Creative studio now hiring student workers for fall

By Nick Johnson
progress@eku.edu

With the economy on shaky legs, it can be difficult for students to find a job. And finding one on Eastern's campus can be even more difficult.

But there is one spot on campus that will be searching for a few dozen student workers: the new Noel Studio for Academic Creativity.

The studio, which is scheduled to open this fall in the Crabbe Library, will be hiring student "consultants" who will serve as assisting other stu-

dents on their projects and assignments.

"We put a lot of thought into the title of consultant for our student workers," said Russell Carpenter, the studio's director. "The studio will be a place where students can engage each other professionally."

That means that students who work at the Noel Studio won't just serve as tutors; they will be helping students on a wide range of multimedia projects and assignments. These include everything from speeches and PowerPoint presentations to traditional essays and research papers.

"We are looking for excellent communicators who have outstanding interpersonal skills, who will be able to make students who come in feel comfortable," Carpenter said.

Upon its completion, the studio will absorb the University Writing Center, and serve as a one-stop-shop resource for students to improve their written, technological and oral communication skills, according to the studio's Web site.

"Our consultants need to be able to go from helping a student practice a speech or presentation to helping answer another student's question

about a traditional essay," Carpenter said. "Aside from a job, our consultants can benefit by developing and improving upon their own communication skills while helping other students develop theirs."

Carpenter said the jobs also would help students develop their professional skills and bolster their resumes.

The positions are open to Eastern juniors and seniors or graduate students who have at least a 3.0 GPA. Prospective candidates will also need a letter of recommendation from an Eastern faculty member as well as

a writing sample or other means of showcasing their communication skills, such as a video presentation.

"We have a lot of interest in the studio, and we feel it is important for us to have a substantial staff to better serve ECU students and the broader academic community," Carpenter said. "The consultants will have the opportunity to have a positive impact on the academic experience of other ECU students."

The deadline to apply is March 31. For more information, visit the job site: <http://studio.eku.edu/consultant-advert.php>.

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From all of us at The Eastern Progress

PERSPECTIVES

Noisemakers a necessary nuisance

Anyone who has ever aimed a bottle rocket at a cantankerous goose at a Fourth of July get-together can tell you that birds aren't particularly fond of firecrackers.

Anyone who has been on or near Eastern's Richmond campus at sunset this week can now tell you the same.

As students well know, Eastern's Facilities Services has launched an effort (*literally*) to rid campus of the abundance of birds roosting in its trees.

While the idea of firing obnoxious noisemakers at a few dozen birds just trying to make a living may seem excessive, there's much more to this scenario than might appear.

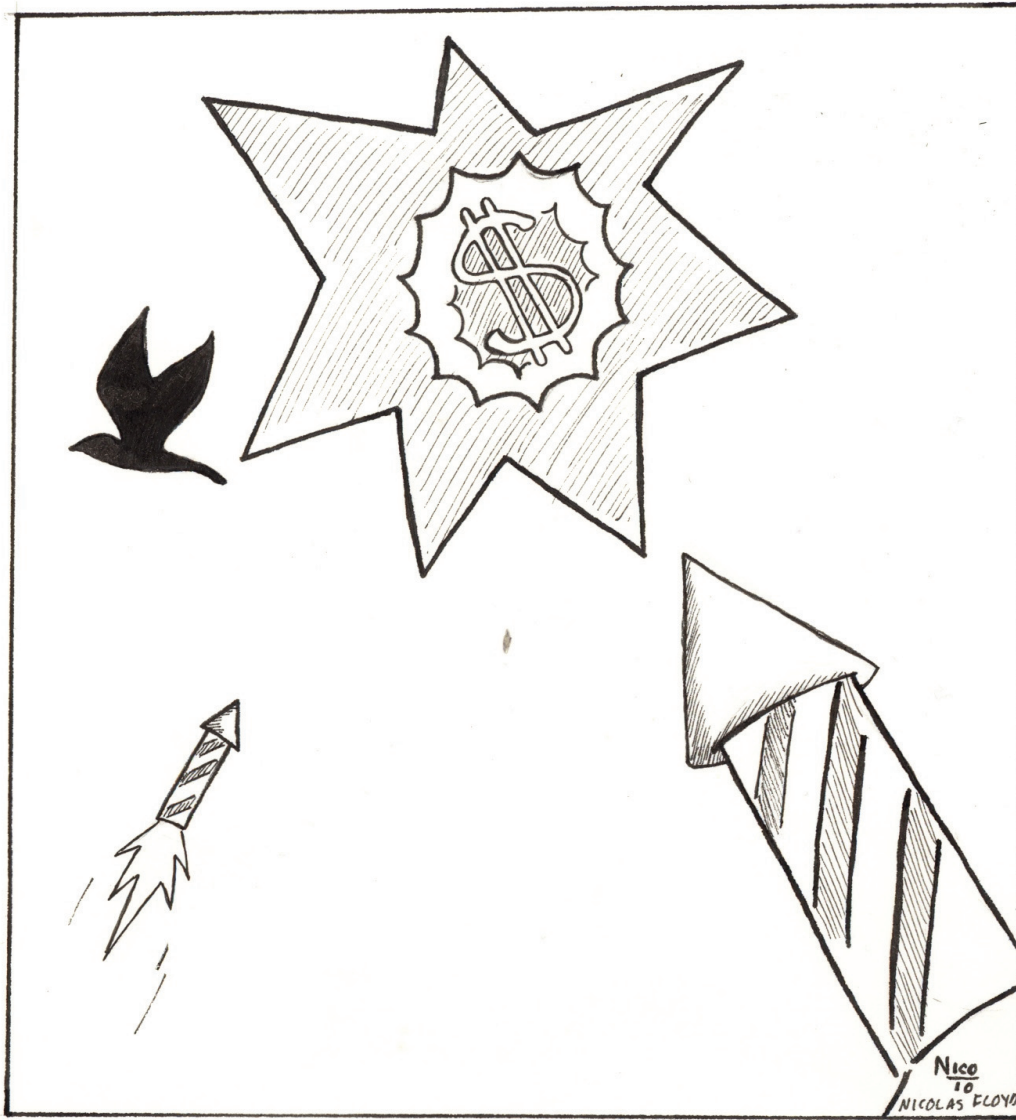
The birds Eastern is dealing with are mostly European Starlings, a non-native species and nationwide nuisance. The birds are problematic for a number of reasons, most notably for the immense size of their flocks, aggressive behavior towards other species and rabid consumption of crops in the Great Plains.

A simple YouTube search shows the unbelievable number of Starlings that can sweep across the horizon and paint the skies black. And while we're not necessarily worried about a million Starlings descending on campus like some sort of biblical plague, the ones we have are trouble enough.

According to UK's College of Agriculture and its Extension program, roosts of Starlings in developed areas (like, say, Eastern's campus) are problematic for a number of reasons. The most obvious problems are the ones students can see, hear and smell – filth, noise and odor.

Walk through the Ravine or beside the Keen Johnson Building at dusk and your senses are in for a real treat. The birds chirp incessantly for hours, and let's just say the sandy-looking substance at your feet isn't someone's souvenir beach sand: It's an assortment of seeds that used to be in berries and fruit...before the birds digested it, anyway.

Unwisely as it may be, the birds' accumulated waste is the cause of the more serious problems: the potential spread of disease and potential physical damage to



buildings and structures.

The...“droppings” are acidic, which makes them corrosive. Think of them as a really disgusting form of acid rain or something – one that eats through concrete, brick and most other building materials slowly but surely.

Oh, and your car is probably covered in it, by the way.

That's bad news, but the worse news is that, while rare, the birdie byproduct has the potential to spread some serious diseases. More than 25 diseases, including psittacosis, salmonellosis and histoplasmosis, are known to be spread by the birds and what they leave behind.

We can't claim to be pathologists, but that sounds pretty bad.

There's no need to hole up indoors or start wearing flu masks around Campus Beautiful (again, these diseases are rare), but it's pretty apparent that public health is in Eastern's best interest here.

Finally, Starlings live several years and return to roosts from years gone by. Left to their own devices, the Starlings will nest on campus and return to campus next year, and the year after, and the year after and so on. So while it might seem dramatic or needlessly costly to pay the facilities crew to aim and fire exploding money at 3 oz. blackbirds, it's a necessary nuisance for Eastern and the City of Richmond.

In this case, it's better to be safe than sorry.

More than you ever needed to know about European Starlings

- ✦ In the 1890s, a British Shakespeare enthusiast first introduced 100 Starlings into Central Park in New York City. Today, there are an estimated 150 million Starlings in the US.
- ✦ Starlings live for several years with a 47 percent to 55 percent survival rate from year to year.
- ✦ About 6 percent of bird-aircraft collisions are attributed to Starlings and blackbirds. In 1960, a collision with a flock in Boston resulted in 62 fatalities.
- ✦ Although adult Starlings only weigh about 3 oz. apiece, each bird can consume more than 1 oz. of food per day. They're known to eat and taint livestock feed as well as crops, wreaking havoc on farmers nationwide.
- ✦ A study in 2000 estimated that Starlings cause \$800 million in damage to crops each year.
- ✦ Starlings are notoriously bullish at feeders and nesting sites, which has a significant negative impact on mild-mannered, native songbirds like bluebirds and woodpeckers.
- ✦ Starlings form communal roosts that can be home to 10,000 or more birds. Wintertime flocks are largest and can include as many as 100,000 birds.

Sources: <http://lib.colostate.edu/research/agnic/invspecies/starlings.html>, <http://www.globalbirdcontrol.com/pests/starlings.htm>, http://www.extension.org/pages/Starling_Damage_Assessment

Online Poll

What's your favorite distraction on Facebook?

Visit www.easternprogress.com and look for the poll on the right side of the page.

Last Week's Poll

What's the main reason you might prefer to live off-campus?



- Have my own kitchen and bathroom 50%
- No visitation rules 18%
- I want to keep alcohol where I live 18%
- To have a dog or cat 11%
- I prefer to live on campus: 4%

The Eastern Progress online poll is not scientific and reflects the opinions of only those online readers who choose to participate.

Campus comments:

What are you planning on doing for fun during Spring Break?



"I'm going to Daytona. I'll be playing golf and swimming and tanning."

Aleisha Tucker
A freshman criminal justice major from Maysville.



"I'm going hunting for the first time."

Andrew Cotnoir
A junior construction management major from Albany, N.Y.



"Getting my wisdom teeth taken out and going to see John Mayer."

Whitney Luther
A freshman chemistry major from Corbin.



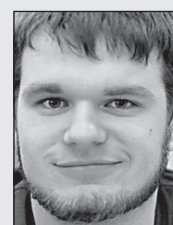
"Going home and relaxing. Getting a good night's sleep will be nice."

Aaron Baird
A freshman pre-med biology major from Bath County.



"Playing video games and chillin'. Just kickin' back."

Josh Schmalz
A freshman pre-nursing major from Bath County.



"I have to work most of the week, have traffic school on Tuesday and have to get a tooth pulled."

Tyler Goodridge
An undeclared freshman from Owenton.

Have an opinion?

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

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

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

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

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Kentucky offers no slopes for Olympians-in-training



My Turn
Tristan
Meiman

Up until the closing ceremonies earlier this week, most of us had been glued to our TV screens watching every second of the Vancouver 2010 Winter Olympics. We had seen more ridiculous events than there were nations competing, as well as most of the nations taking home at least one gold (perhaps killing what made gold medals "special" to begin with) and more than enough advertising to drive some of us mad, but I suppose I digress.

I on the other hand, have been trying my hardest to prepare to represent our beautiful country for the 2014 Winter Olympics scheduled to take place in scenic Sochi, Russia.

This, of course, leads me to my current issue: Where is an aspiring Olympic skier to work on his downhill skiing around here!?

If you know me, you should know that I'm not a person who takes defeat easily. Yes, I know that a rocky, slick or muddy hill does not constitute a proper practice area, but I'm not about to let a few broken bones or a dislocated shoulder keep me from training.

Real Olympians aren't quitters.

Our campus, as well as its surrounding counties, sadly can't seem to offer the countless Winter Olympians in training the proper location to practice our respective crafts. For the many of us who I'm sure are out there and who wish to represent our Nation in one of the biggest sporting competitions in the world, this is most disappointing.

Sure, the University of Vienna over in Austria has skiing

as well as snowboarding areas for their students; apparently they care to see their country represented. We, on the other hand, clearly do not.

“ This, of course, leads me to my current issue: Where is an aspiring Olympic skier to work on his downhill skiing around here!?”

Our lack of a proper practice area for said Winter Olympic sports is not only an inconvenience for me, but for anybody who wants to try their hand at skiing in the Madison County area.

Yes, there's a climate problem around here: namely that the weather changes every five minutes. But if we as human beings gave up so easily, what does that say about our character?

Edison would have never made it to electricity, that's for sure.

I know Richmond is hot six months out of the year, and that makes for some really crappy skiing, but y'know what else Richmond is six months a year? Cold, that's what.

I argue that if we can justify a water park at Lake Reba that's closed six months a year because it's cold, we can justify a skiing destination that's closed six months a year because it's hot. I don't want to hear about costs – that water park's plenty expensive, and you can't put a price on potential gold medals!

We've had enough snow this winter to blanket my fictitious ideal training ground for

much of the last three months, but I know that's not always the case. Luckily for us, we don't need Edison to create artificial snow posthumously.

As near as I can tell, Perfect North Slopes is the closest set of true ski slopes. Unfortunately for us, it's nearly three hours perfectly north of here.

With this in mind, I thought I might try to find some local, less-expensive alternatives.

The closest that I have come to finding an area to "practice" my gift was on the very steep (and incredibly small hill) beside the Combs building.

Needless to say, this was not the most satisfying skiing experience.

After finding a small sign on the ground there, I figured I had found the most perfect test run device. I stood bravely upon the board and atop the small hill that was more or less three or four feet above the ground.

I was focused, took a deep

breath and prepared to head down said hill. It sounded like a great and awesome idea at the time.

As the sign and my feet went flying in the air, my feelings immediately changed.

Thankfully there were no major injuries, though I suffered the pain of a very sore ass for the next couple of weeks.

I do not blame that incident for our campus or counties' lack of a hill for me to ski on. I do, however, blame the small voice inside my head that tells me that doing certain things is a good idea.

In the end, it seems that my chances of downhill skiing at the 2014 Winter Olympics in scenic Sochi, Russia are a total fail. If I want to be a world-class competitor, it seems I'll have to start losing weight so I can fit in my tights to practice figure skating at the Lexington Ice Center.

Random drives couple life lessons with rifle-wielding farmers



My Turn
Raina
Rue

My close friend Tyler and I occupy our free time taking miniature road trips. And I use the term "miniature" quite loosely.

Hours not spent in class or studying for exams are instead pleasantly wasted on driving the back roads of the region. We normally leave later in the evening, when our homework is done and classes are over, and return to campus not too far past midnight. We begin these treks by taking a random road off Second Street, journeying along rural roads with whimsical names like Ot-

ter Creek Drive and Peacock Road.

It wasn't long before we had put more than 700 miles on his Chevy S10 and visited some 14 counties in Kentucky. We never drove on the interstate, and instead of any navigational guide, we used our own version of a Tom Tom—a coin toss to determine whether we turned left or right. Many roads bore no signs, but we continued to drive until we felt like stopping.

Usually our paths lead us to encounters that hinder our forward progress.

Once, Tyler had stopped the truck to allow me to take a photo of some horses in a back road barn. Before I could even get my lens cap off, the farmer was speeding toward us on his quad runner, rifle waving angrily in the air.

Another night, suspicious-

looking strangers in an old pickup truck followed us for miles and miles. The next evening, we nearly ran out of gas in the middle of nowhere. Getting lost or being stranded isn't scary until you realize your cell phones are rendered useless from the lack of service in the country.

And then there are the other obstacles: the roadblocks, the detours, the broken bridges and the wrecks. We've even run across flooded roads. And we've earned the occasional speeding ticket.

All of these things happen to us every night, yet we still always manage to make it home in one piece: always before morning.

Yes, these trips are meant to give us a break, to relieve the stress of being a college kid and to give us something quasi-responsible to do.

However, taking part in these random and heart-racing adventures has somehow shown me a few things about

“ No matter what happens, or where a crooked and creepy road might lead you, you can always find your way back to the beginning - back where you started.”

life in general that I might have missed out on had I remained confined in my dorm room or the library.

As cliché and corny as it sounds, I honestly realize now that life is exactly like one big road trip. Inevitably, you will experience obstacles in life that will completely alter your designated course. There will be "no trespassing" signs and people who will try and block your obvious path (angrily chasing you if they deem it necessary).

There will be times when you run out of fuel and times when you run out of the motivation to keep pressing on. There will be instances where you completely lose your way, when you can't find help, when you completely crash and burn. But, no matter what happens, or where a crooked and creepy road might lead you, you can always find your way back to the beginning - back where you started.

I've realized that by trek-

king across the state of Kentucky, it's completely possible to overcome nearly any obstacle you face in life.

After countless Ale-8s, numerous U-turns and some 743 miles, I've gained a new perspective on life and what it does to people or how they choose to interpret it. I know now that whether life throws something as simple as a flat tire at you, or something as devastating as an accident, you can always get back to the basics and back to the things that give you comfort.

With good music on the radio, and an even better friend in the seat beside you, you can always make it back before morning.

And if that doesn't cut it, there's always AAA.

Now if only life had the same thing.

> Letter to the editor:

Colonel pride could earn RSOs 'free' money

Recently, the (Student) Senate appropriated \$35,000 to 23 student organizations. Doing the calculations, 12 student organizations (that applied) did not receive funding at all. Not only that, but many of the organizations that did receive funding were not awarded the total amount that they requested.

I am writing to you and to the entire student campus body to raise awareness about the *Colonel Student Challenge*.

The Colonel Spirit Challenge is a way that RSOs (Registered Student Organizations) can get free money for their organization.

That's right: *free!*!!

All that is required is that you show up to an Eastern (sports) game. The list of (eligible) games is provided in the SGA office in middle Powell. Come to the table, sign a sheet of paper and proceed to show your spirit for Eastern.

To qualify to win free money at the game, 10 people from the organization must be present. For each game, an organi-

zation has the chance to be awarded \$200. There are people from SGA present at each of the Colonel Spirit Challenge games to judge each RSO on the number of people from your organization present, the excitement level, spirit wear and how long you stay at the game.

In addition to the amount obtained by attendance to each game, at the end of the semester all the points will be added up for a first, second and third prize.

The amount of these prizes is to be determined at a later date.

The Senate appropriation meeting is not the "end all" to receiving funding for an RSO. Find your school spirit! Come to an Eastern game and get your free money to help fund your projects, trips, purchases, etc.

Make your RSO's wishes become reality!

Amanda Schneider
Eastern student

Pay-per-credit tuition should be a hard sell



My Turn
Luke
Morgan

Last Wednesday, as I was sitting in the Keen Johnson Building at the first of Eastern's 2010 tuition forums, I saw something I considered a big surprise: a great turnout amongst the student body.

To my relief, I saw more attention paid to the tuition forum than I have to nearly any issue that has arisen on Eastern's campus in the three years I've been here.

What brought so many students to the forum was the rumored consideration for Eastern to adopt a per-credit-hour tuition model. At the forum, the consideration was revealed to be no rumor at all.

If implemented, the proposed tuition model could have a profound change on the culture at Eastern. I, like many students, have my doubts about some of those changes.

First off, one of the major objectives for this model is curb "course shopping" by students and to encourage more responsible selection of courses. Course shopping is something many students continue to do and needs to be changed, but is a radically different per-credit-hour tuition model really the easiest way to fix it?

Eastern currently has a very relaxed policy of dropping classes well beyond midterms: one in which students face little or no repercussions. A possible alternative might be to greatly shorten the time frame to drop a class and/or to implement course drop fees. If the fees don't work, then raise them until they do.

Even if course shopping is a constant problem, it makes little sense to make those who can't responsibly bear the burden of the abusers. As the adage goes, we can't let a few

bad apples ruin the bunch. Overhauling the tuition system punishes more than the course shoppers – implementing course drop fees minimizes this.

Arguably the greatest fear I, many other students and some faculty have expressed is what the model will do to students who take more than 12 hours each semester.

The pay-per-credit tuition model would simply require students to pay for every credit hour they choose to take beyond 12. What that means for students who need to graduate in a limited timeframe is that they can expect to stay in college longer – or pay the price.

“ What that means for students who need to graduate in a limited timeframe is that they can expect to stay in college longer - or pay the price.”

Because most majors require 128 credit hours to complete, many students barely get out in four years as it is. If they can't afford to shell out the additional funds for more hours each semester, they'll be trapped in school accruing debt for even longer.

Keeping them in college longer will do little good if they are seeking a career on a limited timeframe.

There has been a movement to decrease major program hours to 120, but it would require departments to change their curricula. That's no simple challenge at such a large scale. As such, that idea has only reached the point of recommendation, not requirement.

Many students, myself included, see the new model as punishment for hard work and ambition. It's not out of the question to suggest that some students might feel discouraged and unable to keep their heads above water once Eastern starts charging money for going the extra mile.

Some might belittle the impact of this model and say it's of little consequence. What's an extra couple of hundred dollars in additional fees for a course? Well, to those affected (and thousands at Eastern will be affected), it might mean everything for their education.

I don't profess to be an expert on this matter, and college tuition is going to keep going up until greater reform outside of Eastern is accomplished, but I think this proposed model is likely to do more harm than good.

It's something I would call "experimental," and a relatively new model. Although we aren't the first, I don't like the idea of making Eastern students guinea pigs.

Eastern is waiting to hear from the Council on Post Secondary Education on whether or not this model can move forward in the immediate future. Other factors will undoubtedly influence the choice before the end of the semester.

I'm urging all students to research this matter carefully. This is your money, and your voice needs to be heard on any decision of this magnitude.

To the administration, I'm pleading that you listen carefully to the students, as selling this model will and should prove difficult. Students who want or need to take more than 12 hours per semester will and should feel discouraged for their efforts to get an education in a timely fashion and their desire to go beyond the minimum.

Administrators have a lot of work ahead if they hope to change our minds.

**Luke Morgan is the Committee on Committees Chair and a student senator in SGA.*

Have something to say?
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Greek weekend unites local chapters



BRANDON BURTNER | PROGRESS

Activities included Greek Sing, Greek Games and a service project

By Jessica Nicholson
progress@eku.edu

Last weekend, Eastern kicked off Greek Weekend 2010 with the theme of "Traveling Through the Decades."

The festivities started Monday, Feb. 22 with the Up 'til Dawn Greek Weekend-sponsored event. Hundreds of Greek fraternity and sorority members gathered in the Keen Johnson Building throughout the night to write letters to their family and friends on behalf of the St. Jude's Children's Research Hospital.

"This was, to me, one of the most important events to attend in Greek Weekend," said Ben Dunn, a member of Phi Beta Sigma fraternity. "As Greeks, our main focus should be community service and making sure we do our part to better our communities," Dunn said.

The real celebration began Thursday with a kick-off picnic hosted in Todd and Dupree recreation rooms to officially welcome another Greek Weekend. In the past, this event has always been a week-long celebration, but members of the Greek Weekend committee said it was shortened into a weekend for ease of planning and programming.

The committees and delegates consisted of members from 20 sororities and fraternities on campus. Committee members said they worked many hours to make sure that everything was well thought out and organized.

"I am really proud of the work the committees and delegates did to make Greek Weekend 2010 possible; we all pitched in and made it happen," said Auntrelle Jackson, a Greek Weekend delegate.

On Friday, the highlight of the weekend took place: Greek Sing. Twenty organizations paired off to perform popular movie scenes and songs from movies through the decades.

The show started with a Greek unity dance performed by members of the National Pan-Hellenic Council, the governing council for all of Eastern's Black Greek Letter Organizations, Interfraternity Council, the governing council for the fraternal

See GREEK, A4



BRANDON BURTNER | PROGRESS

This year's activities spanned the course of a weekend rather than the usual full week for easier planning.

Monday, Feb. 22, Greeks sponsored 'Up 'til Dawn' letter writing, where Greeks wrote letters to family and friends to benefit St. Jude's Children's Research Hospital.

For many, Greek Sing, a lip-synching contest, (above) was the highlight of the weekend.

Fraternities and sororities played Greek Games in Keen Johnson (left), including obstacle courses, relay races and building human pyramids (above left).



BRANDON BURTNER | PROGRESS

THE PADDY WAGON IRISH PUB

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<p>WEDNESDAY, MARCH 17TH</p> <p>DOORS OPEN AT 9AM!</p> <p>FOOD & DRINK SPECIALS</p> <p>COVERED PADDY'O</p> <p>PERFORMANCES BY:</p> <p>MCTEGGART IRISH DANCERS</p> <p>LIAM'S FANCY</p> <p>ZACH & STAN</p>	<p>THURSDAY, MARCH 18TH</p> <p>DOORS OPEN AT 11AM</p> <p>WITH A HANGOVER HELPER LUNCH!</p> <p>JACK SALT 7PM</p> <p>BIG FISH (FROM LIVERPOOL) 9PM</p>	<p>FRIDAY, MARCH 19TH</p> <p>MCTEGGART IRISH DANCERS</p> <p>KENTUCKY UNITED PIPES & DRUMS</p> <p>DRUNK N SAILOR 7PM</p> <p>KELTRICITY 9PM</p> <p>SATURDAY, MARCH 20TH</p> <p>COME JOIN US AT NOON</p> <p>TO HEAR LOCAL MUSICIANS</p> <p>SHARE THE STAGE!</p> <p>REV. JOHN & THE BACKSLIDERS 9PM</p>
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FEATURES

Kaylia Cornett, Editor

The Eastern Progress | www.easternprogress.com

Thursday, March 4, 2010 B1

Local restaurant boasts affordable, savory home cooking

Opal's will attack cravings, not your wallet

By Jessica Nicholson
progress@eku.edu

S tale, dry pizza left over from last weekend's party? Burnt popcorn cooked in the old dorm microwaves?

Flavorless peanut butter and jelly sandwiches? Between classes, these aren't the ideal "home cooked" meals that students crave.

Have no fear, Opal's Restaurant is here, serving up fresh, cafeteria-style food that will attack those home cooked meal cravings, but won't put a strain on your wallet.

Known for their delicious buffet style meals and country vegetables, Opal's Restaurant has been serving Richmond a variety of different menu options in its current downtown location since 2007.

Juicy, mouth-watering aromas of crispy fried chicken, warm, buttery cornbread and sweet homemade desserts greet each customer



ILLUSTRATION BY MAGGIE LAFLEUR

as soon as they walk into Opal's. Smell meets sight as a large buffet of food lines the back of the restaurant.

Small, quaint tables and booths scattered

throughout the restaurant offer customers a nice relaxing atmosphere, while maintaining the hometown feel.

"Business is very good, people keep coming

back for the excellent buffet style food," said Vicki Marvin, a waitress at Opal's Restaurant.

No matter where your taste buds lead you, Opal's provides customers a wide variety of menu options.

A breakfast menu offers students a great way to start their busy days.

Meals such as two eggs, toast or a biscuit for \$1.95 or one egg, bacon or sausage and toast for \$2.75 are perfect for college budgets.

If you're in the mood for a comfort meal that reminds you of Sunday dinners at your grandma's house, Opal's offers catfish fillet dinners for \$6.95 or a juicy, 8 oz. chopped USDA choice dinner for \$8.95.

"I love to eat at Opal's, it's a touch of good home cooking when you're away from your home," said James Vanleave, a frequent customer at Opal's. I eat there all the time because it makes me feel like I'm at my grandma's house," he said.

Whether looking for an escape from the fast food trap, a nice, but cheap place to take a date or a quick comfort meal after a long stressful day, Opal's Restaurant offers affordable home cooked food to satisfy your cravings.

NO. 1 CHEERLEADER



Jeremy Reed

Head-shaking lowdown

There are moments in life when somebody does something that warrants a small gesture. Some situations call for positive gestures like high-fives, hugs or even a solo fist pump. These are all ways to communicate success.

Some situations however, are less successful, and demand a different response. These situations often arise from acts of stupidity, ignorance, undeserved self-appreciation and selfishness. These are what I like to call "head-shaking moments."

Head-shaking originated somewhere between the years 0 and 2010, and is often times used to accompany the word "no." Not to be confused with swimmer's ear or Parkinson's disease, head-shaking today is used to show one's disapproval for another's action. A well timed head shake will typically send the message, "Hey, you're stupid; don't do that again." And it's important for the receiver to digest the action and chalk it up as a learning tool.

Head-shaking moments can develop from situations ranging from social to educational, and the demeanor and range of motion in the head-shake can send stronger or weaker messages.

Aside from the fact that God shakes his head at me every weekend, I try to find myself on the giving end more frequent than the receiving. Last week in class I found myself struggling with an A.D.D. episode, squirming and fidgeting in my seat impatiently, counting down the minutes until the long day was over. As the instructor dismissed the class on the condition that no one had any questions, I felt a rush of joy overtake my uneasiness until the class know-it-all decided to ask a question.

This wasn't your average question. This was the kind of question that people ask to show the instructor that they were paying attention and wanted to know more, and basically called for an overview of the last five minutes of class. Even though I couldn't directly see him from where I was, I employed what is known as an implied headshake.

Basically, I sighed loud enough for him to hear me and rolled my eyes to display my disapproval. This particular implied headshake communicated my feelings without saying, "Gee thanks for asking another useless question, Riddler. Maybe on the way out of the room you can punch me in the testicles to cause me another five minutes of unnecessary discomfort."

Another head-shaking moment came a few days ago when I was at the bar and saw one of the most epic strikeouts I've seen since I've been in college. Some guy (who clearly

Donna Sowder cheers on her Eastern Kentucky Colonels at a basketball game.

She said she loves being able to support the teams, and on top of that they make her feel welcomed. She said the basketball team invited her to an end of the season party and presented her with a basketball signed by all the players.

"I was so embarrassed because I cried," Sowder said. "It meant so much to me."

She said she was very proud of the basketball teams this year, even if they didn't always pull through with a victory.

"I love them whether they win or lose," Sowder said. "[I tell them] what you've got to do is play your best, whether you win or lose, you're still my boys and girls. You've always got to believe, 'I can do it... I can do it.'"

Sowder said she always tries to motivate the teams because she thinks it's uplifting to hear someone yelling your name from the stands, and she usually treks over to the student section to get them riled up too. She said the cheerleaders and the student section have done a good job this semester at the basketball games about getting into the school spirit.

"It's so motivating to have someone [support] and holler at you," Sowder said. "It makes you explode!"

When she's not cheering on the teams, Sowder works as a personal trainer, which she has essentially been doing for nearly 15 years.

"I just want everyone to be healthy," Sowder said, "like I want to be healthy."

In addition, Sowder has also participated in professional bodybuilding competitions, snatching several awards along the way - she has won the Miss Kentucky Bodybuilding competition three times and has competed in the Masters National Body-

building competition three times.

In 1996, Sowder competed in a powerlifting competition, winning her class, squatting 350 lbs. to help qualify her for the nationals. She weighed only 117 lbs. Afterward, she was featured in the magazine Powerlifting USA.

Sowder said the last time she participated in the Masters National competition was in 2005, where she placed third in the 35-49 age division.

"I want first," Sowder said.

So, she plans to return to the Masters and compete in July 2011 in Pittsburgh.

Sowder said she'll have to move up an age group, to the 50-60 division, and thinks she should have pretty good odds in placing, considering she did very well at her last run at the Masters, while competing against younger opponents.

"I was an old fogie in there with the young girls in that one," Sowder said.

Her own background is what makes Sowder put so much emphasis on supporting and motivating others.

"I know how much it means to have someone supporting you," Sowder said. "I know that feeling from what I do."

Sowder said she tries to motivate the athletes at the games because she loves it so much.

"I've had people come up and ask me 'which one of the players is your kid?' and I say 'all of them,'" Sowder said. "[Now], none of them are mine biologically, but [they are] in my heart."

When asked why she likes EKV Athletics so much, Sowder simply replied with one word.

"The togetherness. How everyone is so together."

Musical artists to investigate during the Break

The Script

The Script, an Irish trio out of Dublin, is quickly mounting U.S. music charts with their single "Breakeven." The band's intricate dynamics combines pop and rock sounds, intertwined with intellectually gripping lyrics, touching the heart and the mind. The group released their debut, self-titled album "The Script" on Nov. 4, 2008. Purchase the entire album on iTunes for \$7.99.

Suggested songs

1. Breakeven (Falling to Pieces)
2. Before the Worst
3. I'm Yours
4. We Cry
5. The Man Who Can't Be Moved

One Republic

After being discovered by Timbaland, OneRepublic is attempting to step back onto the stage with their latest album Waking Up, released on Nov. 17, 2009. The album's leading track "All the Right Moves," is just now hitting local radio stations. The song has a similar sound to their debut album Dreaming Out Loud, which boasts their songs "Stop and Stare" and "Apologize." You can purchase the album on iTunes for \$9.99.

Suggested songs

1. All the Right Moves
2. Say (All I Need)
3. Come Home
4. All We Are
5. Good Life

Lifehouse

This 90s rock band has left its mark on music for the past ten years, continuously pumping out great songs that touch our heart and soul through their deep lyrics and smooth vocals. The band's latest album Smoke and Mirrors was just released March 2, and is sure to please. The album's single "Halfway Gone" has already flown up the charts. This album is certainly one to check out, costing \$12.99 on iTunes.

Suggested songs

1. Halfway Gone
2. From Where You Are
3. Everything (Live in Studio version)
4. Hanging By a Moment
5. Broken

Practical advice for impractical feats

You can read our poker-face

Follow these steps for Hold'em, bluffing won't be necessary

By Kaylia Cornett

kaylia_cornett18@eku.edu

Poker is usually associated with two kinds of people - rich men and good ol' beer chugging, cigar smoking country boys. But, if you can bluff, then you can play. Texas Hold'em is the most popular game of poker, and perhaps the easiest to learn how to play. Poker is all about strategy, so keep a straight face and scare people with your eyes. Study this quick-guide before sitting down to deal, and you'll be able to keep your wallet (at least most of the money in it), your clothes and your dignity.



Rules of the game:

1. The Blinds are decided
2. The dealer shuffles the deck and deals out two cards to each player, then places the remaining deck in the center of the table.
3. The first round of betting begins, starting with the player to the left of the Big Blind, who is always last since they make the opening bet.
4. After the first round, the dealer burns the top card from the deck, placing it on the bottom. Then he turns over the top three cards. All players can use these cards, along with the two they each are holding, to create the highest hand they possibly can.
5. Another round of betting begins with the player to the left of the dealer.
6. The dealer then burns another card, flipping over the next in the deck.
7. Another round of betting begins.
8. The dealer burns another card, flipping over the next, which means there are five cards on the table for any player to use.
9. The final round of betting begins
10. Afterward, all the remaining players reveal their hands. The highest hand wins!

Poker hands you need to know:

1. **Royal Flush** - A straight flush, where the Ace is the highest of the five cards (A, K, Q, J, 10)
2. **Straight Flush** - Five corresponding cards, all from the same suit (8, 7, 6, 5, 4 - of diamonds, for ex.)
3. **Four-of-a-Kind** - Four cards of the same number (7, 7, 7, 7)
4. **Full House** - A combination of three-of-a-kind and two-of-a-kind (2, 2, 2, Q, Q)
5. **Flush** - Any five cards from the same suit (J, 10, 8, 5, 2 - of spades, for ex.)
6. **Straight** - Five corresponding cards from any suit
7. **Three-of-a-Kind** - (5, 5, 5)
8. **Two Pairs** - A pair of two-of-a-kind (10, 10, 8, 8)
9. **One Pair** - (9, 9)
10. **High Card** - If no player has a hand with any of the above combinations, the player with the highest card is the winner.

"Po-cab"

Poker vocabulary you need to know before you're broke, or half-naked

Blinds - opening bets

Big blind - minimum opening bet

Small blind - half the opening bet

All-in - When a player bets all of their chips or money

Call - Matching a bet

Check - Choosing not to bet in a round

Raise - To increase the size of the bet

Fold - To discard your hand from the game

Pot - All that stuff in the center of the table you're trying to win

Shedding light on sporting swordsmanship

By Tristan Meiman

progress@eku.edu

At some point in our lives, each of us may have had the sudden desire to stab someone. But because of certain hindrances (like the law, for example), we have always found a way to restrain ourselves from acting upon such violent urges.

At Eastern, however, if you become acquainted with just the right group of people, you're free to stab and poke for hours on end - thanks to the sport of fencing.

Eastern's Fencing Club began in 1995 and is still going strong today. Marcia Pierce sees to its survival as the faculty advisor for the club.

Pierce is also a professor in the Department of Biological Science, and she is ranked tenth in the Women's Fencing Foil Vet 40 category in the US. The Vet 40 category is a division of people between the ages of 40 and 49.

To know the sport, one must know the three different swords. The choices are Foil, Epee and Saber. With each different sword comes a different style and set of rules.

"An easy description of each sword can easily be remembered," Pierce said. "Foil is art, Saber is theater and Epee is life."

Fencing does not only require a healthy, fit body, but a healthy and strong mind as well. This is so fencers can read their opponent's movements and follow accordingly.

"You can't simply hope to rush in and immediately attack your opponent," Pierce said. "You have to have patience and control to lure them in and strike quickly."

Each player is given the basic gear: a mask, gloves and breast protection plates for women fencers.

"Fencing is not a gentle sport," said Josh Haynes a criminal justice major. "You bruise up, muscles get sore, but in the end it's a great workout."

The club has used funding from SGA to pay for new equipment, as well as repairs for broken swords. The \$10 fee that students pay to



Members of Eastern's fencing club in a duel

join the club covers equipment repairs if needed. Students can come and try out the sport without paying the \$10 fee, but after that the club requires payment to use their equipment.

"It's a great way to learn self-control and to get into shape," Haynes said. "Being a person who is into martial arts, this helps with control of my body and my focus."

"That," he added, "and it's always enjoyable to stab your opponent and it be legit."

So if you have a desire to take your anger or frustration out on a fellow student, then all you need is \$10 for the cover fee, basic workout attire and, most importantly, a good attitude.

The fencing club also sells fencing gloves for \$12. They meet every Friday and Sunday from 4 p.m.-5:30 p.m. at either the Weaver Gym or Weaver 204. They will be meeting again after Spring Break on March 19.

If you're also interested in putting your fencing skills to the test, you can join the USFA (United States Fencing Association) and participate in tournaments held across the nation.

"Stab your fellow student," Pierce said. "It's a great stress reliever."



Fencers on guard in Weaver Gym

Campus Ultimate catches on

Intramural Ultimate Frisbee sign-ups begin March 15

By Sara Byers

progress@eku.edu

There has been a point in everyone's childhood where Frisbee was the best thing to ever be invented, and hours upon hours of continuous play ensued.

Back then, it was a simple toss back-and-forth with maybe some extra tricks added in here and there, but now the game of Ultimate Frisbee is widely known and here to stay.

The first game of Ultimate Frisbee was invented by a group of high school students in New Jersey in the late 1960s, according to the Web site kidzworld.com.

Although the rules have changed since then, the game remains popular as ever and is played by thousands across the world. It's especially popular on college campuses.

The rules are quite simple: Each team has seven players on the field, lined up on opposite end zone lines. The defense throws the disc to the offense and the game begins.

Whoever has the disc may throw it in any direction to a teammate, but may not walk or run while holding it. This crucial rule means that whoever has the disc is essentially immobilized. The holder has 10 seconds to get rid of

the disc while a defender counts out the stall count.

If the disc touches the ground at any point, the defense immediately gets possession and becomes the offense. There is absolutely no contact; picks and screens are prohibited and any contact counts as a foul.

This sport is self-refereeing; the players are in charge of all the calls and they resolve their own disputes. Ultimate is a game that stresses sportsmanship and fair play. Being competitive is just fine, but remember to respect the other players and have fun.

Eastern brought Ultimate to campus five years ago, making 2010 the sixth season the intramural sport is available to students. On average, there are about 200 participants, with an average of ten per team, making up 20 intramural Ultimate teams.

If you're thinking about how fun Ultimate Frisbee would be, SIGN-UP! Monday, March 15th, sign-ups for Ultimate Frisbee will be available to students online and practices and games will be held at the Intramural turf field.

Ultimate Frisbee is one of the most popular intramurals, along with soccer, basketball and softball, whose sign-ups will also be the following Monday after spring break.

"It offers an outlet for students who don't like traditional sports, but still want to get outside and exercise and participate in a competitive sport," said Greg Corack, Eastern's Intramural Sports Director.



REED: 'Dude...you're a loser...grow up'

Continued from Page B1

had too much to drink and too little tolerance) was practically begging a girl to go home with him. After several minutes of just completely blowing it, he bought her a drink and tried to kiss her. Disgusted she said, "Ewww," and walked away.

Next in line at the bar, I ordered a drink and gave him a wide-ranged, slow-motion headshake, as if to say, "Wow, you're a real dumbass. I'm going to tell my friends about this later, and we're going to laugh at your expense."

But my top pick for headshake-of-the-month came last week, a Wednesday I believe. I was at work having a conversation with one of my co-workers. The conversation was about how many fifth-graders we thought we could take on at once if a situation ever presented itself in which we were attacked by an elementary school class.

After going into detail about how awesome it would be to fight a group of 15 to 20 10-year-

olds and how we would use them as shields and weapons against one another and what not, I look up and see that a customer was standing there. Unsure if he had heard my entire conversation or at least the worst of it, I was embarrassed and stopped talking.

As he walked away and I thanked him, I saw that his son (who looked to be about 10 years old) had been standing behind him.

As I told them to have a nice day, his son looked up at me and shook his head quickly with a smirk which I interpreted as, "Dude, grow up. You're a loser." A well-placed headshake is ideal when executed after someone makes a fool of themselves.

Other implied forms of head-shaking include eye-rolling, face-palming, sighing, whisper-cursing and eyebrow-raising. It's OK to try them out and see which works best for you. However, it's important to understand that no one is perfect, and if you find yourself the recipient of one of these gestures, you probably deserved it. Learn from your mistakes.

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TUITION FORUM

ASK QUESTIONS. GET ANSWERS.

Thursday, March 4 - 3:30pm
Walnut Hall, Keen Johnson Building

Come discuss with President Whitlock, other members of the administration, and the Student Government Association proposed changes for undergraduate and graduate tuition for the 2010-2011 academic year. This year's forum will include specific information regarding a proposed per-credit tuition model.



Brought to you by the Office of the President, the Office of the Executive Vice President for Administration, and you Student Government Association.

THIS WEEK IN PHOTOS

Submit your photos to:

progress@eku.edu or www.flickr.com/groups/easternprogress

Thursday, March 4, 2010 B3



RACHEL STONE | PROGRESS



RACHEL STONE | PROGRESS

LEFT: Paige Weherley, a junior occupational science major from Lexington, drizzles syrup over her pancakes during a pancake dinner in Burnam Hall Tuesday.

ABOVE: Sophomore sociology major Katelyn Vinson (right) flips a pancake during the pancake dinner. The dinner was organized by Case, Sullivan, Burnam and Clay halls to benefit Haiti.

BELOW: Freshman elementary education major Lindsay Knapik assists Peter Boie, the self-proclaimed Magician for Non-Believers, during his show Thursday.



CHI ZHAO | PROGRESS

The *Progress* wants photos of what you or your friends did this week to run in our weekly feature, *This Week In Photos!*

Send your full-resolution photos to progress@eku.edu or check out *The Progress* on Flickr at www.flickr.com/groups/easternprogress.

WORSHIP DIRECTORY

Church of Christ

461 Tobiano Dr. (Go 1/2 mile past I-75 on Eastern By-pass. Take Goggins Ln. 1 mile to Paso Fino Dr. Go Right on Tobiano Dr. Church is on the left.)
Sunday 9:30 & 10:20 a.m.; 6 p.m.
College Bible Study: 7 p.m. Wed.
Ride: 893-4422
www.UnivChurchofChrist.org

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Wednesday night: 7pm
(Small groups for children & youth)
www.cornerstonerichmond.com

Episcopal Church of Our Saviour

EKU students bible study and Holy Eucharist: Mondays, 5:30 p.m.
Holy Eucharist: Sundays, 8:30 a.m. and 11 a.m.
Godly Play Church School, Adult Forum: Sundays, 9:45 a.m.
Evening Prayer: Wednesdays, 7 p.m.
The Rev. Richard Burden
2323 Lexington Road
859.623.1226
our_saviour@bellsouth.net
oursaviourky.org

First Baptist Church

ALIVE! In the power of God!
Rev. Bill Fort, Pastor
425 Eastern By-Pass (behind Qdoba)
Sunday Worship: 8 a.m., 11 a.m., & 6 p.m.
Bible Study: 9:40 a.m.
Wed. Bible Studies: 6 p.m.
For more information e-mail: jeff.prosser@firstbaptistnet.com
Office: (859) 623-4028
www.firstbaptistnet.com

First Presbyterian Church

330 West Main Street
Phone: (859) 623-5323
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Free Wed. Dinner: 6 p.m.
www.richmondfirstpres.org

First United Methodist Church

401 West Main Street
Across from Lancaster and Main Street
Pastor: Gene Strange
Sundays
Worship: 8:30 & 10:45 am
Small Group: 9:40 am
Mosaic-A ministry for 20-some-things: 5 pm
Wednesdays
Meal: 5:30 pm
Small Group: 6:30 pm
For more info contact Stacy Jordan at: youngadults@richmondfumc.org or visit www.richmondfumc.org

Journey Community Church

1405 Barnes Mill Road
Rev. R.G. Morrin (Pastor Bob)
624-9878
www.journeycomm.org
Pastor Bob: bmorrin@juno.com
9:15 and 10:45 AM Sunday services
Come early for a table (starting 9/27)
We love your questions - text Pastor Bob during the sermon and your questions will be answered

Northridge Church

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401 University Drive @ the corner of Kit Carson Drive
Mailing Address: P.O. Box 1374, Richmond, KY 40476
Jake Lee, Pastor
(859) 623-5322
Sunday Worship: 11 a.m.
1st Sunday "Pot Luck Fellowship Meal" following worship.
Jacoddlee@hotmail.com

Red House Baptist Church

2301 Red House Rd.
(Hwy 388) North of Richmond
Phone: (859) 623-9471
College/Career Study: 9:30
Sunday School: 9:30
Sunday Worship: 10:45
Evening Worship: 6 p.m. Mid-week evening
Meal 5:30 p.m.
Prayer Meeting & Study 6:30 p.m.

Preschool/Children & Youth Activities 6:30 p.m.
Email: rhbc@redhousebc.com
www.redhousebaptistchurch.org

Richmond Church of Christ

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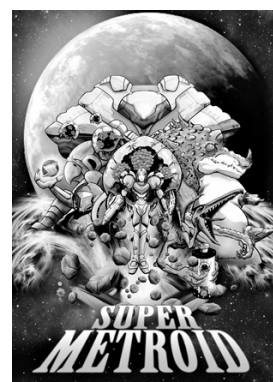
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Two retro videogames still worth your while

By Bryan Reynolds

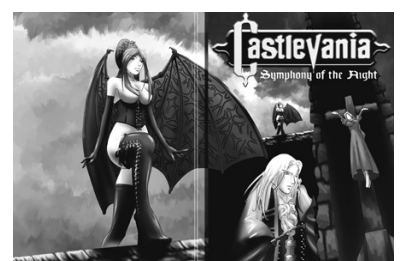
progress@eku.edu

Realistic graphics and big-name voice acting is nice and all, but that's not what makes a game great. To this day, there are some games released on the older systems that are still fun, challenging and still relevant to gaming. The following are two games that any gamer should consider playing if they want great, polished games without all of the hype that comes with current generation games.



Super Metroid: Originally released on the Super Nintendo in April of 1994, Super Metroid took the free-roaming exploration from the original Metroid and upgraded it. Even in today's advanced, technological world, the graphics are still crisp and beautiful, and the exploration is challenging and fun. There are a good variety of upgrades to discover and a wide variety of baddies to blast. Not to mention the boss fights are epic in every sense of the word. Incredibly, Electronic Gaming Monthly magazine named Super Metroid the Best Game of All Time in 2003. If you're one of those lucky gamers who owns a Super Nintendo, you can pick up a used copy of this game up for \$8-\$15 if you can find it. Wii owners can get a copy off of virtual console for 800 points (\$8).

Castlevania Symphony of the Night: Released on the Playstation in 1997, this installment of the Castlevania franchise took the design ideas used in the Metroid franchise and added a ton of new, amazing ideas. The original Castlevania games were linear, side-scrolling beat'em ups. Symphony of the Night embraced the free-roaming exploration of Metroid, but added an RPG leveling system, monsters that dropped random items (like potions and rare weapons) and a massive amount of power ups. Symphony of the Night also has a few different endings, which makes replaying the game a must. Issue 200 of Game Informer magazine rated Symphony of the Night 24th out of 200 for the greatest games of all time. A used Playstation copy can be picked up off of Ebay for \$20-\$50, depending on whether or not it bears the "Greatest Hits" logo. Xbox 360 owners can get a copy for 800 Microsoft points (\$8 or so) off of the Marketplace. Whichever route you go, it's definitely money well spent.



The conventions introduced by these two games are still present not only in these two franchises, but many other games today. The random loot drops from Symphony of the Night are a staple of games like World of Warcraft. Last year's Batman Arkham Asylum used the exploration and power up elements both of these games made famous. You can find these elements in current generation games, but it's worth your while to go back and see where it all began.

Lady Colonels' tourney hopes end against Tennessee-Martin

Eastern kept it close until the end, when Jayhawks heated up

By Keith Ritchie
randall_ritchie@eku.edu

Eastern's head coach Chrissy Roberts doubled the Colonels' conference wins from last year, securing a spot in the OVC tournament this year.

But the conference tournament ended Tuesday night when the Colonels lost a close game to the Tennessee-Martin Skyhawks, 51-47.

The Colonels (12-16, 8-10 OVC) were a fifth seed in the eight-team tournament.

Still, the road leading to the tournament had been marked by some rough patches. The Colonels lost their last two games at home and their last seven of ten.

The Colonels had struggled this year against Tennessee-Martin (10-18, 8-10), losing to the Skyhawks 62-54 last Thursday.

In Tuesday's rematch between the two teams, the Colonels held Tennessee-Martin to 27 percent shooting from the field. But the Skyhawks garnered nearly half their points from the freethrow line, outshooting the Colonels 24-6 from the charity stripe.

The Colonels, however, were in it until the end. With a minute remaining, the game was

tied until the Skyhawks went on a closing run, nailing two three-pointers and a pair of free throws to put the game away.

Earlier games

Against the Jayhawks last Thursday, the Colonels started strong, going up by ten at half-time, 27-17, thanks to a 17-3 Eastern run.

Then a different Colonel team showed up after the break, as well as a different Tennessee-Martin.

The Skyhawks exploded with an 11-0 run to open the second half. The Colonels didn't score again until senior forward Colette Cole hit a three-pointer with 15:46 left in the game.

"The two halves were different as night and day," Roberts said. "There was a lack of communicating, a lack of intensity, and a lack of effort."

Tennessee-Martin was up by five, 41-36, with under-eight-minutes left, when Brittany Coles hit a three-pointer and freshman guard Ashley Pritchett hit a baseline-jumper, tying the game.

The Skyhawks answered back with a 7-0 run led by forward Darnisha Lyles, who scored five of the seven points. Lyles recorded a double-double, finishing with 23 points and 10 rebounds.

The visitors nursed the lead for the rest of the way.

Freshman guard Shakeyia Colyer led the Colonels with 12

points and hit 3-5 from beyond the ark. Coles added ten points and five assists to the Colonels' efforts.

Saturday's Senior Day at Alumni Coliseum proved to be another tale of two-conflicting halves for the Colonels.

After leading by nine at half time, the Colonels dropped the final-regular-season game to Murray State (13-16, 8-10 OVC), 79-64.

The Colonels scored the first six of the eight points to open the second half. The run stretched the Eastern lead to 41-28.

The Colonels were still up by 13 points with less-than-16 minutes left, when Murray raced back.

The Racers went on an 18-3 game-tying run that brought the score to 47-47 with 11:53 on the clock.

It was all Murray after that.

Murray scored 53 points in the second half. The Racers scored 30 points off 23 Eastern turnovers.

Freshman forward Alex Jones was named OVC Freshman of the Week for the fifth time after 23 points and 16 rebounds against the Racers.

Senior Colette Cole had ten points, seven, rebounds and four assists in her last game at Alumni Coliseum.

"During the game, it didn't occur to me that it would be my last game here," Cole said. "I thought we would win."



BRANDON BURTNER | PROGRESS

Senior Colette Cole had ten points, seven rebounds and four assists against the Racers during Saturday's Senior Day game. It marked Cole's final game as a Lady Colonel.

Men's tennis brought down by strong 'Tides' during Friday match



PHOTO SUBMITTED

Sophomore Emilion Piriz returns a serve against Birmingham-Southern. The Colonels won 7-0.

By Nick Johnson
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Eastern's men's tennis team got an early jump on spring break with a two-match roadtrip to Alabama this past weekend.

The Colonels continued to prepare for the start of OVC play and began outdoor play with a match against Division III Birmingham-Southern on Friday and played the 28th ranked Alabama Crimson Tide on Sunday.

While the results of the two matches differed drastically, they're representative of the Colonels (7-5) season so far. Eastern blanked Birmingham-Southern, but then went on to lose decisively to Alabama.

Against Birmingham-Southern (3-4) on Friday, Eastern cruised to a 7-0 win. The Colonels won every match, including all three doubles matches. Eastern also won five of the six singles matches in straight sets.

Sophomore Emilio Piriz was the only Colonel to be challenged to three sets, but he closed out Birmingham-Southern's Sawyer Voges 10-8 in the super tie break to complete the shut out for Eastern. Sophomore Niklas Schroeder won his sixth consecutive singles match for Eastern, beating John Zukley 6-3, 6-3.

"Nik has become a force for us at the top of our lineup," Coach Rob Oertel said. "We need someone else to step up and he has. I see good things coming for our future. It's big for our team to have another guy up top who can be a force, and be relied upon."

However, on Sunday, the tables were turned

as the Colonels were the ones who were blanked, losing to Alabama 7-0. The Crimson Tide (6-5) swept the doubles matches and won four of the six singles matches in straight sets.

Sophomores Philip Janz and Parul Verma each took their matches to three sets but lost the tiebreak. Both won the first set of their matches before dropping the last two.

All five of the Colonels' losses this season have occurred against teams who are currently ranked in the ITA's Division I rankings. Along with Alabama, this includes Xavier, Purdue, Kentucky and Virginia, who is the number one ranked team in the country.

Over spring break, Eastern will travel to Florida to play three matches in three days.

The Colonels will play Embry-Riddle (6-1), the NAIA's fourth-ranked team, on Monday at 3:30 p.m.

Eastern then travels from Daytona Beach to Jacksonville to play the University of North Florida (7-3) on Tuesday at 2 p.m. The Ospreys were selected to finish fourth in the Atlantic Sun Conference.

On Wednesday, the Colonels wind down the Florida swing at Stetson University. The Hatters (5-2) were picked to finish second in the Atlantic Sun Conference.

"I don't think playing on the road for three straight days is going to effect our guys," Oertel said. "They're experienced. It's not their first time around. They're ready."

The Colonels will then return home to open up OVC play with a match against Murray State (1-3) on Friday, March 19.

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Baseball opens with loss despite best efforts

By Keith Ritchie
randall_ritchie@eku.edu

The Colonels opened the baseball season last weekend, traveling to Western Carolina (5-0) where the team got off to a bumpy start, dropping two of three games.

"There are certainly positives to it," said Jason Stein, Eastern's head coach. "The bullpen did really well over the weekend, and I saw a lot of bright spots offensively."

The Colonels lost the first game 11-4. Sophomore right-hander Matt Harris got the start for the Colonels.

The Colonels were down 1-0 in the second inning when senior infielder Anthony Ottrando blasted a solo home run over the left field fence, tying the game at one run apiece. Ottrando went 2-4 with two homeruns.

The Catamounts, however, exploded in the third inning, scoring eight runs. Nine consecutive batters reached base on eight hits.

Freshman right-hander Cody Alvey entered in the fourth inning, going 3.1 innings and giving up two runs and two hits.

Eastern made some noise in the sixth, scoring three runs.

Junior infielder Jayson Langfels hit a two-run homer. Langfels finished 2-4.

Ottrando followed suit with his second solo shot of the game, bringing the score to 9-4.

The Colonels didn't score again.

Freshman right-hander Alex Rexroat came on in the seventh inning. Rexroat didn't give up a hit and struck out three batters in his 1.2 innings of work.

"We take out the third inning, we win the game," Stein said. "That's what I'm telling our pitchers. We must eliminate the big innings. We must minimize damage, never giving up three plus runs in one inning."

Western Carolina's Jason Sullivan got his second win of the season, going six innings with

four runs on five hits.

The Colonels answered back on Saturday with a come-from-behind 12-9 win over the Catamounts.

The game looked like it could be ugly early for the Colonels, as Western Carolina led 8-1 going into the fifth inning.

With two outs in the top of the fifth, the Colonel offense woke up, scoring three runs on four hits.

Eastern scored another three runs in the seventh, thanks to Ottrando's three-run shot over the fence.

Ottrando went 2-2 with five RBI. His efforts were good enough to earn OVC Player of the Week Honors.

"I'm seeing the ball really well, but that's not it," Ottrando said. "A lot of it has to do with the other players in the lineup. With Langfels in front of me, I get a lot of good pitches to hit."

Junior right-hander Stephen Hefler lasted just 3.2 innings for the Colonels after giving up six earned runs.

The Eastern bullpen did not disappoint. The five relievers collectively gave up only one earned run the rest of the game.

The Colonels were down 9-8 with two outs in the ninth inning when sophomore Dustin Dunlop singled to right field, driving in the tying run.

With two men on, senior Joey Stevens got a two-strike fastball that he pounded over the fence.

"With two strikes, I was looking fastball," Stevens said. "I got it, and I put a good swing on it."

The 12-9 lead was all the Colonels would need in the bottom of the ninth inning. Junior closer Ryne Purcell struck out the side and picked up his first save as a Colonel.

"He looks like a closer," Stein said. "He played the part very well."

Sophomore left-hander Greg Terry picked



PHOTO SUBMITTED

The Colonels won 12-9 over the Catamounts on Saturday, scoring three runs in the seventh inning alone.

up the win after throwing a scoreless eighth inning.

The Colonels lost the deciding game of the series, 5-4.

Freshman right-hander Anthony Bazzani went 4.2 innings and allowed three runs on eight hits in the loss.

Terry made another appearance out of the bullpen, pitching 2.1 scoreless innings.

Junior Ryan Faidley went 2-4 and drove in one run in the losing effort. Ottrando went 1-4 with two RBI.

The Colonels' home opener is scheduled for March 16 against Purdue.

Women's softball sinks to 0-9 after loss to DePaul

By Langdon Barnes
langdon_barnes20@eku.edu

The women's softball team dropped both of their games on the first day of the Kickin' Chicken Classic, hosted by Coastal Carolina University.

The Colonels lost 10-1 in six innings to Jacksonville University. Eastern was subjected to a no-hitter by Jacksonville pitcher Olivia Kline going into the fifth inning. That was before junior DeAnn Horswill hit a home run in the sixth. Horswill's shot ended up being the Colonels' only hit of the game.

Jacksonville racked up five runs in the second inning and three in the third. They added two more in the top of the sixth to take a 10-1 lead. When Eastern was unable to score in the bottom of the sixth inning, the game was called, owing to the eight-run "mercy" rule.

In the second game, the Colonels faced off against Canisius. Eastern started off well, jumping out to a 3-0 lead. But then Canisius came roaring back, scoring seven straight.

Colonels junior Ashley Dollins hit a three-run homer to take the early lead. The Colonels were looking good until Paige Freiberger hit a grand slam in the second inning for the Golden Griffins.

Eastern trimmed the deficit to 7-4 until Canisius scored seven more runs over the next two innings, lifting the score

to 14-6 and again prompting an early end due to the eight-run rule.

Still, Eastern had a few noteworthy performances, such as sophomore Diane Gallagher, who went 3-for-3 with two runs, an RBI and two stolen bases.

"We need to continue to help each other out on the field throughout the season," Gallagher said. "We have a young team this year and it's important to help each other out."

The Colonels hardships continued that Saturday, when they dropped two games, 1-0 to Jacksonville and 13-1 to Coastal Carolina.

It was the second showdown for the Colonels against Jacksonville in the Kickin' Chicken Classic.

Freshman pitcher Kristin Perry allowed only one run and one hit in her six innings against Jacksonville. She also struck out seven batters.

Despite Perry's efforts, Katie Kelly of Jacksonville hit the game winning single with the bases loaded in the bottom of the seventh. For the Colonels, Jena Handley finished 2-for-2.

In their second game of the day, Eastern faced Coastal Carolina. The Chanticleers drove in five runs in the second inning to jump out to an 8-0 lead.

The Colonels scored their only run in the third inning but were unable to score again, losing 13-1 in five innings.

Eastern ended the Kickin' Chicken Classic with a 6-2 loss to DePaul on Sunday.

Both teams went scoreless through the first three innings until DePaul scored six runs during the fourth and fifth innings. During the top of the seventh, freshman Raquel Howes hit a two-run double to get the Colonels on the board.

Gallagher went 3-for-4 with a run and a stolen base for Eastern. The Colonels are now 0-9 on the season.

Gallagher leads Eastern with a .448 batting average. She has 13 hits and two RBIs on the season. Gallagher is a perfect 10-10 on stolen bases.

Handley is batting .308 for the Colonels. She has eight hits and seven RBIs also.

"Jena can call a good game at catcher, nothing really gets by her and she hits the ball very well," said Head Coach Jena Worthington.

On the home run front, Ashely Dollins leads the team with two dingers to her credit.

But the team's pitching woes have been the story of the day. No pitcher for the Colonels has an ERA under 6.07. Collectively, the team has given up 74 hits, including nine home runs. Their opponents' batting average is .330 compared with .199 for Eastern.

"We should be able to weather the inconsistent play this season much better than we have in the past," Worthington said.

The Colonels will try to get their first victory on Saturday against Evansville during the Lipscomb Tournament in Nashville, Tenn.

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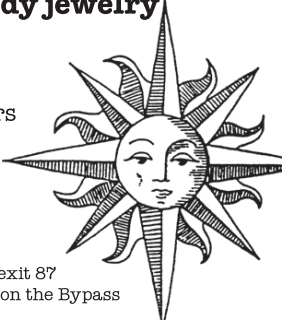
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Track sprints to second and third place at OVC championship

By Stephen Hauser
progress@eku.edu

Eastern's track teams brought home some hardware after traveling to the OVC indoor championship meet last weekend.

The women's team finished in second place, and the men's team finished in third place, giving them and Coach Rick Erdmann something to feel good about.

"I couldn't have asked for anything more; they did a really good job," Erdmann said.

The Lady Colonels won four individual races and placed in the top three at least six times.

Sophomore Diamond Benjamin was one of the standouts. Benjamin won both the 55-meter dash and the 200 meter dash, earning her the honor of being named the OVC Athlete of the Meet. She finished the 55-meter dash in 6.94 seconds and the 200-meter dash in 24.48 seconds.

Benjamin said she was thrilled with her performance, saying that it was one of her goals this year to win at this meet.

"I felt redeemed," she said. "I felt a lot of pressure going into conference, being defending champion. Not only did I feel like I was running (for myself), I was running for the team because we had a high chance of winning."

Benjamin wasn't the only standout at the meet.

Junior Kat Pagano won the 3,000-meter run and finished in second place in the 5,000-meter run. Pagano also placed sixth in the one-mile run.

Freshman DanHeisha Harding won the 55-meter hurdlers dash with the time of 7.89 seconds.

Picoty Leitch, reigning co-female freshman of the year, finished in third place in the 800-meter run and third in the one-mile run. Leitch finished the 800 meters in two minutes and 18

seconds, and she finished the mile in five minutes and 10 seconds. Freshman Jazzmin Jeter finished in third place in the long jump with the jump of 18 feet nine inches. Morgan Thacker, a sophomore, placed fourth in the triple jump with the jump of 37 feet.

Some other Colonels also defended their titles from a year ago.

Soufiane Bouchikhi, reigning co-male freshman of the year, won the 3,000-meter run and the one-mile run. Bouchikhi ran the 3,000 meters in eight minutes and 31 seconds. He finished the mile in four minutes and 13 seconds.

Chris Rengifo, a senior, finished in second place in the one-mile run, with the time of four minutes and 13.72 seconds. Rengifo, was part of the second place distance medley team. Soufiane, and juniors Kristopher Hawkins and David Wills were the other members on the team.

Junior Chris Rice finished in second place in the 5,000-meter run with the time of 15 minutes and 17 seconds. Rice placed fourth in the 3,000-meter run with a time of eight minutes and 44 seconds.

Shannon Davis, a junior sprinter, twice came up just short of winning the 55-meter dash and the 200-meter dash. Davis' time in the 55 meters was 6.41 seconds, which was three-tenths of a second behind the first place time of 6.38 seconds. His time in the 200-meter dash was 21.88 seconds.

Erdmann said some runners will participate in the University of Notre Dame Last Chance Meet on March 3 and 4. Some runners will try to qualify for the NCAA Division I Indoor Championships on March 11, 12, and 13. The rest of the Colonels will train for North Carolina State University Raleigh Relays on March 26 and 27.

"I couldn't have asked for anything more. They did a really good job."

Rick Erdmann
Coach



FILE PHOTO

Junior Kat Pagano won first place in the 3,000 meter run and second place in the 5,000 meter run.

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Hot-handed Panthers end Colonels' tourney

Eastern Illinois shoots a scalding 61 percent from the field, beating Eastern 68-61 in OVC tournament

By Langdon Barnes
langdon_barnes20@eku.edu

The Colonels season came to an end Tuesday night in the opening round of the OVC tournament after running into an Eastern Illinois team that had a hot hand, almost for the entire night.

Eastern Illinois, a fourth seed in the conference tournament, shot a season-high 61.5 percent from the field to beat the fifth-seeded Colonels 68-61.

"They hit unbelievable shot tonight," said Papa Opong. "They came out and were hitting everything."

The Panthers (19-11) have now won eight straight games and advance to the OVC semifinals in Nashville, where they'll face the OVC regular season champion Murray State.

Eastern (20-12) was led by Junior Justin Stommes's 14 points. Stommes scored 11 of his points in the first half. Junior Spencer Perrin and senior Opong scored 13 points each for the Colonels.

Eastern shot only 41 percent (25-for-61) from the field. The Colonels were 8-of-25 from behind the arc.

Eastern trailed by only one before the Panthers went on a 10-2 run late in the second half to take a 64-55 lead with 2:13 left to play.

The Colonels were able to cut it to three, 64-61, and needed one more defensive stop. Eastern Illinois found a way to run down the shot clock and hit a jumpshot to take the lead for good.

"I thought we played real hard and together for 40 minutes," Coach Jeff Neubauer said.



lot of effort tonight."

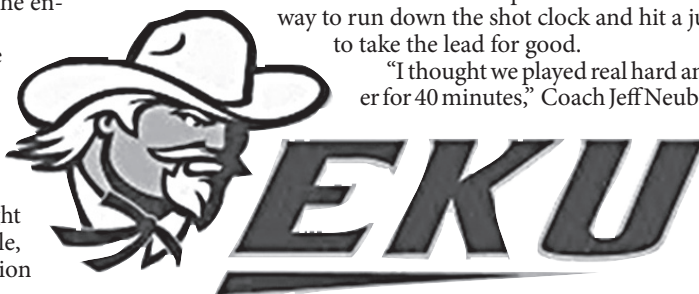
The game might be the last for the team's seniors:

Dayvon Ellis, Antonio Gilkey, Robin Mestdagh, Opong, and Josh Taylor.

"These guys have been incredible teammates for their careers," said Coach Neubauer. "You have them, they played real hard tonight."

The Colonels still have a chance of being invited to one of the post-season tournaments, and Eastern's players said they would enjoy the chance to continue their season.

"I would love to keep playing," said Opong. "It would be real nice to get into another tournament."



SENIOR NIGHT



Colonels finish season against Murray State, giving a send-off to its five seniors

Eastern ends its regular season in hard-fought loss to the OVC's best team

By Langdon Barnes
langdon_barnes20@eku.edu

The Colonels wrapped up the men's basketball season at home this week, splitting a pair of games. After blowing out conference bottom-dwellers UT Martin on Thursday, Eastern hoped to cap the season with a win on Senior Night against regular-season conference champions Murray State.

But the cards didn't fall as they wished this night against the OVC's best team.

Eastern was unable to stop the visiting Racers as they shot 61.7 percent from the floor.

"They shot very well tonight, we could not stop them," Coach Jeff Neubauer said.

The loss was the only the Colonels second at home this season.

Eastern ended the regular season with a 20-11 record while 11-7 in the OVC.

Murray State ended the regular season with a 27-4 record while going 17-1 in the OVC.

"We played a great team that played a great game tonight," Neubauer said. "We have to hit a lot of our shots to beat this team."

The Racers were led by B.J. Jenkins and Isaiah Canaan who each scored 22 points including five three-pointers for the both of them.

The Colonels were led by Stommes who scored 15 points. Junior Josh Daniel scored 12 points off the bench for Eastern.

The Colonels took a 22-17 lead in the first half in front of 4,800 fans.

"We had a tremendous crowd tonight," said Coach Neubauer. "It was a great environment and our students did a great job at coming out and supporting our seniors in their final home game."

Murray State then went on a 13-0 run to take a 30-22 lead.

Jenkins and Canaan went 7-for-7 from behind the arc in the first half as the Racers took an 11 point lead going into halftime at 37-26.

It didn't get much better in the second half as Murray took its biggest lead of the game, 48-30.

Eastern clawed their way back into it after some three's by Daniel and Mestdagh and cut the deficit to five, 62-57. The Colonels would get no closer.

The Racers took a 10 point lead, 71-61, over the next few minutes.

M u r r

ray sealed the game by going 13-of-15 from the free throw line in the game's final five minutes.

Murray State ends the season as the No.1 seed in the OVC tournament.

"Murray is a great team so they get most of the credit for the win tonight," Josh Daniel said. "We played with a lot of intensity in the second half but we need to play like that for the entire 40 minutes."

On Thursday, Eastern was able to win their 20th game of the season against UT Martin 84-60.

The Colonels shot 53 percent (34-of-64) from the field including 37.9 percent (11-of-29) from behind the arc.

Sophomore Joshua Jones led Eastern with 14 points on 6-of-9 shooting. Robin Mestdagh (12), Justin Stommes (12), and Josh Daniel (11) all scored in double-figures for the Colonels. Mestdagh was able to post his season-high 12 points on 4-of-5 shooting from three for Eastern.

The game did not start the Colonels way as the Skyhawks took a 17-8 lead with 13:10 remaining in the first half.

Eastern then went on an 11-0 run that consisted of three made three-pointers to take a 19-17 lead.

The Colonels then ended the half on a 20-7 run to take a 39-24 lead into halftime.

Eastern forced 10 Skyhawk turnovers in the first half.

The Colonels would keep a lead of at least 15 points for the entire second half. Their largest lead was 28 at 84-56.

The Skyhawks were led by Benzor Simmons's 25 points. Simmons shot 5-for-11 from behind the arc.

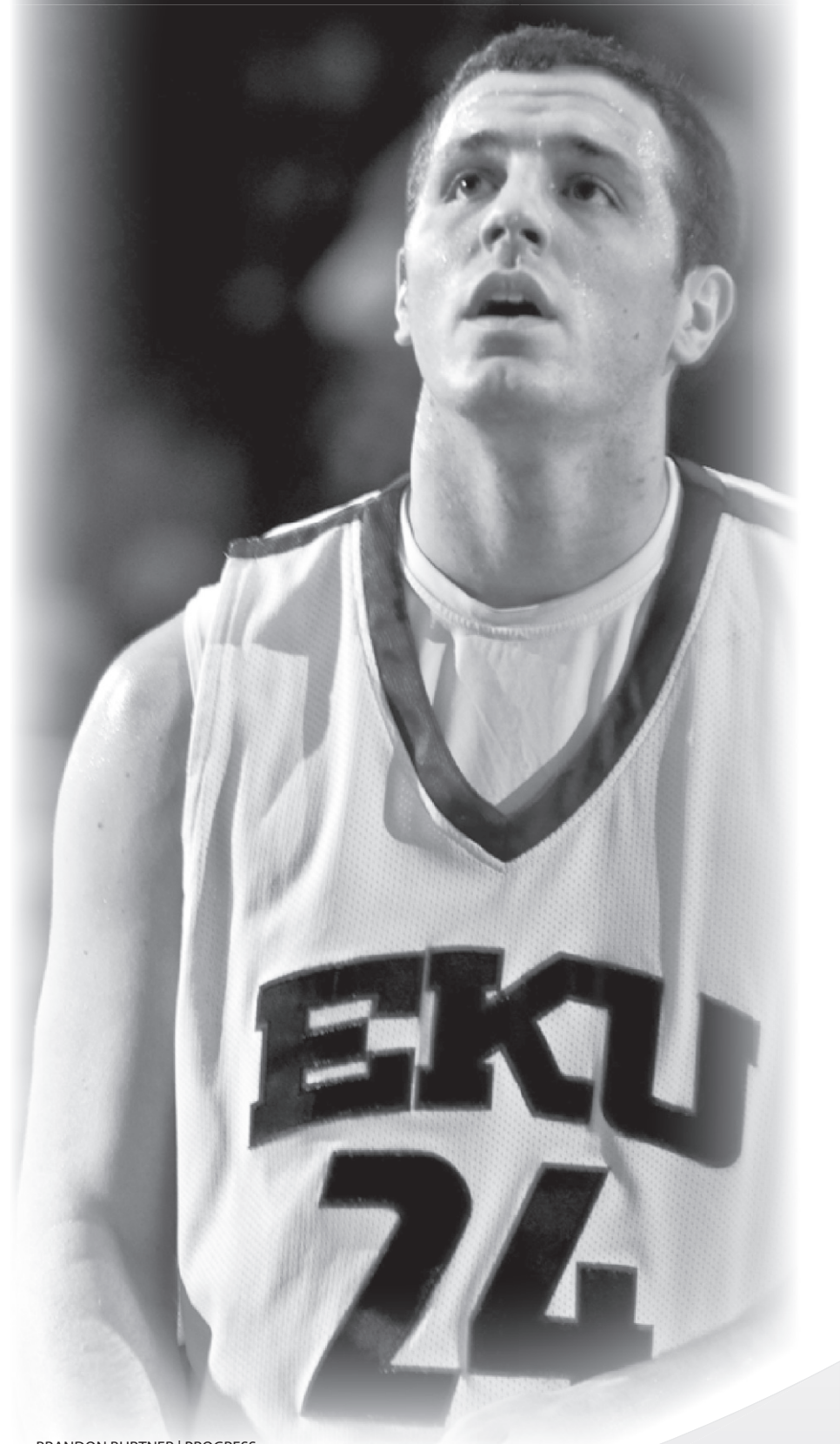
UT Martin shot only 35 percent (20-of-56) from the field.

Eastern tallied 20 assists and only four turnovers compared to 9 assists and 15 turnovers committed by the Skyhawks.

The Colonels then faced the Racers of Murray State on Saturday night. It would be the last home game for seniors Dayvon Ellis, Antonio Gilkey, Robin Mestdagh, Papa Opong, and Josh Taylor. Eastern fell short 88-74. Murray swept the Colonels in the season series.

"The seniors really competed and fought hard tonight," Neubauer said. "We wanted our seniors to end their last regular season on a better note."

With the season over, Eastern finished tied for third in the OVC standings, but lost tie-breakers to Austin Peay and Eastern Illinois.



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Senior Josh Taylor of Pittsburgh, Pa., hit two three-pointers and netted 11 points in his final regular season game Saturday against Murray State.