



New businesses stretching throughout Richmond – Page B1

Eastern football embarks on championship quest – Page B6



Eastern Kentucky University THE EASTERN PROGRESS

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SONYA JOHNSON/PROGRESS

The ECU Center for the Arts is scheduled to open Sept. 9 with a black tie, invitation only ceremony that will feature surprise performances.

G.I. Bill changes affect vets

By SETH LITRELL
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Some of Eastern's 858 student veterans and dependents using G.I. Bill assistance may have to prepare for some changes to the ways they pay for school. The U.S. Department of Veteran Affairs (VA) has made several changes to the Post 9-11 G.I. Bill recently that could prove challenging for some students, but beneficial for others.

The biggest change Eastern veterans face is the elimination of break pay. Break pay was money granted to students who wanted assistance between semesters. Lt. Col. Brett Morris, associate director of veteran affairs, said break pay has been stopped because some students wound up running short on funds toward the end of the semester.

"That means if you're counting on that money to live on, you're going to have to plan ahead a little bit more," Morris said.

Another change the VA made is to do away with the state cap for money available to post 9-11 veterans at universities.

"The reason they got rid of the state caps was that it was a nightmare for the VA to manage 50 different state caps," Morris said.

In place of state caps, public schools such as Eastern are offering veterans the same financial aid they offer in-state students. However, for out-of-state vets, this allowance may not be enough. To remedy this, Eastern will now use state House Bill 425, which will allow the university to offer in-state tuition to post 9-11 vets from out of state.

A national cap of \$17,500 has been put on private schools as well. Morris said he thinks the national cap may result in more vets choosing to continue their education at public schools such as Eastern.

In addition to these changes, veterans going to school exclusively online may now draw a stipend to help cover housing costs.

Morris said these changes might have an effect on how some veteran students manage their

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Center for the Arts expected to attract volume of visitors

HIGH PROFILE PERFORMANCES EXPECTED TO BRING SUCCESS

By DANA COLE
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Over the next year, nearly 30 big-name acts will make an appearance on Eastern's campus.

With the opening of the new ECU Center for the Arts Sept. 9, the likes of Willie Nelson, Aretha Franklin and Jerry Seinfeld will grace Colonel Country with their presence. The brand new ECU Center for the Arts will play host to these performers.

"I anticipate a very successful opening season," Debra Hoskins, director of the ECU Center for the Arts, said. "It's going to be what I'm going to consider the finest facility in the state. And Eastern should be very proud to have this opening on their campus."

The anticipation of the opening of Eastern's newest facility has been building for quite some time now. During the last year, the building has been transformed from merely rafters and dirt floors to an expansive structure.

Although the only advertisement of planned events has been in a newspaper advertisement and online, ticket sales have already taken off.

Josh Koch, a public relations major from Allentown, Pa., and a student worker in the Center for the Arts office, has witnessed firsthand the progress the Center has made.

"It's [ticket sales] been one of the chief and most successful gauges of the success that we've had so far," Koch said.

Prices of tickets for events at the Center range from \$15 to \$125 for this season, and Hoskins maintains this will be a consistent trend.

"Those will be comparable ticket prices for all seasons," Hoskins said. "Every now and then, we will bring in an act that will be very expensive...but these are ticket prices that will be

pretty standard."

Marc Whitt, associate vice president for public relations, said the sheer volume of visitors the Center promises to bring to Richmond and the Eastern campus will have a great effect on the entire community.

"The Center for the Arts is clearly going to position both Eastern and the city of Richmond as a destination point for the arts," Whitt said. "So we really have a tremendous opportunity here with the Center for the Arts to showcase what the university and the community have to offer."

Hoskins and Whitt both agree the economic impact of opening a facility of this type will be great for all businesses in the community, from restaurants to gas stations to hotels.

"Everything that has to do with going out for the evening will increase, and the economy will show a significant increase when we open the

› SEE CENTER, PAGE A4

New flight instructor added to faculty

By KRISTIE HAMON
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Eastern is reaching for the sky.

Recently a new chief flight instructor has been hired and purchasing new planes for the school's aviation program is in the works.

Ralph Gibbs, assistant professor and newly hired chief flight instructor, said he is responsible for training and mentoring about seven flight instructors in the aviation program at Eastern.

Gibbs comes to Eastern with a history of aviation experience. He was a

flight instructor with the Naval Aviation Training Command, where he worked for 26 years, and taught at Columbia Community College, Oregon Institute of Technology and Central Oregon Community College.

The new chief flight instructor came to Kentucky, traveling by RV, in June to be here in time to prepare for start of school. He then flew back to Oregon to help move his family to Berea.

"I'm on the 20-year plan," Gibbs said.

Gibbs said Eastern's aviation program is the best of both worlds for teaching students.

"I like to fly and I like to teach in the classroom, and ECU is the only aviation program in the entire country where someone can both

"...EKU is the only aviation program in the entire country where someone can both teach in the classroom and teach in the cockpit."

**Ralph Gibbs
EKU Chief Flight Instructor**

teach in the classroom and teach in the cockpit," he said. "Other universities, like Embry-Riddle or University of North Dakota, they have faculty and they have flight instructors."

Gibbs added that the aviation department is planning on buying more planes for instruction this fall.

"I'm working on replacing two airplanes even as we speak, and then beginning to add some more sets of 172s

› SEE INSTRUCTOR, PAGE A4

Annual CityFest expected to bring fun to campus

By STEPHANIE COLLINS
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If there's one word guaranteed to catch the ears of a pre-occupied college students, it's "free." Combine that word with "fun" and they'll be stary eyed.

Those two words sum up what the annual CityFest event is all about: free fun.

Going on its eighth year, the 2011 CityFest will once again take place from 5:30 to 8 p.m. Thursday, Sept. 1, in the heart of ECU's campus, Powell Corner, presented by University Book and Supply.

Co-sponsored by the Richmond Chamber of Commerce and Eastern's Student Affairs, CityFest is an opportunity for businesses around the area to market their products. Mary Raider, assistant director of Career Services, said the event also allows students to become acquainted

with the city of Richmond.

"They are here [CityFest] to promote business and have fun," Raider said. "It is always a really fun time and the free food is the biggest draw."

Around 12 restaurants are expected to attend the event and are sure to bring their most popular treats.

The Regal Beagle, a new restaurant and bar on Main Street, opened its doors in the beginning of May. Chad Gordon, owner, plans to see an increase in their already rising number of Eastern patrons after attending the event.

"We enjoy doing a lot with the chamber in any way we can," Gordon said. "We'll have T-shirts, fried green beans and other appetizers on hand."

Another restaurant will be joining in on the action for the first time. Felicia Mays, manager at The Grind, said

› SEE CITYFEST, PAGE A4



FILE PHOTO

The annual CityFest, sponsored by the Richmond Chamber of Commerce and Eastern's Student Affairs, is a required event for freshman but attracts upperclassmen, faculty, staff and non-students with booths from local businesses.

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All information is taken from Eastern police reports.

July 27

Two 50-foot electrical cords, one blue and one yellow, were cut from two floor buffers stored on the second floor of the Coates Administration Building. The cords were estimated at \$100 each.

Aug. 2

Police arrested student James Griffith for driving under the influence under the age of 21 and reckless driving after he was seen driving north in the southbound lanes of Lancaster Avenue. When police attempted a traffic stop, Griffith's vehicle struck, then jumped a curb. Griffith had a strong odor of alcohol about his person and failed three

sobriety tests.

Aug. 3

William Caudill, non-student, Robert Pope, non-student and Claire Snyder, student, were arrested for public intoxication after police found them intoxicated on the roof of the Ravine pavilion amphitheatre. They were jailed in the Madison County Detention Center.

Aug. 20

Several items were stolen from a male student's car that was parked in the Kit Carson lot around 5 p.m. Aug. 20. His iPod, \$250 and a US Bank Rewards debit card were stolen along with his girlfriend's backpack, duffel bag, an anatomy and physiology textbook, iPod nano, cell phone and Fifth Third Bank debit card.

Aug. 21

A male employee reported his vehicle's windshield had been damaged in its parking spot in the Commonwealth lot.

NEWS BRIEFS

Mock Trial team scheduling auditions, sign-ups

Eastern's nationally recognized Mock Trial team will have sign-ups and auditions 3:30 p.m. Thursday Aug. 25 in the discovery class room in the Noel Studio. For more information, contact Sara Zeigler or Thomas Parker at 622-2222.

Speaker to encourage new students

Presenter Keith Karkut will host Hypnotic Intoxication, one of Eastern's most popular New Student Days events. Hypnotic Intoxication will be 7 p.m. Thursday Aug. 25 in Brock Auditorium. Karkut will speak about the importance of good decision making to help individuals realize who they are. The event, sponsored by First Year Programs, is free. For more information, contact Elaine Cress at 622-2285.

Campus event offers student-faculty connections

Mix-It-Up Lunch, a unique program to encourage diversity, will take place 12 p.m. to 1 p.m. Sept. 14 in the faculty dining room in upstairs Powell. Because of fire code regulations, the event will only be able to accommodate 75 people. The event, sponsored by the Office Multicultural Student Affairs, is free and open to all students, faculty and staff. Contact George Gallien for more information at 622-4373.

Eastern publishes custom student orientation textbook

A new orientation textbook has been published by Eastern students, staff and faculty. The book will cost \$20. 140 staff members created the 300-page book. People were involved from all five colleges. Critical thinking concepts have been incorporated to support Eastern's Quality Enhancement Plan.



THE COLONEL'S CALENDAR

Week of August 25-31

What's Happening

Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Intramural 7 v. 7 Flag Football, Softball, 4 v. 4 Sand Volleyball registration begins online 7:30 p.m. Chautauqua speaker Dorothy Espelage, Ferrell Auditorium	3 p.m. Volleyball v. Howard University 5 p.m. Women's Soccer at Wright State University 7 p.m. Volleyball at University of Pittsburgh	3 p.m. Volleyball v. University of Rhode Island 7 p.m. Volleyball v. Duquesne University	1 p.m. Soccer v. Miami University Ohio Women's golf at Marshall University Last day to register for full semester classes Last day to drop full semester classes	Parking permits enforced Intramural Tennis registration begins online 8 a.m. WELL 4 U Kick-off Event	4 p.m. Business Student Organization Rally 5 p.m. Elections informational meeting for all SAC, RLC and Senate candidates seeking election, Burrier 100	5:30 p.m. Dr. Rodney Gross Scholars, General Student Body Meeting

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#1 ENTERED TO WIN BLACKBERRY TABLET

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#2 Meal Exchange:

One meal exchange will be offered in the Food Court each evening Sunday through Thursday from 8:00 p.m. until closing at 2:00 a.m. In exchange for a Fresh Food Company meal, customers will choose from several pre-designated and listed exchange meals. The exchange meals vary per restaurant venue.

Meal Exchange accepted at:

Meal Plan promotion valid for Extra Platinum thru Bronze meal plan purchases. Promotion begins 8/15/11 and expires 9/30/11. Tablet giveaway will take place if at least 100 people participate.

Website redesign wins award for people's choice

By KERRI HINKLE
progress@mymail.eku.edu

Eastern's website has been honored by eduStyle, a web design gallery which showcases excellent university and college website designs, for Best Redesign—People's Choice Award.

During the summer Doug Cornett, manager of creative services within the division of Information Technology, and many others worked hard on redesigning Eastern's website to have a simpler design and become more user-friendly.

There were no major problems with the website previously, but Cornett said he did see some technical disproportion with pages of department and campus offices pages. This created an imbalance that led to an inconsistent look and presentation of the website.

Cornett said the main goal of the new site is to "create a user-friendly web site that allows content contributors to easily add and update content."

The new look of the website has received positive feedback from faculty and students.

"Most feedback has been positive. However, I believe all feedback is useful and we depend on it to make our product better," Cornett said.

Kelly Parker, 25, a nursing major from Lexington, she said likes the new design

and finds the changes useful.

"I have noticed a big change in the website," Parker said. "It uploads faster, and everything I need to find is located on the homepage. This makes it much more user-friendly."

The most effective change to the new website is the ability for web page authors to contribute their content to the system without HTML or web code knowledge.

"The new CMS [content management system] has really leveled the technical playing field for our users," Cornett said.

Andrew Wagner, 25, from Lexington, is an athletic training major and vice president for the Student Athletic Training Association for Eastern. He is in charge of uploading information to the website for the association.

"The new website is much easier to navigate and the physical appearance is more up to date," Wagner said.

Redesigning the website is the largest web project Cornett said he has worked on. Before the redesign, he mostly worked on individual websites. The success of this project and the recognition of the award not only go to Cornett, but many others on campus.

"Any success this project enjoys is because of the willingness of many campus organizations to work together," Cornett said. "I am so grateful and appreciative of the valuable contributions to this project from everyone involved. I am fortunate to work in an environment that includes so many talented people."

ion," Morris said. "Obviously, the elimination of break pay is the most significant for the majority of the students. And for the ones [students] online, it's going to be a positive because they're going to start drawing something where it was absolutely nothing before."

Eastern graduated 109 student veterans last year, and the number of veterans on campus is up approximately 30 percent compared to fall 2010.

"Everybody up through my boss, Dr. Tim Ross, all the way up through the president of the university are very energetically supporting aviation," he said. "That's really refreshing."

Gibbs received his bachelor's degree from Portland State University, an MBA degree from Embry-Riddle University and is currently working toward a doctoral degree from Northcentral University.

Gibbs, who said he has more than 1,500 hours of flight instruction, said he is most excited about flying with students this fall.

"I am very excited about being here in Kentucky at ECU and flying in the program," he said. "It's really exciting for me personally."

"We [Eastern and the chamber] help one another in any way we can," Vaughn said. "With the extra funding that ECU is able to contribute, it's great they are here to help."

Vaughn said the event will have plenty of entertainment, including a clogging group, Laura's School of Dance, the ECU Dance Team and Elite Martial Arts.

"It's more of a festival type of atmosphere," Raider said. "Students tend to return after attending the year before because it is simply so much fun."

Freshmen must attend the event, but do not seem opposed to the requirement.

"I haven't heard of it until now," said Madison Warrick, an 18-year-old freshman from Fairfield, Ohio. "But, I mean, if there's free food, I'll go!"

Blue-light phones improved

By TAYLOR PETTIT
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Blue-light phones, a staple on almost every college campus, are phones available to students that make a direct call to the police in case of an emergency. Several of the older phones have been replaced, six new phones have been installed and several units have been moved around campus.

The older units, also known as Radio Frequency, have been removed from campus for being "problematic," according to Steve Fulkerson, director of infrastructure and enterprise systems.

"The technology was proprietary. The maintenance was a pain."

Cellular units have been moved to as many locations as possible where they can be installed on a phone line.

"Cellular lines are reliable, just as reliable as your cell phone," Fulkerson said.

Problems in the past have included dropped calls on cellular units.

Hard line, or phone line, installation is preferred because of reliability.

"Why take a chance?" Fulkerson said. "It's all in the name of safety."

Some cellular units are still located

around campus because in some places they are unable to place a hard line connection.

"So far it is significant progress and a step forward," Fulkerson said.

The project of revamping the blue-light phones took place over the summer. Phones already installed include the women's soccer field, Starbucks, Perkins east corner, intramural field house, department of criminal justice training gym and Campbell building. The locations of each blue-light phone are determined by the Eastern Police Department.

"We just work with them to have the phones where they want them," Fulkerson said.

Fourteen more phone installations are scheduled in the near future, including in the Telford parking lot, The Center for the Arts, Stratton smoke shelter and University Drive at the Crabbe Building.

"I hope within a month, but definitely within two months, it will be finished," said Bobby Bruner, network engineer and project manager.

Each of the units is tested weekly and reports are sent to Information Technology.

CENTER

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doors," she said.

Along with the scheduled acts for next season, the staff of the Center is vying to host one of the 2012 presidential debates. In late May, the debate commission from Washington, D.C. made a trip to Eastern to survey the site and surrounding facilities.

"They had nothing but a raving review for the prospect of Eastern holding the debate," Hoskins said. "When we get it, and I say that very optimistically, I don't ever use the term 'if' because I believe we have such a good chance."

Whitt said the commission was not only impressed with the new Center, but with its closeness to I-75 and the nearness of emergency facilities such as the Madison Co. EMS service and State Police Post.

Although the task at hand hasn't been an easy one, Hoskins has been more than happy to be a part of this chapter of Eastern's life. A graduate of Eastern herself, Hoskins is glad to be back home.

"Having the opportunity to come back and work for the institution that gave me such an opportunity by getting my degrees...and now I can come back," Hoskins said. "And I appreciate the opportunity to come back and be able to give back."

Whitt, also an alumni of Eastern, is proud to be a part of the opening of the Center as well.

"I think in many ways, most of us that have been involved in some aspect of seeing this facility open, we feel much the same way that the Center for the Arts is like a child we have been waiting on to be born and now that the arrival is almost here that is pretty exciting," Whitt said.

To kick off the debut season of the Center, Hoskins and her staff have planned an invitation only, black tie event for Sept. 9.

"The evening is full of surprises, I can't tell you exactly what the performance will be, but it will be a mixture of performers," Hoskins said. "When folks leave here, they are gonna say, 'Wow. If this is the beginning of what's to come, then we are in for a treat.'"

For a full schedule of events visit www.EKUCenter.com or call 1.888.EKU.SHOW

BILL

CONTINUED FROM A1

money for college, but overall he expects little to change as far as the students using the bill are concerned.

"It could have been negative for our out-of-state students, but we've taken care of that by adopting the house bill, so really, it's not going to affect them in a negative fashion," Morris said. "Obviously, the elimination of break pay is the most significant for the majority of the students. And for the ones [students] online, it's going to be a positive because they're going to start drawing something where it was absolutely nothing before."

INSTRUCTOR

CONTINUED FROM A1

to meet the demand of the fall term enrollment," he said.

The new planes will be bought with student flight fees.

"Now to the degree that there's some university support, if you will—subsidies—we've not had to ask for that yet, so we're still turning a profit. We're still able to support the aircraft based on the student flight fees," he said.

Gibbs said he was impressed by Eastern's dedication to the aviation program.

CITYFEST

CONTINUED FROM A1

they have decided to "get out there and meet the community."

"We'll be doing our Big E challenge this fall at the restaurant, which is a food-eating contest involving a 6-pound burger," Mays said. "We'll definitely be pushing that promotion as well as giving out pens, T-shirts and more free stuff."

In the past, event planners have seen about 85 percent of Eastern students and faculty in their total audience and expect an attendance of more than 2,000 people this year, said Karmen Vaughn, events director at the chamber.

CHANGING YOUR MAJOR? EKU Announces Changes Beginning Fall 2011

ACCESSING EKUDIRECT

For your convenience, you can make changes to your declared academic program of study via the special link in your EKUDirect account.

This link will be available during the **first 6 weeks of the semester** and during the **last 3 weeks of the semester** of each fall and spring semester and all summer long. Specific dates that this link will be available are published on the Colonel's Compass at <http://www.eku.edu/compass/>.

Want to make a change while EKUDirect process is closed? Use the Change with Consultation process below - at any time!

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You may change your major at any time by using the **Declaration of Program of Study** form. Access the form at www.forms.eku.edu or www.registrar.eku.edu and then follow three easy steps.

1. Complete the form
2. Get a consultation and written approval from the chair or from a representative of your new academic program (*will the change impact my graduation date?*)
3. Submit the form

NOTE: If you change your major frequently, you may possibly delay your graduation and increase your education costs. Therefore students who have already changed their major twice in one year will be restricted to using the form for any future changes.

Questions?

Contact the Office of the Registrar at Registrar@eku.edu.

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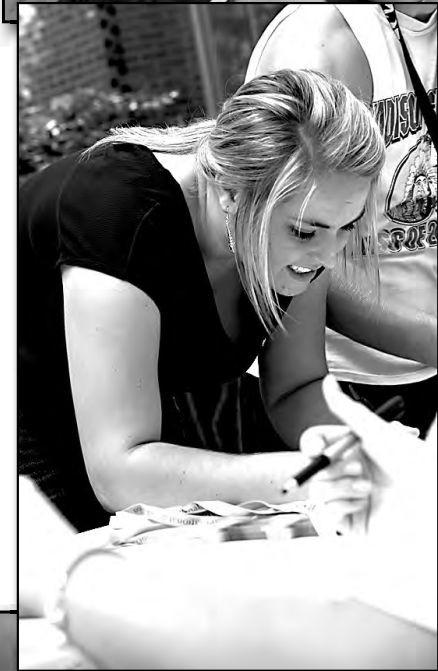
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CAUGHT ON CAMERA: NEW STUDENT DAYS



President's Picnic

Freshmen were invited to attend the annual President's Picnic Sunday, Aug. 21, to mingle with other students as well as meet with President Doug Whitlock, Student Body President Rachel Mollozzi and various other members of the university. This event, which takes place as part of New Student Days, provided lunch in the shade of the President's yard. New students were fed a hamburger lunch, given free t-shirts and filed into the picnic with other students in their residence halls.



ATTENTION All First Semester Freshmen:

EKU is committed to your success, and we're excited to announce a new Mid-term Academic Improvement Program that begins this fall.

Mid-term grades for all first-time freshmen will be reviewed to assess academic progress.

As determined by grade point average (GPA), students who have a need to improve their academic standing will automatically be placed into an intensive academic improvement program.

Students in this program will be required to meet with an advisor in the University Advising Office for one-on-one assistance. Students will take an active role in their individual improvement plan by completing a Student Success Contract and by attending a special seminar.

Students in the Mid-term Academic Improvement Program will work toward an Associate of General Studies degree with a goal of earning a minimum GPA of 2.0 for the fall semester. Students who attain at least a 2.0 GPA will then be able to register for classes for the spring 2012 semester.

At EKU, we believe in dreams, challenges, achievements and student success. We believe in you.

Contact:
Office of University Advising
622-2276
Students Success Building (SSB) Room 347



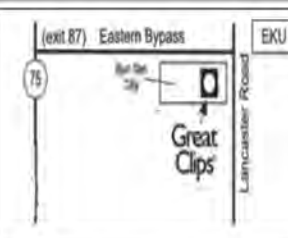
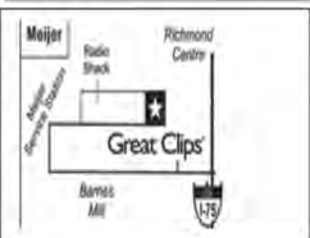
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PERSPECTIVES

Perspectives 6

Thursday, August 25, 2011

www.easternprogress.com

Seth Littrell, editor

Veterans need true community more than titles

Last year Eastern was named the most "Veteran-friendly Campus" in the country due to the number of veterans choosing to go to school here and the work done by the Student Outreach and Transition Office (SOTO).

But what does being a veteran-friendly campus really mean?

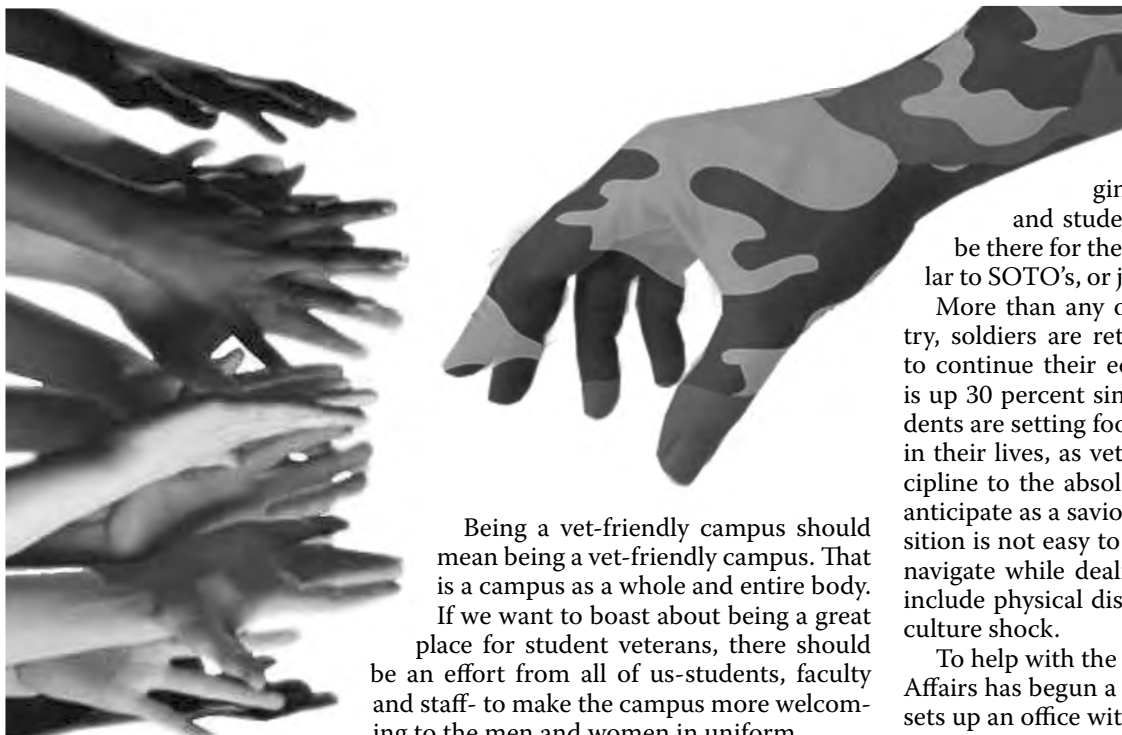
Recently, some changes made to the G.I. Bill have limited the amount of financial aid out-of-state student veterans can receive. To remedy this, Eastern adopted a state house bill that decreases the cost of college for out-of-state vets.

Although this was a great step in being a vet-friendly campus, is helping veterans pay for college enough?

When Lt. Col. Brett Morris was being interviewed for the story on the G.I. Bill, he mentioned that just finding the money for veterans to go to school is not enough to actually be helpful to them.

When veterans come to Eastern's campus, they are almost immediately sent to SOTO. SOTO helps veterans by offering priority registration, cohort classes exclusive to veterans and help with counseling through the transition from military to civilian life. Without SOTO, Eastern would not likely be able to promote themselves as the vet-friendly campus.

But SOTO is just one part of Eastern, and while it is an important part, it is relatively small. Our campus is home to 16,000 students and hundreds of faculty and staff. Yet we all pride ourselves on the actions of a few people. Even if it is SOTO's job, should we really be taking the credit for what they do?



Being a vet-friendly campus should mean being a vet-friendly campus. That is a campus as a whole and entire body. If we want to boast about being a great place for student veterans, there should be an effort from all of us—students, faculty and staff—to make the campus more welcoming to the men and women in uniform.

These people have put their lives on the line and on hold in the name of service to our country. They experience stress and trauma on a level that most of us will never be able to imagine and hopefully never have to experience. They do this because it is their job, and because the other members of their unit rely on them to be there when called upon.

When they come home after months and sometimes years away from home and away from their normal lives, they need help readjusting to the ways life has changed around them.

That's where SOTO comes in, and that is where the rest of us should try to come in as well.

Veterans are part of our society; if you will, they are a part of our unit. When they come back home and begin the battle of transitioning to civilian and student life, we are the ones called upon to be there for them. This can take the form of work similar to SOTO's, or just being there for a friend who is a vet. More than any other time in the history of this country, soldiers are returning home from war and choosing to continue their education. Eastern's veteran population is up 30 percent since this time last year. Often these students are setting foot on a college campus for the first time in their lives, as veterans. They go from a life of rigid discipline to the absolute freedom most traditional students anticipate as a savior and often take for granted. That transition is not easy to navigate by yourself, and furthermore, navigate while dealing with various other issues that can include physical disability, traumatic past experiences and culture shock.

To help with the transition, the Department of Veterans Affairs has begun a new program called VetSuccess, which sets up an office with VA counselors close at hand on campuses to offer help and advice as needed.

Four campuses have incorporated VetSuccess offices and four more are making arrangements to get offices on their campus. If we really want to be a Vet-friendly campus, we as a campus should work to bring programs like this and more (especially ones students can get involved in) to this school.

Being rated the most veteran-friendly school in the nation was a great success for Eastern, but it should not be where we stop. A title is not important until we can start backing it up as a campus.

>Letter to the Editor

Student veteran wants broader coverage from Progress

EDITOR'S NOTE: This letter was sent to *The Eastern Progress* last semester in response to Kaylia Cornett's *My Turn*, "SGA needs to get it together...there, I said it," published on April 14, 2011. To read this *My Turn*, visit www.easternprogress.com.

Where did it all go wrong?

I serve two different and distinct roles on campus. I am, for the next week, the Student Rights Chair for Student Senate. *The Progress* has done an excellent job covering all the "drama" that has consumed the Student Government Association. Week after week, I grab *The Progress* every Thursday morning on my way to class and glance immediately to the front page, where I have yet to be surprised by the headlines.

For the previous countless weeks, SGA has been on the front page, never for the positive things that it has done (but that's another topic for another letter). Normally I would see no problem with this except for a comment made by Kaylia Cornett in her recent perspective in which she said, "As a journalist, I'm even sick of hearing about it, writing about it. But we have to write it, because it's news. SGA members have even blamed us for their own faults. The blame lies squarely at your feet. We were just the ones to report it."

The purpose of my letter is to address Ms. Cornett's statement, as well as *The Progress* as a whole. As I previously stated, I serve two different roles on campus. Having addressed the first, I'd like to discuss the second.

In the spring of 2009, Travis Martin and myself started an organization called EKVETS. The organization was established to help veterans assimilate into the civilian/student role. The organization has grown to one of the largest RSOs at Eastern Kentucky University and it has accomplished far more than Travis or myself could have possibly fathomed when we sat down at our first meeting with the seven people in attendance.

Last semester, EKVETS was named by Times Edge Magazine as the top institution in the nation for veterans. On March 2, 2011, Associate Director of Veteran Affairs Lt. Col. Brett Morris, Travis Martin and myself were invited

by Madison County Representative Rita Smart to be recognized on the floor of the House of Representatives of Kentucky for our contributions to veterans' success on our campus. I have gone over every issue of *The Progress* this semester and I could not find one mention of that event. On Friday, April 15, 2011, the EKVETS hosted a release party at Hastings here in Richmond for the publication of "The Journal of Military Experiences." The journal is a compilation of stories, poems and artwork compiled by veterans here at EKVETS.

These are real-life accounts of what our peers faced during the time they spent defending the freedoms we as Americans enjoy. I've went back through Eastern's records and I could not find the last time that EKVETS banded together and published an actual book.

Again, I don't recall a reporter from *The Progress* being there to interview any of these heroes. So I guess the whole purpose of this letter is to address the issue that if *The Progress* reporters are "sick of hearing about it, and writing about it," I wanted to show that there are plenty of other news-worthy leads out there.

Reporters seem to rely on SGA because it's an easy story; there is always drama there. And I don't blame them. If it's there, then why not jump on it? However, at the end of the day, please don't pretend to be exasperated by the ordeals that you choose to write about.

Matthew K. Thacker
McNair Scholar
Student Rights Chairs, Student Senate
EKVETS Co-Founder
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Letter from the editor: We want to cover what matters to you



Here at *The Eastern Progress*, we strive to provide coverage of issues that affect students. More importantly, we want to cover the issues that matter most to students.

At the end of the day, not every student is going to care about the same things. Some students will only open the sports section to review statistics. Some students will scan the pages for reviews of music and movies. Some students will read over the latest happenings in student government and tuition hikes.

Over the past year we have covered many issues, most prominently student government association. Obviously SGA coverage is crucial to news coverage, but we do not want this coverage to overshadow coverage of other important areas.

We all have our interests, but our staff wants to understand your interests. This year, we want to encourage every single stu-

dent to let us know what is affecting your life and what you want to know more about.

We want to invite you to introduce us to your corner of campus, whether that be greek life, department happenings or student organization initiatives.

This message also goes out to faculty as well as all of our student readers.

Is there something going on in Richmond or the surrounding area that you don't see on our pages? We want to know about it. These ideas can be positive, negative or anything in between.

Use us. Our faces and names are listed on the bottom of page 6; find us on campus and let us know what you want to hear. Email your ideas to us at progress@eku.edu. Follow us on Twitter and friend us on Facebook.

We will also be including online exclusive content every week. Remember to check out this content at www.easternprogress.com.

We want all students at Eastern to feel like this is your paper—which it is—not just a paper.

Thank you,
Taylor Pettit
Editor-in-Chief

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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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Helping siblings adjust to college has negatives and positives

My Turn:
Kristie Hamon



I moved my younger sister into her dorm at Eastern for the first time last Friday. Her move-in seemed a lot easier to me because I already knew what to expect moving her in and how the procedure went.

I was able to help her set up a meal plan, order her books the easiest and cheapest way and show her around campus.

It sucks that I wasn't able to transition as easily. It took me and my family about an hour to unload my car and move it from the unloading area when I first moved in, even though we were only allotted 30 minutes. It took us maybe five minutes to get her car unloaded, because we knew what we were doing, and she lives on the 18th floor and I only lived on the eighth. Younger siblings often get off easier.

All of the valuable information I had to discover myself, she gets handed down to her for free. For example, the best places to study in the library or when and where is the best time and place to find a parking spot and how to avoid parking tickets.

The downside to this younger sibling phenomenon for them is that they lose part of the experience of moving in and the adventure of figuring things out for themselves. I think figuring things out for yourself is important; that's how you learn best. But what kind of sister would I be to not help at all and watch as she orders overpriced books and gets a ridiculous meal plan? Giving help to younger siblings sometimes just comes naturally.

It probably makes younger siblings feel more comfortable knowing if they have a question about anything, their older siblings are only a phone call or a couple buildings away. For the older siblings, it may feel like you are doing the work of two people while trying to help your sibling and yourself. It's hard to remember for yourself that you need to sign up for a parking pass by a certain time and who to contact if you are having issues connecting your computer to the campus' inter-

net, let alone remembering for your sister too.

What gets really tricky is organizing my over packed schedule and helping her organize hers and making time to show her how to run the errands she needs to run on campus while still getting mine done.

It's weird having my sister on campus. For two years, I could walk around campus like it's a secret world while my family is back at home. I love my family and miss them when I'm at school, but here this is my home and my chance to use my independence. Now it's weird to think she is living in her own secret world just across campus.

It hasn't happened yet, but I'm sure the first time I see her on campus randomly or in the cafeteria, I will do a double take. I'm just so used to seeing a lot of random people every day on my way to class without even thinking about seeing one of my family members.

Everyone keeps asking me, "So are you and your sister rooming together?"

What kind of question is that? We have lived together at home since we were born; why would we want to come to college and do that?

One of the most important things we do in college is make new friends, and neither of us is going to be able to do that if we live together and don't break out of our comfort zones.

Maybe it would work for some siblings living on campus, but me and my sister can be pretty opposite. I think we are better off growing separately in the same direction. It will benefit both of our independence.

While I will help her out with all of the behind the scenes tips to Eastern, the experiences and the places she takes her college experience is up to her. She will make her own experiences like I made mine.

I need to slowly hand over all the college responsibilities to her and let her learn to balance college life on her own. I can't go to college for two people, and I know she has it in her to succeed. I'm proud of her, she came here without many high school friends, has a random roommate and is making an effort to grow.

I'm sure it will get easier as the year goes on. Until then, it's cool being the person with all the answers. I feel like I'm on the inside.

Modern technology has affect on people's manners

My Turn:
Dana Cole



Common courtesy.

Do we as a society even know what this is anymore?

My experiences tell me no; this is a dead language.

I work with the public four wonderful and fulfilling nights a week at a local bar and grill. Over the last five years working there, I have found that people simply are not polite. When I say "not polite," I mean downright rude.

I see entire families out to dinner that don't even speak to one another. They use "family time" to troll Facebook. I witness small children being ignored by their parents who are too busy texting to pay attention to their child who is throwing French fries on the floor or, god forbid, turning blue due to lack of air because they are choking.

It is not uncommon for me to ask a patron, "How are you tonight?" and to get the response, "Gimme one of them big Bud Lights."

"Well that's great! I'm wonderful, thanks for asking!" is how I want to reply, but I just bite my tongue (which has permanent teeth marks on it by now) and say, "Sure, is there anything else I can get you?"

But I'm not even sure why I bother. This is usually a question that falls upon deaf ears. When I say deaf ears, I mean ears that are too engaged in a cell phone conversation or an iPod on shuffle to realize that I, their server, even exist.

I mean, are you really ignoring me and shooing me away like an annoying fly because you are on the phone? Did you not come in to an establishment with the intention of being served? Yet you act like I am an inconvenience to you and your social life.

Another of my favorite scenarios is the "You're my server, so I feel it's appropriate not to say please or thank you and to demand the things that I want/need rather

than ask." When I say "things I want/need," I mean extra, extra ranch and another one of "them big Bud Lights."

Rather than say, "can I" or "may I please have," the most common thing people say is, "get me" or "bring me."

No please. No thank you. No warm friendly smile, just rude grunts, gestures and snide glares.

Has our society regressed back to the days of the cave man where everything is about me, me, me and survival of the fittest?

As a student in the field of communication, I couldn't help but wonder why this phenomenon is occurring.

Has the technology we have developed degraded our ability to communicate interpersonally? Or better yet, has technology eradicated the need for interpersonal communication?

Sometimes I feel like writing my cell number down and leaving it on the table for patrons to use if needed.

"Here is my number, shoot me a text if you need anything and I'll just leave you alone to enjoy your dinner..."

Now, not everyone I encounter while working in the service industry is rude and crude. There are the occasional delightfully nice people who grace me with their presence. These people smile, laugh and engage in casual conversation which makes my job not so morbidly depressing and degrading. Were it not for them, I would probably lose it about once a week.

Working with any public, not just in the service industry, one is bound to encounter the usual suspects and come across those people who just aren't pleasant.

I understand this. I also understand that I choose to do this work, so presumably, I shouldn't complain, or just find a new job. But mind you, I am a college student. Food service is not my career choice. It is merely a way to pay the bills while in school. Nonetheless, I am a human and I deserve mutual respect from fellow humans, even if I am a lowly server.

So the next time you go out to eat at a sit-down restaurant, get off the phone, tell your Facebook friends bye for now and talk to a human face to face for crying out loud! Oh, and don't forget to be nice.

you can finally bond with Dickens

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FEATURES

Adam Turner, Editor

The Eastern Progress | www.easternprogress.com

Thursday, August 25, 2011 B1

New businesses, new opportunities



LEFT: Students practice yoga positions at Exhale Studios, located on Main Street.

BELOW: Parrot's Nest offers visitors the opportunity to get to know their birds before purchasing.



TAYLOR PETTIT/PROGRESS

By TAYLOR PETTIT AND TRISTAN MEIMAN
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Richmond is full of interesting places to explore, and some new businesses have opened in the past few months while others have expanded to improve their services. Here is a preview of the newest offerings around town.

Exhale Studios

Exhale Studios, located on Main Street, opened its doors in January, but is now offering yoga classes in addition to its previous schedule of barre and Pilates classes. All of the classes offered at Exhale Studios focus on a healthy body and mind, including the unique barre classes, which are a combination of yoga, Pilates and ballet. All classes are \$10, with a \$30 special of unlimited classes for 30 days.

"We really have that studio feel. It's quaint, it's quiet," said owner Megan Ridgway. "We know you."

Ridgway, who has practiced yoga for 12 years and taught for two, jumped at the opportunity to open her own studio.

"This has always been a passion of mine. [Yoga, Pilates, barre] really helped me get through some struggles," Ridgway said. "When the opportunity came for me to open my studio, it was a dream come true. Really a way to pay it forward."

All of the certified instructors seek to give someone else the experience that led them to teach.

"It really provides you with the tools to have a happier and healthier life," said instructor Stephanie Brandt, 29, who works part-time at the studio.

For more information about the studio, you can find Exhale Studios on Facebook.

Parrot's Nest

Walking in Parrot's Nest, it can feel like just another pet store—that is until you meet the crowd in the back room, which is a crowd of parrots. Robin Tipton, owner, wanted to do more than open a store; she wanted to change the way people see birds.

"People think these birds are just mean and loud, but it is about the way they are raised," Tipton said. "They are loving. They are smart. They can be the best pets."

Tipton has bred and raised birds for about 12 years, focusing on several varieties of birds including macaws, cockatiels and cockatoos.

Tipton said she wants to encourage people to come in and get to know the birds as long as they understand the commitment owning a bird requires.

"Some of these birds will live a human's life span," she said. "This is not a fad pet."

Even though the store only opened in late July, locals have already started window-shopping for a new feather companion.

"I would love to own my own bird," said graduate student Caitlin Gussenhoven, 24, from Hohenwald, Tenn. "I like it here. The birds are used to peo-

ple and very personable."

Recognizing the desire for a personable pet, Tipton said she makes it her goal to raise birds with that quality.

"It's a lot of effort. I hand-feed every single bird and that's what this room is about—all about the social interaction."

The store also sells pet supplies, puppies and several varieties of rats. It is located on the bypass across from Money Man Pawn.

Gridiron BBQ

Barbecue and football. These two passions led one Eastern alumnus to open his own restaurant: Gridiron BarBQ.

Jamal Davis, former football player for the Colonels, opened his own place simply because he said he thought, "I can do it better."

Gridiron is located in the back of the Richmond Mall and offers several amenities convenient for students, including free delivery and a 10-percent discount.

You can find more Gridiron specials and information on Facebook and Twitter.

The Regal Beagle

Richmond's very own Main Street has become the pinnacle location for any new businesses. The most popular locations on Main Street, such as the Paddy Wagon and Madison Garden, are great places to grab a bite and a drink if you're of drinking age. Main

> SEE BUSINESSES, PAGE B3

Summer movie hits and misses

By ADAM TURNER
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Traveling through the summer movie landscape can sometimes be an overwhelming, daunting challenge. With new blockbusters coming out week after week, how can you possibly sort through all the cheap thrills for the true hits?

To help you out, here is a movie guide reflecting back on the highs and lows of the industry this summer, some still in theatres, some headed to DVD and Netflix in a few weeks.

"**Thor**" - A very solid (and funny!) fish-out-of-water superhero origin tale. Chris Hemsworth owns his role as Thor and director Kenneth Branagh makes his Marvel film more than just a stepping stone toward the epic "Avengers" movie coming out next summer. **Verdict: B+**

"**Bridesmaids**" - Earns my vote as funniest movie of the year thus far. Screenwriters Kristen Wiig and Annie Mumolo set out to craft the first Judd Apatow "chick flick" and end up exceeding many of the producer's best films. **Verdict: A**

"**Pirates of the Caribbean 4: On Stranger Tides**" - By cutting out the fat and returning the fun to the franchise (this is a movie based off a theme park ride, remember?), "Pirates 4" is easily the best since the original. **Verdict: B**

"**The Hangover Part II**" - Sticking rigidly to the successful formula set in the first film, this sequel ends up

seeming like little more than a retread. However, it is still funny, and the sight of Bangkok's strippers isn't an image you will shake anytime soon. **Verdict: B-**

"**X-Men: First Class**" - This movie succeeds for two main reasons: James McAvoy and Michael Fassbender. As Professor X and Magneto in their twenties, the two actors' chemistry is electric. **Verdict: A-**

"**Super 8**" - J.J. Abrams' collaboration with Steven Spielberg is an exciting, funny and sincere love letter to filmmaking and Spielberg's own past hits that influenced Abrams as a child. **Verdict: A**

"**Green Lantern**" - A super-powered dud. Though not terribly awful, it fails to do anything particularly interesting with the character. **Verdict: C-**

"**Bad Teacher**" - Though Cameron Diaz seems to try a little too hard to be "bad" as the title requires, the supporting cast (Justin Timberlake, Jason Segel and many others) more than makes up for it. A surprisingly funny midsummer hit. **Verdict: B**

"**Transformers: Dark of the Moon**" - We get it, Michael Bay. Explosions are cool. What people ever saw in this franchise I'll never know. **Verdict: D+**

"**Harry Potter and the Deathly Hallows: Part 2**" - A wonderful and (have to say it) magical end to an overall great adaptation of the endlessly popular and enjoyable book series. **Verdict: A**

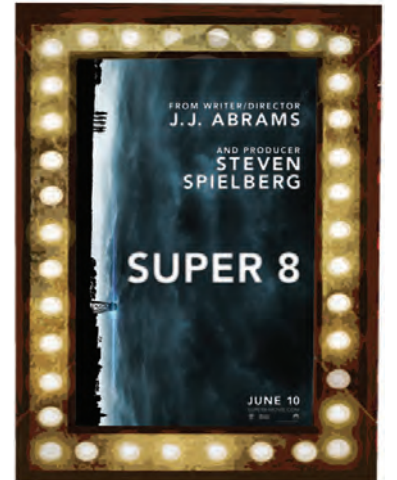
"**Captain America: The First Avenger**" - Like "Thor" before, director Joe Johnston makes the most out of his stab at Marvel lore with a film that plays just as much like a period piece as it does an awesome superhero film. **Verdict: B+**

"**Friends With Benefits**" - Besides the undeniable charisma and chemistry between the two leads Justin Timberlake and Mila Kunis, this movie begins by mocking many of the elements that make up a crappy romantic comedy but, sadly, still ends up becoming one. **Verdict: B-**

"**Cowboys and Aliens**" - Despite all the awesome star power packed behind this film, it was actually my biggest disappointment this summer. Not bad, but not everything it could and should have been. **Verdict: C+**

"**Rise of the Planet of the Apes**" - I entered the theatre with low expectations; this was, after all, the seventh(!) film in the series. I left, however, happily surprised and fulfilled. Amazing CGI and one of the richest, captivating non-human characters to ever grace the screen, powered by a fantastic performance from Andy Serkis. **Verdict: B+**

"**30 Minutes or Less**" - Similarly to "Cowboys and Aliens," an awesome cast and crew are straddled with a just-OK script. Great concept, average execution. **Verdict: B-**



Summer experiences to last a lifetime

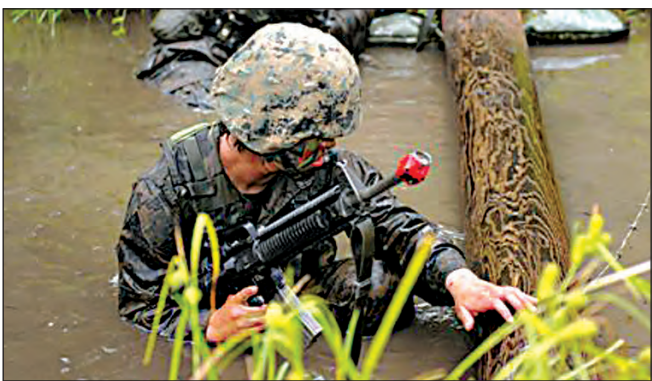


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Writer enters Marine Corps training

By KATIE SMITH
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Summer break is the time for most college students to rest, vacation, lie by the pool, sleep late, etc. But for a select few, summer is spent a little differently.

This summer I completed the first six weeks of a very difficult experience: Marine Corps Officer Candidate School (OCS) located in Quantico, Va.

All potential Marine Corps officers must endure the grueling training led by Marine Corps staff noncommissioned officers and successfully complete it.

Upon arrival at OCS, every candidate was evaluated on a basis of leadership, academics and physical fitness. Leadership was 50 percent of the candidates' overall grade, while academics and physical fitness were both 25 percent.

The leadership grade

was comprised of grades received on candidate billets (leadership positions in the platoon) and several different leadership assignments.

Physical fitness was comprised of several courses such as the obstacle course, stamina course, muscular endurance course and regular physical training sessions.

Academics were based on a wide range of subjects such as drill, history, weapons, etc. All throughout OCS, the staff noncommissioned officers were determining if you possessed the necessary qualities to lead Marines. Not only were you required to possess the traits, but also excel at them. All those that embark on the journey will not complete OCS. There is a reason why Marines are the FEW and the PROUD."

Katie Smith

I come from a military

> SEE MARINES, PAGE B3

Student leaders born in Wyoming

By PARK GREER
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Adventure: An activity where the outcome is uncertain.

Eleven Eastern students sat gathered around the radiating warmth of a campfire on a cold, clear Wyoming night, listening to and learning from Adventure Programs Director Brian Clark and his graduate assistant, Jason Burton. These students applied and were selected to become trip leaders through Adventure Programs, a challenging task.

Each semester of the year, Adventure Programs offers exciting and memorable trips to numerous natural areas around Kentucky and some even venturing beyond the state's borders. The trips range from climbing in the Red River Gorge, caving in Mammoth Cave and excursions in the deserts and mountains of the West.

An effective trip leader is one who takes the role of authority, but still has the ability to listen to other students, provide safety and perhaps most importantly, facilitate a trip full of excitement, learning and fun. Adventure

Programs makes it a priority to offer proficient trip leaders for the students and faculty of Eastern.

These trips wouldn't be possible without the tireless efforts put forth by the trip leaders designated to each excursion. From an outsider's point of view, getting paid to take students to awesome destinations as an adventure trip leader may appear to be a simple task. But in reality it can be a very time-consuming and difficult job.

And that is just what these 11 students discovered during training in the beautiful Wind River Range of Wyoming.

The training began well before the leaders drove the 32 hours across the nation. Each student prepared by researching the region and coming up with a presentation about surviving in the wilderness. Some of the presentations demonstrated proper use of a map and compass and how to purify water, both of which are very important skills when in the backcountry.

Aside from undergoing rigorous outdoor and technical training, trip leaders

> SEE WYOMING, PAGE B3

Jamie Hale the Science Guy Taste What You Expect

By JAMIE HALE
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How we taste is often affected by suggestions and expectations.

Does pouring plain old tap water into a fancy bottle make it taste better? Yes. At least in it did in a featured episode of Penn and Teller's "Bullshit." Penn and Teller went inside a southern California restaurant where they had a water sommelier dispense extravagant water menus to the patrons. The patrons had no idea that all of the fancy bottles of water were filled with the same water from a water hose in the back of the restaurant. Patrons were willing to pay \$7 a bottle for Leau Du Robinet (French for faucet water), Agua de Culo (Spanish for ass water) and Amazone (which was supposedly filtered through the Brazilian rainforest's natural filtration system).

How do cues prior to ingestion predict flavor perception? A recent study looked at expectations about flavor by using an unusual flavor of ice cream—smoked salmon ice. One group ate the ice cream from a dish labeled ice cream and another group ate the ice cream from a dish labeled frozen savory mousse. The experience of the food in the mouth generated strong dislike when labeled as ice cream, but acceptance when labeled as frozen savory mousse. Labeling the food as ice cream resulted in stronger ratings of saltiness. The individuals that ate the frozen savory mousse found the ice cream less salty and bitter, and found its overall flavor more pleasant.

To reiterate, the only difference in the ice cream eaten by either group was the label describing the ice cream. However, the label made a big difference in how the food was rated.

Author L.D. Rosenblum put it best in his book, "See What I'm Saying: The Extraordinary Powers of Our Five Senses": "But you're forgiven for allowing your expectations to sway your enjoyment of wine and food. It's not your fault; it's your brain's. Brain imaging research shows that as subjects sip what they believe is an expensive wine, brain areas associated with pleasure are more greatly activated than if they sip the same wine but are told it's cheap. As far as your brain's pleasure region is concerned you actually do get what you pay for."

Taste and flavor are terms that are often confused. Taste is determined by the gustatory system (sensory system of taste) lo-

cated in the mouth. Flavor is determined by taste, smell and chemosensory irritation. This is detection by receptors in the skin throughout the head, particularly in regards to food-receptors in the mouth and nose. An example is the burn of hot peppers and the cooling effect of menthol. In this article, the word taste is used as it is in everyday conversation.

In another study, 175 people at a cafeteria in Urbana, Ill., were given a free brownie dusted with powdered sugar. They were told the brownie was a new dessert that may be added to the menu. They were asked how well they liked the flavor and how much they would pay for it. All of the brownies were the same size and had the same ingredients. However, some of the brownies were served on a china plate, some on a paper plate and others on a paper napkin.

Individuals eating from the china plate said they would pay \$1.27 for the brownie, while those eating from the paper plate said they would pay 76 cents. Those eating from the napkin said they would pay 53 cents for the brownie. Ever wondered why your family only uses the fancy silverware on special occasions? Maybe the fancy silverware enhances the food's flavor.

Many people believe products that have popular brand names are better than those that have less-known names. If we expect them to be better, they probably will be. It's not just the brand name, but also the packaging, pricing and advertising that shape our positive expectations.

In a 1964 study, college students who claimed to be "brand loyal" beer drinkers were asked to rate a number of unlabeled beers. Once the labels were removed and the beer was poured into a glass, the "brand loyal" participants didn't do very well picking out their favorite beer.

Expectation in various contexts:

- Coke is rated higher when drank from a cup labeled Coke than when drank from a non-labeled cup.
- Sliced turkey is rated higher when people think it is a popular brand.
- Bitter coffee is not rated as bitter when drinkers are told it's not bitter.
- Strawberry yogurt is rated higher if labeled full fat than when it is labeled low fat.

Read more of Hale's articles at www.maxcondition.com, www.knowledgesummit.net and www.psychcentral.com.

What You Should Be Listening To

THE BLACK KEYS



The two members of The Black Keys, Dan Auerbach (guitar, vocals) and Patrick Carney (drums) have together created some of the finest blues and rock music of our generation.

OHIO DUO BRINGS BLUES-ROCK SOUND BACK INTO MAINSTREAM LISTENING

By JOE LOWERY
joseph_lowery5@mymail.eku.edu

On first listen of their older albums, The Black Keys, comprised of Dan Auerbach on guitar and vocals and Patrick Carney on drums, sound like they're from old school, delta blues-fused Mississippi. The key word is *sound*. Literally.

The blues-rock duo hails from Akron, Ohio. Yes, you read that right, *Ohio*. No disrespect intended, though it's hard picturing a blues band hailing from the Buckeye State. However, that's just one of many things that make The Black Keys so great.

Their first album, titled "The Big Come Up," is what started it all. Although the Keys covered Mississippi bluesmen R.L. Burnside and Junior Kimbrough on tracks "Busted" and "Do the Rump" respectively, the duo also created standout tracks "I'll Be Your Man" and "The Breaks."

Their sophomore album, "Thickfreakness," is by no means juvenile. In fact, it is the pinnacle of old school Black Keys (in this case, "old school" being 2003). If there were ever an album to make you think, "Wow, Ohio? Really?" this would be the one. Standout tracks include "Thickfreakness," "Set You Free" and the once again Kimbrough-covered tracks "Everywhere I Go" and "Hold Me in Your Arms."

The band started moving into a more blues-rock sound with their next two albums, "Rubber Factory" and "Magic Potion." However, it was these blues-rock sounds that garnered them more attention and more of a fan base, as several tracks off the "Rubber Factory" album have been included in movies and TV commercials, such as "When the Lights Go Out" fea-

tured in the movie "Black Snake Moan" and "Girl is On My Mind" featured in a Zales TV ad. "Stack Shot Billy" is also a notable track.

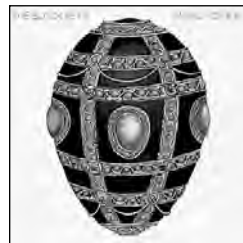
"Magic Potion" features tracks such as "Just Got to Be," "Your Touch" and "Just a Little Heat."

With 2008's "Attack and Release" album, the band ventured into unknown territory when they collaborated with an outside producer—Brian Burton a.k.a. Danger Mouse—and recorded for the first time in a studio. The band's previous albums had been recorded in basements and an abandoned factory. Standout tracks include "I Got Mine," "Psychotic Girl" and "Lies."

Finally, we come to 2010's "Brothers" album. If you're a newer Keys fan, you were probably brought in by the band's first-ever mainstream radio single "Tighten Up." This track is also the only track on the album once again produced by Danger Mouse. This is the album that launched The Black Keys into a wider audience. Standout tracks beside the single include "She's Long Gone," "Too Afraid to Love You" and "Unknown Brother."

By now if you're still asking yourself what makes The Black Keys so great, then you need to find out firsthand. If you don't want to shell out money for an album, YouTube is only a few clicks away. Besides producing most their own music and on the rare occasion having a producer work on an album or track, The Black Keys manage to mix up their sound every few years. Whether they're playing fast delta blues or slowing the tempo down, they always manage to get you moving.

The Black Keys are a must-listen band. If you're really into blues, check out some of their earlier work. If you're into blues and rock, check out "Magic Potion" or "Rubber Factory." And if you want to see what all the fuss is about, check out the Grammy Award-winning "Brothers" album. Today.



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BUSINESSES

CONTINUED FROM B1



TRISTAN MEIMAN/PROGRESS

Orange Leaf offers students the chance to create their own yogurt combinations.

Street's newest addition, The Regal Beagle, opens its doors to all ages, offering delicious pub-style food, a plethora of drinks and live music.

"We have a ballroom in the back that can be reserved for shows/retirement parties," said Laura Carr, owner. "Bonopony from Nashville, Tenn., played opening night. We also rent out the room to EKU organizations."

MARINES

CONTINUED FROM B1

family and wanted to join a branch, so I decided to follow in my dad's footsteps and be a Marine. I wanted to be a part of something bigger than myself, give back to this country and take advantage of my time. I was always looking for a good challenge. And by taking this on, I found an amazing challenge.

A friend of mine told me about the program, which is a Platoon Leaders Class (PLC) completed over the course of three years. I was planning on quitting school to become a Marine, but when I found out I could stay in school and become a Marine Corps officer, I was immediately interested.



PHOTO SUBMITTED

With great food, music and a happy hour that extends from 11 a.m. to 7 p.m., this is the place to stop for a bite to eat or a drink with friends. Look out for The Regal Beagle on Facebook for music events and the nightly specials.

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You start the program as a freshman or sophomore, when you go to OCS for six weeks one summer and six weeks another summer. As a junior, you attend the 10-week combined program one time. Upon completion of these programs and college graduation, you receive a commission as a second lieutenant.

As a senior, you can go through Officer Candidate Course (OCC). This is the same thing as PLC, but for those who are about to graduate or have graduated college. Upon completion of this program and college graduation, you receive a commission and begin active duty at The Basic School, also in Quantico, Va.

At OCS, there were many things I liked and disliked. The women in the India Company First platoon are like sisters to me now. The camaraderie is amazing.

The discipline was bothersome at first, but soon I realized I could not live without it. From the way I stood, sat, ate and respected those above me, it was all very important.

At first, I disliked a lot of things about OCS, but soon got into the swing of things. Getting up yelling at 5 a.m. was an everyday thing. Physical fitness was always a challenge, but I craved that challenge. It didn't get easier, but those in my platoon kept me going. Looking around at the brave other men and women with me at OCS was motivation in itself.

The experience overall was amazing. I wouldn't change it for anything and am excited to continue with the program.

If you or anyone you know are interested in becoming a Marine Corps officer, join EKU Semper Fi Society on OrgSync, email katherine_smith246@mymail.eku.edu.



PHOTO SUBMITTED

Student leaders of the Adventure Programs took part in an exciting training course this summer in Wyoming.

WYOMING

CONTINUED FROM B1

must also receive their Wilderness First Responder certification, a nine-day wilderness first aid class aimed at preparing the students for almost any medical emergency in the backcountry.

The drive was also part of the training. The students took turns driving the big white van, learning how and where to get gas and practicing safe driving. Once the four-day backpacking trip into the wild and wonderful Wind River Range began, the lessons only became more in-depth. With each break in hiking, the directors and students gave information and tips on group dynamics, conflict resolution, planning trips and much more.

Surrounded by 11,000-foot peaks, traversing wide, open meadows blanketed in red, blue and yellow wildflowers and being eaten alive by thousands of mosquitos, the students acquired the skills needed to be an efficient Adventure Programs trip leader.

Chris Kline, a new trip leader, said the unique training the students had helped them to become successful leaders.

"We have such a vigorous training program because AP [Adventure Programs] wants us to become as confident and knowledgeable to our fullest potential as trip leaders to be prepared for giving the participants the best experience possible," Kline said.

Being a trip leader is more than just an opportunity to go on exciting trips. A trip leader must safely guide the participants and possess knowledge on group dynamics, backcountry cooking and navigation. They also must be able to act under stressful situations in order to provide an unforgettable experience to students via the exceptional outdoor adventures offered through Adventure Programs.

But why Wyoming? Why not study these issues and topics closer to home? Adventure Programs believes the best way to teach is to do. By taking these students, some of which had never been out West, and guiding them deep into the wilderness, they gained

hands-on experience to properly and expertly lead students on amazing trips designed to provide escape from the mundane. Equipped with awareness of challenges that might arise and keeping the students safe, they also made a lasting impression on the participants' lives.

"If we didn't have training in Wyoming, we might not fully understand the various challenges and surprises that come with going on an adventure," said Sarah Parr, a newly inducted trip leader. "Being in such a wild area challenged us with weather, bugs and communication. I think going to Wyoming was a great way for us to learn and become excellent student leaders."

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CSSC Christian Students Serving Christ - College Ministry meets Wed. nights 6:30pm. Meal at 6:30pm Bible study at 7pm. Stuart and Regena Adams, Directors. For more info, (859) 893-3391 or stubo255@aol.com

Cornerstone Baptist Church
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Interim Pastor: Patrick Miller Sunday Morning Small Groups: 9:20am (Classes for all ages) Sunday worship: 10:30am Wednesday evening: 7pm (Small groups for children & youth) www.cornerstonrichmond.com

First Baptist Church
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First Church of the Nazarene
1925 Lancaster Rd. Richmond, KY Pastor: Steve Lewis Sunday School: 9:45am Morning Worship: 10:45pm Evening Service: 5:30pm Wednesday: 7:00pm (859)623-5510

Fountain Park First Church of God
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Northridge Church

Meeting on the EKU campus @ the Wesley Foundation 401 University Drive at the corner of Kit Carson Drive Sunday Serve at 11 am. We invite you to come and THINK deeply about your faith, have the space to SEEK God at your own pace, and be equipped to ACT courageously in your world. Phone: (859) 623-5322 jacobdclee@hotmail.com

Red House Baptist Church
2301 Red House Road (Hwy 388) North of Richmond Phone: (859) 623-8471 College/Career Study: 9:30 am Sunday School: 9:30am Early Morning Worship: 8:15am Sunday Worship: 10:45 am Evening Worship: 6:00 pm Mid-week evening meal: 5:30 pm Prayer Meeting & Study: 6:30 pm Pre-school/Children & Youth Activities: 6:30 pm Email: rhbc@redhousebc.com www.RedHouseBaptistChurch.org

Richmond Church of Christ
1500 Lancaster Ave. Sunday Bible School: 9 am Worship: 10 am Sunday Night Service: 6 pm Wednesday Free Meal For Students: 5:30 pm, Service: 7 pm College Class: Sun. & Wed. Colonels for Christ: 8:45 pm on Thursdays at 316 University Dr. (on campus) (859) 623-8535 richmondcc@richmondcc.org

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Vineyard Community Church
Richmond Mall (Main Entrance) Pastor: Joe Wood Phone: (859) 661-2319 or Email: pjewood@vineyardrichmond.com www.VineyardRichmond.com Service: Sunday at 9:30 & 11am

Westside Christian Church
1432 Fairlane Dr. (Across from Arlington) Mike Simpson, Senior Minister Phone: (859) 623-0382 Sunday School: 9:45pm Worship: 10:45am and 6pm Mid-Week Family Meal (Wednesdays) 6pm Adult Bible Fellowship and Youth Activities (Wednesdays) 7pm Small Group meeting times & locations vary. Email: westsidechristian@roadrunner.com www.westsiderichmond.org

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FOOTBALL

CONTINUED FROM B6

who had 20 catches in 2010, sophomore Justin Williams, who finished with 15 catches in 2010 and junior college transfer Cameron Bailey.

"The run game will open up the pass game for us, which is real good," Pryor said. "Tyron's doing real well and Cam Bailey. They'll both be offensive threats for us."

At running back, Eastern returns every back that recorded a carry in 2010, which works to their advantage because of Dameron's newfound significance on the run-game.

Eastern will feature more of a two-back system this season with Jeremiah Williams, also a junior college transfer, at the top of the depth chart. Kyle Lumpkin, H.B. Banjoman, Matt Denham and Caleb Watkins will also get their chance at carrying the ball.

Plus, the speedy transfer Jeremiah Wil-

liams, a slot receiver turned running back will give the Colonel's offense another home-run threat.

The offensive line looks to be Hood's most experienced yet, with four starters returning: Joe Arnason, O.J. Enabosi, Derek Moore and Patrick Ford. Senior Kevin Brown also returns from injury last season and junior college transfer Andrew Melton adds some depth to the group.

"The offensive line is doing great," Pryor said. "They have another year of experience and I am really confident in the great job they're doing."

Pryor, a junior, will once again lead the offense from behind center, and in his third season should be one of the conference's most dynamic offensive weapon.

Pryor comes in nearing 4,000 career-passing yards and 31 touchdowns, and will look to lead more with his arm this season.

But the junior did suffer a hand injury in a scrimmage last week but hopes to make it

back for the first game against Sept. 3. The team does not know when he'll return but does not expect to be out the entire season.

"We're getting the ball in our running back's hands more," Pryor said. "It takes a lot of pressure off the quarterbacks to not have to use our legs as much. We're going under center more and our O-line is blocking real well."

Eastern begins the season Sept. 3 at Big-12 opponent Kansas State, and will look to get off to a much quicker start than last season where they fell to 0-3 and then to 2-5 by November.

But after rolling off four straight wins to end the season, Hood and company are eager to get started.

"We still have another week to play with before we start looking at Kansas State," Hood said. "This will give us a good chance to still work on fundamentals of our offense and defense and the calls. But we're ready to get started."

VOLLEYBALL

CONTINUED FROM B6

playing at Appalachian State and realized the coaching style was very different from what she had been accustomed to," Duncan said. "Kelsey realized Seller's coaching style was more of what she was accustomed to."

Edmonds and Kuehner, who stand equally in height, will serve as the team's one-two punch and will be looked at for successful output, but Duncan is quick to note that the rest of the team can't rest on their laurels.

"All new people will have a very significant role on the team this season," Duncan said.

Duncan said another advantage to having Kuehner is the fact that even though she is a junior academically, she is a sophomore athletically, which makes her and Edmond in the same class and better able to relate and communicate with each other, and is looking forward to having the tandem for the future.

"They give us the best outside combination in the conference," Duncan said.

Edmonds and Duncan are in agreement that Morehead State is the team's main rival and focus of concentration in the conference this season, and hope to make the rivalry a special one.

"It's high time we get back to being a rival for Morehead State," Duncan said.

Coach Duncan's main goal is to win the OVC and make it to the conference tournament. Her secondary goal is to do better in the preseason.

"We haven't won the first game of the year since 2005," Duncan said.

She added that for the last four years, the team hasn't been physically ready to move forward in the preseason.

"For the last four years, we didn't start to get competitive until the last part of September because we've needed the extra month and a half for the summer conditioning to kick in while the other teams have been ready from the beginning," Duncan said. "We also don't want to just win games in our preseason tournaments, but we want to win the whole tournament."

Duncan also has nothing but praise for the mental attitude of this year's team.

"These kids have really embraced the drive, determination and dedication to achieving results instead of making excuses that it takes to win," Duncan said. "They have a relaxed confidence that has to be present when you're trying to win a conference."

Eastern's success in 2011 will ultimately come down to an all-around team effort.

"The upperclassmen will bring the experience and know-how; the freshmen and new players will bring the energy and optimism," Duncan said.

ALVES

CONTINUED FROM B6

suffer a hit when Orlandus Harris was injured in the spring but they added two junior college transfers in Jeremiah Williams and Cam Bailey, who both are already proving to be threats. Also every running back returns, and the offensive line may be head coach Dean Hood's most experienced ever, with four starters returning from last season. If Eastern can get off to even a decent start, I like their chances.

Third is where I'm taking Murray State. Yes, the Racers have the "Hatch Attack" (named for Head Coach Chris Hatcher's high-powered offense), do-it-all quarterback Casey Brockman back from last year's stellar season and return Mike Harris at running back, but I'm not convinced the spread offense will sustain itself after losing their all-American receiver in Marcus Harris.

And I'm not sold on their defense just quite yet. Last season they didn't crack the top five in any defensive category, and lost several key seniors on that side of the ball.

They do however return cornerback/return specialist Dontrell Johnson, who earned All-OVC honors at both positions last year. Johnson, a senior, is a threat to take any punt back to the house, and led the nation with 22.8 yards a return last year.

In fourth place is where I'm putting Southeast Missouri, the defending champions. It's hard to pull off a repeat in college football, and things aren't any different for Head Coach Tony Samuel, who won the Eddie Robinson National Coach of the Year

award last season. The Redhawks will have to replace last year's OVC Offensive Player of the Year, running back Henry Harris and three first-team All-OVC offensive linemen, which won't be an easy task.

But they do return senior quarterback Matt Scheible who was the first-team All-OVC pick at quarterback last year after completing 59.9 percent of his passes for 1,246 yards and eight touchdowns and rushing for 884 yards and seven more scores. Defensively the team returns junior defensive back Tylor Brock who ranked 16th nationally in interceptions/game, picking off six total passes. But don't be surprised if the Redhawks prove everyone wrong again.

Fifth place goes to UT Martin and Head Coach Jason Simpson, who enters his sixth season with the Skyhawks. UTM has never had a losing season in OVC play under Simpson, who won the OVC Championship in his first season with the program (2006) and was 6-5 overall and 5-3 in league play last year. I don't expect this to be their first.

Simpson will look to junior quarterback Derek Carr to lead the offense once again this season; last season Carr threw for an OVC-best 2,543 yards while also tossing 13 touchdowns in 11 games. Carr has a variety of offensive weapons at his disposal including wide receiver Stephen Shiver, running back Jason McNair and preseason All-OVC pick at tight end Kenny Jones. The team also returns preseason All-OVC defensive back Kendal Harper who had 42 tackles and three interceptions last year.

In sixth I'm taking Tennessee Tech, who finished 5-6 overall last season. Head Coach Watson Brown has 21 starters returning, including senior wide receiver Tim Benford.

Benford is just six receptions away (151) to crack the OVC career top 10 list. Senior teammate Scott Schweitzer was also a preseason All-OVC selection this season, earning the nod at offensive guard. Defensive linebacker Marcus Edwards returns after registering an OVC-best 7.5 sacks last season.

Seventh goes to Eastern Illinois. The 2011 season will mark the final season for longtime coach Bob Spoo, who has coached for 25 years. Last season the team was 2-9 overall and 2-6 in the OVC. Spoo is going to utilize a spread offensive attack that includes nine returning offensive starters. Senior offensive guard Eric Zink was named to the Preseason All-OVC team while junior defensive lineman Artavious Dowdell also returns.

Tennessee State, who was winless in OVC play under first-year head coach Rod Reed last season, gets in at No. 8. The team returns OVC Preseason Co-Defensive Player of the Year in senior linebacker Rico Council, who tallied 79 tackles, 6.0 tackles-for-loss and 4.0 sacks last season. He is one of six TSU defensive starters returning this year. Offensive senior running back Dante Thomas was a Preseason All-OVC selection after rushing for 793 yards and six touchdowns last season.

Last but not least we have Austin Peay. Head Coach Rick Christophel's Gobs return 47 letterwinners back from his team, which finished 2-9 overall and 1-7 in the OVC. Among those are two Preseason All-OVC selections in running back Ryan White and offensive center Tim Schmid. White, a first-team All-OVC selection in 2009, carried the ball 156 times for 769 yards and four touchdowns last season.

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Promotion brings newfound passion to gridiron Colonels

By CHRIS MCGEE
christopher_mcgee5@mymail.eku.edu

College football is a tough sport for any coach. Most of the time, if you don't win championships, you won't have a job for very long.

That is why it's imperative to put a lot of thought into a promotion. A good coach wants to make sure he has the right people in important positions who are dedicated to winning.

Eastern's head football coach, Dean Hood, took this thought process when he decided to promote Dane Damron from special teams coach to offensive coordinator.

Damron grew up in Grayson, Ky. He gained his football experience as a quarterback at Georgetown College from 1990-94. During his years at Georgetown, he was a two-time National Association of Independent Athletics All-American.

He began his career at Eastern in 1995 as a wide receivers coach and graduate assistant under long-time coaching great Roy Kidd. In 1996,

Damron earned his master's degree in sports administration from Eastern.

Damron also spent nine years coaching on the high school level at Boyd County including three years as head coach from 2002-05.

Sometimes with a change in offensive coordinators, there tends to be drastic changes in a team's style of offense, thus extending the learning curve for players already comfortable with an old system. This is not the case with Damron's promotion.

"The only major change I want to make on offense is to change the terminology, so the systems will be clearer to the players," he said. "Systems are all about execution."

Damron added that putting players in the best positions to make plays is another goal on offense this year.

Eastern's offense, which was one of the lowest-producing teams in the Ohio Valley Conference, had a major problem with consistency — something Damron vows to change.

"We had a stretch of four games

last season, especially Jacksonville State and Tennessee Tech, where we had good consistent offense," Damron said. "In the rest of the games, not so much."

Damron's transition from special teams to offensive coordinator was a smooth one, something that also comes as a positive for the Colonel offense.

"I've always been an offensive coordinator, whether it was high school or college," he said. "We have great kids and a great staff."

Damron summed up his coaching philosophy with one word: Execution.

"There are only so many plays you can run in football," he said. "We all use the same systems. It's all about execution."

Hood didn't have any qualms about promoting Damron.

"His familiarity with the players and the fact that he has called offensive games made the decision an easy one," Hood said. "The players have also brought in the passion. Coach Damron brings the offense."



SONYA JOHNSON/PROGRESS

Dane Damron (left) was hired as Eastern's new offensive coordinator after the resignation by former coordinator Mike Springston this summer. Damron said the offense will not see drastic changes from last year, but will be a more simplified version that is easier to understand by the players.

Four former hoopsters sign professional contracts

By RYAN ALVES
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Four former Eastern basketball players have signed professional contracts with European teams for the fall season—Justin Stommes, Spencer Perrin, Nadia Mossong and Josh Taylor.

Stommes signed a pro contract with the Paderborn Baskets out of the German "A" league. The Baskets finished seventh out of 16 teams in the "A" league last year with a 14-14 overall record.

"It feels great to be given the opportunity to fulfill a life long dream of playing professional basketball," Stommes said. "It's a humbling experience knowing that a lot of people don't get the chance."

Stommes was a four-year starter at Eastern

who graduated last year. While a Colonel, he amassed 1,277 career points and left Eastern as the program's 15th all-time leading scorer.

"EKU was a great time," Stommes said. "I had too much fun with my teammates at times, but it also taught me that hard work definitely pays off."

Stommes said one of the hardest things to adjust to is the officiating and different rules in European basketball.

"You can't use the jab step over here or they call a travel," Stommes said.

Perrin, who transferred to Eastern in 2009 and graduated last season, was a staple in the Colonel's offense and a force down low on defense.

As a senior, he led the team in scoring (14 points per game) and ranked 10th in the Ohio Valley Conference in rebounding with 5.5 re-

bounds per game.

The Danville, Ky., native has signed a one-year deal to play for KK Lirija in Macedonia, who finished in fifth place in the FYR-Macedonia Superleague last season.

Mossong has signed a deal with the OKE Panthers Osnabrück in Germany.

"Being able to play professionally in Europe has been a goal of mine for a while now, and it feels great to finally achieve it," Mossong said in a press release. "Everything that I have experienced over the past years helped me to get to this point. I couldn't be more excited to take the next step in my career."

Mossong was a four-year letter-winner for the Lady Colonels, who graduated last season with a master's degree in sports administration and a bachelor's degree in broadcasting and electronic media.

For her career, she averaged 4.8 points per

game and 4.1 rebounds per game with the Lady Colonels. She starts her season with the Panthers Sept. 25.

Taylor, who graduated in spring 2010, has also signed a deal to play in Germany, for the Hertener Loewen in the German "B" league. Taylor, who was a second team All-OVC forward his senior year, helped the Colonels reach the 2007 NCAA tournament by hitting the game-winning shot to beat Austin Peay in the OVC championship game.

Hertener Loewen posted a 16-6 record in the North division of the "B" league a year ago.

The European basketball leagues begin competition in September and run through April. Colonel fans can follow the progress of the players by logging on to www.eurobasket.com.

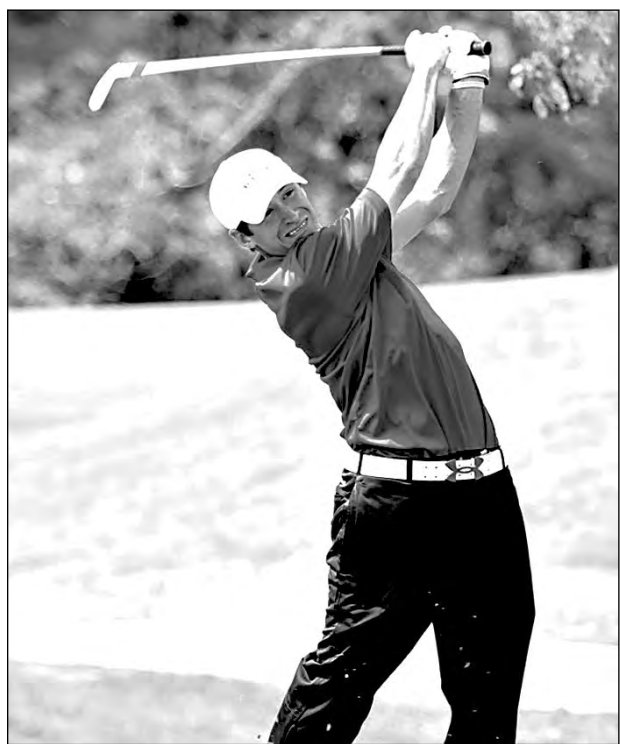


PHOTO SUBMITTED

Billy Peel, a senior member of Eastern's golf team, qualified for the 111th U.S. Amateur Championships.

Eastern's Peel qualifies for U.S. Amateur tournament

STAFF REPORTS
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Senior Colonel golfer Billy Peel qualified for the 111th U.S. Amateur golf championships played at Erin Hills in Erin, Wis.

Peel shot rounds of 75 and 68 in the 36-hole qualifier to tie for second place, which eventually sent him on to the most prestigious amateur tournament in the United States.

Peel started the U.S.

Amateur Monday morning, and shot an even par 70 in his first round, which put him tied for 36th place on day one.

Day two's play was suspended for inclement weather. When play stopped, Peel's score was at one over for the tournament.

Final results were not available as of press time, but complete coverage can be found online at www.easternprogress.com.



SONYA JOHNSON/PROGRESS

Freshmen Paige Larkin (5) makes a play on the ball against the University of Louisville in last Friday's 5-0 loss to the Cardinals.

Women's soccer comes up short against in-state schools

STAFF REPORTS
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Eastern's women's soccer team fell to in-state foes Louisville, 5-0 on Friday, and Kentucky, 2-1 on Tuesday evening, to start their 2011 campaign with two losses.

Against the Lady Cardinals, Eastern was outshot 15-1 in the first half, but in the second half, attacked the Louisville defense with four shots on goal.

"I told the team, you don't put a team like this on your schedule if you're worried about the stats and you're worried about the score," head coach Lindsay Basalyga said

in a press release. "You put a team like this on your schedule to see where you're at. And that's what it's all about: let's expose ourselves early, and now we have great film to work from."

Against Kentucky, Eastern proved to be ready for a fight, as freshman Sydney Montgomery gave the Lady Colonels a 1-0 lead in the 51st minute of the first half.

The Lady Wildcats responded though with two late goals — 80th and 87th minutes — to take the final lead.

Eastern returns to action at 5 p.m. Friday when they travel to Wright State University at.

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The Eastern Progress www.easternprogress.com

Alves, editor

My gut feeling about 2011's OVC outcomes



Ryan Alves

With football season right around the corner, I can't hide my excitement for Saturdays in the fall.

And this season, in the Ohio Valley Conference, things are looking up for yet another nail-biter.

Last season, we saw just how much preseason rankings mattered when Southeast Missouri won the OVC after being picked to finish seventh before we even had a kick-off.

Some experts they were.

So this season, I'm throwing out the official rankings and giving my gut feelings on the OVC.

Jacksonville State University is the clear-cut favorite to win the OVC once again.

The Gamecocks return 51 letterwinners and 13 starters from a team that made the FCS playoffs last season. Senior defensive linemen Monte Lewis was a force in the middle last season racking up 37 tackles and three sacks in 12 games. He's backed up by senior linebacker Rodney Garrott and junior defensive back Keginald Harris. Garrott registered 61 tackles last season and Harris led the team with five interceptions.

Offensively, senior quarterback Marques Ivory returns after 2,248 passing yards and 18 touchdowns last season, but the biggest offensive factor may be University of Georgia Bulldogs running back transfer Washaun Ealey. Ealey brings 1,528 rushing yards and 14 touchdowns against SEC defenses to an already potent offense that scored 32 points a game last season. Look for Ealey to easily make a run for OVC Player of the Year, and for the Gamecocks to finish at the top this season.

In severe contrast to the preseason polls, I'm not buying the hype of Murray State. So I look for Eastern to finish second this season and make a run for the title and another post-season birth.

The main reason being defense wins championships. And I think the Colonels will have yet again one of the strongest defenses in the league this year. They return several key starters from last year's squad and have probably the most dynamic defensive player in the conference at cornerback — Jeremy Caldwell. And even with a new coordinator calling in the plays, I honestly think Eastern's defense will leave off where they started — dominating the run and holding opponents to low scoring.

Offensively, it never hurts to have a weapon like junior quarterback T.J. Pryor. Pryor is about to break all kinds of Eastern quarterback records, and even though the Colonels want to put a heavier emphasis on the run, don't think Pryor isn't capable of taking off and gashing defenses like last year. Eastern did

› SEE ALVES, PAGE B4



EASTERN FOOTBALL EAGER TO BEGIN QUEST FOR SCHOOL'S 21st OVC TITLE

By RYAN ALVES
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Head Coach Dean Hood and his Colonel football team ended last season on a four-game winning streak, and for the second straight year, come into this season being picked to finish third in the preseason Ohio Valley Conference football poll.

And as week three of preseason camp comes to a close, the Colonels are ready to begin their quest for their 21st OVC championship.

"The guys are in good shape," Hood said. "We're playing real physical right now, running the ball well and playing good defense. Special teams is coming along nicely, and I'm real pleased at where we are at this point."

In the preseason OVC polls, Eastern had seven players voted to the preseason All-OVC Team, but received zero first-place votes.

Five of the seven players named in that list came from the defensive side—Emory Attig, Anthony Brown, Tyson Patrick, Jeremy Caldwell and Patrick McClellan—which will prove, once again, to be Eastern's strong suit.

Eastern ranked first in the OVC in rushing defense (125 yards per game) and second in scoring defense (22.7 points per game) last season, and will look to rely on its veteran defense once again.

Attig said he is trying to replace the leadership roles that graduating seniors Jordan Dalrymple and Andrew Soucy had last year.

"Last year, guys looked to them for experience," Attig said. "I'm starting to see the field better and I kind of feel like an old veteran who can see the formations better than before."

Attig is also recuperating from a knee injury he suffered in the last game of last season, but insists he will be ready for his senior season.

"There's pain, but this is college football and I've got one year left, so you deal with it," Attig said.

Caldwell, Eastern's dynamic special teams playmaker and lock-down cornerback, looks to continue the stellar season he had last season, when he finished with 32 tackles, three interceptions and three kick-returns for a touchdown.

This season, he was also named to college football's Buck Buchanan Award Watch List, which is given to the top defensive player in the Football College Sub-division (FCS).

"We're really starting to execute and bring these young guys along and get ready for Kansas State. It's been a while," Caldwell said. "I've been getting a few reps on offense, and I didn't realize how good our defense really is until then. The defense looks amazing right now."

Defensively, Eastern also made a coaching change as former assistant coach Tony Hatmaker took over the defensive reigns from Hood.

"I was having a hard time managing the game with being concerned with the defense," Hood said on why he stepped back. "I wasn't able to help the offensive coaches, or the special teams very much. Its one of those things like you can't see very much when you're the guy in the forest. It was just too much for me."

And Attig said the defense is no different with Hatmaker steering the ship.

"We're really doing the same things defensively as when Coach Hood was calling it, but

Coach Hatmaker adds a little more intensity and he means business," Attig said. "But he's really bringing the guys together, creating a more family atmosphere amongst the defense. We're working on fitting the run and getting to the quarterback on our blitzes. We want to earn the title of best defense in the OVC."

Eastern also has a new look offensively with Dane Damron, last year's special teams coach who has taken over as offensive coordinator for Mike Springston, who resigned this summer.

Damron has added a newfound excitement and passion to an offense that ranked toward the bottom in overall production in 2010.

"The offense is simplified down for us now. There are less plays, the calls are more fluid and it's a lot easier for us," said quarterback T.J. Pryor. "We're working really hard right now."

The Colonels' offense suffered one severe set-back this spring when junior wide receiver Orlandus Harris went down with a season-ending knee injury before the start of camp. In 2010, Harris caught 56 passes, led the team with 940 yards receiving and seven receiving touchdowns. Harris was one of the players named to the preseason first-team All-OVC Team.

In his place will be junior Tyrone Goard,

All athletic events, including football games, are free for Eastern students to attend. In the Aug. 18 issue, the Progress incorrectly said that football tickets cost \$5.

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SONYA JOHNSON/PROGRESS

Sophomore outsider hitters Ashley Edmon (21) and Kelsey Kuehner (1) have Head Coach Lori Duncan (center) excited about the duo's ability to become one of the conference's best tandems.

Volleyball newcomers add depth, excitement to squad

By CHRIS MCGEE
christopher_mcgee5@mymail.eku.edu

Eastern's Head Volleyball Coach Lori Duncan has a thirst for winning that is hard to quench.

So it's probably safe to say she wasn't pleased with her team's 11-18 record from last season.

But a new year is a fresh start, and this season Duncan will have the challenge of replacing three seniors — Abby O'Connor, Autumn Harms and Lauren Snyder — who were all staples on the Lady Colonels team last season.

"Each one of those seniors brought something different to the table," Duncan said. "In each of those positions we are going to be as competitive or more this season."

This is possible because of Duncan's recruiting class this season, five freshmen — Dena Ott, Hannah Burkle, Abbey Cvelbar, Alexis Plagens and Taylor Allgeier — and one Division 1 transfer, Kelsey Kuehner.

"Four of the five true freshmen will play this year, with one (Allgeier) sitting out because she tore her ACL," Duncan said. "They are all great kids."

Coach Duncan also has high expectations of her freshmen.

"My goal is to have the Ohio Valley Conference Freshman of the Year come from Eastern Kentucky again this year," Duncan said, as sophomore Ashley Edmond won the award last year.

Adding depth to the team wasn't the only focus this offseason for the Lady Colonels. The team split their offseason concentration between fundamentals and mental attitude.

"We worked on a little of both during the offseason," Duncan said. "We tried to create a new atmosphere. We gave them physical goals and skill goals for the summer. They came back in great physical shape."

She added that the players embraced all the goals pretty well.

Edmond, an outsider hitter and preseason All-OVC selection, tried to take those new freshmen under her wing and offered them some helpful tips that she learned her first year on campus.

"Adapt to the environment; go with the flow and be able to change when the need arises," Edmond said. She added the offseason goals were issues that needed to be adjusted based on the previous season.

Conversely, senior Hannah Groudle had some things she said she hopes to pass down to the underclassmen during her final year on the team.

"Enjoy the volleyball experience; it's once in a lifetime," Groudle said.

In addition, Groudle wants to pass down the winning tradition of the volleyball program.

"Liz [Sellers, assistant coach] and Lauren Snyder have been so great for us to learn from because they have been through the program," Groudle said.

One of the most significant offseason additions is 6-foot sophomore outside hitter, Kuehner, who transferred from Appalachian State University.

Duncan said Sellers was very instrumental in Eastern landing Kuehner.

"Kelsey had committed to App State before we even had a chance to talk to her," Duncan said. "She got to

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