



Features - B 1

The Eastern Progress Best of Richmond Results

Board votes to raise tuition by maximum allowed

By **Lindsay Huffman**

lindsay_huffman9@eku.edu

After months of public debate over how to best raise tuition rates, the university's governing board moved Monday to approve a standard tuition increase, raising undergraduate tuition by the maximum allowed.

The exact size of the increase, however, won't be known until the Council on Postsecondary Education—Kentucky's ruling body on issues of higher education—weighs in and sets a cap



Whitlock

on how much state universities may raise tuition by.

Debbie Newsom, the vice president of financial affairs, said that cap is expected to be between 4 and 6 percent. The CPE is scheduled to meet Friday.

The Board of Regents also moved to increase online tuition. Students enrolled in online courses are charged a

premium—25 percent more than what they pay for standard courses. The board agreed to raise that premium to 30 percent. The revenues generated by the increase will be used to broaden the online catalog and to pay incentives to faculty who teach online courses, said Janna Vice, the university's provost.

"Our first priority is to get general education [courses] online," Vice said.

The board also agreed to raise tuition for graduate students by 4 percent. Newsom said the pay-per-credit model implemented last year

for graduate tuition rates has "worked very well for us."

Afsi Siahkoohi, president of the Student Government Association, was the only board member to vote against the proposal. She said she voted no because the legislation was too vague and the board wasn't sure what the CPE would decide.

"It was uneasy for me, not knowing what students would have to endure in the long haul,"

See **BOR**, A3

ACADEMIC AFFAIRS

Janna Vice named university provost

By **Laura Butler**

laura_butler11@eku.edu

The search for a new provost came to a close Tuesday afternoon when Eastern President Doug Whitlock announced his choice for the position to the community via e-mail. Interim Provost Janna Vice is dropping the first part of her title and will remain in her office with the new title of Provost and Vice President for Academic Affairs.

At the Board of Regents meeting Monday, Whitlock told the regents he had narrowed the selection down to two candidates, both with established Eastern ties. Aaron Thompson, who currently serves on the Council for Post Secondary Education, was a former Associate Vice President for Academic Affairs and Vice served as the interim provost this year with service in other areas of campus reaching back several years.

Whitlock said the choice to offer the position to Vice came through evaluating her skills set, which he thought were a strong complement to current university leadership.

See **VICE**, A3

KY GOVERNMENT

Transfer students to benefit from law

By **Nick Johnson**

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Gov. Steve Beshear signed a bill into law last week that will make it easier for students at Kentucky's community colleges to transfer their credits to the state's four-year universities.

The law, which is scheduled to take effect during the 2012-13 academic year, is designed to simplify the general education requirements across all state universities and community colleges, offering students a clearer roadmap for students to transfer to other state schools and still retain credits they've already earned.

The measure passed through both chambers of the state legislature unanimously.

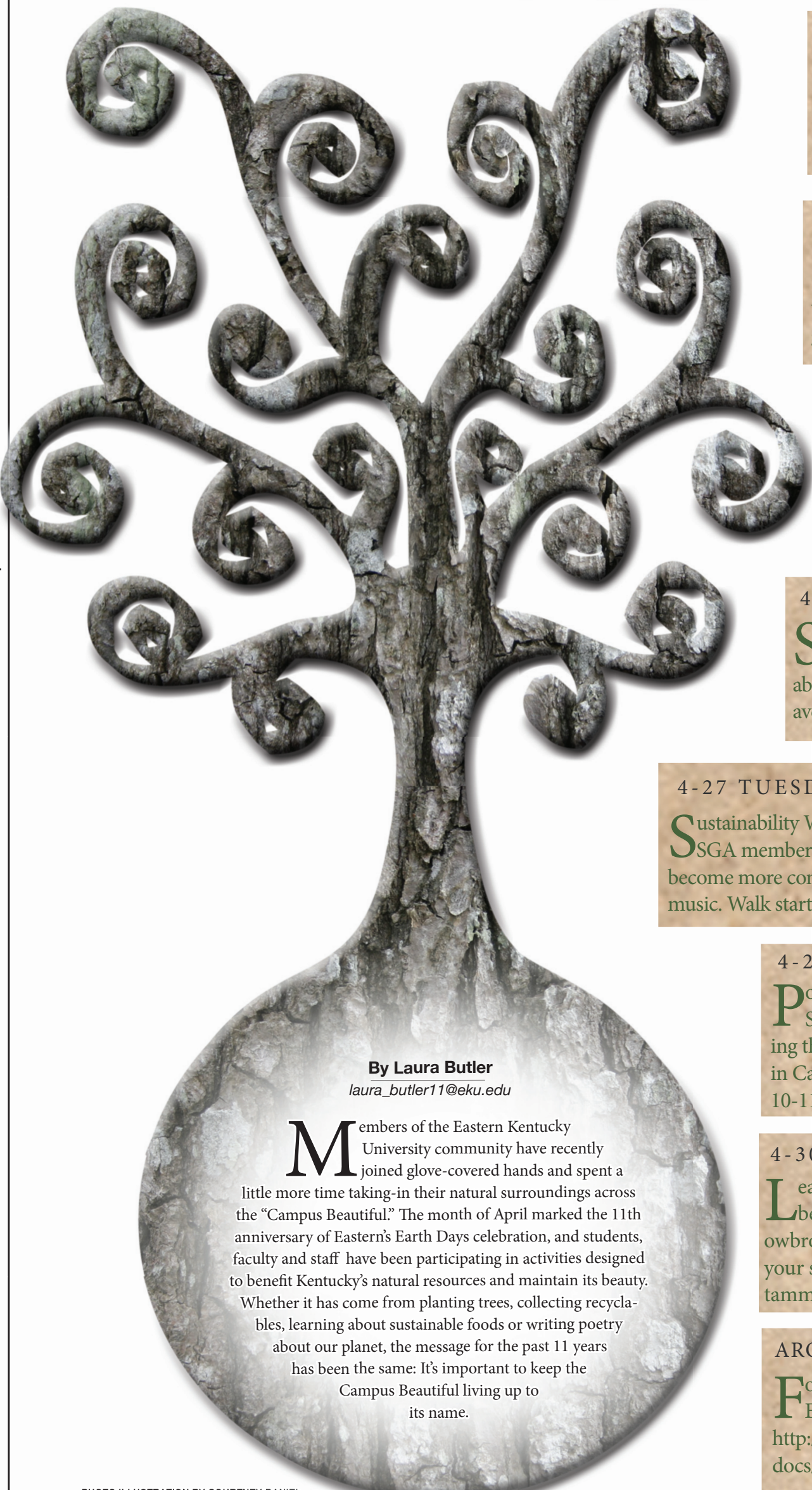
"This law will create a clear, defined path for students," said Rep. Carl Rollins (D-Midway), the bill's original sponsor. "Students will be able to transfer from a Kentucky community college to a state four-year institution without losing credit."

The law will attempt to align general education requirements between the KCTCS system and

See **BILL**, A3

EARTH DAY 2010

EARTH DAYS FINAL APRIL EVENTS



4-22 THURSDAY

Track your carbon footprint with a computer program in Powell Lobby from 12 - 4 p.m.

4-22 & 29 THURS.

Case Annex courtyard workday. Sign up with friends to sustain the garden from 11-3 p.m.

4-23 FRIDAY

Clean & green days cleanup from 2-4 p.m. Sign up in the SGA office.

4-27 TUESDAY

Sustainability fair in Powell Lobby to learn about eco-friendly initiatives from 9 a.m.-4 p.m.

4-27 TUESDAY - 3-4:30 P.M.

Sustainability Walk - Roam campus with SSGA members to find areas EKU can become more conscientious. Free food and music. Walk starts on Powell Corner.

4-29 THURSDAY

Poetry for the Planet. Students will be sharing their poems about earth in Case Annex Courtyard 10-11 a.m.

4-30 FRIDAY

Learn to maintain a beehive at Meadowbrook Farm. Reserve your spot by 4-26. E-mail tammy.horn@eku.edu

AROUND CAMPUS

For a full list of EKU Earth Days events, visit <http://www.cres.eku.edu/docs/earthday2010.pdf>

By **Laura Butler**

laura_butler11@eku.edu

Members of the Eastern Kentucky University community have recently joined glove-covered hands and spent a little more time taking-in their natural surroundings across the "Campus Beautiful." The month of April marked the 11th anniversary of Eastern's Earth Days celebration, and students, faculty and staff have been participating in activities designed to benefit Kentucky's natural resources and maintain its beauty. Whether it has come from planting trees, collecting recyclables, learning about sustainable foods or writing poetry about our planet, the message for the past 11 years has been the same: It's important to keep the Campus Beautiful living up to its name.

Police Beat

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

April 13

Matthew Zompero was arrested and charged with alcohol intoxication in a public place, possession of marijuana and possession of drug paraphernalia. Police observed Zompero staggering around the Powell courtyard, and upon contact, detected a strong odor of alcohol on or about his person. After one field sobriety test, the officer suspended further tests. Upon searching Zompero's person, police found a glass pipe containing burnt marijuana in Zompero's left pants pocket. He was lodged in the Madison County Detention Center.

April 14

Nathaniel McCombs, of Paris, was charged with possession of marijuana. Police responded to the Martin parking lot after a student reported she heard someone calling for help from a vehicle. The officer approached the vehicle and McCombs rolled down his window, letting out a significant amount of smoke. The officer detected a strong odor of marijuana coming from the vehicle. Upon further investigation, police found a small Camel SNUS tin containing a small amount of marijuana in the glove box. McCombs was cited and released.

April 15

Police responded to Telford Hall about a harassing communications report after a female student said her ex-boyfriend had sent her unwanted e-mail messages. She said he had sent her a message entitled "goodbye" that talked about his roommate's wedding, and later sent a photo attachment of his stitched-up wrist after he had slit it. The female said she would prosecute if the male kept contacting her, and later reported the male had sent text messages to her grandmother.

A male student reported the theft of items from his locked car sometime between 10:30 p.m. on April 14 and 3:15 p.m. on April 15. The stolen items include a Maglite flashlight, a Garmin GPS system, an iPod, an AM-FM transmitter, money and binoculars. The total stolen value was \$735.

April 18

Steven Vickers, of Hyden, was arrested and charged with alcohol intoxication in a public place, possession of marijuana, possession of drug paraphernalia and carrying a concealed weapon. Police observed Vickers in his vehicle at an intersection with no headlights on and not turning when he had right of way. Upon contact, he was swaying and had slurred speech, bloodshot eyes and odors of alcoholic beverage and marijuana on or about his person. In a search of his vehicle, police found several grams of marijuana, a marijuana grinder, a pipe, rolling papers, two lighters, three filters and a butterfly knife.

Inspections

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

Week of April 16

Regular inspections with no follow-up due:

- Richmond Raceway, 328 Greens Crossing, 92%
- Kelly's Fruit Market, 466 Eastern Bypass, 92%
- Subway, 830 Eastern Bypass, 94%
- KFC, Carriage Gate, 96%
- Arby's, 430 Eastern Bypass, 96%
- Subway, 2161 Lexington Rd., 97%
- Newby Grocery, 435 Newby Rd., 99%
- Meijer Convenience, 2001 Lantern Ridge Rd., 100%
- Culver's, 2012 Lantern Ridge Rd., 100%

Regular inspections with follow-up due:

- Friendly Mart/Arby's, 2121 Lexington Rd., 87%
- *Doors found open upon arrival Sam's Steakhouse, 1400 Berea Rd., 88%
- *Waste water from three compartment sink flowing onto parking lot

News Briefs

PPKY to offer STD testing

Planned Parenthood of Kentucky will offer free and low-cost STD testing from 9 a.m. to 4 p.m. Monday, April 26 on the first floor of the Rowlett Building. No appointment is necessary. Visit ppyk.org or gytnow.com, or call 859-252-8494 for more information.

Tickets for Jazz Crawl on sale now

The Music Industry Organization is selling tickets on Powell Corner and in the Foster Music Building for the 2010 Jazz Crawl, which will begin at 7 p.m. Friday, April 23 in Brock Auditorium. The night's events will include performances by the ECU Jazz Ensemble and Wycliffe Gordon with the Faculty Jazz at 7 p.m.; Creative Arts by Sherri, the ECU Jazz Lab band debut and the Electric Set jazz combo at 9 p.m.; and Club 110. The Sensations dance/party band, which will have appetizers and a cash bar (only for ages 18 and older). Tickets cost \$10 for students and \$12 for the general public. For more information, contact April Blumfield at 622-1428.

WGS panel to discuss differences in sexuality

Students in the WGS 201 class will sponsor a Sexuality Awareness Panel from 3 to 5 p.m. Thursday, April 22 in the Jagers Room in Powell Building. The event is free and open to everyone. There will be a time for questions at the end of the panel. Contact Adrienne Harper at adrienne_harper8@eku.edu for further information.

Happenings

FRIDAY

1:25 p.m.
Music: Student Recital, Foster 100

8 p.m.
Music: Opera Workshop, SSB

SATURDAY

1 p.m. - 4 p.m.
Alumni Weekend: Crabbe Library Open House

1 p.m.
Softball vs. Murray State
Baseball at Tennessee-Martin, Martin, Tenn.

2 p.m.
Music: Opera Workshop, SSB

SUNDAY

1 p.m.
Softball vs. Murray State
Baseball at Tennessee-Martin, Martin, Tenn.

3 p.m.
Music: ECU Choral Concert, SSB

5 p.m.
Music: Dudgeon/Hager Violin Recital, Gifford Theatre

8 p.m.
Music: Horn Ensemble Concert, Gifford Theatre

MONDAY

Dead Week begins

7 p.m.
Music: Tucker/Berry Recital, Gifford Theatre

8 p.m.
Music: Adam Pettry Senior Flute Recital, Brock Auditorium

TUESDAY

10 a.m. - 3 p.m.
Information Technology presents 3rd Annual Instructional Technology Showcase, Tech Commons

2 p.m.
Softball vs. Kentucky

8 p.m.
Music: Clarinet Choir Concert, Gifford Theatre

9 p.m.
The Office of Student Life presents Kyle Dunnigan, O'Donnell Auditorium

WEDNESDAY

12:20 - 1:10 p.m.
Wednesday Workshop: Going Global

6 p.m.
Baseball at Western Kentucky University, Bowling Green, Ky.
Music: Riddle/Gooch Recital, Gifford Theatre

7 p.m.
Music: Thacher/Logsdon Joint Voice Recital, Keen Johnson Building

THURSDAY

8 p.m.
Music: Saxophone Ensemble Concert, Gifford Theatre

9 p.m.
The Office of Student Life presents Bingo, Keen Johnson Ballroom

Weather

THURSDAY

Partly Cloudy
High: 74 Low: 52
Precip: 20%

FRIDAY

Isolated T-storms
High: 72 Low: 60
Precip: 30%

SATURDAY

Scattered T-storms
High: 75 Low: 63
Precip: 40%

SUNDAY

Scattered T-storms
High: 77 Low: 55
Precip: 60%

MONDAY

Scattered T-storms
High: 71 Low: 51
Precip: 60%

TUESDAY

T-showers
High: 67 Low: 46
Precip: 50%

WEDNESDAY

Showers
High: 67 Low: 51
Precip: 40%

Source: Weather.com

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<p>THE BACK-UP PLAN [PG-13] 2:40 5:00 7:25 9:55</p> <p>THE LOSERS [PG-13] 12:10 2:30 4:55 7:25 9:45</p> <p>THE BOUNTY HUNTER [PG-13] 11:40 2:15 4:50 7:30 10:00</p> <p>DATE NIGHT [PG-13] 12:15 1:25 2:30 3:45 4:55 6:10 7:20 8:30 9:45</p> <p>KICK-ASS [R] 1:05 4:00 7:00 9:50</p> <p>CLASH OF THE TITANS [PG-13] 12:05 2:40 5:10 7:40 10:10</p>	<p>HOW TO TRAIN YOUR DRAGON - 2D [PG] 12:40 3:10 5:40 8:10</p> <p>HOW TO TRAIN YOUR DRAGON - 3D [PG] 11:50 2:20 4:50 7:20 9:50</p> <p>DEATH AT A FUNERAL [R] 12:25 2:45 5:05 7:25 10:00</p> <p>DIARY OF A WIMPY KID [PG] 12:10 2:25 4:45 7:10 9:30</p> <p>THE LAST SONG [PG] 12:00 1:10 2:35 3:45 5:05 6:20 7:35 8:50</p>
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♦ NO PASSES-NO CLASSIC SUPERSAVERS ♿

ADVERTISING CLASS TAKES ON LAW FIRMS AS CLIENTS

A local college class is taking on law firms as clients, it's an advertisement for their semester. The creative class, the lawyers get. "We just don't," says Brian Fats. "We're some creative here. Although, we forward to seeing and work, then with legal space and making the ads that don't get and trying to get it down it's a challenge." "We're some creative here. Although, we forward to seeing and work, then with legal space and making the ads that don't get and trying to get it down it's a challenge." "We're some creative here. Although, we forward to seeing and work, then with legal space and making the ads that don't get and trying to get it down it's a challenge."

Karl Winsey, a friend of Danny's, recalled. "It was like we time-warped." "It was like we time-warped." "It was like we time-warped."

FACULTY CHANGING!

Faculty members are changing. Faculty members are changing. Faculty members are changing.

Faculty members are changing. Faculty members are changing. Faculty members are changing.

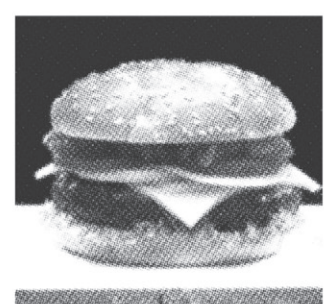


NING OUT OF LETTER COMBINATIONS

Panic struck the heart of fraternities and sororities across the nation this week when word spread that the number of unique remaining Greek letter combinations was in critical condition. "Unfortunately, with the induction of our newest chapters, Mu Mu Mu and Psi Phi Pi, we've exhausted just about every option out there," said National Greek Board President, Henry Boggins. "There were only about 18,000 possible letter combinations to begin with, so you had to know it was coming." The news certainly left

really smart. Others are just really good at tiny handwriting. That's my gift. Wanna cheat and not get caught? Just call Craig 'CribSheet' McGrot!

While some considered the slogan gimmicky, the testimonials spoke for themselves. And there's no cheating that.



STUDENT WANTS TO RENT EVERYTHING

or Mick McConnell has decided that he will no longer rent anything. Instead, he says "I'm gonna rent everything." "I'm gonna rent everything." "I'm gonna rent everything."

story of which is an buying to renting and even s. "Once I could rent h, this h, this h, this

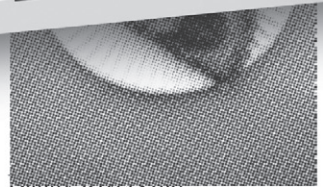
lly has longer says na much mined to Junior is g rental od, tuition, toiletries. that, I'm d'n't ever And if he y rent a guy to do that for oo."

GREEK SYSTEM RUNNING

there is when it comes to writing answers on tiny pieces of paper (commonly known as crib sheets). At least, according to the advertisement he ran on Facebook last week.

ITALIAN 101 HELPS STUDENT ORDER PIZZA AT RESTAURANT

What began as a typical dining-out experience quickly turned into a scary situation yesterday when sophomore Danny Rivers and his friends realized that the Italian restaurant that they had chosen for lunch... was completely Italian-speaking. Looking for something more authentic than local favorite Pizza Barn, the group had decided to venture out and



"I've been taking Italian 101 this semester," Danny explained, "so I was pretty comfortable in that environment. Once I heard him say 'amici' I knew he wasn't mad at us or anything, so I just stuck with what I remembered... 'saluti,' 'il mio nome è Danny,' that kind of stuff." After breaking the ice, Danny managed to tell the waiter that he and his friends wanted one very much good pizzas on the large. It was exactly what they received, much to everyone's surprise. "It was a good day," Danny added. "Professore Vacanti would've been proud of me. Or maybe I should say would've been feiro di me." Professore Vacanti

Faculty members are changing. Faculty members are changing. Faculty members are changing.

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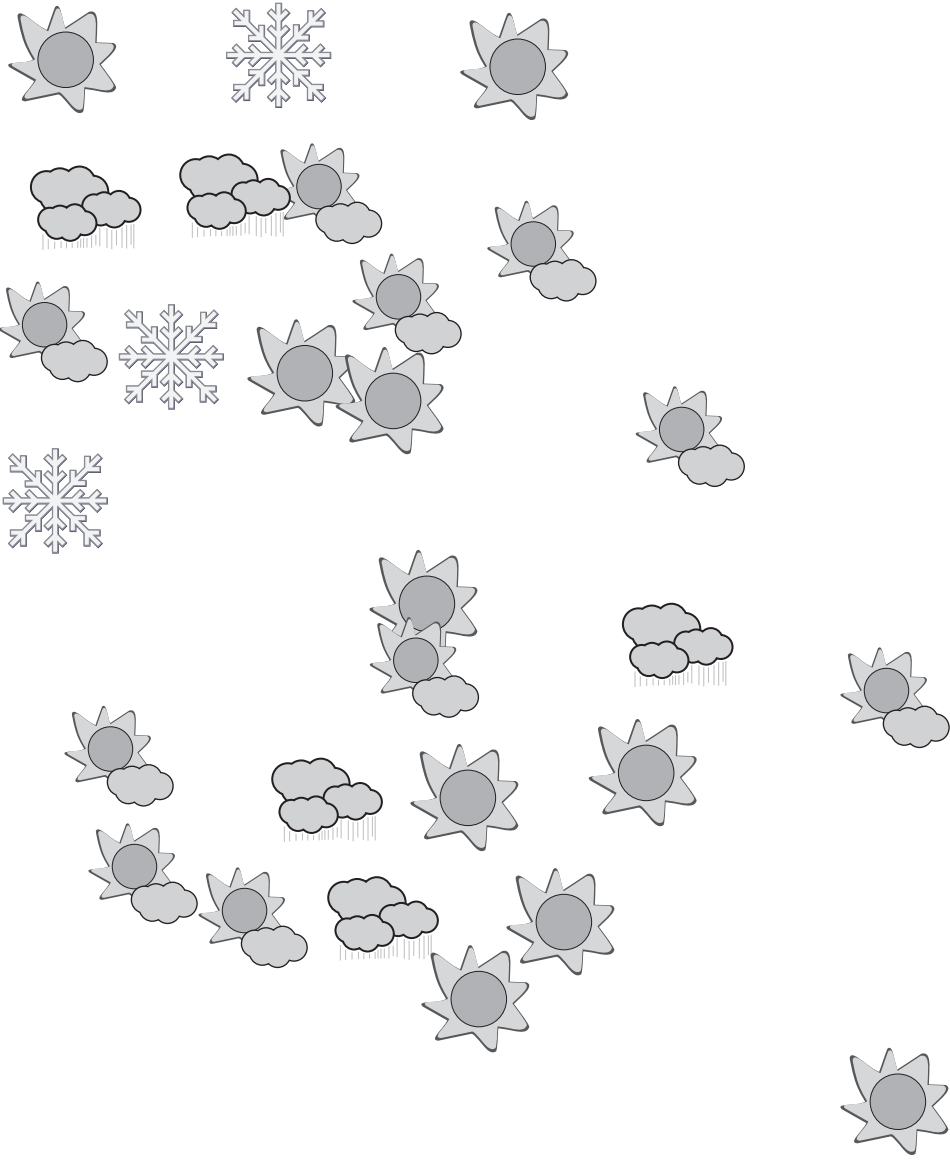
Faculty members are changing. Faculty members are changing. Faculty members are changing.



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ITZ-SERIOUS. THIZ IZ-SERIOUS BIZNIS.



BOR: Whitlock's contract extended

Continued from Page A1
she said.

Additionally, the board voted to increase housing rates in residence halls by 5 percent. The increase will address deferred maintenance issues and will be used to fund special programs, Newsom said. Rates for meal plans, likewise, will be increased, rising by just less than 2 percent.

Most students will also face an increase in their recreation fees. For anyone taking more than 5 credit hours, they will be charged an additional \$12 on top of the standard \$30 recreation fee.

Students taking fewer than five credit hours may pay the extra \$12 fee if they would like to use the gym or climbing walls at the Fitness and Wellness Center. Newsom said the extra fee

could bring in an additional \$200,000 or \$300,000 to the Wellness Center.

During the nearly four-hour meeting, the Board of Regents also approved a one-year extension to President Doug Whitlock's contract, which is now scheduled to expire July 31, 2014.

"While I don't intend to be carried out of my office on a gurney, I do look forward to an addition of time," Whitlock said to board members.

Board members were also given an update on the university's many construction projects. James Street, who oversees the university's capital improvements, said both the new performing arts center and the new science building are about two-thirds complete. Meanwhile, the academic addition to the Business and Technology Center is expected to be operational

by the fall. Street added that he expects to have "full occupancy" of the Noel Studio for Academic Creativity by Aug. 1.

In addition to these decisions, the board voted unanimously to approve a new program in the College of Business and Technology that will offer students a certificate program in financial literacy.

"There's been a remarkable amount of positive publicity nationally [about this program]," Whitlock said.

The board also agreed to lower the number of hours required of students to graduate in 32 programs, such as those majoring in some languages and other fields.

The next quarterly Board of Regents meeting is slated for June 7, when the board is scheduled to discuss enrollment and retention rates.

VICE: 'Goal is to serve the university'

Continued from Page A1

"Choosing from between two talented, dedicated members of our faculty and staff as Dr. Vice and Dr. Aaron Thompson was the toughest decision of my presidency to date," Whitlock wrote in his letter to faculty, staff and students. "Both had considerable support and either would have made a fine choice. Both are

my valued professional colleagues and personal friends."

Vice said she's excited to work further with faculty and staff to increase relationships in Academic Affairs.

"My goal is to serve the university - the faculty, staff, students and the president - in an honest, transparent and forthright way," she said. "I try to keep faculty in academic affairs informed, to make sure they know when things are be-

ing considered."

Vice said she also believes working with Whitlock and the other administrators will be a natural fit for her.

"I think the words privileged and honored are best to describe how I'm feeling," Vice said. "I love this university and I'm ready to serve and work toward the president's vision of regional stewardship, student success and the QEP."

BILL: Creates 'clearly defined path'

Continued from Page A1

the four-year institutions. It also will require KCTCS schools to create a uniform course numbering system.

"Students should be able to transfer from any Kentucky community college to a public university without the added cost of losing a lot of course credit," Rollins said. "A clearly defined path to a degree--no matter what public institution a student transfers to--is necessary to increase the number of [residents holding bachelor's degrees] in our state."

Rollins also pointed out that the new law could save transfer students money because they can pay lower community college rates to fulfill their general education requirements and then transfer to a four-year institution to finish their degrees.

After passing through the House, the bill was altered slightly in the state senate. A senate committee adjusted a provision in the bill that would have required

Kentucky's four-year institutions to limit associate degrees to 60 credit hours and limit bachelor's degrees to 120 hours. The committee replaced that requirement with language that "encouraged" the universities to impose these limits.

"I can live with that portion of the bill," Rollins said. "The important thing is that we must save students and family money and time, and that we do everything to help students earn their degree in four years."

The Kentucky Community and Technical College System, which includes 16 state community colleges, comprises some 68 campuses throughout Kentucky. During the past year, enrollment at Kentucky community colleges increased by 18 percent and now includes more than 100,000 students.

Officials at Eastern said they've been expecting the changes and working with state officials to get Eastern's course requirements in line.

Lisa Cox, director of East-

ern's Student Outreach and Transfer Services office, said many departments have already begun bringing down their course loads to 120 hours to complete a bachelor's degree, and many other majors on campus are gearing to make similar reductions.

Cox, who serves on a statewide committee of representatives of Kentucky's universities that has been working to ease the process for transfer students, said the committee had outlined a plan similar to the new law.

She said the goal was to help students avoid taking courses that later on, once they transfer to a four-year institution, wouldn't apply toward their bachelor's degree.

"We are concerned with the overall experience of students that transfer to Eastern," Cox said. "Students should have a clear and defined path to transfer credits to a state institution. In the past, the transition has not always been crystal clear."

'SPRING FEVER' FASHION SHOW

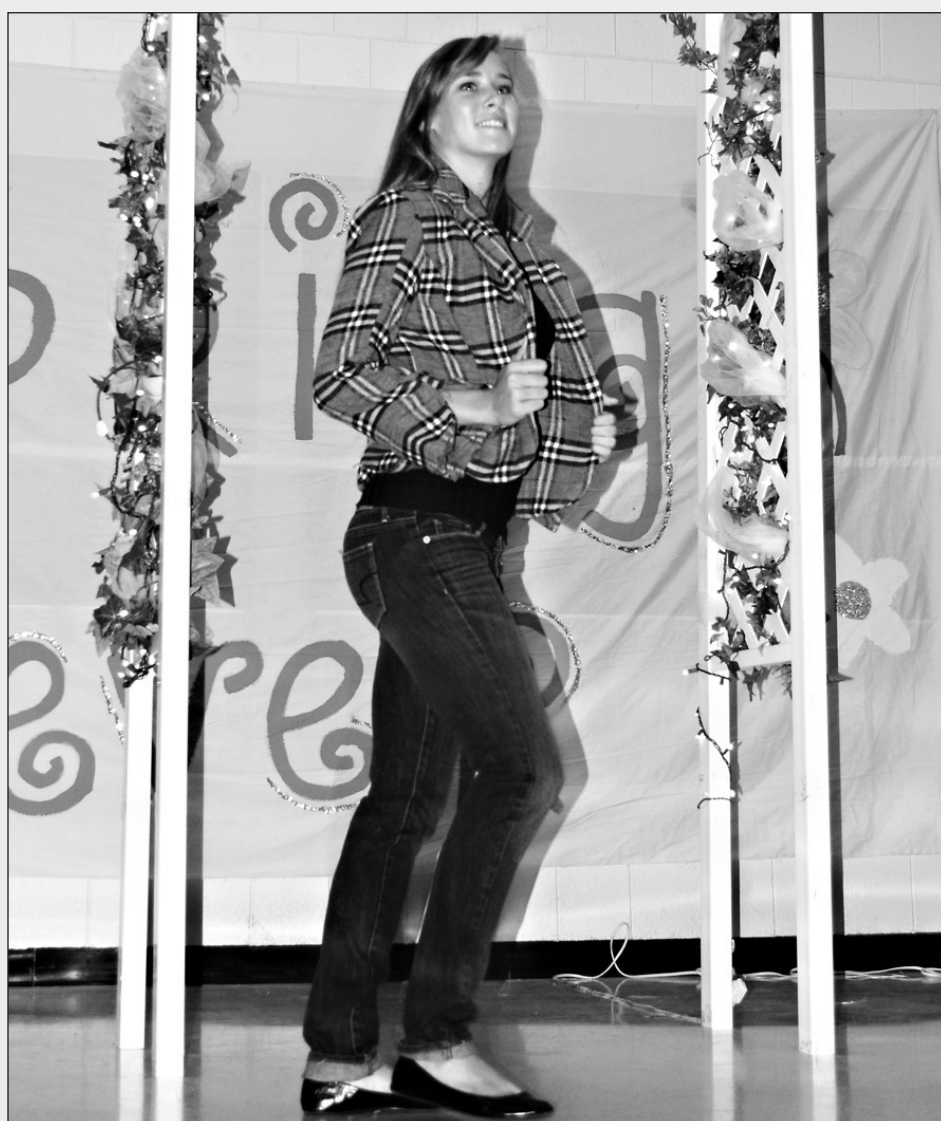


PHOTO SUBMITTED

The Apparel Design and Visual Merchandising class hosted its "Spring Fever" charity fashion show and silent auction on Saturday, April 17. All proceeds from the show benefited the Compassionate Care Center in Richmond and the Susan G. Komen Foundation.

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'Last Lecture' allows professor to teach more than mathematics

By Stephanie Smith
progress@eku.edu

Patrick Coen, a math and statistics professor at Eastern, stood smiling before a crowd of former and current students Monday night in the basement of Martin Hall as he prepared to give what was billed as his "last lecture."

But it wasn't exactly his last lecture.

The idea behind the Last Lecture series came from an extremely popular lecture given by Randy Pausch, a professor at Carnegie Mellon University, called "The Last Lecture: Really Achieving Your Childhood Dreams," shortly after he learned he had a terminal case of pancreatic cancer. The inspirational lecture now has garnered more than 11 million views on YouTube.

Last year, David Eakin, a biology professor who goes by the nickname "Dr. Dave" was nominated by Eastern students to give the first lecture in the series. This year, thanks to student nominations, it was Coen's turn.

"I'm humbled and honored that my students thought enough of me to nominate me," he said.

Coen said that he teaches mostly mass lectures. But the room in which he was giving his "Last Lecture," which held about 30 people, was far more intimidating because the subject matter was so much more revealing.

The lecture, which the math professor aptly titled "The Sum of My Experiences," did pretty much what the title suggested - Coen shared many small, but important life lessons because they were things he personally would have wanted to know.

Coen began the lecture by sharing a little bit of background information about his family, adding that many of life's greatest lessons were



STEPHANIE SMITH | PROGRESS

Patrick Coen, a math and statistics professor, delivered his "Last Lecture" titled "The Sum of My Experiences" Monday.

brought to his attention from his wife and kids.

"My wife," Coen said, "taught me that there IS one perfect person out there for everyone."

As for his three sons, Coen said one of his greatest enjoyments was to sit down and just read to his kids.

"They taught me to slow down and have fun and appreciate life," he said.

But, in true math-loving fashion, he said he has also learned some great lessons from his profession, such as the ability to solve problems and to accept yourself and the mistakes that you might happen to make along the way.

"You make mistakes and it's okay," he said. "They make erasers for mistakes."

What else did math teach

him?
"The power of the exponent," he said. With that, he launched into an explanation about how important it was to save for retirement. He drew up a graph that showed how saving \$150 a week will pay off in the long run, thanks to the wonders of compound interest.

Coen also served up a bit of advice on choosing a career and pointed out the importance of picking one based on what you love and not merely its comforts and perks.

"It's stinky getting up and going to work if you don't enjoy it," Coen said.

Coen's final piece of advice: "Time is infinite, but our time is limited. Each juncture of your life is finite. Just enjoy it."

Miss Kentucky prepping for pageant

By Jennifer Hutcheson
progress@eku.edu

She has a pet maltese named Sugar, loves to dance, has a passion for helping those in need and happens to be a Colonel as well as Miss Kentucky.

And with less than a week left at Eastern, sophomore Kindra Clark is spending her time taking final exams and fitting in as much practice as possible.

Clark, a communications major, was crowned Miss Kentucky last year and will travel next week to New Jersey, Nashville, and Princeton, Ky. She will spend the majority of her time practicing and getting ready for portions of the pageant such as the interview, beauty wear, and swim suit competitions.

"I have had great assistance from my director and group of sponsors that take care of my appearance, fitness, walking, talking and the rest of the pre-

paring," Clark said.

Clark said she has been doing pageants and modeling since the age of 12, competing in a total of 30 pageants and winning about half of those.

She said she believes confidence is the most important thing contestants can gain from pageants.

"I try and compete against myself and just hope that when I walk off that stage, I feel confident and realize that I am already a winner for making it this far," she said.

Clark will compete with 51 other girls for the Miss USA title in categories such as evening gown, opening dance number, swim suit, interview and the famous on-stage question.

Clark has spent her time as Miss Kentucky volunteering at church shelters and hospitals, as well as spending time with friends and family. Her roommate and best friend, Maria Montgomery, won the title of Miss Kentucky last year and

has provided help and support for Clark as she ventures on the same journey.

"She really knows how to cheer me up by doing Zumba classes on campus or dinner dates and movie nights," Clark said.

Clark said her favorite pageant moment was winning Miss Kentucky.

"Winning Kentucky USA after being sick all weekend and missing all the rehearsals is truly an inspiration," she said.

While pageants can be nerve-racking for contestants, Clark said she has her own way to calm down before competitions.

"I always pray before I go out there to keep my nerves down and just hope for the best," she said.

Clark will compete in the Miss USA competition at 7 p.m. on May 16 in Las Vegas, Nev. The pageant will be aired on NBC.

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Student Affairs *Would like to welcome* **Mr. George Gallien**



*As the new
Director of Multicultural
Student Affairs*

Ceramics instructor garners state-wide recognition

By Lindsay Huffman
lindsay_huffman9@eku.edu

As a roomful of people waited in the darkness for the documentary to start, a voice from the crowd said, "It gets better."

And after a couple of seconds, "Wheel of Fortune" came on the screen.

"Maybe now you'll want to take my class!" the same voice said as the crowd laughed.

The voice belonged to Joe Molinaro, a ceramics professor at Eastern, and when the documentary finally began, the crowd heard his voice say on the screen, "I believe you should try to touch clay every day."

Molinaro's words were part of the beginning to a new KET documentary called "Joe Molinaro: Hands in Clay." As the title suggests, the documentary focused on Molinaro and his work as a ceramist over the years. On Monday, April 19, KET gave a special preview showing of the documentary at Eastern.

In the film, Molinaro said he en-

joyed hands-on, craft activities even as a child. He became interested in ceramics when a coworker told him about a ceramics class he had taken at Notre Dame. Molinaro said he went home in the evening and signed up for a similar course at the college across the street from Notre Dame.

Now, Molinaro creates many different styles of ceramics and specifically works with pots, both functional and artistic.

"Sometimes a pot makes you feel good, and that's a real thing," he said.

The documentary followed Molinaro throughout his work day, both at Eastern as a ceramics professor and at home solely as a ceramist. Molinaro has his own studio at his home, and he said it's sometimes "a thrill" and sometimes "a curse."

"I like to go into my studio and try things that may be failures," Molinaro said. "Sometimes my failures are my biggest successes."

But Molinaro does much more than just teaching and making pots in his own studio. Molinaro has also trav-

eled to Central America many times and observed the function of pots in other, much different cultures. He has recorded several of his own video documentaries as well in the indigenous cultures of the Amazon basin. Molinaro said some traditions seem to be dying out among some of these cultures.

"It's on the record books now," he said. "Whether tradition is dying there or not, [there is a] sense of worldly culture through the eyes of a ceramist."

Molinaro is also involved with the annual Empty Bowls Project in the surrounding areas of Richmond, Winchester and Lexington. The project is a day when people can buy a pot for \$10 and eat a meal out of that pot. The money raised goes to feed the needy locally.

"It's not a sale," Molinaro said. "The idea is to create awareness for people in need, for people who need food."

At the end of the documentary, Molinaro advised viewers, "Enjoy the ride; make it count."

During a question and answer session following the presentation, one student asked Molinaro how he had the drive to keep working even after teaching all day.

"It kind of gets down to what's important in our lives. I think everyone deserves a grand passion, and I'm greedy and have three or four," he said. "If you don't want to be there when it's hard to be there, you should get out. . . . You gotta take the good with the bad."

Courtney Howard, a senior art education major from Berea, said she attended the preview because she has had Molinaro in class and is taking another course with him now. She was in his class when KET was filming the documentary. She said having the cameras around was strange.

"I tried to stay away from them," Howard said. "But after a while, I got used to it and relaxed."

Howard said she enjoyed the documentary about Molinaro.

"It was really good. I saw another side of him," she said.

Another attendee was Isaac Powell, an assistant professor of painting at Eastern. He said as a young faculty member, he admires Molinaro and hopes to be as successful as him, not only in teaching, but in artistic ability as well.

"He gets results from his students," Powell said. "What he teaches inspires me, and his actual artistic career [inspires me]."

Molinaro said he enjoyed working with KET to make the film, but it was difficult in the beginning.

"At first, it was weird; I was so self-conscious," he said. "But I got a job to do, so I did what I do."

Molinaro also said his favorite part about working with pottery is working with the elements of life and the tradition behind ceramics.

"I'm working with materials and forms that are a part of an age-old tradition in mankind," he said. "To be a part of that continuum feels good."

The documentary will air on KET at 10:30 p.m. Monday, May 10 and again at 10:30 p.m. Wednesday, May 12.



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PERSPECTIVES

Strategies for stress might save sanity

With Dead Week, finals, graduation and summer just around the corner for students, excitement should be abundant at Eastern. "Should" is the operative word, because the same students who should be excited are the ones who hardly even have time to breathe.

For many of us, at this point in the semester, focusing on "the future" means focusing on the project due in seven days instead of the one that's due in four. And that's a mistake in triage. It doesn't do students a lot of good to plan for what happens after graduation if they might die of exhaustion before then.

It's nothing new—every year professors seem to conspire to make group projects, term papers, presentations, exams and semester reports due over the course of these two weeks.

It's the nature of the beast, and it's what we sign up for, so complaining doesn't get us very far. Still, with so many students working one or more jobs, active in a half dozen organizations and attending school full-time, it makes one wonder what young adults with 9-5 jobs have to complain about themselves.

In any case, the best ways to deal with the pressure can be some of the most obvious, but can also be those things right under your nose that you don't even notice. *The Progress* has outlined a handful of sanity solutions for Eastern students here.

1) Take advantage of every moment you have to sleep

This comes along the same lines as the last point, but with a more cautionary tone. You may need a few all-nighters here and there to ensure this project or that paper gets finished on time, but you don't need an all-nighter to watch television or piddle on Facebook. If you find yourself falling into that trap, staying up to watch reruns of *Family Guy* on TBS, ask yourself if what you're up to is more important than a good night's sleep, and if the answer is "no," stop messing around and get to bed. All-nighters are never fun, but they're likely to happen sooner or later. The more sleep you have before them, the better you'll feel when you stare down the barrel of one. Prioritize sleep when you can, and you'll be amazed what a difference it makes.

2) Take advantage of every moment you have to relax

This sounds foolish, as people under the most stress feel as if they can never afford to relax, but it's not as backwards as it seems. Sometimes it's not so much that we're out of time, but we're out of energy. If you feel exhausted rather than stressed, this likely applies to you.

Taking deep breaths is a start, but why not do it in the Ravine, even if it's only for 10 minutes? Those 10 minutes probably aren't going to make the difference between an A and a B, but they might make the difference between feeling overwhelmed and keeping your cool. The weather has been beautiful these past few weeks, and so has Eastern. Take advantage of the gorgeous campus we have, and seize those 10 minutes of fresh air lying on a blanket in the grass.

Nab a to-go meal from Casa Fiesta, Tsing Tao or Penn Station (who each won awards in *The Progress*' "Best of Richmond Poll") to consolidate tasks if you have to. If you've got more than 10 minutes (maybe an hour), get to Lake Reba. If you've got more than that (maybe half a day), get to the Pinnacles. Don't wear yourself out – just recharge those batteries. If you're lucky, you'll see Tillie; puppies are good for the soul.

3) Let Eastern help

The university offers a handful of helpful, stress-reducing services. One of the most obvious is the Fitness and Wellness Center for a variety of reasons. First and foremost, it always feels good to blow off some steam. If you've got an hour, you've got enough time to hit the track or the weights and work some of the tension out of your body. If a social setting suits you, sign up for a group fitness class at any point during the week. Zumba remains the most popular, but you can also choose from activities like cycling, dance fusion or yoga. These classes are completely free for students, and you can register at www.campusrec.eku.edu/fitness.

Also at campus recreation's Web site, students can make an appointment for an on-campus massage from a certified massage therapist. A good massage can be a lifesaver, and if you've ever felt relieved from a simple shoulder rub, imagine what a half hour of tension relief could do. While it's not a complimentary service, it's extremely affordable (even for students).

Finally, take advantage of comedians, concerts and the infamous "Midnight Breakfast." Reminding yourself that there's life outside of textbooks and word documents can save you.

4) Find your Bubba

Remember that part of *Forrest Gump* where Forrest and Bubba sit in total darkness and in the rain in Vietnam? It's the part when Bubba turns to Forrest and says: "I'm 'onna lean up 'gainst you, an' you just lean right back 'gainst me. This way we don't have to sleep wit' our heads in the mud."

Don't underestimate the role your friends, family or even your professors can play in getting you through hardships. Positive reinforcement is important, and if you can't convince yourself that you'll live to see June, they might change your mind.

Believe them when they say you'll be OK—they're not about to let you sleep with your head in the mud. You've got to trust in "your best good friends."



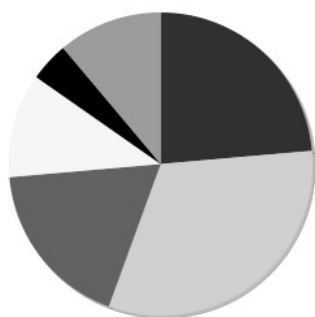
> Online Poll

Which would you rather have: final papers, final projects, or final exams?

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

> Last Week's Poll

How many text messages do you send on an average day?



- 0 - 5
- 6 - 20
- 21 - 50
- 51 - 75
- 76 - 100
- 100+

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

> Campus comments:

On a scale of one to 10, how overwhelmed are you right now?



"6. I forced myself not to procrastinate, so it's not as bad as it could've been."

Sherri Williams
A sophomore English teaching major from Louisville, Ky.



"7. Schoolwork, having to study, cramming things in."

Jaclyn Chadwell
An undeclared freshman from Williamsburg, Ky.



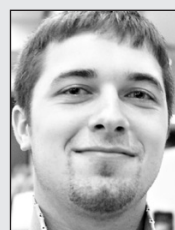
"Probably around a 4. I just turned in the biggest paper of my life."

Jessica Buschkoetter
A freshman elementary education major from Baghdad, Ky.



"3. Most of my big projects are already done, so now I just have finals."

Brenda Keltner
A junior history education major from Lynchburg, Ohio.



"6. After Dead Week it'll be worse."

Guy Reed
A junior occupational science major from Corbin, Ky.



"8. Don't procrastinate; it's not worth it."

Amanda Luckett
A sophomore special education major from Louisville, Ky.

> Have an opinion?

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Eastern Kentucky University THE EASTERN PROGRESS

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The Eastern Progress (ISSN 1081-8324) is a member of the Associated Collegiate Press, Kentucky Intercollegiate Press Association and College Newspaper Business & Advertising Managers, Inc. The Progress is published every Thursday during the school year, with the exception of vacation and examination periods. Any false or misleading advertising should be reported to Adviser/General Manager, Reggie Beehner at (859) 622-1875. Opinions expressed herein are those of student editors or other signed writers and do not necessarily represent the views of the university. Student editors also decide the news and informational content.

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› Letters to the editor:

Smokers have rights, facts on their side

Last week, *The Progress* printed a Letter to the Editor concerning smoking and its dangers to the student body. I am here to address some of these issues using something my predecessor conveniently ignored: factual evidence.

While no one is denying the negative health effects of passive smoking (the unintentional inhalation of previously inhaled and exhaled cigarette smoke), pollutants released by cars are much more likely to cause an allergic reaction or aggravate asthma. Unless Ms. Abney is suggesting that Eastern ban automobiles on campus, I feel that her logic is severely flawed.

In regards to the rights of smokers to smoke and the rights of non-smokers to breathe (even if only in their minds) "clean" air, then the solution is as simple as walking around the smokers. For the non-smoking members of the Eastern community, you

will be able to identify the smokers as the ones holding the cylinders with smoke emanating from them.

I have walked past many people during my time here at Eastern who simply needed a shower. Which is more important? My right to not have to be subjected to their stench, or their right to refuse daily bathing? What is the possible solution to this problem? Is it university-mandated bathing? No.

The fact is, that if I don't like the fact that someone smells like hot garbage and salt, it would be in my best interest to walk away from that person, as opposed to demanding bureaucratic intervention.

You don't have to like other people's choices, but you do have to deal with it.

Anthony DeVarti
Eastern student

No good arguments for keeping pot illegal

Tuesday was 4/20 - the national holiday of the stoner. That being the case, I thought it appropriate to write a short blurb about marijuana and America. So here it goes.

I don't particularly care for it; it's not my cup of tea. Smoking marijuana doesn't tickle my fancy. I also don't like cottage cheese. Not just the texture, but also the taste of cottage cheese doesn't jive with me.

However, just because I don't like cottage cheese doesn't mean I think cottage cheese should be illegal - because some people do like it and I'm not totally insane.

I don't understand the illegalization of marijuana in America. And trust me - I'm not rallying so that I can smoke pot, because I wouldn't smoke pot if it was legal. And the fact that it is illegal has never stopped me from smoking it in the past (hence, I know I don't really care for it).

But really it's just hypocritical madness.

Don't say it is illegal because it's bad for you, because smoking is legal. So is hydrogenated oil, bleached flour, and high fructose corn syrup, and I guarantee those things are killing more Americans today than marijuana ever could.

Also, don't tell me it is illegal because it alters your state of mind, because alcohol is legal, and it alters your state of mind. Even women alter my state of mind, and they aren't illegal!

Finally, don't tell me that smoking pot tricks you into dying of a heroin overdose. If you really do genuinely believe that, then it would behoove the American people if you would just not vote anymore or try to contribute to our society, because, I mean, really?

I mean, *seriously*?

And really, brass tacks, the illegalization of marijuana in the US is doing nothing but hurting us. It is providing business and revenue for organized crime rather than business and revenue for the American people. It is providing legions of prison inmates that are overcrowding our jails for nonsensical, nonviolent crimes.

America's refusal to legalize marijuana is not only illogical, but counterintuitive and a financial burden that the people can not afford.

So even though I don't really like to smoke pot, I also *really* don't like to have a lack of tax revenue from a legitimate enterprise, and I dislike even more the piles of wasted spending in this ridiculous war being waged against pot.

Did I, like, totally just blow your mind, bro?

Brandon Burtner
Eastern student

› Letter to the editor:

Outgoing SGA president reflects on time spent at Eastern, treasures newfound "light"

I had trouble deciding how to write my last message to *The Progress*, mostly because it is difficult to pick out precisely what Eastern has done for me in my four short years.

I initially had the expectation of earning a degree and being rewarded with a well-paying job. Much to my dismay, college is more than a degree earned.

During my sophomore year, I was fortunate to be able to attend Dr. Whitlock's inauguration. At this momentous event, he read a poem that stressed the importance of being aware during life's journey and to be conscious of perspective.

Perspective, or a person's reality.

Reality is a theme that resonates from one of my favorite works I discovered here at Eastern, Plato's *Allegory of the Cave*.

The allegory is quite simple. It is a story that depicts a group of prisoners who are chained in a dark cave, facing a blank wall. All of their lives, shadows are projected on the blank walls by representations passing in front of the fire that is behind them.

According to Plato, these shadows are the closest thing the prisoners know as reality. One of the prisoners is freed from the cave and comes to understand that the shadows

on the wall are not constitutive of reality at all, as he can perceive the light of reality rather than the mere shadows seen by the prisoners.

Before coming to Eastern, I initially thought the shadows were reality just as all the other prisoners. I was vaguely aware of the world, different perspectives, backgrounds and beliefs of other people.

Whether I agree with these or not, it is important to be aware, for this is the reality of the world.

As the allegory progresses, the freed prisoner leaves the cave and looks upon the sun. That the sun is the "steward of all things in the visible place, and is in a certain way the cause of all those things he and his companions had been seeing."

My escape to the light of understanding is Eastern Kentucky University.

The real knowledge and understanding that I have gained at Eastern is a treasure. Knowledge is a shield against evil and knowledge helps us understand the reality beyond the illusions.

Even though I will be attaining my degree in three weeks, Eastern is my reality - a world that I did not realize existed. Eastern has changed my perspective or my shadows to my reality.

My attitude of the pay-

check expectation has now changed. Instead of what can Eastern do for me, what can I do for her?

The practicality of a well-paying job is, of course, a consideration; however, I leave Eastern with so much more.

In the beginning of my journey, I did not appreciate the natural beauty of The Ravine and its year-round tranquil setting. I failed to notice the reverence of the Mediation Chapel or the picturesque beauty of the president's home.

I was also unaware of the rich history that each building on the "campus beautiful" contains. Having poured over old *Milestones*, and meeting so many alumni, the institutional history of this place is inspiring.

I still become emotional every time I tell the story behind the Keen Johnson Building.

Thank you for the opportunity that you gave me a year ago to be your representative; it was an honor that I will cherish a lifetime. Now I leave Eastern, filled with knowledge of the reality of the world with a new perspective.

Afsi Siahkoohi
SGA President, 2009-2010

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FEATURES

Kaylia Cornett, Editor

The Eastern Progress | www.easternprogress.com

Thursday, April 22, 2010 B1

Best of Richmond 2010

By **Jeremy Reed**
progress@eku.edu

Best local restaurant **Casa Fiesta**



LAURA BUTLER | PROGRESS

Taylor Luckhaupt, Nikki Hansen and Kristin Aitkin enjoy quick service, low prices and good food at Casa Fiesta.

For those of you who no habla espanol, Casa Fiesta means house of celebration or house of party. If you don't understand Spanish, don't worry. All you need to know is that Casa Fiesta translates into an awesome time for Eastern students.

Casa Fiesta or just "Casa" has occupied the festive and decorative building on Wayne Drive for the past seven years and has been a go-to lunch, drink and dinner choice for students since the day it opened.

Casa's south-of-the-border décor and atmosphere draws students in for celebrations ranging from birthdays to graduations.

Manager Isaias Ollivars said Eastern students eat there every day, and he sees a trend in what they order.

"The college kids order chimichangas and fajitas most of the time," said Ollivars. "They seem to like that best."

Casa's scenic patio and authentic ingredients makes it a no-brainer for daytime dining, but the tall beers and huge margaritas make the college-favorite an ideal hot-spot for hombres and senioritas to come wind down and loosen up after class.

Casa has daily lunch specials and happy hour is from 3 to 9 p.m. Monday through Thursday.

By **Sara Byers**
progress@eku.edu

There are so many new things that come with college: new freedoms, new people and new interests. But, there is always one thing that doesn't change – the college students' love for movies.

In Richmond there are a variety of places to rent movies – Blockbuster, Video Productions and Redbox, but who has a better collection than Hastings?

Hastings was voted best place to get a movie in Richmond.

Blockbuster is the better-known store, but

high prices have turned many college students away. Laura Christensen, the store manager at Hastings agrees.

"I think many college students come here because there is so much to do and look at," Christensen said. "We have a large variety of movies and our game selection is much better than the other stores."

Hastings not only provides the movie fix we need, but it also has a wonderful selection of music and books.

Lloyd Kelsey, an employee at Hastings mentioned the reward point system. When renting a movie or game, you can gain credit toward your next purchase by bringing back the rental early, which can sure help most students' wallets.

Best place to get a movie **Hastings**



RACHEL STONE | PROGRESS

Best local chinese food **Tsing Tao**



SONYA JOHNSON | PROGRESS

Owners Ken Wong and Mamie Lin

By **Kaylia Cornett**
kaylia_cornett18@eku.edu

When it comes to a night out on the town, most students agree that the Paddy Wagon Irish Pub is the ultimate stop. The winner of both the best local bar/nightclub and best live music venue in Richmond, the Paddy Wagon boasts great specials and a safe, fun environment.

Co-owner Chuck Fields said keeping the establishment safe is one of their primary goals, and is one reason college students are attracted to the Paddy Wagon.

"I just think it's a very friendly place," Fields said. "And, more and more, it's important to have a safe place – we take it really serious."

Fields laughed and said, "If you have a fake ID, you will get caught."

College students pour through the doors every night, but Fields admits one of the busiest evenings is Thursday, as righty so, with nearly 200 students coming and going.

In addition, the Paddy Wagon offers customers a variety of options to satisfy their

thirst cravings, with more than 100 different beers, 40 of which are drafts.

But Fields said there's no denying the most ordered drinks – "It would be Bud Light and Jager bombs...and we use real Jagermeister," Fields assured.

The establishment also provides live entertainment every Friday and Saturday, and even sometimes on Thursdays. On those days they also charge a cover, usually no more than \$4, which goes to the band.

Fields said there's no question about what the busiest day of the year is – St. Patrick's Day.

"We're packed the whole day," Fields said.

He added that they serve nearly 1600 people throughout the day, their signature green beer is always available for the celebration.

The Paddy Wagon, located at 150 East Main Street, is open 6-days-a-week from 11 a.m. to 1 a.m.

Fields said he was very pleased and surprised to win Best of Richmond for a second year in a row.

"People keep coming back," Fields said, "so, I guess we're doing something right."

By **Jeremy Reed**
progress@eku.edu

Some students go downtown on the weekends to reap the benefits of college-town nightlife. Some students, however, go downtown every day to satisfy their hunger for a different kind of guilty pleasure—great Chinese food.

Tsing Tao, which is named after a city in China, is located in downtown Richmond on West Main Street, and you can always find Eastern students dining-in during lunch hours.

Owner Ken Wong said most of the Eastern students who eat lunch there every day order one of two entrees: sesame chicken or General Tso's spicy chicken. Wong said the reason stu-

dents keep coming back is because of his fast delivery service and his special sauce.

"We deliver to campus way fast," said Wong. "And we use a special sauce that other Chinese restaurants don't have, that's why it tastes so good."

Delivery driver Will Mar said students know him when he delivers to campus as the "crazy little Asian driver." He said students keep ordering from Tsing Tao not just because of the food, but also because of the service.

"We have great cooks, great servers and we deliver fast," Mar said. "It's just good service."

Tsing Tao has lunch specials every day except Sundays, and it is located conveniently close to campus which makes it an ideal lunch option.

Best local bar & live music venue **Paddy Wagon**



BRANDON BURTNER | PROGRESS

Best local sandwich
Penn Station

By Greg Schulte
progress@eku.edu

Penn Station was voted best sandwich spot in Richmond, and who can blame voters? These sandwiches are grilled right in front of you, and the French fries are made with hand-cut Idaho potatoes and cut fresh daily. Same goes for their freshly-squeezed lemonade. They also offer a student discount as well. You can get a free drink with the purchase of a sandwich and side of fries if you present an Eastern ID. On Tuesdays after 5 p.m., if you buy one

any size sub, you get a small sub for free. These are great deals, especially for students living the basic college life. Penn Station is located on the Eastern Bypass, across from E.W James and Sons grocery store. It's a great environment, with great service and great food that any Richmond or Eastern resident would enjoy.



LAURA BUTLER | PROGRESS

By Kaylia Cornett
kaylia_cornett18@eku.edu

The average student relies a lot on their appearance – the college gal most certainly can attest to such a statement. The need to impress is usually in the back of our minds; the perfect haircut, the manicures, pedicures and facials all make us feel a little more beautiful.

One great locale in Richmond guaranteed to make the ladies look their best is Kolor Kreations Salon, voted best local salon in *The Eastern Progress's* 2010 Best of Richmond survey.

"We offer everything here...facials, manicures and pedicures," said employee Merle Norman. "We also do body-waxing and I know that's really popular with college students."

Kolor Kreations boasts 12 professional employees and low rates; students can get a haircut for \$18, and a shampoo, style and cut only costs \$27.

Kolor Kreations also offers students a 10 percent discount with proof of their college ID.

"We always have some kind of special going on every month," Norman said.

This month's special was \$8 off highlights and \$5 off pedicures.

Kolor Kreations is open 7-days-a-week beginning at 9 a.m. and is located at 202 Wayne Drive, right next to Casa Fiesta.

Best local salon
Kolor Kreations



RACHEL STONE | PROGRESS

Stephanie Barnett receives a hair cut from Kolor Kreation hair artist Brittany Givens during Alpha Omicron Pi's Cut-a-thon Tuesday.

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Best public golf course
Gibson Bay Golf Course

By Greg Schulte
progress@eku.edu

Gibson Bay Golf Course has been voted the best public golf spot in Richmond. Gibson Bay is located right next to Lake Reba, which makes it a great location for people to play a couple rounds of golf.

There is an 18-hole regulation course, 9-hole par 3 course and a practice range. The Eastern golf team and the PGM team come to

Gibson Bay to practice every once and a while as well.

"The park complex is good for a town of this size," said Jason Eberle, head golf professional of Gibson Bay.

Eberle also said they will be hosting the 2010 State AM Championship, a huge honor to Richmond.

The last time Madison County hosted a tournament was in 1946 and that was the Kentucky Open.

So, head on out to Gibson Bay and start swinging.

By Tristan Meiman
progress@eku.edu

Richmond's Galaxy Bowling has been a hot spot for college students since they first opened in fall 2001, so it's not surprising that they were voted best alternative recreation spot in Richmond.

Offering both a bar (Champions) and bowling alley, Galaxy Bowling is known for their popularity on campus.

"The place is usually packed on either Friday or Saturday nights," said Pete Shrock who works with guest services, as well as acting mechanic. "We mainly have more people on Friday nights for college night."

College night is held each Friday night and is open to anyone, college student or not. People

can pay \$10 to play from 9 p.m. to 1 a.m. (closing).

Some choose to put off bowling for a bit and slip into Champions, which offers plenty of TV's to watch your favorite sport, and boasts one of the best karaoke bars in Richmond.

With finals coming up for college students, most of them need a break from the everyday stress of tests, projects and papers.

"I like how they focus on the college crowd," said Brianna Mauk, a technical writing major. "They have current music, prices that students can afford and a great atmosphere."

So if you're looking for a great time with friends, the right words are taken best from The Big Lebowski's Walter, "F*** it dude, lets go bowling."

Best alternative recreation spot
Galaxy Bowling Center



Best place to take a date
Lake Reba

By Sara Byers
progress@eku.edu

Imagine you and your loved one going out for a picnic date.

You're lying on a blanket with a packed lunch and staring out watching the ducks float upon the water, and overhead the geese are flying in perfect formation.

It's a bright, warm day and there's a slight breeze blowing the green grass that surrounds your perfect picnic. Sounds like an amazing date doesn't it?

Richmond may be little, but many couples have discovered the wonders of Lake Reba. Just off the bypass is a beautiful park that has

soccer fields, baseball fields, basketball courts, places to walk your dog, miniature golf, batting cages and a pool during the summer.

After a long day of activities, there's a chance to kick back and relax alongside the water. The area is not loud and gives new couples a chance to talk and get to know each other. Many college couples go out and unwind at Lake Reba during the week and recommend it to others who haven't gotten the chance.

So head out there while school is still in and the weather is perfect.

Guys, ask out the girl you have been drooling over all semester and take her for a fun, romantic day at Lake Reba. And, ladies, drag your boyfriends away from Call of Duty and set up a picnic for some quality time.

By Maggie LaFleur
maggie_lafleur1@eku.edu

It's that time of year again.

Time to whip out the sunglasses, tanning lotions and beach towels and head down to the white sandy beaches of...Richmond? Oh, wait...we're stuck in the middle of Eastern Kentucky.

The closest we have to white sandy beaches are fluorescent tanning bulbs.

Voted most popular of tanning bulbs in the Best of Richmond poll was Sun Tan City.

With their affordable tanning deals, Sun Tan City was ranked as the best local place to tan compared to Sun Kissed Tanning, Planet Sun Tanning and The Tanning Salon.

Crystal Lemus, salon director, says it is their state of the art equipment and client service that sets them apart from other salons.

"We are here to cater to our customers needs," she said.

Sun Tan City has several different package deals that would appeal to the less than wealthy college student.

They offer unlimited tanning starting at \$19.99 for a regular bed; Flex Tanning, an unlimited monthly tanning package starting at \$29.99; and yearly-unlimited tanning packages starting at \$199.

Sun Tan City also provides their own line of tanning lotions ranging from \$29 to \$110. Lemus says most of their costumers purchase their line of lotions to use, compared to generic brands found in stores.

So, head on out to Sun Tan City today because it's never too early to get a head start on your summer tan.

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Track team puts on a show for home crowd

By Stephen Hauser
progress@eku.edu

The Colonels gave their home crowd a dominating performance, winning 13 events at the EKU Open despite the weather conditions and the problems with the time-keeping system.

"The timing system was a mess because some of the coaches wanted to run with the wind and some did not, which caused a problem," Coach Rick Erdmann said. "We really needed more helpers."

The men's team got victories from the sprinters, distance runners and by the field events.

In the first race of the day, junior David Muttuse won the 5,000-meter run with the time of 14 minutes and 55 seconds. Teammate Joseph Maina, senior, finished in second place with the time of 14 minutes and 59 seconds.

Freshman Soufiane Bouchikhi used the 1,500-meter run as preparation for the Penn Relays. Bouchikhi won the 1,500-meter run with the time of three minutes and 56 seconds.

Chris Rengifo, senior, finished third in the 800-meter run with the time of one minute and 54 seconds.

The sprinters achieved victory in individual races and also in relays.

Steven Nicholson, senior, came in fourth place in the 110-meter hurdles with the time of 15.54 seconds. Nicholson placed fourth in the 400-meter hurdles with a time of 57.86 seconds. Nicholson won the triple jump with the leap of 44 feet three inches.

Kris Hawkins, junior, ran a season-best in his victory in the 400-meter dash with the time of 48.0 seconds.

"I felt really good with my performance," Hawkins said. "I made an improvement on my time, which is good going into conference."

Hawkins also ran in the 200-meter dash, however the time was not recorded because of an error in the timing system.

Senior Westley Williams, William Hogan, sophomore and freshmen Anthony Eason and Chris Colvin won the 4x400 meter relay with the time of three minutes and 35 seconds.

The Lady Colonels also had strong performances overall.

Sylvia Bundotich, junior, won the 5,000-meter run with the time of 17 minutes and 57 seconds. Teammates Maria Doerger, senior, and Danielle Mason, sophomore, finished in third and fourth in the 5,000-meter run.

Jackline Barkechir, sophomore, finished in second place in the 3,000-meter steeplechase

with the time of 12 minutes and 17 seconds.

Bundotich, Lydia Kosgei, junior, and Mason finished in the second, third, and fourth in the 1,500-meter run. Bundotich's time was four minutes and 43 seconds, Kosgei's time was four minutes and 44 seconds, and Mason's time was four minutes and 48 seconds.

Kosgei finished in second place in the 800-meter dash with the time of two minutes and 21 seconds.

The Lady Colonels sprinters had a very strong showing in the relays and even swept some of the individual races.

Jasym Norris, junior, placed second in the 100-meter dash with the time of 12.91 seconds. Teammates Diamond Benjamin, sophomore, Tashana Johnson, junior, Lutisha Bowen, sophomore, and DanHeisha Harding, freshmen, times were not recorded due to the problem with the timing system.

The women swept the top three places in the 200-meter dash. Jazzmin Jeter, freshman, won the event with the time of 25.11 seconds. Bianca Forbes, freshman, finished in second place with the time of 25.16 seconds.

Forbes competed and won the 400-meter dash with the time of 55.14 seconds. Forbes was also one of the members of the 4x400 meter relay team, which won the event. The other members of the team were Jeter, Harding and senior Abigail Love.

The women sprinters swept the top four places in the 100-meter hurdles. Bowen won the event with the time of 14.06 seconds. Harding finished in second place with the time of 14.34 seconds. Johnson finished in third place with the time of 14.75 seconds. Norris finished in fourth place with the time of 14.84 seconds.

Norris and Harding placed third and fourth in the 400-meter hurdles. Norris's time was one minute and 6.82 seconds and Harding's time was one minute and 6.94 seconds.

The 4x100 relay team of Bowen, Harding, Jeter, and Benjamin won the event with the time of 46.47 seconds.

Shannon Hooper, freshmen, for the third straight week won the discus throw, her throw was 131 feet three inches.

Some runners will compete in the Penn Relays in Philadelphia, which will take place on April 22 through April 24.

The rest of the team will train and prepare for the OVC Outdoor Championships on April 30 and May 1 in Cookeville, Tenn.

"I made an improvement on my time which is good going into conference."

Kris Hawkins
Runner



BRANDON BURTNER | PROGRESS

With less than two weeks left before the OVC Outdoor Conference Championships, both men and women continue to dominate against the competition placing in nearly every event.

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Defensive blunders cost Colonels three games against Morehead

By Keith Ritchie
randall_ritchie@eku.edu

Eastern's hot streak (that included winning seven out of its last eight games) came to an abrupt end in Morehead last weekend. The Eagles swept the Colonels in a three-game set. Scores of 20-8, 16-4 and 21-11 left many scratching their heads.

The Eagles went into the series with a 19-17 record and were 2-4 in the OVC. What's more, the Colonels had taken two out of three from the Eagles two years in a row.

The Colonels' defense suffered its biggest collapse of the season. Eastern, which led the OVC in fielding percentage heading into the weekend, committed 14 errors in the three games, including nine in the series finale.

In the first game, the Colonels trailed 4-2 in the bottom of the third inning, when the Eagles scored five runs on five hits.

Morehead piled on another five runs in the fourth inning.

The score was 14-3 heading into the top of the seventh inning when Eastern's offense made some noise of its own. The Colonels put up five runs, including sopho-

more designated hitter Jacob Daniels' grand slam over the right field fence. Daniels went 2-for-3 with four RBI in the contest.

Morehead answered back with four runs in the bottom of the seventh, and two more in the eighth to stretch the lead to twelve.

Morehead's Taylor Davis led the Eagles with nine RBI. Drew Lee went 4-for-4 with three home runs.

Junior right-hander Stephen Hefler received the loss, going 3.2 innings and giving up 11 earned runs on 15 hits.

Game two of Saturday's doubleheader was no kinder for the Colonels. Morehead defeated Eastern, 16-4.

Junior lefty Paul Duncan (3-2) lasted 2.1 innings, giving up eight runs on 11 hits.

Senior first baseman Anthony Ottrando hit a two-run shot to center field in the top of the fifth, but by that time the 11-3 game was well out of reach. Ottrando led the Colonels offensively, going 2-4 with three RBI.

Ottrando stretched his hitting streak to seven games.

"It's easy to hit between Langfels and Faidley," Ottrando said. "With pitchers throwing around them, I get some good pitches to drive."

Morehead put an exclamation point on

the win by adding another four runs in the bottom half of the inning, and one more in the sixth.

Sunday's nine-error effort was one of the most colossal defensive meltdowns in recent memory for the Colonels.

Sophomore lefty Greg Terry got the start for the Colonels, allowing 11 runs on nine hits in 2.2 innings. Only three runs were earned.

Morehead led 13-2 heading into the top of the fifth inning when the Colonels scored six runs. Ottrando drove in four of those with a grand slam over the right field fence. Ottrando once again led the Colonels offensively, going 3-for-5 with four RBI.

Ottrando was not satisfied with the performance.

"Nobody stepped up," Ottrando said. "No one had a good weekend."

Jason Stein, the Eastern head coach, was at a loss of words following the series.

"We need a solid week of preparation to get back on track," the second-year coach said in a brief phone call.

The Colonels (18-18, 6-6 OVC) look to rebound this weekend with a three-game set at Tennessee-Martin.



SONYA JOHNSON | PROGRESS

Freshman Matt Phipps rounds first base during Tuesday's game against The Cumberlands. Phipps finished 3-for-3 with a walk helping the Colonels to a 15-2 rout.

Colonels sweep Marshall for the first time since '01

By Keith Ritchie
randall_ritchie@eku.edu

The Colonels sailed to a 10-0 victory over Marshall last Wednesday in Huntington, West Va. The win was the second of the season against the Thundering Herd and marked the first time the Colonels swept Marshall since 2001.

Freshman right-hander Anthony Bazzani (2-3) kept the Herd guessing en route to the win. Bazzani went four innings, giving up no runs on two hits.

Marshall had no runners advance past second base.

"It was one of those days where you feel really confident on the

mound," Bazzani said. "The defense came up with plays all day long, making my job easier."

The Eastern defense committed no errors and turned four double plays in the rout.

The Colonels did not disappoint at the plate, either.

The offense exploded in the top of the second inning, scoring four runs, led by Sophomore shortstop Richie Rodriguez's two-run double down the left field line. Rodriguez went 2-for-6 with three RBI.

The score was 6-0 heading into the top of the seventh inning, when the Colonels tacked on another three runs on two hits.

With the bases loaded and no outs, junior outfielder Ryan Faid-

ley singled up the middle driving in a run. Faidley finished with two hits, two RBI and two runs scored.

Marshall pitcher Tyler Gatrell showed difficulty finding the strike zone, walking in two runs in the inning. Gatrell finally got out of the jam by getting Rodriguez to line out to second base, leaving the bases loaded.

The Colonels added another run in the ninth inning to push the lead to ten.

Ten runs proved to be way more than needed for the Colonel pitchers, who collectively gave up only five hits in the game.

"I owe a lot to the offense," Bazzani said. "When the offense is on fire, you stay calm."

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Quick Hits

- Head Coach Jeff Neubauer signed Jaron Jones for the 2010-2011 basketball season. Jones played at Bryan Station in Lexington. Last year, Jones averaged just over 16 points a game at Carl Albert State College in Poteau, Okla.
- Eastern pitcher Ryne Purcell is being watched closely this year. He is one of 45 relief pitchers on the midseason watch list for the sixth annual National Collegiate Baseball Writers Association Stopper of the Year Award. The award is given to the top relief pitcher in division one. Purcell is 1-1 with a 5.95 ERA and has 25 strikeouts in 19.2 innings. Virginia's Kevin Arico leads the field with 11 saves.
- The Colonel Spring Football Game takes place this Sunday, April 25, at 4 p.m. This concludes the spring football campaign.

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Colonels earn first trip to NCAA tournament

By Nick Johnson

nicholas_johnson33@eku.edu

The Colonels earned their first trip to the NCAA tournament by winning the OVC championship this weekend in Paducah, Ky.

The Colonels ran their winning-streak to 11 matches as they defeated Tennessee Tech in the tournament finals 4-2, after beating Austin Peay 4-0 in the semifinals.

Eastern will now await the results of this weekend's other conference championships to see who they will play in the NCAA tournament. The NCAA's begin on May 14.

"Our guys, for the last 12 months, have been focused on getting this done," Coach Rob Oertel said. "They were left with a very empty feeling when we lost to Jacksonville State last year. We knew we had a strong core group of players coming back this year. We were focused on winning the OVC tournament this year. We expected this and we attained our goal."

Eastern (18-8) entered the conference tournament as the regular season OVC champions and the tournament's top seed. The Colonels boasted an undefeated 7-0 record in conference play.

The OVC tournament began for the Colonels with the semifinal match against Austin Peay (8-6) on Saturday. The Governors made the semifinals by defeating Morehead State 4-2 in their first round match.

The Colonels grabbed the early lead in the match by winning the first two doubles matches. The pairings of Hugo Klientovsky and Carles Pons (no. 3 pair) and Alex Das and Carlos Valdenebro (no. 2 pair) each picked up wins for the Colonels.

In singles, Valdenebro (no. 5) earned the first win for Eastern

with a 6-2, 6-1 straight set victory over Amar Subasic.

Philip Janz (no. 4) continued his unbeaten streak in OVC play with a 6-4, 6-0 victory over Renan Bezerra.

The win was Janz seventh victory in singles against OVC opponents without a loss.

Das, who was named OVC Player of the Year before the tournament, clinched the overall match for the Colonels in his match-up against the Governors' Sean Bailey at the no. 1 position. Das defeated Bailey with a 6-3, 7-6 victory to send the Colonels to the conference championship game for the second consecutive year.

"Alex is such a strong player," Oertel said. "Its almost inhuman how focused he is. His scores, output and productivity on the court this season have been amazing."

Das has a nine-match winning streak heading into the NCAA's and hasn't lost a set since the Morehead match in March.

The championship match on Sunday saw a matchup of the tournament's top two seeds as Eastern faced off against Tennes-

Colonels

see

Tech.

The

Gold-

en Eagles

(11-5) only

OVC loss

came in Rich-

mond as the

Colonels picked

up a 5-2 win in

March.

Eastern earned

the OVC title with

a comeback win

against Tech.

The Colonels

lost the first dou-

bles match as Tech's

Josh Girling and

Nicholas Stafford

won the no. 1 dou-

bles match 8-5 over

Janz and Niklas

Schroeder.

However, the

Colonels respon-

ded as Klientovsky

and Pons picked up

a win in the no. 3

doubles match, 8-4

over Tech's Oscar

Pachon and Arturo

Santa Ruiz.

Das and Valden-

ebro clinched the

doubles point by

winning the no. 2

doubles match 9-7

over Alex Chen and

Lloyd Harris.

In singles the Colonels

would again have to

come from behind

as Tech won the first

two singles

matches to take the

overall lead

in the match 2-1.

Girling defeated

Schroeder

6-0, 6-2 in the no. 2

matchup,

and Pachon defeated

Pons 6-1,

6-0. Pons, a Second

Team All-OVC

selection, hadn't

lost a singles

match against an

ponent this season.

"Tech was very focused on beating us from day 1 this season," Oertel said. "We knew we had a target on our chests."

For Eastern, Valdenebro tied the overall match at 2-2 with his win in the no. 5 singles match. Valdenebro defeated Santa Ruiz 7-6, 6-0.

Klientovsky, a First Team All-OVC selection, gave the Colonels the lead with a 6-0, 6-2 win over Tech's Stafford.

"Adding Hugo to our roster this offseason really put us over the top," Oertel said. "He just puts us on a whole other level."

Once again Das clinched the match, and this time the OVC Championship, for the Colonels. In a matchup of First Team All-OVC honorees, Das defeated Chen 6-3, 6-2.

By winning the OVC tournament, the Colonels earned the conference's automatic bid to the NCAA tournament. The win over Tech concluded an OVC season where Eastern went undefeated against conference opponents. As a result, four Colonels were honored as First or Second Team All-OVC selections. Along with Das and Klientovsky, Schroeder was also chosen as a member of the First Team All-OVC Men's Tennis Team.

Oertel was also honored as the OVC Coach of the Year. This was the third time in the last four years Oertel has received that award.

The Colonels will now focus on whoever they will play in the NCAA tournament.

"No matter who we play, I feel like we can compete with any team in the country," Oertel said.

The NCAA will release the field and pairings for the NCAA tournament at 3p.m. on Tuesday May 4th. The tournament pairings will also be unveiled on ESPN news at 5 p.m.

Strength in numbers



Cancer. Does that word offend you? Does it bother you? Does it sound like a nasty swear word that rolls off your tongue and makes you want to "earmuff" the first child you see so they can't hear what you're saying?

Cancer (and everything associated with it) sucks. Bottom line. And so does any other disease known to man.

I have seen so many professional athletes step up to the plate and fight for different causes. Millions of dollars have been raised to fight cancer, raise cancer awareness and find a cure.

Millions of dollars have been raised to fight other diseases.

What I would love to see is student-athletes do the same thing. Maybe even see the school team up with the athletes and raise money for an organization. It doesn't have to be cancer—it can be anything. But we have the ultimate gift to do good for people who need it.

Think about it: Every time an Eastern wide receiver catches a touchdown pass, we donate \$100. Every time the girls' soccer team wins, we donate \$50.

Every time the baseball team scores 10 runs, which happens a lot, we donate \$100. For every walk, \$25 or for every hit-by-pitch the school dishes out \$10. Think about it, Eastern wins 10-7, but the real story is 23 Austin Peay batters hit-by-pitches and we raise \$230. Ok, kidding on the last one. But if we take a pitch, then we donate.

Every time the women's basketball team wins a game by 10 points or more, we donate \$100.

We could break it down by individual attributes as well.

Home runs, tennis wins or aces in volleyball could count towards something.

We have enough talent and heart here at Eastern that something like this could be beneficial.

What I love about our athletes is that they don't serve the purpose of being egotistical standouts who only play the sport to be recognized. They walk the halls with the rest of us, lucky enough to be good enough to play soccer or volleyball. They are ordinary students who care, and who have a passion. They say 'hi' to others and make a name for themselves in the classroom, as well.

Just like me, who is lucky enough to write. they're lucky enough to play a sport.

But if we took all the student-athletes, all the sports and put an action plan together, something bigger than Eastern Kentucky University could take place.

The Ride to Conquer Cancer benefit is a 150-mile bike ride that starts in Lexington and ends in Louisville. People are training to ride in hopes of raising money.

We can just go out and play the game we love and fight for a good cause. We don't have to train extra.

I'm not a walking advertisement or preaching to the public to do something just to fill space. I truly believe that as a community we can do something incredible for our school, our athletes, the student body and a world outside of Richmond some of us have never seen.

I'll even donate the first \$100.

We often hear the tragic and bad sports stories and never hear enough of the positive sports stories.

How cool would it be if athletes stood tall and fought for something they believed in and incorporated it into their game?

To top it all off, at the end of the year say we raise \$50,000, the school and athletic department could take \$10,000 of it and create an annual scholarship for one student-athlete who has dealt with a medical condition or a family member that dealt with a situation. It is a positive reward.

Most of us wear bracelets. I wear a pancan.org bracelet that supports pancreatic cancer and honors my dad. I also wear a Livestrong bracelet. I see several athletes wear them as well. So they stand for something. Why not stand together and do something?

Now we can all stand together, fight, win some games along the way and do something bigger and better than just score a touchdown.

As a student body we have strength in numbers.

Colonel Corner

Q&A with Sondra Nieporte

By Stephen Hauser
progress@eku.edu

Sondra Nieporte, a senior from Erlanger, is distance runner on the track team and participates in the 1,500-meter and 3,000-meter runs. Read along as she describes her best experience as a Colonel and plans after graduation.

Q: Why did you choose to go to EKU?

A: I choose to go to EKU because of running, and because I liked the campus and the people.

Q: What has been your best experience as a Colonel?

A: Winning the OVC championships for four years as a team.

Q: Who is your favorite athlete?

A: My favorite athlete is Jennifer Stuczynski, a pole-vaulter for the

USA Olympic team.

Q: What is your favorite TV show?

A: My favorite TV show is *Dancing With the Stars*.

Q: What are your plans for after you graduate?

A: I plan to become a teacher and get my master's degree. I eventually want to become a principal or administrator one day.



PHOTO SUBMITTED

Nieporte finished fourth in the 3,000-meters at the MTSU Invitational in 2009.