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Weekend Forecast:
Friday: Mostly sunny in the 50s.
Saturday: Mostly sunny in the 50s.
Sunday: Partly Cloudy in the 40s.

STYLE

Shaping up
 Get rid of the winter blahs by eating & exercising right
Style magazine



ACTIVITIES

Historial view
 University sets plans for Black History Month
Page A-7

ARTS

Face lift
 City's oldest church takes on new role
Page A-6

THE EASTERN PROGRESS

Vol. 70/No. 18
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18 pages
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Investigation of Vaughan not planned

By Tom Marshall
 Managing editor

While Gov. Brereton Jones waits for a cloud to be removed from above the head of State Budget Director Claude Vaughan, university officials have no plans to help make that possible.

Meanwhile, Vaughan remains on an unpaid leave of absence while the story unravels.

Jones placed Vaughan on the leave of absence amid allegations presented in articles published by the Lexington Herald-Leader that he misrepresented academic research while serving as a university economics professor. The questioning of his research came about after he submitted earlier articles he co-wrote for merit pay.

For now, the inquiry is at a dead end.

"Why would the university investigate someone who's retired?" said Dr. Frank O'Connor, chair of the department of economics. "As far as I'm concerned it's over."

The same thought is echoed by Dr. John Rowlett, vice president for academic affairs, who could have issued an investigation into the articles' merit.

"The institution has no plans to move ahead," Rowlett said.

Rowlett said he nor any other uni-

AT A GLANCE

STEPS IN THE INQUIRY OF RESEARCH MISCONDUCT

- 1 A request is made for an inquiry to the department chair
- 2 The department chair examines the data and if needed, forwards it to the college dean
- 3 The college dean then forwards the inquiry to the vice president for academics affairs
- 4 The vice president then requests an investigation, if warranted

versity administrators have mentioned any plans to reopen the case because Vaughan is retired and no longer works for the university.

Meanwhile, Vaughan will counter the charges until the situation is resolved.

"I've done nothing wrong," Vaughan said. "The problem is not with Frankfort."

See VAUGHAN, Page A4

Up and away



Progress photo by C.A. METZ

A brief break from the winter cold spell Monday sent some university students to the courts. Eric Kenoyer, an agriculture major from Fort Lauderdale, drove to the basket as Toby Nigh, Louisville, Garret Stark, Lexington and Jim Webb, Mount Sterling.

Phi Delt's await IFC decision on charges

By Michael Morgan
 News editor

Phi Delta Theta, a social Greek organization that has been at Eastern since 1969, awaits action from the Interfraternity Council on hazing charges filed against the chapter.

"Hazing allegations are coming up against us," said Brian DeWire, president of the 45-member fraternity.

"I don't know exactly what we are charged with," DeWire said. "Depending on the charges, I will know whether to plead guilty or innocent."

DeWire said he would not comment on whether the allegations are justified until he has specifics on the charges.

"I was notified today by the IFC by a letter in our mailbox," DeWire said Tuesday. "I'm going to have to talk to Skip (Daugherty) and the IFC to find out exactly their definition of hazing."

"I really don't know where it would come from," he said. "There was a rumor floating around and then I received the letter."

According to the university student handbook, organizations, including fraternities, "shall not engage in hazing, disorderly conduct, or social misconduct."

A house bill from the 1986 General Assembly which proposed changes to student handbooks said hazing may include "any situation which recklessly or intentionally endanger mental or physical health or involves the forced consumption of liquor or drugs for the purpose of initiation or affiliation with any organization."

After receiving the letter, DeWire said he set up a meeting with Dr. Hayward "Skip" Daugherty, dean of student development, and Troylyn LeForge, coordinator of student development, to gather more information about the charges against the chapter.

"None of the pledges were placed in any danger," said Dr. Ralph Thompson, the fraternity's faculty sponsor.

Hazing has changed in definition in the past few years, he said, which changes how fraternities have looked at their activities.

Thompson said a few years ago, the fraternity examined its policy on hazing.

"The general council of Phi Delta Theta came out with a firm policy against hazing of any type," he said. "I think it's their intention to plead guilty to all the charges."

"I don't know what they are accusing us of and I don't want to say we're in the right or they are in the right. I just want to find what we are charged with," DeWire said.

DeWire also said he is unsure what activity caused the IFC to bring charges against the chapter or how many charges are filed against the chapter.

Jones pushes purge; Hable talks budget

By George Roberts
 Staff writer

FRANKFORT—Presidents from the state's eight publicly funded universities were called here Tuesday by Gov. Brereton Jones to discuss university budgets and purging university boards.

In a private meeting, State Cabinet Secretary Kevin Hable briefed the presidents on the status of the 1992-93 budget. Jones will present the budget to the General Assembly Feb. 6.

During the budget meeting, the presidents were told what funds are available, how much money the state needs and estimates of next year's budget, said University President Hanly Funderburk.

"His (Hable) opinion was there would be cuts for some areas and no cuts for others," he said.

The 1992-93 budget year will be difficult, Funderburk said, but there is promise for the 1993-94 year. Funderburk made no comment on how much the budget cuts were expected to be.

"At this point it is much too speculative to comment on," Funderburk



said. "We just have to get a figure. We've already been cut once and another cut would be detrimental to what we are trying to do at Eastern."

In Tuesday's public meeting, Jones met with state university board members and university presidents, including Funderburk, at the governor's mansion to discuss HB 149, a bill supported by Jones, which would remove all current regents from their posts. University presidents would be unaffected.

The current wording of the bill would allow regents an opportunity to regain their positions through a proposed screening committee. Jones has said he would reappoint up to 50 percent of the current regents under the new system.

Following a 10-minute address in

See JONES, Page A10

Board sanctions differ

By Joe Castle
 Assistant news editor

A comparison of the sanctions given to two students by the university disciplinary board indicates the board has multiple definitions of the phrase "prohibited from campus."

The Progress has obtained a university memorandum detailing sanctions against a university student last semester, allowing for the first comparison of sanctions given during the confidential disciplinary board hearings.

David Wilkins, senior defensive captain of the university football team, was sanctioned by the board following a fight with junior receiver Leon Brown in Ellendale Lot during Homecoming weekend last semester.

Wilkins was arrested and charged with disorderly conduct and fourth-degree assault. He was also charged with another count of disorderly conduct at the jail.

Wilkins continued to play football following a one-game suspension by Coach Roy Kidd.

According to the memorandum, Wilkins' sanctions, enacted by the board Nov. 6, placed him on university probation for the remainder of his undergraduate college career and required that he attend mandatory counseling on a regular basis as determined by the director of the university counseling service.

The sanctions evicted Wilkins from university hous-

ing for the remainder of his undergraduate career and allowed him on campus only to go to classes, to the library, to football practice and to eat in Martin Cafeteria, according to the memorandum.

These sanctions were compared to similar action taken against another student in the spring of 1990.

Felicia L. Garr, a university graduate and the only student to disclose the details of her case in recent years, was sanctioned by the disciplinary board while still a student two years ago because, according to the charges filed against her, she "made vulgar remarks and used lewd phrases" while performing during a fraternity step show.

Garr was charged with violating university regulations defined in the student handbook, including "engaging in obscene or morally offensive behavior or speech."

According to the Progress article about her sanctions, Garr, who was already on suspension for a 1988 residence



Myers says sanctions treat students equally.

See SANCTIONS, Page A10



Mozart with James E. Peursem, former head of the music department.

Grave concern Mascot's tombstone found in Grant County

By Kerry Sigler
 Copy editor

When Gary Afterkirk retreated to rural Grant County for a day of hunting, he found more than animals.

He stumbled across Mozart's gravestone. No, it wasn't the burial marker of the famous composer, but there is a musical connection.

Campus officials discovered the tombstone of Mozart, a dog who served as campus mascot during the '50s and '60s, had been removed from the ravine in 1990.

Until Afterkirk's discovery in December, there were no leads on the location of the tombstone.

Mozart was a black dog that roamed the campus during the late 50s and early 60s.

He originally came to Eastern as the pet of a student, Douglas Gaither, who graduated in 1952.

Following his graduation, Gaither asked Burnam Hall housemother Kathleen Bales to accept responsibility for Mozart's care.

Although Bales' Second Street house became Mozart's official residence, it was the Foster Music Building that became his home.

Mozart could often be found roaming the halls of the building, attending music appreciation classes and accepting food from students and faculty.

He also enjoyed marching with the school band, occasionally displaying his loyalty to the young musicians by sitting on the sidelines, howling at the top of his lungs while other bands performed at home football games.

According to Ron Wolfe, a professor in the

mass communications department, Mozart also enjoyed frequent overnight visits to residence halls.

"It was a different room every night," Wolfe said.

One of Mozart's favorite spots to visit on the campus was the Van Peursem Pavilion in the ravine.

When he died in 1964, Mozart was buried behind the pavilion. The grave was marked with a tombstone which reads, "Here Lies Mozart, Campus Mascot, E.K. S.C., Oct. 15, 1947, Aug. 14, 1964."

"We knew right off what it was," said Brenda Afterkirk, Gary Afterkirk's wife who attended the university during the early 1960s.

"They came upon a rock pile," she said.

See DOG, Page A10

INSIDE

□ The NCAA rules starting quarterback Joey Crenshaw gets to play another year for the Colonels. See Page A8.



Crenshaw

Accent A5
 Arts/Entertainment A6
 Activities A7
 Classifieds A4
 Comics A3
 People poll A3
 Perspective A2&3
 Sports A8 & 9

Hhmm . . . 22 years ago today The Beatles performed together for the last time on top of their Apple Studio in London, England.

THE EASTERN PROGRESS

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EDITORIALS

Forgetting a Dream

Unity and nonviolence message is lost on campuses

It is in this, the week after our nation celebrated and praised Dr. Martin Luther King and his words, that we question whether a new generation of college-educated blacks understands his message.

King preached and practiced his message of equality and nonviolence during his time with us.

Although King's message has been carried on for many years after his death, the meaning of his words is being erased by the actions of some blacks on the college campuses where they are training to be future leaders of our society.

Four days prior to King's birthday, at a predominantly black Delta Sigma Theta sorority off campus dance, a night of dancing turned into a night of fighting.

Two days later at a predominantly black fraternity and sorority dance at the University of Louisville, a 19-year-old student was seriously wounded after another black student fired several shots into a crowd.

These two incidents are the most recently reported accounts of black-on-black violence on college campuses in Kentucky.

They are not, however, the first incidents of their kind, nor are they isolated.

At Eastern alone, intraracial violence among blacks at dances where blacks account for the majority of people in attendance has become a regular occurrence.

Has King's message fallen on deaf ears? And how are college campuses to handle this violence?

The intraracial violence on our nation's campuses has become a plague—a plague that has many campus administrators running scared rather than looking for a vaccine.

As one black Florida professor wrote of violent black activity on his campus in a column published in the Lexington Herald-Leader this week, "This group has learned that it can

bully other students. It knows that many white faculty and administrators, fearing being cast as bigots, go to great lengths to keep the peace."

Things are not much different at Eastern, it seems.

When questioned last week about what action the school was going to take in the Delta Sigma Theta incident, Eastern administrators shrugged their collective shoulders and said, in effect, we are sorry there is nothing we can do.

"We do not approve or disapprove of off-campus activities," said Hayward "Skip" Daugherty, dean of student activities. His boss, Vice President Tom Myers echoed Daugherty's remarks.

Some members of the white Greek community sense a reluctance by administrators to dispense disciplinary action to minority student groups.

These perceptions widen the gulf between blacks and whites at a time when the need to draw upon King's message has never been greater.

Anytime a student organization steps over the line, the administration has a responsibility to see to it that appropriate sanctions are dispensed.

Today, the vice presidents of student affairs from the colleges around the Commonwealth are gathering for a regularly scheduled meeting here which we are told will include a discussion of intraracial violence.

Let us hope this discussion will be a positive step in preparing the administrations at Eastern and other colleges to ignore color barriers when imposing disciplinary sanctions.

Even with inclination and authority, campus administrators can not solve the problem by themselves.

In the spirit of King's dream, it would be even better if black Greeks would lead the march toward the resolution of intraracial violence by peaceful means rather than bloodshed.

AT A GLANCE

The Issue
Black-on-black violence at Eastern and on campuses nationwide.

Our opinion
Black Greek leaders should step forward to help solve intraracial violence through peaceful discussions. School officials need to pass out sanctions, when needed, without being blinded by color.

Boom!

Not meeting regulations could be more costly

They have the solution to a severe problem waiting on the roof, but unfortunately they have nobody to run it.

The problem is meeting guidelines mandated four years ago by the Occupational Safety and Health Administration. University administrators can solve the dilemma by simply hiring one staff member to oversee a \$430,000 storage and distribution facility that sits empty atop the Moore Science Building.

Pretty simple stuff, huh?

Not in the eyes of the university administrators and those in the Moore Building, where uninventoried chemicals lie scattered in violation of OSHA standards.

Officials say a statewide budget crunch is responsible. As a result, they risk paying more in fines than it could cost to hire someone to correct the violations.

Thus, we wait for a solution. It could be summer, or even longer, until one is found.

As for now, Dr. John Rowlett, the vice presi-

dent for academic affairs, has said he sees no evident solution.

In the meantime, moving the dangerous chemicals has been put on hold. The university is already more than two years late in meeting OSHA regulations.

AT A GLANCE

The Issue
University officials failure to comply with federal chemical handling and storage regulations.

Our Opinion
Safety first. Tighten your belts to find the money.

on it. If cited by one of the state agency's 38 inspectors, the university could be fined anywhere from \$1 to \$70,000 per violation.

OSHA regulations should not be toyed with. Cutbacks are always a tough blow to higher education, but safety should be the first issue of concern.

The university needs to simply tighten their belts and put their priorities back in order.

"It is no longer a choice between violence and nonviolence in this world, it's nonviolence or nonexistence."

— excerpt from Martin Luther King Jr.'s last speech, Memphis, April 3, 1968



LETTERS FROM OUR READERS

OSHA regulations there for reason

There is a major problem with what to do with the chemicals on campus.

We should not use the classrooms as storage facilities, nor should we blame OSHA.

OSHA should not be looked upon as a money hungry company, which is the stereotype many people have given it. Instead, OSHA is an organization which inspects businesses for unsafe practices.

When a university that educates thousands of people for the work force thinks that OSHA is out to deplete their bank accounts, they have the wrong idea.

We should be thankful that we have a country that cares enough about employees to pay someone to inspect job-related hazards.

Instead of concerning themselves with what it would cost is they (university officials) were caught, they should think of what it would cost if the lab exploded, killing or injuring several classmates or the faculty. I'll bet that \$50,000 would be "just a drop in the bucket."

The university should do something with the chemicals instead of

hoping that the inspectors do not see them.

Stephen E. Berry
Senior, Fire and Safety Engineering
Martin Hall

YOUR TURN

The Progress gives readers an opportunity to express more detailed opinions in a column called "Your Turn." These columns should be in the form of an editorial or essay. Those interested should contact the Progress office.

MEETINGS

Student senate—meets at 4:45 p.m. every Tuesday in the Jagers Room of the Powell Building.
Faculty Senate—meets Feb. 3 at 3:30 p.m. in faculty dining room. Open to all faculty.
Board of Regents—will next meet Saturday, Feb. 1 in Coates 100 at 2:30 p.m.

LETTERS POLICY

The Eastern Progress encourages its readers to write letters to the editor on topics of interest to the university community.

Letters submitted for publication should be typed. Letters should not be longer than 200 words. Because of limited space, the Progress may condense letters over 200 words that are accepted for publication.

Letters should be addressed to the newspaper and must contain the author's address and telephone number. Letters must also include the author's signature. Carbon copies, photocopies and letters with illegible signatures will not be accepted. Unsigned letters will not be accepted.

The deadline for submitting a letter for a specific issue is noon the Monday prior to Thursday's publication.

Letters should be mailed to The Eastern Progress, 117 Donovan Annex, Eastern Kentucky University, Richmond, Ky. 40475.

PHONE: 622-1872 or 622-1882

Testosterone-plagued males perpetuate stereotypes, myths

"Everybody wants some." David Lee Roth said it when he was with Van Halen, and it still holds true today.

Of course, the scene has changed a lot since the days of free love and one night stands. Now we have to worry about sexual death via AIDS.

One would think this would put a considerable damper on man's eternal pursuit of woman.

But, no. The male libido is alive, kicking and raring to go at Eastern Kentucky University.

I was downtown on a Saturday night a couple of weeks ago, and my faith (or lack thereof) in my gender's prowess in the mating game was reinforced once again.

Now I know a lot of guys have steady girlfriends and don't necessarily fall into the category of "the woman hunter," but without that human anchor to keep them from drifting downtown, we all know where they'd be at night.

It must be in our DNA. Look at the people going into any establishment downtown. The ratio of males to females before they go in seems about equal.

As soon as they enter the door, however, the ratio changes to about five guys for every one girl. This can be proven when a horde of testosterone-overdosed college-aged males descend on a single, helpless female patron at any bar on First Street.

During the previously mentioned Saturday night excursion, I



Joe Castle

My turn

watched while as many as eight different guys hit on one girl in Bottles Tavern—eight of my brethren, congregating around this one lady like she was humankind's last source of renewal.

Really, it's an embarrassment. The more civilized members of my gender end up catching the flak for the hot-headedness (no pun intended) of the sexual and social degenerates.

I know it's instinctive for males to pursue females; it happens in the animal kingdom all the time. But sometimes I think we human males carry things a little too far.

A friend of mine is in the Navy and is currently stationed in Japan. While he was in for Thanksgiving, he spent a night in Richmond.

Of course, he ended up downtown; I stayed at home because I had no desire to watch a member of my gender debase himself.

Eric showed up at about 1:30 a.m., extolling the virtues of a couple of ladies he met downtown. I asked him how much money he spent.

"Only about 50 bucks," said the drunken sailor.

"Well, where are these wonder women?" asked the sober journalist.

"Oh, they went home."

"Did you at least get a phone number?"

"Uh, no."

"How much money have you got left?"

"None."

It's not bad enough that my brothers in gender have to make asses out of themselves; they have to go broke while they're at it, and they usually come up empty handed.

It's no wonder women say men are pigs. The only time we have money is when we're spending it trying to get them drunk.

I'm not trying to say I've never done this; all men have at one time or another.

I just wish some of the more zealous skirt-chasers could learn to tone themselves down a bit.

What if women figure out a way to perpetuate themselves without our help? Can you see where this could go?

So guys please, for the sake of your brothers, if you're downtown and you see an attractive lady, don't swarm over to her. If another guy is already there, wait until he gets shot down and then make your own approach.

And ladies, all guys are NOT the same. I know it may seem that way at times, but believe me, if I was a clone of some of the Neanderthals I've seen in action downtown, I would have put myself out of everyone's misery a long time ago.

Another view

UPS & DOWNS



Down to:
Australian Doctor

Names aren't important here. The team doctor for the Australian national basketball team said his players should be wary of playing in the Olympics against U.S. basketball star Magic Johnson, who has the HIV virus.



Down to:
The Media

The mainstream media are acting like a bunch of bafoons in the coverage of democratic presidential candidate Bill Clinton. Giving credit to a paid source who said Clinton had sex with her is just plain stupid.



Up to:
President Bush

The President announced Tuesday night during his state of the union address a plan that would reduce interest on student loans.

Suggestions for those deserving UPS & DOWNS are welcome. To make a suggestion call 622-1872.

COMICS

B.M.O.C. by Steven Lanham

ADD THE I.Q. OF THESE GIRLS Together AND IT ADDS UP TO:

- A) LESS THAN AN UNCOOPERATIVE CHIMP CAN BE TRAINED TO COUNT.
- B) $5 \div$ SOME BIG 'OL NUMBER.
- C) THE PRICE OF THEIR RAY-BANS
- D) THE WIDTH OF THEIR HAIR BOWS MINUS THE HEIGHT OF THEIR HAIR.

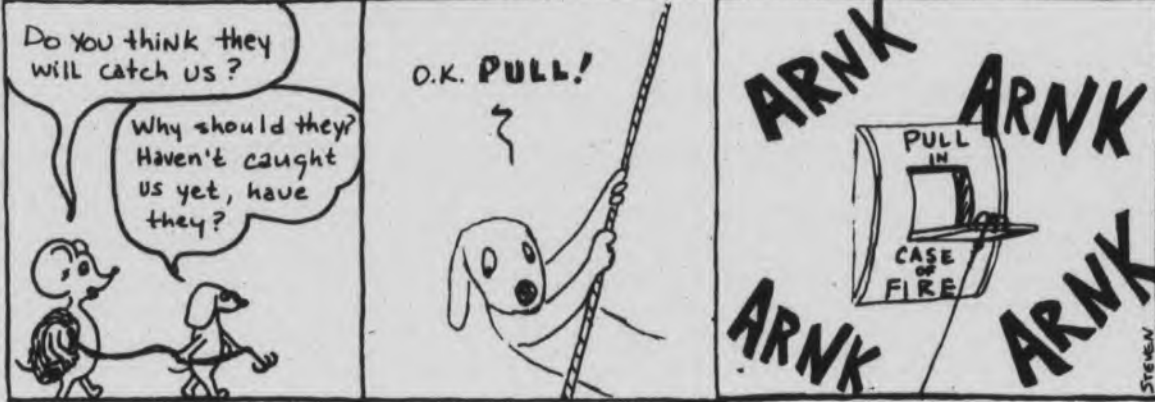


Campus Living by Ian Allman

Doug suddenly REMEMBERS THAT HE LEFT HIS HAT BEHIND IN HIS MAD DASH FOR HIS 8:00 CLASS...



Your Other Roommate by Steven Young



PEOPLE POLL

By Lyn Carlisle

What is your reaction to the Japanese statesman who said American workers are lazy?



Shelley Hatfield, 22, senior, police administration, Paducah.

"I believe it. It seems everything Japan does ... excels in sales."



Rod Privett, 20, junior, police administration, Lexington.

"I think there's been a deterioration of the Protestant work ethic, but I know plenty of Americans who get up and bust butt every day. I think he is very biased and a tad racist."



Juan Mitchell, 19, freshman, undeclared, Louisville.

"I think their work ethics are different from ours. It's not that we are lazy, it's that they work harder."



Mark McCane, 23, freshman, electrical engineering, Florence.

"I disagree with him. I've been in the workforce. Americans aren't lazy."



Miranda Sizemore, 22, junior, radiation medicine, Leslie County.

"They probably do believe we're lazy because they believe in (work) so strongly."



Joe Gosney, 21, junior, undeclared, Lexington.

"He's right. American workers are overpaid for the work they do, compared to most countries."

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Campus news

Incinerator technology examined

Progress staff report

Opposers of on-site nerve gas incineration at the Lexington-Bluegrass Army Depot have gained a pull in the tug of war with the Army.

The Army has been advised to consider different means of chemical weapons disposal other than burning in a report by the General Accounting Office of Congress.

The report, issued last week, says

the Army's deadline for incineration will likely be delayed and the venture will cost more than anticipated. The now

\$6.5 billion program has doubled its price estimate since 1988 and expects to have burn units operational by 1997.

The report also recommends the Army to explore other possible technology capable of destroying the weapons.

Madison County, home of the depot, is one of the most highly populated among the eight proposed sites for incinerators.

Sen. Tom Buford, R-Nicholasville, is introducing a bill regarding the storage, transportation and disposal of deadly substances. If passed, the bill will toughen regulations on handling lethal substances and lessen the Army's chance of getting a permit to build an incinerator.

VAUGHAN: Cloud hangs over budget director

Continued from Front page

On March 26, 1991, O'Connor sent a preliminary report on the inquiry to Charles Falk, dean of the university's college of business. Later, on July 29, Vaughan submitted his resignation effective Dec. 31.

Vaughan spent last semester on medical leave and was paid during the layoff. Vaughan, 57, was budgeted \$53,570 for 1991-92, but was only employed for the fall semester.

Merit pay can be granted for one of several different criteria. Among them is research. The university mandates basic qualifications, but each college decides the specifics to gain merit pay.

"You differ from college to college depending on the peculiarities of different departments," said Charles Falk, dean of the college of business.

Over the two prior years to 1991-92, Vaughan made \$47,930 during 1990-91 and \$42,680 for 1989-90.

But Vaughan is no longer an employee of the university due to discrepancies in a pair of works.

The articles being questioned include one from 1991 and another from 1975.

Dr. Steve Dickey, an associate professor of economics and member of a three-member merit pay committee that recommended the inquiry, told the Lexington Herald-Leader Friday it was unlikely that Vaughan could have come up with identical numbers for tables in both articles.

O'Connor told the Herald-Leader the text of the articles were essentially the same.

After Vaughan resigned, a committee of co-workers in the economics

department recommended that the journal which published his articles, *Journal of Real Estate Appraisal and Economics*, retract the articles, the Herald-Leader report said.

Dickey is now mum on the subject of Vaughan and the inquiry.

"I don't want to become more deeply involved than I have now," Dickey said Monday.

Another committee planned to explore the need for any action, even after Vaughan's resignation, but three members of the faculty within the economics department balked at the move, Herald-Leader reports said.

The inquiry was never completed and the committee never got off the ground, ending any investigation that would answer whether Vaughan had committed any wrongdoing.

When the allegation was brought to the attention of O'Connor by the merit pay review committee, he was required to follow university guidelines set forth by "Misconduct in Science, Policies and Procedures," said a 1989 report issued by the President's office.

Under the guidelines, O'Connor was to examine facts involved in the charges and then notify the dean of the college, which was Falk.

"I don't want to get into this matter to be honest with you," Falk told an Eastern Progress reporter. "It's simply a personnel matter."

If the matter, in the dean's opinion, warranted further examination it would go onward to Dr. Russell Enzie, associate vice-president for academic affairs and research, the guidelines said.

The chair and dean must also submit

a written report explaining their findings. The person accused is granted a chance to review the documentation, according to the misconduct report.

If the associate vice president concluded that the possibility of misconduct existed, he would then inform the vice president, Rowlett, who is responsible for determining whether an investigation is warranted, the report said.

The determination must be made within 60 days of the initiation of the inquiry. If the inquiry determines that an investigation is not necessary, all documentation would then be filed in Enzie's office for a period of three years.

"We simply followed the procedures as we were supposed to," Falk said.

A formal investigation of the articles was never launched, leaving the cloud still floating around Vaughan. Solving the situation has Vaughan looking at other avenues.

"It will just have to be handled by a different approach," he said.

Vaughan wouldn't offer any specifics on what he might be proposing to do, but he and a small group of friends and advisors are working on a plan.

He said he wants to find the source of the recent reports to the press before he takes action.

For now, Vaughan said he is going to let things develop as they may. He is yet to here from any officials from university administration.

"Somebody leaked an investigation that wasn't complete," Vaughan said. "I think it's obvious they have a great disdain for myself."

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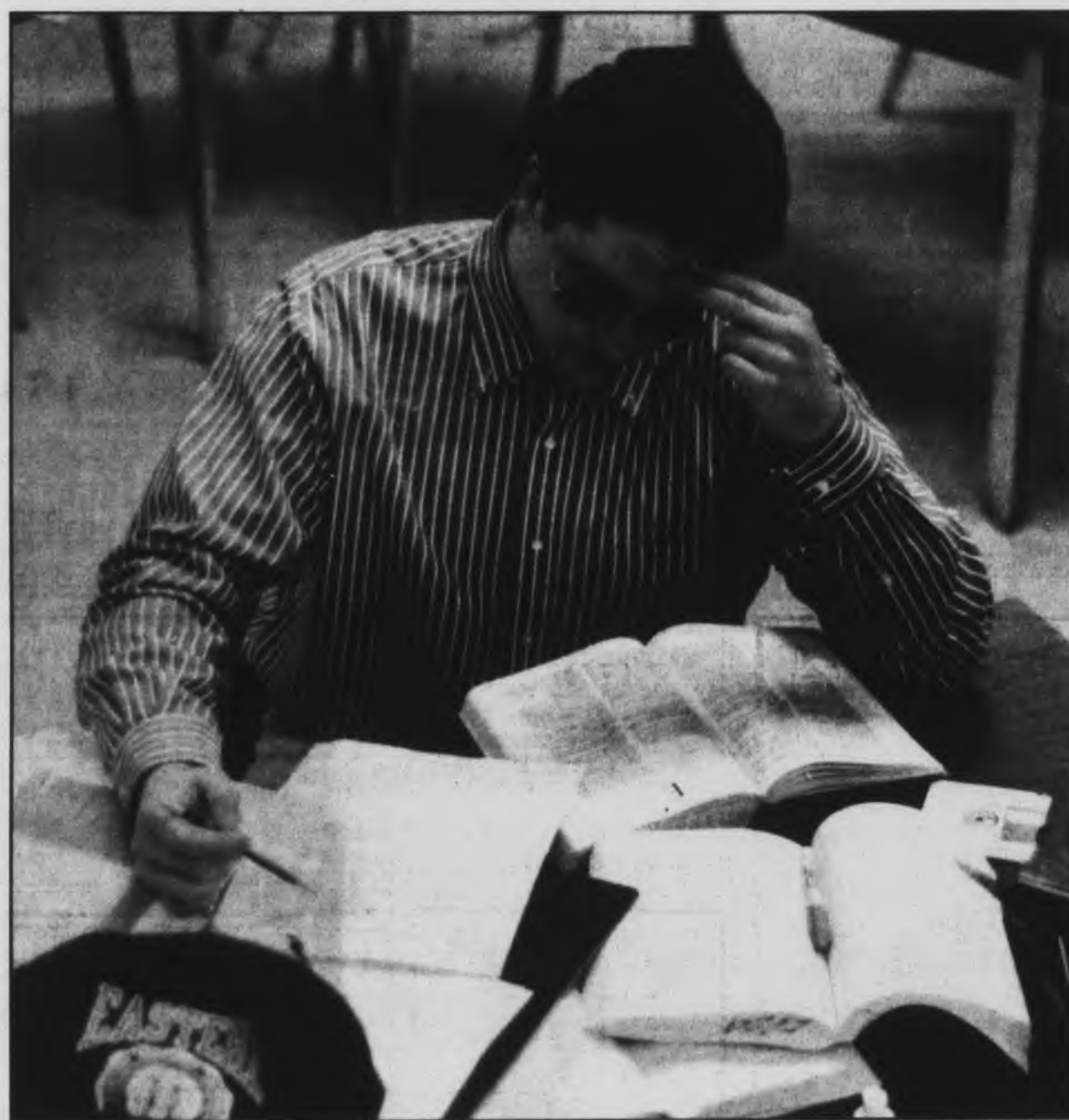
on dyslexia
Accent

Dyslexic students are faced with longer study hours and demanding time limits as they deal with the workload of college.

English
Anatomy

bearing

HEAVY HEAVY a load



Progress photo by BONNY GARRETT

Ian Skinner, a senior arts major, discovered he had dyslexia three years ago. He wears pink-tinted, prescription glasses which help him to read words as a whole unit instead of in sections.

Reading help is within reach

If you feel that your reading comprehension skills aren't quite up to par or you sense that college reading is becoming more and more difficult instead of easier, you might consider having your reading skills evaluated.

For students experiencing reading difficulties, the best word of advice is to get it checked out.

Although the fear of learning what is wrong is often a reason for not responding to concerns, Dr. Roy Meckler, a professor in the department of special education, said that a reading assessment can only be beneficial.

Help can usually be offered to students in the form of tutors, notetakers or even pre-recorded textbooks.

To make an appointment to have a reading assessment performed, students should stop by the Reading and Writing Center in the Wallace Building Room 346 or Dr. Meckler's office in the Wallace Building Room 208.

Help is also available for those who qualify for financial assistance at the offices of Kentucky Vocational Rehabilitation.

For more information concerning financial assistance, students should call Gina Penn at 623-8682 or stop by the offices at 1621 Foxhaven Drive, Suite A in Richmond.

Classes challenging for dyslexic students

By John McGowan and Christina Rankin

Dyslexia.
The word conjures up many images. A person who is dyslexic is often incorrectly thought of as slow or even illiterate.

But these views of dyslexia are misconceptions of a disorder that in no way reflect the intelligence of a sufferer.

Dyslexia may consist of a variety of reading impairments, and it becomes a challenging hurdle for any sufferer to jump when they enter college classes where the reading load is heavy.

Reading reversed

A commonly held belief is that people who have dyslexia see letters and numbers reversed.

While this is sometimes true, the definition of dyslexia isn't merely limited to those who reverse images.

Dyslexia is actually a variety of reading impairments.

Those with the disorder may also experience reading difficulties like the appearance of space between characters or the inability to focus on entire words and see only word portions.

Due to the broad spectrum of disorders which fall under the label of dyslexia, Dr. Roy Meckler of the Department of Special Education said

“Dyslexia is not a single disorder, and many individuals labeled as dyslexic may suffer from other reading or learning disorders.”

—Dr. Roy Meckler
Department of Special Education

that many people who believe they are dyslexic sufferers may actually have other disorders.

“Dyslexia is not a single disorder,” Meckler said, “and many individuals labeled as dyslexic may suffer from other reading or learning disorders.”

Because of the individual nature of the problem in different people, Meckler said that the cause of the disorder is not easily pinpointed.

“True dyslexia can be caused by a variety of reasons like head injuries, genetics or vision problems,” he said.

In most cases, Meckler said, the disorder originated at birth. Therefore, many sufferers successfully deal with their problems throughout elementary, middle and high school.

However, Meckler said, oftentimes dyslexics are unable to compensate for their reading problems after they begin college classes which typically require longer and more complicated reading assignments.

for her to keep an open line of communication with her class instructors.

“The biggest problem I've come across is taking tests,” she said. “Teachers have to become aware of us.”

“Dyslexic students need the communication with teachers. Teachers give me all the time I need. Before, I had a set time,” McGowan said.

Ian Skinner, a senior arts major from Winchester, said that his dyslexic disorder caused him to suffer from tunnel vision.

“I read words in sections instead of whole words. It's like they used to do on Sesame Street. I see the sections instead of the whole word,” Skinner said.

Skinner learned of his disability three years ago.

By wearing pink-tinted glasses that help to separate letters and reduce glare, Skinner said that he no longer crosses words back and forth.

“I can read faster. I used to have to read one word at a time,” he said.

Although the reading difficulties may be annoying, modern conveniences help the disorder to be more tolerable.

Help in the form of pre-recorded textbooks and tutoring services help sufferers to function at a quicker pace.

You're in good company

If you discover you are suffering from some reading disabilities, never fear.

Plenty of people have succeeded despite the disorder. Here are a few:

Tom Cruise

Albert Einstein

Peter Falk

John F. Kennedy



Tube talk

Relive the good 'ole days as Steve Martin and The Blues Brothers host a Saturday Night Live rerun at 11:30 p.m. on channel 18.

Best bets

The rugby team will rough-it-up with Vanderbilt on Saturday at 1 p.m. at the intramural fields.

The basketball Colonels face UT-Martin at home at 7:30 p.m. on Saturday.

Inside

The theater department will hold open auditions in Feb. for a production of “The Miracle Worker,” A6.

Meet Ariando Johnson, a basketball starting point guard, in a profile, A9.

Next week

Student bartenders and bouncers tell of working experiences.

Organizations honor Black History Month

By Angie Hatton
Staff writer

February is Black History Month and the office of minority affairs has planned several programs to be held on campus throughout the month to honor it.

"There is always a large participation in Black History Month," said Sandra Moore, director of the office of minority affairs.

Moore said there will be four major programs presented this month.

The first of these programs will be a live teleconference titled "Beyond the Dream IV". The teleconference will be held Feb. 5 from 1 to 3 p.m. in Room 108 of the library.

The program allows students the opportunity to call in and speak to contemporary black leaders about topics pertaining to black history, achievement and civil rights.

Among the celebrities available for students to call in and talk to will be Congresswoman Maxine Waters from Calif., Alex Haley, who wrote

"The Autobiography of Malcolm X" and "Roots" and Barbara Reynolds, a columnist for USA Today.

There will be televised musical performances by rap artists Kool Moe Dee and KRS1.

Another activity planned to celebrate Black History Month is a four-piece jazz combo titled "Saud". Led by Galen Abdur-Razzag, "Saud" will be performed Feb. 14 at noon in the Powell Grill.

In addition to the afternoon entertainment there will be free refreshments, door prizes and Grill specials.

On February 18 at 8 p.m. there will be a dance presentation called "African Seeds, American Dreams" in the Weaver Dance Studio.

Members of Syncopated Inc., a non-profit dance organization from Lexington, will be teaching a lesson in black history through dance.

The show will consist of African dancing as well as jazz and today's popular street dancing.

On February 25 at 6 p.m., the African American Achievement Ban-

quet and soul food dinner will be held in the Keene Johnson ballroom.

The menu will include cole slaw, potato salad, fried chicken, B.B.Q. ribs, "chitlins", greens, corn bread, yeast rolls and sweet potato pie.

"All black folks don't like chitlins," Moore said. "That's why the menu is varied so that everyone can still come and participate in the cultural aspect of the dinner."

Eastern students and organizations will be recognized and receive awards at the banquet for commitment to academic achievement and excellence.

In addition, there will be other programs offered by the various black clubs and organizations on campus.

On Feb. 9 at 3 p.m. the EKV Gospel Ensemble is hosting a gospel song festival where choirs from Berea College, Kentucky State University, Morehead State University and the University of Kentucky will perform.

Delta Sigma Theta sorority is sponsoring a program titled "Native Son" which will be presented Feb. 10 at 6 p.m. in Room 108 of the library.

Omega Psi Phi fraternity will sponsor a black history Jeopardy in the Ferrell Room of the Combs Building Tuesday, Feb. 11 at 7 p.m. with prizes awarded to the winners.

The movie "A Rage in Harlem" will be shown at the library in Room 108 on Feb. 6 at 6:30 p.m.

The movie, which stars Robin Givens, Danny Glover and Gregory Hines, is being sponsored by the Black Student Union.

"A Spotlight on Minority Organizations" will be presented in the Kenamer Room of the Powell Building Feb. 9 at 8 p.m. and will feature a presentation by a panel of EKV minority organization presidents.

The Black Student Union will sponsor the spotlight and the "Ebony Quiz Bowl" Feb. 27 at 7:30 p.m. in the Ferrell Room of Combs Building.

The game show-type event will feature questions concerning black history. Monetary prizes will be awarded to the top winners.

The public is invited to attend all presentations.



TODAY

12-1 p.m. Faculty dining room, Powell Bldg. Marianne McAdam will present "Staying fit at your desk" as a part of Eastern's Women's Brown Bag Luncheon Series.

7 p.m. Walters loft. Walters Hall RA's will sponsor a program for study skills tips. Topics include tips on better note-taking and test-taking skills and term paper helpful hints.

UPCOMING

Feb. 3 - 7 p.m. Grise Rm., Combs Bldg. Sigma Xi will host Dr. Thomas P. Coohill from the department of physics and astronomy at Western

Kentucky. Coohill will speak on the topic "Stratospheric Ozone Depletion as it Affects Life on Earth." The program is free and open to the public. For more information call Dr. Elliott at 1538.

Feb. 4 - 10 a.m.-3 p.m. Jagers Rm., Powell Bldg. Alpha Omicron Pi holds spring rush informational. For more information, call Shelley Cook at 5601 or Allison Alligier at 5577.

Feb. 4 - 9 p.m. Dupree Hall recreation room. Residence Hall Assistants fall 1992 positions informational.

Feb. 5 - 5 p.m. Ferrell Rm., Combs Bldg. RA fall 1992 positions informational.

Feb. 6 - 12-7:30 p.m. Jagers Room, Powell Bldg. Fall 1992 RA placement day. All RA jobs open.

Feb. 6-9 Greek Weekend 1992 "One Moment in Time." For more information call Lisa Hughes or Allison Alligier at 3855.

Feb. 10-12. Chi Omega holds spring rush. For more information

call Carla Weber at 4602.

ANNOUNCEMENTS

The Kentucky Department for Environmental Protection announces the availability of scholarships for the 1992-93 academic year. For more information or applications call Dr. Ramsey at 6258.

INTRAMURALS

Jan. 31 - 4 p.m. Deadline to register for the Local Schick 3-on-3 Basketball Tournament.



Feb. 3 Local Schick 3-on-3 Basketball Tournament. Time to be announced. Bring your team rosters to the Intramural office in Begley 202 and pick up a Schick Super Hoops brochure. The winners of the Schick tournament will compete against other winning teams throughout the bluegrass region, with a chance

to compete at Market Square Arena at halftime during a Indiana Pacers game. The tournament is open to both males and females and no entry fee is required.

Feb. 5 - 7:30 p.m. Begley Gym 118. Preliminary rounds for a 3-point shootout and slam dunk contest open to all full-time students to be held. Finalists will perform during halftime at both the men's and women's basketball games on Feb. 15.

Jan. 23 Basketball results-opening night:
Phi Delta Theta "A" beat Sigma Chi "A" 37 to 28, Lambda Chi "A" beat Kappa Alpha "A" 59 to 30, Phi Kappa Alpha "A" beat Phi Kappa Tau 30 to 27.

Bongen Beer beat Palmer 8th floor 40 to 39, O'Donnell 4th floor beat Mattox 4th floor 46 to 42, Screaming Urge beat Blood Ticks 56 to 37.

Young Guns beat Gamblers 30 to 22, Run & Shoot beat Snowbirds 64 to 52 and Kappa Alpha "A" beat Sigma Alpha Epsilon "A" 27 to 23.



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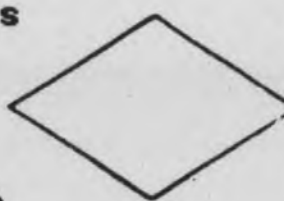
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Jerry Pennington

Instant replay

Super Bowl expectations fall short

One Sunday out of every year the whole world seems to come to a halt. People gather all the beer, chips, sodas and cigarettes they can carry and become fixtures in front of a television set for four hours of intense cheering, screaming and cussing.

That's right. I'm talking about Super Bowl Sunday—the one day of the year when hundreds of thousands of people toss aside their responsibilities to watch what are supposed to be the two best football teams in the nation do battle.

The excitement and intensity of Super Bowl XXV still linger in my memory.

The thrill of watching Scott Norwood's field goal attempt which determined the winner conjured high expectations of this year's Super Bowl.

Since Dallas wasn't in the game, I really had no team preference. I just wanted to see another exhilarating game.

As the game proceeded, my hopes of having the excitement of another down-to-the-wire game diminished.

The Washington Redskins seemed to do everything right, while the Buffalo Bills seemed to do just the opposite.

The opening kick-off foreshadowed what kind of day the Bills were about to have when Brad Daluiso kicked the ball before the referee had given him the OK signal.

Thurman Thomas was one of the Bills suffering a chronic case of a bad day.

He missed the first two plays of Buffalo's first offensive series because he couldn't find his helmet.

Maybe Thomas would have been better off if he didn't find it, as he had only 13 yards on 10 carries for the entire game.

Jim Kelly was another of the Buffalo stars whose performance was like that of a just below average player.

Kelly managed to accumulate 275 yards passing, but he threw four interceptions, a Super Bowl record, and was sacked five times for a loss of 46 yards.

On the other end of the spectrum, the Redskins seemed to be having one of those days when nothing goes wrong.

Super Bowl MVP Mark Rypien passed for 292 yards and was never sacked.

The Washington defense was overpowering, shutting out the Bills in the first quarter.

As the Redskins kept rolling past the Bills, the excitement of the big game faded more and more.

I guess it takes a team like the Dallas Cowboys to give the Redskins a good game.

Among the other low points of the game was Bud Bowl IV. This was somewhat funny the first year it was held, but now is getting a little ridiculous, even though the score was a lot closer than the Super Bowl's.

For die-hard Washington fans, Super Bowl XXVI was probably the greatest game they ever witnessed.

To the average fan who just likes to watch football, like me, Super bowl XXVI probably seemed just a bit boring.

University track team opens season

By Steve Wolf
Staff writer

Wintertime is here again, as is the indoor track season.

The Colonels have started their season in fine fashion.

The women's team placed first and the men's team finished second in their first meet of the year at the University of Cincinnati on Jan. 17.

The Lady Colonels compiled a total of 51 points. They were followed by Miami (Ohio) with 48.5 points, Ohio University with 36 points and Marshall with 17.5 points.

Individual winners for the women included Marjona Howard, a sophomore from Flint, Mich., in the 55 meter hurdles; Nicole Embry, a sophomore from Detroit, in both the 200 meter and 55 meter sprints; Tamiko Powell, a senior from Detroit, in the 400 meter; and Amy Clements, a sophomore from Erlanger, Ky., in the 3000 meter.

The men's track team finished second with a total of 44 points. The University of Cincinnati won the event with 76 points. Third place went to Marshall with 30 points and Ohio University finished fourth with 24 points.

"We were very pleased to beat those teams. We didn't even compete in six events; that's worth about 70 points," said Rick Erdmann, the university's track coach.

Among the winners on the men's team were Dennis Toole, a sophomore from Woodbridge, Va., in the 55 meter hurdle in 7.2 seconds; Jeff Urquhart, a senior from Racine, Wis., in the 600 meter in 1:23.3; Dave Hawes, a senior from Jeffersonville, Ind., in the 1000 meter in 2:33; and Tim Menoher, a junior from Ligonier, Pa., in the 3200 meter in 9:15.8.

Last weekend, some members traveled to Johnson City, Tenn., for the U.S. Air



Progress photo by DAVID RICHARDSON

Track team members Orianda Wheeler, Tamiko Powell and Mark Brumett are practicing for the 1992 Indoor track

season. The team is going to compete in the Notre Dame Classic this Saturday in South Bend, Ind.

Invitational.

Two individuals who performed well were seniors Rob Colvin and Hawes who ran the 3,000 meter in 8:33 and 8:29, respectively.

The winning times are higher during the indoor season because the track is much smaller

and the turns are tighter.

The team has a tough indoor schedule before going back outdoors in March.

This Saturday the team travel to South Bend, Ind., to compete in the Notre Dame Classic.

"We never ran at Notre Dame before so everyone is looking forward to that," Menoher said.

The women's OVC championships will be held at the end of February in Murfreesboro, Tenn.

Lady Colonels winning streak ends at Middle Tennessee

Progress staff report

The Lady Colonels ended their nine game winning streak last Monday night when they fell to the Lady Raiders of Middle Tennessee State University 69-59.

The Lady Colonels, now 6-1 in the OVC and 13-5 overall, are tied for first place in the conference with Tennessee Tech University.

Middle Tennessee lead most of the game, but the Lady Colonels came as close as 41-40 with just over 16 minutes left to play in the second

half, but a Lady Raider run put them up 56-48 with 8:52 remaining.

Late in the game, a pair of free throws by senior guard Angie Cox brought Eastern back to within three at 62-59, but the Lady Raiders responded by scoring the last seven points of

the game.

Cox was the Lady Colonels' leading scorer with 17 followed by Jaree Goodin with 12.

The loss was coach Larry Inman's second to Middle since he took over as head coach at Eastern.

SPORTS BRIEFS

By Scott Rohrer

FOOTBALL: Due to a medical redshirt in his freshman year at the University of Louisville, last year's starting quarterback for the Colonels, Joey Crenshaw, will return in the fall of 1992 after the NCAA granted him another year of eligibility.



Crenshaw

MEN'S BASKETBALL:

The Colonels have advanced to 10-10 overall and 4-2 in the OVC. Eastern trails Murray State University (5-2) and Middle Tennessee State University (5-2), who are presently co-leaders.

The Colonels will play their next game at home on Saturday, Feb. 1, at 7:30 p.m. when they host University of Tennessee at Martin.

On Saturday, Feb. 8, the Colonels and Lady Colonels will host Middle Tennessee State University at home in McBrayer Arena.

On Thursday, Feb. 6 through Sunday, Feb. 9, boys' and girls' teams from Kentucky's smaller high schools will invade Paul McBrayer Arena for the Kentucky All "A" Classic Basketball Tournament. Also that weekend, the Combs Natatorium will hold the Central Kentucky Swimming and Diving Championships on Feb. 7 and 8.

Traffic around the campus area may become congested at times due to the large crowds expected over the weekend.

WOMEN'S BASKETBALL: After their loss at Middle Tennessee, the Lady Colonels are still tied for first in the OVC with Tennessee Tech University. Eastern is 13-5 overall and 6-1 in the conference.

On Saturday, Jan. 25, the Lady Colonels traveled to Murray State University where they defeated the Lady Racers by a score of 82-69.

Segena Mackeroy, 6-foot-3 junior transfer from Fla., was named as one the OVC's newcomers of the week last week. In two road games, Mackeroy scored 29 points and pulled down 27 rebounds.

The Lady Colonels will play their next game at Morehead State University on Monday, Feb. 3, at 5:15 p.m.



GOLF: Practice for the Colonel golf team will begin this weekend for the season.

The team has scheduled 10 tournaments for the 1992 Spring season.

The team's first scheduled tournament will be Feb. 23-25 in the Pacer Classic in Aiken, S.C.



TENNIS: On the weekend of Feb. 7-9, The

tennis team will host the Eastern Kentucky University Adams Invitational. The tournament will consist of eight teams which include Murray State, East Tennessee State University, Tennessee Tech University, Morehead State

University, University of Louisville, Edinboro University and Youngstown State University.

QUIZ CORNER

Who is the all time leading scorer for the Lady Colonels basketball team?

* The first person to call us at 622-1872 with the correct response will receive a certificate for \$5 off any purchase at Tom's Pizza.

Last weeks winner was Roy Smallwood, a freshman from Beattyville, Ky.

The correct answer to last week's question was Middle Tennessee State University.

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Sports

Johnson steps up to starter for Colonels

Adds extra shooting threat to Colonel's offensive attack

By Darrell L. Jordan
Staff writer

Basketball season is now in full swing, and one contributor to this year's Colonels team is Arlando Johnson.

Johnson, a sophomore from Owensboro, Ky., has moved into the starting guard spot in his first year of eligibility for the Colonels. "It don't make a difference to me as long as I make a contribution to the team," Johnson said of his new position.

Coach Mike Pollio likes what he has seen of Johnson's play so far this year.

"He came in here a little rusty, but we are pleased," Pollio said.

Pollio said that Johnson will be working this summer to improve any shortcomings he may have.

In high school, Johnson played for Apollo High School and was named to the all-state team in his senior year.

In high school, Johnson averaged 20.1 points, 4.5 rebounds and 3.2 assists per game.

In his senior year at Apollo, Johnson started both games of the Kentucky-Indiana High School All-Star series.

By the end of his senior year he was the school's third all-time leading scorer.

The all-time leading scorer for Apollo is Rex Chapman, who now plays for the Charlotte Hornets in the NBA.

Johnson got started playing basketball because he has been exposed to sports all his life.



Sophomore guard Arlando Johnson, seen here playing against UK, has moved into the starting point guard position for the Colonels.

Progress photo by BONNY C. GARRETT

Johnson's father, Lawrence Jefferson, was an all-American football player for Western Kentucky University. "When I was five, I remember going to see him play," Johnson said of his father.

Johnson was not eligible for the Colonels basketball team last year because he failed to pass the NCAA college requirements. In his first year of playing for the Colonels he is averaging 9.2 points per game and 2.8 assists per game.

Johnson picked Eastern for several reasons.

"At the time it was the best decision. It was close to home," Johnson said. He also noted that he liked the winning attitudes of the other Colonels.

Coming to the university was easy for Johnson. "It was a smooth transition and the guys help," Johnson said of his move to Eastern. At first Johnson did not know what to expect.

"You come into an environment where you are not sure if they are going to be for UK because we are so close to Lexington," Johnson said of the fans.

"People around here support Eastern Kentucky basketball and that makes me feel like I made the right choice," Johnson said.

Johnson has not decided on a major right now, but has plans for life after college. "I'd just like to be successful and make my family proud."

Colonels race past Murray, fall to Middle

By Scott Rohrer
Assistant sports editor

Despite an impressive victory over conference rival Murray State last Saturday, the university men's basketball team is trailing the Racers in the conference.

Murray State and Middle Tennessee are the new co-leaders of the OVC, sharing conference records of 5-2.

The Colonels are now 10-10 overall and 4-2 in the OVC, leaving them one-half of a game behind Murray and Middle.

Eastern 41, Cincinnati 81

Four days after losing by a large margin to Kentucky, the Colonels stepped onto the court of the Cincinnati Bearcats (13-3), where they had to swallow an even larger defeat, 81-41.

The large deficit was not unexplainable, however.

Eastern had 31 turnovers, allowing the Bearcats to score 38 points off the miscues.

The Colonels were held to just six field goals in the entire first half as the Bearcats' trapping defense forced 17 turnovers and built a 43-19 halftime lead.

Nothing went right that night as Eastern went 1-for-11 from three-point land and 6-for-17 from the free throw line.

Eastern 100, Murray State 90

Last Saturday at Murray State, Eastern hopped back into the OVC lead thanks to a victory over the defending league champs.

While coach Mike Pollio was back in Richmond with a viral infection, assistant coach Mike Calhoun was calling the shots for the Colonels, who were doing everything right, including ending a three-game losing streak and shooting 55.6 percent.

Down by nine points with 10 minutes to play in the game, Eastern exploded on a 28-8 run to take a convincing lead.

Making 64.3 percent of their field goal shots and dropping 22 of 25 free throws in the second half proved to be the key down the stretch.

"Murray got in rhythm defensively and we wanted to get them out of it. We spread the floor a little bit, then hit our shots from the free throw line," said Calhoun.

Mike Smith and Jamie Ross played hard for 23 points apiece and Smith had 10 rebounds.

Arlando Johnson had 15 points and Dwayne Crittendon had season highs with 14 points and nine rebounds.

Eastern 68, Middle Tennessee 73

With a victory Monday night against Middle Tennessee, Eastern would have been sitting atop of the OVC.

Instead, Middle came away with a five point victory that came down to the wire to boost them into a first-place tie with Murray State for the conference lead.

Polio, who was feeling better, was back on the road with his team and had the Colonels in the lead most of the first half, but a 10 point Middle Tennessee run gave the Blue Raiders the halftime advantage, 36-33.

After baskets were evenly exchanged in most of the second half, Kirk Greathouse hit a three-pointer to pull the Colonels within two, 61-59, with 1:26 left.

After a timeout, referee Gary Marcum ruled that Dwayne Crittendon reached over the inbounds line and touched the ball.

A controversial technical foul was called against Crittendon. Middle player Robert Taylor was given two free shots, then the ball was given to the raiders with just over one minute to play.

Taylor made both foul shots and took the ball down for another score to give the Blue Raiders a 65-59 lead and the eventual win.

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Campus news

Federal law addresses accessibility

By Melissa Thomas & Mark White

A law went into effect this week requiring public buildings and areas to be accessible to the disabled.

The new law is part of the Americans With Disabilities Act, which gives disabled citizens the right to take court action or use the justice department to impose regulations on buildings that have not met accessibility standards set by the act.

Any building open to the public, including college and university campus buildings, government buildings, stores and restaurants will be required to remove barriers to the disabled.

Although the new law will have some effect on buildings at the university, the law is geared more toward public buildings than university

campuses, said Kenna Brandenburg, administrative assistant to the director of judicial affairs and services for the disabled.

"I really feel the handicap accessibility law has affected higher education much more than the ADA (American Disabilities Act) because...it's not as focused on universities specifically," she said. "It's going to affect future construction."

Since the university receives federal funding, it has been required to remove barriers to those with disabilities from campus since the Rehabilitation Act was imposed in 1977.

However, the new law will help isolate areas of focus, like improved communications systems for the disabled, Brandenburg said.

"I feel like we are being progressive in what we are doing," she said. "I

think we will see across the board awareness of the needs of disabled people."

Disabled students do not have complete access to every building on campus, but steps are being taken to improve access.

Members of the Student Rights Committee and the Residence Hall Association are in the process of completing accessibility forms on classroom buildings and residence halls to determine what needs to be done, said Jonda Burcham, the Student Rights Committee chair.

The accessibility forms are checklists covering some of the architectural features necessary for access for the disabled. Included on the list are questions about ramps, doorway width, restrooms and telephone height.

"Accessibility forms are a new

idea, but Eastern has been trying to improve its accessibility over the years," Burcham said.

One of the major obstacles to getting the needed changes would likely be a shortage of funds, Burcham said.

"The worst problem I expect to find is that there are not a lot of funds available because of budget cuts," she said.

"If we are made aware of the problems with accessibility...we will work with the department to improve the situation," she said.

To date, there have been few requests from disabled students for increased accessibility. The requests that have been made concern parking spaces and elevators, but Brandenburg said no major projects for change are planned.

News editor Michael Morgan contributed information to this article.

DOG: Mascot's grave returned

Continued from Front page

"There were sticks standing in the air with a cow bone."

Among the rock pile was the missing tombstone.

Several days later, the Afterkirks returned to the site, retrieved the marker and notified university authorities.

The tombstone was given to David Williams, the assistant director of the physical plant.

"It is going to be replaced," Williams said, "but it will be put in a concrete footer to prevent it from being stolen again."

Williams said cold temperatures have hampered attempts to replace the stone, adding that the work will be completed when the mercury hits 40.

Campus authorities are still interested in learning how the tombstone ended up in Grant County.

"It's still an open case," said Tom Lindquist, the director of public safety, "but we have no active leads at this time."

Anyone who has any information about the theft of the tombstone can contact Lindquist at 2821.

JONES: Budget woes await

Continued from Front page

which he stressed the need for a reform of the current method of appointing regents directly by the governor, thereby "making the system less political." Jones turned the meeting over to questions and comments from the crowd.

Eastern regent Walter May, who is also the mayor of Pikeville, created a ripple of laughter through the crowd when he suggested the governor re-evaluate his views on the present political system, which provides employment for each of them. Jones has also served on the board of trustees at the University of Kentucky.

"I'm reminded, governor, that we both got our jobs through politics. I'm not aware of any problems caused by the current system and if they exist, I wish you would point them out to me.

I'd certainly be interested to know how you got your job at the University of Kentucky," May said.

Jones declined further specifics, saying "you get into all kinds of problems in the press if you start doing that."

As expected, someone raised the question of whether or not Jones's own political motives in this regard were aimed at punishing former Gov. Wallace Wilkinson, who appointed himself to the board at the University of Kentucky prior to leaving office.

"That is absolutely not the case," Jones replied, "this appointment has nothing to do with my motivations."

Following the meeting, Funderburk declined to comment on his stance on HB 149, but said university presidents are "right in the middle of it."

SANCTIONS: Penalties vary

Continued from Front page

hall violation, said her sanctions allowed her on campus only to attend classes.

Garr said she was allowed "no participation in any university organizations."

Confidentiality of sanctions given by the 12-member disciplinary board is protected by the Family Educational Rights and Privacy Act, also known as the Buckley Amendment, which allows a student the right to view his own educational records, but prohibits the release of those records without the student's consent.

The Buckley Amendment also prohibits disciplinary board members from discussing any case.

"The board members don't even get a copy of the sanctions," said Tom Myers, vice president of student affairs.

Garr said she was prohibited from participating in any extracurricular activity. Wilkins, however, according to the memorandum, was allowed to continue playing football.

But, Myers said, a student's position on campus has nothing to do with the severity of the sanctions handed down by the disciplinary board.

"I'll tell you that it wouldn't make any difference if he played football or he played checkers," Myers said. "He appealed the decision of the disciplinary board... and it wouldn't make a difference if he was a football player. It's all done on facts."



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EKU **STYLE**

a monthly magazine

January 30, 1992



The Big Shape Up: Getting physically fit

Inside STYLE

The Big Shape Up: Getting Physically Fit

On the cover:

George Roberts, a staff writer for The Eastern Progress, gets down to fitness at The Telford Community Center-YMCA.



Cover photo by Lyn Carlisle

George Roberts writes about his experience working out for a week. **3**

Read about different exercises and what they can do for you, as well as how to eat right while exercising. **4,5**

Water exercise and endurance dance are two classes at Eastern that offer cardiovascular fitness that is out of the ordinary. **6**

Editor
Janeen Miracle

Fitness is fatal business for out of shape student

Fitness can be a scary business. I admit, getting physically fit is not my worst phobia. But exercising, at times, could very easily be the second most frightening thing for me. It takes a backseat only to my fear of earthquakes.

Part of the reason for this repulsion of exercise goes back to junior high when "P.E." started becoming more rigorous than just playing dodgeball.

I still remember the stench of those horrid locker rooms. Instead of dodgeball, I remember running around the football field, sweating profusely and feeling like I was going to collapse.

During the past two summers, I thought I was getting better. I began walking in a park close to my home. I thought I was really getting my body in shape because the trail at the park is hilly in places, and I would always walk three miles as fast as I could.

In the long summer evenings, joggers would run past me. I gave them a smug grin, knowing that I was getting all the exercise I needed without hurting my knee joints like they were. Besides, I told myself, joggers just want to exercise to wear spandex, show off and make the rest of us feel guilty for not running.

However, I quickly changed my mind about all of that when I took a fitness and wellness course last semester.

Fitness and wellness did start



Janeen
Miracle

More than
words

out better than my other physical education classes. I knew then that I was in college because I had evolved from mere "P.E." to "Fitness and Wellness."

With that confidence in the program and my great ability to walk three miles on hilly terrain, I was on my way to becoming the picture of health.

Well...maybe not quite.

On the first day, my instructor told the class he wanted us to try to run around the track a mile and a half without stopping. I, thinking it was a very funny joke, started laughing until I realized the man was serious.

I said OK, all I have to do is half of what I do when I walk and a little faster. I think I made it around the track twice before I thought all of my bodily functions were coming to a halt.

That was when I learned to have true respect for the runner. There were people in the class who were still running until they finished going around the track the whole six times. I was amazed at the endurance of runners and felt like it was a Kodak moment for them. But to them it was easy, and they had every right to be smug as they

ran past my pathetic little panting body.

A few weeks went by and the instructor told us we were going to do circuit training. We ran around the halls of the Begley Building a couple of times and then we ran back into the gymnasium and exercised.

I felt great, and I thought the whole circuit training bit was pretty easy. Then the instructor merrily told me I had to do it two more times. I laughed. He was serious. I wasn't too keen on circuit training anymore.

I ended up getting through the semester without cardiac arrest and I did learn to admire people who run. However, I decided that I wanted to ease into the running process by taking faster walks and working my way up to this athletic phenomenon.

My first test of endurance came the first week of the spring semester when my roommate, one of my hallmates and I got up at 6 a.m. to speed walk two miles. I was sore for almost three days.

I still haven't given up. I'm taking swimming this semester and this summer I know I will go back to my little park and walk. I've even been thinking of taking up aerobics.

But with my luck, while I am "going for the burn," an earthquake will hit Richmond and I'll have a fitness phobia times two.

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Progress photos by LYN CARLISLE

Roberts lifts weights in front of a set mirrors at Telford Community Center YMCA. Part of Robert's exercise program included his working out on all the equipment at the center.

Reporter's week of exercise calls for discipline, endurance

By George Roberts
Staff Writer

Hercules never had it so good. Job's lot in life was untroubled, relatively speaking.

Though the sufferings of these two mythical men have been well chronicled, they must certainly wither in comparison to those endured by your humble Progress reporter in the last week.

With all due respect to the aforementioned characters, I am quite certain none of their respectively hellish tasks included restoring their bodies to an acceptable level of fitness after allowing themselves to become a celestial sofa.

But just as those two men were chosen by their respective deities to persevere beyond all imaginable capacity for labor and humiliation, so too was I called by the gods of fate (and the Progress Style editor) to begin the long journey from the wasteland of physical disrepair into the promised land of muscular/cardiovascular fitness.

On Monday, Jan. 20, my task began in earnest. After a "last supper" the night before at a Lexington steakhouse, complete with a rich dessert, I began resurrecting my worthless body which had been crucified through gluttony and sloth.

The first day was typical of what one might expect from a physically

"... so too was I called ... to begin the long journey from the wasteland of physical disrepair into the promised land of muscular/ cardiovascular fitness."

pathetic wretch. A one-mile run was all my endurance would allow. Upon completion of that, I consoled myself with a walk of equal distance. Miraculously, I did not throw up either during or following this initial activity.

As most any adult with the intelligence of a gerbil understands, one does not achieve optimum or even acceptable fitness without an accompanying diet.

Your humble narrator also bit the bullet in this regard. Believe me, that bullet was not the tasty morsel I was used to consuming before my calling to fitness. Fruit and granola bars provided my sole subsistence on Monday. I swore such healthful fare would carry me to my grave or until I lost 50 lbs from my "200++" carcass.

Tuesday dawned with a new sense of hope, clouded by an unbelievable soreness in the lower limbs. I was now one day closer to fitness and one day further away from the bonds of shapelessness.

Another mile run/walk provided my cardio-vascular torment for the day. Again, the little brown bag containing nothing but things from the good earth (along with a little waxing, coloring and processing from man's worst enemy: himself) was all I ingested, foodwise. Too much coffee and not enough water rounded out my dietary consumption.

Though my commitment to fitness, unlike my legs, had yet to waver, I needed some sort of covenant, an equivalent of a deal with the devil, but one which would keep me off the road to hell being paved with my good intentions. I knew I had to obtain a health club membership.

Joining a fitness center, for an impoverished college student, provides a type of incentive to work out that all the free coaxing and nagging in the galaxy cannot begin to rival. While most people who have committed the sin of unfitness are able to atone for themselves quietly and anonymously when they work out, I was forced to pay a public penance for my transgressions, captured on camera

See EXERCISE Page 8



George Roberts, a staff writer for The Eastern Progress, rides a fitness bike at Telford Community Center-YMCA as part of his fitness regimen for a week.

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The Big Sha

Variety of exercises shape body, heart

While a vigorous workout may make your body slimmer, it can also strengthen your cardiovascular system at the same time. This strengthening, along with the other components of fitness, can help you live a healthier, longer life.

By Janeen Miracle
STYLE editor

Maybe you want to shed that 15 pounds you gained during your first semester of college. Or maybe you want to get in shape before Spring Break and bathing suit weather. Then again, maybe you just want to get fit to improve your health.

Being ready to start an exercise program and actually knowing how can be a problem because there are so many ways to get fit. Just exercising now and then won't provide the workout the heart needs. This is why it is important to know what it takes to be physically fit and what exercises are the best for different desired results.

What physical fitness is

According to the book, *Physical Fitness: A Way of Life*, physical fitness is, "A capability of the heart, blood vessels, lungs and muscles to function at optimal efficiency."

In order to reach this peak, the exerciser must promote cardio-respiratory endurance, strength and flexibility in a workout.

Another important factor of a workout is that it is aerobic, which means with oxygen. Anaerobic means without oxygen. This type of exercise does not require a large amount of oxygen for an extended time, while aerobic exercise does.

For example, running a 200-yard dash is an anaerobic exercise, while running a mile is an aerobic exercise.

Since aerobic exercise works the heart more, it is better for cardiovascular endurance.

"The heart is a muscle and it has to be exercised just like a bicep or tricep," Richard Erdmann, coach of the track and cross country teams, said.

Exercising the heart

It is good to work the heart during exercise to prevent it from being exhausted of energy during normal activity. The heart and blood vessels keep blood circulating, while the lungs remove carbon dioxide and allow fresh oxygen to enter the body. The more the heart has to beat to continue the blood flow, the more unfit the body.

"The physically fit person's heart rate is

50 to 60 beats per minute," Lonnie Davis, the chair of the physical education department, said. "The less your heart works the healthier you will be."

A variety of exercise

Exercises such as walking, running, cycling, aerobics and swimming will help build this cardiovascular endurance.

Walking is a convenient way to get in shape because there is no need for special equipment. The only thing that is needed to start this exercise program is a pair of shoes that have good support, to reduce the chance of injuries like shin splints.

Walking does not cause as much impact on the lower body as other forms of exercise do.

"You still get the same cardiovascular benefit, but you don't get the same injuries," Dan Green, a graduate student in the college of health, physical education and recreation, said. "It's also an easier activity to stick with once you start it."

A disadvantage of walking is that it takes twice the work to get the desired workout the heart needs.

Running, like walking, is convenient because it does not require the use of a facility and the only thing you really need is a pair of running shoes with good support.

Running requires only half the time walking does to achieve the same cardiovascular effects. However, running puts more stress on the lower body.

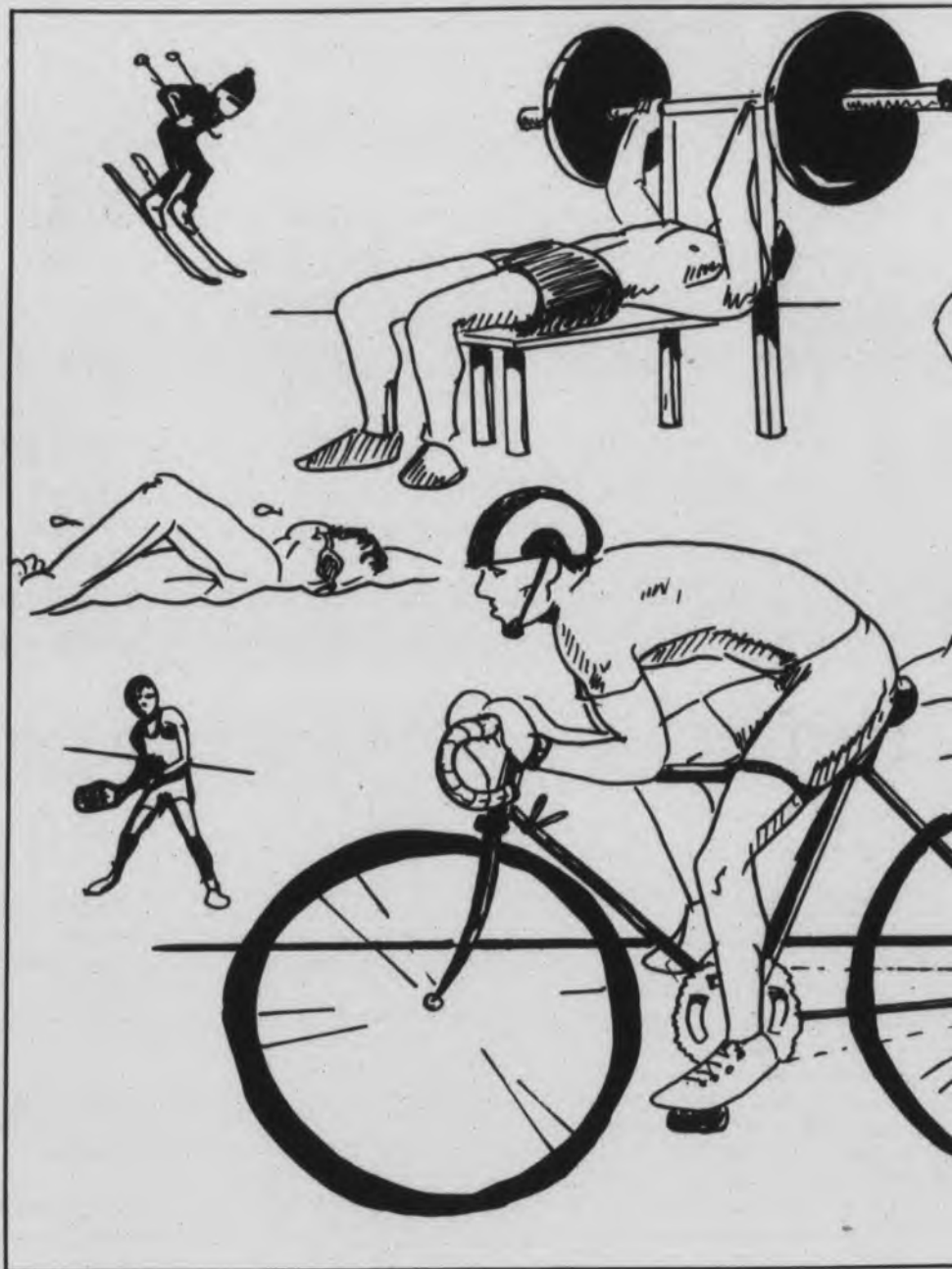
"Running has some negative aspects, but most of those are stress-related injuries due to impact," Erdmann said. "If you get into a heavy running program, that is when you can get shin splints and stress fractures."

Erdmann said running is great for cardiovascular fitness, but running alone will not get the body fit. Running to strengthen the lower body, and then lifting weights to strengthen the upper body will round out an exercise program.

If running or walking is too monotonous, cycling is another aerobic exercise. It can also be paired with walking and running to make a workout more complete.

Exercise bikes found in fitness centers can be electronically set to emulate biking up and down hills.

The disadvantage to cycling is that it must be done twice as fast as running in order to



Regular exercise can make a difference in how you feel and look. Now may be the time to add swimming, running, aerobics or walking into your schedule.

get the same lowered heart rate.

Aerobics not only develops cardiovascular endurance, if it is done vigorously, but it also develops flexibility as well.

The advantage to aerobic exercise is that it can be done at different degrees including low-impact, moderate-impact or high-impact.

Swimming works both the upper body and the lower body and doesn't cause the soreness or stiffness that other exercises may create when persons begin working out.

Exercises like tennis, racquetball and basketball require skill to create the constant movement required to work the heart. A person who has just started working out probably will not have the skills necessary to get a good workout.

However, someone who is skilled in these areas can get cardiovascular benefits.

Besides cardiovascular fitness, flexibility and static stretching are important to staying fit.

Stretching should be done slowly and very deliberately. Building strength can be done by a light weight lifting program. If the resources are not available, sit ups and push ups will give the same results.

"The thing today in exercise is cross-training," Erdmann said. "It incorporates running, swimming and weight lifting into it."

Starting slow

Erdmann said that the hardest part of any exercise program is motivation. He suggests keeping a training log.

"Write down the days, times and even how you felt," Erdman said. "One of the things it does is allow you to see yourself

ape Up

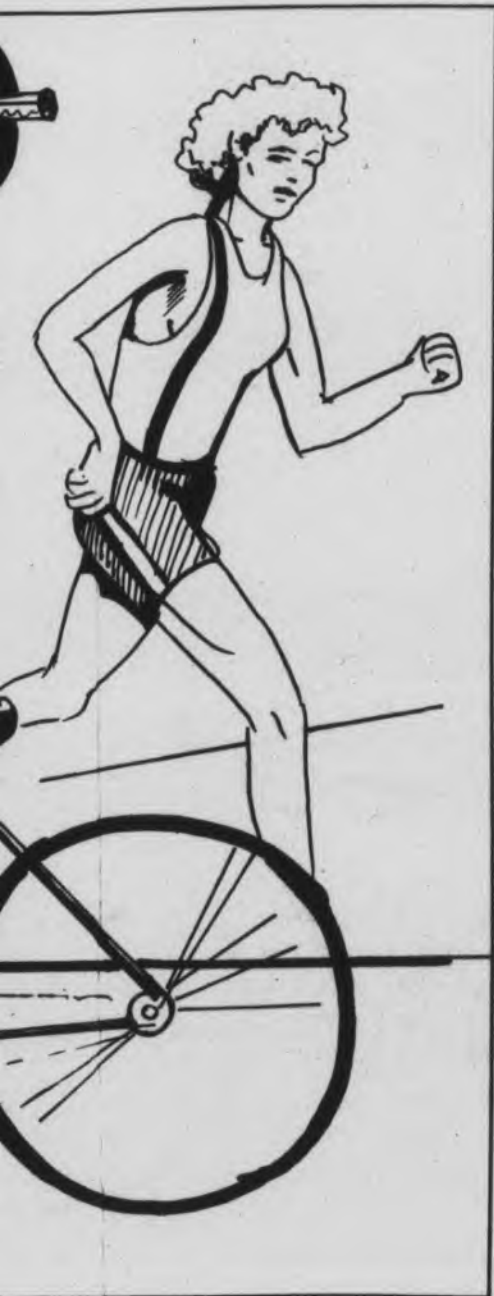


Illustration by STEPHAN LANHAM

the best time to work a simple exercise,

improve. You might not be able to do an exercise at first, but three months later you might have improved."

Another factor to keep in mind when beginning a workout is to take it slow and not expect to become immediately physically fit.

"Start slow and stay there for six to eight weeks," Davis said. "It takes time to get in shape just like it takes time to get out of shape."

Davis said that the best workout is made up of exercise, intensity and time. It includes exercising for about 30 minutes at 60 to 80 percent of the exerciser's capacity to work out.

Erdman said a successful regimen begins with a checkup with a doctor, followed by a 30-minute exercise routine, three times a week.

Good nutrition essential part of fitness plan

By Janeen Miracle
Style editor

While beginning a workout is a way to start getting fit, the maximum results of exercise will not be felt or seen unless a good nutrition plan is followed.

While good nutrition teamed with regular exercise may make you feel and look better, it also may reduce your chances of getting certain kinds of cancer and heart disease.

The myth of the basic four

Since the 1950s, the basic four food groups were taught from elementary school on to ensure that a diet including these nutrients was maintained.

The basic four included two or more servings from the meat group, three or more servings from the dairy group, four servings from the fruit and vegetable group and four servings from the bread and cereal group. Now, however, dieticians think even less food should be eaten from the high-fat meat and dairy groups and more from the fruit and vegetable group.

"Basically what we are trying to get people to do is eat more food that has plant origins," Loyanne Wilson, assistant professor of home economics, said. "People need to eat more whole grains and fruits and vegetables and less of the dairy fats, meat fat and refined sugars."

Too much protein

Wilson said people fear they are not getting enough protein if they don't eat a lot of meat. This is because meat provides the biggest source of protein. However, other foods, such as bread and vegetables, contain small amounts of protein that add up to an adequate amount of protein.

When meat and the quantities of food from the other basic three food groups are eaten, the consumer gets twice as much protein as needed.

Another disadvantage of eating a lot of meat is that along with the protein comes fat which isn't in vegetables and grains. This fat increases the risk of cancer of the breast, colon and prostate.

"Fifty to 60 percent of a



Progress photo by LYN CARLISLE

Fruits, vegetables and wheat bread are considered to be good health foods. Whether you are working out or not, the first step toward becoming fit is eating a balanced diet

person's calories should come from carbohydrates, less than 30 percent from fat and then the rest from protein," Wilson, a registered dietician, said. "We're eating twice of what we need of protein. If you keep your fat level less than 30 percent of your calorie intake, the rest should balance out."

Wilson said people used to eat healthier before industrialization and before processing and convention became popular.

David Gailey, the owner of the Happy Meadow Nutrition Center in Berea, also said that today's processed food has contributed to a breakdown of the health of Americans.

"One of the reasons people's health is deteriorating is because today's food has been processed, causing nutrients to be taken out," Gailey said. "Our grandparents ate whole wheat bread, and when they started

processing bread they took out the whole bran and wheat germ to make white flour. When you refine grain like that, you lose vitamins and minerals."

Because of the fast-paced state people live in today, the convenience of fast food and vending machines tempts them away from following a nutrition plan that calls for less fat and more natural foods.

This can cause serious health problems like an increased chance of certain types of cancers, heart disease and obesity.

Foods that lessen cancer risk

A pamphlet put out by the American Cancer Society listed foods that will reduce chances of a person getting different kinds of cancer.

According to the pamphlet, dark green and yellow vegetables like broccoli, Brussel

sprouts, cauliflower and cabbage may help reduce the risk of colon, rectal, stomach and respiratory cancers.

Food high in vitamin C, such as oranges, strawberries and red and green peppers, may reduce the risk of stomach and esophagus cancer, while the fiber found in vegetables, bran cereals and whole grain breads will reduce the chance of colon cancer.

Once again, fat was denounced as a main culprit in contributing to the risk of breast, prostate and colon cancer. This fat can be cut down by drinking low-fat milk, eating low-fat yogurt and cottage cheese and eating more lean meats, fish and poultry.

Besides cancer, the chances of heart disease may be lessened by eating certain foods.

Cardiovascular disease causes more of the nation's deaths each year, usually through heart attack and stroke.

According to the book *Nutrition: Concepts and Controversies*, by May Hamilton, Eleanor Whitney, and Frances Sizer, "diet is not the only, and perhaps not even the most important, factor in the causation of cardiovascular disease."

However, the book also says that glucose intolerance, obesity, hypertension, and high blood cholesterol are risk factors in heart disease caused by diet.

Also, the American Heart Association sees links between diets high in fat and diets high in cholesterol to heart disease.

For those whose fat intake has led to obesity, dieting is probably not the answer.

Problem diets

"Going on a diet implies that you are going to go off," Wilson said. "What you need to do is implement changes that you are going to follow for the rest of your life."

Wilson said that when people only diet, their body will adjust downward metabolically, making them burn less fat.

"Exercise will boost the basal metabolic rate and make you burn more fat. If you are exercising more, your muscle tissue will develop and that will burn fat tissue."

Wilson said to make one positive change at a time.

Water exercise, endurance dance make fitness fun

By Steve Wolf
Staff writer

For those fitness buffs who have found that the usual swimming strokes and aerobic dance routines are getting monotonous, water exercise and endurance dance may be the new twist they have been looking for.

These two classes are offered as part of the Lifetime Activity Series at Eastern.

The water exercise class began seven years ago in order to raise money for the university's swim team. Even though the team disbanded, the exercise program kept growing.

"It's grown from about 15 people when we started up to around 65 now," said Dan Lichty, the class instructor since the program began.

"It is really good exercise because resistance is 12 times greater in water and you lose 80 percent of your body weight when the water is shoulder deep."

According to an article in the May '91 issue of McCall's magazine, water exercise causes almost no impact on joints, making it safe for participants.

The constant, soothing pressure of the 88 degree water against the body stimulates circulation, and its massaging effect helps get rid of minor aches and pains. The exercise still strengthens muscles and builds flexibility.

"About half the students in the class are enrolled for rehabilitation purposes and the other half are enrolled mainly because they can't jog or do aerobics due to the pain," Lichty said.

Richard Erdmann, coach of the track and cross country team, said water exercise is good for students on the track team who have injuries.

"When our kids are injured we put them in this program," Erdmann said. "Their fitness level stays up while they are injured and they don't get injured anymore."

"The exercise is good for people with arthritis or injury because the water takes stress off joints," Lichty said.

Yoshiko Hise, a 1991 graduate of Eastern, has arthritis throughout her body. The pain is so gripping she has trouble walking, yet she is still enrolled in the water exercise class.

"It's tremendous," Hise said. "I can do exercises in the water that I can't do on land. I've been taking the class for four years. My doctor

told me never to quit and I'm not going to."

The basic elements of Marianne McAdam's endurance dance class include 15 minutes of stretching, 30 minutes of constant motion to various music and a 15 minute cool down.

"We stretch before class to prevent injury and after class for progress," McAdam said.

The class mixes elements of square, jazz and modern dance so that it breaks away from the aerobic norm.

The exercise program was developed from a research study on osteoporosis at the University of Wisconsin-Madison several years ago. McAdam, who participated in the study, played an instrumental part in the development of the endurance dance program.

McAdam brought her experience to Eastern three years ago.

The main difference between the endurance dance workout and aerobic exercise is the amount of strain on the joints.

"When you stand in place and exercise, it's very stressful on the joints," McAdam said. "When you change pace and are constantly moving, it's easy on joints."

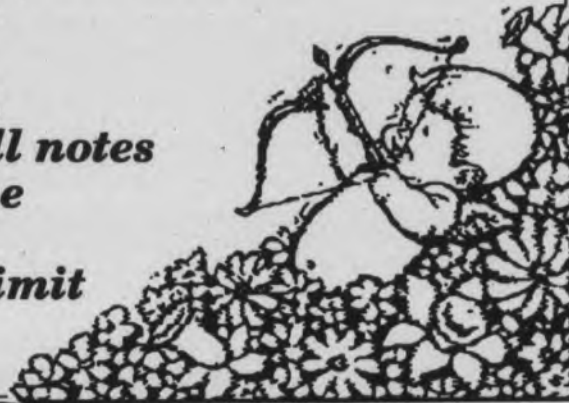
Margaret Dean, director of the writing and reading center and English instructor, said she has been taking the class for two and a half years.

"It helps deal with stress and I get more energy. It's a wonderful course," Dean said.

Janeen Miracle, STYLE editor, contributed information to this story.

Send your sweetheart a love note and win a very special gift.

Send in the most romantic love note and win a dinner at the Harley Hotel of Lexington for you and that special person in your life. To enter, just bring by or send your love note along with \$2 to the Eastern Progress, Donovan Annex 117, by Friday, Feb. 7. All notes will be printed in the Feb. 13 issue of ECU Style. Please limit notes to 25 words or less.



Got a good love story, either fiction or non-fiction? Then enter it in ECU Style's Best Love Story contest. The writers of the best stories will each win a dozen roses from Village Florist or Stathers Flowers.

Deadline is February 6. 300 word limit. Send all entries to: Best Love Stories, Donovan Annex 117. Winning stories will be published in the February 13 issue of ECU Style.

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GREEK WEEKEND 1992

"One Moment in Time"

FEBRUARY 6 - 9

Π	Thursday	12:00 - 5:00 PM	Blood Drive	Ι
Ρ		9:00 PM	Inspirational Service	Κ
Σ			Brock Auditorium	Λ
Τ	Friday	11:00 AM - 4:00 PM	Blood Drive	Μ
Υ		7:00 PM	Greek Sing	Ν
Φ			Brock Auditorium	Ξ
Χ	Saturday	11:00 AM	Games	Ο
Ψ			Weaver Gym	Π
Ω		5:45 PM	Executive Ball	Ρ
Α			Lexington	Σ
Β	Sunday	7:00 PM	Leadership Dessert	Τ
Γ			KJ Ballroom	Υ
Δ				Φ

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The Writer's Pen

The Light in the Refrigerator

By Nicole Wiley

I opened the door silently. Bright light gushed forth
 onto the black and white checkered floor.
 I shut the door tightly. The light was gone. But where
 did it go? Was it trapped inside?
 I opened the door carefully. Inch by inch,
 the light began to spill out again. Was it
 hiding? How unpleasant!
 I shut the door again. The light disappeared.
 I realized the light in the refrigerator
 wasn't there until I opened the door.

Is this true for other things as well? Do other
 lights disappear when we're not there to see it?
 We miss a day of school and come back to the
 same routine, the same faces, the same voices before.
 "What happened yesterday while I was gone?"
 "Oh nothing."

Did the light of learning go out as well?
 Other lights are shut off or hid behind a door
 Waiting to be turned loose to shine for everyone.
 We only have to be present to witness the sight.
 If no one sees the light, will it hide again,
 Just like the light in the refrigerator?

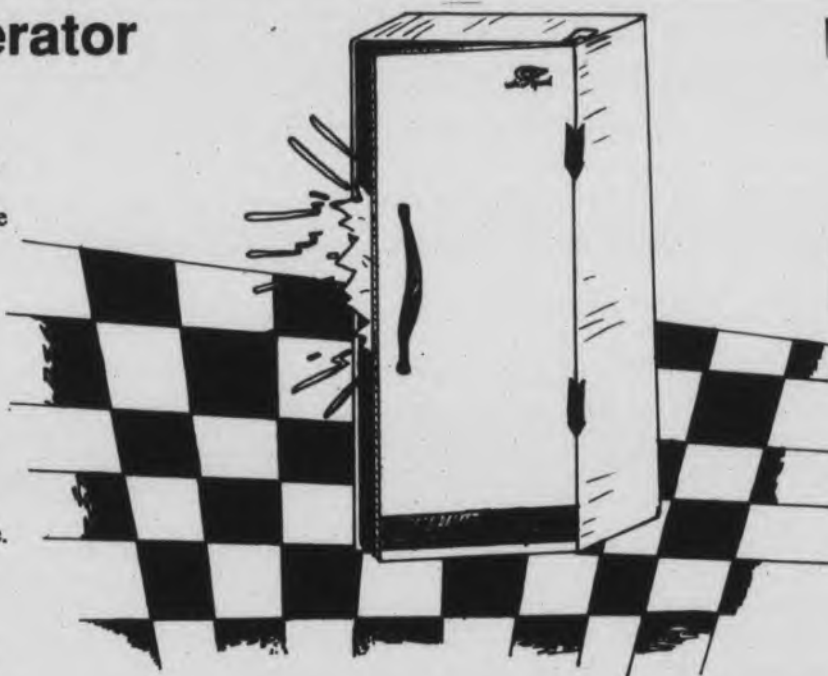


Illustration by NICOLE WILEY



Nicole Wiley is a freshman art major from Walton. In her spare time she likes to write and draw.

Contribute your original poetry and short stories to *The Writer's Pen*. Send or deliver to *EKU STYLE*, *The Eastern Progress*, 117 Donovan Annex, Richmond, Ky., 40475.



Susan Fugate is a sophomore social work major from Winchester. She enjoys drama and likes to read in her spare time.

Eng 211

By Susan Fugate

Chins lazily propped up on elbows
 constant sighs and forced coughs
 I blink continuously to keep
 my heavy eyelids to stay open
 as the professor's monotone
 continues on and on...
 But it's no use!
 My pen falls from my hand,
 I find myself falling asleep
 to the hypnotizing sounds
 of hidden giggles,
 mumbles of Shakespearean words
 and rustles of paper!



Terry Stroxtile is a junior medical records technician student from Rapid City, S. D. She enjoys lifting weights.

Tired

By Terry Stroxtile

Relax, my mind tells me, slow
 down.
 I let go of the days work and
 relax.
 Relax, my mind tells me, slow
 down.
 I empty the trash and sweep the
 porch.
 Relax, my mind tells me, slow
 down.
 I contemplate accomplishments in
 my life.
 Relax, my mind tells me, slow
 down.
 I sit in my rocking chair with my
 daily glass of tea
 with a touch of lemon and one
 teaspoon of sugar.
 Relax, my mind tells me, slow
 down.
 OK, time to turn the lights out and
 climb into my gown. Good night.
 OK, my mind tells me, slow
 down, relax.

I Sit and I Wonder

By Susan Fugate

Time slowly ticks away as I sit here
 alone.
 Alone I sit with my mind wondering,
 wondering about you. Are you
 sitting alone
 Wondering about me? There is
 nothing to do.
 Nothing seems to matter.
 No one to see.
 No place to be.
 In fact, as the time
 slowly ticks away,
 so do the hours,
 and so do the days
 Everything is the same
 As I sit and I wonder.

with you is so empty,
 so useless.
 I don't know what to feel or
 how to act, and yet
 here come the tears again.
 I wish they would stop.
 They eventually do
 as I sit and I wonder.

When will the pain stop?
 I'm tired of hurting.
 Are you hurting like I am?
 I try not to care about you
 or think about you
 or dream about you
 or want to be with you
 and especially I try not to
 love you...
 but I can't stop
 as I sit and I wonder.

I don't know what to
 do with myself;
 Time that used to be

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EXERCISE: Staff writer feels strain of getting fit

Continued from page three

and chronicled herein.

After I joined the club I got down to fitness. The bench press, dumbbells, leg machines, treadmill, exercise bike, sit-up bench and stair-climber were all sweated, and very nearly, cried upon.

Following this ordeal, your reporter, who had been such a good boy for three days, began driving a little recklessly and wrecked the fitness wagon.

While en route to my home in

Lexington, pondering what sort of organic material I would consume for my evening meal, I suddenly lost control of my truck and drove through a Taco Bell.

In the ensuing accident, an employee of the restaurant threw a taco and two Mexi-melts at me, all three of which hit me in the mouth and were swallowed before I could react.

Feeling like a lone survivor of a fire-bombed neighborhood, I arose on Thursday determined to redouble my efforts to avoid

accidents like the night before.

Since I was too sore to run, lift weights or breathe very heavily, the day began with a walk of two miles. My conscience was momentarily salvaged.

Friday's mile run provided a period, if not an exclamation point, to the week's events.

But come Monday, the wheels of the fitness machine will be greased and driven out of the garage once more, simultaneously hoping to avoid burnout and burgers.

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